

First ever Comprehensive Health Camp in Puducherry

In association with



Patanjali Yog Samiti, Tamil Nadu

18th July to 25th July 2025

“If health is the greatest wealth, then most of us are Paupers.” Even if we are healthy today, our lifestyles are hurtling us towards an unhealthy tomorrow. Many of us are already suffering from or have a high risk of Diabetes, Hypertension, Breathing and Heart ailments, Chronic pain, Arthritis, Paralysis, Obesity, Skin ailments. In response, we rush to Allopathy, which may give us immediate relief, but will unlikely address the underlying issues.

Through this camp, we are providing you an opportunity to not only heal yourself but also improve your own lifestyle. You will better understand how to take care of yourself, physically and mentally. We invite you to join the first Health Camp of its kind, in Vedic Vidya Kendra, Puducherry. If you are looking to reduce your suffering from chronic diseases, improve your health and lifestyle, you are welcome to participate. Participants may be 12 years and above.

Meet the Team for the camp

About Swami Parmarthdev Ji

Swami Parmarth Dev Ji is a spiritual leader known for his work in promoting yoga, mental peace, and holistic well-being. He is associated with Patanjali, where he serves as Chief Central Coordinator and Trainer. He has been involved in organizing yoga events and sharing his insights on yoga and related practices. He will lead the Health camp.



Swami Ritdev ji
Central Coordinator
Patanjali Yogpeeth



Dr Manoj Panigrahi
Ayurvedacharya,
Naturopathist



Acharya Soneraoji
Resident Acharya,
Vedic Vidya Kendra



Vratika Arya
Sanchalika - Vedic Vidya Kendra
Ex AIIMS and Holistic Healer



Ram Avtaar Chandrakaar
Sringi, Acupuncture and
Alternative Therapist



Kajal Haththel
Panchkarm Therapist



Rubi Haththel
Panchkarm,
Naturopathist



Vidya Bhushan Sharma
Yoga and Alternative
Therapist



Therapies offered are Yog, Ayurved, Naturopathy, Singi, Acupuncture, Medicated food & liquids, Fasting and Yagya. Lectures will be on **physical & mental health, well-being & lifestyle.**



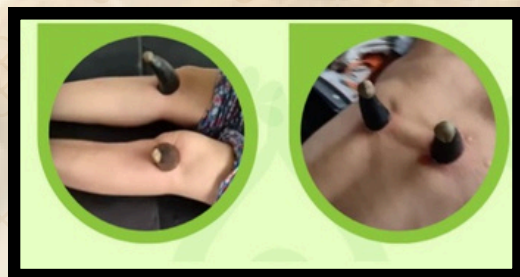
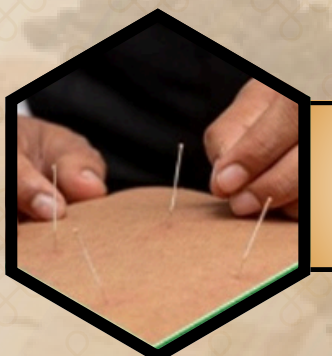
Register by scanning
above QR code.

Registration for Participating in the Events at VVK

1. Please register for Health Camp by scanning QR code.
2. Participants may contribute generously to the common causes of Vedic Vidya Kendra of their own will.
3. Participants are expected to maintain the decorum & follow the rules of Vedic Vidya Kendra during their stay.
4. Accommodation available in Individual Rooms & Shared Dormitories (separate ones for Men & Women)
5. While there are options to attend the camp for 1 or 3 days as well, participants are encouraged to attend for 8 days (entire duration of the camp) for effective improvement. 1 or 3 days will give an introductory experience.

Treatments being offered in the camp

- **Yog - Shatkarm** : Yogic cleansing techniques—Neti, Basti, Nauli, Tratak, and Kapalabhati—used to purify internal organs and prepare the body for higher yogic practices.
- **Ayurveda - Panchkarma** : A five-fold detox process—Vamana (emesis), Virechana (purgation), Basti (enema), Nasya (nasal cleansing) and Raktamokshana (bloodletting)—to remove deep-rooted toxins.
- **Ayurveda - Shirodhara** : Warm herbal oil streamed over the forehead to relax the nervous system and support mental clarity.
- **Ayurveda - Enema** : Medicated enema therapy that cleanses the colon and balances Vata dosha.
- **Ayurvedic Massage** : Therapeutic massages using herbal oils to enhance circulation, relieve stress and nourish tissues.
- **Naturopathy - Steam Bath** : Induce sweating to eliminate toxins and ease muscular tension.
- **Naturopathy - Applying Multani Mitti** : A natural clay pack used to cool the body and improve skin health.
- **Acupuncture/Accupressure** : Insertion of fine needles at specific points to balance energy and relieve pain.
- **Singi Therapy** : Application of suction cups to remove impure blood and improve circulation, especially for skin and joint issues.
- **Medicated Food** : Healthy Food and a Balanced diet will be provided.
- **Consultation with Dr. :** Vaidya will prescribe the treatment relevant for each participant basis their specific health condition.



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VENUE:

Vedic Vidya Kendra Campus, RS NO-28, Mathur Road,
Ganapathichettikulam, Behind PIMS Hospital, Kalapet, Puducherry-605014
7418727133/ 9176410164 VVK [Map Link](#) @mail: vvk@davchennai.org



Kindly make your payment by
scanning the above QR code and
send your payment details to the
V.V.K email ID.



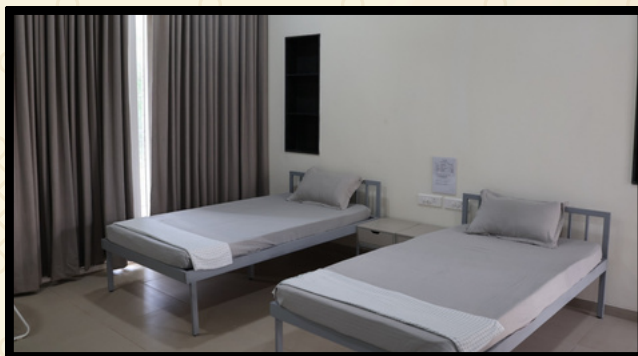
Timings	Activity
04:00-4:30	Wake-up
04:30-05:15	Shatkarm
05:15-06:30	Yogasan & Prayanam
06:30-07:00	Bathing
07:00-07:30	Hawan
07:30-08:00	Spiritual Discourse
08:00-09:00	Breakfast
09:00-12:30	Various Treatments
12:30-14:30	Lunch & Rest
14:30-15:00	Juice
15:00-17:00	Treatment
17:00-18:00	Personalised therapeutic Yog
18:00-18:20	Break/Bath
18:20-19:00	Meditation/ Dhyam
19:00-19:45	Dinner
19:45-20:00	Bhraman
20:00-21:00	Bhajan & Lectures on Healthy Life-style



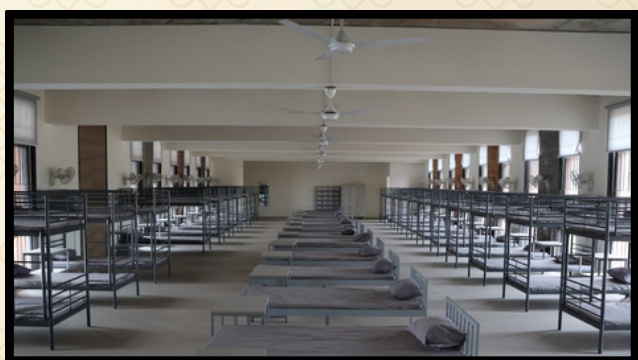
Vedic Vidya Kendra
Enrrance



Yagyashala



Room



Dormitory



Neem &
Accupressure park

INTRODUCTION TO VEDIC VIDYA KENDRA

Arya Samaj Chennai has been serving society through education and propagation of Vedic knowledge & practices for over 100 years. It runs more than 30 DAV schools with 45,000 students. It has established "Vedic Vidya Kendra" in Puducherry in September 2024. It is a residential campus that organises short and long-term programs for development of students, youth and adults, basis Vedic knowledge systems. Its objective is to bring the Vedic Knowledge Systems to learning and application of all sections of the society. It has a Gurukul, Saadhak Ashram, Digital Centre and camping facilities for different age groups.



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Terms and Conditions

1. Participation in Yog, Yagya & Dhyana (5:15 am to 8:00 am & 5:00 pm to 7:00 pm) is free. Anyone can participate in it.
2. Below given are the minimum contribution for health camp to cover the minimal cost of treatment, food & stay. Voluntary contributions from participants over and above the minimum is welcome!

Accommodation	8 Days/ Full camp	Three Days	One Day
Room with double occupancy	Rs. 30,000	Rs. 13,500	Rs. 4,500
Room with Single occupancy	Rs. 20,000	Rs. 9,000	Rs. 3,000
Dormitory	Rs. 10,000	Rs. 4,500	Rs. 1,500

- The above contributions include the cost of treatment as prescribed by the Vaidya, consultation and consumables.
 - Children (below 12 years) can accompany parents in rooms/ dormitories at an extra cost of Rs. 4,000 for the duration of the camp. They can participate in Yoga, Yagya and lectures, but will not be able to take any treatment.
 - Local Puducherry participants, not staying in the campus, can attend the camp from morning (5:00 am to 9:00 pm) against a daily contribution of Rs. 750 towards treatment & meals. They will be provided a dormitory bed to take rest during the day.
 - Those who wish to leave after the Yagya (in morning) or after Meditation (in evening) can buy on-spot food coupons for breakfast & dinner @ Rs. 75/ meal.
3. **20 %** of the total amount to be paid (online) as advance for confirmation of booking, remaining payable at the time of check-in.
 4. Cancellation policy: **Rs. 1,000** cancellation fee per participant if cancelled until **10th Jul 2025**. **Rs. 2,000** cancellation fee per participants if cancelled until **16th Jul 2025**. No refund thereafter.
 5. To experience complete health benefits, it is advisable to attend health camp for full duration.
 6. Participants are expected to get their own towel and toiletries for use in their own rooms. They will also be available on a chargeable basis.
 7. **Checkin/ checkout time:** Participants are advised to check-in on 17th July, latest by 6:00 pm. Participants can leave on 25th July after lunch (by around 2:00 pm).
 8. Participants are supposed to be healthy enough to walk to their rooms/ treatment site on their own. Elevators and ramps are available. If they require support for movement within the campus, then they need to be accompanied by a family member who can take care of them.
 9. Participants are advised to upload their medical summary during online registration and bring their complete medical report to the camp. They will also bring the medicines they are taking in normal course and declare them to the Vaidya.
 10. Participants will not be allowed to take home-cooked or outside food to the campus during the camp. However, if they are having any specific dietary requirement for treatment purposes, they may state them during the time of registration. Suitable exception may be done for them.
 11. Participants are expected to follow the routine and discipline of VVK. They should remain focused on their health and well-being (as against their business, profession or entertainment).
 12. If anyone requires support for travelling to/ from Chennai, they can reach out @ our email/ phone.
 13. **If participants wish to sight-see Puducherry, taxis or mini-vans, can be arranged in second half of 25th July on chargeable basis. Participants can stay back in VVK on 25th & check out on 26th morning, at no extra cost.**

Special Offer

15 % Off for DAV Parents, Teachers, Alumni, Arya Samaj members and Life members of Patanjali Yogpeeth, Haridwar for registrations done until 10th July 2025. This 15 % off will be applicable for payment at the time of Check-in at VVK.



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