



 www.healthymindbyavik.com

HEALTHY MINDTM
BY AVIK

ALIGN. AMPLIFY. THRIVE

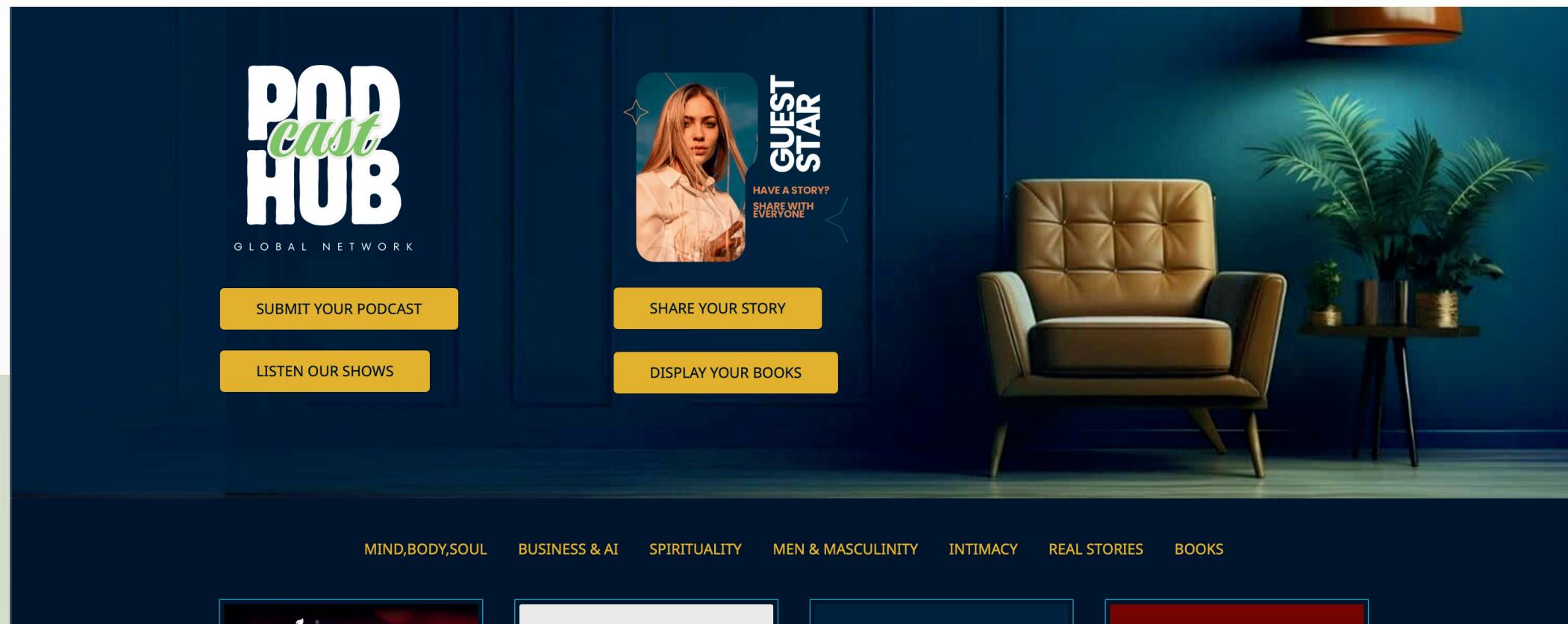


*“Because every voice matters
and every story has the power
to transform.”*



About Us

At Healthy Mind By Avik™, 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.



NEXT PAGE





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.



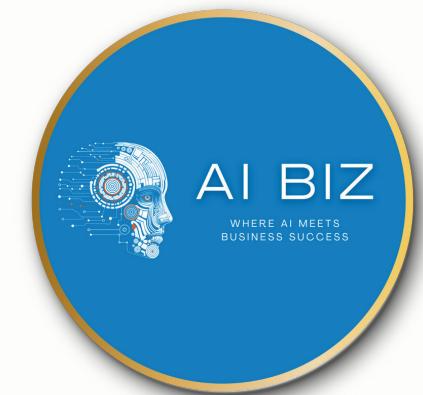
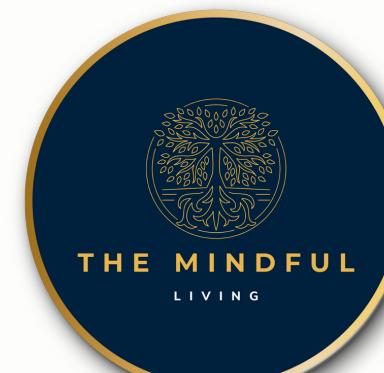
Inclusivity - All voices welcome.



Compassion - Empathy First. Safe Spaces Always.



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



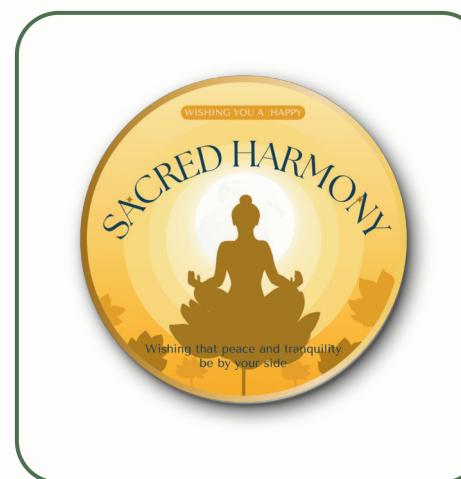
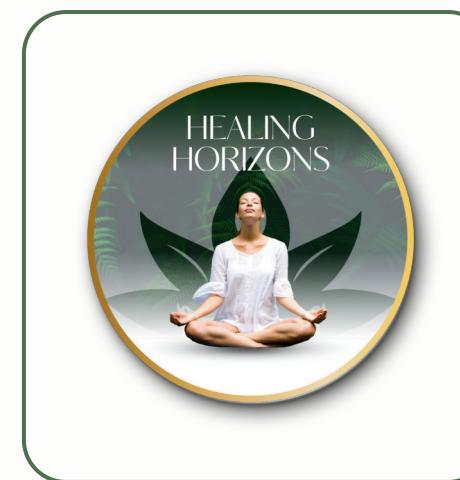
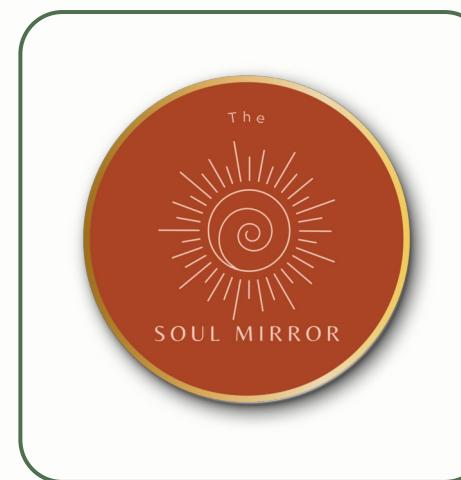
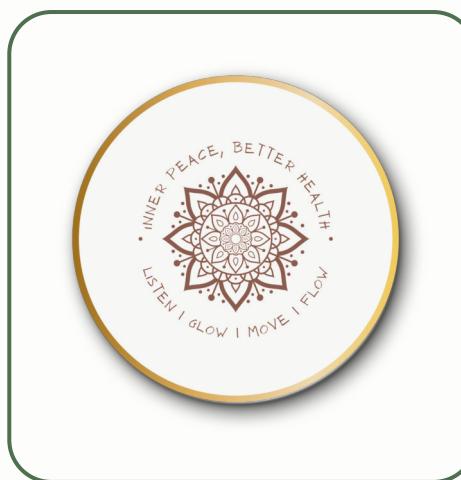
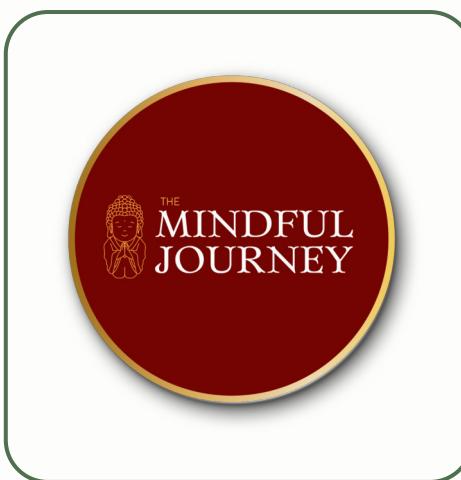
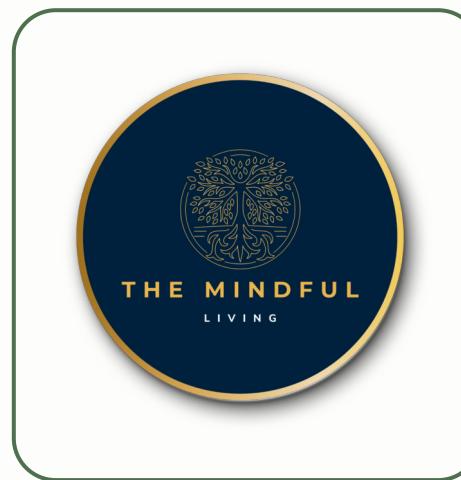


What the Brand Does?

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.



Medium

PodMatch

PodBean

4K+

LINKEDIN
FOLLOWERS

35.5K+

MONTHLY CONTENT VIEWS



2K

YOUTUBE
SUBSCRIBERS

6K+

GLOBAL GUEST
CONNECTS

5K

INSTAGRAM
FOLLOWERS

184.4K

GLOBAL
DOWNLOADS

4.4K+

EPISODES
RELEASED

11K+

NEWSLETTER
SUBSCRIBERS

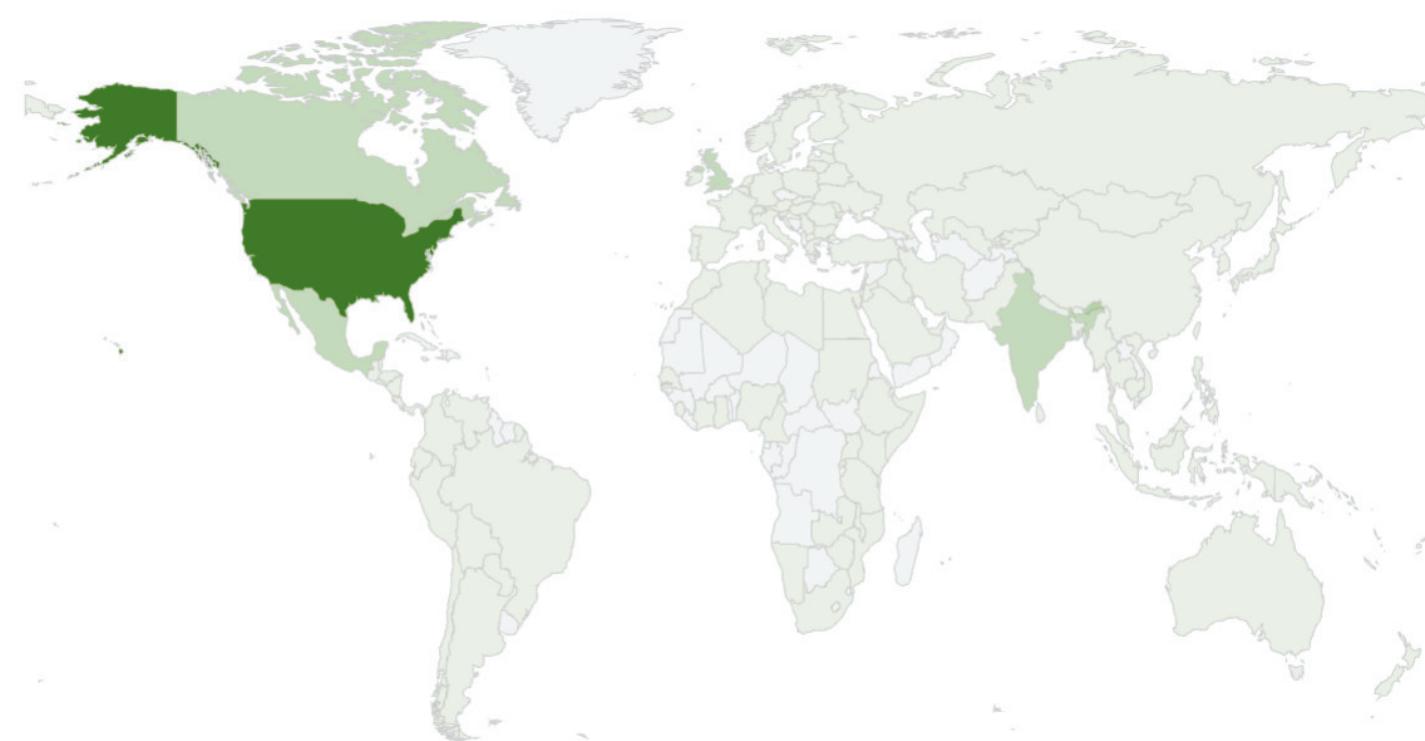
1.5%

TOP GLOBAL RANK
ON LISTEN NOTES

Demographics

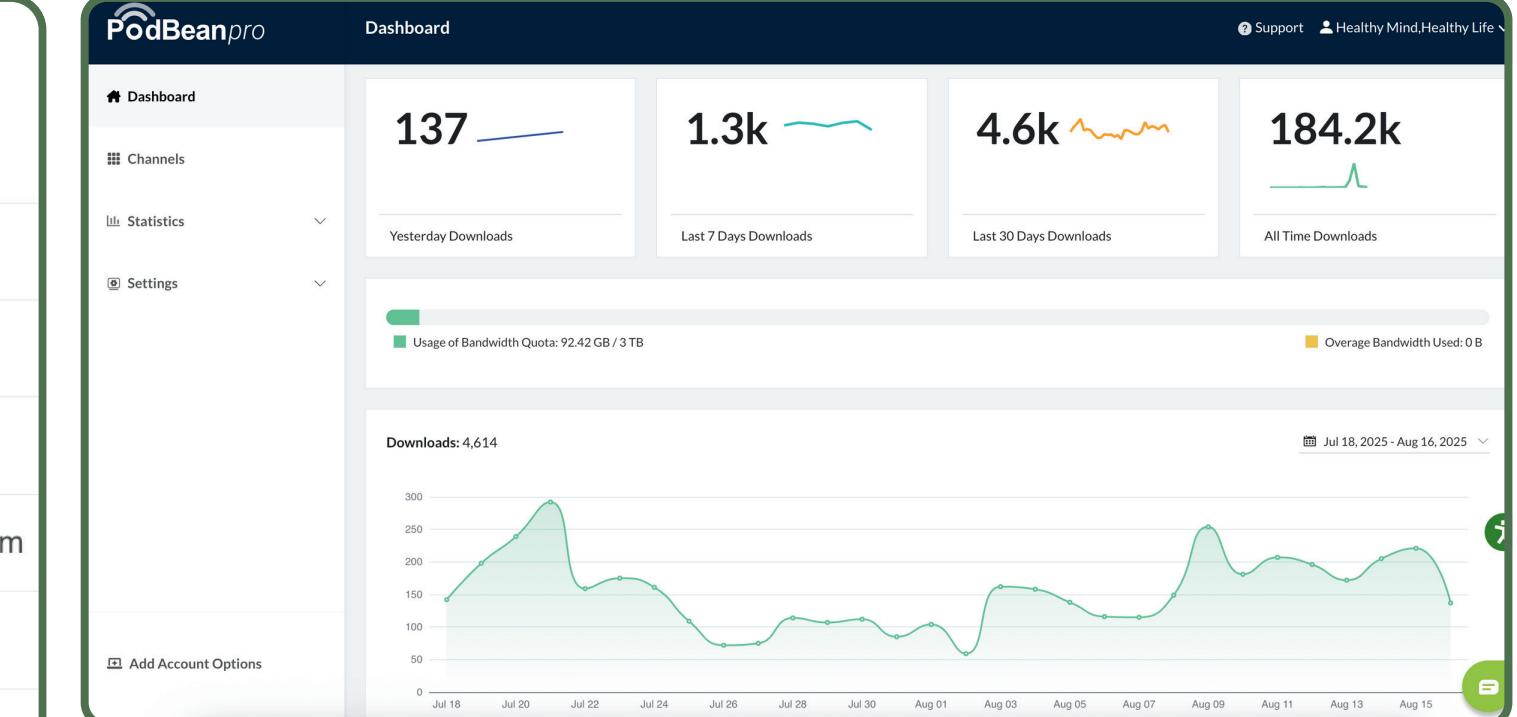
Where Your Audience Comes From

World U.S. Canada Australia UK Sweden Germany



Country

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



55%

WOMEN AUDIENCE

45%

MEN AUDIENCE

25-65 Yrs

AGE GROUPS

All subscribers	11,742	↑ 2,074 over last 30 days
30 day views	35,754	↑ 35,526 versus prior 30 days

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."

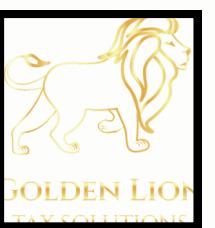
Greg Kaiser Sr - Management Mastery

What our Guests & Listeners Say?

Past Collaborations



Seagull Technologies, Inc.
Providing Education & Opportunity for Small Business



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



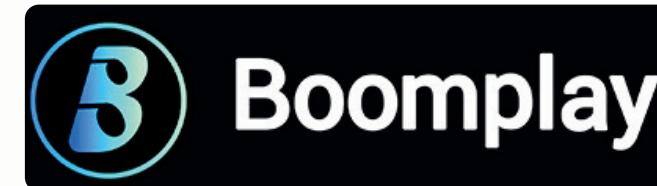
POULAMI
EA & Publisher

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](#)

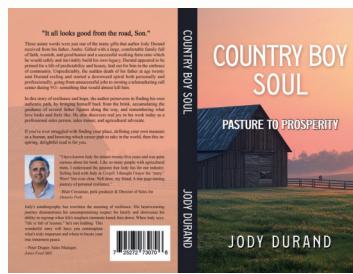
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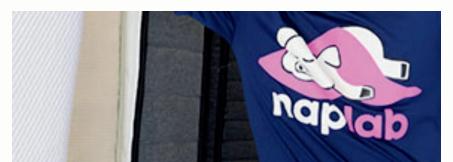
FOCAL
POINT



THE YIELDING
WARRIOR

H2Biohacker
HYDROGEN: THE FUTURE OF HEALTH

AVITA
YOGA FOR A LIFETIME



ADULTING WITH AUTISM PODCAST
HEY GUYS HEY!!



The DREAM Method

PATRICK P/C CASEY

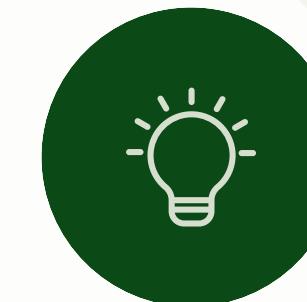
SUZANNE
RATH

WALT
INSTITUTE

BALANCE PSYCH
BREATH WITH JOY



HEALTHY MIND
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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.

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THANK YOU!

“Your presence creates the change we believe in.”



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Let's Create Something Amazing Together

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