

॥ श्रीजी ॥

TRADITIONAL HEALTH and LIVING PILOT PROJECT OF BHARAT

लक्ष्यपथ



LAKSHYA PATH PROJECT

AN UNIQUE INDO PAK BORDER VILLAGES HEALTH and LIVING INITIATIVES BY LARGEST HEALTH NGO **AAROGYA BHARTI**

BORDER SUPPORT PARTNER



SEEMA JAN KALYAN SAMITI

KNOWLEDGE , CONCEPT & TRAINING PARTNER



LOKAYURVED WELLNESS CONCEPT

About Project

Vision

An Initiative to Re- establish
“ स्वस्थ जीवन शैली ” of Bharat at Bharat

Mission

Re-Establishing Bhartiya Traditional
ways of Natural HEALTH and
Empowered LIVING at Remotest and
Last Mile Border Villages of Kutch,
Gujarat

About Project

No. of Adopted Villages

Initially , Around 10 nos. of villages will be adopted in Lakhsat and same may be increased depending on the availability of Funds.

About Project

AIMS TO ACHIEVE THE FOLLOWING

THE PROJECT AIMS TO REVIVE FOLLOWING SOCIAL and HUMAN VALUES

- **Revival of Traditional ways of HEALTH PROTECTION, PROMOTION and CURE at villages**
- **Establishment of unique AYUSH Wellness Centre at LAKHPAT, centrally placed from all nearby Villages**
- **Also Work on REGIONAL DISEASE - REGIONAL HERBS for cure.**
- **WELLNESS Based EMPOWERMENT opportunity creation for local Youth and Women**
- **Saving of HERBS and SPICES on the Verge of Extinct by encouraging and guiding local Tribal (who still recognize local herbs) Communities to work again on the same.**
- **Promote already existing GAUPALAN Traditions by working as concept support for Maldhaari (Pashudhan Palak)Communities**
- **Implementation of GARBHVIGYAN for Best Progeny at villages , Child Immunity and to give Healthy and Strong Next Generation to Bharat**
- **Support to Restore ENVIRONMENT through Farming, Water Bodies, Heritage etc.**
- **Great Opportunities for many Research Scholars , institutions to Learn and Work for Right way of Living**

About Project

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Why Lakhpat

Resource Strength of selected Villages

- Best Quality of GauVansh and Gaupalak communities in abundance
- Other Pashudhan communities are also there
- Both Sea and Deserts based Unique Herbs availability
- Traditional Art / Music / Healing based communities are still there
- Villages are still young with available Youngsters
- Historically also a strong place on Indian Map
- Strategically located at Indo Pak Border

Project will provide Both Health & Empowerment with right use of Local resources Means

Traditional Healthy Living

2021- 2025

5 YEARS INITIATIVES AT A GLANCE



।दन्त दार्ढ्यकरं परम् सेव्यम् ।

दंत सुरक्षा



बालो ही बलम् राष्ट्रस्य

शिशु सुरक्षा



कली से कुसुम तक

किशोरी सुरक्षा



।गावोः सर्व सुख प्रदम् ।

गौवंश सुरक्षा

2021- 2025

5 YEARS INITIATIVES AT A GLANCE



गर्भ संस्कार

सगर्भा सुरक्षा



सर्वे भद्राणि पश्यन्तु

नेत्र सुरक्षा



॥ ओषधय शान्ति : ॥

वन-उपवन सुरक्षा



॥ आपो शान्ति : ॥

जल सुरक्षा

Project Inauguration

August 2021
Narayan Sarovar, Lakhpat


In the gracious presence of Aarogya Bharti ,
SeemaJan Kalyan Samiti , Lokayurved
Concept Teams. Others Like GMDC, BSF IN
charge , Village Sarpanch and Saints were
also present




Transforming Thoughts into Reality



Working Roadmap

CREATING AAROGYA MITRA THROUGH AAROGYA MITRA TRAINING PROGRAM



लक्ष्य पथ
आरोग्य भारती एवम् सीमाजन कल्याण समिति
की विशेष स्वस्थ सीमावर्ती ग्राम परियोजना






LET'S JOIN
TO BOOSTUP
BORDER VILLAGE LIVES
BECOME AN AAROGYA BHARTI'S
AAROGYA MITRA
(Kishori Special)

OUR VISION
स्वस्थ व्यक्ति, स्वस्थ परिवार, स्वस्थ ग्राम, स्वस्थ राष्ट्र

TRAINING PROGRAM SCHEDULE
14-18 फरवरी 2022
सायण ग्राम, लखपत, कच्छ

PROGRAM BENEFITS

- GET CHANCE TO WORK WITH HIGHLY PROFESSIONAL DOCTORS
- LEARN THE WAYS OF HEALTHY LIVING TO KEEP YOURSELF, FAMILY, SOCIETY AND NATION HEALTHY
- LEARN TO WORK AS PARA MEDICAL ASSISTANT
- ENHANCE YOURSELF WITH THE ESSENTIAL KNOWLEDGE ON GAUVIGYAN, HOME REMEDIES, HERBS & SPICES USAGE, YOG, SUJOK, BASIC PANCHKARMA
- LEARN THE WAYS OF FEMALE SANITARY HYGIENE AND AYURVEDIC ANTENATAL - POSTNATAL CARE DURING PREGNANCY



SPECIAL GUEST
Hon. Kirtisinh Vaghela
Minister of Primary, Secondary & Adult Education
Prabhari Mantri Kachchh Govt. of Gujarat

Contact Person:
8141594618 : Ms. Hansa Rabari
9712431794 : Ms. Raju Rabari

विचार एवम् आयोजन सहयोग
॥लोकायुर्वेद॥
The Wellness Revolution

More Information:
www.lokayurved.com

Aarogya Mitra is key mediator person of this project.

Transforming Thoughts into Reality

Working Roadmap AAROGYA MITRA TRAINING PROGRAM

- Village Level 5 Days Aarogya Mitra Training Program has been executed in following ways
 - a. **Training Mode** - Subject Experts/ Doctors takes classes For Theory Knowledge
 - b. **Service Mode** - Free Medical / Subject Expert Camps are executed simultaneously during training program by Experts/Doctors like Gauvansh Suraksha, Netra Suraksha etc as mentioned above to serve Locals with required medical needs and Aarogya Mitra gain Practical Knowledge by observing the same in the presence of experts
 - c. **Practice Mode** - Aarogya Mitra then Practices all this learned Knowledge again n again by supporting Experts/ Doctors in continuous and Regular Medical Follow-up camps in his village

Working Roadmap

AAROGYA MITRA TRAINING PROGRAM

- Five days Aarogya Mitra Training Programs in adopted 10 villages at various levels
 1. Basic
 2. Advance
 3. Final
- Programs will also include Practical Working Site visits within or outside Lakhpat for advance knowledge
- Aarogya Mitra will be given one AAROGYA KIT after successful training of One Year.
- Aarogya Mitra will also learn to operate Tele Medicine System for Online Expert/ Doctor Support to his village after one year
- Aarogya Mitra will also learn to keep all data records for further use
- Aarogya Mitra will also become a Trained person to Promote Healthy living knowledge along with Cure

Aarogya Mitra - Ongoing

First Aarogya Mirta Residential Training Program District Level

6th - 8th August 2021
Narayan Sarovar, Lakhpat



Second Aarogya Mirta Training Program Village Level

January 2022
Village NavaNagar , Lakhpat



Third Aarogya Mirta Training Program Village Level (Kishori Special)

February 2022
Village Sayan , Lakhpat



Fourth Aarogya Mirta Training Program Village Level

March 2022
Village Umarsar , Lakhpat



Fifth Aarogya Mirta Training Program Village Level

May 2022
Village Kapurasi , Lakhpat



Sixth Aarogya Mirta Training Program Village Level

June 2022
Village JULRAI , Lakhpat

in association with

CED ,Government of Gujarat

॥ श्रीजी ॥
निमंत्रण
उदघाटन समारोह
आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा देश की सीमा पर चल रही
अद्वितीय स्वास्थ्य परियोजना
लक्ष्य पथ
आरोग्य मित्र प्रशिक्षण वर्ग
15-19 जून 2022
उद्घाटन दिनांक : 15 जून 2022 , बुधवार
समय : 10:30 बजे सुबह
स्थान : Community Hall , ग्राम जुलरई - लखपत

उद्घाटक
श्री भोजा जगमल रबारी

निमंत्रक
सरपंच : श्री उसबाई लालजी महेधरी
उप सरपंच : श्री देवलबाई देवसी रबारी

TRAINING PARTNER
Center for Entrepreneurship Development
(Government of Gujarat Undertaking)

Contact : Hansaben Rabari
8141594618

विचार एवम्
आयोजन सहयोग

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Many Major Media Like
AIR -Bhuj , Kutch Mitra , Divya
Bhaskar , Maa Ashapura are
covering these Regular Training
events and supporting to promote
this National welfare Project as
their Special Program



Few GLIMPSE of Ongoing Medical Camps on regular basis in villages during Aarogya Mitra Trainings

DANT SURAKSHA



लक्ष्य पथ



आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा सीमावर्ती ग्रामो मे चल रही विशेष परियोजना



। दन्त दाढ्यकरं परम् सेव्यम् ।

निःशुल्क दंत सुरक्षा यज्ञ



इसमे देश के विख्यात दंत चिकित्सक वैद्य जयसुख मकवाना जी अपनी सेवा देंगे।

हिलते दांत - मसूड़ों की सुजन - दाँतो का दर्द - दाँतो की झुनझुनाहट - दांत व मसूड़े से खून निकलना इत्यादि दांतों के रोग में दांत इंजेक्शन के बिना , दर्द के बिना तथा बिना खून आये

आयुर्वेद की महान दंत विद्या 'जालंधरबंध' से निकाले जाएँगे।

दिनांक : 14 मार्च 2022, सोमवार

समय : 10:00 बजे , सुबह

स्थान : GMDC Community Hall, उमरसर , लखपत

निशुल्क पंजीकरण एवम् जानकारी हेतु, सम्पर्क करे -8511969243/8454059872

विचार एवम् आयोजन सहयोग **॥लोकायुर्वेद॥**
The Wellness Revolution



**TOOTH EXTRACTION
WITH AYURVEDIC
JALANDHAR BANDH
YOGIC PRAKRIYA
WITHOUT PAIN , BLOOD,
ANESTHESIA**

NETRA SURAKSHA



लक्ष्य पथ
आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा आयोजित



॥ सर्वे भद्राणि पश्यन्तु ॥

निःशुल्क नेत्र सुरक्षा यज्ञ



जिसमे आयुर्वेद के नेत्र चिकित्सक वैद्य हेमांग शर्मा जी अपनी सेवा देंगे।

आंखो का चश्मा उतरवाना - कमजोर नजर को ठीक करना - आंखो का दर्द - मोतियाबिंद की समस्या का निदान - जड़ी बूटी से अंजन बना कर उपयोग बताया जायगा
आयुर्वेद की विशेष नेत्र विद्या से भी निदान किया जाएगा।

अतिथि विशेष

सभी माननीय सरपंच गण अथवा उपसरपंच गण

दिनांक : 17 फरवरी 2022, गुरुवार

समय : 3:30 बजे , शाम

स्थान : प्राथमिक शाला, ग्राम सायण , लखपत, कच्छ

निशुल्क पंजीकरण एवम् जानकारी हेतु, सम्पर्क करे -8511969243/8454059872

विचार एवम् आयोजन सहयोग

॥लोकayुर्वेद॥
The Wellness Revolution



KISHORI SURAKSHA



॥ निमंत्रण ॥

लक्ष्य पथ

आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा आयोजित



किशोरी एवम् सगर्भा सुरक्षा यज्ञ



॥ कली से कुसुम तक ॥

किशोरिओं एवम् सगर्भा महिलाओं को अवस्था विशेष का स्वास्थ्य ज्ञान ,
हिमोग्लोबिन चैक , महिला वैद्यों द्वारा प्रत्यक्ष मार्गदर्शन एवं आवश्यक उपचार



जिसमे गर्भ संस्कार विशेषज्ञ
वैद्य करिश्मा नारवाणी जी अपनी सेवा देंगी।

दिनांक : 13 मार्च 2022, रविवार

समय : 10 बजे , सुबह

स्थान : GMDC Community Hall, उमरसर , लखपत, कच्छ

विचार एवम् आयोजन सहयोग

॥लोकायुर्वेद॥
The Wellness Revolution



SHISHU SURAKSHA



लक्ष्य पथ

आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा सीमावर्ती ग्रामो मे चल रही विशेष परियोजना



शिशु सुरक्षा

KIDS AYURVEDIC IMMUNIZATION DRIVE



॥ बालो ही बलम् राष्ट्रस्य ॥

स्वर्ण प्राशन - बालको का विशेष रसायन

- रोग प्रतिरोधक क्षमता में वृद्धि
- बुद्धि, मन, बल एवं पाचन शक्ति में वृद्धि
- बच्चे की स्मरण शक्ति में बढ़ोत्तरी
- बेहतर मानसिक एवं शारीरिक विकास
- सुन्दर वर्ण और मधुर स्वर का विकास



दिनांक : 14 मार्च 2022, सोमवार

समय : 03: 00 बजे शाम

स्थान : BX-5 , GMDC कालोनी , वर्मा नगर, लखपत, कच्छ


निशुल्क पंजीकरण एवम् जानकारी हेतु, सम्पर्क करे - 9099952981/9979846460

विचार एवम् आयोजन सहयोग


॥लोकायुर्वेद॥
The Wellness Revolution



VAN UPVAN SURAKSHA




लक्ष्य पथ
आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा आयोजित



वन उपवन सुरक्षा

Herbs and Spices Awareness Program




॥ औषधय शान्तिः ॥

जिसमे श्री निकुंज त्रिपाठी जी ,एम.फार्म.
डायरेक्टर ,“कजरी” फ़ार्म , गुजरात सरकार
अपनी सेवा देंगें।

दिनांक : 17 फरवरी 2022, गुरुवार
समय : 12:00 बजे दोपहर
स्थान : प्राथमिक शाला, ग्राम सायण , लखपत, कच्छ

निशुल्क वर्ग पंजीकरण एवम् जानकारी हेतु , सम्पर्क करे
नितिन भाई पटेल - 9428778585

विचार एवम् आयोजन सहयोग





Regular meetings with
Tribal communities
Recognize Local herbs and
use it to heal Traditionally



GAUVANSH SURAKSHA



लक्ष्य पथ



गौवंश सुरक्षा

॥ गावो विश्वस्य मातरः ॥



सादर आमन्त्रण गौविज्ञान जानने हेतु

**कामधेनु
कथा**



9:00 बजे रात्रि
फरवरी 16, पूर्णिमा तिथि
प्राथमिक शाला , ग्राम सायण
लखपत, कच्छ

कथावाचक : आयुर्वेदाचार्य वैद्य हितेश जानी

संकल्पना : लोकायुर्वेद

www.lokayurved.com



FIRST PANCHGAVYA PARISHIKSHAN VARG MARCH 2022, Village - PANADHARO



लक्ष्य पथ
आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा सीमावर्ती ग्रामों में चल रही विशेष परियोजना
गौवंश सुरक्षा 



पंचगव्य प्रशिक्षण वर्ग



**गाय, ग्राम और गौरी
भारत की जीवन डोरी**

आशीर्वचन
पू. सोनललालजी महाराज
महंत श्री, नारायण सरोवर जागीर
अध्यक्ष
श्री मेघजी भाई पटेल
गौसेवा गतिविधि, प्रांत संयोजक, रा. स्व. संघ
उद्घाटक
श्रीमती अमिता बंधिया
संचालक, अक्षर गौर गौशाला
कोरपोरेटर, जामनगर महानगर पालिका
अतिथि
श्रीमती मनीषा शाह
डायरेक्टर, कामधेनु अर्थसेतु कंपनी, जामनगर

**मार्च 23-24, 2022
समाजवाडी, नवानगर
लखपत- कच्छ**

निमंत्रक
नयनावेन विजयकुमार हेड़ाऊ
उप सरपंच, पानधो ग्राम पंचायत

**सहयोग : गौसेवा गतिविधि - राष्ट्रीय स्वयंसेवक संघ
विचार एवम् प्रशिक्षण सहयोग : लोकायुर्वेद**

Join the Movement, Call : 93184-40221 : www.lokayurved.com



SECOND PANCHGAVYA PARISHIKSHAN VARG APRIL 2022, Village - UMARSAR



लक्ष्य पथ

आरोग्य भारती एवम् सीमाजन कल्याण समिति
द्वारा सीमावर्ती ग्रामों में चल रही विशेष परियोजना

गौवंश सुरक्षा

पंचगव्य प्रशिक्षण वर्ग



गाय, ग्राम और गौरी
भारत की जीवन डोरी

उद्घाटक
पू. शास्त्री देवचरणदास स्वामी
श्री हरि तपोवन गुरुकुल रामपर-वेकरा

अतिथि
श्री परबत भाई गोरसिया
गौसेवा गतिविधि रा. स्व. संघ कच्छ विभाग
श्री स्वरूपाजी जाड़ेज़ा
अग्रणी उमरसर

निमंत्रक
श्री हमीरजी जाड़ेज़ा
सरपंच, उमरसर ग्राम पंचायत

अप्रैल 29-30, 2022
आरम्भ : 29 अप्रैल, शाम 4 बजे
GMDC Community Hall
गांव उमरसर- कच्छ

सहयोग : गौसेवा गतिविधि - राष्ट्रीय स्वयंसेवक संघ
विचार एवम् प्रशिक्षण सहयोग : लोकायुर्वेद

Join the Movement , Call : 93184-40221 : www.lokayurved.com



THIRD PANCHGAVYA PARISHIKSHAN VARG MAY 2022, Village - SAYAN




Fourth PANCHGAVYA PARISHIKSHAN VARG JUNE 2022, Village - KAPURASI



Project Set an Pilot example as Unique Solution to Health and wellness issues at such remote and Border villages in coming days

International Women's day Special

समग्र स्वास्थ्य



REVIVING BHARTIYA HEALTH TRADITIONS

INVITER

Ayushman Bharat
Department of Health
Taluka Health Officer
Lakhpat , Kutch
Government of Gujarat

VENUE

Maheshwari Samajwadi
Vill Dayapar
Taluka Lakhapat , Kutch

To know More , Visit
॥लोकायुर्वेद॥
The Wellness Revolution
www.lokayurved.com

INTRODUCTORY TRAINING
SEMINAR FOR
**ASHA
WORKERS**

8th March , 9:30AM - 12:30PM
Followed By LUNCH

SPECIAL GUEST
Dr. Mehulkumar Barasara
Sub Divisional Magistrate and
Deputy Collector, Nakhtrana, Kutch

KEY SPEAKER
Vaidya Hitesh Jani
Ex- Principal , Gujarat Ayurved
University , Jamnagar

Trials are going in this direction also at Lakhpat Taluka

Project has versatile **Indian Knowledge based Research opportunities** for many scholars.

So Academic Institutes will also be part of this for Researches

॥ श्री जी ॥

SEMINAR INVITATION

KACHCHH UNIVERSITY BHARTIYA SHIKSHAN MANDAL

लक्ष्य पथ

Let's Meet to know Unique Research Topics

Health - Environment - Living - Social change

Special Guests

Dr. Neemaben Acharya
Speaker - Gujarat Assembly

Sh. Bhupinder Singh Chudasama
Former Education Minister- Gujarat

Seminar Chairperson

Prof. Dr. Jayrajsinh D Jadeja
Vice Chancellor - Kachchh University

Special Presence

Acharya Deep Koirala
Rashtriya Sahpramukh, Gurukul prakalp, BSM

Subject Key Speaker

VAIDYA HITESH JANI
RENOWNED AYURVEDACHARYA AND
EX PRINCIPAL, GUJARAT GUJARAT
AYURVED UNIVERSITY, JAMANGAR

तद्विदः संभाषण
A Seminar
with
Research
scholars &
Scientists

भारतीय स्वास्थ्य चिंतन
LAKSHYA PATH
PROJECT

January 29, 2022, Saturday
11:00am and 10:30am (Assembly Time)
Kutch university conference Hall, Bhuj
Followed by LUNCH

PROJECT BY  SUPPORT BY  KNOWLEDGE BY 

Prior Registration Mandatory, For Info Contact : 9429006729 , 9429613901

GUJARAT TECHNOLOGICAL UNIVERSITY

COORDIALLY INVITES ALL
FOR A SEMINAR ON

**TECHNOLOGY
FOR
TRADITIONS**

A PRESENTATION
ON

लक्ष्य पथ

JOIN TO KNOW VARIOUS OPTIONS WHERE
TECHNOLOGY MAY CONTRIBUTE GREATLY
TO REVIVE BHARTIYA HEALTH TRADITIONS
AT INDO PAK KUTCH BORDER VILLAGES

SPEAKER
Dr. HITESH JANI
RENOWNED AYURVEDACHARYA
& EX- PRINCIPAL
GUJARAT AYURVED UNIVERSITY

Chief Patron

Prof. Dr. Navin Sheth
Hon. Vice Chancellor
Gujarat Technological
University

Patron

Dr. R. N. Kher
Registrar
Gujarat Technical university

Chief Guest

Dr. K. J. Bhatt
Joint Commissioner, Ayurveda
Food and Drug Control
Administration
Government of Gujarat

Guest of Honour

Dr. R. N. Prasad
Director
Centre for Entrepreneurship
Development
Government of Gujarat

Invitee

Dr. Sanjay Chauhan
Director
Graduate School of
Pharmacy, GTU

Time: 17th March 2022,
11:00 AM
Venue: B0, Seminar Hall,
GTU, Chandkheda

Scan QR code for location

Note: Tea and Snacks are arranged 1000 AM onward

Project By  Support By  Knowledge By 

Contact : Mr. Udaykumar Vegad : 9228891990

Awareness is going on in Institutes like Kachchh university & GTU etc.

Project is powered by the
Knowledge , Concept Planning
, Training Content, Expert/
Doctor Support etc. through
Nationally Acclaimed Ayurveda
Wellness Concept



NATIONAL LEVEL
AYURVEDA BASED WELLNESS CONCEPT
&
WELLNESS TOURIAM CONCEPT PROVIDER
GUJARAT TOURISM (Govt. Of Gujarat)

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and Living

LEARN - Enhance your Medical /
Paramedical / Wellness
Empowerment Skills

CONCLUDING SUTRA

स्वस्थ भारतीय जीवन शैली की वैज्ञानिकता और प्रास्ताविकता

-एक प्रायोगिक अध्ययन

To Support and Know more , Contact

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