



Workshop & CME
inauguration



Cultural Programme



Kasturba Health Society's

AROGYADHAM

A Centre for Promotion of Positive Health



Nature Friendly Holistic Retreat

If you like to experience a different world than what you are in, then visit AROGYADHAM in stress free and Nature friendly environment at SEVAGRAM. Join Holistic Living Retreat on 4th week end of each month (Friday evening to Sunday evening).

Cleanse and Revitalize your body and mind by Asanas, Pranayama and Meditation in spiritual environment. Free from cell phone and fast life, enjoy Nature and spend leisurely with Naturopathy Treatments such as Massage, Mud Therapy and various Baths and Spray.

Learn to overcome stress and live peaceful.

Arogyadham is a Traditional Health Care and Research project of Kasturba Health Society in medical campus for promotion of positive health in addition to preventive and curative aspects of health care for lifestyle health problems (Hypertension, Back pain, Asthma, Heart disease etc) with Naturopathy and Yoga. Arogyadham has Naturopathy and Yoga clinic, Meditation hall, Herbal (aonla) garden spread out in 220 acres with hillocks. Simple cottages in nature friendly environment, canteen with nutritious vegetarian food, spiritual library, Nature park, Yoga Hut, Pyramid and recreation facilities for the benefit of residents.

Prof. B. C. Harinath
Director, JBTDRC &
Coordinator, Arogyadham

For more information, please contact :

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▲ Nature Park

◀ Yoga Hut

▼ Pyramid



Holistic Living may be defined as simple and spiritual living with moderation in food intake, adequate exercise and positive thinking and attitude to life. Yoga is Science of Holistic Living. In brief, Holistic Living is simple living in harmony with Nature and thinking as a part of and with concern to the whole Universe.

- bch

Arogyadham 2002



TRANSFORMATION

Arogyadham 2008



Sunrise
Matru Sthal
Yoga hut & Pyramid



Spiritual Library &
Nature cure cottages



Hillock, Lake & Birds



Sunset



Aonla Garden (22000 trees in 220 acres)



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