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उत्तराखण्ड राज्य  
GOVT OF  
UTTARAKHAND

ORGANISED BY



WORLD  
AYURVEDA  
FOUNDATION

AN INITIATIVE OF VISHVA AYURVEDA

# 10<sup>th</sup> WORLD AYURVEDA CONGRESS & AROGYA EXPO



12-15  
DEC 2024

DIGITAL HEALTH  
AN AYURVEDA PERSPECTIVE



DEHRADUN  
UTTARAKHAND

## CIRCULAR 2

SPECIAL ATTENTION DELEGATES & INVITEES  
*Welcome to Dehradun, abode of the Gods, Devbhoomi in every way...*



ESTD. 1902  
Kottakkal  
ayurveda

INSTITUTIONAL PATRONS



ASHTAVAIDYAN THAIKKATTU MOOSS  
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## Some important information:

1. WEATHER Dehradun: Day temperatures range from 7C in the morning to a high of 18C – 21C and thereafter post 3PM are subject to light precipitation and a fast drop to 8C – 11C. Which only means adequate and complete warm clothing is the need for every DELEGATE, especially friends of Ayurveda making their way from Southern parts of India and warmer origins from around the world.

Advise – cover the head from light wind chill factor, light thermals and adequate coat/woolens are a must.

All are requested to carry warm clothing from their own experience in dealing with cold weather, given above temperatures and their own Prakriti.

2. DAYLIGHT HOURS: Sunrise 06.30 AM and Sunset 05.45 PM.

3. FOOTWEAR: Parade Ground and adjacent Smart City Grounds are large spread-out areas. Be sure to adorn comfortable footwear for extensive walking from Hall to Hall.

4. PROGRAMME: Updates to Programme are a continuous challenge when perceived from a minute standpoint. You have your DELEGATE and INVITEE Dashboards, please always refer to the same when planning the Session, Hall, Poster and Speaker attendance for self. You are once again advised to familiar yourself with the Campus layout for effective and minimal travel route. A planned day is a full day.

Again, the PROGRAMME GUIDE is available only in Digital format on your Dashboard and is enabled for PDF download.

5. REGISTRATION: All DELEGATE Registration is open as on 11AM, 11th December 2024. Please be sure to approach the Registration Gates with your assigned QR Code as a DELEGATE or INVITEE.

6. HYDRATION: Do carry your own Water Bottle and get it replenished at the many Water dispensers around the campus. Location of the Toilet facilities on Campus have been marked on the layout, please study the same.

Look forward to welcoming you in Dehradun and with Best wishes,

**Organising Committee**

**10th World Ayurveda Congress & AROGYA Expo, 2024**