

## **About Sri Sanjai Mathur:**

Sri Sanjai Mathur, better known as Chef Sanjai ji within Vedika Global, holds a distinguished place as the partner of Acharya Shunya and as the co-founder of Vedika Global since its inception in 2007. Chef Sanjai has been instrumental in integrating the principles of Ayurveda into culinary practices, educating students and community members on how to nurture body and spirit through food.

Under his guidance, Vedika Global's culinary initiatives have flourished, blending ancient wisdom with contemporary techniques to foster health, wellness, and spiritual growth. His approach to Ayurvedic cooking is not only about preparing nourishing meals but also about transforming the kitchen into a sacred space where food is imbued with love and healing energies.

Chef Sanjai's role extends beyond the culinary arts; he is a pillar of the community at Vedika Global, deeply involved in various aspects of its operation and growth serving on the Board of Directors from the very beginning, until now. His partnership with Acharya Shunya has been a cornerstone of the organization, driving forward their mission to heal and elevate lives through the wisdom of the Vedas.

Through workshops, classes, and community meals, Chef Sanjai has touched the lives of many, making the profound teachings of Ayurveda accessible and practical. His work exemplifies the fusion of nourishment and spirituality, making him a key figure in promoting holistic health both within and beyond the Vedika community.