

Dr. Prajakta Masalgekar's Journey: Building Health & Confidence

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Success is not defined only by a career; it is built through dedication, service, and a genuine desire to create a healthier society.

Dr. Prajakta Dhananjay Masalgekar, a well-known Ayurvedic physician from Nanded, has given a new direction to women's health, fitness, and holistic Ayurvedic treatment through **Oasis Ladies Gym** and **Sarvadnya Ayurvedic Panchkarma Clinic**.

From childhood, Dr. Prajakta aspired to see people healthy and happy. With a deep belief in the power of Ayurveda, yoga, and natural healing, she chose to begin her professional journey in this field.

She firmly believes that

“Health is not connected only to the body, but also to the mind and the soul.”

With this philosophy as her foundation, she laid the groundwork for her services in Nanded.

Women's fitness is often neglected. This reality led her to establish **Oasis Ladies Gym**, where the following services are available:

- Modern fitness facilities
- Personal training
- Weight loss and weight gain programmes
- Yoga and cardio sessions
- Healthy lifestyle counselling

Today, this gym has become a centre of both confidence and health for women in Nanded.

At her clinic, Dr. Prajakta has combined authentic Ayurvedic treatments and Panchkarma therapies with modern facilities.

The major treatments available include:

- Panchkarma therapy

- Weight management treatment
- Arthritis and spine therapy
- Detoxification
- Specialised women's health treatments
- Stress and insomnia treatment
- Skin and hair therapy
- Diet and lifestyle counselling

Through these treatments, many people have been given a new, healthier beginning.

Her key strengths include:

- A unique ability to understand patients' problems
- Integration of Ayurvedic knowledge with modern fitness science
- Empowering women to become self-reliant and health-aware
- Customised treatment tailored to each individual

These qualities have helped her establish a distinct identity in Nanded.

Dr. Prajakta regularly conducts several social initiatives, including:

- Health awareness camps
- Fitness and wellness workshops
- Special health talks for women
- Natural lifestyle awareness programmes

Her objective is clear —

to ensure that every woman becomes healthy, confident, and capable.

Her dedication, compassionate service, and outstanding work have received recognition. She has been selected for the following honours:

- *Maharashtra Business Icon 2025*
- *Maharashtra Style Icon 2025*
- *Maharashtra Fashion Icon 2025*

These prestigious awards are being presented by **Reseal.in** and **India Fashion Icon Magazine**, organisations that honour emerging entrepreneurs and business leaders from Maharashtra.

This achievement is not hers alone, but a matter of pride for the entire city of Nanded.

Dr. Prajakta Dhananjay Masalgekar proves that:

**Service + Knowledge + Dedication
= Extraordinary success in the healthcare field**

Today, **Oasis Ladies Gym** and **Sarvadnya Ayurvedic Panchkarma Clinic** stand as pillars of inspiration for everyone who wishes to bring positive change to people's lives.

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