

FOURTH INTERNATIONAL CONFERENCE ON AYURVEDA AND YOGA (WHERE SCIENCE MEETS CONSCIOUSNESS) AT ALLAHABAD - ALONG WITH KUMBHA MELA

Aparna Sarma¹, Somu RK^{2*}

1. *Convenor, Punarnava Ayurveda Trust, Coimbatore, Tamil Nadu, India*
2. *Ayurveda Physician, Punarnava Ayurveda Trust, Coimbatore, Tamil Nadu, India*

Abstract

We are happy to announce the Fourth International Conference on "Ayurveda & Yoga - where science meets consciousness" to be held on February 17-18, 2013 on the sacred soil of Allahabad during the Kumbhaa Mela. The conference is jointly organized by Punarnava Ayurveda Trust and Ganga Action Parivar. The venue for the conference is Ganga Action Parivar, Kumbha Mela, Arail Ghat, Across Naini Bridge, Allahabad, India. The Ayurveda community together with presenters and participants, and us, the organizers, are blessed to be able to take part on this auspicious occasion during the Kumbha Mela. This conference builds on the earlier conferences, to increase awareness about Ayurveda and wellness, and its linkage with traditional Indian knowledge systems, in both the Indian and international community. Let us all work together in the interest of "Authentic Ayurveda for universal well being".

Key words: International Conference; Ayurveda and Yoga; Punarnava Ayurveda

***Address for correspondence:**

Dr. Somu RK,
Ayurveda Physician, Punarnava Ayurveda Trust,
Coimbatore, Tamil Nadu, India – 641 105.
E-mail: dr.somu@punarnava.org

Cite This Article

Aparna Sarma, Somu RK. Fourth International Conference on Ayurveda and Yoga
(Where Science Meets Consciousness) at Allahabad - Along with Kumbha Mela.
Ayurpharm Int J Ayur Alli Sci. 2012;1(7):168-171.

PROGRAMS 2013

This is a conference where the emphasis is on the Kumbha Mela - the Puranas describe the emergence of Lord Dhanvantari with the Amrit Kumbha (or pot of nectar) from the ocean after intense churning by the gods and the demons together. The Kumbha Mela is a celebration of this "Kumbha - pot of nectar". Lord Dhanvantari is regarded as the "God of Ayurveda". And hence it is only appropriate that a congregation of Ayurveda physicians, students, patients and well wishers come together at the Kumbha Mela to discuss more about health and well being through Ayurveda and other traditional Indian knowledge systems.

In the above background, the program includes sessions on –

- The relation between different Indian knowledge systems like Vedas, Ayurveda, Yoga, Tantra, Jyothisha, Sthapatya Veda etc.
- A true understanding of the meaning of the word "holistic" in the context of the different Indian knowledge systems
- The relevance of space and time with special emphasis on the Kumbha Mela in the context of health
- Oneness of science and spirituality in Indian thought process with special reference to Ayurveda
- Ayurveda in the context of the care of the terminally ill
- Ayurveda, yoga and tantra - transcending the texts

The emphasis is specifically on understanding the context and purpose of Ayurveda, and the importance of a truly holistic approach to meet current day health challenges.

Each of the presenters come to this conference not just with knowledge or experience of

medical practice; they come up with a perspective which encompasses the cosmos in relation to the mundane. Over the years, they have delved deep into this holistic understanding of man and the universe; we are indeed blessed that each of them have agreed to share this understanding with all of us on the auspicious occasion of the Kumbha Mela.

CONFERENCE PRESENTERS

Many presenters, who are known for their wisdom and experience, have been invited to share with us some aspects of their knowledge in relation to "Indian Knowledge Systems - where science meets consciousness". In the days to come, there will be many more that are joining us and hence please look out for this space. The confirmed Presenters are

1. Mother Maya
2. H.H. Swami Chidananda Saraswati
3. Dr. N.Gopalakrishnan
4. Vasudevan V
5. Dr. Sasidharan K
6. N.V.Raghuram
7. Dr.T.S.Krishnakumar
8. Dr.Siby Chiramel
9. Dr. T.G.Vinod Kumar
10. Dr.Indulal U.
11. Dr. Manoj Sankaranarayana
12. Manoj Kaimal
13. Dr.E.K. Ramanandan

REGISTRATION

We invite you to participate and be blessed on this holy occasion as we certainly feel blessed to be able to organize the conference at the Kumbha. Please plan your schedule and accommodation well in advance as the Kumbha is a very large gathering. Your accommodation can be arranged in a Tent with attached bathroom - for two nights. We are here to help you organize this in any way we can! Please do spread the word about the

conference and the Kumbha so that more may participate and be blessed. As always let us all work together in the interest of "Authentic Ayurveda for universal well being". We shall look forward to welcoming you at the sacred space of Allahabad in February 2013. For further details feel free to contact us and do visit our website www.ayurvedaconference.com and we are at conference@punarnava.com to help you be there.

PUNARNAVA AYURVEDA TRUST

Punarnava Ayurveda was established in the year 2005 with the Vision of "Authentic Ayurveda for Universal well-being". It has conducted three international conferences - one in 2006 in Mahabalipuram, and two, in 2008 and 2011, in Rishikesh. This is part of its commitment to encourage and inspire students to go deeper into the study of traditional Indian knowledge systems in the interest of global wellness. Punarnava Ayurveda Trust, a public charitable Trust, is wholly focused on improving the health, education, and welfare of the village populations residing in Thirumalayampalayam Panchayat on the outskirts of Coimbatore in Tamilnadu in south India. We are also committed to protecting the green cover of the land and creating a sustainable and healthy community based on the principles of Ayurveda and natural farming.

As part of our Trust mission and objectives, we are already conducting regular medical camps, Ayurveda awareness programs, natural farming, energy conservation, lifestyle advice, and empowerment of women in the surrounding villages. We are also continually engaged in spreading this message across the world

SOME OF THE PROPOSED ACTIVITIES

- Providing Ayurveda medical care and encouraging the use of non-chemical

means to look after and maintain health natural farming of herbs

- Natural farming of vegetables, fruits, grains and other essentials for a sustainable community
- Planting of trees and improving the green cover
- Encouraging the care of cows and goats and other such animals that are an important part of the eco-system of a sustainable community
- Engaging in waste management and recycling
- Encouraging water management and conservation
- Working towards energy generation and management
- Establishing a shelter for the elders of the community
- Establishing a school for the village children
- Protecting the land for the purpose of farming and other sustainable activities

And engaging in Banana pulp products, Bee keeping, Candle making, Mud block making, Natural soap making, Pottery, Recycled paper making, Weaving and other such activities.

Engaging in all such activities that will encourage the creation of a non-chemical sustainable community built around the principles of Ayurveda and natural farming, and engaged in the simple vision of Live simple; Live well; Live healthy; Live happy. Punarnava Ayurveda Trust is a registered Trust under Section 80-G of the Government of India Income Tax Act.

BIRD'S EYE VIEW OF OUR PREVIOUS CONFERENCES

CONFERENCE 2008

Ayurveda and Yoga – Where Science Meets Consciousness. Exploring the Unity of

Ayurveda and Yoga Spiritual Learning Experience of All.

Punarnava Ayurveda Trust's Second Systems Indian Knowledge Conference was attended by 550 delegates from 10 countries. The primary aims of this conference were to explore the traditional unity of Ayurveda and Yoga, to help students and practitioners of Ayurveda & Yoga understand each other's system, to highlight the benefits of integrating Ayurveda and Yoga into a comprehensive healing system, to interact with and be inspired by the great teachers of Ayurveda and Yoga, and to heal ourselves and our planet. It was widely accepted that this Conference took a great step towards the achievement of all of these objectives.

CONFERENCE 2006

The five day International Conference was a great success, with 600 (pre - registered and

walk-in) delegates from 14 States of India and 13 Countries.

CONCLUSION

We can do better. Indeed, we have an obligation to do better; we are committed to do better. And towards that, we need your help. Today, we are appealing to you to partner with the Punarnava Ayurveda Trust and help us achieve our vision of creating a sustainable, green healing environment and ecosystem.

Come! Join us in this effort to –

- Live in harmony with nature
- Protect our health with nature's support
- Protect nature's health through our efforts

Do visit www.punarnava.org

**Nature has enough for everyone's need;
not everyone's greed.**

Source of Support: Nil

Conflict of Interest: None Declared