



HEALDHEE
360°
HOLISTIC HEALTH HEALING 
BY
DR. MICKEY MEHTA
GET IMMUNIZED. GET MICKEYMIZED !!!



SHORT PROFILE OF DR. MICKEY MEHTA

Dr. Mickey Mehta, a **Global Leading Holistic Health Guru/ Corporate Spiritual Coach**, has completed 53 years of yoga and 42 years of the professional run.

Has bagged prestigious awards like the 'Health and Wellness Icon of India' by the Economic Times, received an award at Azadi Ka Amrit Mahotsav's 75th-year celebrations from the Ministry of Cultural Affairs in Switzerland for "Excellence and Pioneer in holistic health" apart from many others.

Appointed as DIRECTOR-HOLISTIC HEALTH WELLNESS at HSNV UNIVERSITY, Mumbai.

ASSOCIATED WITH SHORT COURSE AT MUMBAI UNIVERSITY

Serves at the **MINISTRY OF EXTERNAL AFFAIRS (MEA) AT VIDESH BHAVAN, TATA MEMORIAL CANCER HOSPITAL, MASINA HOSPITAL (PSYCHIATRIC WARD), CUMBALLA HILL HOSPITAL, & BREACH CANDY HOSPITAL.**

Author of 4 books: 'The Shoonyam Quotient', 'Lose weight gain shape', 'Immunity +' with Padmashri super Chef Sanjeev Kapoor, and recently launched 'Weightless- Unburden.'

Upcoming books are 'Focus to Lotus', 'Curd Karma' & 'Woman The Healer'.

Published medical research papers titled - "Monumental Code - The Vedic Wisdom", "Immunity for Humanity" with Dr. Ali Irani, "Grow Tall with Dr. Mickey Mehta" for child development & "Yoga for the Spine".

Contributes regularly to Speaking Tree. He has been a speaker at Harvard University, IIMs & IITs.

Appointed as the FIT India Movement Champion by the Sports Authority of India.

He is a chairman of the wellness committee Council for Fair Business Practices & an advisor to Delphic India for Holistic Health and Wellness.

He is the first-ever columnist, TV, and radio presenter on wellness. He has been a life coach to India Inc. billionaires, Bollywood superstars, top politicians, several Miss Worlds, Miss Universes, the Police, the Indian army, etc.

He has completed: 38 years of TV presence, 10 years of the Tata Play fitness channel, 30 years of radio presence, 15 years of Radio One 94.3, 5000 shows, and 10 years of Get Mickeymized morning broadcasts.

Clients served: The U.S., Israel, & Canadian consulates, Leading banks, FMCGs, and elite Government agencies just to name a few.

The author, poet, philosopher, brand, institution, the legendary – DR. MICKEY MEHTA who gets you Immunized, Energized, Naturalized, Optimized, Maximized, Wellness Revolutionized, and gets you, **MICKEYMIZED!!!**

Social Media Presence:

Website: <https://www.drmickeymehta.com/>

Twitter: <https://twitter.com/drmickeymehta>

Facebook: <https://www.facebook.com/drmickeymehta>

Linkedin: <https://www.linkedin.com/in/mickeymehta/>

Instagram: https://www.instagram.com/mickey_mehta/

Wikipedia: https://en.m.wikipedia.org/wiki/Mickey_Mehta