



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

HEALTHY  MIND<sup>™</sup>  
BY AVIK

# ALIGN. AMPLIFY. THRIVE



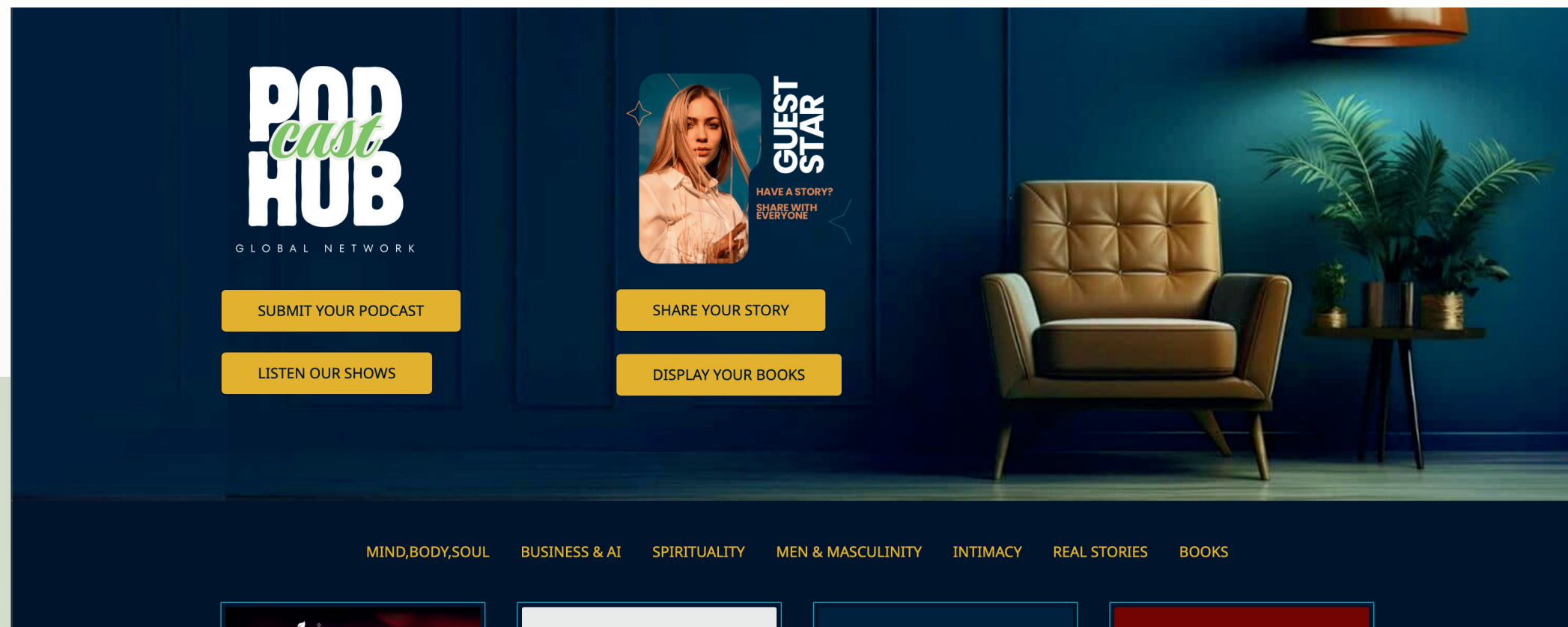
*"Because every voice matters  
and every story has the power  
to transform."*





# About Us

At Healthy Mind By Avik<sup>TM</sup>, we believe healing happens through connection, not isolation. What began in silence has grown into **17** podcasts, **4,400+** episodes, and **184K+** downloads, a global sanctuary where stories are honored, voices amplified, and transformation begins.



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# Vision & Mission

**Vision:** To shape a more conscious, connected world where mental wellness is celebrated as much as success.

**Mission:** Through storytelling, community, and collaborative platforms, we create sanctuaries for self-discovery, healing, and growth.



# Values & Why?

*Measuring Success in Lives Touched.*



Because no one should ever suffer in silence. Because too many still suffer in silence. Because the world doesn't need more noise it needs sanctuaries of truth, healing, and unity. Because every story deserves space, and every mind deserves peace.



**Authenticity** - Honoring real stories, told with honesty and vulnerability.



**Inclusivity** - All voices welcome.



**Compassion** - Empathy First. Safe Spaces Always.



**Impact & Transformation** - Turning Pain to Purpose, Stories to Strength.







# What the Brand Does?

*Healthy Mind By Avik™ is a global sanctuary of voices where healing begins through connection.*



Create transformational podcasts, platforms & community spaces



Podcast library Where silence heals & stories empower.



Serve listeners, thought leaders & brands seeking authentic impact



Storytelling



# Our 17 Podcasts







# Community of Followers

Every number represents a life touched, a mind inspired, and a voice empowered. Together, we're creating ripples of change across the globe.



in



Medium

PodMatch

PodBean

**4K+**

LINKEDIN  
FOLLOWERS

**35.5K+**

MONTHLY CONTENT VIEWS

in      Medium

**184.4K**

GLOBAL  
DOWNLOADS

**4.4K+**

EPIISODES  
RELEASED

**2K**

YOUTUBE  
SUBSCRIBERS

**6K+**

GLOBAL GUEST  
CONNECTS

**5K**

INSTAGRAM  
FOLLOWERS

**11K+**

NEWSLETTER  
SUBSCRIBERS

**1.5%**

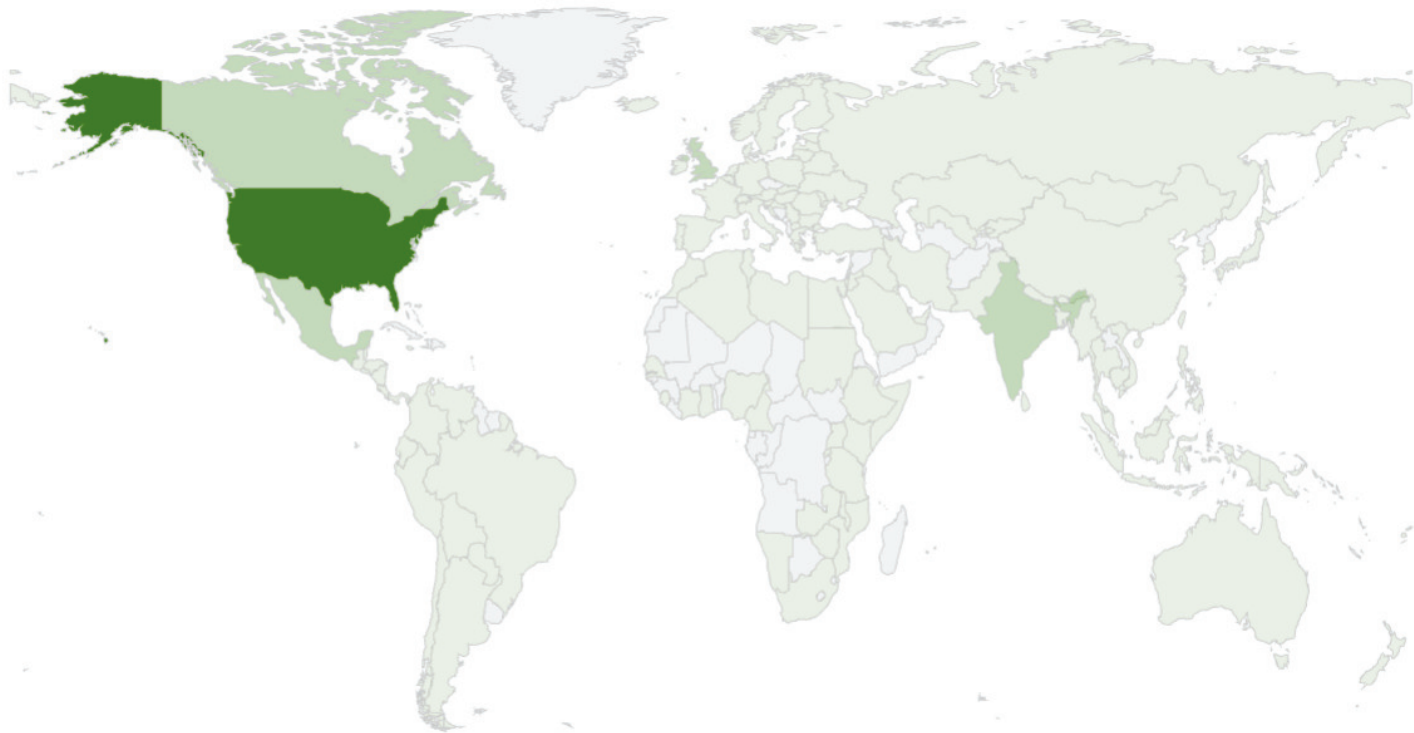
TOP GLOBAL RANK  
ON LISTEN NOTES



# Demographics

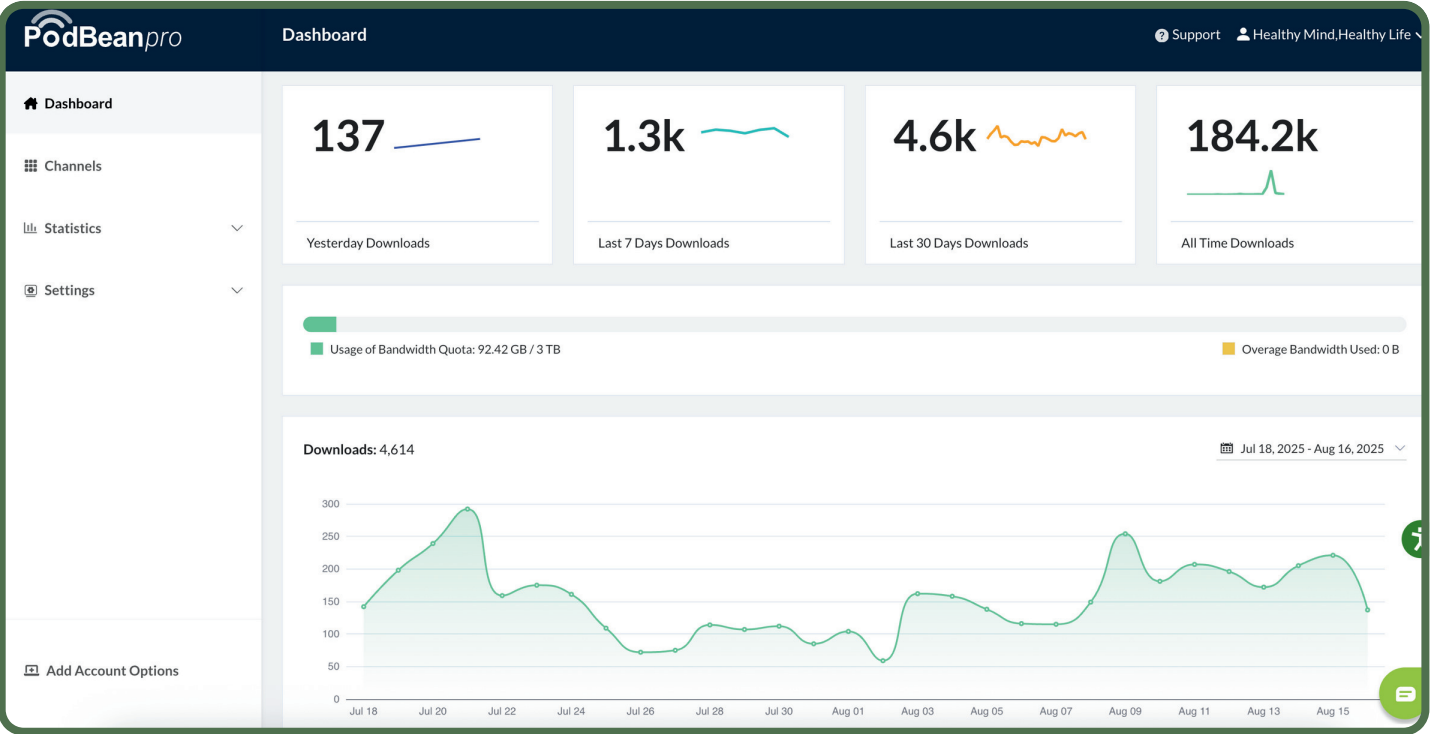
## Where Your Audience Comes From

World U.S. Canada Australia UK Sweden Germany



### Country

- United States
- Canada
- India
- United Kingdom
- Mexico
- Australia
- Singapore
- Germany
- Brazil



55%

WOMEN  
AUDIENCE

25-65 Yrs

AGE GROUPS

45%

MEN  
AUDIENCE

All subscribers

11,742

↑ 2,074 over last 30 days

Subscribers from app

23

↑ 2 over last 30 days

30 day views

35,754

↑ 35,526 versus prior 30 days

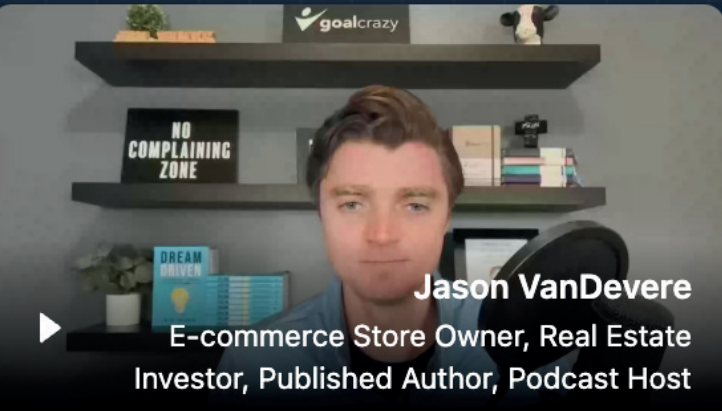
30 day open rate

39.83%




# In Their Words





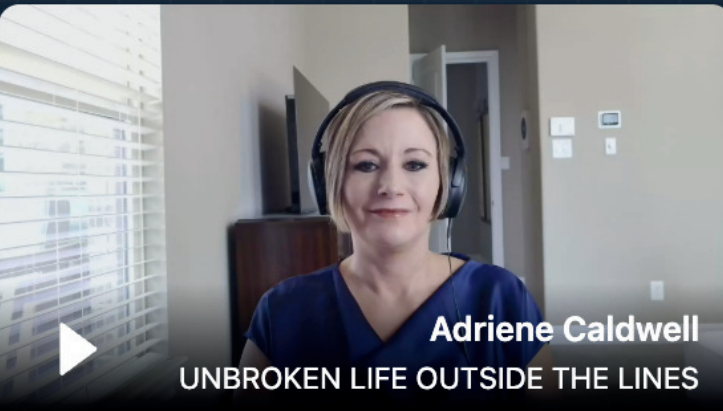
**Jason VanDevere**  
E-commerce Store Owner, Real Estate Investor, Published Author, Podcast Host

*"I had a great time on the podcast; Sana asked insightful questions that brought out my best, and I truly appreciate her effort and our engaging conversation."*




**Reginald Martin**  
Metaphysician | Creator of Kametaphysics™ | Spiritual Educator | Author

*"I had a fantastic time on the podcast, diving deep into how Comedipysics helps you transform your energy and create the life you want."*




**Adriene Caldwell**  
UNBROKEN LIFE OUTSIDE THE LINES

*"I had a fantastic time on Avic's podcast; his genuine questions truly aim to help people, and I wholeheartedly recommend it."*




**Angel Howard**  
Certified Somatic Therapist | Executive Coach | Retreat Host | Inspirational Speaker

*"Being in my body helps me find joy, which is essential in life and relationships, and I love sharing ways to cultivate that joy with others."*




**Gene Burke**

*"Every experience with Avic and Sana has been fantastic; they make you feel at ease while truly engaging with your story—this is the perfect platform to share your..."*




**Swami Nityananda**

*"Talking with Sana was a joy; her warmth, kindness, and clarity make me eager to recommend her to others."*




**Dr. Robin Buckley**

*"Being on Healthy Mind with Abec was a thoughtful experience; he listens deeply, creating a genuine dialogue that mirrors my approach in helping couples."*



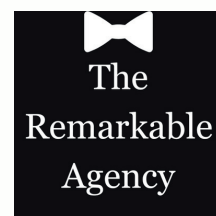
**Greg Kaiser Sr - Management Mastery**



What our Guests & Listeners Say?



# Past Collaborations





# Media Coverage







# Opportunities for Partners



Together, we can create impact that resonates far beyond numbers. Partnering with Healthy Mind By Avik™ means aligning with a global movement for healing, inclusivity, & conscious growth.

## Podcast Sponsorships



Authentic exposure to an engaged global audience.

## Co-Creations



Collaborations with purpose: showcase your brand, grow shared value.

## Guest Features



Your story, our platform global reach, real impact. Build credibility. Inspire action.

## Brand Collaborations



Together for wellness, inclusivity, and collective healing.

Let's Grow Together. Let's Create Change Together.

# Our Team



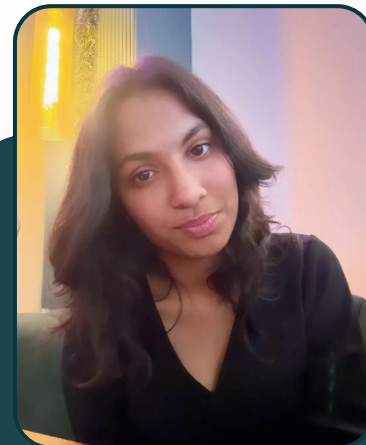
Avik is the heart behind Healthy Mind By Avik™, leading 17 podcast shows with 184.4K+ downloads worldwide. His mission is to turn silence into dialogue and pain into purpose through authentic conversations. A lifelong storyteller and wellness advocate, Avik believes healing starts when we dare to share.



**AVIK**  
Founder & Podcaster



**SANA**  
Host & Editor



**PRAGYA**  
Host



**AANYA**  
Host



**SHREYA**  
Host



**SAINA**  
Host



**POULAMI**  
EA & Publisher

*Together, our team creates not just podcasts, but sanctuaries for connection. Every voice matters. Every story has the power to heal.*

What our Guests & Listeners Say?



# Our Podcasts Available On

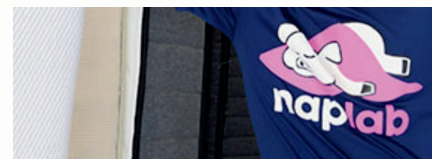
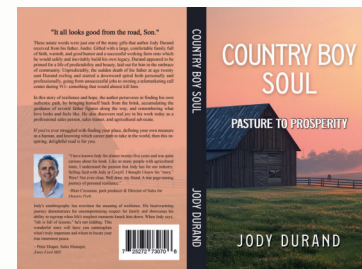


*Wherever you listen, your journey to healing and growth begins.*

[Listen To Our Podcast Shows](#)



# Our Sponsors



**The DREAM Method**



**SUZANNE RATH**







# Conclusion

At Healthy Mind By Avik™, we don't just create podcasts we create movements that heal, connect, and inspire. Join us to amplify awareness, build trust, and shape a more connected world. Every voice matters. Every story heals.





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

# THANK YOU!

**"Your presence creates the change we believe in."**



+91-9818718886



[join@healthymindbyavik.com](mailto:join@healthymindbyavik.com)



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



India, USA



Medium

Let's Create Something Amazing Together

For Community, Partnerships & Sponsorships



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For Podcast Queries & Stories



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[Join our community.](#)