



AYURVEDA KAUSHALAM - 2024

(Personality and Skill Development Programme)

5 DAYS RESIDENTIAL WORKSHOP FOR AYURVEDA STUDENTS

Organised by:

VISHWA AYURVEDA PARISHAD
TELANGANA VIBHAG

FROM 17-05-2024 to 21-05-2024

VENUE : **ARADHANA AYURVEDA**
WELLNESS AND RESEARCH CENTER
BHAINSA





WHAT IS AYURVEDA KAUSHALAM ?



We at Vishwa Ayurveda Parishad passionately believe that it is a greatest blessing to study Ayurveda and become an Ayurveda Vaidya. But a student of Ayurveda who commonly joins this course after missing a seat in MBBS might still be in a state of doubt about his/her future in Ayurveda. Luckily we have many vaidyas who are practising Ayurveda exceptionally, doing excellent service to the society and also earning a lot of money. Vishwa Ayurveda Parishad intends to introduce such phenomenal practitioners and legendary teachers to our Ayurveda students, to boost their morale, instill confidence and lay a solid foundation for their future in Ayurveda. Koushalam is one such outstanding opportunity for all Ayurveda students to learn the art of becoming an Authentic Ayurveda practitioner and learn various facets of Ayurveda practice practically. Sprawled across 10 acres of land on the outskirts of Bhainsa, in Nirmal District of Telangana. this unique **Aradhana Ayurveda Wellness and Research Centre** is modelled on the lines of Health village. We welcome you all to be a part of this Extraordinary Endeavour.

PREVIOUS KOUSALAM PROGRAMME CLIPPINGS





ABOUT VISHWA AYURVEDA PARISHAD



Vishwa Ayurveda Parishad is the largest non profit, non governmental organisation working in the field of Ayurveda globally. Social reformers, thinkers & Ayurveda lovers who were not happy about the status of Ayurveda in India have established Vishwa Ayurveda Parishad (VAP) in the year 1997, to reinstate the glory of Ayurveda in the present era and to facilitate the acceptance and recognition for Ayurveda across the country and the globe.

TRACES

VAP identifies outstanding TRACES (teachers, researchers, authors, clinicians, entrepreneurs, and social reformers) working in the field of Ayurveda and brings them together on a single platform to leverage their experience and knowledge and work collaboratively toward the goal of connecting every family through Ayurveda.

CHALLENGES

VAP recognizes immediate and distant challenges in the healthcare system and devises dependable, affordable, and long-term solutions based on Ayurvedic principles and practices.

SKILL DEVELOPMENT

VAP develops the skills and competence of stakeholders of the Ayurveda fraternity, such as teachers, students, practitioners, herb farmers, researchers, and pharmacy people, by organizing seminars, symposia, workshops, awareness programs, camps, debates, practical demonstrations, publications, competitions, etc.

AYURVEDA PROMOTION

VAP Explores all possible opportunities, removes barriers, and utilizes resources to propagate and promote Ayurveda around the world with the assistance of government, other NGOs, and followers; and safeguards the interests of Ayurveda and its stakeholders by keeping a close eye on health policies, emerging trends, prevalent practices, and rules around the world and intervenes timely.



SALIENT FEATURES OF AYURVEDA KAUSHALAM



- Practical Demonstration of Swasthavrittam like waking up in Brahm Muhurta, Nasya, Gandusha, karna Purana, Netra kshalana, Anjana, Abhyanaga, Udwartana, Yuktahara sevana etc for all participants.
- Yogabhyasa Pranayama, Dhyana, under the guidance of a senior most Yogacharya.
- Nitya Agnihotra to Purify internal & External environment.
- Nadi parikhsa vidhi demonstration by experienced Ayurveda Practitioners.
- Prakriti assessment of the participants & discussion on its practical Application.
- Live Demonstration of Panchakarma Procedures (Pradhana Karmas & Purva Karmas)
- Live Demonstration of Salya Tantra Procedures like Agni Karma, Rakta Mokshana etc.
- Identification of various herbs and discussion on their uses in day to day practice.
- Oushadha Nirmana demonstration.
- Lectures & knowledge sharing by Many Experienced Ayurveda Practitioners on Management of a wide range of diseases.
- Ayurveda Cosmetology to enhance beauty naturally without using harmful Chemicals.
- Career guidance and exploration of wide range of opportunities after BAMS
- Spoken Samskrit & guidance various online & Offline Samskrit Courses Management of common Emergencies during Ayurveda practice (IP & OP Practice)





AYURVEDA KAUSHALAM 2024



Guidelines For All The Participants

Registration is open to students from all states..

- All the participants must reach the venue by evening of 16th of May 2024 till Morning of 17th May 2024
- Participants will be allowed to leave the venue only on 21st May 2024
- All the participants must carry White Apron, Lock & Key, Water Bottle, Note book, Pen.
- Don't carry gold jewellery/ expensive gadgets (Participants are responsible for their own belongings)
- Bring your own Tooth brush, Tooth paste, Shampoo and Towel.
- We will provide Dormitory accomodation (Pillow, Mattress and Blanket) Separately for ladies & Gents
- Simple Ayurveda Diet (Breakfast, Lunch, Dinner, Herbal / Ayurvedic Tea , Snacks) will be provided.
- The lead language for the Residential Workshop Will be English & Hindi.
- The duration and dates of the camp can be changed (in case of unforeseen circumstances) by the organizers on prior intimation.

Ayurveda Kaushalam Previous Glimpses





VISHWA AYURVEDA PARISHAD

Executive Committee



National Executive Committee

Margadarshak: Prof.S.P.Mishra, Prof.B.M.Gupta, Prof. U.S.Nigam, Prof. Baldev Kumar Dhiman, Prof .Premchand Shastri **National Organization Secretary:** Prof.Yogesh Chandra Mishra, **National President:** Prof.Govind Sahay Shukla, **National Vice-Presidents:** Dr.T.Premananda Rao, Dr.Nitin Agarwal, Prof.Ashwani Kumar Bhargava **National General Secretary:** Prof. Mahesh Vyas, **National Joint Organization Secretary:** Prof.Kamlesh Kumar Dwivedi ,**National Secretaries:** Dr.Shivaditya Thakur, Dr.Surendra Chaudhary, Vd.Vinod Kumar TG, Vd Ramteerth Sharma ,**Treasurer:** Sri Jitendra Agarwal ,**National Executive Members:** Dr.A. Sammi Reddy, Dr. Sridhar Anishetty, Dr. K V Ramana, Dr Gajanana Hegde, Dr GRR Chakravarthy

Vidyarthi Prakoshta Prabhari : Dr. Kishorilal Sharma, **Saha-Prabhari :** Dr. Ashutosh Dwivedi, **Chikitsa Prakoshta Prabhari:** Dr Suresh Jhakotia, **Saha Prabhari:** Dr Prem Shankar Pandey, Dr Y S Mallik **Shikshak Prakoshta Prabhari :** Dr R K Gupta , **Anusandhan Prakoshta Prabhari :** Dr Ravi Rao **Sampark Prabhari:** Vd Yogesh Pandey, **Saha Prabhari :** Vd Anil Shukla, Vd Sridhar Anishetty.

State Executive Committee

Margadarshak: Dr.S.Sudha, Dr.P.Veera Reddy, Dr.B. Vijaya Laxmi
President : Dr.S.Sarangapani
Working President : Dr.Y. Srinivasulu
Vice President : Dr.K.Chandrashekar Arya, Dr. Sunita Joshi, Dr.N. Uma Srinvas Rao, Dr.G.Srinivas Reddy
General Secretary : Dr.B.Kishan
Secretary : Dr.B. Prabhakar, Dr.R.Jagadeshwara Prasad, Dr.B.Sachin Chandra, Dr.G.Ravinder Reddy
Vidyarthi Prakoshtha Prabhari : Dr.M. Lakshmi
Vidyarthi Prakoshtha Sah Prabhari : Dr.R.Venugopal Rao
Chikitsa Prakoshtha Prabhari : Dr.S. Surendra Sharma
Chikitsa Prakoshtha Sah Prabhari : Dr.P.Raghupathi Goud, Dr.Niranjani Jakotia, Dr.G.Ramu
Sikshak Prakoshtha Prabhari : Dr.K.Ashok Kumar
Sikshak Prakoshtha Sah Prabhari : Dr.Y.Srivani
Anusandhan Prakoshtha Prabhari : Dr.P.Srikanth Babu
Anusandhan Prakoshtha Sah Prabhari : Dr.D.Anuradha , Dr.T.Saket Ram
Mahila Prakoshtha Prabhari : Dr.Suneetha Grace
Mahila Prakoshtha Sah Prabhari : Dr.P.Yashoda, Dr.G.Gayatri Devi, Dr.Namrata Reddy
Nirmata Prakoshtha Prabhari : Dr.P.Satish Chandra
Nirmata Prakoshtha Sah Prabhari : Sri.A.Jagadeeshwar Kumar
Sampark Pramukh : Dr.A.Arvind Gupta
Sampark Sah Pramukh : Dr.D.Vijay Ganesh Reddy
Executive Members : Dr.M.Narayana, Dr.A.Arvind Gupta, Dr.K. Sampath Kumar
Dr.V.Prasad, Dr.S.Prakash Reddy, Dr.Mallu Prasad, Dr.B.Sambamurthy, Dr.M.Kashaiah
Dr.Ch.Ravinder, Dr.D.Vijaya Ganesh Redy, Dr.G. Ramachandra Reddy, Dr.P.Ravinder Goud
Dr.A. Sulochana, Dr.P.Pradeep Kumar, Dr.V.Padmanjan Babu, Dr.V. Mohan Rao, Dr.G. Ravinder, Dr.V.Narasimha
Dr.Rajshri Soni, Dr.R.Vijayasimha, Dr.T.Raghu, Dr.B.Durga Prasad, Dr.G.Vijay, Dr.P. Ramya Sri, Dr.G.Pavani Reddy





VISHWA AYURVEDA PARISHAD



Organising Committiee

Advisors :

- Dr.Parameshwar Naik ,AD(Ayurveda)
- Dr.K.Anasuya
Principal, Dr.BRKR Govt.Ayurvedic College - Hyderabad
- Dr.G.Ramachandra Reddy
Superintendent I/c , Govt.Ayurvedic Hospital - Erragadda, Hyderabad
- Dr.K.Ashok Kumar
Principal I/c , Anantha Lakshmi Govt. Ayurvedic College - Warangal
- Dr.Padmavati
Superintendent I/c, Govt. Ayurvedic Teaching Hospital -Warangal
- Dr.Ravi Naik, RDD Warangal
- Dr.Srinivasa Chary
DTL, Director and Pharmacy Superintendent
- Dr.O K Adithya, SASSASS Ayurveda College - Guntakal (A.P)
- Dr.Ekaluri Rupesh, SASSASS Ayurveda College - Guntakal (A.P)
- Dr.Yeshwant Patil
Dean Govt Ayurved College - Nanded (M.H)
- Dr. Manikrao Kulkarni
Dean S.S.V.P.,Ayurved College, Hatta , Dist. Hingoli (M.H)
- Dr.Rajeev Mundane, Principal and Medical Superintendent,
D.M.M Ayurveda College and L.K Ayurveda Rugnalay - Yavatmal (M.H)
- Dr.Shirish Gaddamwar
Assistant Professor (RSBK) , D.M.M Ayurveda College and L.K Ayurveda Rugnalay - Yavatmal (M.H)
- Dr.Kiran Khandare
Principal and Medical Superintendent
Smt. Sumitrabai Thakare Ayurvedic College and Hospital - Yavatmal (M.H)

Convener : Dr.G.RajaReddy - 9441157743

Co-Conveners : Dr.P.Srikanth - 7382665346, Dr.P. Santosh Kumar - 9640000476

Dr.M.Lakshmi - 8096636929, Dr.R.Venugopal Rao - 9440160359, Dr.Rajesh Sawai, Dr.Kiran Pabithwar.

Co-Ordinator : Dr.Suresh Jakotia - 9440708757

Members : Dr.R.Jagan Mohan, Dr.S.Ramu, Dr.E. Narendra Reddy, Dr.P. Rakesh Kumar, Dr.Venkatesh, Dr.K.Sriram Yadav,



VISHWA AYURVEDA PARISHAD



Registration Details

Type of Participant	Registration Fee till 10-05-24	Registration Fee after 11-05-24 to 16-05-24
UG Students	2500/-	3000/-
PG Students	3000/-	3500/-

Rs. 500/- Discount for Vishwa Ayurveda Parishad members. Spot Registration is not available. Registration fees is not refundable under any circumstances.

Please Make Payment Via :

Phonpe, Gpay, Amazon pay or Paytm to 9441157743

Or Transfer money to

State Bank of India - Bhainsa Branch

AC no : 39762383758, IFSC: SBIN0020123

Note : Please Take Screenshot of Payment Reciept and Attach to the google form.

Registration Form :

<https://forms.gle/HQhYEi4MgEFMTfC88>

Please click the link to fill the registraion form (Form is Mandatory)

How to Become VAP member?

To join Vishwa Ayurved Parishad you can visit this website

<https://www.vishwaayureda.org/membership-dashboard>

Benefits of becoming a member: In all conferences (including Ayurved Kaushalam, World Ayurved Congress, etc) members are given discount for registration.



Contact : Dr.P.Srikanth - 7382665346, Dr.P. Santosh Kumar - 9640000476



ABOUT ARADHANA AYURVEDA



Aradhana Ayurveda Wellness and Research Centre is a unique location that seeks to bring wellness to anyone who needs it. A one of its kind facility, the Centre's geographical reach encompasses Telangana, Marathwada and Vidarbha. The centre is located just 24 kms from the temple town of Basara, and is located close to the national highway leading to Maharashtra.



Sprawled across ten acres of land on the outskirts of Bhainsa, in Nirmal district of Telangana, this unique Ayurveda wellness centre is modelled on the lines of a Health Village. This extensive facility comes with extensive support facilities, including authentic ayurvedic treatment and modern, comfortable accommodation. Blessed with nature's beauty and absolute serenity, Aradhana Ayurveda helps in rejuvenation of your mind and body.

The facility is the brainchild of Dr Raja Reddy, an ayurvedic practitioner, who completed 20yrs of service, hails from Bhainsa . The idea to set up this modern, yet traditional Ayurvedic Wellness Centre was prompted by the fact that modern day lifestyles are increasingly impacting the health of people across all age groups. Dr Reddy decided that in order to provide comprehensive care, one needs to have specialists who have been groomed in their ability to understand the depth of the problem and then innovate by providing appropriate care.





HOW TO REACH ARADHANA AYURVEDA

- Hyderabad to Basara 210 km -Basar to Aradhana Ayurveda -35 km
(Train up to Basara from all Cities)
- Nanded to Aradhana Ayurveda 80 km (Train+ Flight +Road)
- Nagpur to Aradhana Ayurveda 315 km (Train+Flight + Road)

TOURISM PLACES NEAR BY ARADHANA AYURVEDA

- Basara Saraswathi Temple - 34 km
- Gaddennavagu Reservoir - 9 km,
- World Famous Nirmal Paintings & Fort - 49 km,
- Sahasrakund Waterfalls - 56 km,
- Nizamabad Killa Ramalayam Temple -65 km,
- Nanded Gurudwara - 83 km,
- Pochera Waterfalls - 87 km,
- Kuntala Waterfalls - 90 km





DAILY TIME TABLE OF AYURVEDA KAUSHALAM 2024

	17 th May	18 th May	19 th May	20 th May	21 st May
5.30 to 6.00 AM		Utthanam	Utthanam	Utthanam	Utthanam
6.00 to 7.00 AM		Yoga	Yoga	Yoga	Yoga
7.00 to 7.45 AM		Snanam	Snanam	Snanam	Snanam
7.45 to 8.00 AM	Agnihotra	Agnihotra	Agnihotra	Agnihotra	Agnihotra
8.00 to 8.45 AM	Registration & Alphaharam	Alphaharam	Alphaharam	Alphaharam	Alphaharam
9 to 10.30 AM	Inauguration, VAP intro	Session I	Session I	Session I	Session I
10.30 to 10.45 AM	Break	Break	Break	Break	Break
10.45 to 12.30 PM	Session II	Session II	Session II	Session II	Session II
12.30 to 2.00 PM	Madyahna Bhojanam				
2.00 to 3.30 PM	Session III	Session III	Session III	Session III	Experience sharing by students
3.30 to 5.00 PM	Session IV	Session IV	Session IV	Session IV	
5.00 to 5.15 PM	Tea Break	Tea Break	Tea Break	Tea Break	Valedictory function
5.15 to 6.40 PM	Sholka Recitation, Meditation, Agnihotra				
6.45 to 7.30 PM	Ratri Bhojanam				
7.30 to 8.30 PM	Samskruthika Karyakramalu (Cultural Activities)				
9.00 PM	Nidra				



In total there are 9 practical sessions of one and half hour duration each, 18 Oral sessions, 45 minutes duration each which include experience sharing by practitioners, Session to explore opportunities after graduation, Personality development session, one session to introduce Samskrit learning etc. Final time table will be updated soon