



IHS

# Aurodarshan Trust

Founder - Prof Madhusudan Reddy - (1925-1996)







Pic : L-R -> Manmohan Reddy, Dhananjay Reddy, Champak Lal ji, Prof Madhusudan Reddy, Dr J. Bapu Reddy & Ananda Reddy



Pic : L-R -> Dhananjay Reddy, Ananda Reddy, Prof Madhusudan Reddy, Manmohan Reddy, Ramchandra Reddy & Champak Lal ji

IHS-Aurodarshan Trust was founded by late Prof V Madhusudan Reddy, UNESCO Fellow and Fulbright Scholar who wanted to establish the project to be a Centre for Learning about Sri Aurobindo's and the Mother's Teachings. The land was graced by Shri Champaklalji, senior disciple of Sri Aurobindo who performed yagna and laid the foundation. It was conceived to carrying out non formal development-oriented education for children and youth of rural areas within the framework of cultural and spiritual values. Also, it was to establish a public charitable trust for the purpose of carrying out scientific research, medical relief, rural development, cottage and village industries, handicrafts and art of the community and imparting the knowledge and expertise gained thereby. Presently, there are other aspirants who are actively engaging in the Trust activities.





# **Integral Health Retreat**

***Purna Svaasthya  
Aashreyam***



**Aurodarshan Trust** has its registered office at Hyderabad and has a Land Parcel in Medak district, Telangana. It was registered on 24<sup>th</sup> April, 1982. The property is on the banks of 100 years old Pocharam reservoir lake, Pochamral village, Haveli Ghanpur Mandal. Sixteen acres are beside the lake and nine acres adjacent to the Medak Guest House on top of the hill. The land is largely rocky and part of it is soil.

The place is numbered by tourists on weekends as it is very scenic and the water in the lake is through the year. The Govt of Telangana is planning to develop Tourism in that area as it is very popular as a picnic destination and has an island in the lake which will become a centre of attraction.





Aurodarshan Trust has been conducting welfare activities in various locations, including Hyderabad, Puducherry and especially Medak which includes environment camps for school students of the nearby villages, study tours for Hyderabad school students, career counselling for the youth in that vicinity.

Aurodarshan Trust presently proposes a Project Outline for furthering its development, seeking to synergise spiritual and physical wellbeing with promotion of tourism.





The Project Outline:

## **Integral Health Retreat- *Purna Svaasthya Aashreyam***

The Integral Health Retreat will provide a journey to experience the 'yog' (union) of the body, emotions and mind with ones atma (soul). It will take into its fold the holistic approach to wellness through the practice of Ayurvedic principles. It will engage us in a self-exploration of our domains of the physical, the vital/emotional and the mental of our personality around the psychic/psychological centre of our being. The outcome will be health, healing and wholeness of our outer being along with a spiritual understanding of oneself.





The Centre will:

- Be a place of retreat for inner self reflection and self-awareness.
- Engage in teaching different forms of meditation.
- Enable us to experience calm and quietude in our being.
- Promote health and healing of body, life, mind and integral wellbeing.
- Provide educational resources to learn about the various means of gaining holistic health.
- Give consultation for integral health.
- Extend Ayurvedic treatments and relaxation massages.
- Educate us about taking proper diet.
- Nourish us with nutritious food.
- Conduct health awareness camps for children, youth and adults.





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