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Happiest Health to Host â??The Ayurveda & Gut Dialogueâ?? on June 29

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As interest in gut health continues to grow, Happiest Health will host a discussion on â??The Ayurveda & Gut Dialogueâ??, on 29 June 2026 at the Happiest Ayurveda Clinic, Jayanagar, Bengaluru. This is being organised to create awareness on the importance of gut health and its microbiome on the occasion of World Microbiome Day.

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The session will feature Dr. M.S. Mahadevan, Director, Happiest Ayurveda; Dr Yogesh Shouche, India's leading microbiome researcher and director Skan Research Trust; and Dr. Subrahmanya Kumar K, Associate Professor, The University of Trans-Disciplinary Health Sciences and Technology (TDU). The panel discussion will be moderated by Sharon S. Rajkumar, Vice President, Happiness Evangelist & Talent Development (Medical) and Chief Success Manager â?? Wellness Practices.

In addition to the discussion, participants will have an opportunity to explore how Ayurveda, posture and movement impact gut health through interactive engagements with experts from Happiest Ayurveda and Happiest Physio. The event is expected to bring together health and wellness enthusiasts for an afternoon of insights, learning and practical takeaways.

Entry to the event is by registration only. For registrations and passes, please contact 874 8888 874.

About Happiest Health

Happiest Health is an integrated â??Wellness Enterpriseâ? promoted by Ashok Soota. We are committed to improving health through better knowledge, state-of-the-art diagnostics, wellness centers, and clinics in a unique away-from-the-hospital model.

The business divisions of Happiest Health comprise Knowledge, Diagnostics, Healthcare Services and Wellness. The Knowledge business is already a global leader by virtue of its much-acclaimed Happiest Health magazine, free daily Healthzine, podcasts, videos, and impactful health summits. Diagnostics provides routine blood tests and specialized tests in Bangalore.

The Healthcare services (HCS) business specializes in multiple disciplines. We currently offer Dental services. We will soon offer Orthopaedics, Gynaecology, Paediatrics, ENT, Pulmonology, Gastroenterology, Nephrology, Ophthalmology, Dermatology, Cardiology, Urology, Obesity & Weight management, and other disciplines.

The Wellness business too has a range of clinics. We currently offer Ayurveda and BodyDynamics (Physiotherapy, Ergonomics & Yoga). We will soon introduce Happiest Healthy Lifespan(HHLS), Happiest Healthy Ageing (HHA), Your Personal Physician, Brainsphere (Neurology, Psychiatry, and Counselling) and Endocrinology.

Our Mission at Happiest Health is to inspire everyone to â??Embrace Wellnessâ? as a way of life.