



Guide To Happiness

We are delighted to have made your acquaintance.

We would like to assure you that our management, doctors, therapists and staff will make best efforts to help you achieve your health goals. As a small center, we assure you of personal attention and welcome you to be a part of 'Ananddham' family.

WELCOME TO

Ananddham
Nature Cure Center





NATUROPATHY

The essence of Naturopathy lies in bringing the mind, body and the soul in sync with the nature. By bringing into balance the natural forces of Earth, Water, Fire, Air, Ether and Mind, you can heal, revive, revitalize and rejuvenate to lead a healthier, happier and fuller life.



PREVENTION AND CURE

At Ananddham, you can find cure for several chronic health problems. Moreover, you can also reap the benefits of preventive health solutions for high risk conditions arising due to obesity, mental stress, recurring pain or aging.



TREATMENTS

At Ananddham nature cure, depending on the ailment you are being treated for, you get benefits of Naturopathy, Ayurvedic treatments, Physiotherapy, Customized Diet and Nutrition, Yoga, Pranayam, Acupressure, Acupuncture, various Massages, Herbal medicines and much more.



LIFE AT ANANDDHAM

Spread over 18 acres of serene landscape in Kharoi-Kutch, Ananddham enjoys a year round low humidity climate and pollution free environment under pristine bright blue skies, which aids in faster healing. The premise helps to put in order the nature element back in your life to gain perfect health and life force.



WE SPECIALIZE IN



DIABETES



OBESITY



ARTHRITIS



**CHRONIC KIDNEY
DISORDER**



HYPERTENSION



**RECURRING
PAIN**



STRESS RELIEF



ANTI AGING



**CARDIAC
CONDITIONS**



**AUTO IMMUNE
CONDITIONS**



PREPARING FOR ARRIVAL



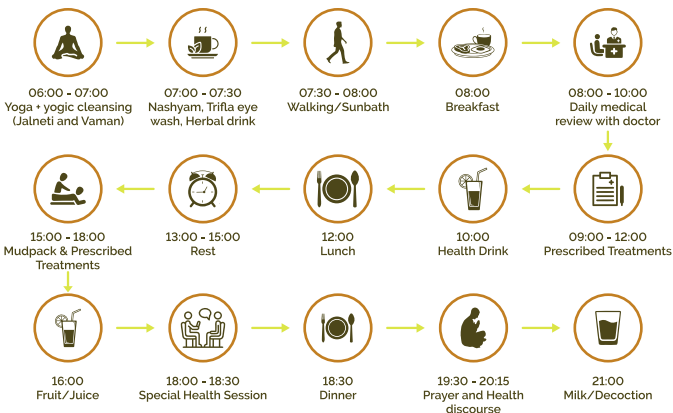
WHAT TO BRING ALONG **

- ✔ All medical reports, prescriptions, medicines, case history and documents related with the illness
- ✔ Comfortable clothes for yoga, light clothes for summer, warm clothes for winter, umbrella for monsoon, shorts / bermudas, personal usage items, slippers, walking shoes

FIRST DAY AT ANANDDHAM

- ✔ Accomodation selection and other formalities
- ✔ Consultation with the doctor & treatment planning
- ✔ Welcome Kit presented
- ✔ Campus tour and orientation
- ✔ Treatment begins

DAILY SCHEDULE



TREATMENTS



Yoga



Separate treatment sections for men and women



Hydrotherapy section



Panchkarma section



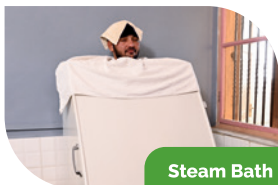
Massage section



Acupuncture and Magnet therapy



Physiotherapy section



Steam Bath



Mud bath area



FOOD & NUTRITION

Food plays a very important part in healing at Ananddham. We provide you natural and nutritious food. We plan customized diet for individuals as per their dietary needs to support healing process.

We use quality ingredients supported by our organic vegetable and fruit garden to serve best quality health food.



EXERCISE AND RECREATION



ACCOMMODATION

All the rooms are...

- ✔ Spacious (about 350 sq ft) with attached western toilets
- ✔ Laid out as Twin cottages built around large green courtyards
- ✔ Well ventilated and are provided with wire mesh windows and mosquito repellent
- ✔ Supplied with RO filtered drinking water, 24 hours water supply and 100% power back-up
- ✔ Connected with Intercom



DELUXE ROOMS

- ✔ Air conditioning & Room Heater
- ✔ LED TV with satellite channels
- ✔ Modern Furniture
- ✔ Luggage Trolley
- ✔ Study desk
- ✔ Spring Mattresses
- ✔ Hot Water Kettle
- ✔ Toiletries & Bath linen



Doctors stay on the campus and are available 24/7 for emergencies
(Tariffs for all the facilities are available on a separate tariff card)



ACCOMMODATION



SEMI DELUXE ROOMS

- ✔ LED TV with satellite channels
- ✔ Wooden Furniture
- ✔ Study desk
- ✔ Foam Mattresses
- ✔ Toiletries & Bath linen



SPECIAL ROOMS

- ✔ Comfortable beds
- ✔ Cotton mattresses
- ✔ Cupboard



Doctors stay on the campus and are available 24/7 for emergencies
(Tariffs for all the facilities are available on a separate tariff card)



TEAM



SANJAY SINGH
Director



SWATI SANGHVI
Director

Management Team

It is led by Sanjay Singh, an MBA from prestigious management Institute, IIM Ahmedabad. He has more than 2 decades of experience in Healthcare. He is supported by Swati Sanghvi, an able administrator and a team of very courteous staff.

We endeavour to make your stay at Ananddham, comfortable, fruitful, and homely. We make sure anybody coming here is cared well and feels part of extended Ananddham family.



Medical Team

Most of the medical team members of Ananddham were coached and trained under renowned Naturopath, Dr Jay Sanghvi and we follow his ethos of keeping patient's interest in the center of everything we do.

Our team helps people recover from various Chronic ailments using simple and safe Naturopathic and Ayurvedic treatments.

Team comprises of Naturopathy and Ayurveda doctors, ably supported by qualified Yogacharya, physiotherapist, and well trained team of therapists.



**IT IS EASY TO
REACH US**

AIRPORTS

Ahmedabad : 275 km

Rajkot : 170 km

Kandla : 60 km

Bhuj : 85 km

RAILWAY/

BUS STATIONS

Bhachau : 20 km

Samakhiali : 35 km

Gandhidham : 60 km

GPS CO-ORDINATES

23.45 N, 70.35 E

Pick up and Drop facility
available for all the above
mentioned places on paid basis



SCAN FOR LOCATION



SCAN FOR WEBSITE

Ananddham

Nature Cure Center

Kharoi, Bhachau - Kutch, Gujarat, India.

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