

Healthy Diet (Siridhanyalu, Kashaayalu, Ganuga Nunelu & Thati Bellam), Nature Walk, Yoga, Relaxation & Sleep, Recipes



తరతరాలకు తరగని సిరిసంపదల పంట ప్రగతి ఇంట



Dr. G.B.K. Rao, CMD
Pragati Group of Companies

16th Batch **5 Days Package**

Rs. 20,000/- per person

31st Jan to 4th Feb 2020

On Sharing Accommodation

* Terms and Conditions apply



Dr Sarala, BHMS
D/o Dr Khadar Vali will mentor & guide the participants of Amrutha Ahaaram Package.

For Booking : +91 9133335703 / amruthaahaaram@pragatiresorts.com

Terms & Conditions

- 1). Advance reservations required to book Amrutha Ahaaram package, confirmation against full payment only.
- 2). No Refunds will be entertained in case you discontinue the package midway.
- 3). All admissions into a specific package are based on prior health scrutiny conducted by our in-house Ayurvedic Doctor.
- 4). Each Package is inclusive of Room Tariff, Millets Diet, Exercise, Yoga and Nature Walk.
- 5). Check-in 12.00 noon and Check-out 10.00 am.
- 6). Other facilities at Resorts are Chargeable.

General Information

- 1). Shared accommodation will be provided. Allotment of rooms at sole discretion of front office, Pragati Resorts only.
- 2). Pragati Group's Amrutha Ahaaram package has been developed based on the research, findings and guidance as provided to us by Dr. Khader Vali, Independent Scientist and Millets Expert.
- 3). We provide only advice and guidance on the best way to prepare Millet foods and create awareness of the health benefits of millets diet, herbal decoctions, cold press oils, and palm jaggery only.
- 4). Amrutha Ahaaram is a healthy diet plan only, which includes Millets food, Herbal decoctions, Cold Press Oils and Palm Jaggery.

