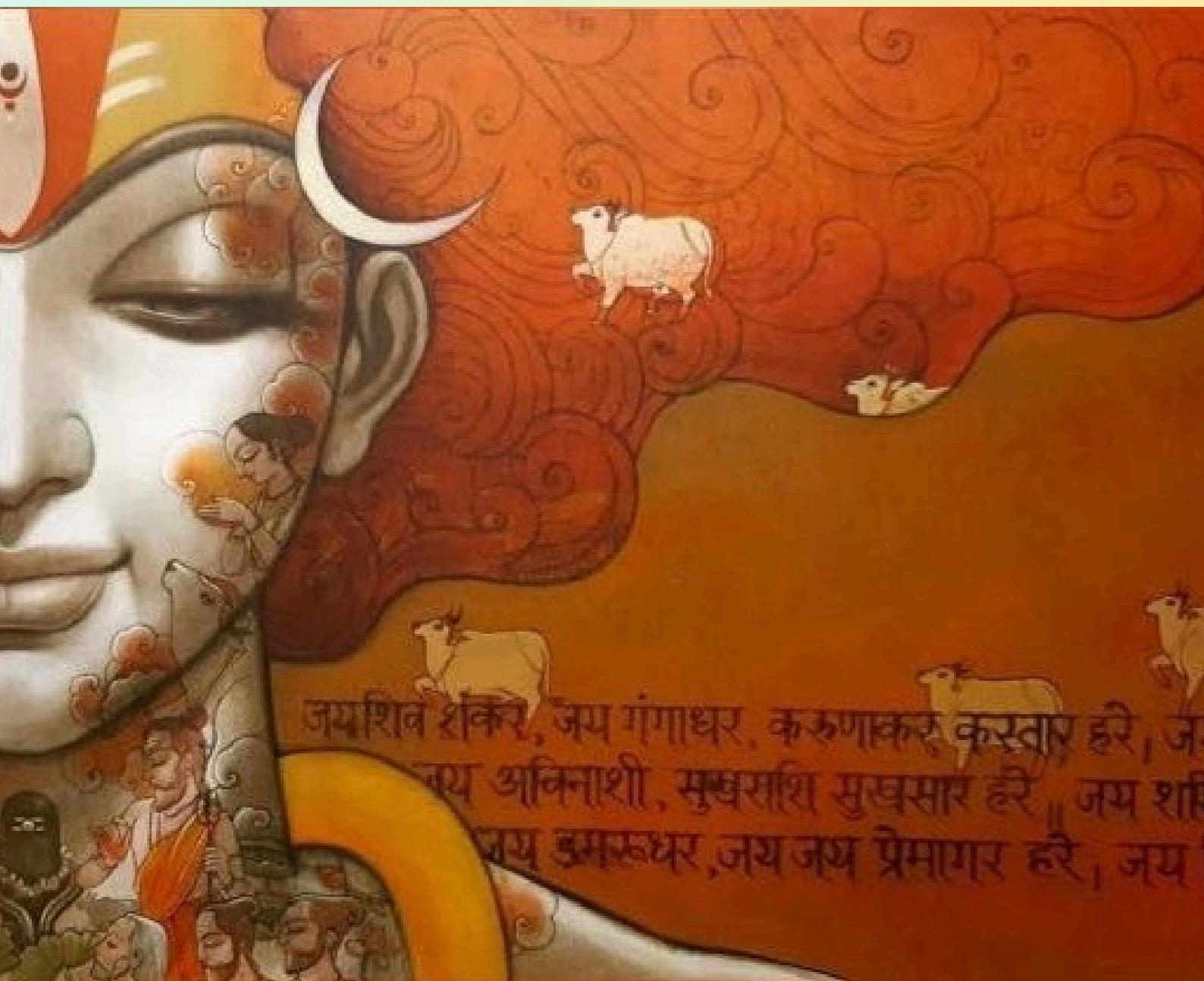




poornaposhhanam foundation प्रज्ञानं ब्रह्म



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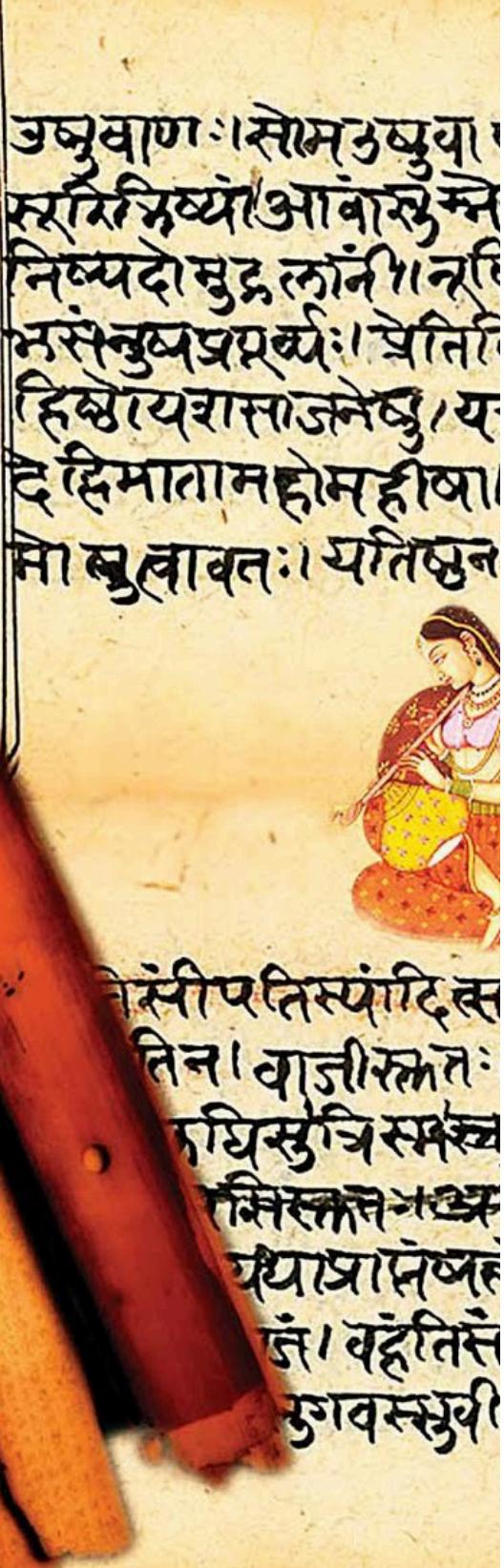
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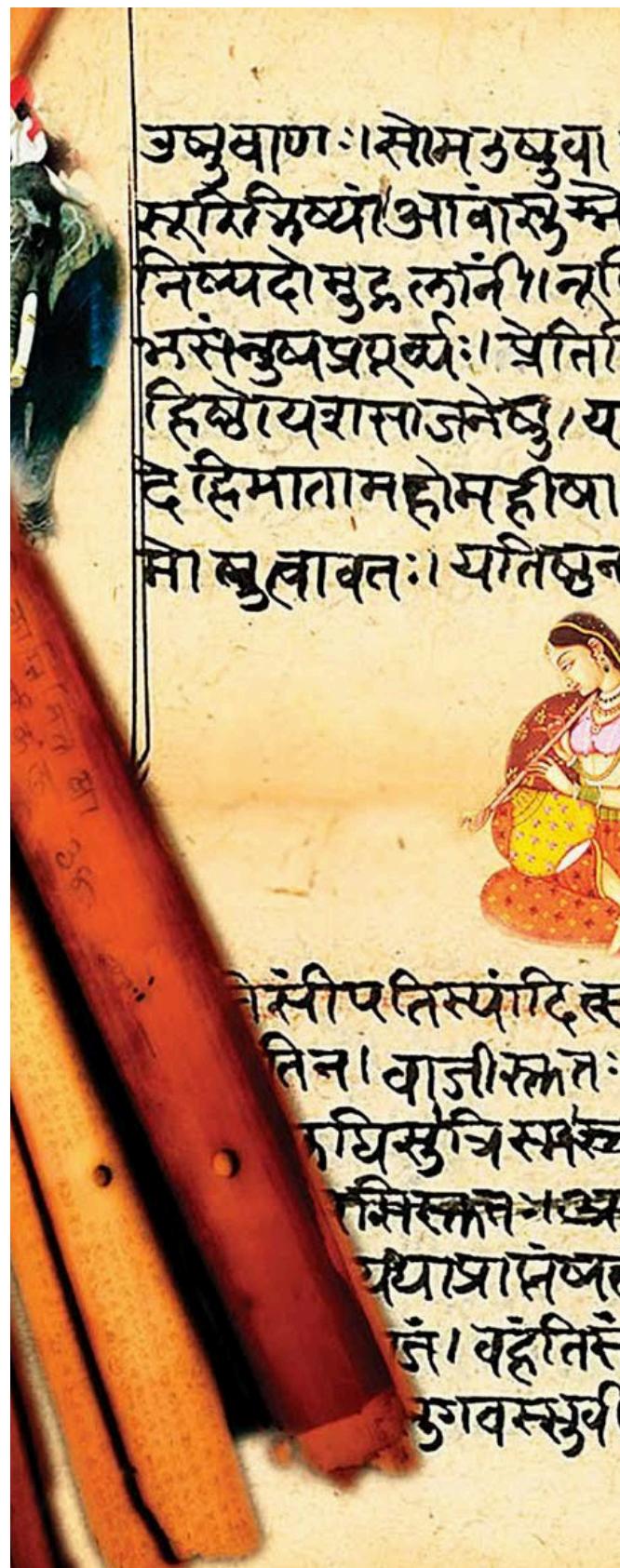
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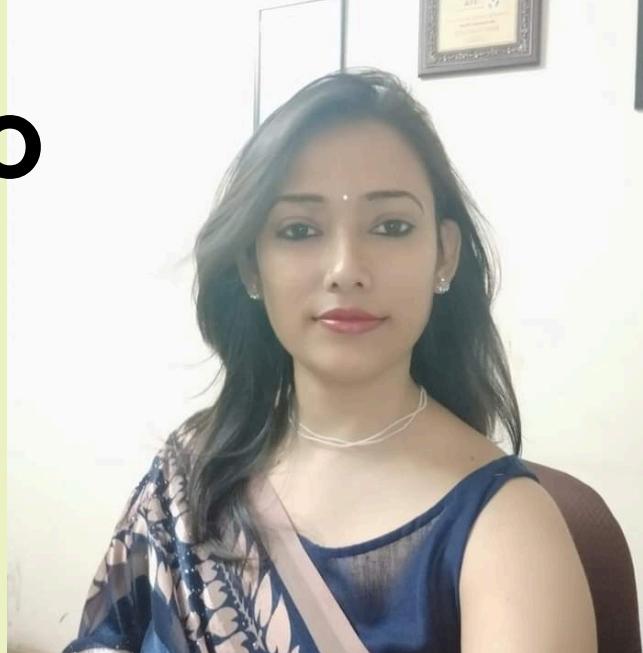


FOUNDER - & - CEO

श्री गणेश.....

As a Founder – CEO I feel pleased to welcome you all in Poornaposhhanam Foundation.

Poornaposhhanam Foundation believes in Prajñānam Brahma (a mahākāvya of Aitareya Upanishad of Rigveda), which means knowledge is the eye, path and foundation for the attainment of self, consciousness and ultimate & higher truth. In simple words it can be said that knowledge is brahma (the true, ultimate & omnipresent truth).



The inception of Poornaposhhanam Foundation and bringing it to reality was not an easy thing for me, especially in the era of AI, fast-moving technology and when the Bharat (which is now India) is undergoing a sensitive phase of dramatic cultural and nutritional shift and transition.

In my life experiences, I found that knowledge is far different from just a piece of information. Now in the times, when Bharat is re-growing as global leader we Poornaposhhanam Foundation is work for the effective and strongly rooted re-establishment of deep-rooted culture and ancient & vedic knowledge system in various fields from human sciences to societal system to cosmology, along with identifying, recognizing, addressing, nurturing, the challenges of modern post-pandemic era to make lives of people, households and global communities poorna poshit.

Though we are young but have been able to touch people & communities with strong impact with our outstanding and practically applicable & scientifically driven vision, knowledge and practices. We have a profoundly experienced and crisp team which work with dedication, focused vision and resilience. Along with academics & trainings, people with us experience productive and mentally upgrading environment which proves effective & sustainable to themselves, environment and for future positive settlements.

Poornaposhhanam Foundation scouts out-of-box and present & future positive scientific & applicable ancient knowledge system from various parts of Bharat and record the valuable innovations, highlighting their impact on local, national and global communities and their sustainable growth & development.

Poornaposhhanam Foundation is continuing its journey with deep commitment on strong foundation of scientific work and dedicated efforts for sanatan knowledge system for driving impactful social, academic, nourishing and sustainable changes. We work collectively to realize and reflect the vision of Poornaposhhanam Foundation and celebrate and practice the completely nourishing sanatan across nation and globe.

Dr Knishka Siinigh



DIRECTOR

Namaste to all

“वेदोऽखिलो धर्ममूलं स्मृतिशीले च तद्विदम्।
आचारश्वैव साधुनामात्मनस्तुतिरेव च ॥”

Welcome to Poornaposhhanam Foundation – Pragyanam Bhram, an organization which is unique and diverse which focuses on poorna poshhnam i.e. complete nourishment, of body, mind and soul of individuals, community, society and complete humankind and living beings.

In the era of modern science and artificial intelligence making impressive strides in most of the domains, it is essential to understand, absorb and practice the ancient and vedic knowledge, and blend ancient & vedic sciences with recent advanced scientific temperament to enhance the biodiversity, humankind, culture & lifestyle and upcoming generations in all possible ways. At Poornaposhhanam Foundation, we strive to cultivate scientific approach, creativity, re-rooting culture, ancient & vedic sciences, foster collaborations for collective enhancement of people, and drive impactful change through ancient & vedic knowledges & practices intricately and indispensably blended with innovation and modern sciences from daily lives to global communities for sustainable present and future.

Our foundation works with holistic and interdisciplinary work approach and offers various courses, trainings, internships, workshops, etc. and has a dedicated section for research and development intended to cater and bring unique, future-focused and sustainably greater exposure in nutrition and spirituality for the people across globe. Poornaposhhanam Foundation is the first not-for-profit organization which brought Aerospace Nutrition and Cosmology connecting food, nutrition and spirituality by understanding human dynamics and vedic knowledge & practices.

Being a scientific-temperament driven organization since inception of Poornaposhhanam we work dedicatedly with an unwavering commitment to empower communities from grassroot levels across nation and beyond boundaries. Poornaposhhanam Foundation is bringing projects and initiatives which can be joined by everyone. Starting with regular Ved-Parayan & various rituals & vedic practices to practical exposure to understand human body biomechanics & dynamics like in sports nutrition & space nutrition we are spreading out-of-the-box thinking and think tanks to promote innovations rooted with Indian knowledge system.

As a director of Poornaposhhanam Foundation, I take this opportunity to extend my personal invitation to all stakeholders to explore our initiatives, connect and work with our network, and join us for cultivating, developing and practicing consciousness for positive and productive growth and development, as it is my strong conviction that together we can re-root culture and transform ideas into applicable, meaningful and impactful realities.

Acharya Shiv Shivam

WHO WE ARE

Poornaposhhanam Foundation is a non-profit research-driven organization and was established in 2024 in the versatile state and Mahadev's own land of Uttar Pradesh (Bharat). It is focused, committed and dedicated to work in creating, developing and promoting holistic health and sustainable agriculture & environment through integrating and creating a unique indispensable blend of nutrition and spirituality by all possible effective means for people of Bharat and across globe. By emphasizing on nutrition and ancient & vedic sciences, the foundation aims to create, develop and spread knowledge, attitude and practices healthful to combat with ongoing health & nutritional challenges and steep spiritual decline & deprivation in people's lives and global society.

Foundation's activities and initiatives not only focuses on immediate needs, rather it also aims to foster sustainable nutritional and spiritual practices and lifestyles that nurture body, mind and soul, ultimately striving for healthier, more resilient and mind positive society. Through conduction various activities, researches, outreach & educational programs and initiatives, Poornaposhhanam stimulates & cultivates a deeper understanding and practical applicability of how spiritual practices, such as mindfulness & meditation, etc., can strengthen & escalate nutritional choices, health & well-being and vice-versa. By bridging the gap knowledge, attitude and practices in healthful nutrition and spiritual growth, the Poornaposhhanam Foundation seeks to empower individuals and communities to lead balance, fulfilling lives rooted in health, harmony and conscious living.

HISTORY & BACKGROUND

The founding stone of Poornaposhhanam Foundation was laid back in 2019, and with the passage of time with strenuous efforts the visible figure of the foundation came into visibility in 2022 and finally was built in 2024 with a crisp, strong and dedicated team. Poornaposhhanam foundation has its roots deeply embedded in the dual realms of nutrition & spirituality emerged from ancient sanatan culture of Bharat, aiming to foster holistic well-being and spiritually uplifted and stronger individuals and communities.

Established with a clear vision to improve nutritional status and promoting sustainably positive lifestyle, the foundation recognizes the physical, mental, sexual, social & workplace health intricately linked with spiritual growth & wellness. Foundation's inception was inspired by the belief that by integrating cultural diet & nutritional knowledge & practices along with modern sciences and spiritual & scientific teachings of vedas and other shastras & ancient texts, comprehensive approach for nurturing body, mind & souls in these modern times can be sustainably achieved. This unique perspective is informed by a rich tapestry of culture and historical influences, drawing from ancient wisdom of Bharat that emphasizes the importance of Poorna (Complete) Poshanam (nourishment) for body and soul.

Over the time period, the foundation has engaged in various activities, researches, initiatives and much more, intended to embody POORNA POSHAN through education and practices of positive nutrition and spiritual & vedic knowledge & practices. The foundation's these ideals can be clearly seen and reflected in pronounced ways in all its activities. Through its ongoing efforts, the foundation will continue to inspire and engage its efforts towards true nourishment through complete nutrition and spiritual dimensions.

OUR VISION

Poornaposhhanam Foundation envisages a holistic approach that blends and intertwines the principles and practices of nutrition and spirituality. Our foundation clearly visions and aims to promote comprehensive and scientific understanding of well-being, emphasizing the importance of rightly nourishing the body, while instigating and spiritual growth and positive awareness. Following are the foundation vision –

- To empower individuals & communities to gain harmonious existence.
- By promoting right knowledge, attitude & practices, the foundation seeks to empower individuals and communities to make informed choices & decisions that enhance their physical health & spiritual upliftment.
- The foundation aspires to create and develop nurturing environment where the synergy of nutrition and spirituality can flourish, leading to healthy, positive and productive life for all.

OUR MISSION

- To Promote holistic health, nutrition and wellbeing.
- To create, develop and spread adequate ancient, vedic and spiritual knowledge & practices.
- To recognize and implement interconnectedness of health, nutrition and ancient spiritual practices.
- To implement 5 P's strategy i.e. People, Philosophy, product, Process and Performance, in all research & development, activities and initiatives.
- To emphasize right and scientific nutritional and spiritual knowledge and practices, that complement with sustainable lives and biodiversity & human development.

OBJECTIVES

- To promote and conduct various activities for health, WASH, food, nutrition, vedic & Indian knowledge system, and ancient sciences like – astrology, vastu shastra, energy healings, environment, etc.
- To establish centers to support and promote spiritual health & wellbeing.
- To conduct researches and development works to promote health, food, nutrition, vedic education and practices.
- To provide training, internships, etc. to for skill development and empowerment for all, particularly for women, girl child, single parent, and other unprivileged groups of community.
- To conduct various research and development programs and activities to support & enhance scientific temperament & practices.
- To promote digital literacy.
- To develop good craftsmanship, and self-reliant & empowering skills.
- To promote clean & green energy for sustainability.

WORKING AREAS

- Aerospace & Defence Sciences
- Ancient & Vedic Sciences and Culture
- Astrology & Cosmology
- Agriculture
- Clinical & Therapeutics
- Environment
- Extension & Outreach
- Food & Nutrition
- Mental Health
- Research & Development
- Sexual & Relationship Health
- Skill Development, Training & Empowerment

POORNAPOSHHANAM GURUKULAM

Poornaposhhanam Foundation's one of the main aims is to incorporate and promote logical, critical and scientific temperament.

Departments

- Department of Aerospace & Defence Studies
- Department of Ancient & Vedic Sciences
- Department of Clinical & Therapeutic Sciences
- Department of Educational Outreach & Cultural Studies
- Department of Food, Nutrition, Environment & Agricultural Sciences
- Department of Research & Development
- Department of Sexual & Mental Health Studies
- Department of Skill Development, Training & Empowerment

Courses

- Certificate Course in Space Nutrition
- Certificate Course in Sports Nutrition – Level 1
- Certificate Course in Bioenergetics in Sports Nutrition – Level 2
- Certificate Course in Introduction to Environmental Nutrition
- Certificate Course in Microplastic and Human Health
- Certificate in Introduction to Food & Nutrition Security
- Certificate Course in Herbal Healing
- Certificate Course in Community Nutrition & Population Health
- Certificate Course in Preschool Nutrition
- Certificate Course in Society & Social Determinants of Health
- Certificate Course in Yogic Nutrition
- Certificate Course in Nutrition & Health Assessment Methods
- Certificate Course in Food Enrichment & Nutrient Fortification
- Certificate Course in Introduction to Research Methodology
- Short-Term Certificate Course in Preconception Nutrition
- Short-Term Certificate Course in Food Product Development

POORNAPOSHHANAM GURUKULAM

Trainings

- 4-Days Training in Mind Altering Food Additives - How Food Additives Affects Brain & Behavior
- 1 Week Hands – on – Training in Nutrition Assessment Methods & Techniques
- 5 days Training on Research Methodology & Data Collection Techniques in Population Studies
- Short-Term Training Food & Nutrition Secure Health Disaster: Community Level Training
- 5 Days Online Training on Sustainable Food System Development
- 1 Day Training on Food Enrichment & Food Adulteration
- 1 Day Hands-on-Training on Food Hygiene for Food Handlers

Internships

- **Internships Duration:** 45 days, 3 months, 6 months and 11 months internships are available in Following areas under Poornaposhhanam Foundation
- **Mode of Internships:** Both Online/ Work-From-Home and Offline/ In-House Internships are available (Availability of seats may vary)

INTERNSHIPS AREAS

- Human Food & Nutrition
- Clinical & Therapeutic Nutrition
- Social & Community Sciences
- Health & Nutrition Communication & Extension
- Food Product Development
- Public Health & Population Studies
- Research & Development
- Water, Sanitation & Hygiene (WASH)
- Resource Management & Green Environment
- Ancient & Vedic Sciences

Other Services Available

In Health Services

- Diet & Nutrition Therapeutic Consultation (for lifestyle diseases, general physical fitness, etc._
- Relationship Counselling, Career Counselling and Personal Guidance

In Vedic & Ancient Sciences Services

- Astrological Consultation, Kundali Making
- Vastu Shastra Consultations and Visits
- Vedic Karmakand (Pujan - Yagya),
- Vedic Mantra Chanting and Spiritual Chanting
- Veda-Puran Parayan, Rudrabhishek, Mahamritunjay and other Jap
- Shrimad Bhagwad Katha

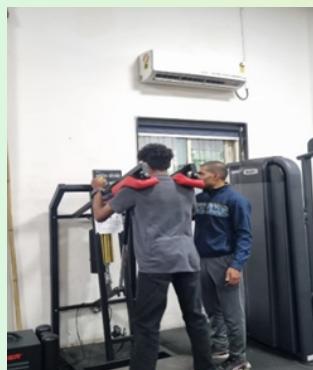
OUR ACTIVITIES



Maa Lalita Shahatrarchan at Lolark Kund, Mahishasur Mardini Temple, Varanasi - Oct. 2024

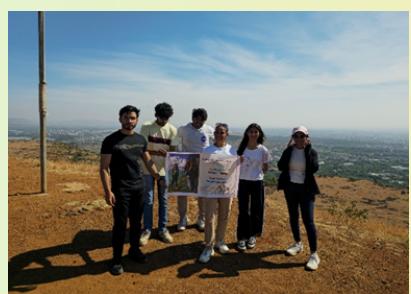


Deep Prajwalan at Dev Deepavali at Varanasi Ghats - 2024



SAI Visit (Chh. Sambhajinagar) to Promote Scientific & Right Knowledge of Sports Nutrition & Sciences

OUR ACTIVITIES



Mountain Hiking Initiative to Promote Sports Specific Heath & Fitness with Fun among Youth - 2024

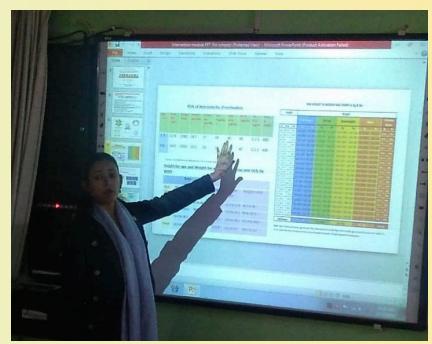
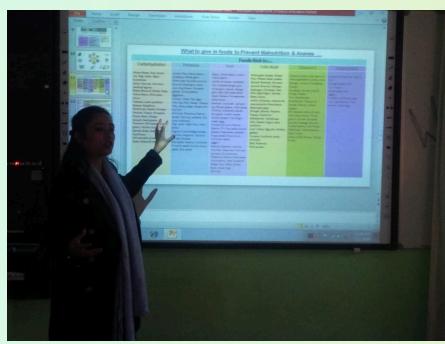
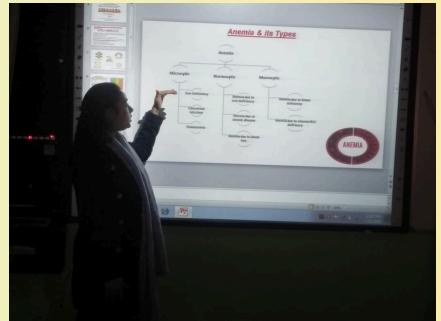
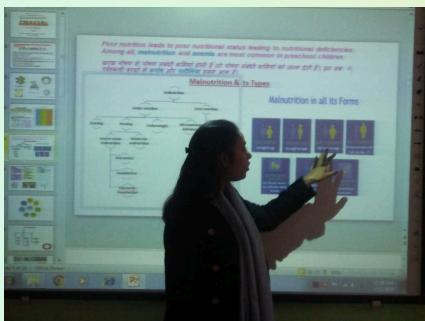


Ved Parayan by Rigveda, Shukla Yajurveda, Samveda and Atharva Veda Expert - 2024



Bagwani With Gurukul - Workshop on Ayurvedic Nutrition and Distribution of Educational Study Material To Support Vedic Education Among Young Children - 2025

OUR ACTIVITIES



Hands-on-Training and Awareness Program Conducted in Schools of Delhi-NCR on “ Prevention & Management of Malnutrition & Anemia in Young Children” - 2025

UPCOMING PROJECTS

- **Projects on Nutrition and Epidemiology**
- **Projects of Ancient and Vedic Sciences**
- **Awareness Programs**
- **Various Research Projects on Alternative Medicine**

OUR INITIATIVES

- **SNEP**
- **EQUIP**

SOCIAL IMPACT

In a very short period of time since 2024 Poornaposhhanam Foundation impacted the mind, efforts and initiatives inside many lives towards nutrition and vedic & spiritual sciences and had created a much broader vision and understanding of them and their impacts.

| <u>Health, Food & Nutrition</u> | <u>Vedic & Spiritual Sciences</u> | <u>Extension & Outreach</u> | <u>R&D and Publications</u> |
|---|---|--|---|
| <ul style="list-style-type: none">▪ Launch of India's specialized Certificate course in Space Nutrition focusing on aerospace & aviation nutrition with 1 batch successfully passed out.▪ Started Certificate course in Sports Nutrition education with 1 batch successfully passed out.▪ Impacted 2 Schools with 200 + children of 3 - 6 yrs. of age and 15+ teaching staff for improved diagnosis of nutritional issues, malnutrition and anemia prevention & mgmt. | <ul style="list-style-type: none">• Quarterly veda parayan to promote vedic recitation and public audio learning of vedas by youth.• Launch of Project - VEDAS as initiative for bringing vedic and Indian knowledge system in daily life practices for all. | <ul style="list-style-type: none">▪ Mountain hiking initiative to promote sports specific health in youth and develop humanistic approach towards collaborative efforts. | <ul style="list-style-type: none">▪ Collaborated with 6 research journals for scientific publications |

COLLABORATIONS & PARTNERSHIP

- **Independent Collaborator**



Ms. Arpi Shah
Mumbai (India)

- **Partners in Research and Publications**



Vexido Publications



NUTRA - Journal of Food
Science & Technology



MEDIVISTA - Journal of
Medical & Health Science



CONSUMERA

- **Organizational Collaborators**



SUSTAINA - Global Environmental
Governance & Sustainability



EDUFORGE - Future Trends in
Educational Innovation

OUR RESEARCH ACHIEVEMENTS & PUBLICATIONS

- Research paper presented on "**Cosmology, Human Body & Existence: Nutritional and Sustainability Approach**" at **International Sanskrit Conference (ISC- 2024)** at New Delhi by Head – Dept. of R&D, Poornaposhhanam Foundation
- Research Paper on "**Traditional Flatbreads of Maharashtra: Uniqueness, health and Nutritional Significance**" - Paper Communicated

FUNDING STRATEGIES

Currently organization is working on self-funded financial framework. Soon fund raising strategy framework will be applied for generating funds for more effective and productive team work and output.

Major Fund Raising Framework will Include -

- Courses & trainings programs
- Memberships (various categories are available to avail benefits)
- Special fund raising events
- Collaborations with freelancers, companies, institutions, independent collaborators, etc.
- Research & development and other collaborations
- Donors & Volunteering
- Camps & public lectures
- Social media
- Philanthropic work

UPCOMING EVENTS

- **Official launch of following in 2025 -**
 1. **PPF official scientific publication**
- Regular Veda Parayan
- Nutrition & Lifestyle Diseases Assessment Camps
- New batches admission opening for certificate courses in Space Nutrition and Sports Nutrition (Level 1)
- **Upcoming New certificate courses in 2025** - Preconception Nutrition, Introduction to Research Methodology, etc.
- **Upcoming Training Programs in 2025** - 5 training programs and workshops will soon be started in 2025.

TESTIMONIALS

I have recently joined this wonderful organization PPF and now officially collaborating with it with a motive to spread knowledge, mentor students and develop more right knowledge equipped youth. My clear idea is to give high social impact through right and scientific knowledge. My passion for teaching and mentoring drove me to join PPF, as I found it as young yet strongly impactful organization promoting and developing advance nutrition knowledge and widening the horizons of nutrition understanding at higher levels.

Arpi Shah

Poornaposhhanam, whose name itself has the objective of nourishment, is working towards providing complete nourishment to that tree of knowledge. Vedas are the most profound, most ancient and important source of knowledge not only in India but in the entire world and is dedicated to the work of its preservation and promotion and for the complete nourishment of the Vedas. Poornaposhhanam Foundation has been organizing such events in the past as well and we extend our best wishes for the future as well, that they keep serving the Vedas in this way. Working with Poornaposhhanam Foundation gives birth to a wonderful energy. Thank you.

Acharya Mohan Dubey
Founder - Raj Rajeshwari Pathshala

It is a matter of great joy that along with propagating the Vedas through programs like Chaturveda Parayan, Poornaposhhanam Foundation is also working to bring the scientific aspect of the Vedas to the society through research and is connecting modern society with culture and Vedas, which is highly commendable. We thank and wish Poornaposhhanam Foundation for such work and also assure to always provide support in the good work of the Foundation.

Dr Sudhanshu Tiwari
Secretary - Mahamanna Malviya Foundation

STUDENT'S FEEDBACK FOR COURSES

For Space Nutrition Course



उष्मुवाणः। सोमेतुष्मुवा णः।
स्मृदिभिष्यो। आवास्तुम्नेवीर्ग
निष्पदो मुद्रलानी। नष्टिर्ग
भस्तुष्मप्रयर्थः। येतिकिं।
हिष्ठोयरासाजनेष्ठु। यशसे
दहिमातामहोमहीया। विर
मो लुतावतः। यतिष्ठुन। वि



नेसीपतिस्पंदितस्ति
तिन। वाजीरुतः। वरं
ग्निसुचिस्मरकहि
राजिस्तत्त्वभव्यमो
यथाप्राप्नेष्वत्यु
ज्ञ। वहेतिस्ति॥
कुवस्तुवीरः।

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ACCOUNT DETAILS

HOLDER'S NAME: POORNAPOSHHANAM FOUNDATION
BANK NAME: HDFC BANK
ACCOUNT NO.: 50200109979083
IFSC CODE: HDFC0001465
MICR CODE: 221240004
BRANCH NAME: VARANASI, LUXA ROAD (U.P.)

**WE TEACH
WE TRAIN
WE PRACTICE
WE RESEARCH
WE NOURISH
WE EQUIP
POORNAPOSHHANAM**

DR KNISHKA SIINGH