

SANTHIGRAM GROUP

SOCIAL MEDIA DESIGN



SANTHIGRAM WELLNESS
— KERALA AYURVEDA —



Santhigram Foundation
A NJ NONPROFIT CORPORATION

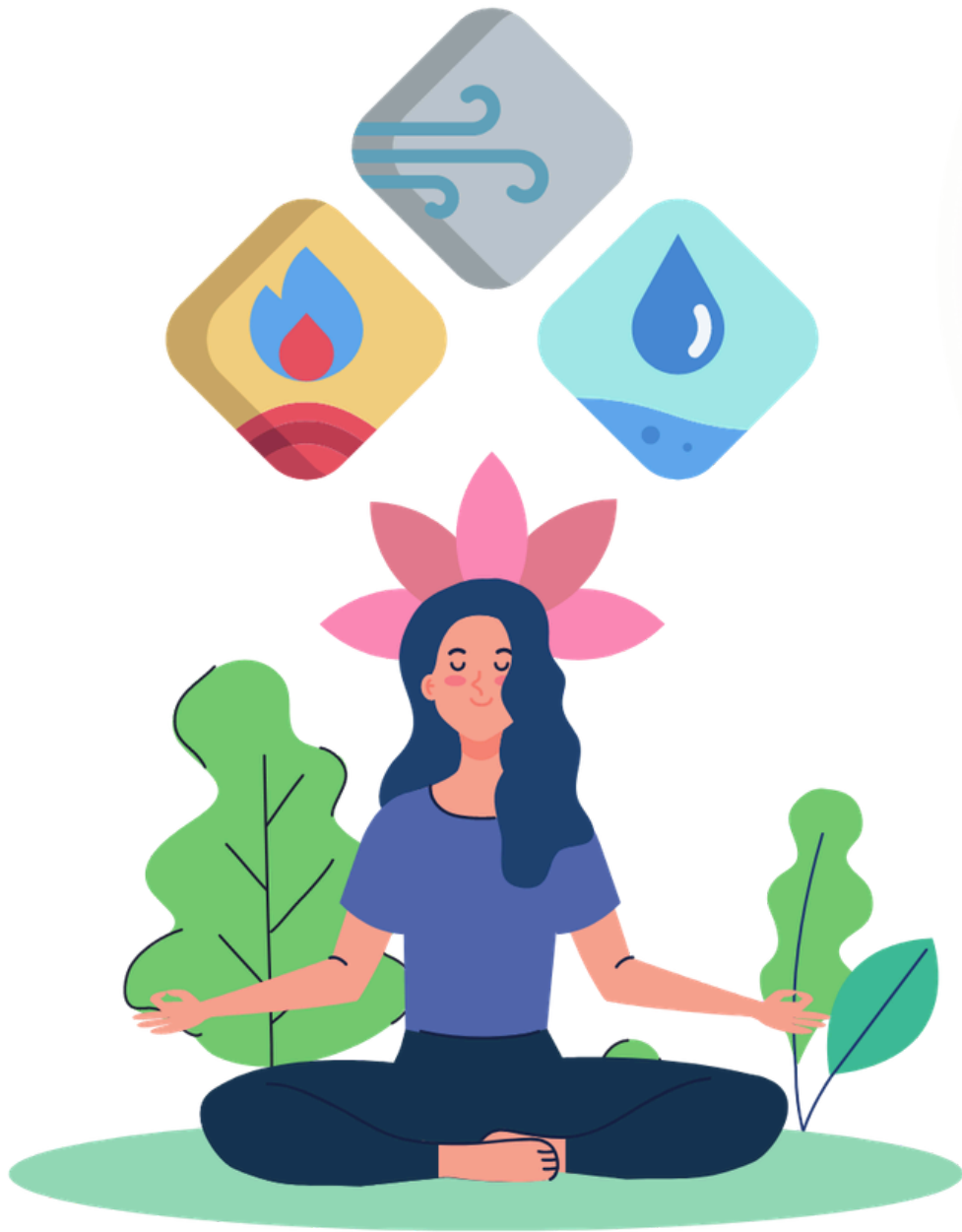


**SANTHIGRAM
HERBALS**
INSPIRED BY AYURVEDA

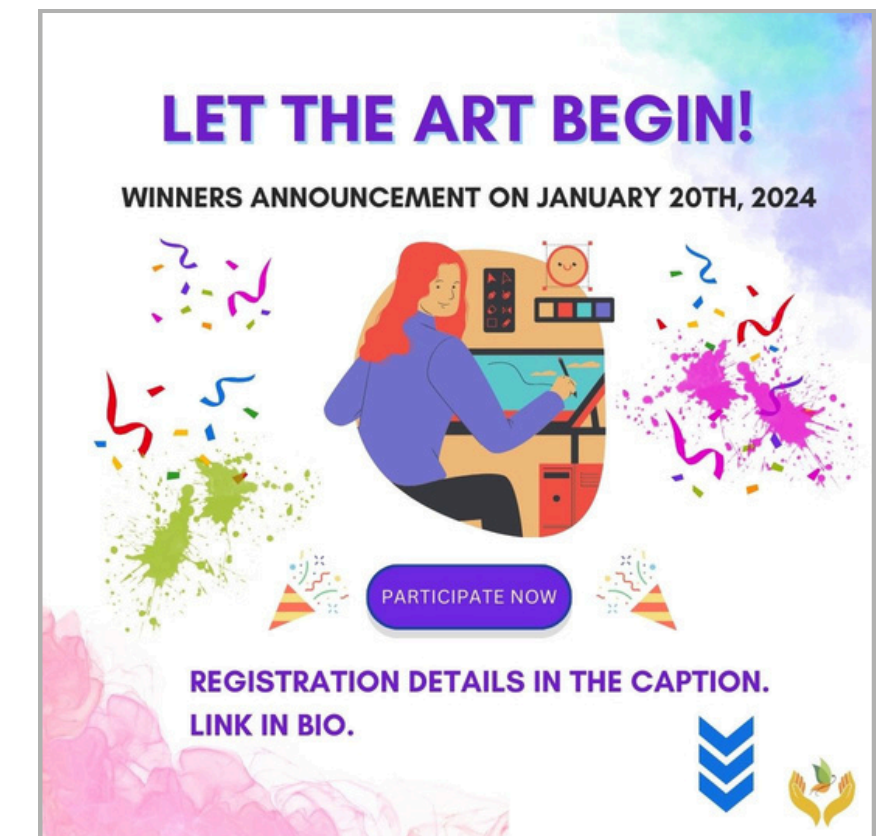
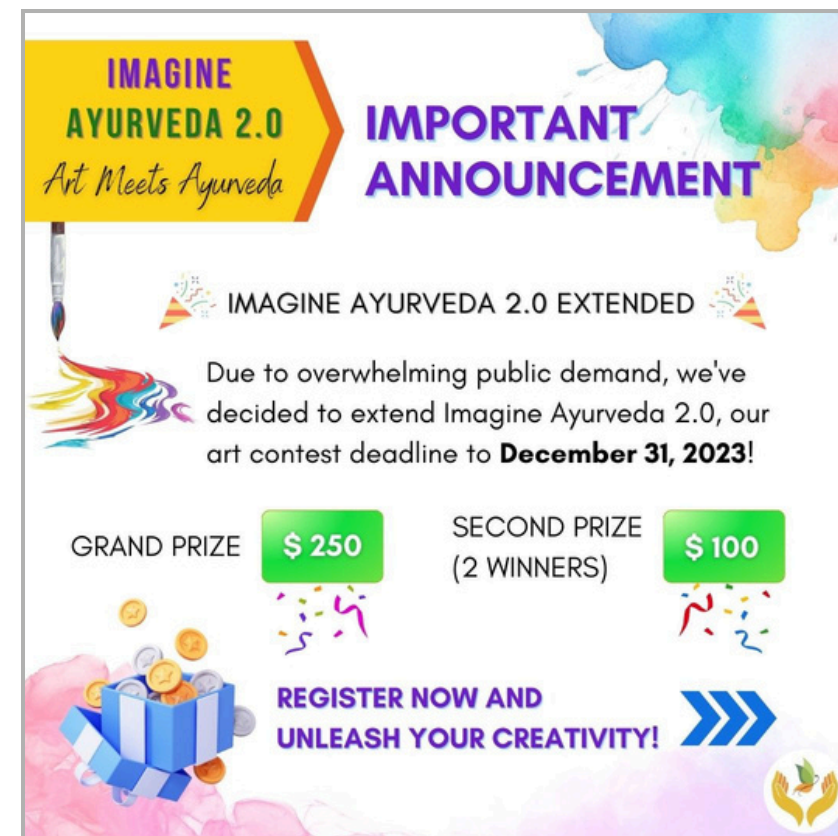
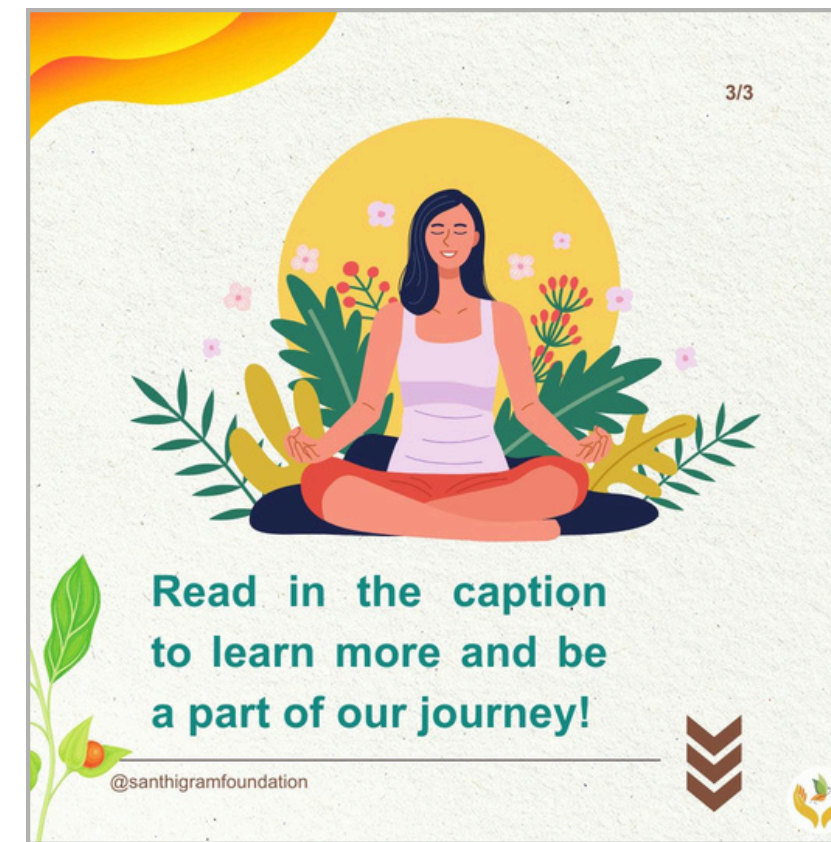


SANTHIGRAM
AYURVEDA GROUP

CUSTOM GRAPHIC ASSETS



CAMPAIGN FOCUS - IG CAROUSELS



AWARENESS CONTENT - IG CAROUSELS

MINDFUL TRANSFORMATION

STEPS TO EMBRACE SMALL CHANGES FOR BIG IMPACT

www.santhigram.com

STARTING WITH SMALL CHANGES

1. Replace processed snacks with fresh fruits
2. Drink an Extra Glass of Water Each Day
3. Take a 10-minute walk during lunch break
4. Practice deep breathing exercises

www.santhigram.com

MORE SMALL CHANGES

5. Read for 15 Minutes Before Bed
6. Stretch for a Few Minutes Each Morning
7. Write in a Gratitude Journal Daily
8. Reduce Screen Time Before Sleep

www.santhigram.com

HARNESSING POWER OF MIND OVER BODY

www.santhigram.com

YOUR TRANSFORMATION

What habit will you change?

WHICH SMALL CHANGE WILL YOU INCORPORATE FOR A TRANSFORMATIVE IMPACT?

Share your feedback in the comments!

www.santhigram.com

HERB SPOTLIGHT: TRIPHALA

www.santhigram.com

1 BOTANICAL FACTS

- Triphala is a traditional Ayurvedic herbal blend composed of three dried fruits
- Amalaki (*Emblca officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*)
- It is celebrated for its detoxifying and rejuvenating properties

www.santhigram.com

2 HERB BENEFITS

- Helps Improve Digestive issues
- Helps to detoxify the body
- Helps enhance immune function
- Improves skin health
- Helps support general wellness

www.santhigram.com

3 HOW TO USE TRIPHALA?

- It is available in powder, capsule, or tablet form.
- It is typically taken before bedtime
- Or as advised by an Ayurvedic practitioner.

www.santhigram.com

4 CAUTION FOR USING TRIPHALA

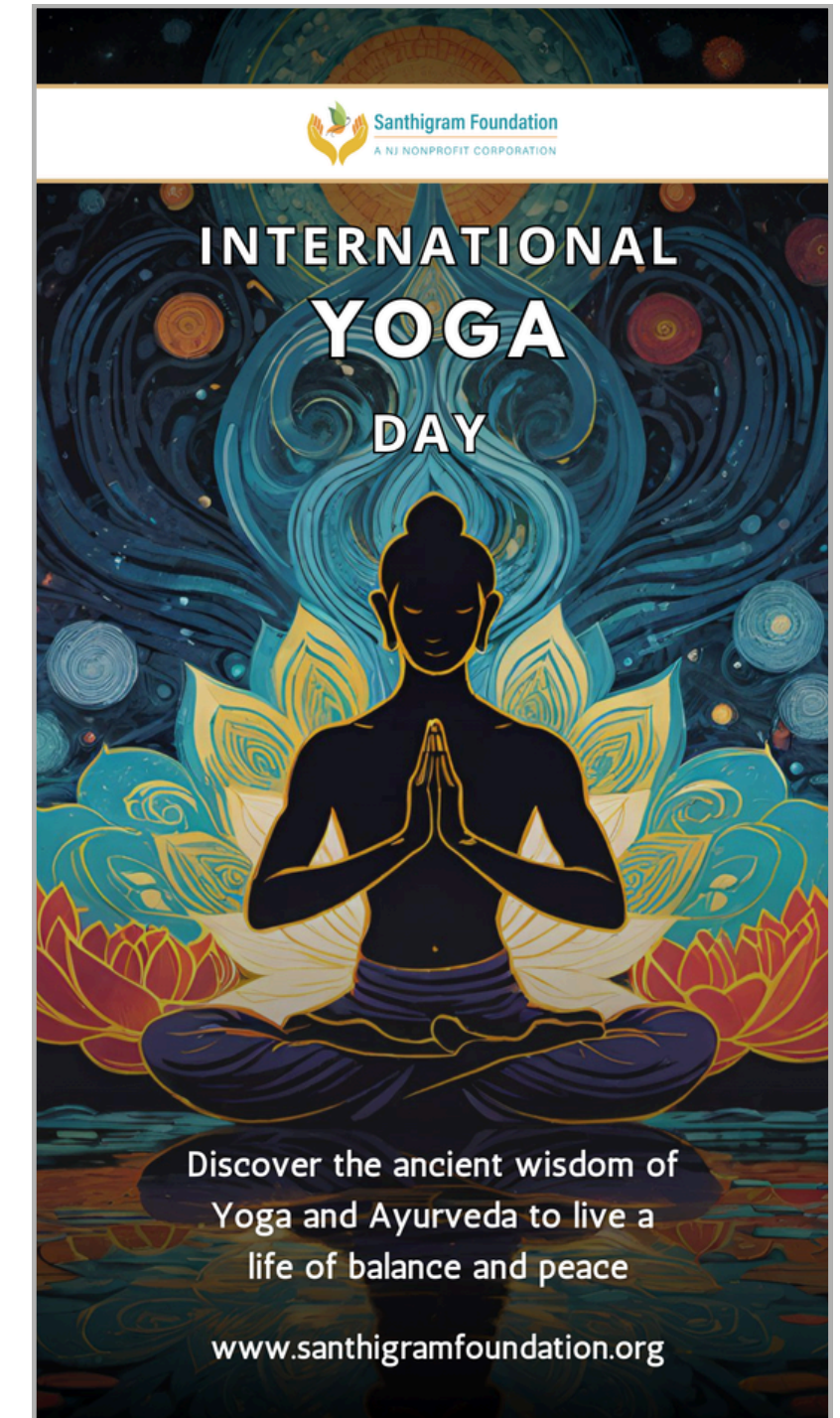
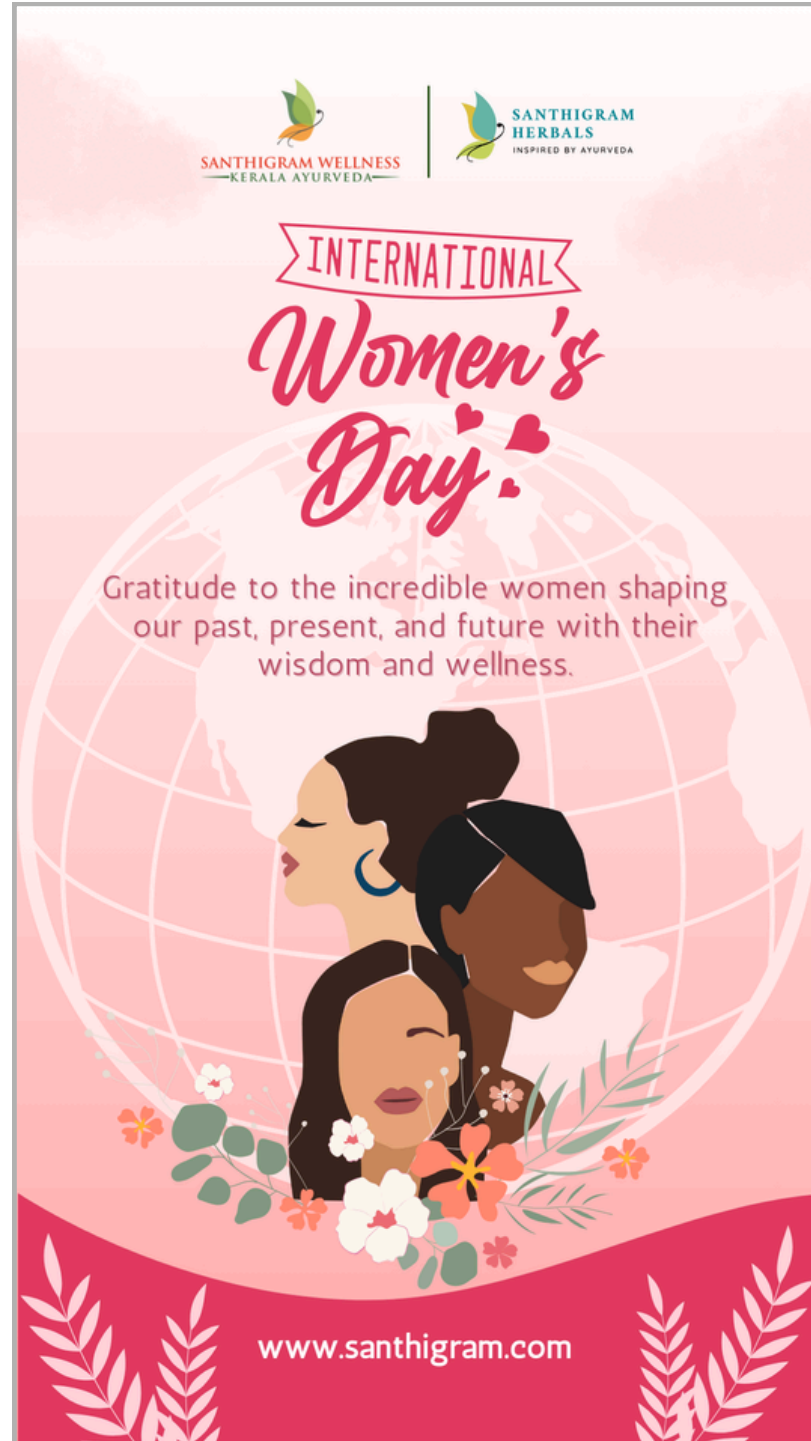
Consult with a healthcare provider before starting Triphala, particularly if you have digestive issues or are taking other medications.

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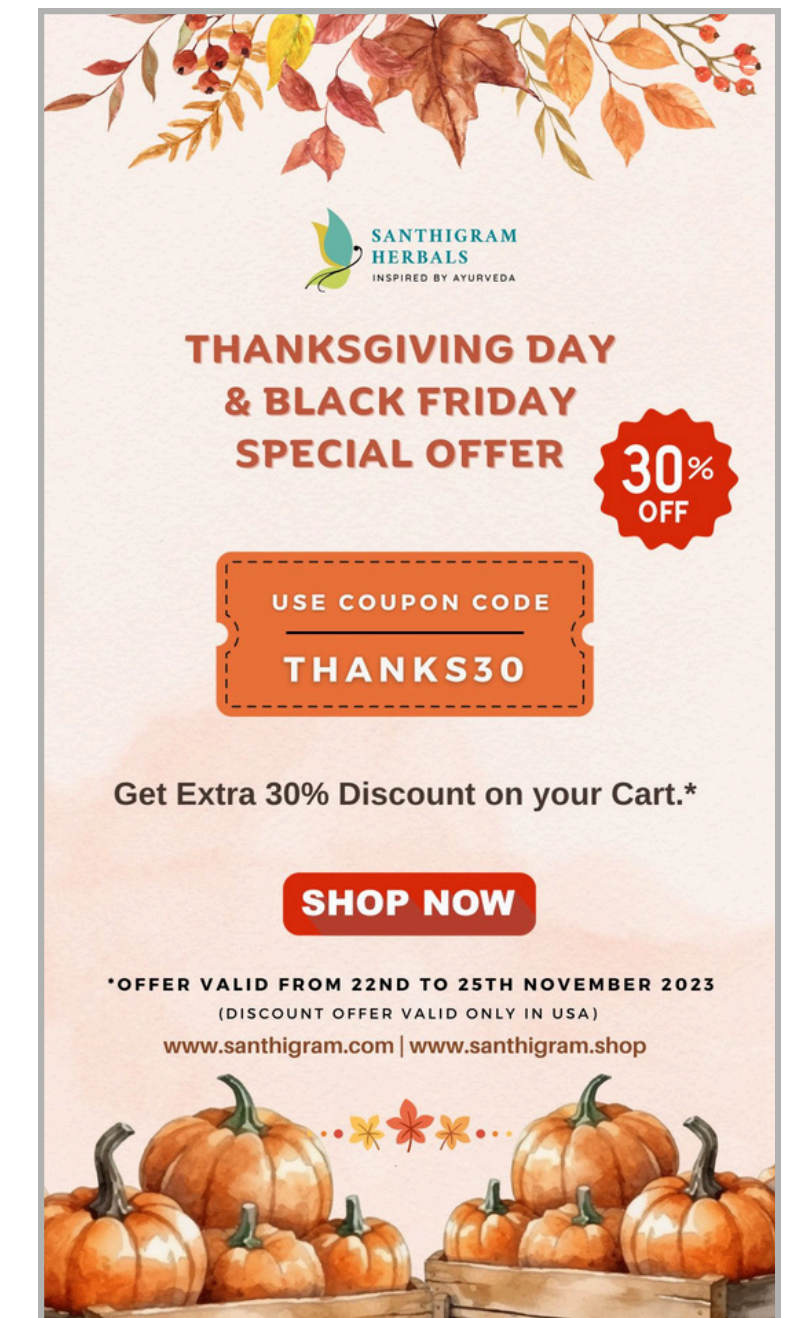
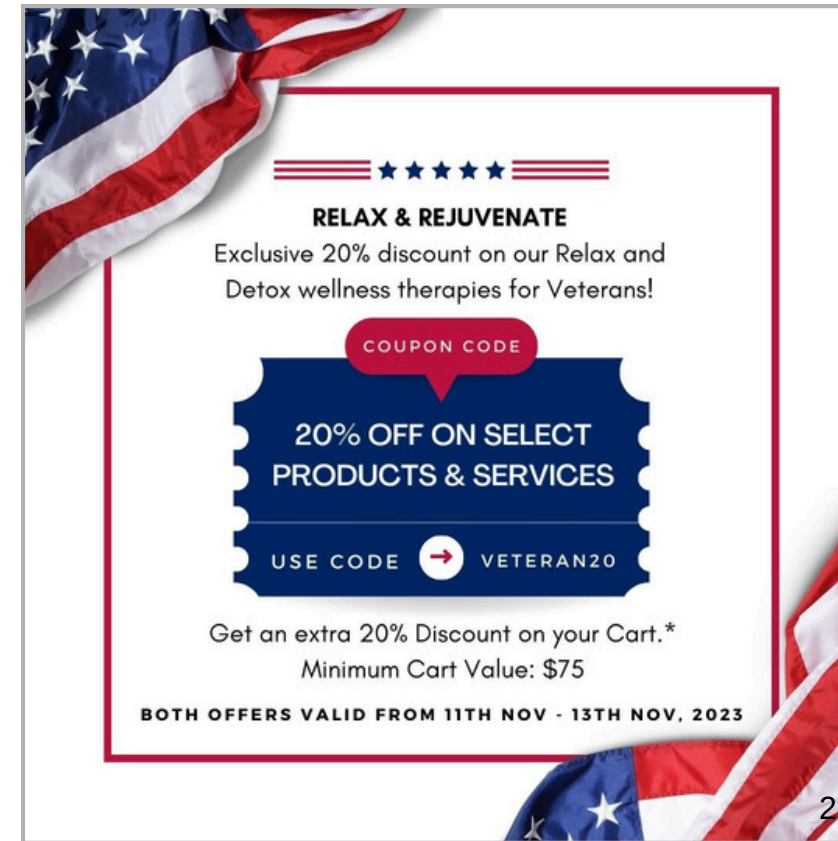
TOPICALS - IG STORY - I



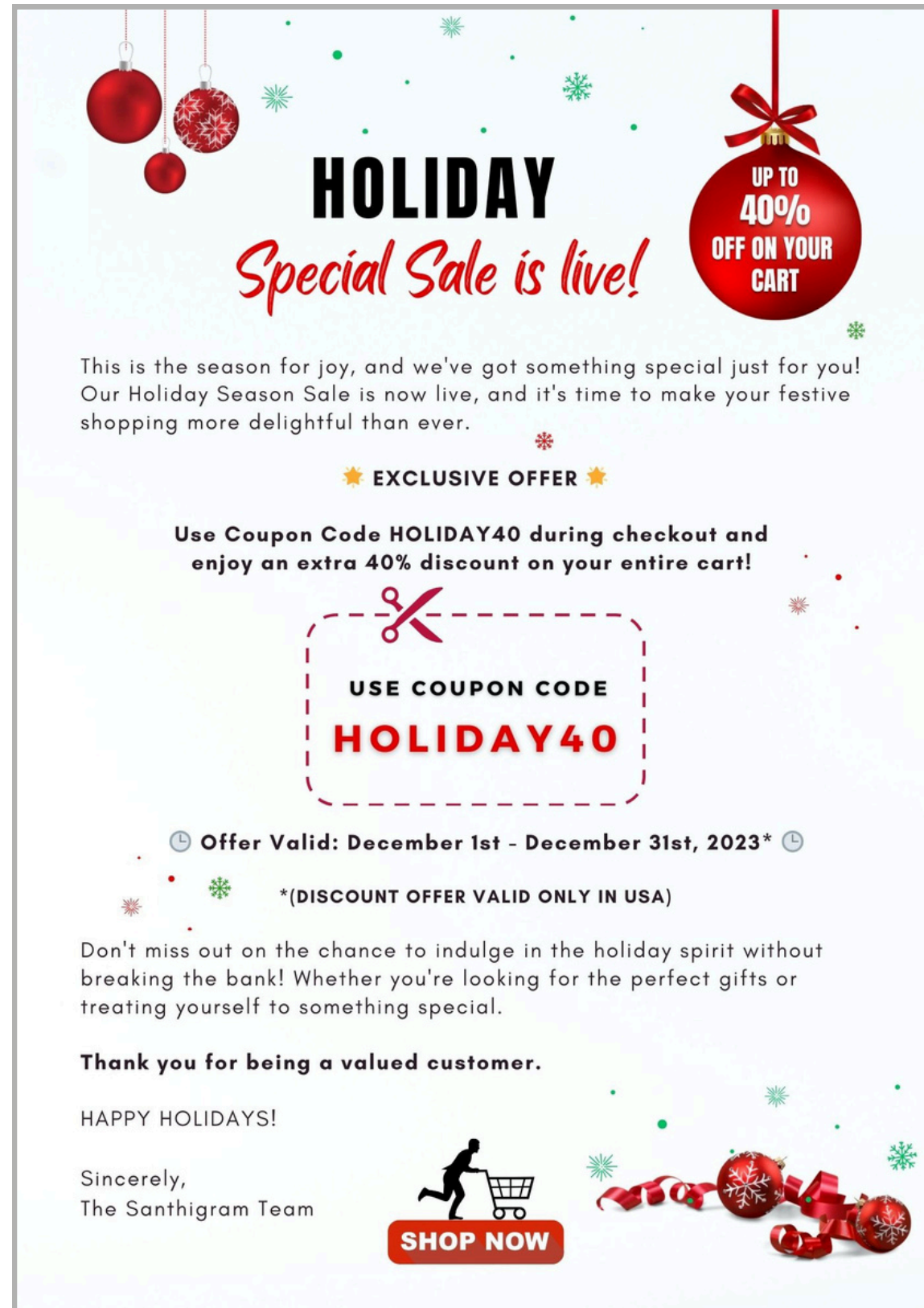
TOPICALS - IG STORY - II



SALES CAMPAIGN - IG POSTS & STORIES



SALES CAMPAIGN - EMAIL FLYERS



HOLIDAY
Special Sale is live!

UP TO
40%
OFF ON YOUR
CART

This is the season for joy, and we've got something special just for you! Our Holiday Season Sale is now live, and it's time to make your festive shopping more delightful than ever.

✦ **EXCLUSIVE OFFER** ✦

Use Coupon Code **HOLIDAY40** during checkout and enjoy an extra 40% discount on your entire cart!

USE COUPON CODE
HOLIDAY40

🕒 Offer Valid: December 1st - December 31st, 2023* 🕒

*(DISCOUNT OFFER VALID ONLY IN USA)

Don't miss out on the chance to indulge in the holiday spirit without breaking the bank! Whether you're looking for the perfect gifts or treating yourself to something special.

Thank you for being a valued customer.

HAPPY HOLIDAYS!

Sincerely,
The Santhigram Team

SHOP NOW



**THANKSGIVING DAY
& BLACK FRIDAY
SPECIAL OFFER**

30%
OFF

This Thanksgiving, we're expressing our gratitude to you with an exclusive offer!

Use Coupon Code **THANKS30** during checkout and enjoy an extra 30% discount on your entire cart.

USE COUPON CODE
THANKS30

🕒 Offer Valid: November 23rd to November 25th, 2023* 🕒

*(DISCOUNT OFFER VALID ONLY IN USA)

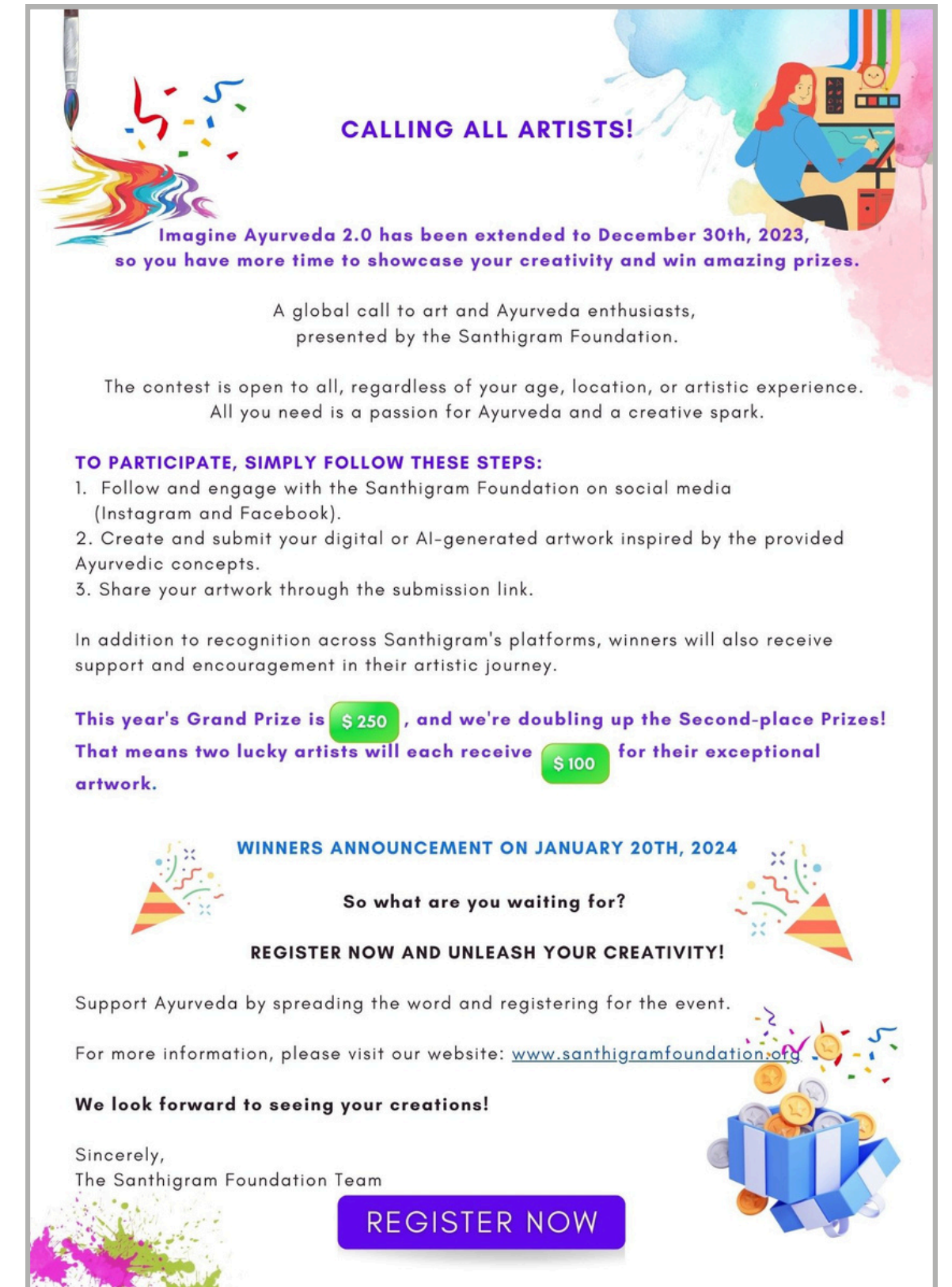
Don't miss out on this limited-time opportunity to save big on your favorite products. Shop now and make this holiday season even more special.

Thank you for being a valued customer.

HAPPY THANKSGIVING!

Sincerely,
The Santhigram Team

SHOP NOW



CALLING ALL ARTISTS!

Imagine Ayurveda 2.0 has been extended to December 30th, 2023, so you have more time to showcase your creativity and win amazing prizes.

A global call to art and Ayurveda enthusiasts, presented by the Santhigram Foundation.

The contest is open to all, regardless of your age, location, or artistic experience. All you need is a passion for Ayurveda and a creative spark.

TO PARTICIPATE, SIMPLY FOLLOW THESE STEPS:

1. Follow and engage with the Santhigram Foundation on social media (Instagram and Facebook).
2. Create and submit your digital or AI-generated artwork inspired by the provided Ayurvedic concepts.
3. Share your artwork through the submission link.

In addition to recognition across Santhigram's platforms, winners will also receive support and encouragement in their artistic journey.

This year's Grand Prize is **\$250**, and we're doubling up the Second-place Prizes! That means two lucky artists will each receive **\$100** for their exceptional artwork.

WINNERS ANNOUNCEMENT ON JANUARY 20TH, 2024

So what are you waiting for?

REGISTER NOW AND UNLEASH YOUR CREATIVITY!

Support Ayurveda by spreading the word and registering for the event.

For more information, please visit our website: www.santhigramfoundation.org

We look forward to seeing your creations!

Sincerely,
The Santhigram Foundation Team

REGISTER NOW

SALES CAMPAIGN - WEB & MOBILE BANNERS



VETERANS DAY
HONORING ALL WHO SERVED

RELAX & REJUVENATE
Exclusive 20% discount on our Relax and Detox wellness therapies for Veterans

COUPON CODE
20% OFF ON SELECT PRODUCTS & SERVICES
USE CODE → VETERAN20

SHOP NOW Get an extra 20% Discount on your Cart.* Minimum Cart Value: \$75

*BOTH OFFERS VALID FROM 11TH NOV - 13TH NOV, 2023



VETERANS DAY
HONORING ALL WHO SERVED

RELAX & REJUVENATE
Exclusive 20% discount on our Relax and Detox wellness therapies for Veterans

COUPON CODE
20% OFF ON SELECT PRODUCTS & SERVICES
USE CODE → VETERAN20

SHOP NOW

Get an extra 20% Discount on your Cart.*
Minimum Cart Value: \$75

*BOTH OFFERS VALID FROM 11TH NOV - 13TH NOV, 2023



HOLIDAY
Special Sale is live!

SHOP NOW

USE COUPON CODE
HOLIDAY40

UP TO 40% OFF ON YOUR CART

Get an extra 40% Discount on your Cart.*
Minimum Cart Value: \$100

*OFFER VALID FROM 1ST TO 31ST DECEMBER 2023



HOLIDAY
Special Sale is live!

SHOP NOW

USE COUPON CODE
HOLIDAY40

UP TO 40% OFF ON YOUR CART

Get an extra 40% Discount on your Cart.*
Minimum Cart Value: \$100

*OFFER VALID FROM 1ST TO 31ST DECEMBER 2023

EVENT ANNOUNCEMENT CREATIVES - I


REJUVENATE AND RECHARGE YOURSELF
JUNE 22-27



6 DAYS OF YOGA SESSIONS
4 YOGA SHORT VIDEOS
2 LIVE SESSIONS

 SUBSCRIBE TO WATCH OUR LIVE SESSIONS

   
@SANTHIGRAMHERBALS
WWW.SANTHIGRAM.SHOP
1-888-537-2987


REJUVENATE AND RECHARGE YOURSELF
YOGA YOUTUBE LIVE SESSIONS
FOR IMPROVING IMMUNITY & MENTAL RELAXATION



JUNE 25 **JUNE 26**
8:30 AM (EST) | 30 MINS SESSION
10 MINUTES OF LIVE INTERACTION

 SUBSCRIBE TO WATCH OUR LIVE SESSIONS


REJUVENATE AND RECHARGE YOURSELF
YOUTUBE LIVE SESSION BY MUNISH ARYA



BASIC YOGA FOR IMPROVING IMMUNITY
25TH JUNE 2022 | 8:30 AM (EST)
30 Minutes Session
10 MINUTES OF LIVE INTERACTION

 SUBSCRIBE TO WATCH OUR LIVE SESSIONS


REJUVENATE AND RECHARGE YOURSELF
YOUTUBE LIVE SESSION BY SIMI POTHEN



BASIC YOGA FOR MENTAL RELAXATION
26TH JUNE 2022 | 8:30 AM (EST)
30 Minutes Session
10 MINUTES OF LIVE INTERACTION

 SUBSCRIBE TO WATCH OUR LIVE SESSIONS

EVENT ANNOUNCEMENT CREATIVES - II

SANTHIGRAM WELLNESS
KERALA AYURVEDA

REJUVENATE AND
RECHARGE YOURSELF



**YOGA FOR IMPROVING
IMMUNITY**
BY MUNISH ARYA

• LIVE 25 JUNE | 8:30 AM EST

SANTHIGRAM WELLNESS
KERALA AYURVEDA

REJUVENATE AND
RECHARGE YOURSELF



**YOGA FOR MENTAL
RELAXATION**
BY SIMI POTHEEN

• LIVE 26 JUNE | 8:30 AM EST

SANTHIGRAM WELLNESS
KERALA AYURVEDA

YOGA FOR HEALTHY AGEING
Mindful mobility for Seniors



YOUTUBE LIVE SESSION
30 MINUTES SESSION
5TH MAR 2023 | 11:00 AM (EST)

By Ms. SIMI POTHEEN
Yoga Teacher RYT 500,
Blogger, USA

SUBSCRIBE TO WATCH OUR LIVE SESSIONS

SANTHIGRAM WELLNESS
KERALA AYURVEDA

**YOGA FOR HEALTHY
AGEING**
Mindful mobility for Seniors



YOUTUBE LIVE SESSION
30 MINUTES SESSION
5TH MAR 2023 | 11:00 AM (EST)

By Ms. SIMI POTHEEN
Yoga Teacher RYT 500,
Blogger, USA

SUBSCRIBE TO WATCH OUR LIVE SESSIONS

SANTHIGRAM WELLNESS
KERALA AYURVEDA

**YOGA FOR HEALTHY
AGEING**
Mindful mobility for Seniors



By Ms. SIMI POTHEEN
Yoga Teacher RYT 500,
Blogger, USA

YOUTUBE LIVE SESSION
45 MINUTES SESSION
5TH MAR 2023 | 11:00 AM (EST)

SUBSCRIBE TO WATCH OUR LIVE SESSIONS