

Overview: Brief introduction to the Centre, its mission, and values:

Our Vision:

The Salmara Govinda Bhat Family Trust was established to honour and preserve the legacy of Late Smt. Krishnaveni and Shri Biliyar Govinda Bhat, affectionately known as Govinda Master. The trust is dedicated to maintaining the ancestral home and property in Kurkal village, Kaup taluka, Udupi district, Karnataka. This family house is a cherished heritage that the descendants of Shri Govinda Bhat aim to keep as a memorial to their ancestors. The descendants, who now reside in various countries, towns and cities, share a common vision to preserve their ancestral home as a unified family entity. Thus, the Salmara Govinda Bhat Family Trust, a discretionary family trust, was founded to uphold this vision.

Mission: Nurturing Legacy, Empowering Well-being

The mission of the Salmara Govinda Bhat Family Trust is to honor and preserve the legacy of Late Smt. Krishnaveni and Shri Biliyar Govinda Bhat by creating and sustaining a nurturing and supportive environment for senior citizens, while promoting holistic health and wellness through traditional Ayurvedic practices.

Our commitment is to:

- 1. Preserve Heritage:** Maintain and cherish the ancestral property as a memorial to our ancestors, fostering a sense of unity and continuity among family members.
- 2. Provide Quality Care:** Offer a safe, comfortable, and enriching living space for elders, ensuring their physical, emotional, and spiritual well-being.
- 3. Promote Wellness:** Deliver high-quality Ayurvedic healthcare services to both residents and the public, integrating traditional healing practices with modern facilities.
- 4. Support Community:** Engage with the local community by providing accessible healthcare and creating opportunities for interaction and support.
- 5. Uphold Values:** Operate with integrity, compassion, and respect, adhering to a pure vegetarian policy and fostering a culture of inclusiveness and care for all individuals above the age of 60.

Values of the Salmara Govinda Bhat Family Trust

- 1. Heritage Preservation:** Honor and maintain the ancestral home as a memorial to the legacy of Late Smt. Krishnaveni and Shri Biliyar Govinda Bhat, fostering a sense of continuity and unity among family members.
- 2. Compassionate Care:** Provide a safe, comfortable, and enriching environment for senior citizens, ensuring their physical, emotional, and spiritual well-being with kindness and respect.
- 3. Holistic Wellness:** Promote holistic health through traditional Ayurvedic practices, integrating modern facilities to offer comprehensive healthcare services to residents and the public.
- 4. Community Engagement:** Actively engage with the local community, offering accessible healthcare services and creating opportunities for interaction and support.
- 5. Integrity and Respect:** Operate with the highest standards of integrity, treating all individuals with respect and dignity, and adhering to ethical practices in all endeavors.
- 6. Inclusiveness:** Foster a culture of inclusiveness, welcoming all elders above the age of 60, and ensuring that the Ashraya Dhama and Ayurvedic Wellness Center are open and accessible to all members of the community.
- 7. Sustainability:** Commit to sustainable practices that preserve the environment and ensure the long-term viability of the trust's projects and initiatives.

Detailed story about Late Shri Biliyar Govinda Bhat, the ancestral home, and the creation of the Salmara Govinda Bhat Family Trust (History):

Shri Biliyar Govinda Bhat, affectionately known as Govinda Master, was a revered figure in the village of Kurkal, Kaup taluka, Udupi district, Karnataka. Born into a family that valued education and community service, Govinda Master dedicated his life to teaching and uplifting his community. His passion for education and his compassionate nature made him a beloved teacher and mentor, inspiring countless students throughout his career.

Govinda Master's ancestral home, Salmara House, became a symbol of the family's heritage and unity. The house, with its traditional architecture and expansive grounds, was a sanctuary of love, learning, and shared memories for the Bhat family.

To honour Govinda Master's legacy and preserve the ancestral home, his descendants established the Salmara Govinda Bhat Family Trust. The trust's first project, the Krishnaveni Ashraya Dhama, Abode for seniors, and Ayurvedic Wellness Centre, reflects Govinda Master's values of service and care. The Vriddhashram provides a nurturing environment for senior citizens, while the Ayurvedic Wellness Centre offers holistic healthcare to residents and the public.

Govinda Master's life and values continue to inspire his family and community, ensuring that his legacy of education, compassion, and service lives on.

Late in his life, Govinda Master often expressed his wish to preserve the ancestral home and the values it represented for future generations. He wanted Salmara House to continue to be a place where family members could gather, celebrate, and remember their roots. Following his passing, his descendants honoured his wish by establishing the Salmara Govinda Bhat Family Trust.

The trust was created with the goal of maintaining Salmara House as a memorial to Govinda Master and the family's ancestors. The trust's first major project, the Krishnaveni Ashraya Dhama, Abode for Seniors, and Ayurvedic Wellness Center, embodies Govinda Master's values of service and care for others. The Vriddhashram provides a nurturing environment for senior citizens, while the Ayurvedic Wellness Centre offers holistic healthcare to both residents and the public.

Location: Description of the center's location, proximity to beaches, and other local attractions:

The Krishnaveni Vriddhashram and Ayurvedic Wellness Centre are nestled in the peaceful village of Kurkal, Kaup taluka, Udupi district, Karnataka. Conveniently situated just 50 meters off the main Katapady Shirva Manchakal Road in Salmara, the centre enjoys easy accessibility. Its proximity to Udupi, only 12 kilometres away, and a short drive from Mangaluru Airport, make it a convenient destination for residents and visitors alike seeking holistic healthcare services.

Surrounded by lush greenery and within reach of scenic beaches such as Kapu, Mattu, Padubidri, and Malpe, the centre offers a tranquil setting for rejuvenation and healing. The serene ambiance, coupled with the cultural richness of the region, creates an ideal environment for relaxation and holistic wellness. Whether seeking respite from urban life or

embarking on a journey of self-discovery, the location of the centre provides the perfect backdrop for a transformative experience.

Public Access: Details on how the general public can avail of the wellness centre services:

The Krishnaveni Ashraya Dhama and Ayurvedic Wellness Centre warmly welcome members of the public to avail themselves of our holistic healthcare services. Here is how you can access our services:

1. Walk-ins and Appointments: Whether you're seeking Ayurvedic treatments, Panchakarma therapies, or consultation with our experienced doctors, you can simply walk into our centre during operational hours. Additionally, you can schedule appointments in advance to ensure timely access to our services.

2. Phone Reservations: If you prefer a more personal touch, you can also call our centre directly to make reservations or inquire about our services. Our friendly staff will assist you in scheduling appointments and answering any questions you may have.

At the Krishnaveni Ashraya Dhama and Ayurvedic Wellness Centre, we strive to make holistic healthcare accessible to all members of the community. Whether you're seeking relief from specific health concerns or simply aiming to enhance your overall well-being, we're here to support you on your wellness journey.

Facilities:

Krishnaveni Ashraya Dhama

- 1. Independent well appointed rooms.** The facility is available with independent single and double occupancy rooms, equipped with modern fittings and facility with a small kitchenette. The Airconditioning and TV will be provided at request.
- 2. Common Kitchen:** Enjoy the convenience of a common kitchen where nutritious and Ayurvedic meals are prepared, fostering a sense of community and ensuring that

residents and guests have access to wholesome food tailored to their dietary requirements.

3. **Dining Room:** Gather with fellow residents and guests in our spacious dining room, where delicious and healthful meals are served, promoting social interaction and fostering a sense of belonging within the community.
4. **Prayer Room:** Find solace and spiritual nourishment in our dedicated prayer room, where individuals can engage in personal reflection, meditation, and spiritual practices in a serene and tranquil setting.
5. **Office:** Our administrative office serves as the hub for coordinating appointments, managing inquiries, and facilitating smooth operations within the centre, ensuring that patients and visitors receive efficient and attentive service.
6. **Activity Areas:** Engage in leisure and recreational activities in our designated activity areas, where residents and guests can participate in yoga classes, cultural events, and other enriching activities designed to promote physical, mental, and emotional well-being.
7. **Jungle track:** Surrounded by green vegetation and pollution free environment, the property has a vast expanse of vegetation with a track in jungle, where one can relax.

Ayurvedic Wellness Centre

1. **Treatment Rooms:** Our center boasts spacious and well-equipped treatment rooms where patients can receive various Ayurvedic therapies and treatments in a serene and comfortable environment.
2. **Panchakarma Facilities:** We offer traditional Panchakarma treatments in dedicated facilities administered under the supervision of experienced practitioners.
3. **Massage Therapy Rooms:** Relax and rejuvenate in our massage therapy rooms, where skilled therapists provide personalized massages using herbal oils and techniques tailored to your specific needs.
4. **Consultation Rooms:** Meet with our experienced Ayurvedic doctors in private consultation rooms to discuss your health concerns, receive personalized treatment plans, and gain valuable insights into holistic wellness practices.
5. **Pharmacy:** Our on-site pharmacy stocks a wide range of Ayurvedic medicines, herbal supplements, oils, and wellness products prescribed by our doctors, ensuring convenient access to high-quality remedies for your health needs.