

India Heritage Museum

Presents

AYURVEDA **HOLISTIC MEDICINE FROM INDIA**

November 13 to December 19, 2021

Saturdays and Sundays 12 pm to 5 pm.

Inauguration by
Padmanabh and Amrith Kamath

All are welcome. Free admission

Location

Vinod and Vinay Luthra India Heritage Center of India Community Center
2171 Monroe-Wayne County Line Road, Macedon, NY 14502



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Brief introduction of the exhibit

Ayurveda is probably the oldest organized medical system in the world. The basic concepts and treatment regimens were developed almost 5,000 years ago. While the original manuscripts are not available, the ancient commentaries on the original manuscripts are available.

Ayurveda addresses the needs of the body as well as the mind and the spirit. It recognizes that while the goal of life is to attain spiritual liberation, one needs a healthy body and mind to achieve that. In this sense, it is truly a holistic medicine.

Ayurveda has greatly influenced the Indian psyche, cuisine and home remedies. For example, every spice or every vegetable used in the kitchen has some medicinal value.

According to Ayurveda, each person is born with a specific constitution (dosha) which does not change. Well balanced doshas mean good health. Imbalance leads to illness. So, it is important for each person to be aware of his/her constitution. Management (diet, activities, treatment) of each person is tailored to his/her constitution.

Preventive medicine is an important part of Ayurveda. There are recommendations on the diet, living environment and jobs best suited for persons of each constitution.

In presenting this exhibit, our goal is neither to promote nor to critic Ayurveda. It is purely to provide information about Ayurveda which is a great contribution/heritage of India.

Sub-committee members

Jyothisna Ponnuri
Padmanabh Kamath
Hema Ganesan
Jayanti Venkataraman
Rao Dontula
Abhas Kumar
Jaya Chakravarthy
Radhika Ramesh

Consultants

Jyoti Goswami
Jyothi Bhatt

Padmanabh and Amrith Kamath



Padmanabh and Amrith moved to Rochester from New York City in 1979. Padmanabh was a pathologist. He worked at Highland Hospital for 31 years and at Unity Hospital for 3 years. From both places, he retired as Director of Pathology.

Padmanabh's business venture was Metropolitan Funeral Chapels in the City of Rochester. It was started in 1986, and is the largest Funeral Home serving the minority community in Rochester.

Padmanabh was active in community service. He was honored with the Community Service Awards by the Urban League of Rochester and by the Masonic Service Bureau of Rochester. He served as Treasurer of the Faith Community Health Awareness Center and of Nevaeh; as President of the Health Association and as a Board member of Depaul.

Padmanabh is the recipient of the Life Time Achievement Award of the India Community Center. He was Chairman of the ICC from 1993 to 1995 and in 2007. He played an active role in the development of the Classical Music and Dance Society of ICC, Hindu Heritage Summer Camp (in Rochester), Rochester Yoga Retreat, Kalidas Community Theater, Vedanta Retreat, the Banquet Services of the ICC and the India Heritage Museum. He is also a founding member and Secretary of Saathi of Rochester.



Amrith is the recipient of the ICC Service Excellence Award. She is a florist and has helped with decorations for the ICC special events for over 25 years. She is the Vice President of the Hindu Heritage Summer Camp and has been in charge of purchases for the camp. She also served on the Board of the Saathi of Rochester.

Padmanabh and Amrith have 2 sons, Giridhar and Ajay.

Consultants



Dr. Joyoti Mukherji Goswami is an ayurvedic physician with a post graduation in Bioinformatics. Her work areas include multiple areas – Ayurveda consulting, and healthcare technology consulting. She lives in Mumbai and consults in Ayurveda, primarily for lifestyle disorders. She was a Medical Advisor for a pharma company manufacturing ayurvedic medicines. She also has extensive experience implementing healthcare technology across various hospitals in the US and Singapore and currently is associated with a startup doing strategy consulting for hospitals.



Jyothi Bhatt is the founder of Svastha Wellness. She is an Ayurvedic physician, yoga therapist, and licensed massage therapist. After graduating *magna cum laude* from Mount Holyoke College with a double major in South Asian Studies and Religion, she traveled to India to learn the ancient sciences of Ayurveda, Yoga, Marma, and Jyothish. She received a Bachelor of Ayurveda Medicine and Surgery degree (B.A.M.S.) from S.D.M. College of Ayurveda, where she

managed hundreds of patients with varied Ayurvedic protocols, including Panchakarma, herbal formulations, and diet and lifestyle counseling. Jyothi received a Post Graduate Diploma in Yoga Therapy (D.Y.T.) from the only yoga university in the world, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA). She is also a certified yoga teacher in the Sivananda and Bihar School of Yoga traditions and is registered with Yoga Alliance as a RYT-500 teacher. After returning to the United States in 2010, she became a licensed massage therapist in the state of New York.

She gracefully weaves all of these modalities together in her clinical practice and educational workshops. Jyothi sees clients in Westchester County and Manhattan in New York as well as Kripalu Center for Yoga and Health in Lenox, Massachusetts. She is also a faculty member of the Kripalu School of Ayurveda and travels extensively giving workshops.

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Visit our Website: **www.ihmrochester.org**

See the videos of our earlier exhibits

Take a virtual tour of “Konark Sun Temple”

We are grateful to Jaya Chakra for creating and maintaining the website and for the preparation of the flyers for the exhibits.

India Heritage Museum

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An Appeal

The budget of the India Heritage Museum is estimated to be about \$ 25,000 per year. It is our goal to keep the admissions to the exhibits free. The only source of income for IHM is the community donations. We appeal to you to generously donate to help IHM continue its mission. The donations to IHM are tax deductible to the extent permitted by law. Please make the check payable to India Heritage Museum and mail to 15 Bretton Woods Dr., Rochester, NY 14618. Thank you.

India Heritage Museum Committee