



**Ayuransh**  
PRESENTS

On **25-26<sup>th</sup> March 2k25**

**The Demand of the New Era**

# वैद्य संस्कारम्

**“संस्कारो हि गुणान्तराधानमुच्यते”**

**A Workshop that doesn't just teaches Ayurveda,  
It Awakens your Inner Healer**

**2 DAYS NATIONAL RESIDENTIAL WORKSHOP**

**Ayurvedic Odyssey - From a student to a vaidya**

- Herbiology and Formulations
- In - Depth Learning
- Hands - on Training

**ELIGIBILITY**

**BAMS-UG, PG, Ph.D, Practitioner**

# A CALL FROM HARIDWAR

**Supported by Ayurveda Federation of India**

(A Constituent body of Ayurveda Vigyan Fourum, Reg. with Ministry of Corporate Affairs, Government of India)



# About Ayuransh Foundation

Welcome to AYURANSH, where innovation meets tradition. Established with a vision to bridge the realms of academic research, entrepreneurship, and the timeless wisdom of Ayurveda, our foundation is committed to shaping a progressive and holistic future.

At AYURANSH, we believe in the power of academic inquiry to drive meaningful change. Our dedicated team of researchers endeavors to explore new frontiers, pushing the boundaries of knowledge to unlock solutions that address contemporary challenges. Through cutting-edge research initiatives, we strive to contribute to the advancement of various fields, fostering an environment of intellectual curiosity and discovery.

Entrepreneurship is the heartbeat of our foundation, pulsating with the spirit of innovation. We are passionate about nurturing and empowering aspiring entrepreneurs, providing them with the tools, mentorship, and resources needed to turn their visionary ideas into impactful ventures. By fostering a dynamic ecosystem that encourages creativity and risk-taking, we aim to catalyze positive change in the entrepreneurial landscape.

In the tapestry of our pursuits, the ancient science of Ayurveda weaves seamlessly into the fabric of modernity. We are dedicated to promoting Ayurveda as a guiding light for holistic well-being in the contemporary era. Our commitment to preserving and disseminating the principles of Ayurveda aligns with our belief in the profound synergy between traditional wisdom and modern scientific advancements.

Join us on this transformative journey as we navigate the intersections of academia, entrepreneurship, and Ayurveda. Together, let us chart a course towards a future where tradition and innovation harmonize, propelling society towards holistic well-being and sustainable progress.

## Ayuransh Foundation

CRAFTING TOMORROW'S EXCELLENCE  
BY BLENDING THE BEST OF TRADITION  
AND INNOVATION

# Objective

## Marma Chikitsa By : Dr. NAVEEN JOSHI

1. Understand Marma principles: Learn about the concept of Marma points, their location, and their role in maintaining physical and mental well-being.
2. Learn Marma identification techniques: Develop skills to identify Marma points on the body, including their location, shape, and size.
3. Understand Marma therapy techniques: Learn various Marma therapy techniques, including massage, pressure points, and other manual therapies.
4. Integrate Marma therapy into practice: Understand how to incorporate Marma therapy into your clinical practice, including how to use it in conjunction with other treatment modalities.
5. Advance your treatment skills: Enhance your ability to treat various health conditions using Marma therapy, and develop a deeper understanding of the underlying principles of this ancient therapy.



## Ayurveda Rheumatology By : Dr. PRASHANT TIWARI

1. Comprehend Ayurvedic concepts: Understand the Ayurvedic perspective on rheumatic diseases, including Amavata (rheumatoid arthritis) and Sandhigata Vata (osteoarthritis).
2. Classify rheumatic diseases: Learn to classify rheumatic diseases according to Ayurvedic principles, including dosha imbalance and dhatu involvement.
3. Understand the concept of Janu Basti: Learn about the principles and benefits of Janu Basti, a traditional Ayurvedic treatment for knee joint disorders.
4. Learn the preparation and procedure: Understand how to prepare the patient, the medicated oil, and the procedure for administering Janu Basti.
5. Master the technique: Develop hands-on skills in performing Janu Basti, including how to maintain the temperature, duration, and pressure of the treatment.
6. Understand indications and contraindications: Learn when to use Janu Basti and when to avoid it, including any potential side effects or complications.



# Ayuransh Patron



## पंचकर्म शिरोमणि गुरुवर्य वैद्य रामदास आव्हाड

Founder & Director  
Dr. Avhad's Ayurvedic Super Speciality Panchkarma &  
Infertility Center



A CALL FROM HARIDWAR

## SPECIAL GUEST



### **Prof. (Dr.) G.S. Tomar**

MD (Ayu.), Ph.D. (BHU), FRAV(Delhi)

**PRESIDENT :-** Vishwa Ayurved Mission

**MEMBER:-**

National Executive Committee Of Arogya Bharti.

Scientific Advisory Committee, NIA, Jaipur.

TWG, AYUSH - NTEP Collaboration Ministry Of Health  
and FW, Govt. Of India.

### **Acharya Manish Ji**

Naturopathy and Ayurveda Guru

Founder of Shuddhi Ayurveda

Founder of Jeena Sikho



**Venue: Nishkam Sewa Trust, Haridwar**

# गुरु सानिध्य



A.D.E. India  
Ayush Darpan Foundation  
HEALTH AWARENESS ACROSS THE GLOBE

## DR. NAVEEN JOSHI

भूतपूर्व एसोसिएट प्रोफेसर, वरिष्ठ चिकित्सक, उत्तराखण्ड सरकार  
संस्थापक: आयुष दर्पण फाउंडेशन  
मर्म चिकित्सा विशेषज्ञ

### TOPIC

**Practical Approach On Marma Chikitsa  
(Hands on Training)**



**A CALL FROM HARIDWAR**



## VD. PRASHANT TIWARI

Patron AYURANSH FOUNDATION

Director & Founder :- Dharma Ayurveda

Clinic & Panch karma Center, Bhopal

Chief Consultant SEOK JEONG WELLPARK HOSPITAL

### TOPIC

**Panchkarma in Rheumatology**

**(Hands on Training)**





## VD. SUNETRI SINGH

Director & Founder : Dr. Sunetri's Ayurveda  
( A super speciality Ayurveda and Panchkarma Clinic)  
NABH certified and CGHS,CAPE,ECHS,DERC,NVS,  
Accredited Centre" Noida

### TOPIC

**Ayurvedic OPD management of skin diseases with  
live demonstration of hair and skin analysis  
with equipments**





## Ayurvedacharya Dr. Abhishek

Founder

Vaidyas Tattva Group

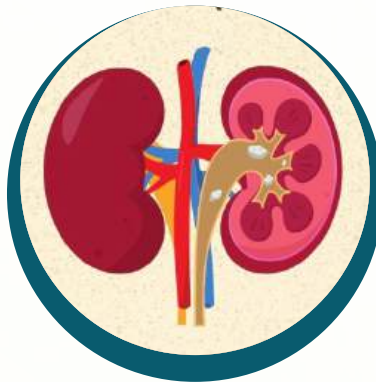
( Saatvik Vaidya, Sabka Vaidya & Veda 24x7)

&

Ayurveda Federation of India

### TOPIC

**Kidney Failure Management  
from Ayurveda**



# Pre-Existing Events



## अयोध्या



## लखनऊ



## बनारस (काशी)



A CALL FROM HARIDWAR

## Organising Head



**Dr. Abhishek Dwivedi “Vaidya”**

Founder & Chairman  
Ayuransh Foundation

*“Let us spread Ayurveda, good healthy lifestyle  
and tell people to use Ayurvedic products.  
You all should promote Ayurveda.”*

**Er. Ram M Mishra**

B.Tech, Master of Social Work

CSO & National Gen.Secretary  
Ayuransh Foundation

*“Life (ayu) is the combination (samyoga) of body,  
senses, mind and reincarnating soul. Ayurveda is the  
most sacred science of life, beneficial to humans both  
in this world and the world beyond.”*



# Organising Hands



**Dr. Ashwani Gupta**  
National Joint Secretary  
Ayuransh Foundation



**Dr. Atul Agrahari**  
National Joint Secretary  
Ayuransh Foundation



**Dr. Shikha Malik**  
National General Secretary  
Women Committee



**Dr. Komal Pandey**  
Joint Secretary  
Ayuransh Foundation



**Dr. Prachi Sharma**  
National President  
Women Committee



**Dr. Shraddha Pimpalkar**  
Administrative Officer  
Ayuransh Foundation



**Dr. Gaurav Shukla**  
Organiser  
Ayuransh Foundation



**Dr. Srishti Sharma**  
Founder  
Om Ayurveda



**Dr. Anubhav Singh**  
Organiser  
Ayuransh Foundation



**Dr. Varun Gupta**  
National Joint Secretary  
Research Council



**Dr. Piyushi Mittal**  
Assistant Joint Secretary  
Ayuransh Foundation



**Dr. Deepak Anand**  
Assistant Joint Secretary  
Ayuransh Foundation

## Advisor's Council



**Dr. Raj M Mishra**

Asst. Professor, Ph.D. Scholars  
BYAMC, Lucknow

**Dr. Nitin Sharma**

Asst. Professor  
S.R.M.G.A.C. BAREILLY

**Dr. Awanish Pandey**

Medical Officer AYUSH  
Govt. of Uttar Pradesh

**Dr. Amit Mishra**

Associate Professor,  
BYAMC, Lucknow

## Research & Scientific Council



**Dr. Ashutosh Pandey**

PhD.(Ay.) BHU  
Founder: Adwait Ayurvedic  
Clinic & Wellness Center Lucknow

**Dr. Ashish Jaiswal**

Associate Professor,  
BYAMC, Lucknow

**Dr. Gaurav Awasthi**

Associate Professor,  
BYAMC, Lucknow

**Dr. Vikalp Kubavat**

National Joint Secretary  
Research Council

## Registration Council



**Dr. Aditya Mohan**

6307462622

**Dr. Nibha Pareek**

9782791178

**Dr. Anuradha Chaudhary**

9027103274

**Dr. Deepak Anand**

7080984865

## Co-ordinator's Head



**Dr. Jageshwar Sharma**  
7906421122



**Dr. Neha Singh**  
8826320924



**Dr. Mayank Singla**  
8585981345



**Dr. Harshvardhan**  
9634008160

## Enquiry Head



**Dr. Rishabh Verma**  
8218299640



**Dr. Savi Gupta**  
6284363665



**Dr. Raj Kathi**  
9998398844



**Dr. Piyushi Mittal**  
6239713288

## Cultural Head



**Dr. Shikha Malik**



**Dr. Komal Pandey**



**Dr. Srishti Sharma**



**Dr. Diksha Naglekar**

# State Co-ordinator

## UTTAR PRADESH



**Dr. Deepak Anand**  
7080984865



**Dr. Vandana**  
9450818517



**Dr. Kabir Ranjan**  
6207341947



**Dr. Aman Daharwal**  
7987058776

## UTTRAKHAND



**Dr. Vasu Agarwal**  
9587008325



**Dr. Bilal Jalil Ansari**  
8655945763



**Dr. Sunita Sehwal**  
7015739350



**Dr. Piyushi Mittal**  
6239713288

## HARYANA



**Dr. Nibha Pareek**  
9782791178



**Dr. Ankita Arora**  
7733073415



**Dr. Hema Sahu**  
9518250306



**Dr. Tarmeem**  
9266544196

## RAJASTHAN

## PUNJAB

## ODISHA



**Dr. Subrat Sahu**  
9337159469

## BIHAR



**Dr. Prem Vijay Singh**  
7739110092

## GUJARAT



**Dr. Dhruv Thakkar**  
9429572996

## Technical Hands



**Dr. Gaurav Shukla**



**Dr. Anubhav Singh**



**Er. Shreevathsa**

## Media Head



**Dr. Ankit Ramola**



**Dr. Suhail Kaif**



**Dr. Ankit Maurya**

## Management Council



**Dr. Pallav Prajapati**



**Dr. Nikhat Sheikh**



**Dr. Ayushi Singh**



**Dr. Prateek Maheshwari**

## Institutional Patrons



## Supported By



## START-UPS WITH US



## Social Media Partners



**BONUS OPPORTUNITY TO EXPLORE**

# Herbal Garden Visit



**Note: Herbo Visit On 27 March, 2025 (08:00 A.M. to 12:00 P.M.)**

**( Fooding & Accommodation will bear by self )**

**< Our Venue >**

**Nishkam Sewa Trust, Haridwar**



## REGISTRATION FEE DETAIL

TYPE OF PARTICIPANTS	Registration Fees Before 10/02/2025	Registration Fees Before 01/03/2025
UG Students and Interns	₹1999/-	₹2499/-
PG Students/P.hD/Practitioners	₹2499/-	₹2999/-
Other Indian Delegates	₹2499/-	₹2999/-
Spot Registration	₹ 3500/-	

\* It includes Two Breakfast, Two Lunches, Registration Kit, Certificate of Participation, entry for all workshop & exhibition stalls.

\* Registration fee doesn't include any kind of accommodation.

## FOR REGISTRATION

### PAYMENT DETAILS

Ac/No.: 7432719172  
IFSC : IDIB000W509

or

UPI : ayuanshfhdhc@ibl

For  
Registration  
Scan  
QR



1. Pay on this A/c or UPI Id & save screenshot.
2. Please attach payment screenshot in GOOGLE Form and email on ayuransh200@gmail.com.
3. For any query & support for registration kindly contact on 9838080067.
4. For QR code drop message on 9838080067.

## ACCOMMODATION DETAILS

**Date: 24<sup>th</sup> March, 12:00 P.M. to 26<sup>th</sup> March, 11:00 A.M.**

*\*Two days accommodation charges are ₹800/-*

**Dr. Rajni Yadav**  
+91 9716912222

**Dr. Atul Agrahari**  
+91 7310303752

**A/c No.: 50100690864728 | IFSC: HDFC0003765**

# Call For **ABSTRACT**

- ➔ **“Bridging Ayurveda and Rheumatology: Holistic Approaches to Chronic Pain Management.”**
- ➔ **“Understanding Marma Points: The Body's Hidden Energy Centers.”**
- ➔ **“Marma Therapy for Stress Relief and Emotional Balance.”**
- ➔ **“Unlocking the Secrets of Marma Points for Anti-Aging and Skin Health.”**
- ➔ **“Integrating Marma Therapy into Modern Healthcare Systems.”**
- ➔ **“Rheumatology Myths vs. Facts: Separating Truth from Misconceptions.”**
- ➔ **“Advances in Ayurvedic Therapies for Rheumatologic Conditions.”**
- ➔ **“Ayurvedic Perspectives on Rheumatology: A Holistic Approach to Joint and Muscle Health.”**
- ➔ **“The Ayurvedic Concept of Ama and Its Role in Rheumatic Diseases.”**
- ➔ **“Lifestyle modifications for prevention of chronic disease.”**
- ➔ **“Ayurvedic management of age related cognitive decline.”**

## **GUIDELINES FOR PRESENTATION OF PAPERS/POSTERS :**

Participants willing to present papers/posters may send abstract within 300 words for approval. They must send abstract in MS word file. Scientific committee will approve the abstract/ papers and the decision of committee will be final. After the approval of the abstract participant will be given 15 days time to submit the full paper and these will be published in peer reviewed journal. Those who are willing to present paper / poster must register as delegate.

The abstract should be typed using Microsoft Word (Times New Roman, font size 12 and 1.5 pt. spacing between lines, limit 300 words). Abstract should be sent preferably on email ID.

**Last Date for submission of Abstracts Paper : 15 Feb 2025**

Send by email to : [ayuransh200@gmail.com](mailto:ayuransh200@gmail.com)

With subject line **“Abstract and Full Paper for VAIDYA SANSKARAM”**

**For any Query about abstract Contact Us ☎ +91 9711752228**

# फ्री हेल्थ कैंप

23 - 24 मार्च 2025



कमर दर्द



पैरों का दर्द



घुटने का दर्द



गर्दन का दर्द



हृदय रोग



बालो का गिरना



जटिल त्वचा रोग



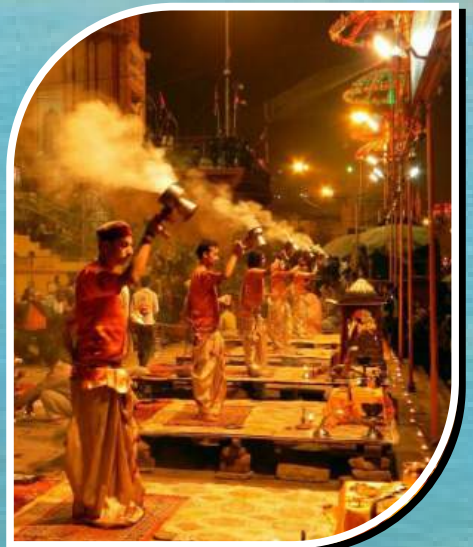
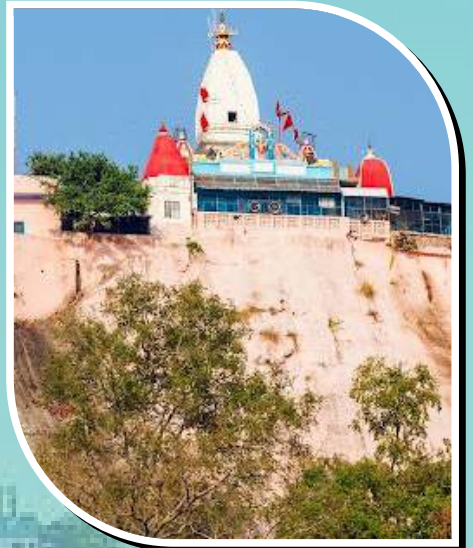
लकवा



उदर रोग

**नोट: रुग्ण का नि:शुल्क हेल्थ कैंप में आने से पहले पंजीकरण आवश्यक है  
पंजीकरण हेतु मोबाइल नंबर +91-708- 098-4865 संपर्क करें**

## PLACE TO VISIT



# HARIDWAR