

Shrutti is an economics Hons graduate from LSR 1996 batch and an MBA with corporate experience in market and consumer research. She later diversified into alternative integrated medicine and holistic well being.

Though Shrutti does not have a Psychology degree , She trained as an NLP (applied psychology) Master practitioner and does personal counselling as well. Her mission is to empower people with knowledge and skills, guide them to adopt healthy habits and lead happier fulfilling lives.