

WHO CAN PARTICIPATE ?

- Any Student of BAMS from a Recognised Ayurveda College of India may apply.
- Students who have actively participated in 'Prabhashanam' programme of Academy will be given preference.
- Only Registered students can participate.
- To apply for Registration, the Student should send the duly answered Questionnaire either by post or Email.
- Students applying for Sadhanam 2019 should send his/her Voicemail/Voice Recording of chanting of any 5 sutras of सुश्रुत.शा.4 along with the Answered Questionnaire.
- The filled Registration form should Reach the office of Academy latest by 30th July 2019.
- The Selected Candidates will be informed Latest by 10th Aug. 2019.
- The Selected Participants should confirm participation by sending a Registration fee of Rs.500 only latest by 20th Aug. 2019.
- The Selected participant should clearly study/memorise the study material सुश्रुत.शा.4 before coming to Sadhanam.
- Meanwhile, doubts in the subject matter can be mailed to ayuacademy@gmail.com before the program for guidance.

For further details, please contact

Secretary
Ayurveda Academy(R)
Ph no. 080-22420547
(Between 9am and 4pm only)

SMS / Whatsapp
8296576892
Email:
ayusadhanam@gmail.com

The Time Table in a Typical day at Sadhanam will be as here under ...

TIME TABLE

6am to 7am	अध्ययनसम्प्रदानम् - (Rigveda Ashwini Mantras) - सु.शा. ४
9am to 10:30am	तन्त्रार्थसाधनम् - (Session on How to Understand (Decode) sootras of Texts)
11am to 1pm	तन्त्राभ्याससाधनम् - (Activity Based Session on Application skills of Shastras)
2pm to 4pm	कल्पनासाधनम् - (Session for Enhancing Skills of Ahara/ Oushada Kalpana) सौष्ठवसाधनम् - (Session for Enhancing Skills of Clinical Practice)
4.30 pm to 5.30pm	सिद्धिसाधनम् - (Session for Enhancing Professional Efficacy)
8pm to 9pm	अश्विनौ देवभिषजौ - (Cultural Program based on Rigveda Ashwini Mantras)

REGISTRATION FORM

Name:
Sex:
Class:
College:

College Address:

Ph no.:
Email:

Residential Address:

Ph no.:
(Of Student)
Email:

Ph no.:
(Of Parent/Guardian)

Please affix your
passport size
photograph
here.

UNDERTAKING

I _____, a bonafide student of BAMS, wish to participate in Sadhanam 2019 the ten day Residential Training Program with the sole purpose of Learning Ayurveda, to enable me to practice it responsibly for the Good of Humanity only. I will abide by the principles of the programs, the Regulations and the Code of Discipline of Ayurveda Academy.

Signature of the Principal
With Seal

Signature of Student

8. Have you participated in any of the Ayurveda Academy's Vaidya Training programs ?

(a)Yes (b) No

If yes, Please provide details here

Sl. no.	Name of the Program	Year	Place

The Duly Filled Registration Form with Fully answered Questionnaire and Voicemail may be sent to

The Secretary
Ayurveda Academy (R)
229/1,4th main, 2nd cross, Chamrajapete,
Bengaluru-560018

QUESTIONNAIRE (Please Tick your Answer)

1. My Knowledge of Sanskrit is

- (a)To Read
(b)To Understand systematically
(c)To Write
(d)Expertise

2. I want to practise Ayurveda because

- (a)It is illegal and punishable and Hence not Safe to practice other Systems of Medicine.
(b)I Enjoy practising 'Ayurveda'.
(c)I Believe 'Ayurveda' is the solution for the Burning problems of the Society.
(d)'Ayurveda' to become popular needs support of Practitioners...
(e)Any other(please specify)

3. My field of Interest is ...

- (a)Literary study of classical texts
(b)Clinical practice
(c)Social Health Education and Health Care
(d)Research
(e)Teaching

4. As you Understand, what is the most important quality, a Vaidya Should develop

- (a)A Sound Knowledge of Texts
(b)Love for Selfless Service
(c)Compassion for the Needy
(d)Common Sense and Good Business Techniques
(e)Practical Professional Skills

5. Do you Realise that 'Sadhanam' necessitates you to stay at the Venue from 04th to 13th Sep.?

- (a)Yes (b) No

6. Do you Realise that in 'Sadhanam' , Technical Sessions start from 6am and will close by 9pm?

- (a)Yes (b) No

7. Do you Realise that Mobile, Laptop, Ipad, Mp3 player and other Electronic devices will have to be surrendered to the Academy prior to Registration and can be returned on the Last day only.

- (a)Yes (b) No

What is 'Sadhanam 2019' ?

चिकित्सितं व्याधिहरं पथ्यं साधनमौषधम् ।
प्रायश्चित्तं प्रशमनं प्रकृतिस्थापनं हितम् ॥ (च.चि.१)

The Tools of Harmonious Normalising/Healing is SADHANAM.

'Sadhanam-2019' aims at churning the 'Know How' of Ayurveda in its Applied Technology for Efficient Ethical Clinical Practice for the Common Good of Society.

- # Application of SHAAREERA JNANA in clinical practice along with related References from other Samhitas will be Study Material for Sadhanam 2019.
- # Sadhanam 2019 is Necessarily a Residential Training Programme and stay at venue from 04th Sep. to 13th Sep. is compulsory and need to follow all the guidelines of the organizers.

शास्त्रसहितस्तर्कः साधनानाम् (श्रेष्ठः)

च.सू.२५/४०

SADHANAM – 2019

- A step in Making of A Vaidya

(A National Residential Training Programme)

04.09.2019 to 13.09.2019

विद्या वितर्को विज्ञानं स्मृतिस्तत्परता क्रिया ।
यस्यैते षड्गुणास्तस्य न साध्यमतिवर्तते ॥
(च.सू.९/२१)

Wisdom of Life

Its' Contemplation

Its' Realisation

Its' Constant Awareness

One Pointed Effort in Manifesting it.

Actually Manifesting it in 'Practice'.

These, when 'Mastered' make a 'Vaidya'
- 'A Master of Solutions' to the 'Possible'

At. BENGALURU
Organised by



Ayurveda Academy (R)
229/1,4th main, 2nd cross, Chamrajapete, Bengaluru-18
Ph no. 080-22420547, Email: ayuacademy@gmail.com