



VSR
NATURE CURE CENTER

VANGALA SANJEEVA REDDY NATURE CURE CENTER

**DISCOVER THE
HEALING TOUCH OF**
nature




—◆◆◆—
**TELANGANA'S FIRST NATURE
CURE CENTER OF IT'S KIND**



Shamirpet, Hyderabad

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 vsrnaturecurecenter.com

Be One with Nature

Vangala Sanjeeva Reddy Nature Cure Center (VSR NCC), is a residential health and wellness retreat. It is set in the spiritually uplifting and picturesque backdrop of serene water bodies and stunning rocky outcrops on the outskirts of Hyderabad. A place that helps you immerse yourself in a sanctuary of natural healing that instills a novel perspective on living, VSR NCC is an integrated wellness center that offers holistic health care services in Naturopathy, Physiotherapy, Yoga and Meditation.

Why Choose Us?

At Vangala Sanjeeva Reddy Nature Cure Center, our goal is Chikitsa Vaidyayatha Prakruthi Adheenam Arogyam - treatment is decided by the doctor, whereas health is in the hands of nature.

Nestled amidst 50 acres of lush farmland in Hyderabad, Telangana, lies Vangala Sanjeeva Reddy Nature Cure Center (VSR NCC), spanning 12 acres. We firmly believe that true wellness is only possible when we achieve a harmonious balance between our mind, body, and spirit, free from the burdens of stress and illness.

VSR NCC provides a unique opportunity to willingly disconnect from the fast-paced, daily grind and harmoniously reconnect with nature like never before. This wellness destination is nestled away from the hustle and bustle of the city, in a pristine and pollution-free environment. The daily routine, therapies, and meals are all carefully curated to promote natural healing, helping guests to regain their confidence, energy, and happiness, and emerge rejuvenated and revitalized.

A Holistic Approach



NATUROPATHY / YOGA

Fasting/Detox | Therapy | Vibro-Massage | Chromo Therapy
Therapeutic Packs | Fomentation | Massage | Lifestyle Counseling
Mud Therapy | Ganji Turmeric Bath | Sunbath Therapy | Therapeutic Yoga
Shatkriya | Guided Meditation | Pranayama Trataka.



HOLISTIC THERAPIES

Deep Tissue Therapy | Hot Stone Therapy | Acupuncture
Physiotherapy | Music Therapy | Chakra Balancing | Reflexology
Cupping | Acupressure



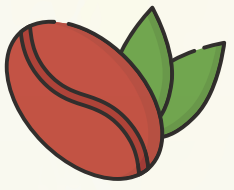
HYDROTHERAPY

Herbal Immersion Bath | Herbal Enema | Colon Hydro Therapy
Hipbaths | Spinal baths | Vichy Shower | Underwater Massage | Circular
Jet | Douche



Rejuvenate Naturally

VSR NCC is a state-of-the-art wellness center that boasts a team of exceptional healers, including some of the finest naturopaths and therapists in the nation. At our center, the wellness programs are thoughtfully crafted to target the physical and mental well-being of each individual.



GASTROINTESTINAL DISORDERS

Constipation | Hyperacidity | Fatty Liver | GERD [Gastro Esophageal Reflex Disorder] | Indigestion Gastritis | IBS [Irritable Bowel Syndrome]



LIFESTYLE DISORDERS

Post-cancer care | Preventive Cardiac Care | Skin Disorder
Anxiety/Depression | De-Addiction & Rehabilitation[Selective Cases] | Women Health Issues [Pre and Post Menopausal]



RESPIRATORY DISORDERS

Asthma | Emphysema | Sinusitis | Pulmonary Fibrosis
Allergic Bronchitis



MUSCULOSKELETAL DISORDERS

Osteoarthritis | Lumbago | Rheumatoid Arthritis | Gout | Cervical Spondylosis | Sciatica



ENDOCRINE DISORDERS

Obesity | Hypothyroidism | Osteoporosis | PCOD | Diabetes Mellitus



Dinacharya



5:30 am
**Wake up
before Sunrise**



6:00 am - 7:00 am
**Yoga
Meditation/
Pranayama**



7:00 am - 8:00 am
**Yoga kriyas
(cleansing techniques)**



8:00 am - 9:00 am
**Nutritious
Breakfast**



9:00 am - 12:00 pm
**Holistic
Therapies**



12:00 pm - 1:00 pm
**Wholesome
Lunch**



1:00 pm - 3:00 pm
**Rest and
Relaxation**



3:00 pm - 5:00 pm
**Holistic/Hydro
Therapies**



5:00 pm - 5:30 pm
**Fruit / Salad /
Herbal tea**



5:30 pm - 6:00 pm
**Evening walk /
Reflexology walk /
Cycling**



6:00 pm - 7:00 pm
**Yoga / Health talk /
Meditation**



7:00 pm - 8:00 pm
Light Dinner



8:00 pm - 8:45 pm
**Eye Exercise /
Trataka**



8:45 pm - 9:30 pm
**Treatments to
promote a good
night's sleep**



9:30 pm
Early to bed

Activities available :

Cycling, swimming, indoor and outdoor games, gym, library, etc

Full-Day package

Price
3499/-
per person per day



Welcome
drink



Consultation by
our senior doctor



Prescribed
therapy



Satvik
Lunch



Rest in our A/C
Deluxe Room



Holistic
Therapies



Sprouts +
Herbal tea



Leave by 5 p.m.,
fully rejuvenated



Note:

- Attendee per day - Rs. 1,500 (Only food and accommodation)
- Full day package is generally recommended for rejuvenation

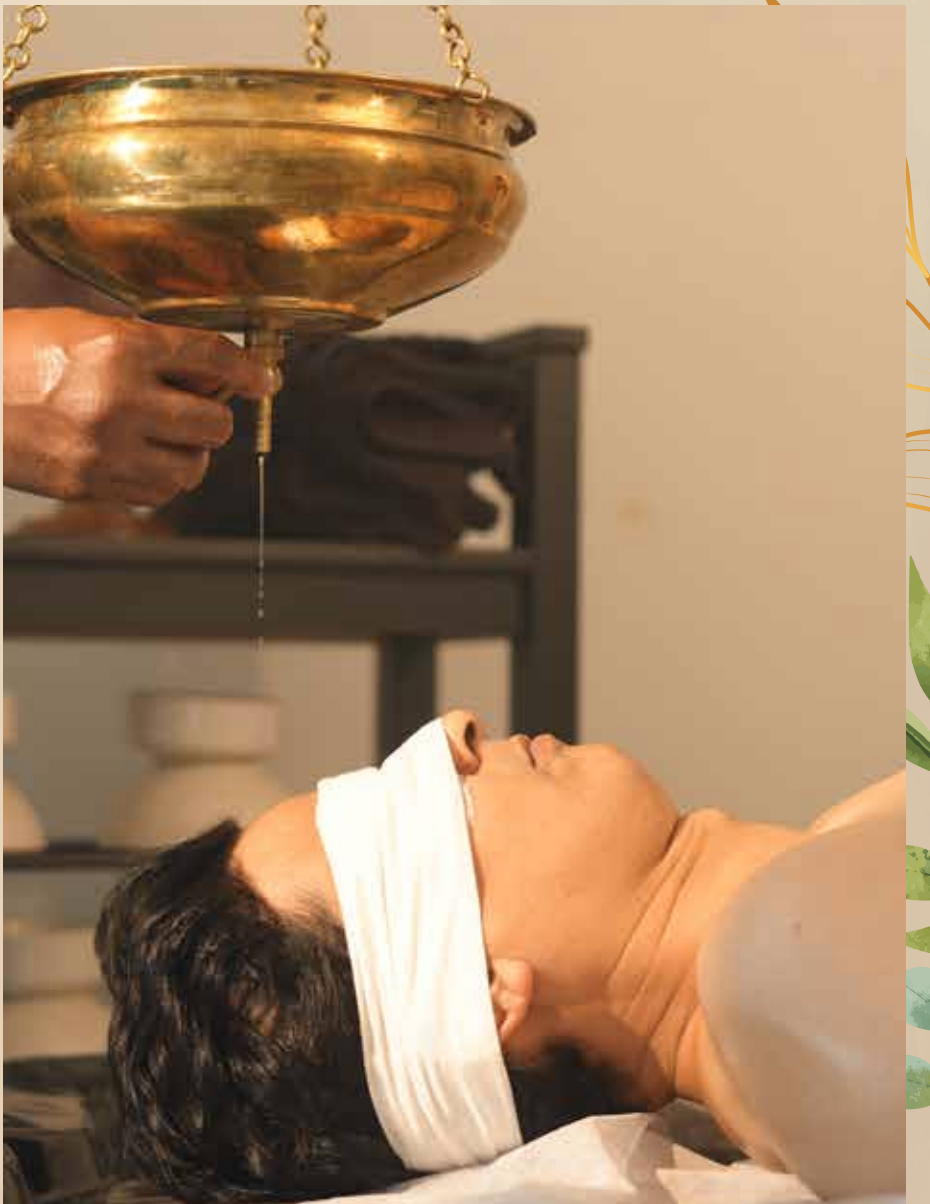
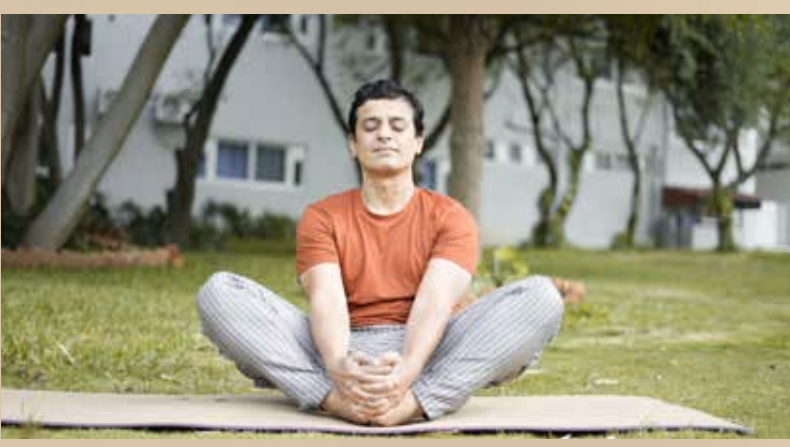
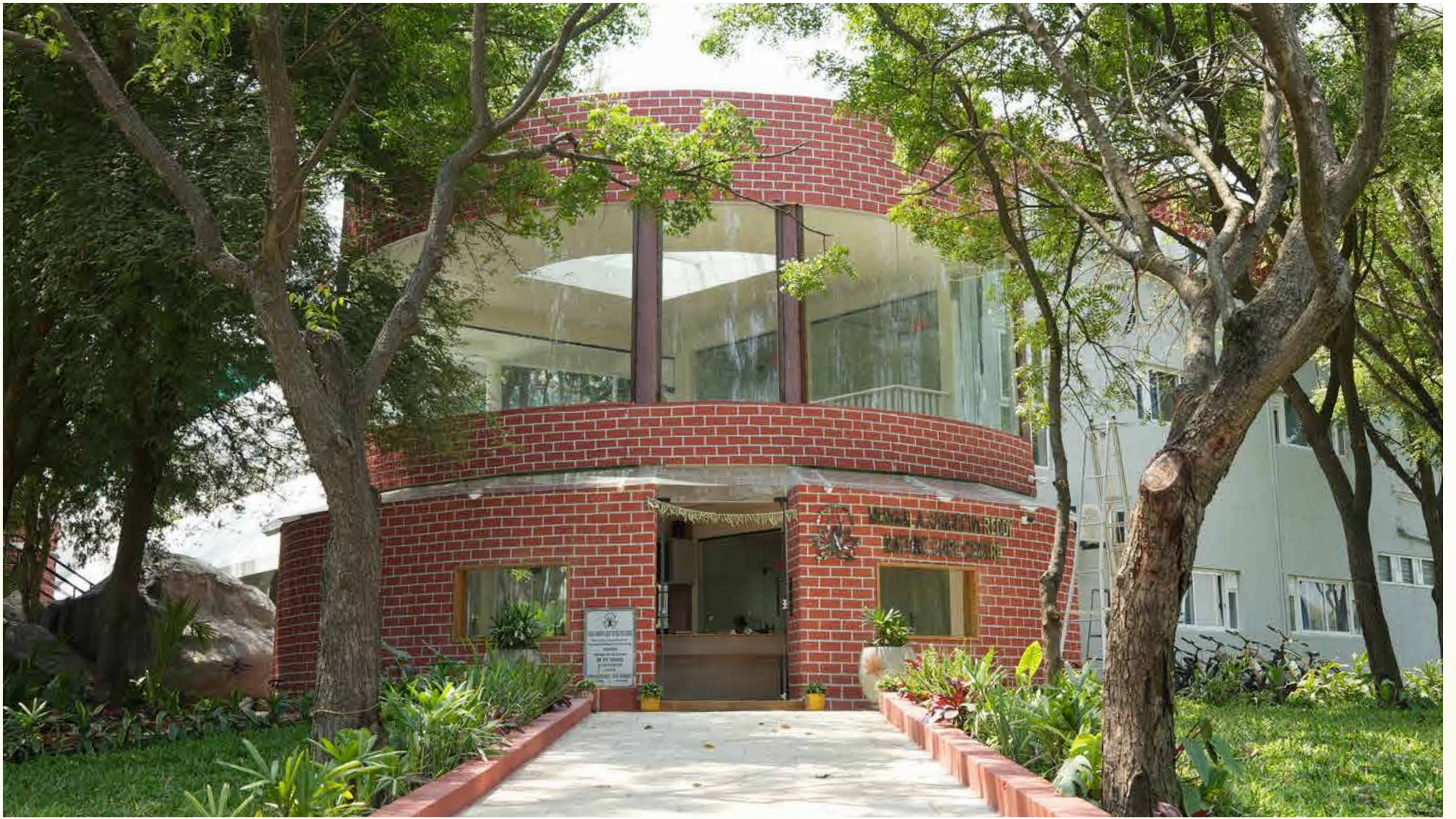


Stay packages

Upto 7 days - Double Occupancy	Rs. 5,450 per person per day
7 days - Single Occupancy	Rs. 10,000 per person per day
7 Days - Double Occupancy	Rs. 4,950 per person per day
14 Days - Double Occupancy	Rs. 4,450 per person per day
21 Days - Double Occupancy	Rs. 3,950 per person per day
Group Booking(2 or more)	Rs. 4,499 per person per day

Note:

- Attendee per day - Rs. 2,500 (Double Occupancy - Only food and accommodation)
- Prices include food, accommodation and all therapies as prescribed by the consulting doctor



Start the Journey Towards a Healthy Future Today



○ 1.2 km from the Outer Ring Road

🏫 2 km from BITS Pilani

🏠 22 km from Secunderabad Club

📍 Dharmaram Village, Keesara Mandal, Medchal-Malkajgiri District



Irish Valley, Dharmaram Village, Near Bits Pilani campus,
Keesara Mandal, Medchal-Malkajgiri district, Shamirpet,
Hyderabad, Telangana - 501301

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