

# **AUSHADH DAANAM**

## BRIEF PROFILE



#### PROJECT DETAILS

As part of our welfare efforts, Aushadh Daanam works independently in providing medical care through Ayurveda & Naturopathy at our Sunpura, Noida (Uttar Pradesh), India centre. We have also started our operations in Colombo, Sri Lanka providing facilities of Naturopathy, Ayurvedic Treatment, Yoga and Meditation classes free of Cost or at a very nominal cost.

We have one medical farm at our Sunpura centre, and we plan to grow another farm in Sri Lanka.

As mentioned in this document above that we procure all our medicine through non cruel means, we grow most of our medicines in house. At our Sunpura centre in our medicine farm where our experts grow plants having medical properties to prepare our medicines. We have also displayed the medical properties of every plant right beneath it. For treating different ailments our team of experts including Dr. Rohitash Kumar keep their research going to find various best methods to produce medicines.

Aushadh Daanam has also started a started the course named NDDY at a very nominal cost in association with Gandhi National Academy of Naturopathy (Gandhi Samarak Praktik Chikitsa Samiiti).



### VISION AND MISSION

To work towards creating awareness about our old medicine practices including Ayurveda & Naturopathy. Aushadh Daanam plan to establish the fact that most of the diseases can be cured through natural means and if one follows the natural diet free from animal produced products including dairy etc. and consume only plant-based products then he/she can avoid most chronic and other illnesses.

Aushadh Daanam focuses on spreading Vegan culture, Organic Based medicines, Naturopathy Yoga & Meditation Program.







#### OUR LOCATIONS

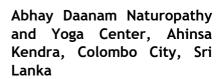
Aushadh Daanam Ayurvedic and Naturopathy hospital , Sunpura Noida Ext. Gautam Budh Nagar, Uttar Pradesh, India

Sunpura Centre is a hospital with facility of providing treatment & medicine under the observation of certified doctors and staff. Free or Nominal cost medicines.



#### Aushadh Daanam Organic Agriculure Farm, Sunpura Noida Ext. Gautam Budh Nagar, Uttar Pradesh, India

Sunpura centre has the farm to grow our own medicine in natural habitat without the use of any cruel means. It has 1 hactare agriculture land in Sunpura, Gautam Budh Nagar on lease. We have organic production of Aloe vera, Tulsi, Sesame, Sugar Cane, Wheat, Maize etc. We dont use any kind of fertilizers or chemicals during the farming.



Abhay Daanam Colombo center is situated near Bandarnaike International

Airport Sri Lanka. Currently we are running Yoga and Meditation activity center for locals and Bird and Animals research center.





## GLIMPSE OF SOME OF OUR ACTIVITIES

#### Food Distribution (Covid - 19 Pandemic)

Sansthanam Abhay Daanam distributed free Vegan organic food daily, during nationwide lockdown in the wake of corona virus pandemic. Abhay Daanam was committed to provide free food to all needy. We at Sansthanam Abhay Daanam believe that no one should sleep hungry. During those challenging times, Abhay Daanam made every effort to ensure the people get minimal amount of food assistance during lockdowns.







#### Organic based Agricultural and Farming

Nearly 100.0 Beegha agricultural farm is located in Village Sunpura, Noida ext. which is approximately 50.0 km away from Indira Gandhi International Airport, New Delhi. At farm we also produce large crops of Millet (Bajra), Maize (Makka), Paddy (Dhaan), Wheat (Gehun). We grow many different types of fruit and vegetables, including Mango, Papaya, Bananas, Spinach, Bottle gourd (Lauki), Pumpkin (Sitafal) etc. We believe in 100% organic farming and don't use any pesticides. We make our own fertilizer and compost because the excessive use of chemical fertilizer is killing our soil as well resulting in deteriorating the health and overall produce of the crops. All of the produce of this farm is used to feed staff, patients and preparing medicines as well.



#### Ahinsa Kendra, Yoga & Meditation Classes at Srilanka

Ahinsa Kendra is one of the best yoga and meditation centre for beginners situated at the Colombo, Sri Lanka approximately 5.0 km away from Bandarnayke International Airport. Ahinsa Kendra yoga centre is enriched with exquisite surroundings. The school encircled by the palm, mango and cinnamon trees which creates the perfect environment for yoga and meditation activities. At the centre, we also impart training in meditation. One can learn about meditation and yoga, from both health and scientific perspectives. Yoga and Meditation are not just about getting physical benefits but also are the best ways of spiritual enlightenment. It opens the door for complete healing and tranquillity of mind.





No spiritual practice can be complete without attaining mastery in meditation. In fact, meditation is said to be the seventh limb that opens the path for Samadhi state.

In fact, our study programs are designed with perfect combination of yoga and meditation to be taught in groups and in a personalized way as well. At Hath Yoga School, our yoga meditation classes are conducted by the some of the most experienced yoga teachers having huge experience. Post completion of the studies, the students are offered yoga alliance certificate.



## **OUR UPCOMING PROJECTS**

Aushadh Daanam plan to expand our operations as detailed below:

- Organic Agriculture & Farming to research on medicines and diet and provide affordable medicines and treatment to public at large.
- Expand the promotion of Ayurveda Medicine & Naturopathy Therapy and open more Ayurveda & Naturopathy centres.
- Open more Yoga & Meditation centre.







#### Ayurvedic Medicine based hospitals

Ayurveda is a traditional Indian system of medicine. It aims to preserve health and wellness by keeping the mind, body, and spirit in balance and preventing disease more than treating it. We grow ayurvedic medicines in our Ahinsa Kendra at Noida and at Sri Lanka centre including medicines like Ashwagandha, Cinnamon, Boswellia, Triphala, Brahmi etc. We have trained 20 staff members to grow and research on medicines and we are planning to open free charitable ayurvedic jain hospital which will have facility of around 100 beds with all necessities like Therapeutic, Rejuvenation, Essentials free of cost to everyone.

#### Yoga & Meditation Centres

Aushadh Daanam plans to open more Yoga & Meditation centre like our operation centre in Srilanka to promote yoga and meditation. These centres will provide the services free of cost or at a very nominal cost.



## HOW TO REACH US

We have our presence in two countries, India and Srilanka







