



# Namaste, Vani

How are you feeling today ?



Calm



Relax



Focus



Anxious

personalise meditation

## Calories Statistics

27,000.87 cal

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Daily ▾

## Meditation

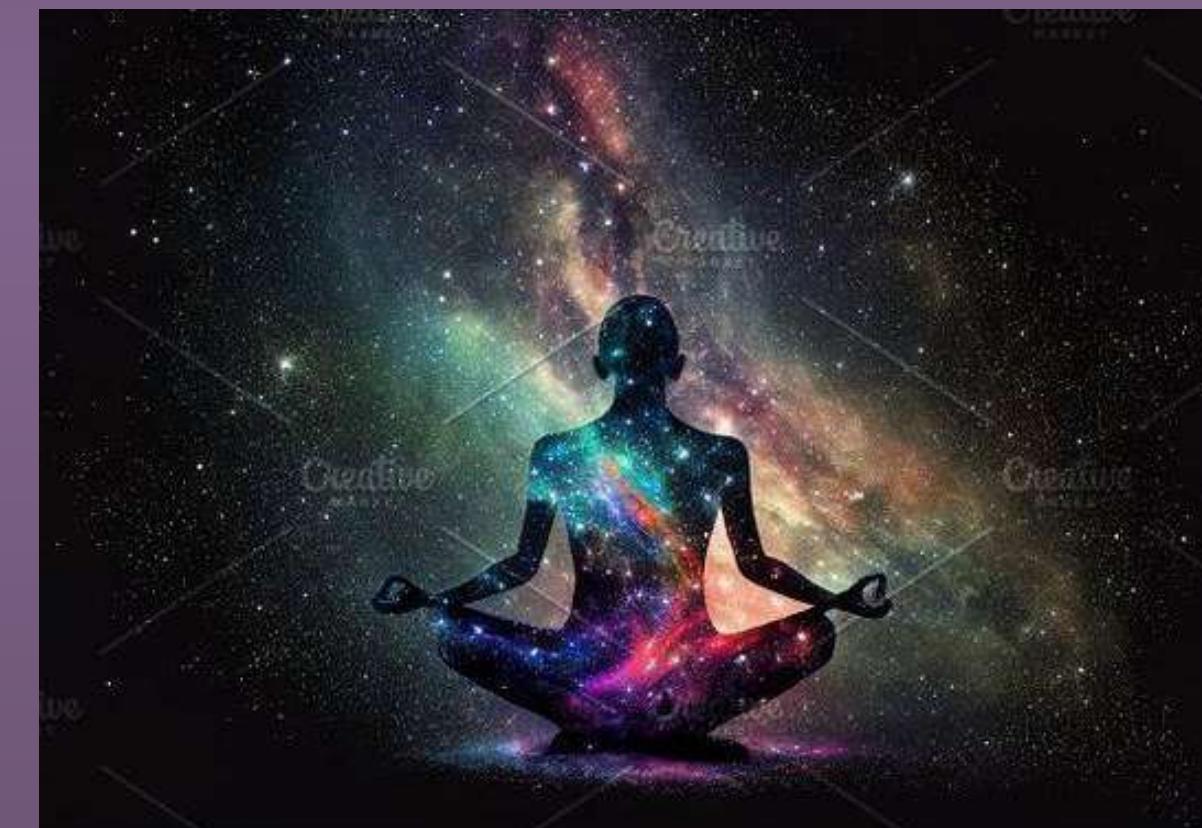
34,5 hrs

## Sleep

288 hrs

## Heartbeat

72 pm





# Namaste, Vani

How are you feeling today ?



Calm



Relax

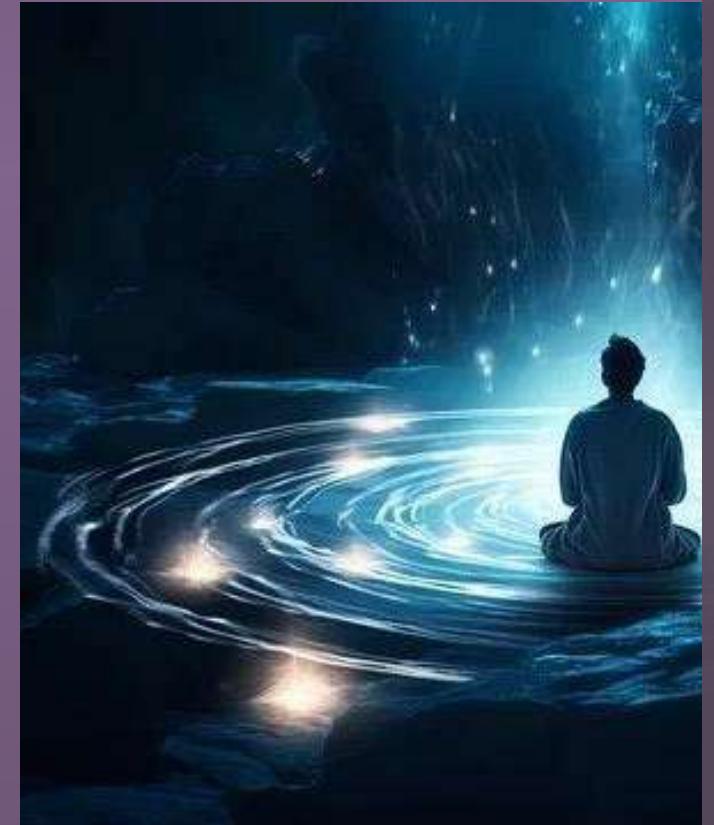
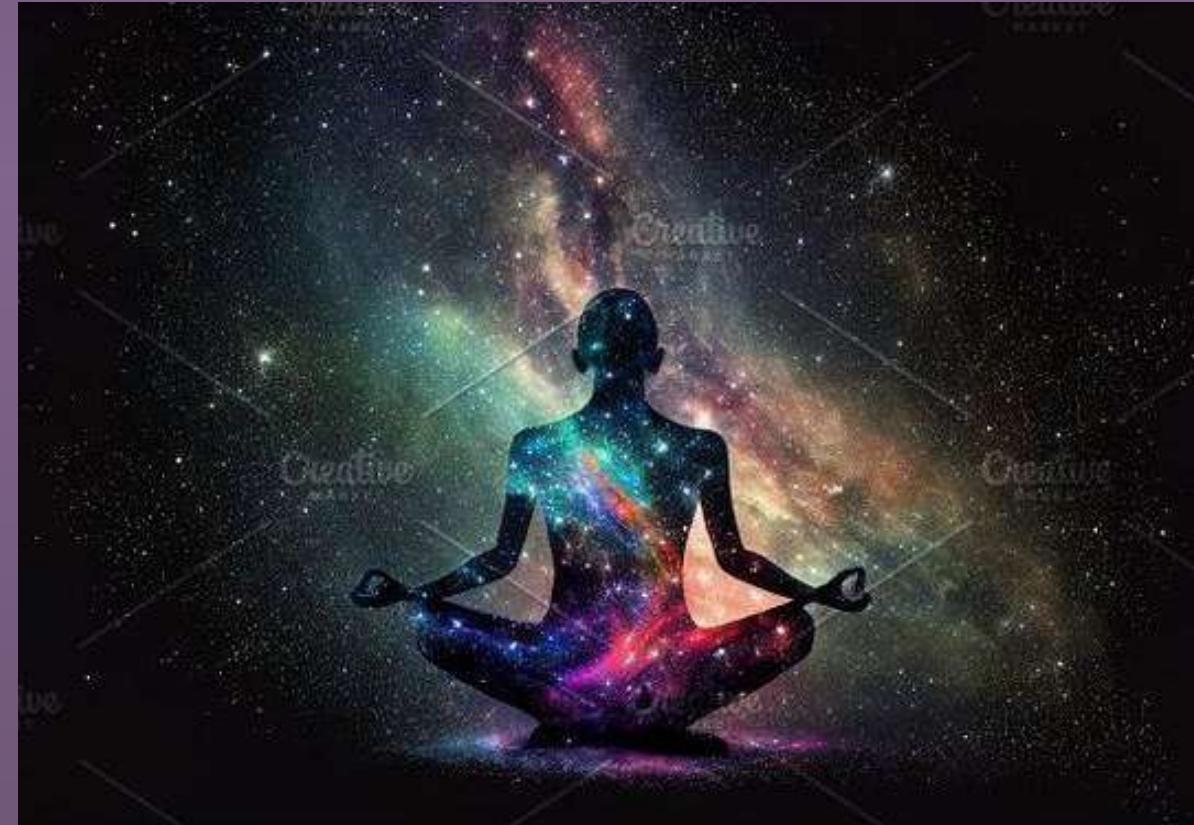


Focus



Anxious

personalise meditation



## Calories Statistics

27,000.87 cal

Mon

Tue

Wed

Thu

Meditation

34,5 hrs

Sleep

288 hrs

What time would you  
like to meditate?

Any time you can choose but We recommend  
first thing in the morning.

8	27
9	28
10	29
11	30 AM
12	31 PM
1	32
2	33

Which day would you  
like to meditate?

Everyday is best, but we recommend picking  
at least five.

SU

M

T

W

TH

F

SAVE

NO THANKS

# Escape, Relax, Unwind: Your Own Meditative Oasis

SCENES

SOUNDS

MUDRAS

BREATHING  
EXERCISE

GENERATE



START YOUR JOURNEY

# SCENES

## SCENES

Serene Nature

Zen Garden

Cosmic Journey

Healing Sanctuary

# SOUNDS

# SOUNDS

Gentle Waves

Forest Ambiance

Meditation Music

Binaural Beats

# BREATHING EXERCISE

## BREATHING EXERCISE

Deep Breathing

Alternate Nostril  
Breathing

4 - 7 - 8 Breathing

# MUDRAS

## MUDRAS

Gyan Mudra

Anjali Mudra

Vayu Mudra

Dhayana Mudra

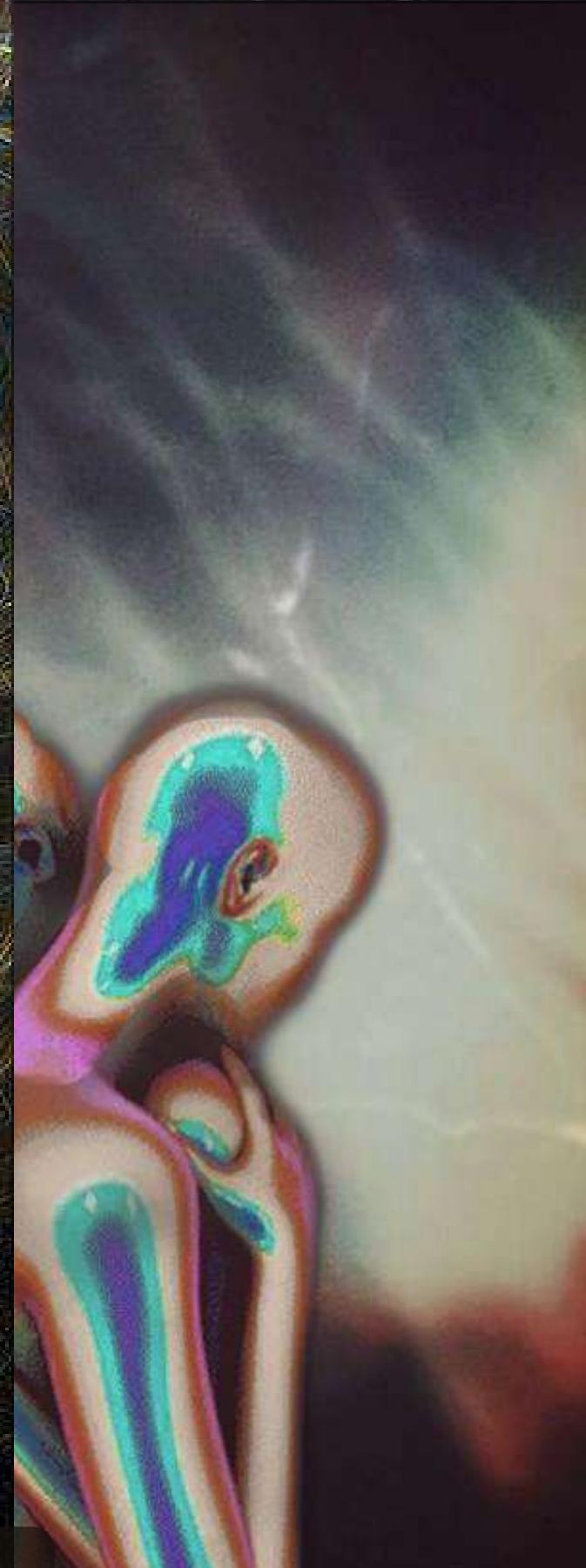
**3T** shayat

*discover tranquility within*



THERAPY

© 2013 John Doe



# SOUND THERAPY

Indulge in VR Bird Sound Therapy: Let Nature's Melodies Transport You. Immerse Yourself in the Serene Choruses of Avian Life, Bringing Tranquility and Harmony to Your Environment.



THIS WEEK'S FAVOURITES





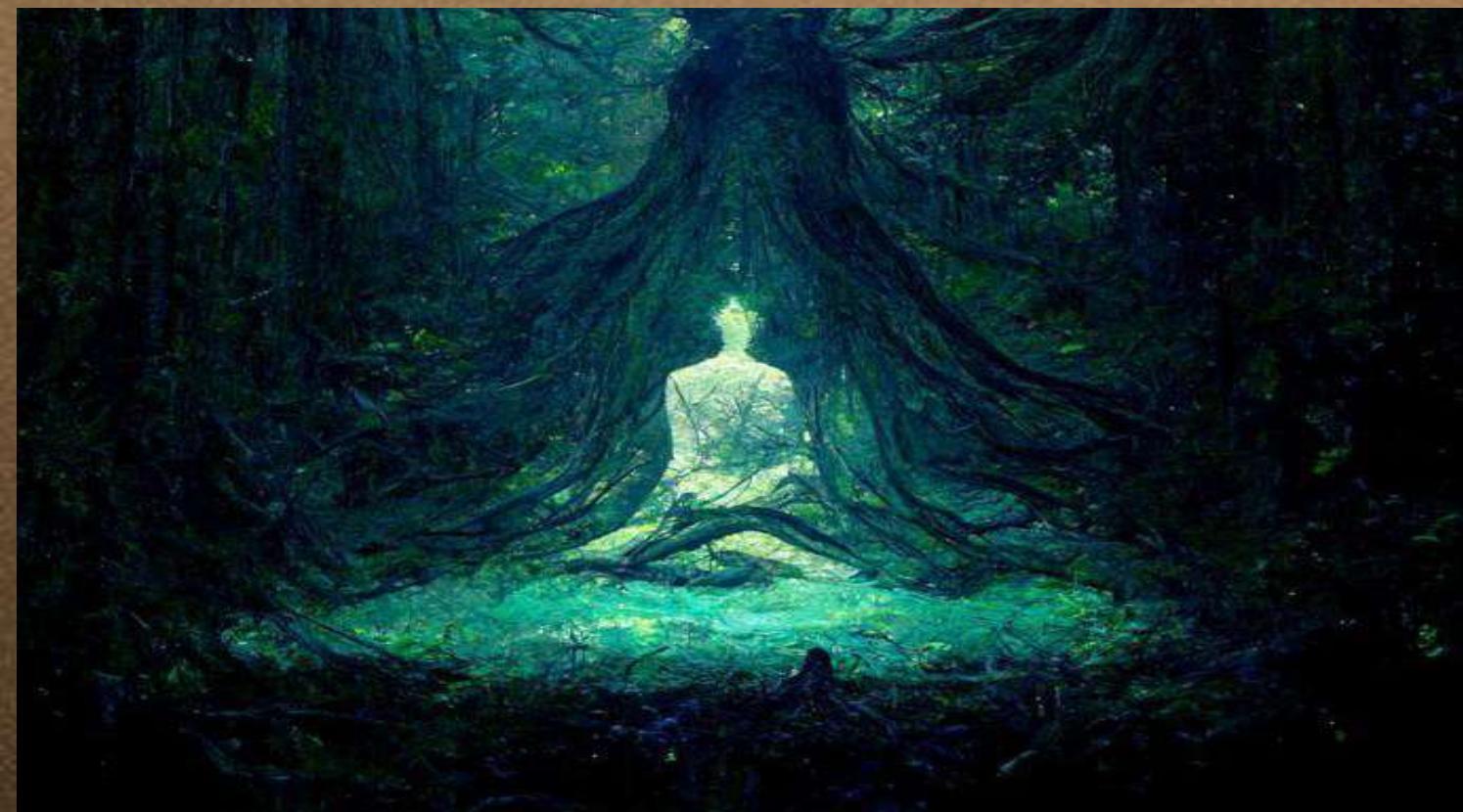


**SOUND THERAPY**



# CHAKRAS THERAPY

"Experience Chakra Therapy in VR: Harmonize Mind, Body, and Spirit. Journey Through Vibrant Realms, Balancing Energy Centers. Rediscover Inner Peace and Spiritual Alignment Through Immersive Healing."



## THIS WEEK'S FAVOURITES







## CHOOSE YOUR AVATAR



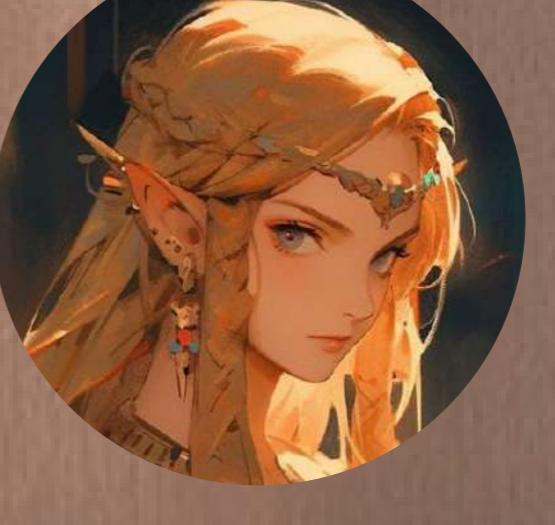
JOIN

## CHOOSE YOUR AVATAR

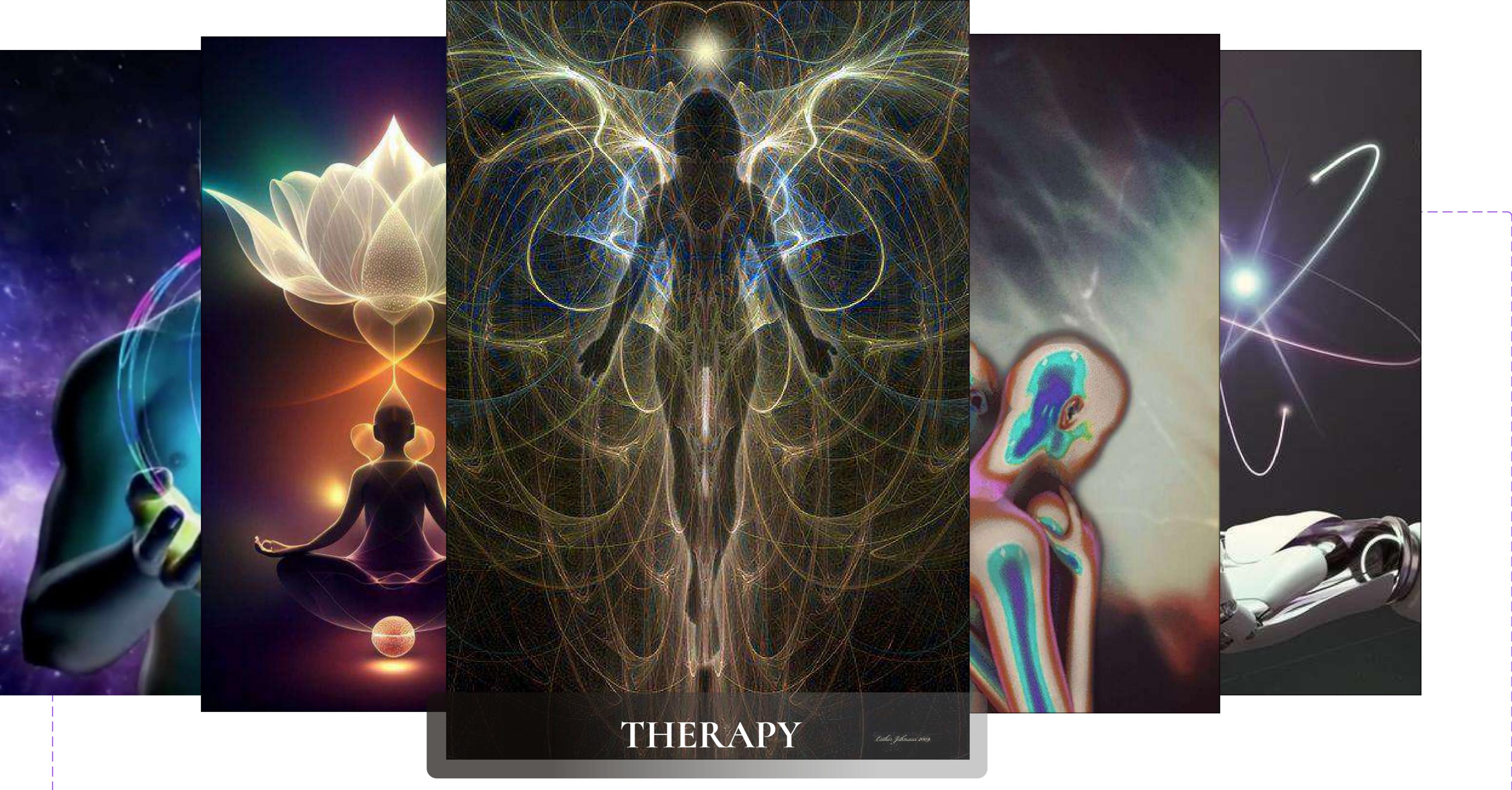


JOIN

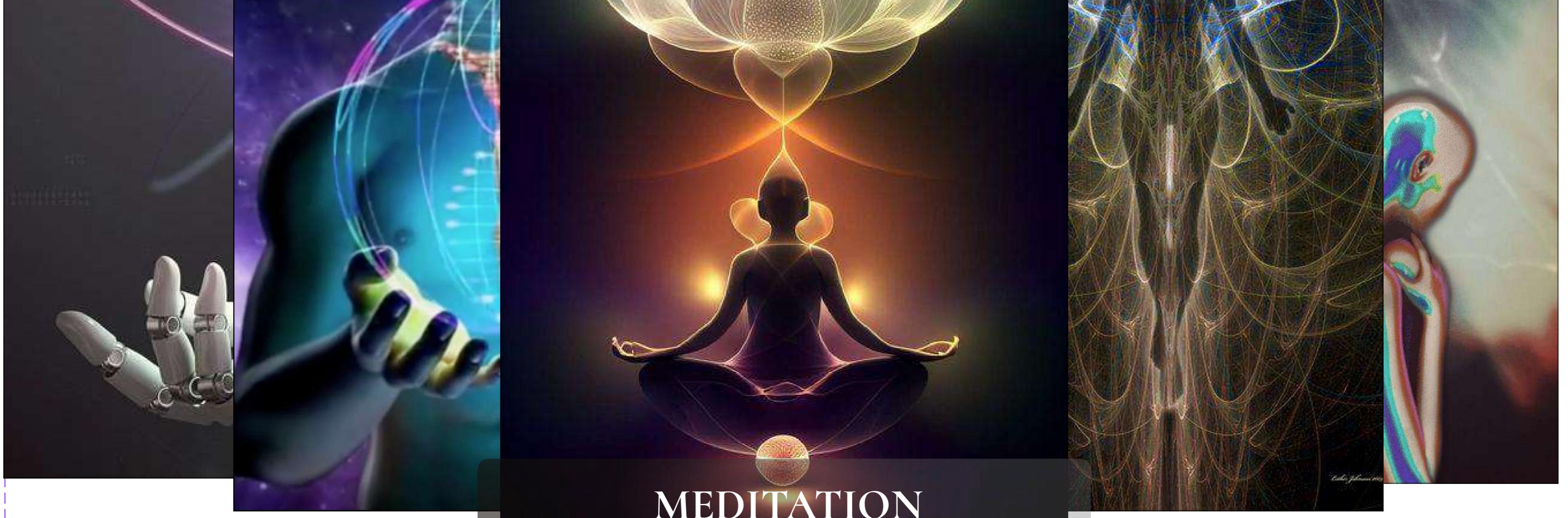
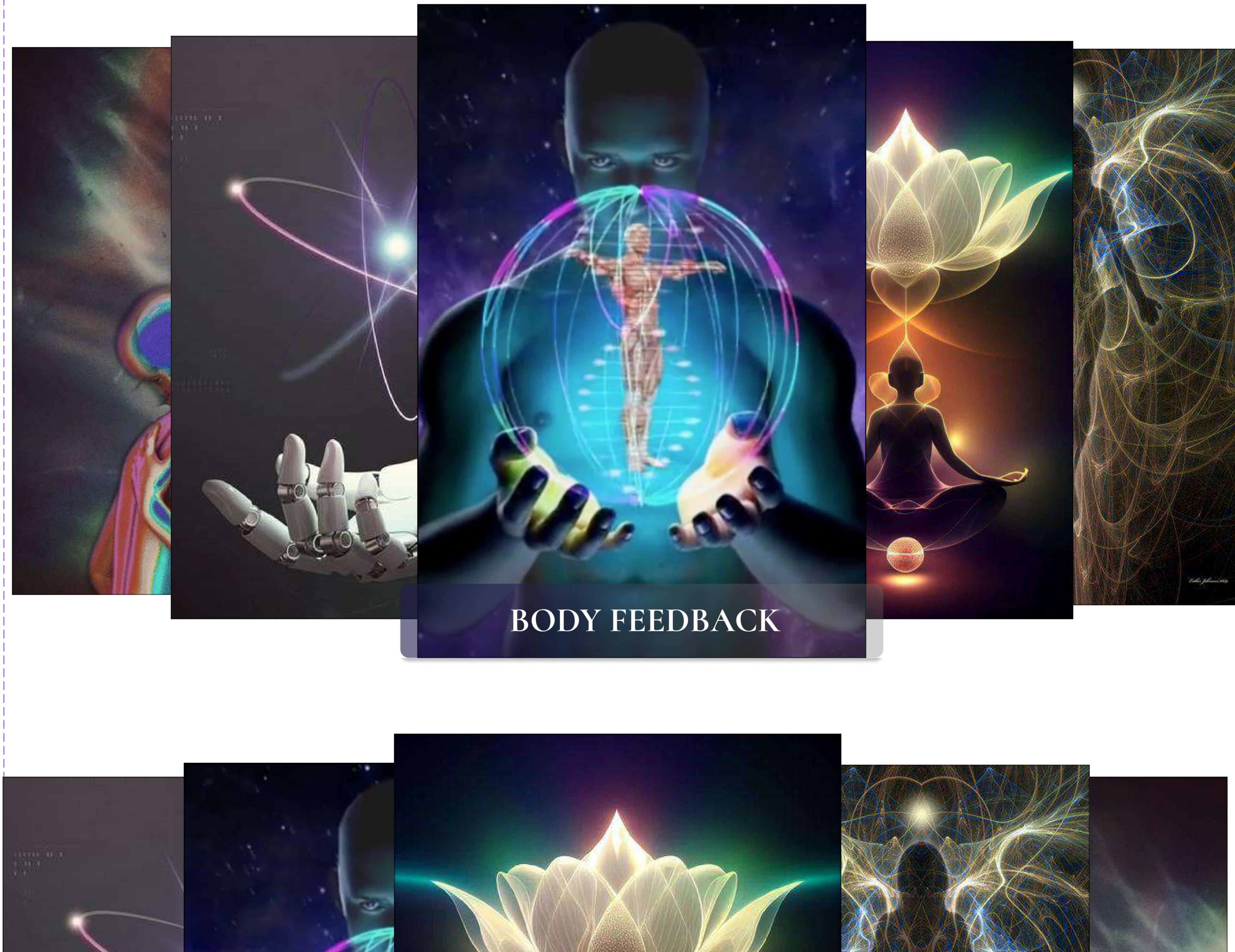
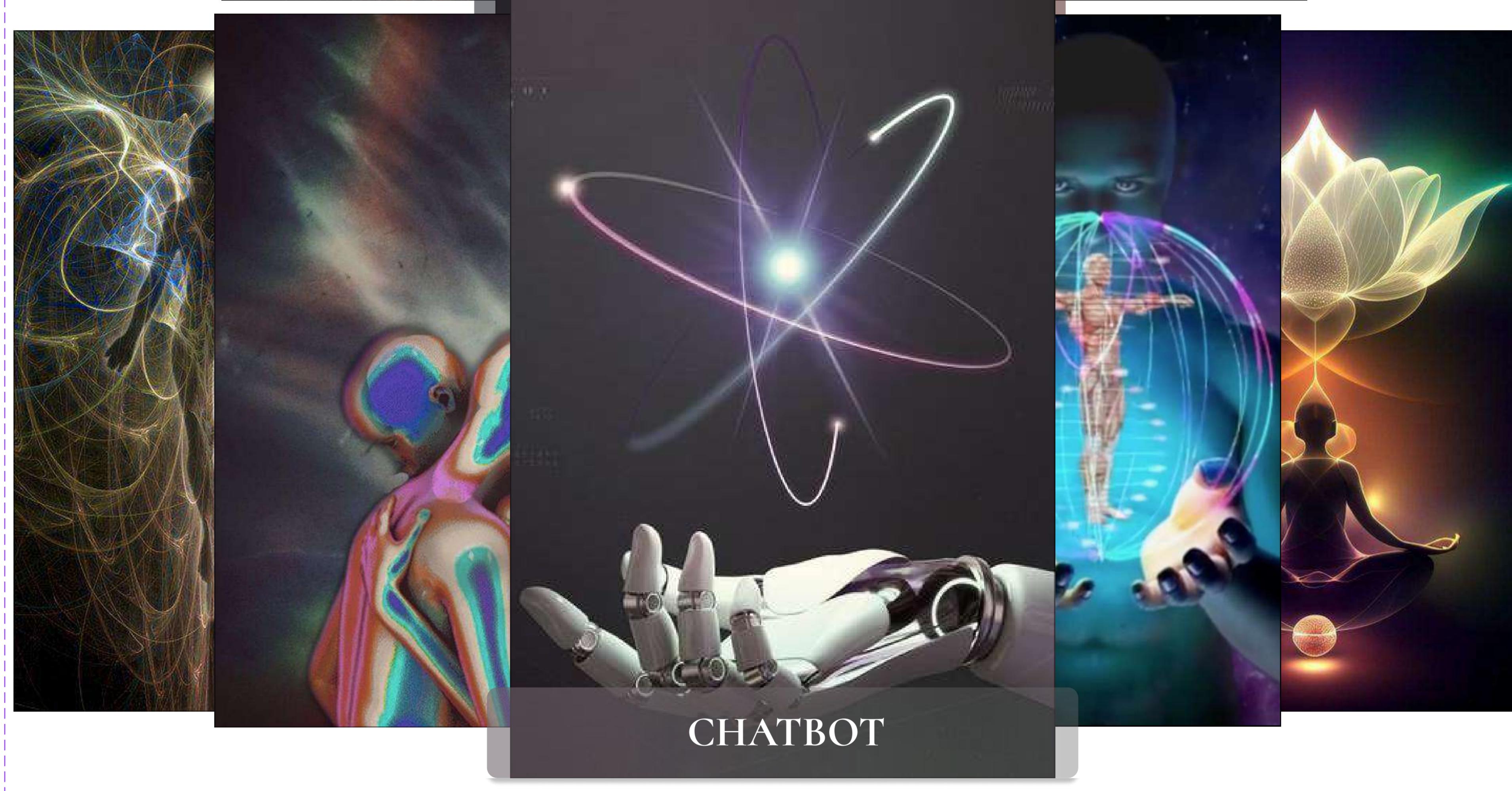
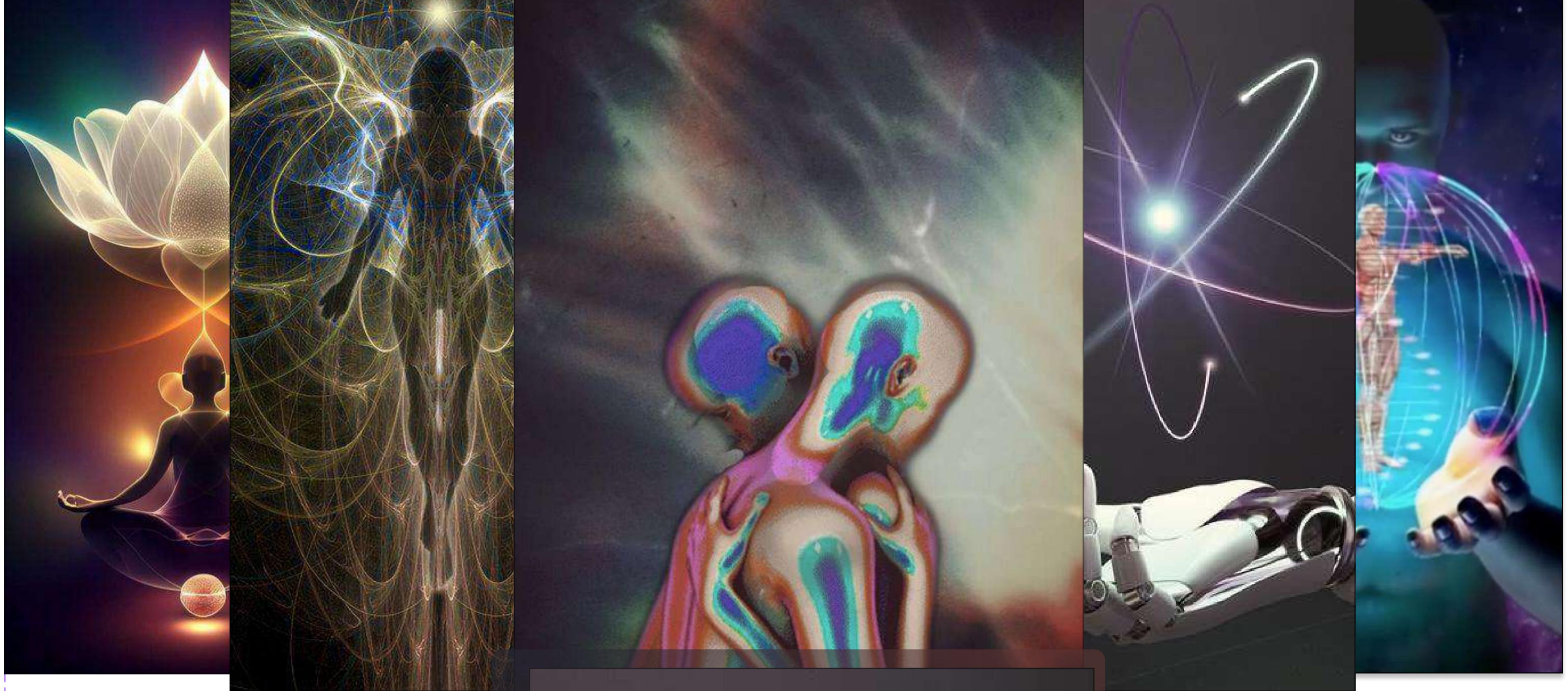
## CHOOSE YOUR AVATAR



JOIN



## THERAPY





### SOUND THERAPY



### STAR GAZING THERAPY



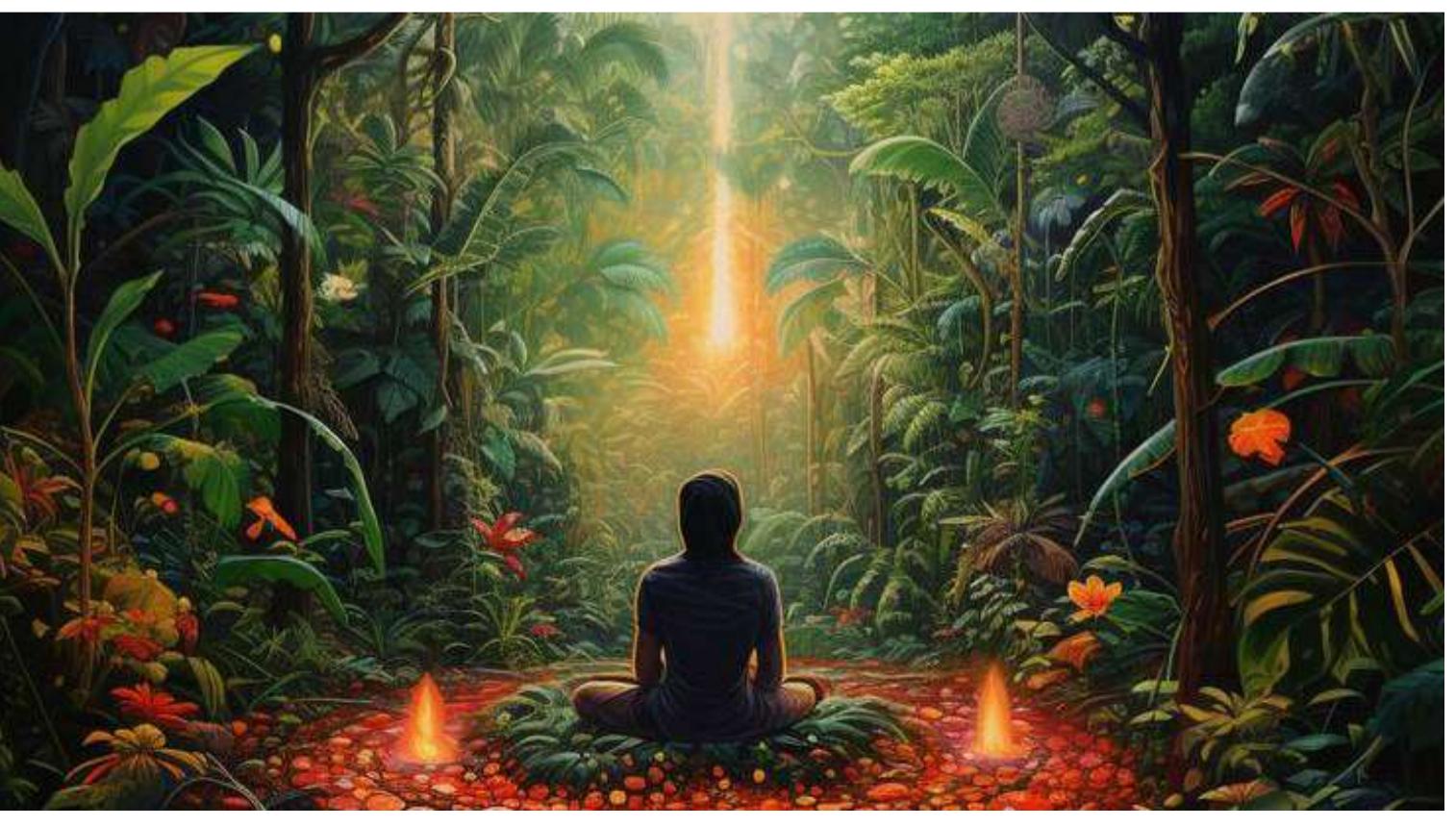
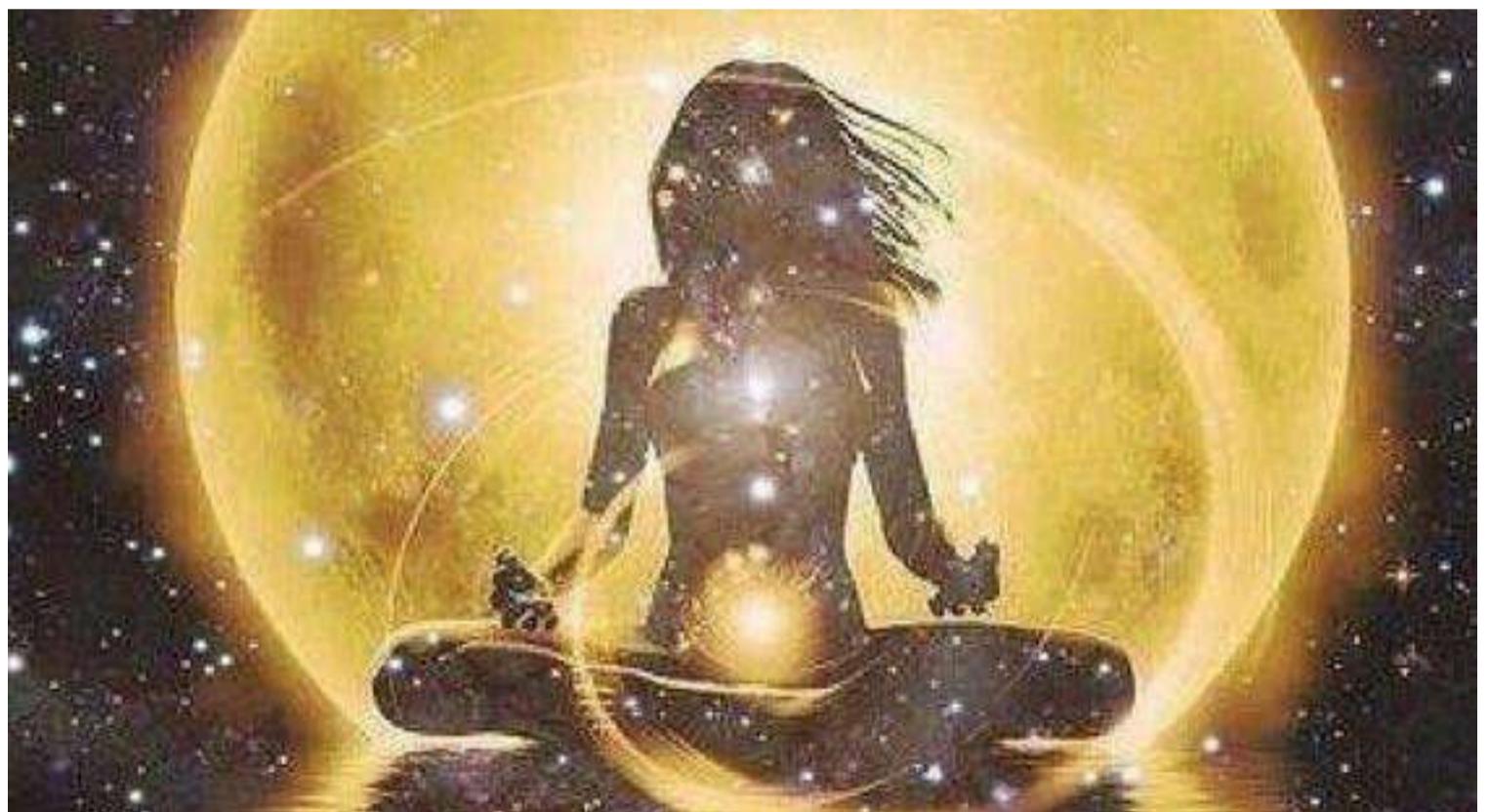
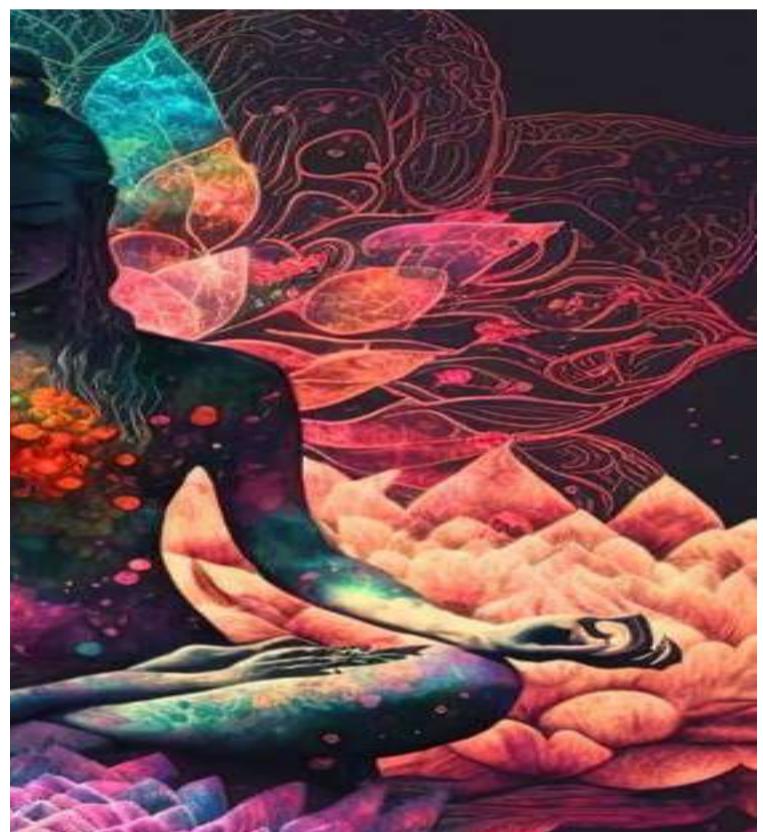
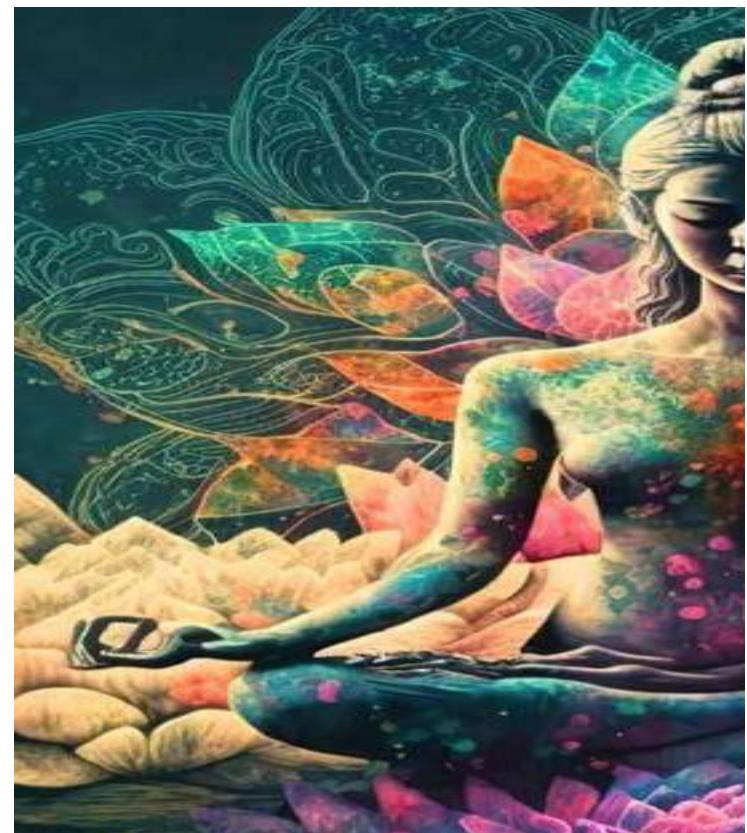
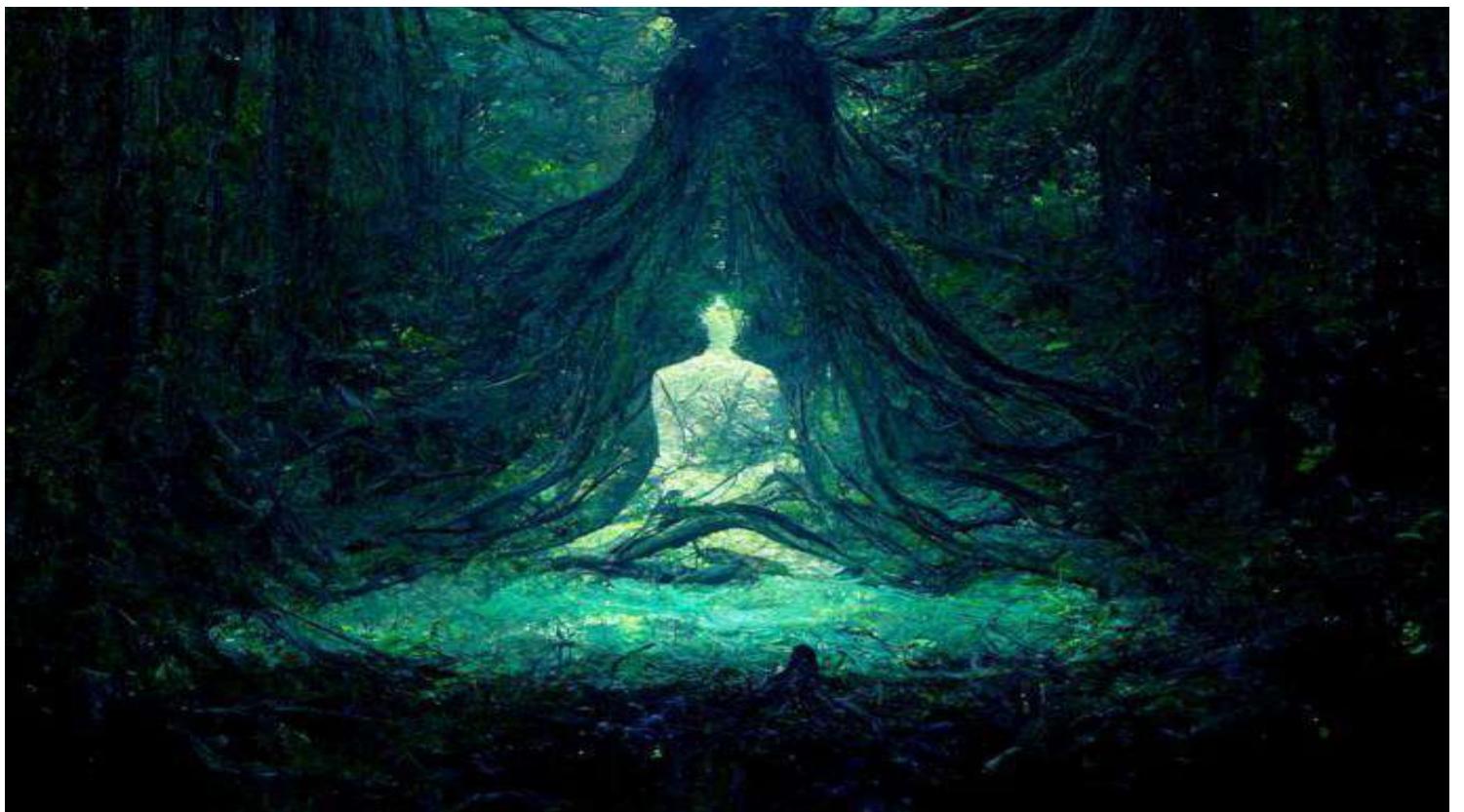
### CHAKRA THERAPY



# CHOOSE YOUR AVATAR



JOIN







[REDACTED]

[REDACTED]

[REDACTED]

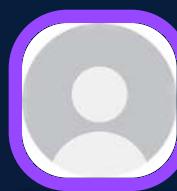
[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]



Welcome Back!

Search ...



Home

Your Activity

Settings

Log out

**Account Setting**

Login & Security

Notifications

Contact us

Security

Privacy

Language

## Your Profile Picture



Full name

Please enter your full name

Username

Please enter your username

Email

Please enter your email

Phone number

+91 | Please enter your phone number

About

Write your Bio here e.g your hobbies, interests ETC

**Update Profile**

**Reset**





- Home
- Popular Blogs
- Your Activity
- Saved Blogs
- Settings**





# Flexible Plans

Escape to Healing: Your Virtual Oasis

**Free**

**Rs. 0/mo**

- ✓ Duration: 20 minutes
- ✓ Limited access to basic features
- Intended for users to try out the virtual experience

Already using

**Basic**

**Rs.200/week**

- ✓ Duration: 2 weeks
- ✓ Price: 400 rupees
- ✓ Access to more features compared to the free tier

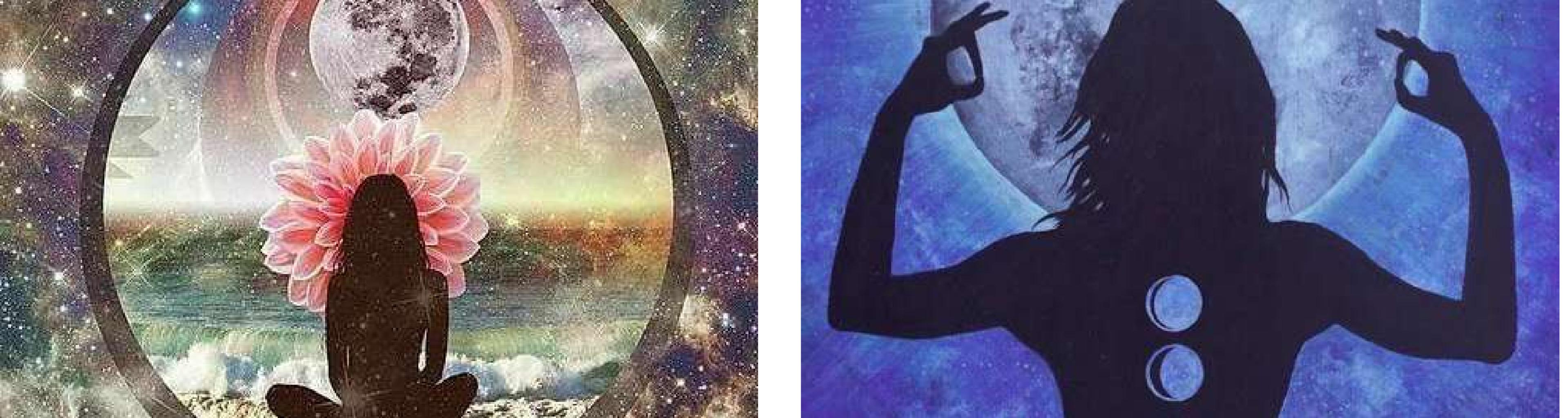
Buy now

**Advanced**

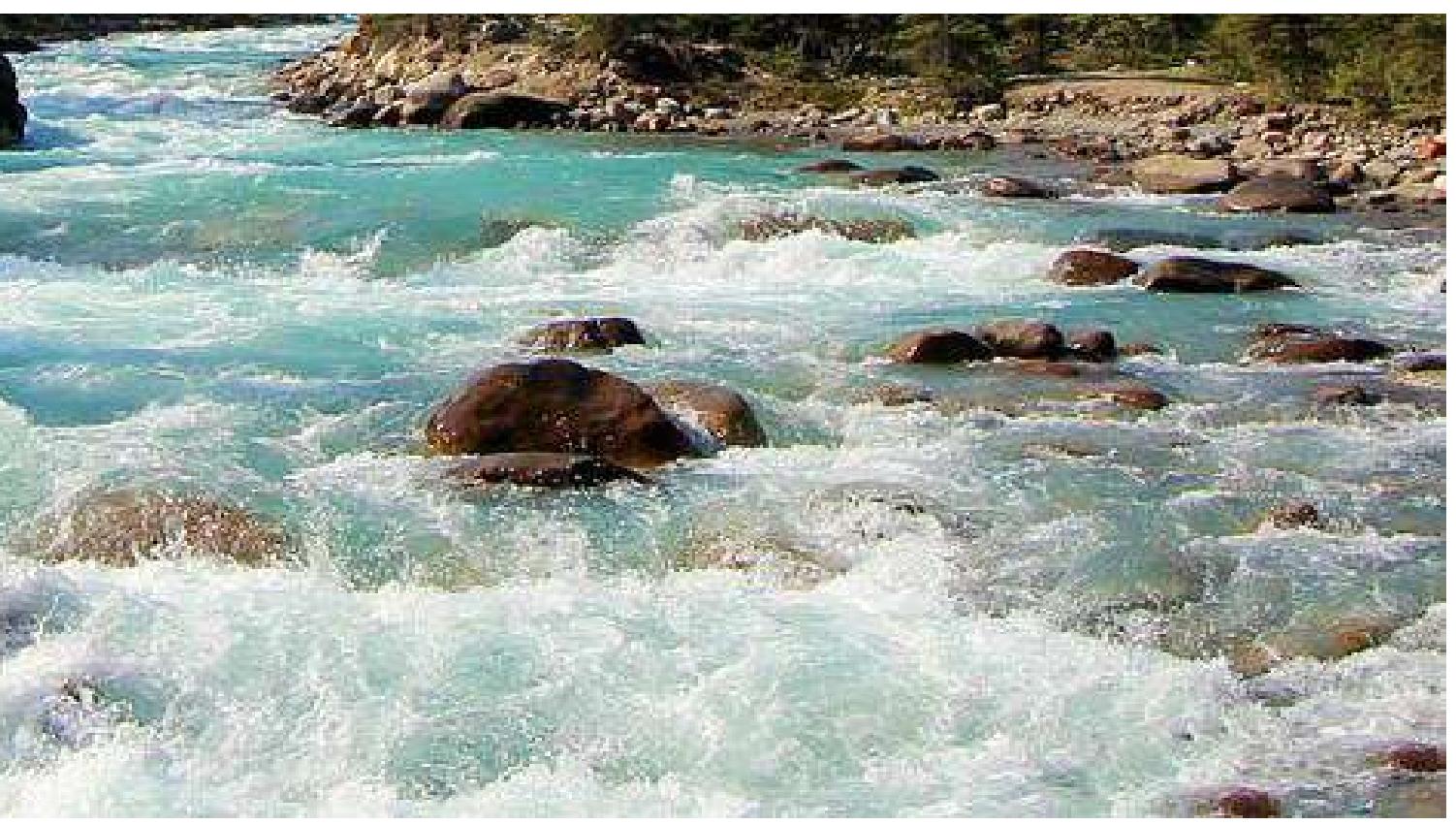
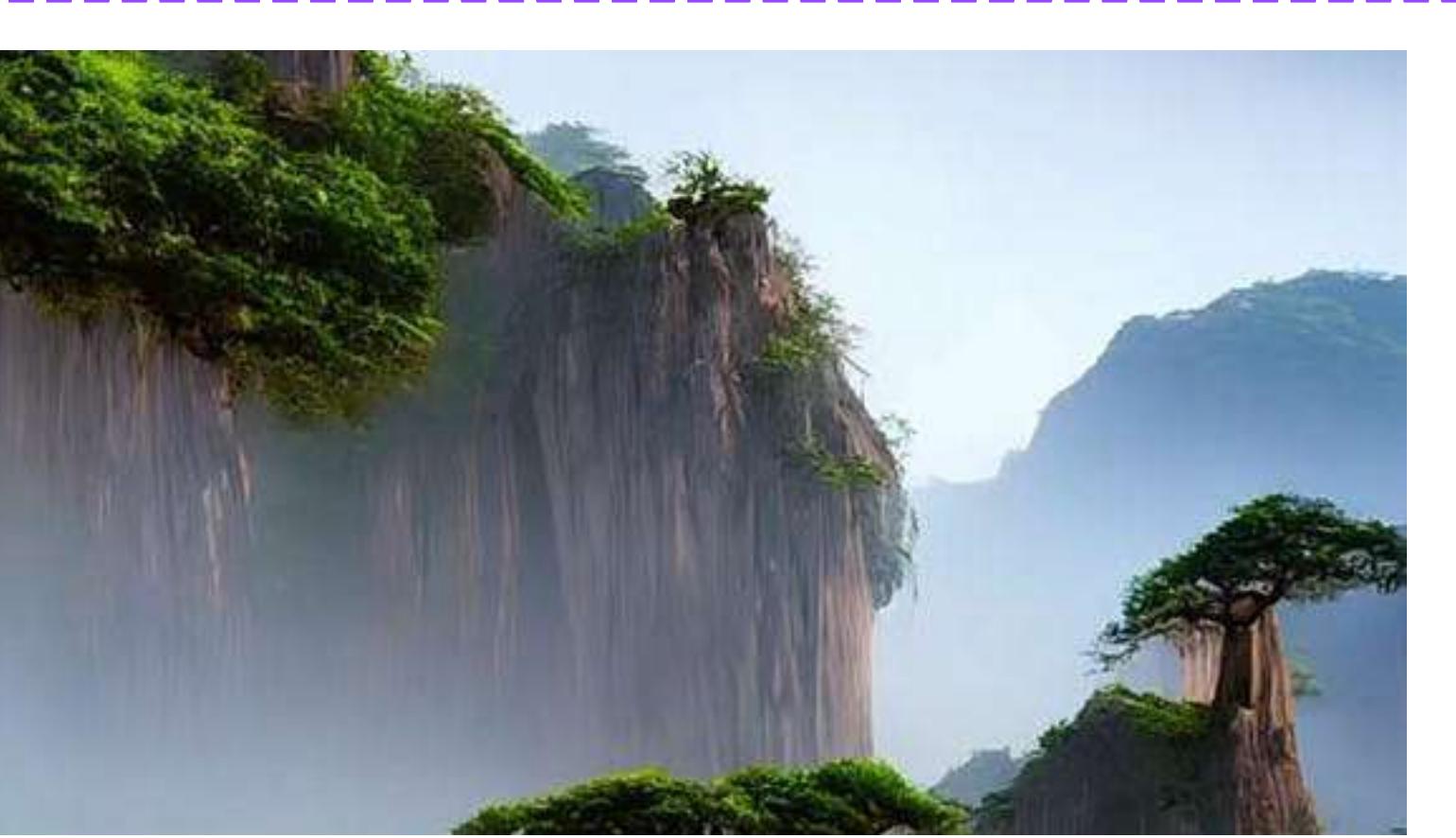
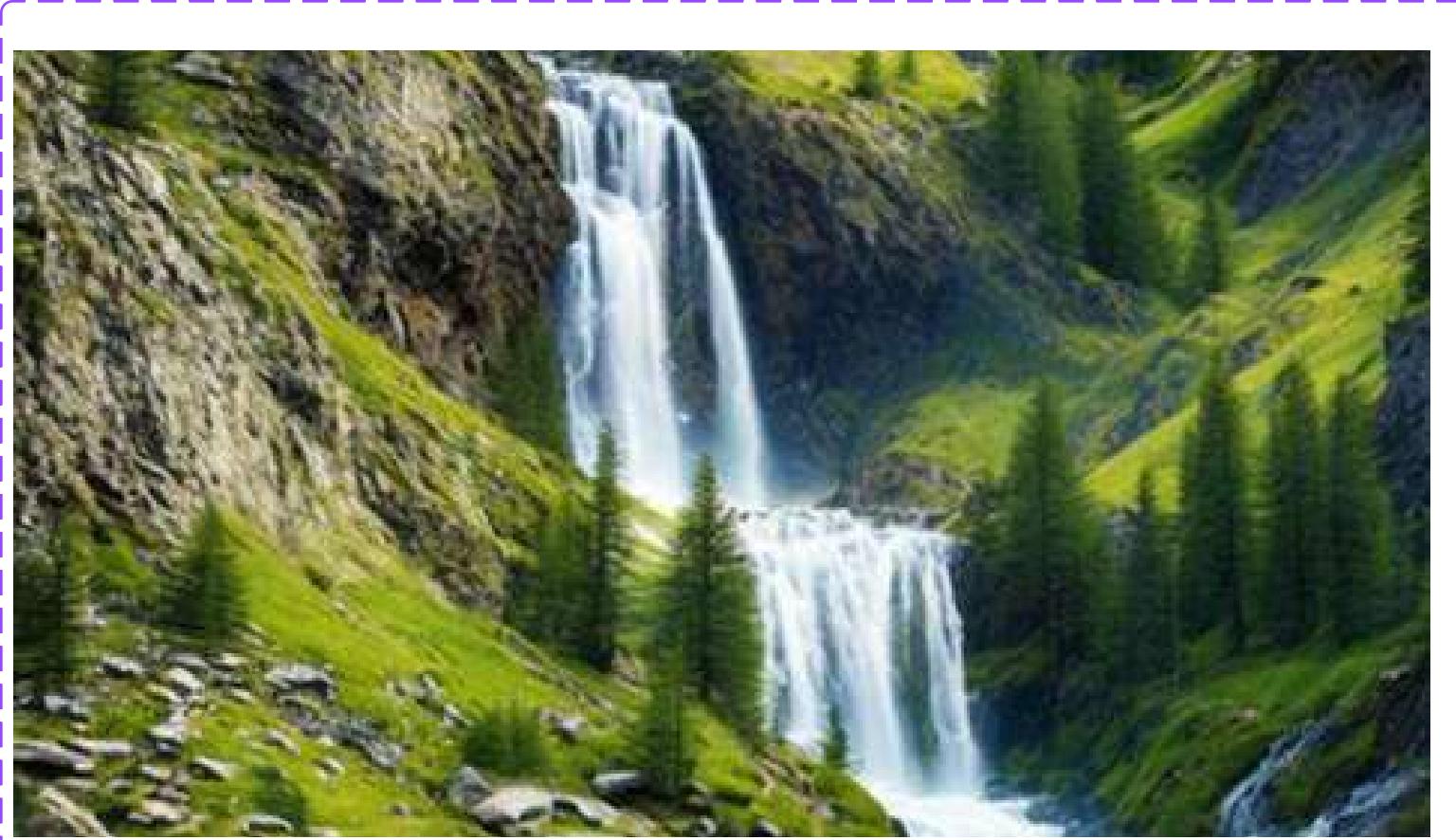
**Rs. 500/mo**

- ✓ Duration: 6 months
- ✓ Price: 3000 rupees
- ✓ Full access to all features

Buy now





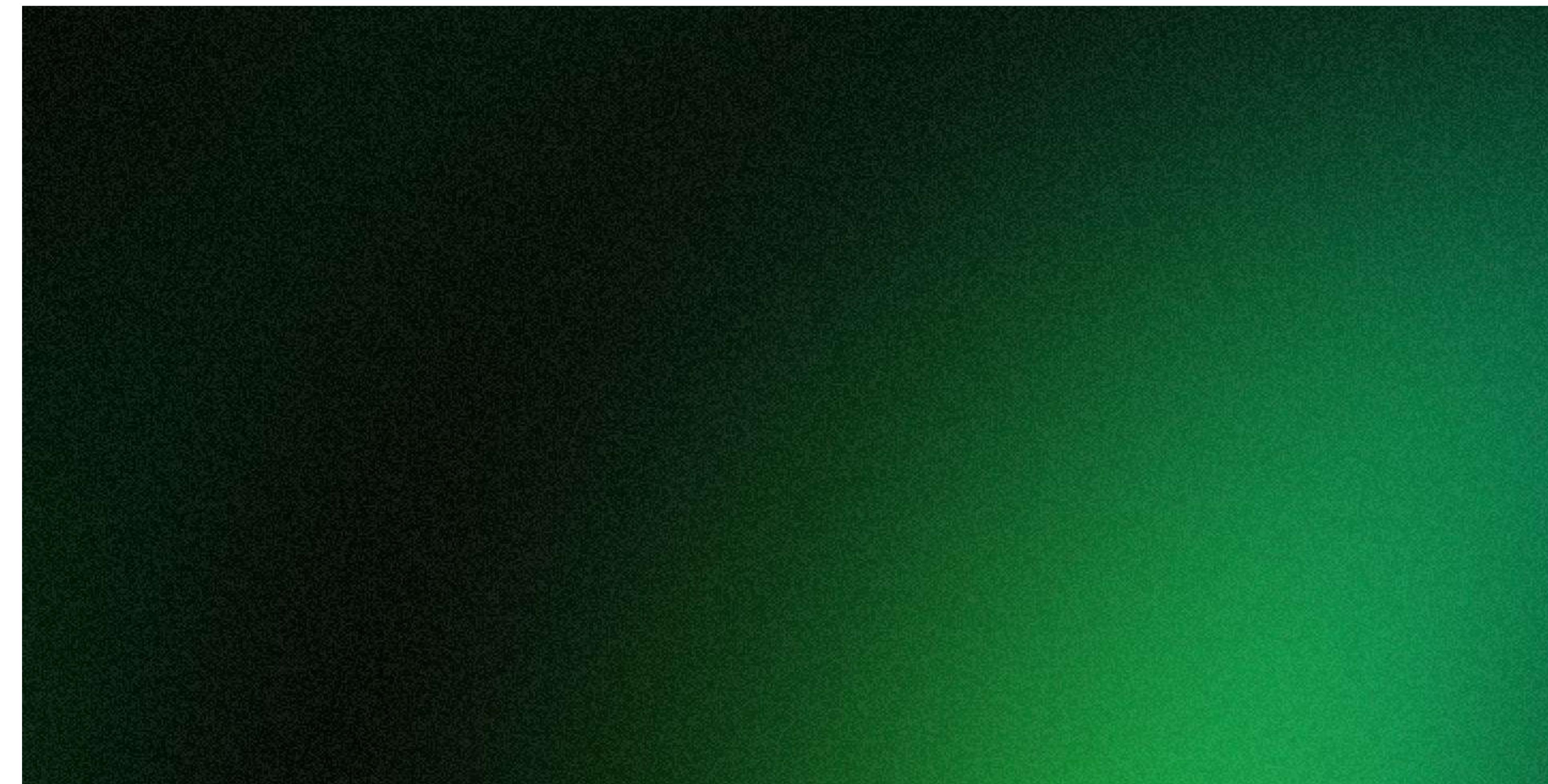




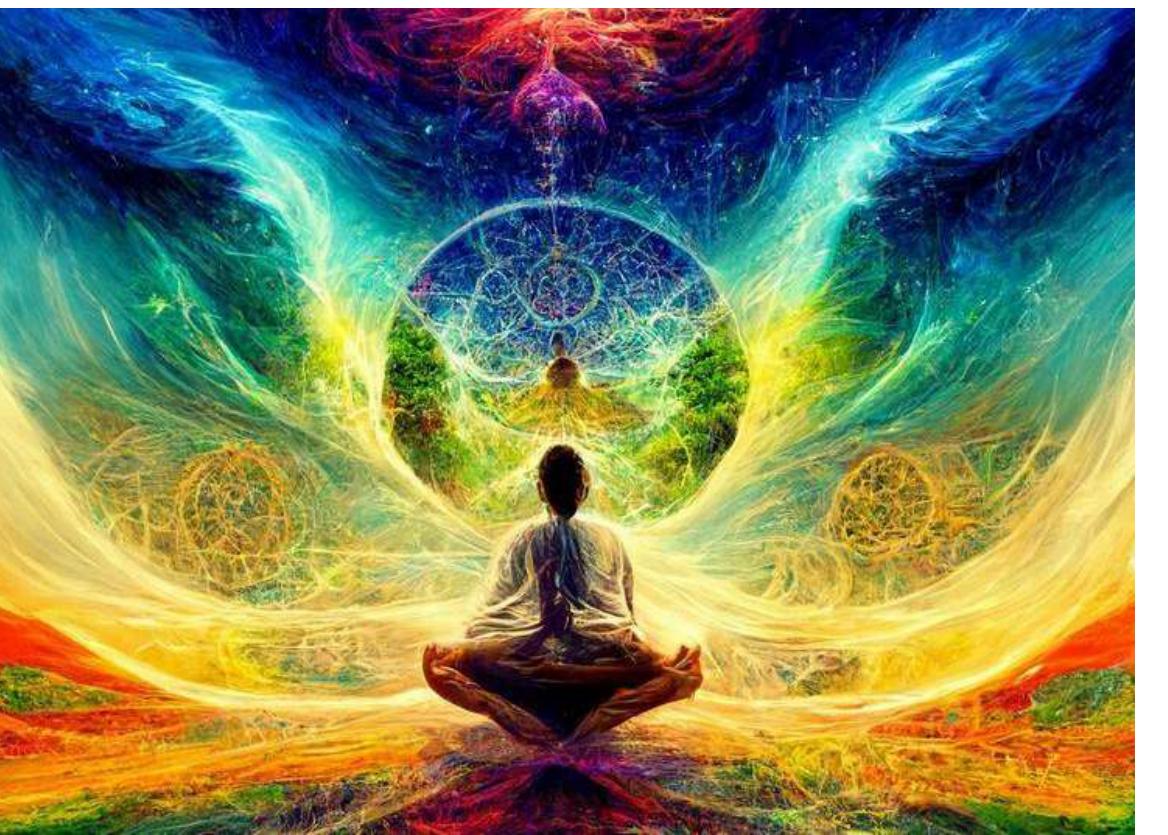
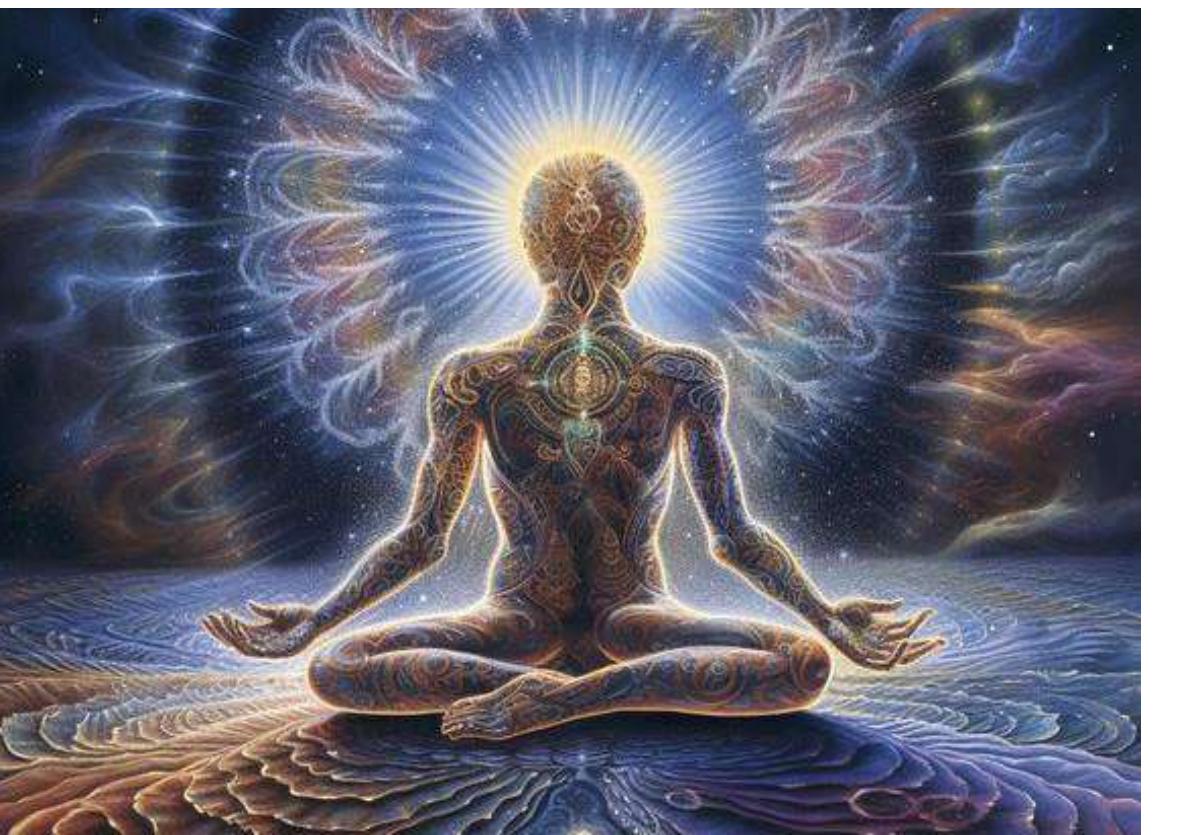
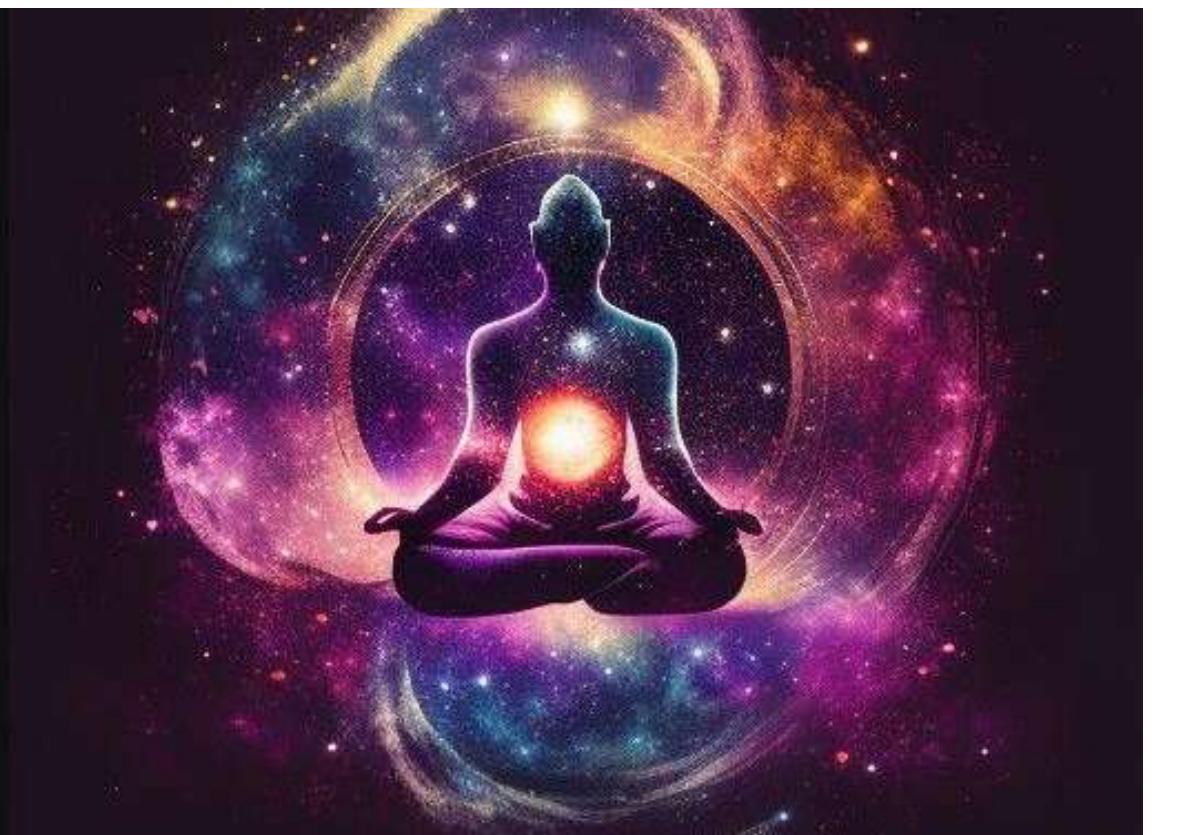
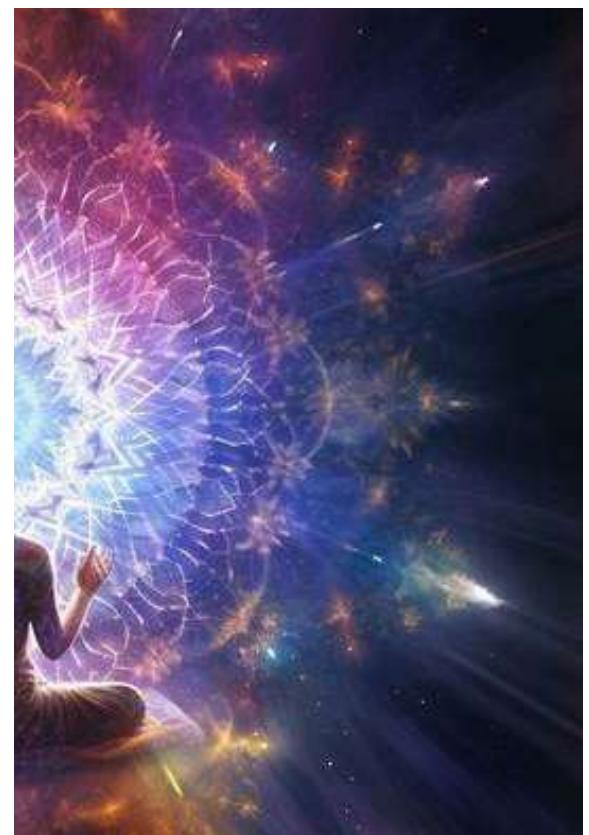














# BIO-NEURAL FEEDBACK

NEURA: YOUR MIND, YOUR FEEDBACK, YOUR WELLNESS.

check yours now

# The Zen Zone: Where Meditation Meets Adventure







# The Zen Zone: Where Meditation Meets Adventure



# Intelligent medical visualization



Station types

Rural  
1789

Semi-city  
1680

Medical  
1968



Mechanism



Village Hospital



Village clinic



Community Center



Tertiary Hospital



Secondary Hospital



Primary hospital



Healthcare



Healthcare



Healthcare



Healthcare

Ranking Disease Outpatient Proportion

Ranking	Disease	Outpatient	Proportion
1	Diabetes	720	31%
2	Asthma	680	27%
3	Arthritis	620	23%
4	Gout	580	25%
5	Hypertension	550	21%

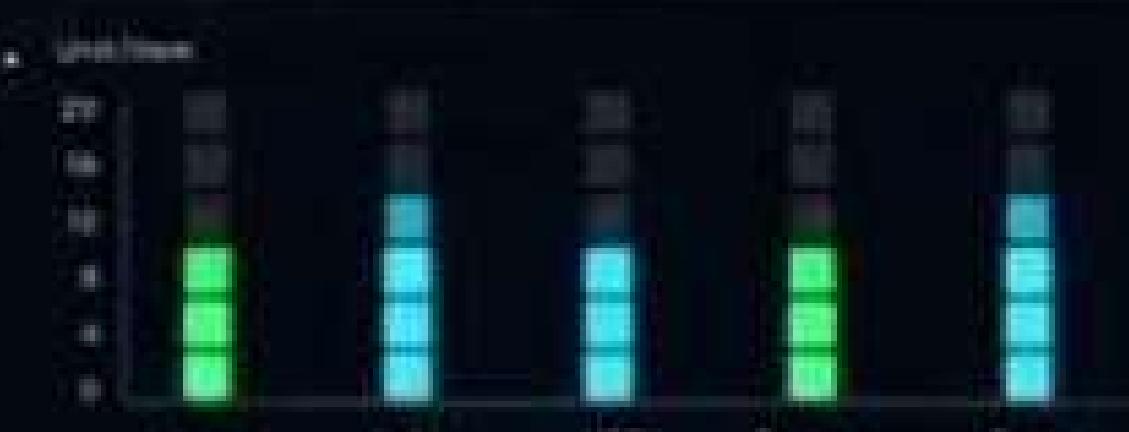
Health policy



Health care



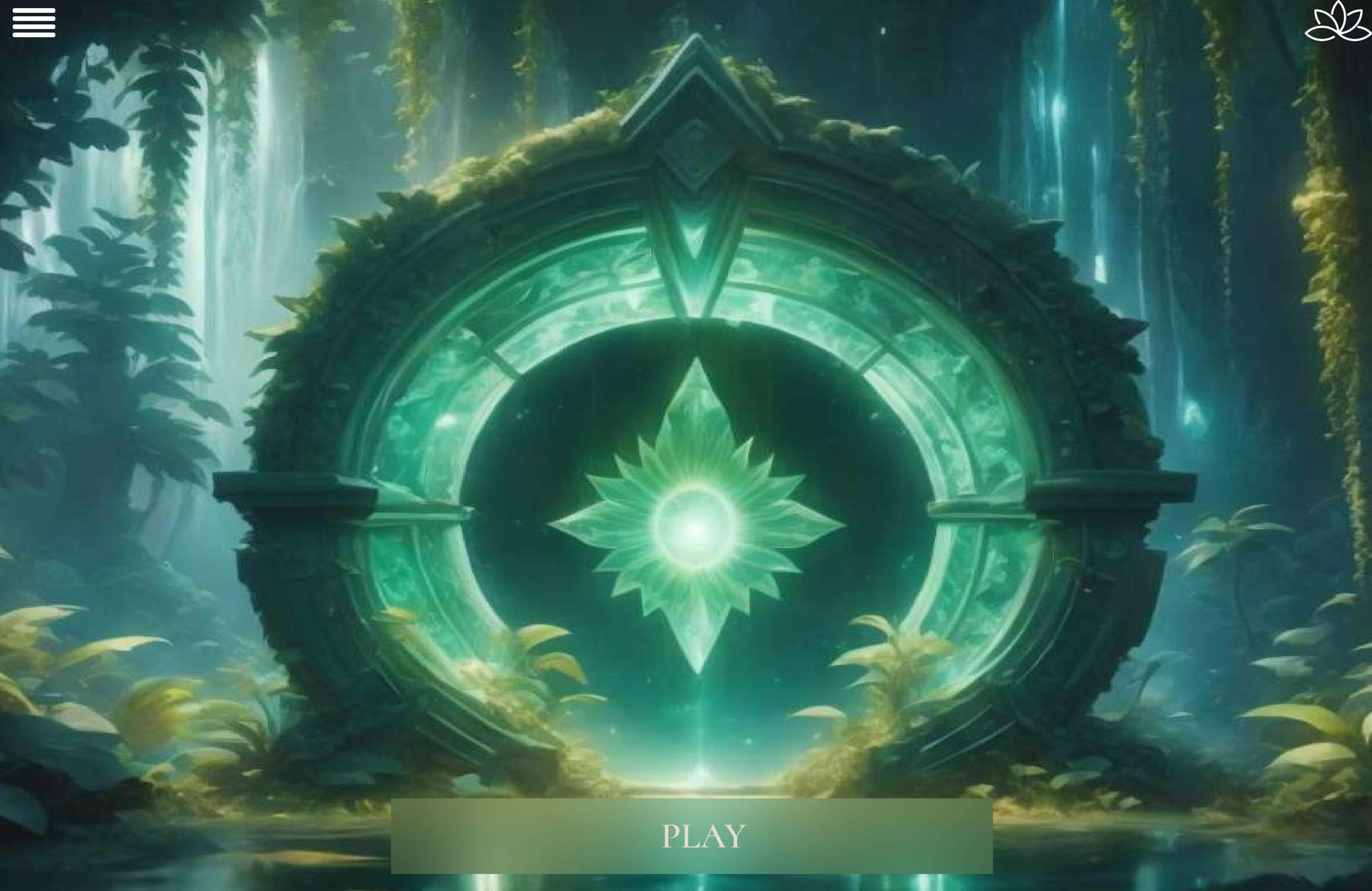
Health care



Healthcare

Healthcare

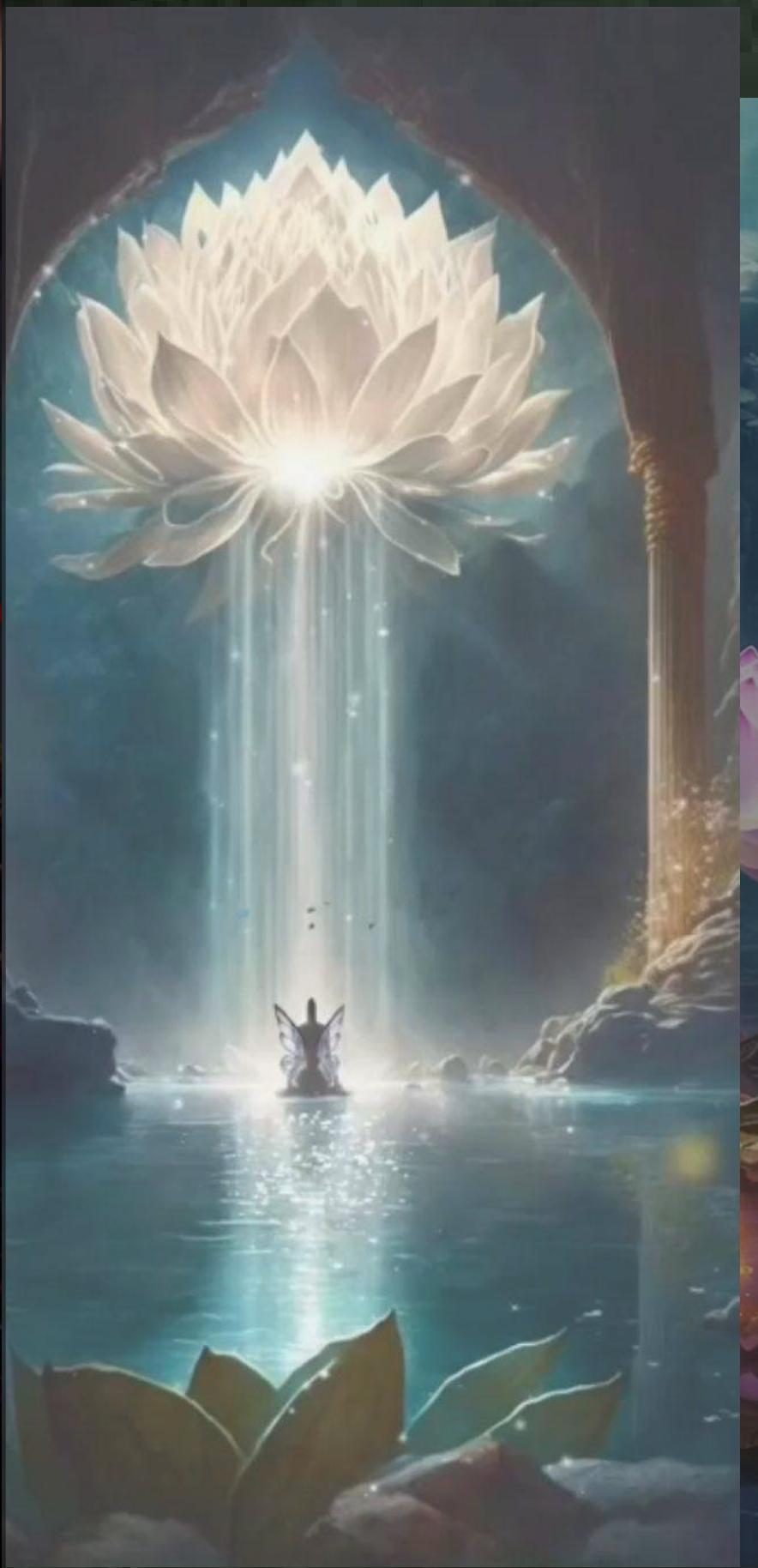
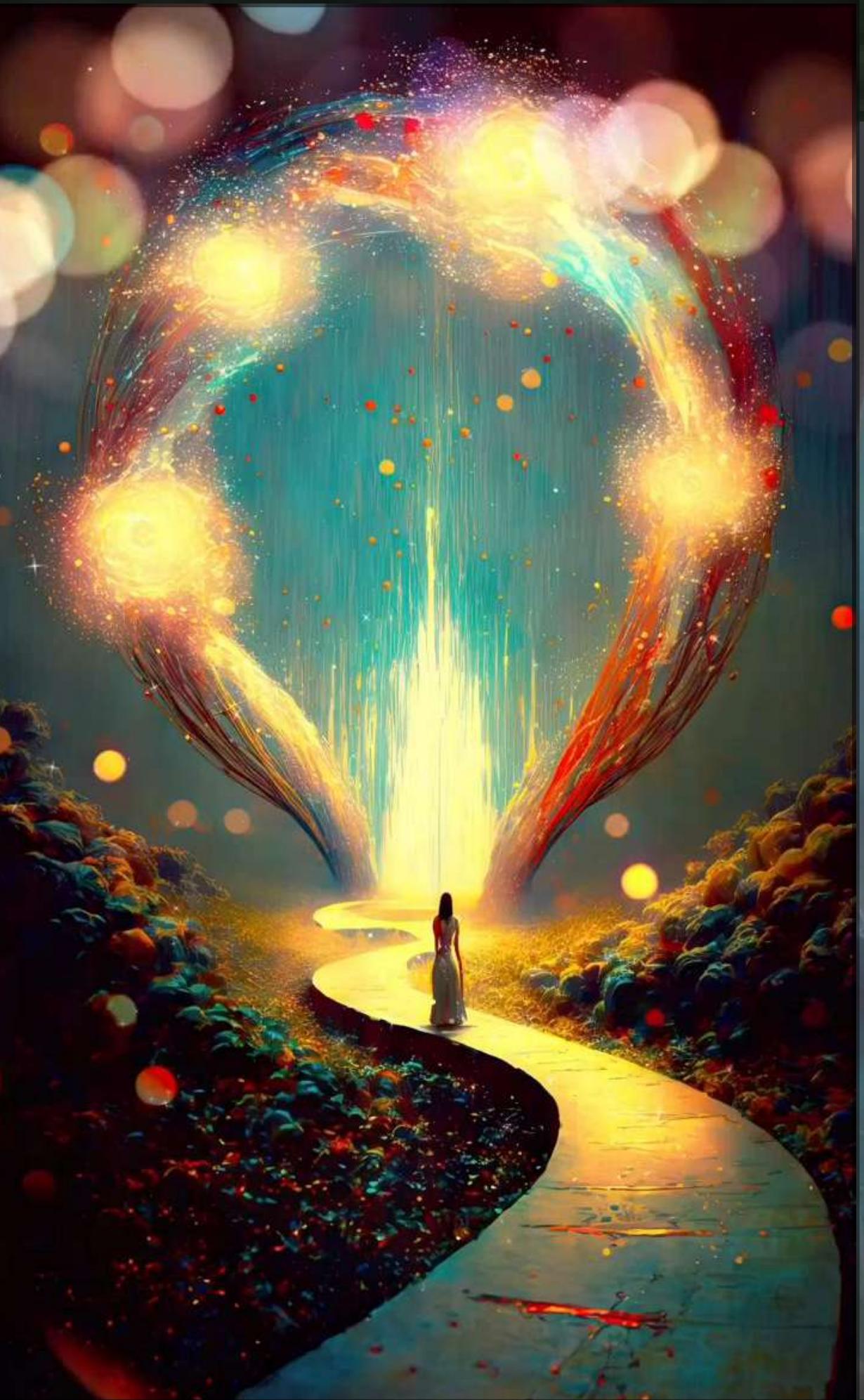
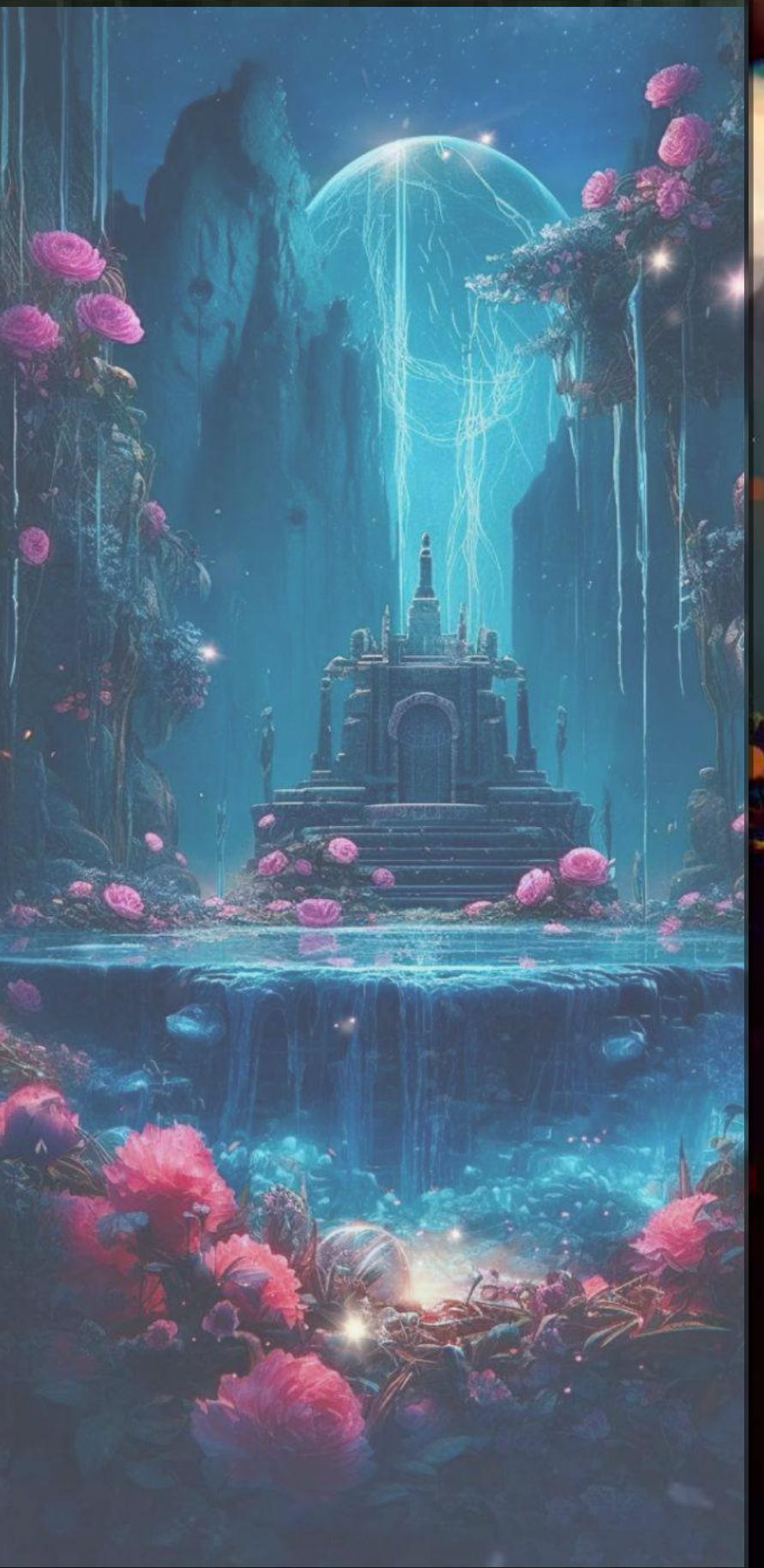




PLAY

**Explore Active Group Chats**





SELECT PLAYFIELD

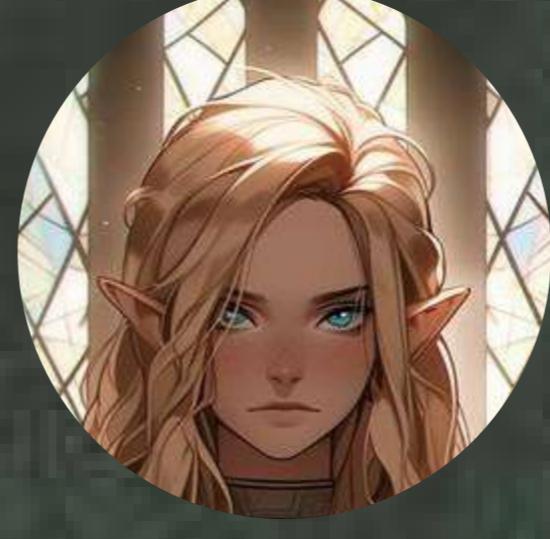
# CHOOSE YOUR AVATAR



JOIN



## CHOOSE YOUR AVATAR



JOIN

## CHOOSE YOUR AVATAR



JOIN

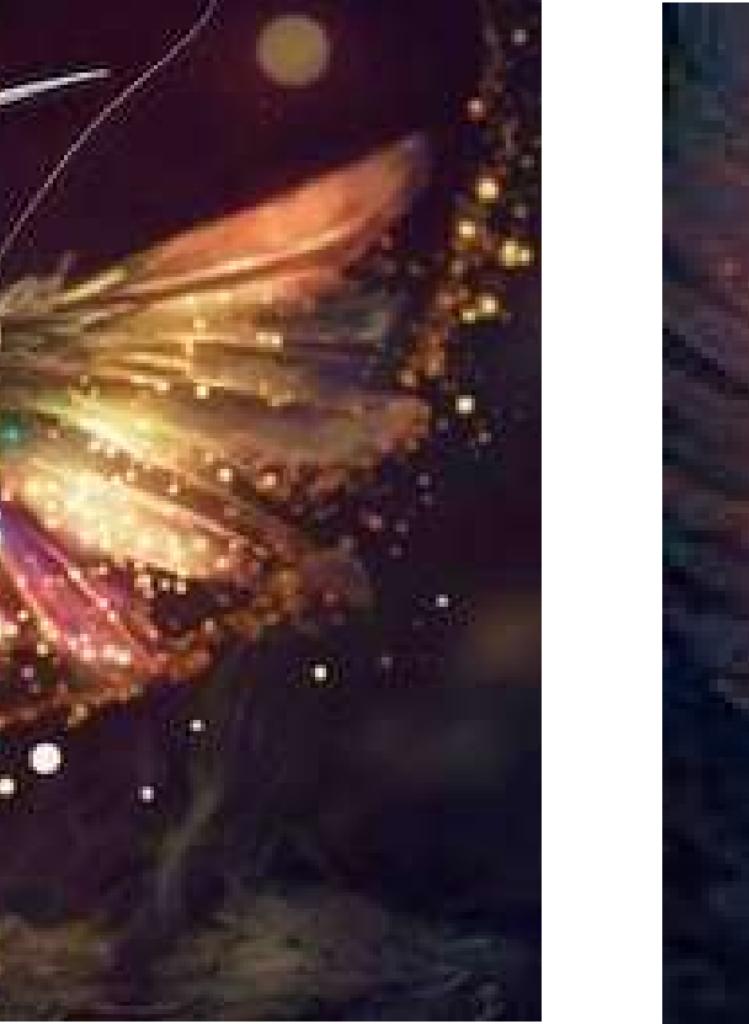
## CHOOSE YOUR AVATAR



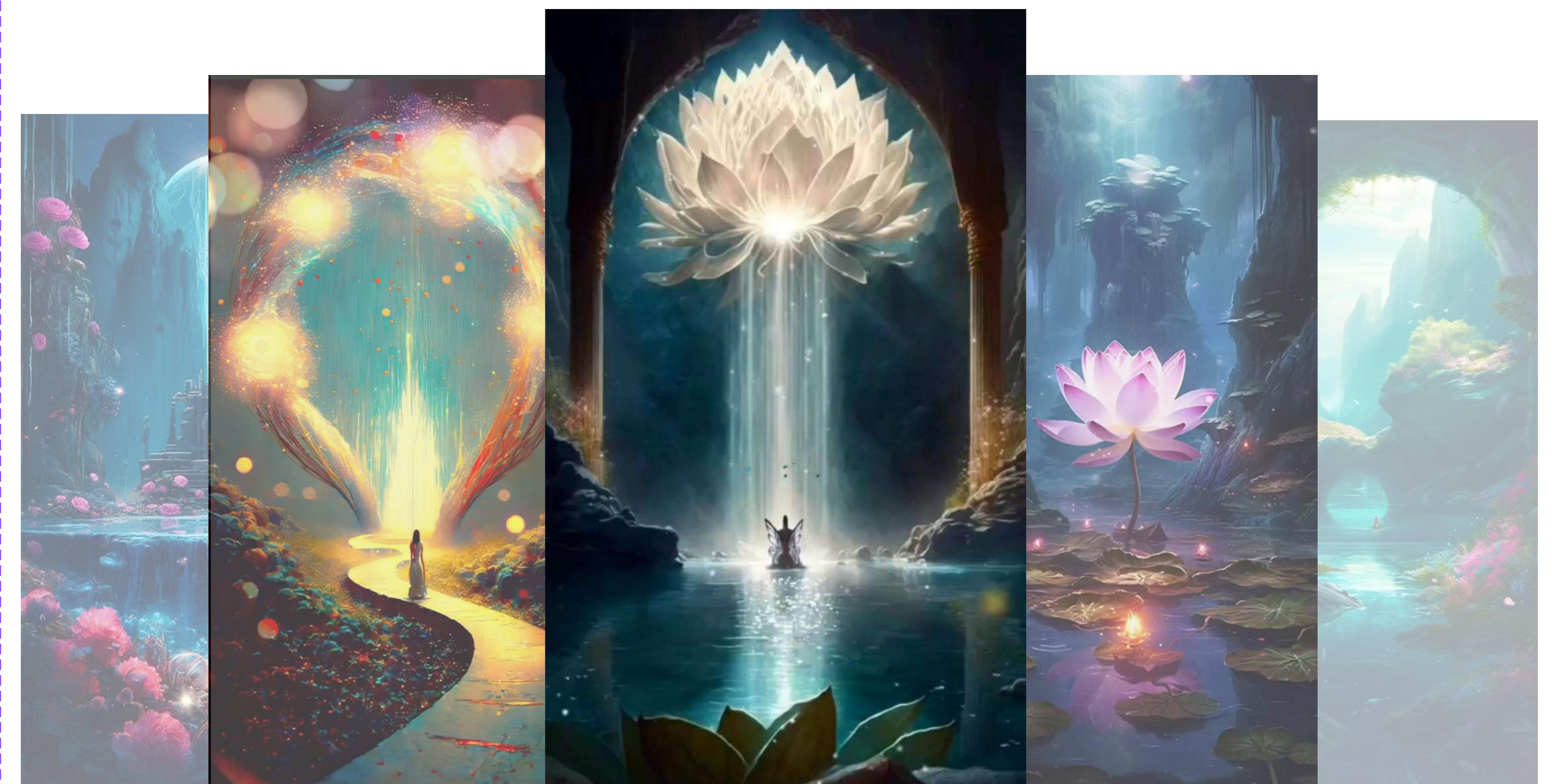
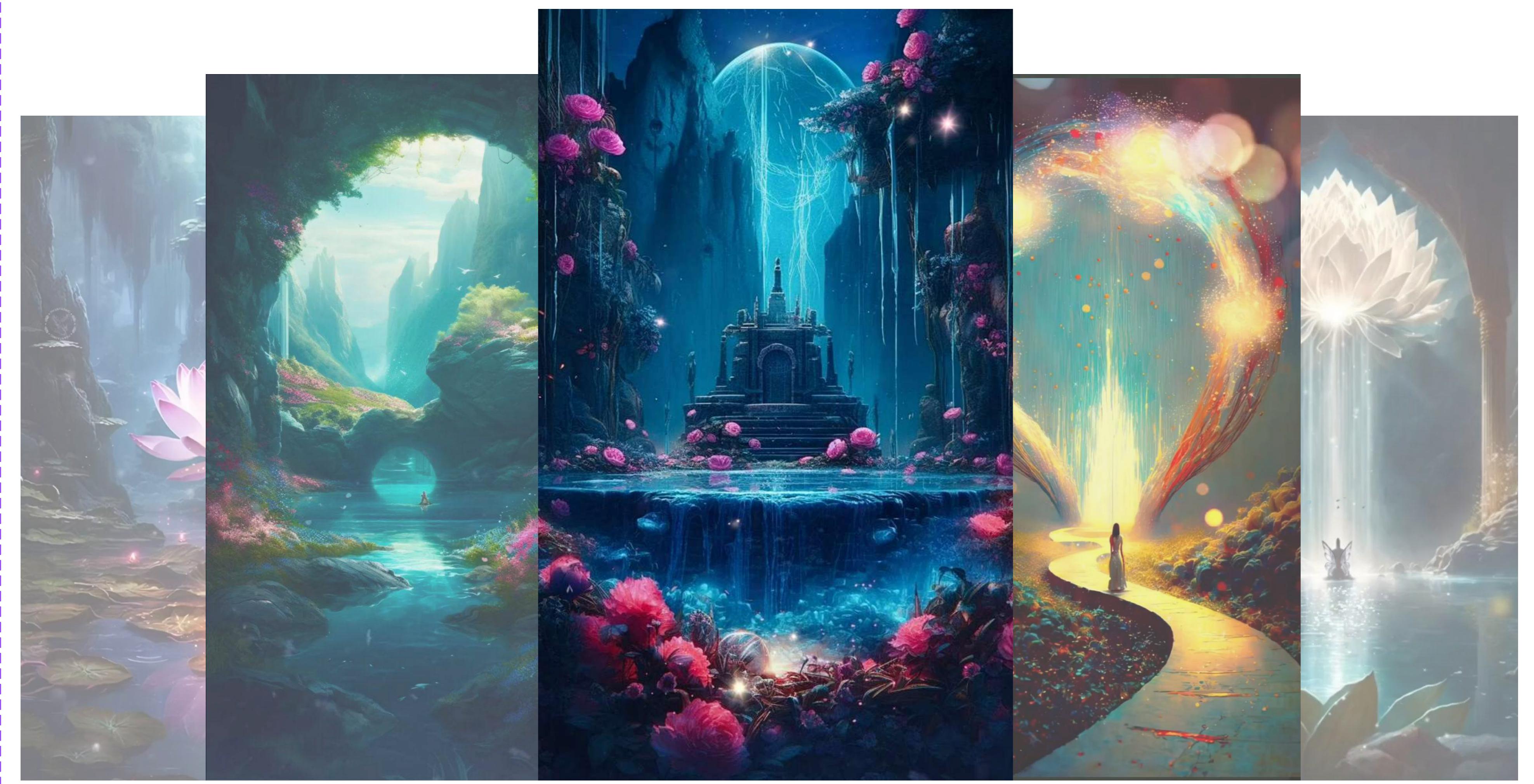
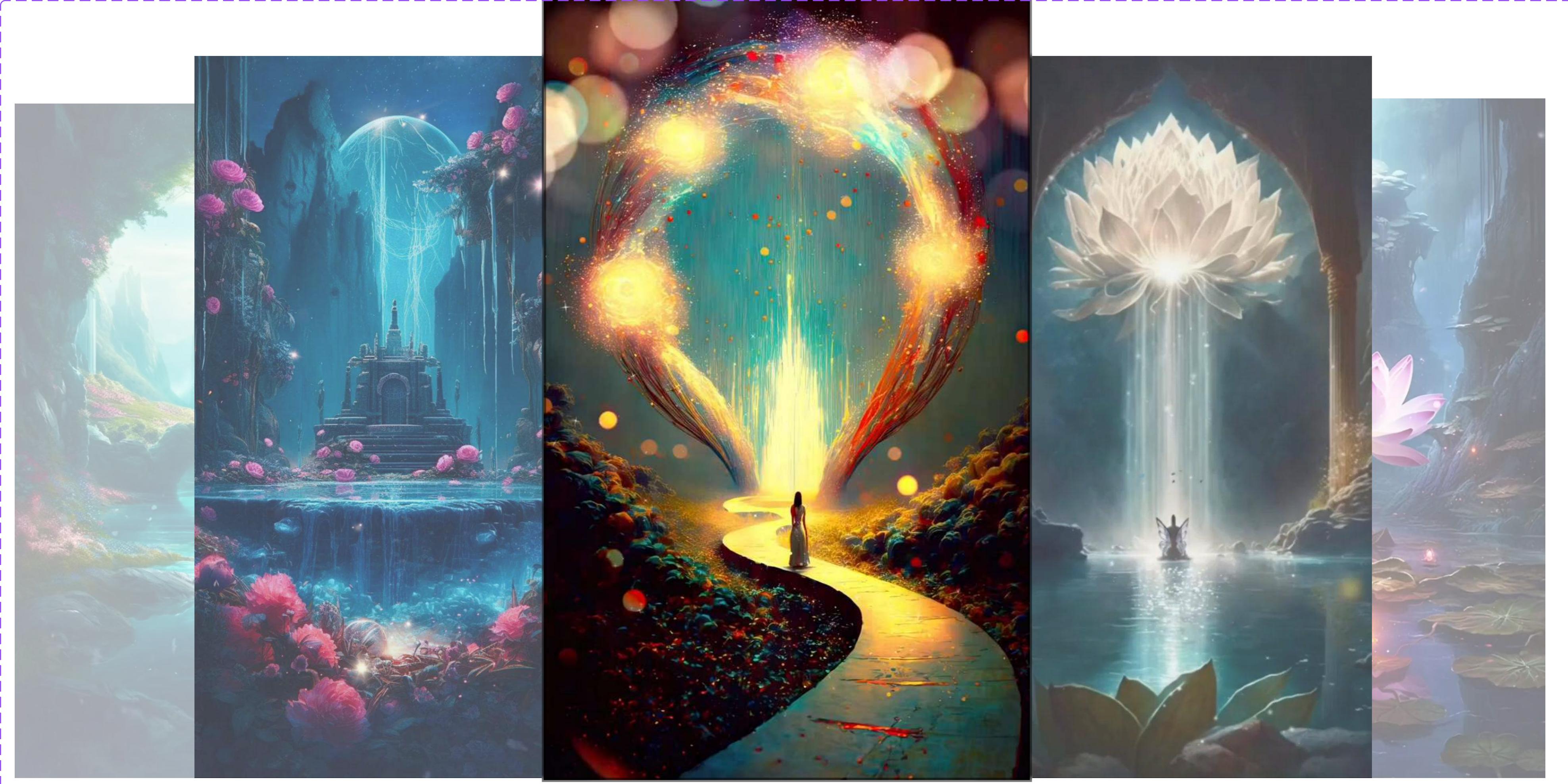
JOIN

**3T** shayat

*discover tranquility within*









Vani

Messages

Settings

Night Mode

More



ADHYAA

Active now



Hey, How are you?

I am fine, How about you?



Great! How are your sessions going on?



Glad to hear that! Anything i can help you with?

Yes, help me choose another therapy according to my profile



Type your Message...





## ZenZone

Guided meditations &  
personalized therapies



## Mindful Moments

Daily meditations and  
supportive discussions



## Calm Connections

Guided meditations and emotional support



## Harmony Haven

Meditation, mindfulness, and holistic healing.



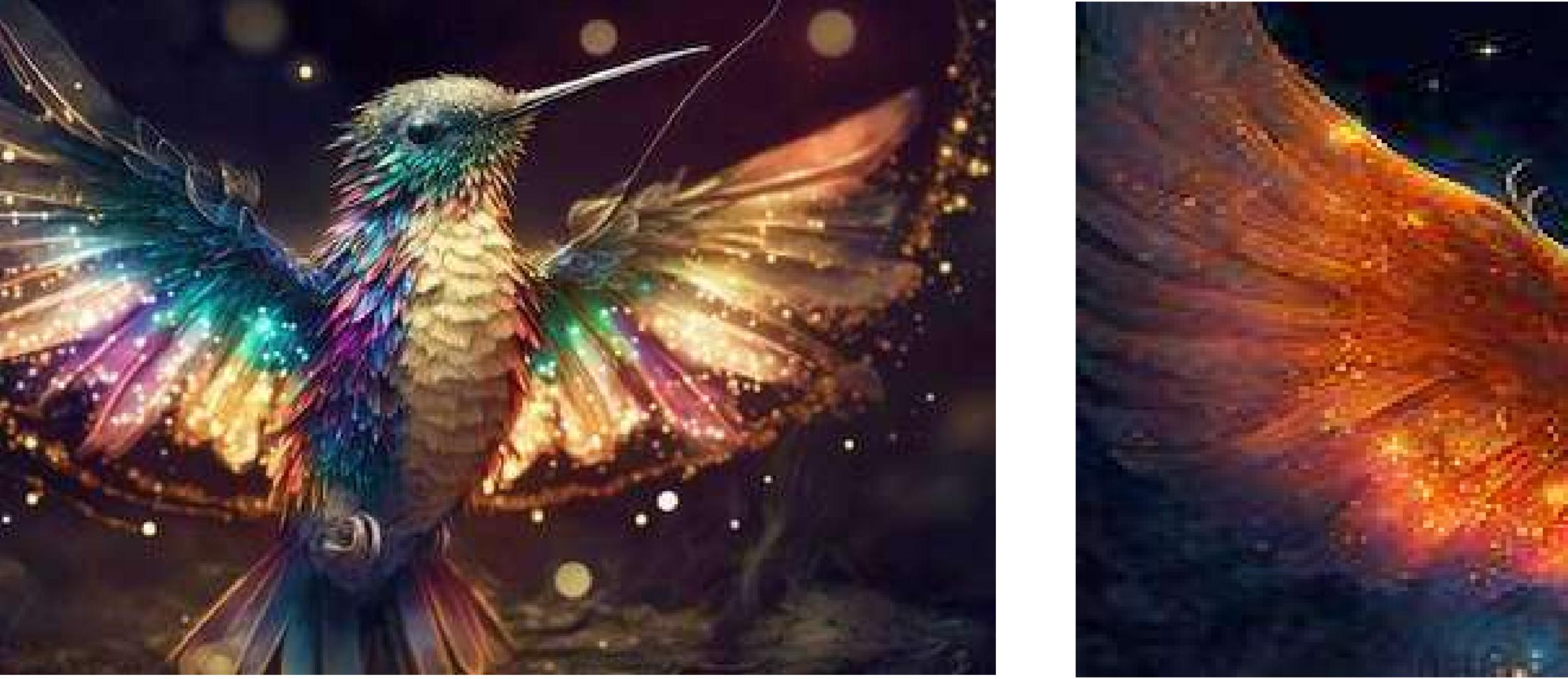
## Serenity Seekers

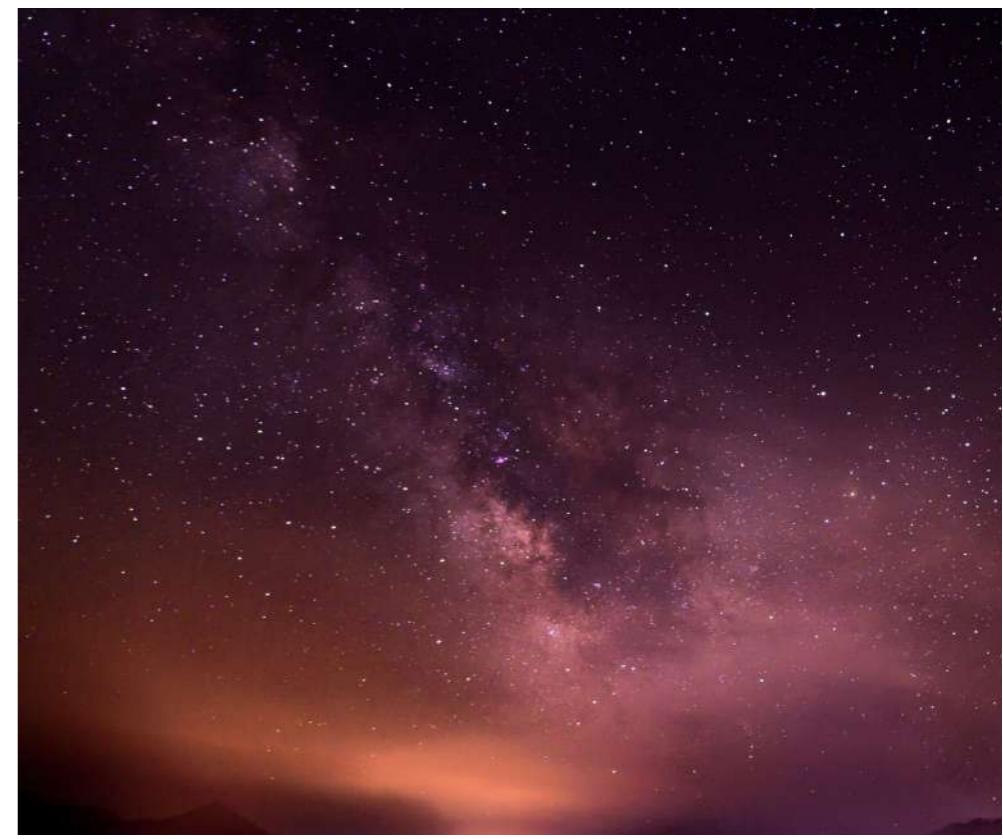
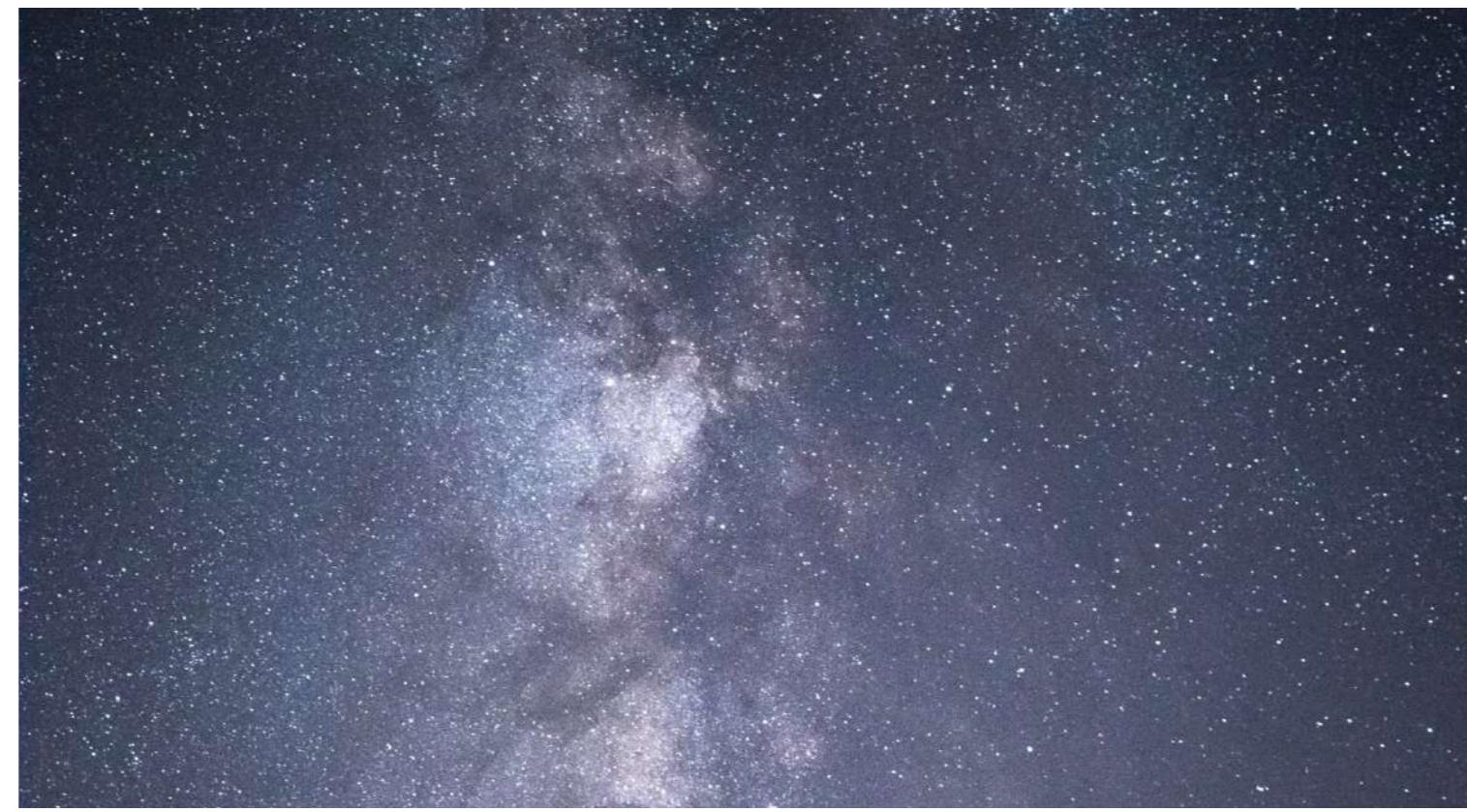
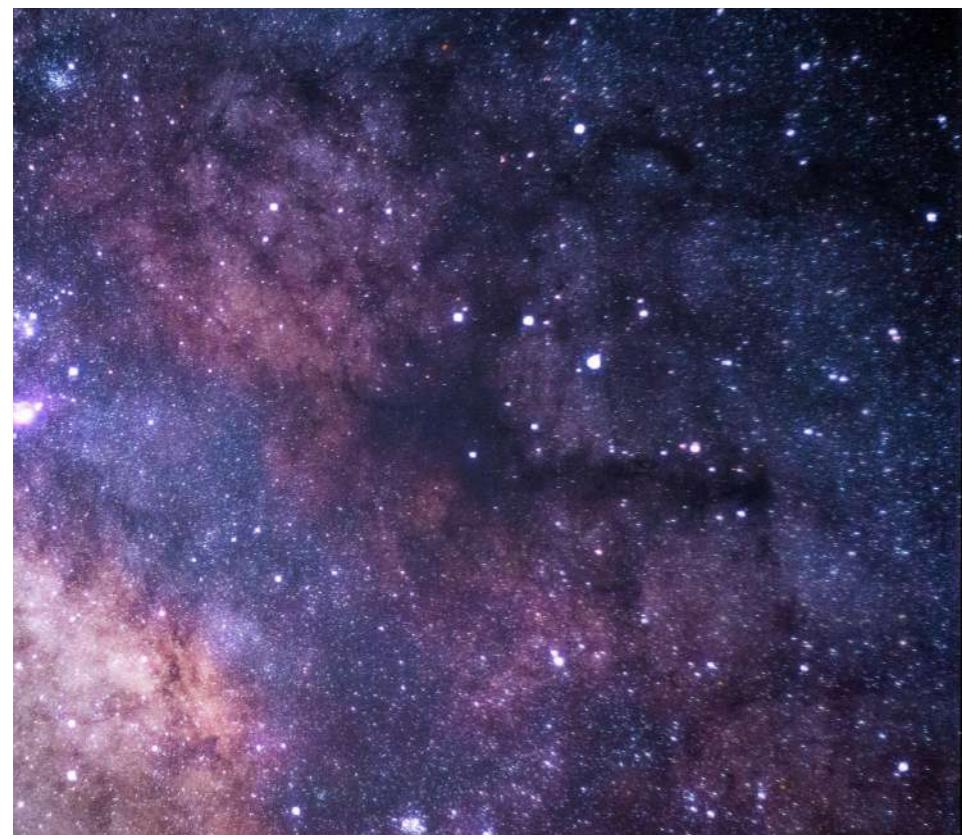
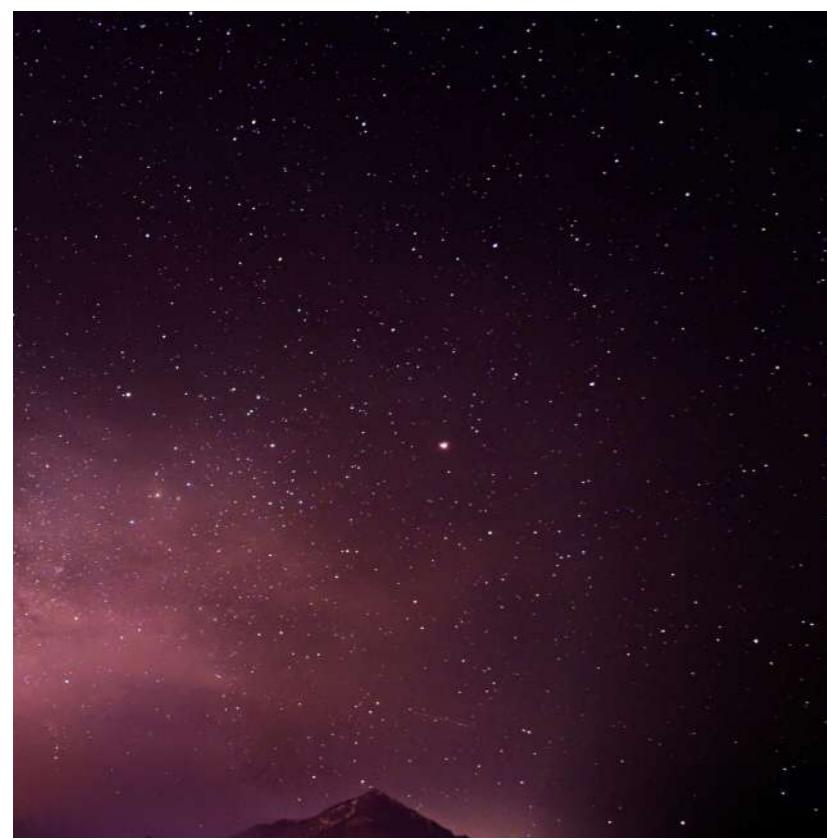
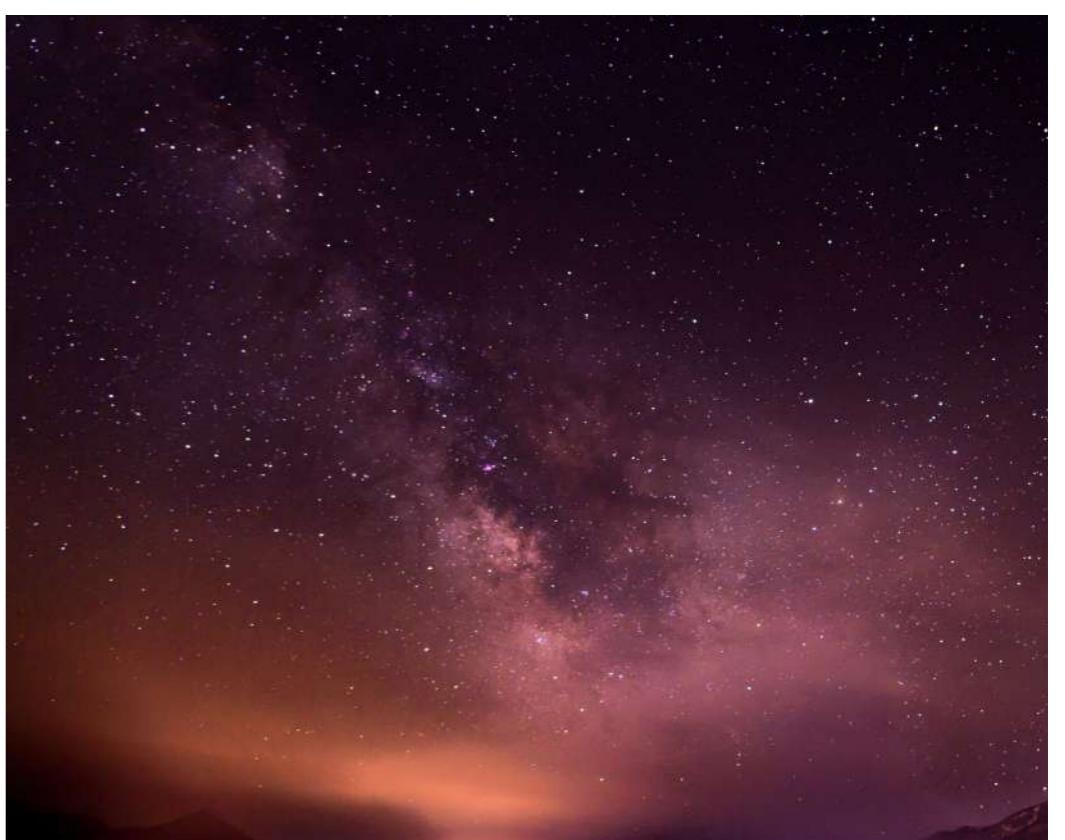
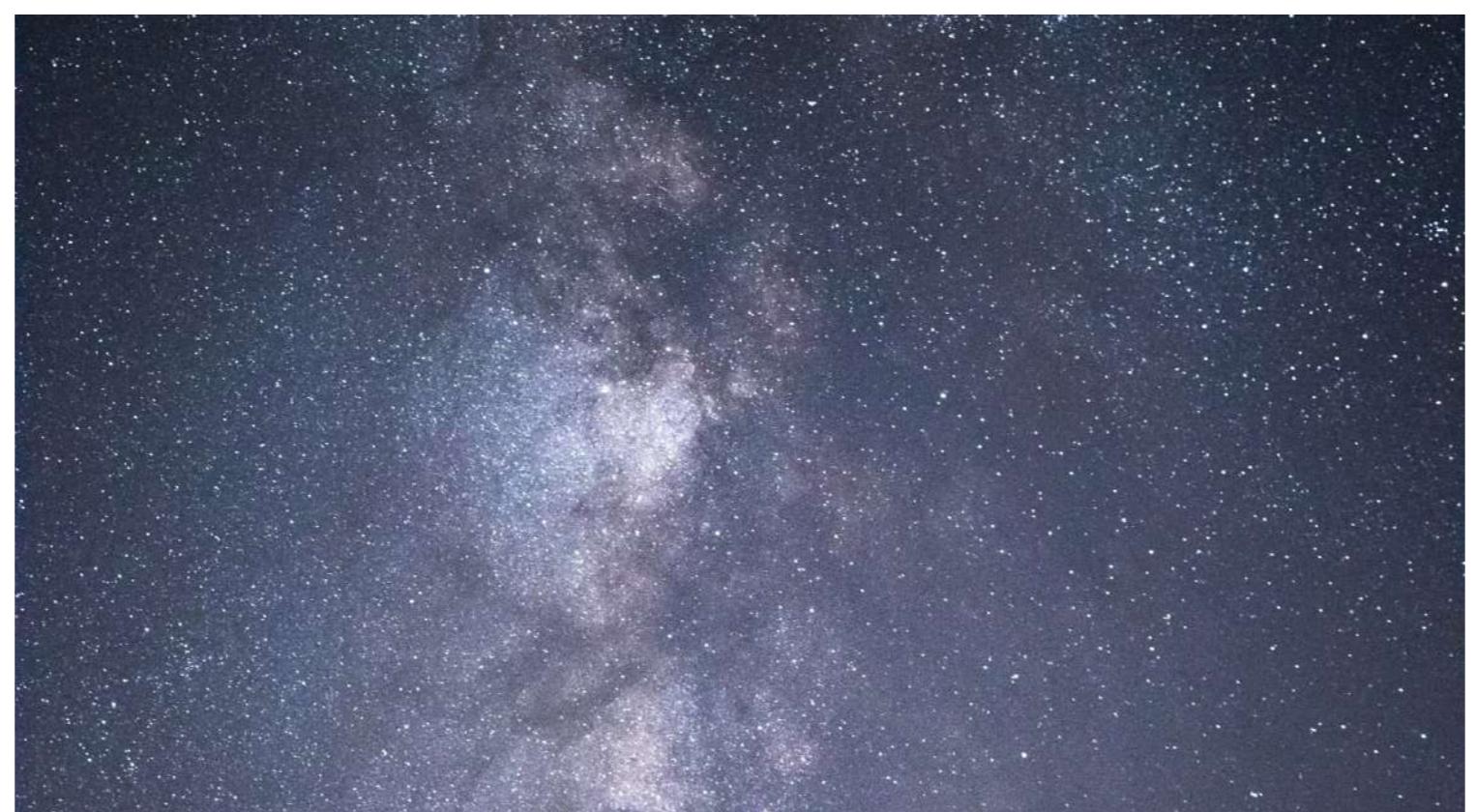
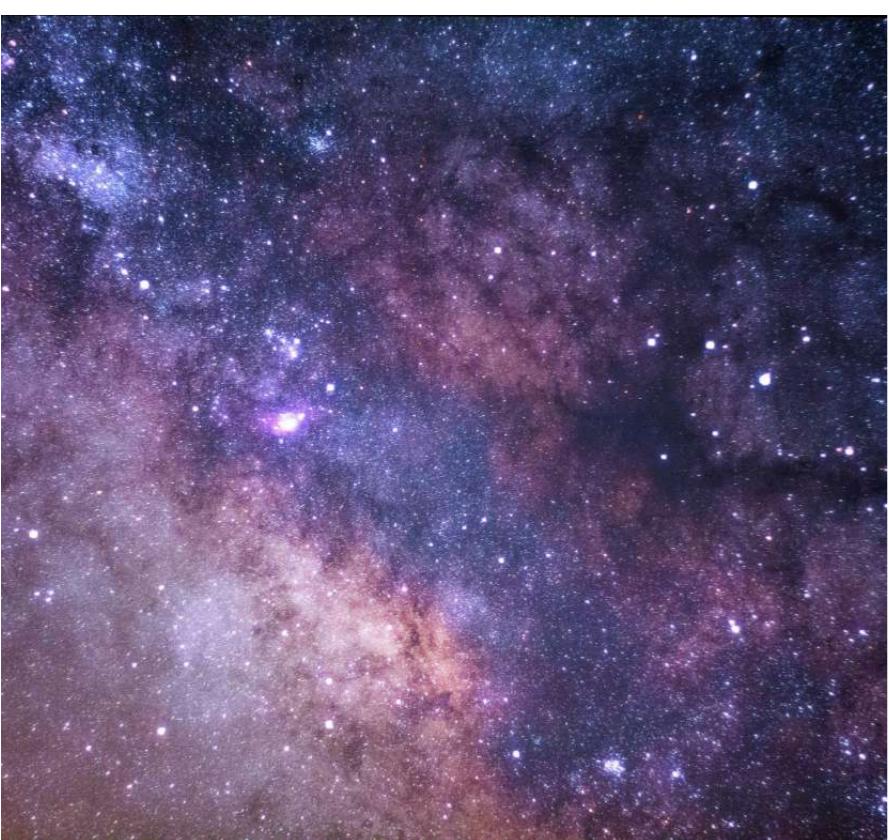
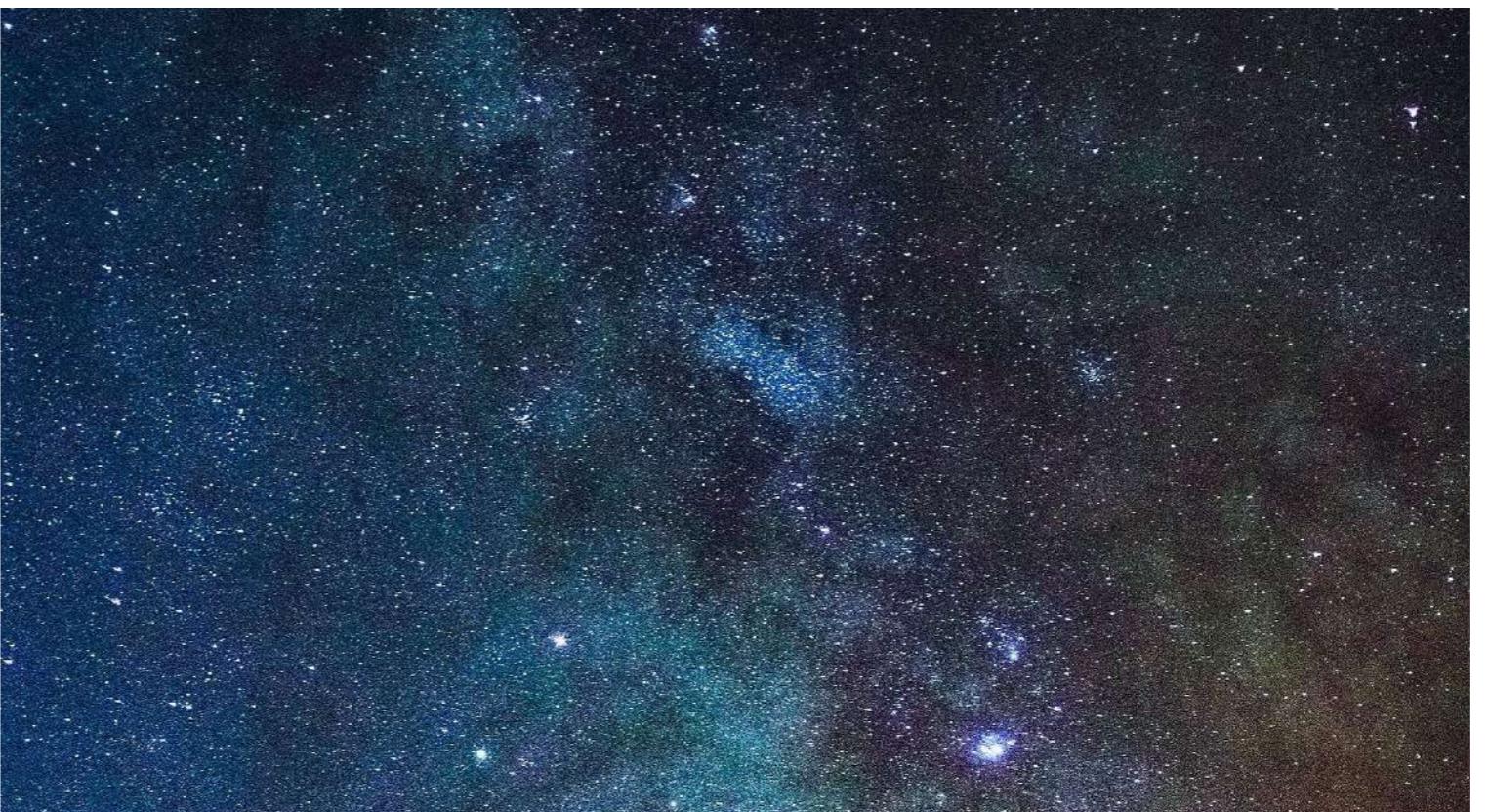
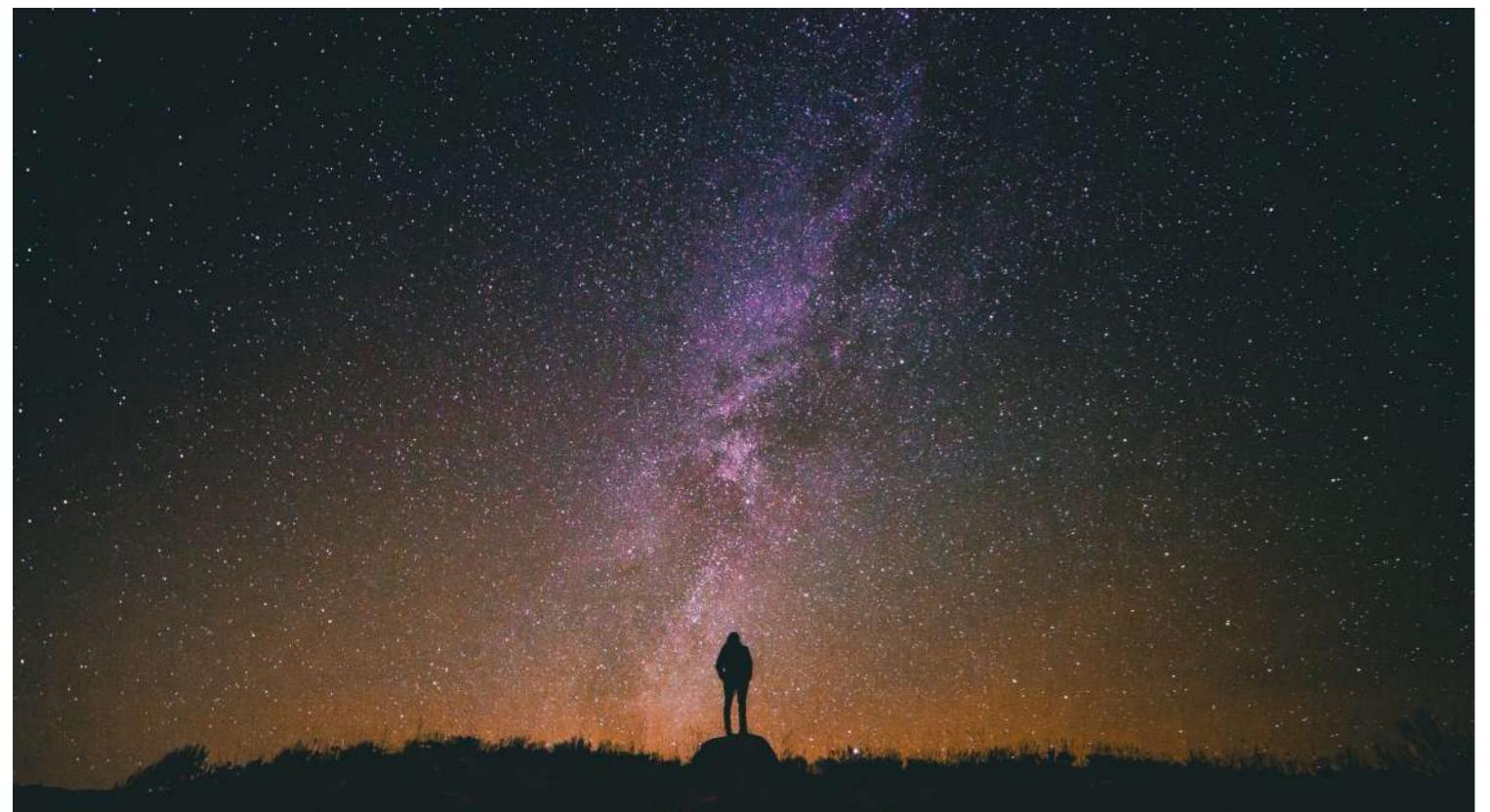
Mindfulness exercises and stress-relief techniques.



## Tranquil Trails

Meditation, yoga, and wellness workshops.







# MEET ADHYAA

Your virtual ai companion

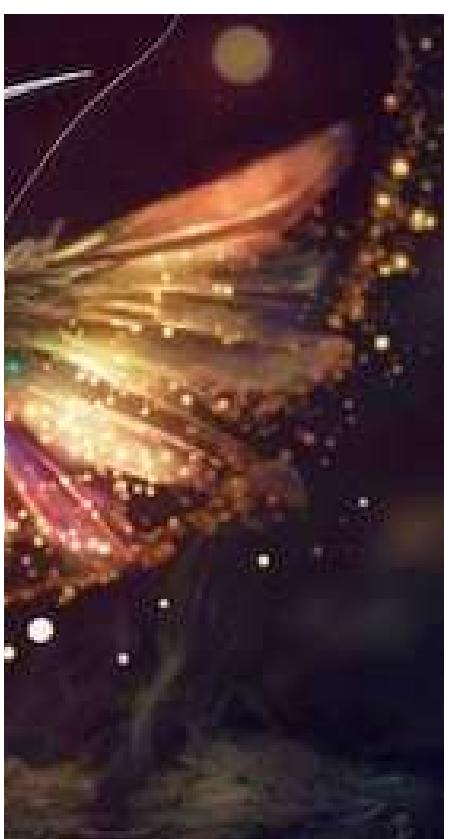
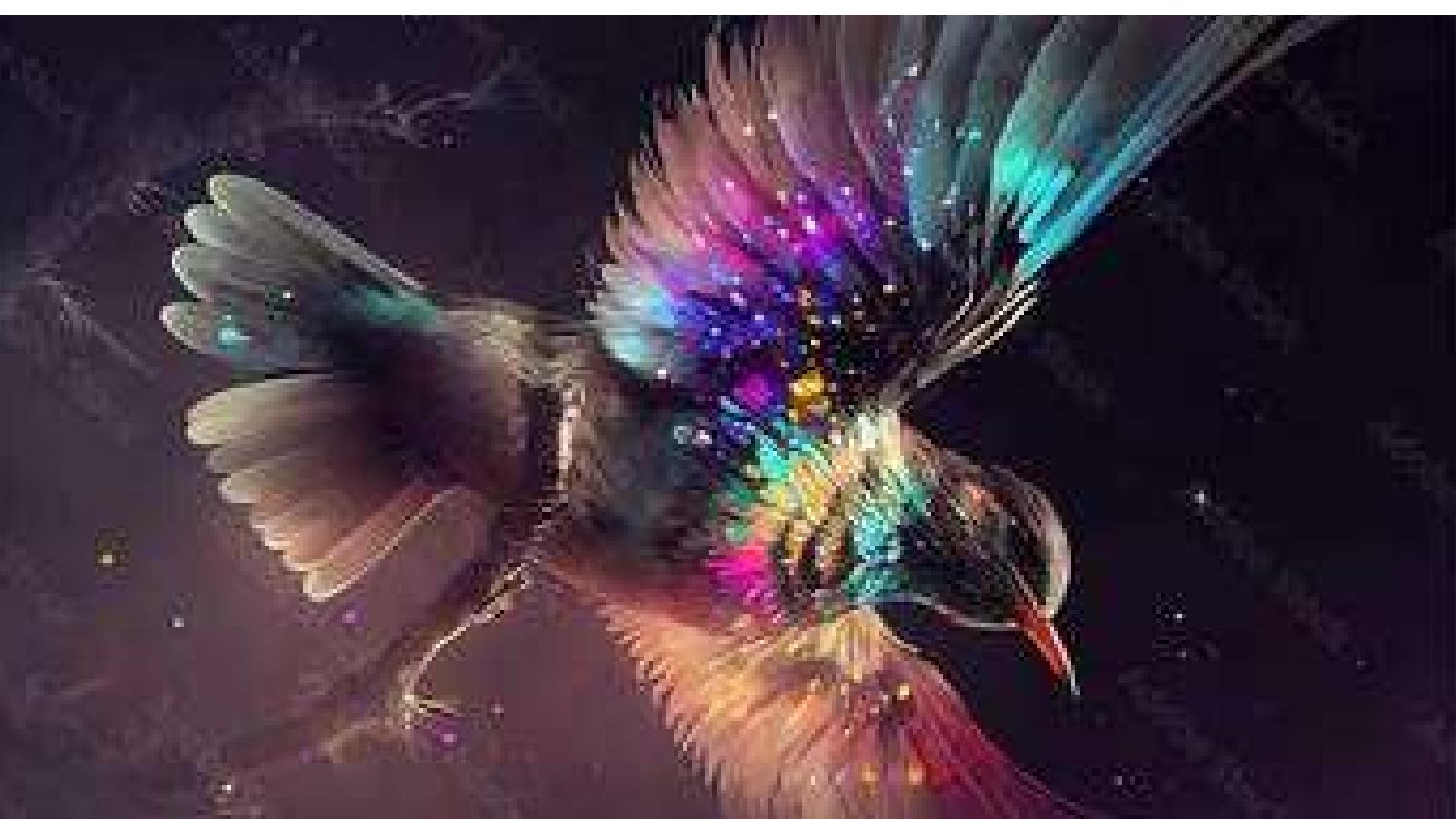
[Chat with Adhyaa](#)



## Chat with Adhyaa



## Search by Image





#1

Chromatic Blue  
Krakatoa

#3

Borneo  
Misty Forest

#5

Flores  
Coral Reef



#4

Ubud  
Horizon

#10

Interstellar  
Shimmer

#11

Bromo Volcanic  
Majesty