



# INTERNATIONAL AYURVEDA CONGRESS

International Ayurveda Congress, Kathmandu

Holistic Health for All



3-5 March 2023  
Kathmandu, Nepal

[www.internationalayurvedacongress.com](http://www.internationalayurvedacongress.com)



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*Holistic Health for All*

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**T**he All India Ayurvedic Congress, New Delhi, the International Academy of Ayurveda, Pune, and the International Maharishi AyurVeda Foundation, The Netherlands, supported by the Nepal Maharishi Vedic Foundation as the local host, invite you to the Seventh International Ayurveda Congress, which will take place from 3 to 5 March 2023 in Kathmandu Nepal, for the first time in Asia.

With the guiding light of Maharishi's World Plan for Perfect Health, this Congress builds on the spirit and success of our earlier congresses held in 2015 in The Netherlands, in 2017 in London, and 2018 in Leiden, the Netherlands, in Ljubljana, Slovenia and Rio de Janeiro, Brazil and in 2021 in Roermond, Netherlands. The Leiden Congress was conducted under the patronage of Tony Nader, MD, PhD. The honourable AYUSH Minister Shri Shripad Yesso Naik, Government of India, and the Dutch Minister for Health Care and Sport, Mr Bruno Bruins also attended and discussed India-Netherlands collaboration in health care, including Ayurveda. The Leiden Congress had 300 delegates, including government officials, leading Ayurvedic physicians, scholars, and researchers. Leaders of different Ayurvedic organizations throughout Europe took part in the Congress.



*Leiden Congress 1-3 September 2018: Dr Tony Nader, MD, PhD, Patron with (from left) Mr Alojz Peterle, Former Prime Minister of Slovenia and presently Member of the European Parliament; Shri Shripad Yesso Naik, AYUSH Minister, Government of India; Mr Bruno Bruins, Dutch Minister for Health Care and Sport; and Mr. Venu Rajamony, Ambassador of India to the Netherlands.*



*Leiden Congress, 1-3 September 2018: on the dais (listed from left to right): Dr Rainer Picha, Congress President; Padma Bhushan Dr Devendra Triguna, President All India Ayurvedic Congress; Dr Tony Nader MD PhD, Patron of the Congress; H.E. Shripad Naik, Minister of AYUSH, Government of India; H.E. Venu Rajamony, Indian Ambassador to the Netherlands*

**T**he Congress will comprise international leading experts and professionals interested in propagating the knowledge and practice of Ayurveda. Also there will be discussion and debate on topics relating to ideal health, prevention of chronic disorders, and natural approaches for the reversal of aging. There will be an emphasis on exchanging ideas to increase the acceptance and application of Ayurvedic methods around the globe. The goal is to formulate a Roadmap for Globalisation of Ayurveda in the following four areas:

- Establishing the highest quality education and train-

ing in Ayurveda for medical practitioners as well as for the public in each country.

- Guiding the practice of various preventative approaches in Ayurveda and thereby detecting and correcting physiological imbalances in their early stages.
- Promoting scientific research on Ayurveda to showcase preventive and curative benefits in healthcare and encourage its global recognition.
- Ensuring global availability of authentic Ayurveda products by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity.





## VENUE

The Congress will be held at the exclusive five-star hotel in Nepal, the Soaltee Kathmandu. This property is equipped with fitness gym, spa with sauna and steam bath, pool, tennis courts, lounges and business centers. Come and enjoy the company of renowned Ayurveda experts gathering together to discuss the future of Ayurveda and its role versus new advancing technologies.



Nepal is home to the Himalayas and bounteous ancient Vedic traditions and wonders. Among them is the world's largest Vedic Temple, Pashupatinath, located in the east of the Kathmandu Valley. Stunning views of the Himalayan Peaks can be seen from this ancient city.

Going centuries back, Nepal has a rich history of Ayurveda and to this day it is recognised as a core part of their culture and routine. Rare Ayurvedic medicines and herbs are also naturally growing throughout the Himalayan valleys. We expect this conference to be a unique and special opportunity that will sell out quickly. Sign up now to get the early bird prices and secure your spot for IAVC Nepal 2023.

## PROGRAMME OUTLINE

1. Registration and Welcome Dinner (2 March evening)
2. Inauguration ceremony and Plenary Sessions (3 March morning and afternoon)
  - Roadmap for Globalisation of Highest Quality of Ayurveda Education, Training and Research
  - Preventive and Curative Ayurveda Practice
3. Plenary Session and Parallel Session (4 March morning and afternoon)
  - Roadmap for Globalisation of Highest Quality of Authentic Ayurveda Products
  - Parallel Sessions: Scholars and research scientists to present their papers
4. Pashu Ayurveda (Ayurveda for Animals) (5 March morning)
5. Global Summit: resolutions of the congress and strategy and planning with invited leaders from various countries
6. Sightseeing (5 March afternoon)

## CALL FOR PAPERS

Scholars and research scientists are invited to present their papers at this prestigious international platform. Please fill in the title and the abstract of your speech at the following link. You may also upload up to 3 files, e.g. the complete paper, a PowerPoint presentation and a photo of yourself.

<https://InternationalAyurvedaCongress.com/Nepal-2023/call-for-papers/>

## SIGHTSEEING

We offer you the opportunity to visit three treasures of Nepal.

### Pashupatinath Temple



Dedicated to Lord Shiva, Pashupatinath is one of the four most holy pilgrim sites in Asia for devotees of Shiva. Built in the 5th century and later renovated by Malla kings, the site itself is said to have existed from the beginning of the previous millennium when a Shiva lingam was discovered here. Pashupatinath is the largest temple complex in Nepal

### Swayambhunath Stupa



The Swayambhunath Stupa is one of the crowning glories of Kathmandu Valley architecture. This perfectly proportioned monument rises through a whitewashed dome to a gilded spire, from where four iconic faces of the Buddha stare out across the valley in the cardinal directions.

## Lord Vishnu on Shesh Shaiya—Budhanilkantha T.



Here lies the Budhanilkantha, a reclining statue of Lord Vishnu on Shesh Shaiya. The largest and most beautiful stone carving in all of Nepal, also the most enigmatic. Carved from a single block of black basalt stone, the Lord Vishnu statue is 5 meters in length.

## Brahmananda Saraswati Nagar



Nestled on the third highest hill in the Kathmandu valley, is the Maharishi Vedic Institute Pandit Campus, Brahmananda Saraswati Nagar. This campus of 5 buildings will be home to 400 Maharishi Vedic Pandits, and Maharishi courses will be offered here.

This tour will be organized for 5 March after the congress has been concluded. Delegates may be required to pay an entrance fee for Pashupatinath Temple (no fee for Nepalis or Indians) and a modest contribution to cover transportation costs.

## Pokhara – The Gateway to the Himalayas



On 6 March, don't miss out on an opportunity to visit Pokhara, the 'Tourist Capital of Nepal.' Pokhara is the second-largest city in Nepal after Kathmandu. The spectacular Phewa Lake flawlessly reflects the mountains that border it, making it a breathtaking scenic sight and a boating paradise. You can buy famous Nepalese handi-crafts and souvenirs in the shops of the old city.

*Please mention your interest to visit Pokhara while registering for the congress. Please note that the cost for the Pokhara visit is not included in the Congress fee.*

## CONGRESS FEE

**Congress Fees:** Without accommodation, includes dinner on March 2, 3 and 4 and lunch on March 3 and 4.

|                                     | Early Bird Rate     | Standard Fee        |
|-------------------------------------|---------------------|---------------------|
|                                     | (Until 31 Jan 2023) | (after 31 Jan 2023) |
| International Delegates             | EUR 300.-           | EUR 360.-           |
| Members of Affiliated Organizations | EUR 265.-           | EUR 325.-           |
| International Medical Students      | EUR 200.-           | EUR 260.-           |

**For more details and registration visit:** <https://InternationalAyurvedaCongress.com/Nepal-2023>

## ACCOMMODATION



**Soaltee Kathmandu, Kathmandu**  
**Special offer:** room rates start from USD 105. These rates include breakfast and airport transfers but are subject to 10% service charge and 13% VAT. If you would like to make use of this offer, please get in touch with the hotel's event manager: Sumati Shakya, email: [sumati.shakya@soaltee.com](mailto:sumati.shakya@soaltee.com).

| Category         | Single  | Double  |
|------------------|---------|---------|
| Executive Room   | USD 105 | USD 115 |
| Classic Heritage | USD 140 | USD 150 |
| Club Room        | USD 170 | USD 190 |
| Executive Suite  | USD 500 | USD 550 |

## CONGRESS PRESIDENTS



**Padmabhushan Vaidya Devendra Triguna**  
President, All India Ayurvedic Congress, New Delhi, India



**Prof. Dr. Subhash Ranade**  
Chairman, International Academy of Ayurved, Pune, India



**Dr. Rainer Picha**  
Chairman  
International Maharishi AyurVeda Foundation, The Netherlands



Roganidan Vikruti Vigyan PG Association for Radiodiagnosis & Pathology (RVPGA)



Ayurveda Doctors' Association of Nepal  
<https://adan.org.np>



All India Ayurvedic Congress (AIAC)  
New Delhi, India  
[ayurvediccongress.com](http://ayurvediccongress.com)



International Academy of Ayurved (IAA)  
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International Maharishi AyurVeda Foundation (IMAVF)  
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