

**PROPOSED**  
**PATANJALI WELLNESS CENTRE**

**Add:- Patanjali Yogpeeth-II, Maharishi  
Dayanand Gram, Delhi  
Haridwar National Highway, Near  
Bahadrabad, Haridwar-249405,  
Uttarakhand.  
Governed by  
PATANJALI YOGPEETH (TRUST)**

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# PATANJALI YOGPEETH (TRUST)

## A. AN INTRODUCTION/ GLORIOUS PAST:

Revered Swami Kripalu Devji Maharaj, a Brahman - absorbed, austere and assiduous ascetic of amazing genius, founded in 1932 Vishva Gyan Mandir, later known as Kripalu Bagh, at the sacred land of Haridwar on the bank of the holy Ganga. Kripalu Bagh Ashram was the place of refuge for freedom fighters like Ras Behari Bose and others during the Freedom Movement. In 1995, Revered Yogrishi Swami Ramdevji Maharaj and Revered Acharya Balkrishnaji Maharaj collaborated under the blessed patronage of Revered Swami Shankardevji Maharaj to launched upon their social service mission in this Ashram.

Patanjali Yogpeeth (Trust) was founded in Delhi on 4 February, 2005 with the blessings and inspiration of Yogarishi Swami Ramdevji Maharaj for the purpose of establishing Yoga , Naturopathy , Panchkarma & Ayurveda on the world map.

## B. AIMS & OBJECTIVES:

The main aims and objectives of Patanjali Yogpeeth (Trust) are:

- a) **To achieve complete eradication of all the sorrows, physical illness, mental peace and attainment of bliss, received from our ancestral sages through Ashtang Yog, Raj Yog, Dhyan Yog, Hath Yog, Asan and Pranayam etc. Giving practical training so that research and medical experiments can be done on the effect of Yog and mind and body and to spread the ancient science of Ayurved by using modern techniques. All types of medicinal and treatmental experiment, research and yog and by building a disease free society for the enriched nation through ayurvedic treatment.**
- b) Organizing and advertising the Yog Ayurve camps, seminars and meetings through our the world. **To build a healthy world through indigenous food, pure food, herbs. Preservation of Indian culture through development and research, in Ayurved. We are going to build Trusts & branches all over the world so that this mission will reach to the every nook and corner of the world. We will associate ourselves to those organizations which are currently working in this field so that we will be able to move forward under one banner.**

- c) **To promote completely modern research centre and treatment facilities for all curable and incurable diseases, solution of mental diseases, naturopathy, Acupressure and Ayurved etc. based on ancient art so that the distressed human society will get maximum pleasure from the treatment.**
- d) To provide and distribute free medicine, clothes food items etc to helpless, poor, downtrodden and underprivileged people and tribal areas. To open special medical camps and hospital equipped with modern medical facilities.
- e) Free and religious pharmacy, yogic and social duty of Schools and Trusts, research on Yog and Ayurved and conduct and supply to institutional and social activities. To establish a well equipped pharmacy for the manufacturing of ayurvedic medicine so that it will speed up the public service. Sale and purchase of medicines. To get loans from the cooperative society to meet the goal of organization. To construct one of the biggest laboratory for the research work.
- f) To grow different kinds of herbal medicines through preservation of different categories of species. Conservation, preservation and different kind of medicinal gardens for it. Construction of green house etc. For the promotion and conservation of herbal medicine a cooperative institution will be formed for the farmers to sow herbal medicines. To generate employment and to increase the purchasing power of farmers and to sale purchase medicines for manufacturing pure medicines.
- g) Character building, moral upliftment and knowledge of culture awakening of national pride, equitable society, arrangement of study and teaching of Veda, Geeta, philosophy, unisad, grammar for the welfare of world. To provide daily weekly, fortnightly, monthly, trimonthly and yearly training to the students of Yog and giving them certificates and prizes. To help them professionally for the healthy and wealthy development of nation. Conducting and constructing institution to spread India spiritual knowledge in the world.
- h) To end existing social jealousy and hate, bad deeds, vulgarity, characterlessness, injustice and atrocities. To spread Yog, Ayurved patriotism and create missionaries so that one can rise above communal disparity, caste, creed apartheid to make heaven on earth.

- i) To organise personality development camps, exhibition, country wide travel, anniversaries of great people and different programmes for students and teachers to instill human values, moral upliftment and patriotism.
- j) Publication of different monthly, fortnightly and yearly magazines and writing and publication of research books on nationalism, spiritualism, Yog, Ayurved and arrangement of publication, reprinting, original writing, compilation and to spread these Vedic ancient treatise among the general public. To establish a printing press.
- k) To open the free of cost educational institute in rural and backward areas for the females and children below 12 years of age. To open medical and engineering institutes and children below 12 years of age. To open training and vocational institutes in such areas. To establish employment oriented training institutes for. Development and establishment of Yog and Ayurved based medicinal studies particularly for eligible, educated unemployed and helpless people so that they can realize the dreams of medicine free society by spreading Yog and Ayurved, herbal medicine in every nook and corner of the world.
- l) To provide food clothes, education and hostel facilities and organization of educational centers for the poor, helpless and underprivileged student's. To provide scholarship to eligible and poor students so that they can be encouraged to grow.
- m) To establish cow shelters for the preservation and conservation of weak cows from slaughtering. To encourage people to keep cows and develop their breed. To conduct medicinal research on the curd ghree, cow urine, cow dung for the need of health.
- n) To help people in relief works during flood, earthquake, starvation etc. And to provide complete medicinal facilities and monetary resources free of cost for the development of infrastructure.
- o) To perform scientific Yajna for the elimination of environmental pollution to do research to do research on agnihotra and on effect of pollution related diseases on body.
- p) To do research and spread the uses of non conventional energies like biogas solar energy, gobar gas particularly in rural areas.

- q) Establishing schools to develop such system of education which incorporates education with Indian culture that will take care of nations economic social and spiritual needs and to work in tandem with such institutions already existing.
- r) To develop technology for preparing pesticides from cow urine, leaves of Neem Tulsi and herbs so that to protect environmental from pollution and land infertility which is occurring due to chemical fertilizers and pesticides. To research on such methods of bio farming, agriculturisation, bermi compose so that bio fertilizers can be used extensively.
- s) Construction of tube well pump set pipe line, water tank in the water deprived rural areas. To do research on conservation and preservation of water sources.
- t) To provide health facilities in rural areas for the females and childs. Construction of school to enlighten people related to health need and education particularly to weaker section of the society.
- u) To construct roads highway in rural areas where we still do not have pucca road. To develop a plan to prevent road accidents and make a plan to help accident victims.
- v) To prepare a plan for the conservation and preservation of national natural resources, water, increasing the fertility of land. Tree plantation to get rid of pollution Greenery and sowing of herbs and mass movement to encourage people to do this.
- w) To establish blood bank for the military men and for the whole humanity particularly for the and poor. To organize blood test camps, to provide blood and to encourage society for free blood donation.
- x) Organization of group marriage for the marriageable poor and orphaned girls and to help them in establishing their house. To help such organization in doing so.
- y) To encourage different media organization (print or electronic), phone fax mail etc. for the promotion of Yog Sadhan and training to work for the goal for a accomplishment of disease less corruption free media.

- z) Collection and preservation of India archaeology and ancient heritage, construction of archaeology museums library, etc. organization exhibition and all the work which is necessary for the security of culture.
- aa) To make a plan for the preservation of dumb animals and to make program for the reserves of such animals where they can roam freely. And to attempt for the help from government and organization which are working in this field.
- bb) Provision of free of cost food and house to the economically weaker section of the society.
- cc) Raising of funds, accepting donation and gifts to realise these goals. To do business and arrangement of loans from different financial institutions. Loans from Bank and mortgaging the assets to re-pay the loan.

# **PATANJALI WELLNESS CENTRE**

## **INTRODUCTION**

In furtherance of its objectives and policies in the field of Physical & mental Health, Patanjali Yogpeeth (Trust) has resolved to establish a huge wellness centre named Patanjali Wellness Centre at Patanjali Yog peeth – II, Delhi - Haridwar National Highway, Near Bahadrabad, Haridwar-249405, Uttarakhand (a large structure presently in existence which will be revamped , altered and renovated for treating different ailments ) which will be role model for the other wellness centres being establish/ to be established across the length and breadth of Bharat .

It will provide an integrated Therapy by Naturopathy, Panchkarma, Yoga & Ayurveda etc in the direction of Happy & Healthy India & disease free World.

## **ABOUT UTTRAKHAND**

Uttarakhand was formed on the 9th November 2000 as the 27th State of India, when it was carved out of northern Uttar Pradesh. Located at the foothills of the Himalayan mountain ranges, it is largely a hilly State, having international boundaries with China (Tibet) in the north and Nepal in the east. On its north-west lies Himachal Pradesh, while on the south is Uttar Pradesh. It is rich in natural resources especially water and forests with many glaciers, rivers, dense forests and snow-clad mountain peaks. It's truly God's Land (Dev Bhoomi).

## **ABOUT THE WELLNESS CENTRE**

Operating under the blessings of Revered Swami Ramdevji Maharaj and the direction and guidance of Revered Acharya Balkrishnaji, Patanjali Wellness is an excellent and unique concept for providing holistic treatment through an integrated use of Yoga, Naturopathy, Acupressure and harmless herbs or medicinal plants.



Providing physical, mental and spiritual health, happiness, peace and prosperity to the whole afflicted mankind suffering from incurable diseases, through the integrated therapy of Ayurveda (āuh+veda), the science of ensuring longevity and health, Yoga and Naturopathy, Patanjali Wellness presents a unique combination of the ancient traditional medical system and the modern diagnostics.

## **TREATMENTS**

### **A. NATUROPATHY :**

Patanjali Wellness treatment through naturopathy is a unique feature where health seekers are treated with the help of HydroTherapy, Mud Therapy, Sun Therapy(Sun bath, Color thermolium, Green house thermolium), Aero Therapy, Open Air Space Therapy, Yog Therapy, Magnet Therapy, Reiki Therapy, Pranic Healing, Colon Irrigator Hydro Therapy, Mud Swimming Pool, Ozone Steam Sauna Bath, Water Wave Massage Bath, Whirlpool Bath, Ozone Bubble Massage, Circular Jet Massage, Hydro Jet Spray Bath, Douche, Circular Sprinkler Shower Bath, Acupressure as per guidelines of classical texts under the supervision of experienced doctors and skilled staff members.

### **B. PANCHKARMA :**

Panchkarma emphasizes preventative and healing therapies along with various methods of purification and rejuvenation Panchakarma is a formidable Ayurvedic therapy which eliminates accumulated toxins from the body, improves metabolic rate and digestive fire and brings balance to the dhatus (the energetic principles of the body and mind). This powerful therapy will leave your body younger, stronger and free from chronic ailments and your mind calms down, stress is released and you are relaxed.

### C. **YOGA :**

Yogirishi Swami Ramdev Ji Maharaj is a renowned yogi who is famous for revolutionizing yoga. His Yoga is a set of different yoga poses and methods that help in achieving good health and treating or controlling different ailments in the body. A subset of his methods, Pranayama is a collection of breathing methods that focus on increasing the blood circulation of the body and improving the flow of blood to all the internal organs of the body so that overall health of the individual improves. There are various steps in Baba Ramdev Pranayam that will help you reap the same benefits that regular yoga will help you achieve.

### D. **AYURVEDA :**

Ayurved is considered as the mother system of all holistic wellness. This is a Body balancing system of human being through correction of Tridosha, Panchmahabhut, Sapta dhatu, Tri mala, Atma & Tri guna of Mana.

Ayurveda, the fastest growing speciality of Indian system of Medicine due to inclusion of three basic treatment modalities like Nidan parivarjan, Shodhna ( Panchakarma ) and Samana which are unique one for the betterment of human being. The question arises that Are we using this with full potential? Ayurveda has eight ways to diagnose called as Ashtavidhha Pariksha includes Nadii (Pulse), Mutra (Urine) , Mala (Stool) ,Jhiva (Tongue), Shabd (Speech) ,Sparsh (Touch) , Drika (Vision), and Akriti (Appearance). Now a days, Human being are constantly exposed to thousands of potentially toxic chemicals such as metals, pesticides, environmental pollutants and social poisons such as tobacco and alcohol. The human body can not get rid of them may be due to fat solubility and limited excretory capacity. This results in the accommodation of toxins causing severe health problems. Panchakarma (five procedure) is the first step to provide Bio-purification to the body. It combines different therapies of Prevention, Promotion and Rejuvenation.

## **THERAPIES TO BE USED FOR TREATMENT**

- 1. Massage**
- 2. Shirodhara**
- 3. Steam therapy**
- 4. Colon Hydrotherapy**
- 5. HIP Massage**
- 6. Spinal Spary**
- 7. Hot & Cold Immersion**
- 8. Hot Foot & Arm Bath**
- 9. Full Tub Bath ( Immersion ) + Jet**
- 10. Whirlpool Therapy**
- 11. Jacuzzi**
- 12. Tratak**
- 13. Neti Karma & Wash ( Jall Nati , Eye Wash, Kujali, Nasal Clean , etc.)**
- 14. Enema + Basti**
- 15. Uttar Basti ( Prishtha, Kati, Jauhi, Udara, etc.)**
- 16. External Basti**
- 17. Local Steams Therapy**
- 18. Accupuncture + Moxibution + DryCupping**
- 19. Leach + Wet Cupping**
- 20. Agni Karma**
- 21. Color Therapy**
- 22. Reflexology**
- 23. Nasyat+Dhumpan**



## Patanjali Wellness Center

Patanjali Yogpeeth-II

Delhi-Haridwar National Highway, Near Bahadrad, Haridwar-249405, Uttarakhand

To achieve its aims and objectives in the field of physical & mental health, Patanjali Yogpeeth (Trust) has resolved to establish world's largest Patanjali Wellness Center at Patanjali Yogpeeth-II, Delhi-Haridwar National Highway, Near Bahadrad, Haridwar-249405, Uttarakhand to provide an integrated therapy through Naturopathy, Panchkarma, Yoga & Ayurveda etc. in the direction of happy & healthy India and disease free world. The estimate of the project is as below:

### ESTIMATE

S. No.	Description	Amounts	Qty	Total Cost	
A	GUEST BLOCKS			One Block	(6 Nos Block)
1	Civil Work				
(i)	Panting work	13167.00			
(ii)	Toilet Wall tiles Dismantling & Fixing	4743.00			
(iii)	Polish on old wooden furniture & Doors +fixing Doors	16280.00			
(iv)	P.O.P Work	7800.00			
	<b>Total Cost</b>	<b>41990.00</b>	135.00	5668650.00	34011900.00
2	Interior Work				
(i)	Sofa Mattress & Cloth Change	10000.00	135.00	1350000.00	8100000.00
(ii)	Curtein				
(iii)	Bed Mattress				
(iv)	Pillows				
3	Plumbing work	5705.50	135.00	770242.50	4621455.00
4	Electrification Work	2669.00	135.00	360315.00	2161890.00
B	Femal Treutment Centre				
1	Civil Work				
(i)	Panting work Cost	13167.00			
(ii)	Toilet Wall tiles Dismantling & Fixing	4743.00			
(iii)	Polish for old wooden furniture & Door work	16280.00			
	<b>TOTAL</b>	<b>34190.00</b>	135		4615650.00
(iv)	Solid Wall Panel Partition (Everest Make) 65000 Sqft	100.00	65000		6500000.00
2	Plumbing work	L.S			2000000.00
3	Electrification Work	L.S			800000.00
4	Equipments				
a	Massage Table (48+32 ) @28000/-	28000.00	80		2240000.00
b	ShiRodhara (24) @38000/-	38000.00	24		912000.00
c	Enema+Basti =24 +65@30000/-	30000.00	89		2670000.00
d	Steam Box =48@21000	21000.00	48		1008000.00
e	Hot & Cold Immension=24+12@200000	200000.00	36		7200000.00
f	Jaccuzi= 22 Nos @ 800000	800000.00	22		17600000.00
g	Hot Foot & Arm Bath =15@18000	18000.00	15		270000.00
C	Mail Treutment Centre				
1	Civil Work				



(i)	Panting work Cost	L.S			1200000.00
(ii)	Floor & Wall tiles Dismantling & Fixing	L.S			1500000.00
	TOTAL				
(iv)	Solid Wall Panel Partition (Everest Make) 85000 Sqft	100.00	85000		8500000.00
2	Plumbing work	LS			2500000.00
3	Electrification Work	L.S			1000000.00
4	Equipments				
	Massage Table 61 @28000/-	28000.00	61		1708000.00
	Steam Box =43@21000	21000.00	43		903000.00
	Hot & Cold Immersion=46@200000	200000.00	46		9200000.00
	ShiRodhara 40 @38000/-	38000.00	40		1520000.00
	Enema+Basti =34+66+15@30000/-	30000.00	115		3450000.00
	Jaccuzi= 16 Nos @ 800000	800000.00	16		12800000.00
	Hot Foot & Arm Bath =17@18000	18000.00	17		306000.00
	Solid Wall Panel Partition (Everest Make) 90000 Sqft	100.00	85000		8500000.00
D	External Work				
A	Civil Work Cost				
(i)	Road & Pathway work cost	L.S			2500000.00
(ii)	Panting work cost	L.S			5500000.00
(iii)	Electrification Cost	L.S			8000000.00
(iv)	Plumbing work Cost	L.S			10000000.00
	GRAND TOTAL				173797895.00