

Ayurveda Kaushalam 2023

5 DAYS RESIDENTIAL WORKSHOP FOR AYURVEDA STUDENTS

VISAKHAPATNAM



Organised By

Vishwa Ayurveda Parishad
Andhra Pradesh

28th May to 1st June 2023

Venue

AROGYADHATRI
AYURVEDA RESEARCH INSTITUTE

Near State Bank of India, Koduru, Anakapalli District, 8519970966, 08912543778



For more details & Registration visit: www.vishwaayurveda.org



What is Ayurveda Kaushalam about?



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. We are conducting this workshop in an ashram environment surrounded by hills, lush green meadows, organic farming, goshala, yagna shala & a 40 bedded Ayurveda hospital at the centre. We welcome you all to be a part of this Extraordinary Endeavour.





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 application of Swasthavrittam like waking up in Brahmi Muhurta, Nasya, Gandusha, karna Purana, Netra kshalana, Anjana, Abhyanga, Udwartana, Yuktahara sevana etc for all participants everyday.
- *Yogabhyasa Pranayama, Dhyana, under the guidance of a senior most Yogacharya*
- Dhanvantari Yagna, Nitya Agnihotra to purify internal & External environment.
- *Nadi pariksha vidhi demonstration by experienced Ayurveda Practitioners.*
- Prakriti assessment of all the participants & discussion on its practical application
- *Demonstration of Panchakarma Procedures (Pradhana Karmas & Purva Karmas)*
- Demonstration of Salya Tantra Procedures like Agni Karma, Rakta Mokshana etc
- *Special presentation and Practical demonstration of Marma Chikitsa*
- Identification of various herbs and discussion on their uses in day to day practice
- *Oushadha Nirmana demonstration (Kashtha Oushadhis & Rasoushadhis)*
- Lectures & knowledge sharing by Many Experienced Ayurveda Practitioners on Management of a wide range of Toughest diseases
- *Ayurveda Cosmetology to enhance beauty naturally without using harmful Chemicals*
- Career guidance and exploration of wide range of opportunities after BAMS
- *Radiology session to teach how to read Xrays, CT & MRI scans, ECG EEG etc*
- Spoken Sanskrit sessions & guidance various online & Offline Sanskrit Courses
- *Management of common Emergencies during Ayurveda practice (IP & OP Practice)*



Ayurveda Kaushalam 2023

Guidelines For All The Participants

- ♦ Registration is open to students from all states
- ♦ All the participants must reach the venue by evening of 27th May 2023
- ♦ Participants will be allowed to leave the venue only on 1st June 2023
- ♦ All the participants must carry White Apron, blankets, Lock & Key, Water Bottle, Note book, Pen.
- ♦ Don't carry gold jewellery/ expensive gadgets
- ♦ Do not bring Plastic tooth brush, Tooth paste, Soap, Shampoo. We want you to experience chemical free Dinacharya. We will provide Bamboo tooth brush, Danta dhavana churnam, Snana Churnam, Kesha Kshalana Churnam, Abhyanga tailam in the welcome kit.
- ♦ We will provide Dormitory accomodation (Pillow, Mattress & Mosquito net) Separately for ladies & Gents
- ♦ Simple Ayurveda Diet (Breakfast, Lunch, Dinner, Yoga rasam, Snacks) will be provided.
- ♦ The lead language for the Residential Workshop Will be English.
- ♦ White clothes are compulsory for participating in Dhanwantari Yajna.
- ♦ The duration and dates of the camp can be changed (in case of unforeseen circumstances) by the organizers on prior intimation.



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: Prof. Mahesh Vyas, Dr.T.Premananda Rao, Dr.Nitin Agarwal

National General Secretary: Prof.Ashwani Kumar Bhargava

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. Suresh Jakhotia, Dr. Sridhar Anishetty, Dr. K V Ravana, Dr Gajanana Hegde, Dr GRR Chakravarthy

Vidyarthi Prakoshta Prabhari : Dr. Kishorilal Sharma, Dr. Ashutosh Dwivedi (**Saha-Prabhari**)

State Executive Committee

Margadarshak: Dr. S. Dattatreya Rao, Dr. P.H. C. Murthy, Dr. M. Guru Murthy, Dr. JLN. Sastry

President: Dr. K. V. Ramana

Working President: Dr. K. Madhavarao Chowdhary

Vice Presidents: Dr. K. V. Vijaya Bhaskar Reddy, Dr. Vemula Bhanu Prakash, Dr. S. Sahithi, Dr. Konda Venkateswarlu

General secretary: Dr. Ch. V. S. Koteswara Rao

Treasurer: Sri Dubagunta Srinivas

Organizing Secretary: Dr. D. Anil Kumar

Secretaries: Dr. G. Satya Prashanth Dr. B. Rajesh Kumar Dr. KVP. Tejaswi. Dr. S. Kedarinath

Executive Members: Dr. S. Satya Babu, Dr. M. Padmaja Rani, Dr. V. Sreedhar, Dr. G. Edukondalu, Dr. Ch. Sai chandini, Dr. S. Eswar, Dr. P. Neelima, Dr. M. Kalyani, Dr. E. Satya Narayana, Dr. G. Hema, Dr. S. Durgesh Kumar, Dr. U. Sri Satya,

Chikitsa Prakoshta-Prabhari/Coordinator: Dr.M.Bhaskara Rao

Saha prabhari/Co -Cordinator: Dr. A. Sri Ram, Dr. T. Sirisha

Vidyarthi Prakoshta-Prabhari/Coordinator: Dr. Renu Dixit

Saha prabhari/Co -Cordinator: Dr. K. Madhusudhana Rao, Dr. Ch. Ravi Kumar

Sikshak Prakoshta-Prabhari/Coordinator: Dr. B. Raja Kamalakar

Saha prabhari/Co -Cordinator: Dr. Harshavardhan Appaji, Dr. B. Anil kumar

Anusandhan Prakoshta-Prabhari/Coordinator: Dr. P. SavithaSaha

prabhari/Co -Cordinator: Dr. Sujatha Doke

Mahila Prakoshta-Prabhari/Coordinator: Dr. K. Vijaya kumari

Saha prabhari/Co -Cordinator:Dr. Padmaja Dasi

Nirman PrakoshtaPrabhari/Coordinator: Dr.U.V. K.Ramamohana Rao

Saha prabhari/Co-Cordinator: Sri S.Siva Rama Krishna

Sampark Prabhari/Coordinator: Dr. T. Shanmukh Prasanna

Saha prabhari/Co -Cordinator: Dr. K. Sribala





Ayurveda Kaushalam 2023

Registration Details



Type of Participant	Registration Fee till 15-5-23	Registration Fee after 15-5-23 to 25-5-23
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 9392491036 or Transfer money to Union Bank of India, AC no 054311100001219 Ifsc:UBIN0810746 .

Registration Form

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

<https://forms.gle/z1PkouFLJ5eHHVXB9>

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.

Organising Commitee

Convenor- Dr T. Sundara Raj Perumall.

Co-Convenors - Dr N Umamaheswara Patnaik , Dr E Satyanarayana.

Members

1. Dr K Eswarao
2. Dr T Mahathi
3. Dr V Seetha mahalaxmi
4. Dr Konda Lavanya
5. Dr Hemakshi
6. Dr S Durgeshkumar
7. Dr Suryanarayana Patnaik
8. Dr K Ravikanth
9. Dr K Sribala
10. Dr MN Patrudu
11. Dr Kamalakar
12. Dr G Hema
13. Dr Chakravarty.

Vidhyarthi Prakostha

Dr.D. Padmaja, Co ordinator (1), Dr. NRS. Government Ayurvedic College, Vijayawada
Dr. K. Sirisha, Co ordinator (2), Dr. NRS. Government Ayurvedic College, Vijayawada
Dr. Ch. Sridurga, Co ordinator (1), Sri Venkateswara Ayurvedic College , Tirupathi
Dr. Rasmi Bhandekar, Co ordinator (2), Sri Venkateswara Ayurvedic College , Tirupathi
Dr. G. Rupesh, Co ordinator (1), Dr. SASSASS Ayurvedic College, Guntakal
Dr. Mouneswari, Co ordinator (2), Dr. G. Rupesh, Dr. SASSASS Ayurvedic College, Guntakal



About Arogyadhatri Ayurveda Research Institute

Arogyadhatri Ayurveda Research Institute was established in 2005 by a team of dedicated Ayurveda Vaidyas with an aim to provide scientific combination of Ayurveda and Yoga therapies in a purest traditional form to treat toughest and most complicated diseases.

Today it is a forty bedded Panchakarma hospital located in the lap of mother nature serving wide range of patients from remote villages to modern cities. Patients experience all the Panchakarma therapies ONLY in Sastrokta vidhana. Having a Goshala enables us to perform special therapies like Pancha gavya therapy, Kevala Ksheerapana, Kevala Takrapana with Vardhamana Oushadha Prayoga. From Degenerative Diseases to Auto immune disorders, wide range of Rogas are being treated Successfully with utmost care.

Arogyadhatri is also committed to create awareness about perfect life style based on Ayurveda Swastha Vritta to lay a solid foundation for an Ideal Healthy Society. We are conducting online and Residential camps, workshops, seminars, exhibitions and other awareness programs to spread universal health Principles based on Ayurveda.

To live in coexistence with mother nature we use ONLY Natural products instead of chemical Soaps, Shampoos, Tooth Paste, Surf, Phenyl, Detergent in our entire Hospital.

We strongly believe that Ayurveda Hospitals can become Sakti Kendras to guide our society into right path & help us live life in highest possible way. Arogyadhatri is one such Sakti Kendra committed to create a Sampoorana Swastha Samaja.



How to reach the Arogyadhatri Ayurveda research Institute?

1. From Anakapalli Railway station/ Bypass: Auto is available for Rs.200. The drive will take about 15 to 20 Minutes. From Vizag Airport 40 minutes drive. Auto Service - NAIDU -99487 05269; Taxi Services - 99518 78314
2. Regular buses from the Vizag RTC complex to Sabbavaram (300C) are available. From Sabbavaram, you need to take the auto to Koduru. From Vizag Railway station venue is 35 KM away.
3. Google Map Link - <https://goo.gl/maps/Mb8Pnfr1ctgKPnq8>
4. For reaching the venue if you need further assistance contact - Prakash - 8519970966, Ramesh – 7893023966
5. For any other questions please contact Dr E. Satya Narayana (9052130193), Dr S. Durgesh Kumar (9492806308), Dr G Hema (8790971418) Dr Madhava Rao Chowdary (9440505288) Dr Satya Prasanth (8281139230) Dr Sundar Raj Perumall (9392491036)

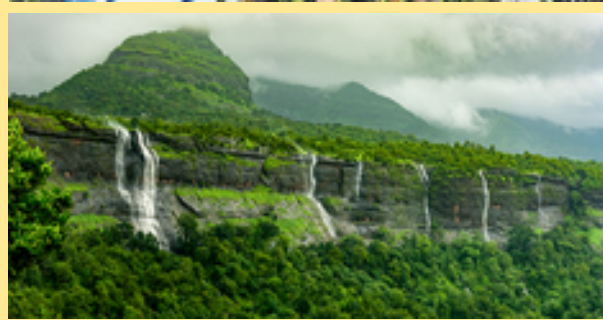
We welcome you all to the most memorable, purely practical, Ayurveda Kaushalam workshop which will motivate you to begin this Noble profession with a lot of dedication and determination to serve the society in a greatest possible way.

Visakhapatnam, the city of Destiny

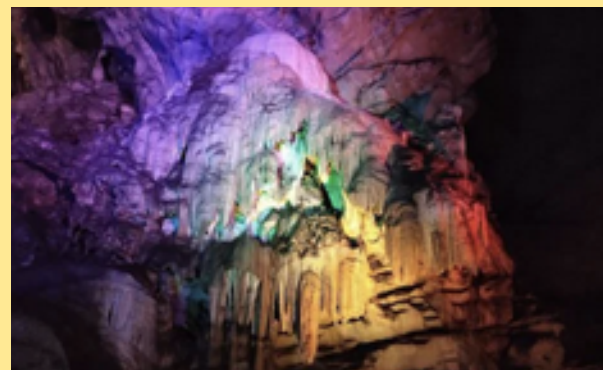
Visakhapatnam, also commonly known as Vizag, is one of the oldest port cities in the country. Situated in the heart of Andhra Pradesh, Visakhapatnam is known for its picturesque beaches and serene landscape, as well as a rich cultural past, which makes it an ideal spot for a fantastic coastal vacation. The port of Visakhapatnam is home to the oldest shipyard in all of India, and with a plethora of manmade wonders and natural spectacles, Visakhapatnam is a must-visit tourist destination in South India..



Simhachalam temple: This is 11th century temple sitting on the Simhachalam Hill, about 300 metres above the sea level, is an ornate shrine which is revered to be one of the most important temples dedicated to Lord Narasimha, who is an incarnation of Vishnu himself. Simhachalam Temple is embellished with extremely detailed stone carvings. This is the only temple in the country where Shri Varaha Lakshmi Narasimha Swami- who is a combination of the third and fourth incarnation of Lord Vishnu- appears. This place is a treasure of traditional Vaishnavite culture.



Araku Valley is a hill station and valley region very near to Vizag City. It's surrounded by the thick forests of the Eastern Ghats mountain range. The Tribal Museum is dedicated to the area's numerous indigenous tribes, known for their traditional Dhimsa dance, and showcases traditional handicrafts. A miniature train runs through Padmapuram Gardens, with its sculptures and tree-top huts. Katiki Falls originates from River Gosthani about 90 kilometres from Visakhapatnam. The waterfall is located near the Borra Caves and is a famous attraction for picnickers and nature lovers.



Borra Caves is one of the Largest and deepest Caves in India and at height of around 700 mtrs. Borra Caves were discovered by British geologist William King in 1807 with karstic limestone structures that are up to 80 metres deep. These caves are known for the breathtaking stalactite and stalagmite formations which are more than million years old. Located on the east coast of India, the Borra Caves are situated in the Ananthagiri hills of the Araku Valley in Visakhapatnam district. Breath taking hilly terrain, beautiful landscape, semi-evergreen moist deciduous forests, and wild fauna of the Borra Caves are a visual feast.



Kailasha Giri is a beautiful hilltop park perched at a height of 360 ft. sprawling over 100 acres of lush green land area, the park is perched on a hilltop and it offers scenic panoramic vistas of the surroundings and the beach below. The highlight of the place is the magnificent 40 feet statues of Shiva and Parvati painted in white. Among the attractions available, the best ones include Titanic Viewpoint, Floral Spot, Gliding Point, and Jungle Trails, Shanti Ashram, Shanku Chakra Nama and more. You can also reach here in a ropeway ride that is another major attraction. **Bojjanna Konda, Totla Konda** are Buddhist Monasteries dating back to 4th century AD. **Yerada beach, Ramakrishna beach and Bheemili beaches** are most popular beaches of Vishakapatnam, **Kondakarla Ava** is a famous Lake and Bird Sanctuary near Vizag



Submarine Museum is located in Visakhapatnam in the south-eastern state of India. The museum is inside an actual submarine, INS Kurusura, which was India's 5th submarine. The museum is situated on RK beach, near the War Memorial in Visakhapatnam. The INS Kurusura served the Indian Navy for 31 years before it was decommissioned in 2001. Post that, it was used as a museum to spread awareness about Indian Naval Forces, the technology used and its development in India. It is a one of a kind project that was launched by the Eastern Naval Command. The interiors of the submarine have been re-arranged to allow a clear view to the visitors. It is the only Submarine Museum in the entire of Asia.

Daily Time Table of Ayurveda Kaushalam 2023 Andhrapradesh

	28 th May	29 th May	30 th May	31 st May	1 st June
5 to 5.30 AM	Registrati on	Utthanam	Utthanam	Utthanam	Utthanam
5.30 to 6.30 AM		Yoga	Vamana Karma Demonstr ation	Yoga	Yoga
6.30 to 7 AM		Pratah Kala Charya		Pratah Kala Charya	Pratah Kala Charya
7 to 8 AM		Snanam		Snanam	Snanam
8 to 8.45 AM	Alpaharam				
9 to 10.30 AM	Inaugura tion, VAP intro	Marma Chikitsa, Agnikarma, Sira vedhana, Jaloukavacharana, Pancha karma, Practical demonstration			
10.30 to 11 AM	Break	Break	Break	Break	Break
11 to 12.30 PM	Experience sharing & guidance by Practitioners				
12.30 to 1.30 pm	Madyahna Bhojanam				
1.30 to 3.PM	DG, RS, BK practical demonstration				Experience sharing by students
3 to 3.30 PM	Break				
3.30 to 5 PM	Experience sharing & guidance by Practitioners				Valedictory function
5 to 6 PM	Tea Break, Time for snanam etc				
6 to 6.45 PM	Samhita dhyanam, Sloka chanting				
6.45 to 7.30 PM	Ratri Bhojanam				
7.30 to 8.30 PM	Samskrutika Karyakram				
9PM to 5 AM	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