



1TREE
Purity...Gold Standard

Rooted in Nature.
Driven by Science.
Committed to Humanity.



A holistic wellness, herbal innovation & social impact enterprise



1treewellness



www.1treewellness.in



1treewellness

FOUNDER'S MESSAGE



02

Dr. Achal Duggal

Founder & Visionary Leader

Public Health Strategist | Wellness
Entrepreneur | Social Impact
Advocate

**1Tree Wellness was founded
with a simple yet powerful
belief:**

**True wellness must heal the
individual, uplift society,
and respect nature.**

*With decades of experience
in public health, preventive
healthcare, addiction-
recovery awareness, and
wellness innovation, Dr. Achal
Duggal has consistently
worked at the intersection of
science, compassion, and
responsibility.*



“Wellness is not merely the absence of
disease; it is balance within the body, the
mind, the community, and the environment.

FOUNDER'S

JOURNEY & PHILOSOPHY



03

A Legacy of Scientific Discipline

Dr. Achal Duggal brings world-class scientific and professional expertise to 1Tree Wellness, having established strong professional foundations in some of the world's most respected global healthcare organizations:



International Business Icon Award 2025

This Global exposure shaped his respect for scientific rigor, regulatory discipline, and ethical healthcare. Dr. Duggal later blended this excellence with India's Ayurvedic traditions, creating a natural, evidence-guided, inclusive wellness approach. Through NashaFree, he advanced this vision by promoting addiction-free living, preventive health, and community rehabilitation nationwide.

His work through NashaFree advanced a nationwide movement for addiction-free, preventive, and community-focused health.

- ✓ Science with conscience
- ✓ Quality without compromise
- ✓ Business for Social Good
- ✓ Nature as the primary healer



Panchkula Vaibhav Puraskar 2025

VICE PRESIDENT MESSAGE



04

Dr. Udham Singh Rana

Vice President – 1Tree Wellness Private Limited

Dr. Udham Singh Rana is a visionary leader and wellness strategist with over 14 years of extensive experience in Business Development, Corporate Strategy, and Professional Training within the healthcare and wellness industry.

Since beginning his professional journey in 2009, he has worked with reputed national and international wellness organizations, gaining strong PAN India operational exposure and building high-performance leadership networks.

Academically qualified with BA, BAYS and MD, Dr. Rana uniquely integrates modern corporate systems with traditional holistic healing sciences. His deep inclination toward health and natural therapies led him to specialize in Acupressure, Yoga Science, and Energy Healing methodologies.

Dr. Rana believes in creating leaders, not just learners. His mission is to promote holistic health awareness, develop skilled wellness professionals, and contribute toward building a healthier and self-reliant society.

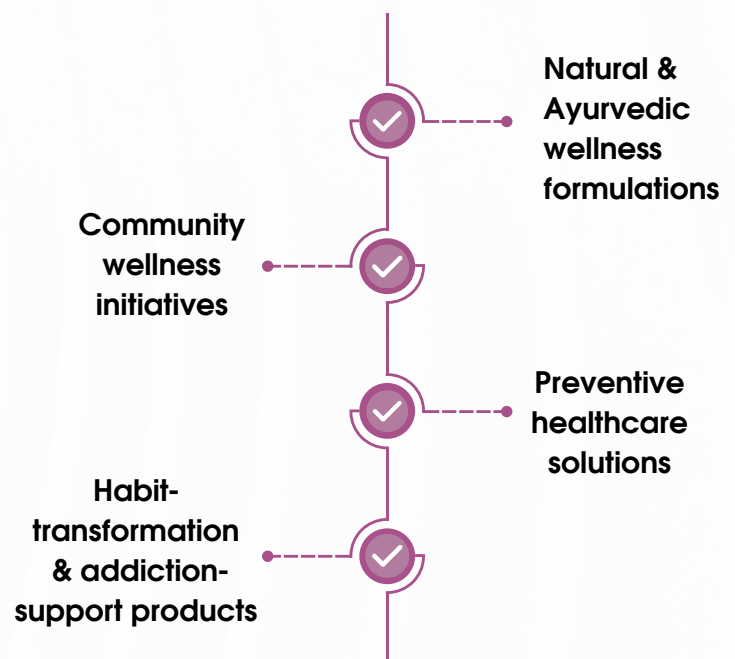


ABOUT 1TREE WELLNESS



05

1Tree Wellness Private Limited is a holistic wellness organization dedicated to developing, manufacturing, and delivering natural, Ayurvedic, and herbal health solutions aligned with scientific discipline and ethical responsibility.



What We Do

We believe wellness should be accessible, empowering, and sustainable.



MISSION, VISION & VALUES



06



Our Mission

To empower people with safe, natural wellness solutions and enable global wellness centers to heal through natural and Ayurvedic methods.

Our Vision

To build a global movement where wellness is community-driven, nature-rooted, and empowers people to heal and uplift society.

Our Core Values

Integrity
Scientific responsibility
Compassion
Sustainability
Excellence

Our Expertise

1Tree Wellness integrates multidisciplinary expertise across:

Ayurvedic & herbal formulation science
Public health & preventive medicine
Quality assurance & GMP systems
Manufacturing & supply chain governance
Community education & empowerment

1TREE: BRAND SPOTLIGHT



1Tree is a trusted herbal wellness brand known for purity, transparency, and consistency.



Highlights

ISO 9001:2015 quality systems, Wide herbal and dietary supplement range,
Recognized as a leading herbal brand, Strong consumer trust and loyalty

Brand Ecosystem Overview



Hare Krishna Food for Soul
Community nourishment initiative



Brahm Asmi
Natural Ayurvedic solutions
for holistic living



1Tree Wellness
Integrated wellness solutions



Vringra
Certified herbal supplements



SmokeRok
Natural support for smoking-
habit transformation

Academic & Training Wing of 1Tree Wellness Private Limited

Shhyam Academy (Studies of Holistic Health Yoga & Alternative Medicine) is the dedicated academic and capacity-building wing of 1Tree Wellness Private Limited, established to nurture knowledge, skill development, and leadership in the fields of wellness, natural healing, preventive healthcare, and social responsibility.

The Academy plays a critical role in translating the philosophy of 1Tree Wellness into structured learning, practical training, and community empowerment.



Purpose & Vision



09

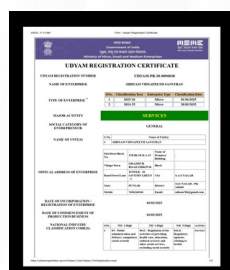
Shhyam Academy was conceived with the belief that true wellness transformation requires education, awareness, and skilled practitioners, not just products.

Its vision is to:

- Build a strong knowledge foundation in natural and Ayurvedic wellness
- Support community-led healing models
- Create trained wellness practitioners and facilitators
- Enable individuals to serve society through ethical wellness practices

Core Focus Areas:

- Natural & Ayurvedic wellness principles
- Lifestyle and habit-transformation guidance
- Ethical wellness entrepreneurship
- Preventive healthcare awareness
- Holistic well-being (body, mind & consciousness)
- Community health facilitation



MANUFACTURING QUALITY



10



Quality is embedded at every stage:

- Raw material authentication
- Ethical sourcing & supplier audits
- GMP-aligned manufacturing
- Stability & safety testing
- Tamper-evident packaging

Every product is governed by documented SOPs and strict quality protocols.



Quality Governance Framework

- Risk-based quality management
- Recall readiness & compliance systems
- Continuous improvement audits
- Complete documentation & traceability

This framework safeguards consumer safety, trust, and consistency



Research & Development

Our R&D philosophy bridges ancient wisdom with modern application:

Scientific validation of herbs
Standardization of formulations
Stability & compatibility studies
Continuous innovation

R&D is central to sustainable wellness delivery.

CSR & COMMUNITY IMPACT



11

CSR at 1Tree Wellness is inspired by the NashaFree movement and built on service, dignity, and inclusion.

Core CSR Focus Areas:



**Addiction-recovery
awareness**



**Community nutrition
programs**



**Preventive health
education**



**Spiritual & mental
resilience
initiatives**



**Support for
vulnerable
populations**

Our CSR initiatives are continuous, community-centric, and impact-driven.

Icon for Change

1Tree Wellness Pvt. Ltd.



Dr. Eesha Agarwal

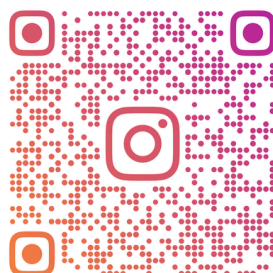
Indian Model, Actress &
International Beauty
Queen

One Voice, One Vision

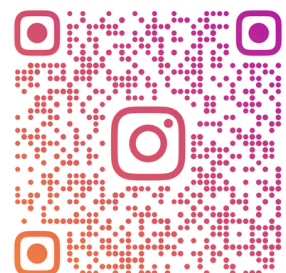
- > Miss India Exquisite - **2015**
- > Milestone International Princess - **2017**
- > Global International Princess - **2018**
- > Miss Beauty Top of the World - **2019**
- > Miss Marvellous India - **1st Runner Up 2025**



Scan & Follow
1Tree Wellness Page



Scan & Watch **Our Video**



Scan & Follow
NashaFree Page

Achievement, Award & Recognition



13

Drawing from NashaFree's journey and wellness initiatives, key recognitions include:



- International Business Icon award 2025
- National and international appreciation for addiction-recovery awareness programs
- Leadership recognition for Dr. Achal Duggal in public health and wellness advocacy
- Panchkula Vaibhav Purashkar 2025
- Lifetime membership of 'World Culture & Environment Protection Commission'.
- Acknowledgement by cultural, environmental, and social organizations for sustained CSR efforts

These achievements reflect trust earned through service, not marketing.

Organisational Structure



14



DR. ACHAL DUGGAL
FOUNDER & DIRECTOR

DR. UDHAM SINGH RANA
VICE PRESIDENT



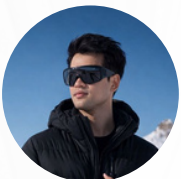
Core Operations Team



MR. HARJINDER SINGH
Operation Head



Ms. PRANJAL SHARMA
Procurement & Logistic



MR. AJAY THAPA
Digital Marketing Manager



Ms Tanuja Adhikari
Customer Support Manager

Research & Knowledge Council



DR. AJAY PRAKASH
GAMS, PHD - Knowledge Advising Head



DR. ANSHU MALIK
Nutrition Head



DR. KAUSHALYA
Chief Ayurvedic Advisor



DR. SAMEER SAPRA
MPharma PHD, Principal Scientist - Ayurvedic Manufacturing

Exclusive Product



15

1 Tree Wellness:

1 Tree COQ10 Capsules

- » Improves energy & stamina
- » Supports heart health
- » Powerful antioxidant
- » Improves immunity



1 Tree Milk Thistle Capsules

- » Protect, cleanse & detoxify the liver
- » Powerful antioxidant
- » Helps boost immunity
- » Improve bone health



1 Tree Sea Buckthorn Capsules/Juice

- » Contains omega 369 & rarest om
- » Provide healthy skin & hair
- » Supports immune & digestive sy
- » Contains numerous nutrients



1 Tree Sleep Right Capsules

- » Protect, cleanse & detoxify the liver
- » Powerful antioxidant
- » Helps boost immunity
- » Improve bone health



1 Tree Ganoderma Capsules

- » Maintain Vitality, Longevity & Wellness
- » Boosts Immunity
- » Has Anti Inflammatory & Anti oxidant properties



1 Tree Dr. Piles Capsules

- » Keeps you calm & promotes healing in effective way
- » Herbal formulation with no side effects
- » Improves your digestive system
- » A Natural laxative



1 Tree Omega 369 Capsules

- » Flax seeds extract only
- » Improves skin & hair texture
- » Supports immune system
- » Supports heart, cellular and metabolic function



Anti Addiction Spray

- » Helps to quit addiction of alcohol, tobacco, smoking etc
- » Helps protect liver, lungs & drying up the body
- » Detoxify the body
- » Helps to improve immunity



Exclusive Product



16

Brahm Asmi:

GYNO ASMI

Benefits

- Regulation of Menstrual Cycle
- Relief from Menopausal Symptoms
- Balanced Hormones
- Improved Fertility

LIVO ASMI

Benefits

- Cleanses & detoxifies the liver naturally
- Improves appetite and digestion
- Effective in managing fatty liver
- Supports healthy liver function

IMMUNO ASMI

Benefits

- Relieves Fatigue & Weakness
- Restores Strength
- Helps Improve Mind Performance
- Reduces Cortisol Levels

RENAL ASMI

Benefits

- Maintains Kidney Health
- Assists Detoxification
- Hydration Balance
- Increases Energy Levels

VIGO ASMI

Benefits

- Increase your Energy & Stamina
- Relieve in Stress and Anxiety
- Maintain Healthy Immune System
- No Side Effects, No Negative Impact

NEURO ASMI

Benefits

- Improves mental health
- Enriched with rare Himalayan herbs
- Enhances memory and cognitive functions
- Nourishes joints with vital phyto-nutrients

ORTHO ASMI

Benefits

- Gives comfort to painful muscles
- Increases Muscle Health & Function
- Helps Joint Flexibility
- Helpful in Relieving Joint Pain

Corporate Details



Why 1Tree Wellness?

- ▶ Scientific credibility with natural wisdom
- ▶ Ethical leadership & transparent practices
- ▶ Trusted multi-brand ecosystem
- ▶ Strong CSR foundation
- ▶ Long-term vision for global wellness

1Tree Wellness Pvt. Ltd. (Registered Office:)

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Zirakpur- 140603
Punjab**

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www.1treewellness.in



Our Email
: info@1treewellness.in

Live Naturally. Heal Authentically. Serve Humanity.

Together, building a healthier, more compassionate world.