

Draft Concept Note on Atrij Ryan Centre for Holistic Living

Goal: To develop the methodology for provision of holistic living linked to the local ecology

Hypothesis: Historically, holistic living is embedded in the principle of a healthy life which in turn is related to healthy food and in tune with nature and the surroundings. Healthy life is supplemented by what is known as 'mother's remedies' and local primary health care practises of vaidus carried over from generation to generation. The organised form of this knowledge is embedded in Ayurveda. Lok Swasthya Parampara Samvardhan Samiti acknowledged this traditional health and knowledge stream. Modern day science is only now being able to have a glimmer of appreciation of the value of this stream of knowledge as the foundation for sound health care incorporating what technology has to offer as well.

Objectives:

1. To make healthy life an achievable goal for all.
2. To base this in traditional knowledge and wisdom, only supplemented by modern science where required.
3. To help in the facilitation of the restoration of eco-systems on which such traditional practises were based.
4. To link this to the larger goal of healthy living.

Methodology:

- a. Revival/restoration of traditional food and lifestyle habits to the extent possible and where not supplemented by modern science for sustainable ecosystem development
- b. Revival of the traditional health practises to the extent possible, supplemented by principles learnt from Ayurveda and modern science only where required.
- c. To use modern science principles to screen knowledge while acknowledging that the framework itself may need to be modified to incorporate elements that have been ignored / sidelined.
- d. To put this in practise at all levels of daily life as a prerequisite for healthy living in tune with nature.

Proposed activities:

- a. Creation of a Learning and Capacity building centre at Visnagar housed at Habitat.
- b. Creation of an outreach centre at Bhekadia to start with and similar centres in other locations as well.
- c. Developing of primary health care centres in every village by evaluating existing practises for primary health care. This includes the functioning of the existing PHC centres.
- d. Linking this to larger life processes in the region (tuning economic activity with the natural resources).