



AYUSH TV



A Health, Wellness, Lifestyle & Infotainment Satellite Channel

# AYUSH TV

Your Gateway to Holistic Wellness Through Ancient & Modern Forms of Medicine Like Ayurveda, Yoga, Unani, Siddha, Homeopathy & Allopathy

The Channel Provides



AYURVEDA

Discovery to the power of Ayurveda and unlocking your body's natural healing potential.



YOGA

Ancient wisdom of yoga & guides you on a journey of self-discovery and personal growth



UNANI

Discovery to the ancient wisdom of Unani healing and restores the balance of your body, mind, and spirit



SIDDHA

An experience to integrate your mind, body, and spirit through Siddha practices, leading to holistic healing and rejuvenation.



HOMEOPATHY

An insight into the world of homeopathy and discovery to the gentle power of natural healing.

## CONTACT US

+91 6360844150

[www.ayushtv.com](http://www.ayushtv.com)

## Ayush Tv - Brand New Shows

Welcome to Ayush Spectrum, your ultimate destination for a vibrant and wholesale viewing experience. Join us as we explore a variety of captivating shows, each designed to empower and enlighten you in different aspect of health,wellness and traditional knowledge Let's dive in!



AYUSH TV



Monday to Friday

### Raita Bandhu - Nurturing Agriculture for a Sustainable Future

Witness the dedication and passion of farmers as they cultivate the beauty of nature. Experience the beauty of sustainable farming practices, advanced techniques, and innovative solutions that shape our food sources. Raitha Bandhu takes you on a captivating journey through the world of agriculture..

### Ayush Mantra - Cultivating Wellness and Healthy Living

Immerse yourself in the soothing realm of Ayush Mantra, where we explore Ayurveda, yoga, and natural remedies. Discover the secrets of ancient wisdom and embrace positive health and lifestyle choices. Let Ayush Mantra be your guide to a holistic and well-balanced life



Monday to Friday



Monday to Friday

### Angayalli Aarogya - Nurturing Health through Ayurveda

Join us on Angayalli Aarogya as we unlock the power of Ayurveda. Discover the incredible benefits of Ayurvedic principles, explore nourishing recipes, and adopt positive lifestyle habits. Angayalli Aarogya is your gateway to vibrant health and well-being.

### Ayush Ladies Club- Celebrating Womens's Wellness Live Interactive Show

Calling all women to join the Ayush Ladies Club, a live interactive show dedicated to empower and celebrate womanhood. Discover ways to enhance your well-being, win fabulous gifts, and connect with a community of like - minded women. Ayush Ladies Club is your platform for inspiration, knowledge, and Women wellness.



Monday to Friday



Everyday

### Ayush Fitness - Yoga for Mind, Body, and Soul

Get ready to embark on a fitness journey from the comfort of your own home with Ayush Fitness. Learn yoga asanas, breathing techniques, and mindfulness practices that promote physical and mental and mental harmony. Let Ayush Fitness guide you toward inner balance and strength

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Contact : 6360844150



**Everyday**

### **Music Therapy - Healing Harmonies for the Soul**

Experience the therapeutic potential of sound with Music Therapy. Discover how melodies and rhythms can soothe, uplift, and heal. Join us on weekends for a harmonious escape into a world of relaxation and rejuvenation.

### **Inside the Mind - Understanding the power of Psychology**

Journey into the depths of the human mind Through the programme inside the Mind. A show that explores the intricate connection between habits, nature, and behavior. Gain insights into the factors that shape our thoughts, emotions, and actions.



**Saturday & Sunday**



**Every saturday**

### **Naati vaidya Showcase - Preserving Ancient Traditions of Rural Medicine**

Step into the world of Naati vaidya Showcase, where we celebrate the rich heritage of rural medicine. Discover traditional healing practices and remedies that have been passed down through generations. Naati vaidya Showcase honors the roots of our ancestors, ensuring their wisdom continues to thrive

### **All About Sex - Embracing Ayurveda for a Fulfilling Intimate Life**

Dive into the realm of sexual wellness with Ayurvedic Principles on Sex Wellness. Discover how Ayurveda views and embraces the intimate aspects of life. Gain Knowledge about enhancing pleasure, maintaining balance, and nurturing healthy relationships. Let Sex Wellness guide you on a journey toward a fulfilling and joyful intimate life.



**Friday, Saturday, Sunday**



**Every saturday**

### **Ayurveda Darshana - Unveiling the Essence of Ancient Medicine**

Ayurveda Darshana invites you to explore the profound significance of Ayurveda in our lives. Uncover the depth and wisdom of this ancient healing system. Discover the secrets of herbal remedies, explore the principles of balance and rejuvenation, and learn how Ayurveda harmonizes our body, mind, and spirit. Ayurveda Darshana is your gateway to holistic well-being.

### **Sound Therapy - Harnessing the Healing Power of Sound**

Immerse yourself in the therapeutic world of Sound Therapy, where vibrations become a conduit for healing. Learn about the profound impact sound can have on our physical and emotional well-being. Explore ancient techniques and modern applications of sound healing to address various health issues. Join us on a transformative journey, embracing the power of sound for holistic wellness...



**Every saturday**

**ADDRESS :- AYUSH TV PRIVATE LIMITED**  
#58/1, KKR PEARL  
HEBBAL TUMKUR OUTER RING ROAD,  
NAGASHETTIHALLI,  
KASABA HOBALI  
BANGALURU, KARNATAKA  
560094, INDIA







**Monday to Friday**

### Mane Vaidya - Home Remedies for Everyday Ailments

Step into the world of Mane Vaidya, where ancient knowledge meets modern convenience. Discover the magic of home remedies using readily available herbs and ingredients found in your kitchen and backyard. Learn how to prepare simple, effective remedies for common ailments, and embrace the healing power of nature in your own home. Mane Vaidya empowers you to take control of your well-being.

### Sarala Yoga - Asanas for Every Ailment

Sarala Yoga presents a comprehensive guide to yoga asanas tailored to address specific health concerns. Join us as we explore the therapeutic benefits of yoga. Learn the correct techniques, modifications, and precautions to practice each asana safely. Sarala Yoga is your companion in finding balance, strength, and well-being through the transformative power of yoga..



**Saturday & Sunday**



Every Saturday

### My India, My Pride - Celebrating India's Cultural Heritage

on a captivating journey with My India, My Pride, as we celebrate the rich cultural heritage of our incredible nation. Explore the origins of diverse Indian foods, uncover the stories behind traditional recipes, and meet extraordinary individuals who bring pride to our country. Let us immerse ourselves in the tapestry of India's cultural diversity and feel the spirit of unity and pride.

**Free to Air Satellite Channel**



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Various Live Interactive Shows with experts from different fields, Health Melas, Rejuvenation Camps, Live relay of Seminars and Lifestyle Events, apart from various Talk shows, Music and Comedy shows, etc..

Ayush Tv not only aims to bridge the gap between the technology and tools available with the ailments and the awareness that the people should get through both On Air and On Ground activities, but envisions to bring about a reformation for an all round healthy living through its Infotainment Programme content too.

**Watch Ayush Tv for an Enriching Experience where the treasures of ancient wisdom are unravelled**

**Ayush TV availability**



2713



1686



968



2713