

Dr. Neelam Verma

Dr. Neelam Verma is indeed a multifaceted personality and has various dimensions to her activities. A prominent consultant Physician & Cardiologist by profession, she believes in going beyond the conventional limits. She integrates her routine medical practice with special sessions of "Healing Rhythms" where music and color healing are harmonized with breath control, yogic exercise, mudra, flowing dance movements and meditation.

These interactive sessions are especially effective in optimizing our natural healing energy which is otherwise undergoing acute erosion & leading to a variety of New Age diseases in young and affluent sections of the society.

Deeply influenced by the Indian Epics and Vedic Scriptures, Neelam has created innovative Dance Dramas. She has perfected herself in the Kathak dance style. Disciple of Guru Pt. Birju Maharaj, she follows the traditional Sutradhar style of Kathak.

As a poetess Dr. Neelam Verma has received the prestigious literary award "Kavita Vidushi" by KALPTARU for the year 2000. The award comes in recognition of her poetic work "Uttishtha Bharata" based on Shrimad Bhagavad Gita.

She has carried the vision of "A Healthy Lifestyle" at a destination spa being developed in a natural environment at Vedic Gram, near Manesar, Gurgaon. The complex will provide customized packages for Health, Fitness, Beauty & Nutrition along with rest and relaxation in a serene countryside where one can get soaked in the Cosmic Beauty of Nature: the ultimate Healer of our Body, Mind & Heart. The complex will also provide opportunity for Holistic interaction of spiritual & cultural forces proclaimed by our Scriptures since the glorious time of Vedic Era.

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