

Vani Bhalla Pahwa

Founder; Corporate Wellness Specialist; Movement, Rehab & Medical Fitness Specialist; Dancer; Columnist

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Vani B. Pahwa is a Movement, Functional Fitness, Rehab and Cancer Exercise Specialist, among holding other niche specialties in the domain of wellness. With nearly 2 decades of in-depth experience, diverse client profiles, and cutting edge certifications from leading internationally-accredited and globally-recognized fitness institutions, Vani is the leading Wellness Expert in the country for people with challenging health conditions (Cancer, Multiple Sclerosis, Parkinson etc.) and those wanting to overcome limiting constraints in their daily or competitive performance (chronic health issues, lifestyle related health conditions/disease, injuries, sports performance). She has rich experience in various aspects of health and fitness, wellness programming for active and rehab needs, sports coaching, and lifestyle techniques at a holistic and operational level. This includes coaching coaches on niche training perspectives and inputs.

She is also one of the leading Corporate Wellness Experts, with some of the most reputed companies across different industries as her clients in corporate wellness design and execution. Major sports companies frequently utilize her services as a Foot & Gait Analyst, and Movement Specialist to conduct specialized training and rehab programs for various sports across the country, and also guide on appropriate foot-wear selection for athletes according to foot type, gait and movement bio-mechanics.

Sought after for her multi-disciplinary fitness modules and expertise, Vani has conducted fitness/wellness workshops for leading corporate houses, conditioning and training camps for various sports communities, training programs for coaches, personal training programs for CEOs of multi-nationals, athletes, junior and senior sports professionals among others.

A columnist with some of the leading national dailies and magazines and an effective and powerful communicator, Vani is frequently sought as a subject matter expert panelist, consultant, writer and speaker by organizations and forums. Her combination of specialties, client profile and range, and extensive work experience, makes her unique in the country.

A passionate votary of Movement as a powerful preventive, coping, therapeutic and empowering life tool, Vani possesses the ability to empathically connect with her audience, and in enabling people to succeed in their wellness journey. She has successfully motivated over thousand clients with various health issues and challenges to seek and achieve empowering, practical solutions.

Apart from this fulfilling profession, Vani is an Indian Classical dancer who has performed at some of the most prestigious festivals and venues nationally and internationally. She continues exploring and expanding the Scientific Application of Training Principles -modern and traditional – and their benefits for a diverse population. An ardent nature lover, Vani often heads out on high altitude treks and explorations. Her motto is “Fitness for life” and not just events.

She caters to International clientele through online consultations, including webinars. She is available as a guest speaker and presenter on various topics (professional and motivational) in addition to working with private clients.

Specialties and Certifications

- Cancer Exercise Specialist (CETI)
- Master Rehab Trainer (Rehab Trainer, Australia)
- Functional Movement Specialist
- Foot and Gait Analyst
- Youth Fitness Specialist (ACE-American Council on Exercise)
- American Council on Exercise (ACE) Certified Personal Trainer
- Evidence Based Fitness Academy (EBFA) – New York, Erstwhile Master Instructor
- Barefoot Training Specialist & Barefoot Balance Trainer
- BarefootRX® Rehab Specialist
- Certified in First Aid, CPR and AED (American Heart Associate)
- BOSU Certified Personal Trainer
- Vibro Gym Trainer
- Reebok Aerobics and Step Program

Achievements and Recognitions

- Selected as the December 2020 **Pro of the Month** by MedFit Professional Magazine (USA). Each month MedFit Professional Magazine selects one professional exemplifying the values of “medical fitness”.
- A recognized and acclaimed Mohiniyattam dancer, Vani is a recipient of Sahitya Kala Parishad Scholarship and Indira Gandhi Priyadarshini (National) Award for Excellence and Contribution to Dance. An empaneled artist with Indian Council for Cultural Relations (ICCR), she has performed extensively within India and overseas, in some of the most prestigious festivals and venues.
- Vani was featured in an Australian documentary, ‘India Under Blue Skies’ as one of a select group of Outstanding Young Global Indians.
- Vani is the winner of India’s first adventure-reality TV show ‘RAAAH’, which tested the physical, mental and emotional endurance of its participants in the grueling locales of Spiti Valley.
- Vani has featured on Top Drive Getaway, a popular television series on automobiles and has recently acted in “Moh Maya Money”, a movie that has earned widespread critical acclaim at various national and international film festivals.

