

# Prajna Kuteera – Profile

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**Prajna Kuteera**, a unique centre for Ayurveda, Panchakarma and Rejuvenation, the brainchild of **Dr. N. V. Krishnamurthy** & his spouse **Dr. Poornima Krishnamurthy**, was founded in the year 1990, under the umbrella of its parent organization, Swami Vivekananda Research Institute of Medical Sciences and Rural Development Centre [SVRIMS & RDC], a non-profit organization, Registered under the Ministry of Health and Family Affairs, Government of India.

Its sister concern Abhijna International Academy of Ayurveda & Yoga has also been promoting these two traditional sciences, for well over two decades now. Whilst, Prajna Kuteera is for therapeutics in Ayurveda & Yoga, Abhijna International Academy is into Academics and Research.

The centre also serves as a platform to the **Global Alliance of Traditional Health Systems [GATHS]**, **India and the Mind Body Spirit Society of India [MBSSI]**, India.

The centre is located in Kergalli on the countryside, about 8 Kms from the serene city of Mysore, in picturesque surroundings. Amidst Vedic chants, the Ayurveda therapies and Yoga sessions bring about the inner calmness and rejuvenation of the mind & body. The centre offers treatment packages in Ayurveda, Panchakarma and Rejuvenative therapies coupled with therapeutic Yoga.

## About our Logo

**‘Prajnanam Brahma (Brahman is knowledge)’**



The letters, **V P K** on the logo denote the **Tridoshas – Vata, Pitta & Kapha** and their respective colours; the harmony of the mind, body and consciousness is depicted by the **Shatchakras** and the two **Nadis (Ida & Pingala)**; the wavy waters are symbolic of Karma; the lotus of **Bhakti**; the rising sun of **Jnana** and the encircling serpent of Yoga and the awakened **Kundalini**, of Shakti. **The Pranava or AUM**, the sacred syllable or the primal sound that existed before creation, symbolizes and embodies **Brahman** – the absolute reality. To sum up, by the union of Karma, Bhakti and Jnana Yoga, one can attain Liberation.