

Speaker Tagline

Helping people understand the role of testosterone in health, energy, and everyday life

ABOUT ANIRUDDHA

Aniruddha Railkar is an author, educator, and wellness advocate specializing in the science and impact of testosterone on everyday wellbeing. Through his books, online courses, and engaging talks, Ani brings clarity and confidence to a topic often surrounded by confusion.

His work empowers people to better understand how hormones affect energy, mood, motivation, and health—and how small, evidence-based changes can create big improvements in quality of life.

Ani's warm, relatable style helps audiences feel seen, heard, and inspired to take action—whether they're seeking personal transformation or simply curious to learn more.

SPEAKING TOPICS

- Testosterone 101: What everyone should know about this misunderstood hormone
- Energy, Focus & Drive: How hormonal health impacts your daily life
- Modern Masculinity: Redefining strength and vitality in today's world
- Beyond the Myths: What science actually says about testosterone and aging
- Everyday Hormonal Health: Practical lifestyle strategies for men and women

IDEAL AUDIENCES

- Wellness & health conferences
- Men's health groups
- Mind-body podcasts
- Personal development events
- Holistic practitioners & health coaches
- General public curious about hormone health

CONTACT

Email address: arailkar@yahoo.com

Website URL: www.thedrani.com

Instagram: [dranirailkarphd](https://www.instagram.com/dranirailkarphd)

X: @DrAniRailkarPhD

Location: Based in Philadelphia, PA, USA Available for virtual and in-person events worldwide