



NAVJIVAN
NATURE CURE



The Birth of Navjivan



The Estate & Our Vision



**Our Philosophy &
Approach**



Main areas of Expertise



Holistic Therapies



**Your Journey with Us &
Our Promise**



Dinacharya



Healing Stay



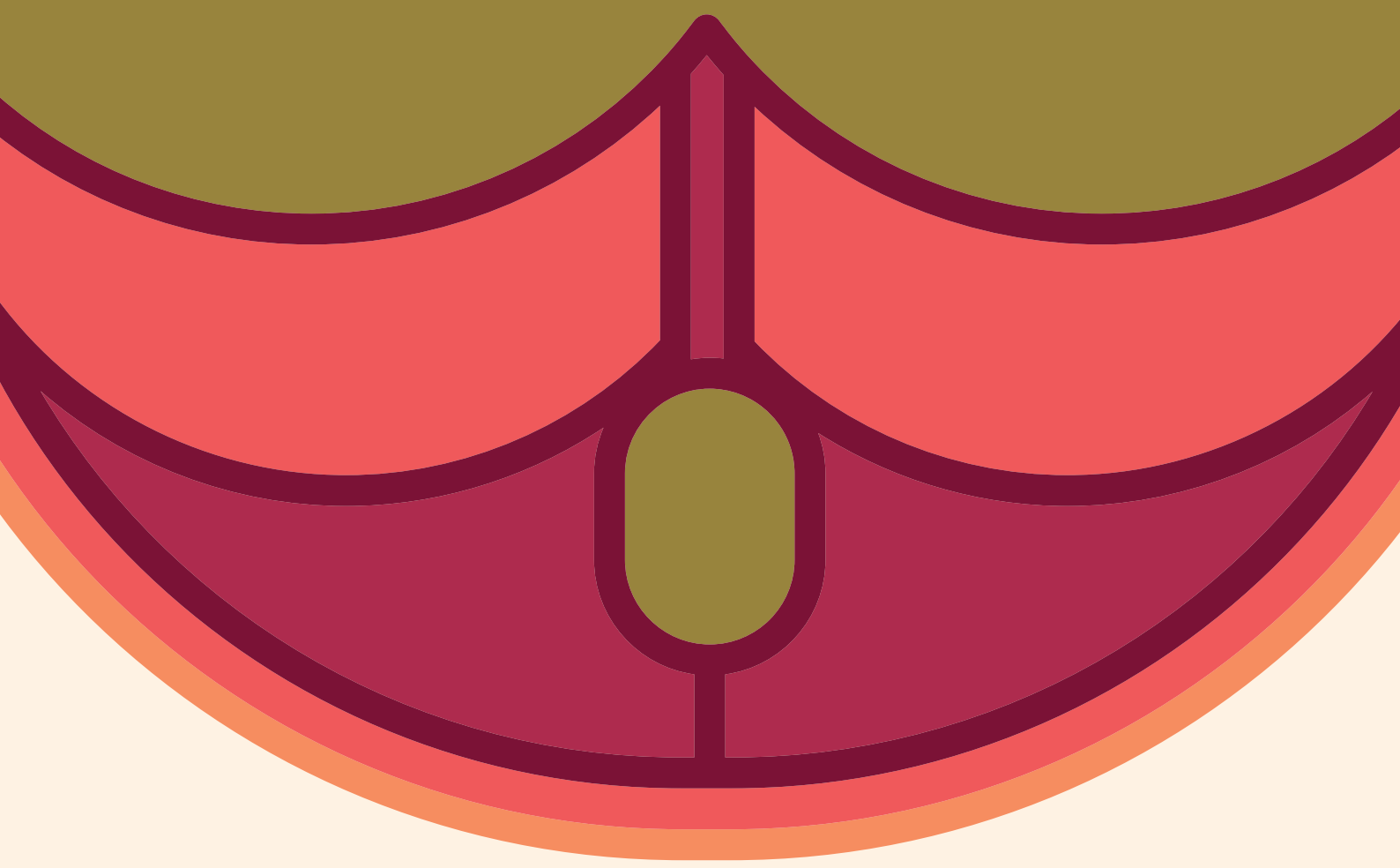
What to pack



How to get here

The Story of Navjivan Nature Cure





The Birth of Navjivan

Every journey begins with a moment that changes everything.

Our beloved mother, Mrs. Maniben Ramniklal Chhadva, had long suffered from severe arthritis. Watching her endure pain despite countless treatments was heartbreaking. Then, by nature's grace, that moment of change arrived in 1995, when we discovered naturopathy - a path of healing rooted in simplicity, balance, and the body's innate wisdom to restore itself.

Through nature's gentle touch, we saw her regain strength, peace, and joy. What began as her healing soon became our family's mission - to help others find the same harmony between body, mind, and nature.

From that turning point of faith, Navjivan Nature Cure Centre was born amidst the peaceful landscapes of Kutch in the year 2000 - a sanctuary created with love and guided by nature's wisdom.

In January 2001, when the Kutch earthquake struck, it felt like a pause in our journey, but not an end. Nature had her own plans. That moment tested our resilience & deepened our purpose.

By the end of the same year, Navjivan rose again - stronger, more rooted, and more aligned with the rhythm of the earth itself.

Our father, Mr. Ramniklal Chhadva, dedicated his life to this purpose with unwavering faith and compassion.

Today, we his sons Jatin and Vinay, and daughter-in-law Raksha, lovingly carry this vision forward - ensuring that Navjivan continues to heal with the same love that once healed our mother.

The Estate

The living heart of Navjivan

Spread across 14 acres of tranquility within a 200-acre sanctuary, Navjivan rests in the gentle embrace of Kutch's timeless landscape. Two natural lakes shimmer nearby, nourishing fertile farmlands where fruits, vegetables, and grains flourish organically - a reflection of our philosophy of purity and self-sufficiency.

At its heart stands a dedicated gaushala of 75 Gir cows, symbolising compassion, balance, and our deep-rooted connection with all living beings.

The estate unfolds like a living tapestry - a lakeside promenade for reflection, a lush farm for mindful cultivation, a quiet library for contemplative reading, a vibrant game zone for recreation, and sunlit courtyards that echo with warmth and laughter. Every space invites renewal - of body, mind and spirit.

Crafted from locally quarried Kutch stone and adorned with restored vintage furniture in graceful Art Deco style, Navjivan blends tradition with refinement. Solar energy, sustainable materials, and eco-conscious design ensure that luxury & responsibility exist in perfect harmony.

Maintained with the highest standards of hygiene, care, and comfort, Navjivan stands as a sanctuary of elegance and wellbeing - where simplicity wears the grace of royalty, and nature herself feels at home.



Our Vision

Having served thousands of health gainers over the years, we remain devoted to restoring faith in the body's self-healing power and nurturing wellbeing through compassion and balance.

We believe that real healing begins with nature & thrives on love, care & simplicity.

At Navjivan, healing is not a service - it is our way of life.



Our Philosophy

For us, every person is seen as family. Healing here is not just a treatment - it's an act of love, care, and compassion.

This place is not a business; it is a heartfelt tribute to our mother, whose healing inspired us to create this sanctuary. What began as love for her has grown into a mission to serve humanity with dignity and devotion.

We do not advertise. Our strength lies in transformation we witness daily. The trust, gratitude, & renewed lives of our health gainers speak louder than any words.

At Navjivan, every story of healing becomes our greatest ambassador, carrying forward the message that true wellness is born from the heart.

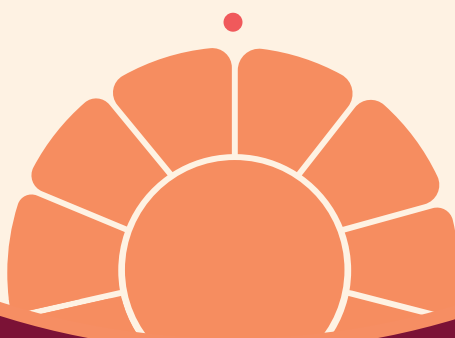
Our Approach

Healing at Navjivan is about restoring harmony, not merely addressing symptoms.

We bring together the ancient wisdom of Naturopathy, Ayurveda, and Yoga with the precision of modern Physiotherapy, and Nutritional Science - creating a balanced and integrative approach to complete wellbeing.

Each programme is thoughtfully personalised after understanding an individual's body, lifestyle, and emotional state. Whether one seeks relief from chronic pain, balance from lifestyle disorders, or simply a renewal of energy, our role is to guide gently and let healing unfold naturally.

Navjivan brings together expertise meets empathy - blending tradition and science to create care that is both precise & deeply human.



We think, every health gainer's journey is unique - yet the essence of healing remains the same: restoring balance through nature's wisdom, mindful living, compassionate care. Over the years, we have helped thousands recover and rejuvenate from a wide range of health conditions.

Main Areas of Expertise

Musculoskeletal Conditions

We offer holistic support for joint & muscle disorders such as arthritis, spondylosis, fibromyalgia, sciatica, frozen shoulder, chronic back or neck pain, coccydynia and plantar fasciitis.

Longevity & Preventive Health

Health is a lifelong commitment. We focus on maintaining strength, balance, self-reliance in later years, ensuring that ageing becomes a graceful & dignified journey.

Respiratory Disorders

For those suffering from asthma, bronchitis, COPD, sinusitis, chronic congestion, or allergic respiratory conditions; we offer natural methods to strengthen lung capacity and boost immunity.

Urogenital Health

For conditions such as prostatitis, menstrual irregularities, incontinence; our approach focuses on gentle, restorative and balancing therapies.

Digestive & Gut Health

We treat IBS, gastritis, acidity, ulcers, constipation and other digestive imbalances through natural therapies & dietary correction.

Lifestyle & Stress Disorders

Modern lifestyles often bring hypertension, anxiety, insomnia, migraine, and burnout. We aim to calm the nervous system, improve sleep, and restore emotional equilibrium through mindful therapies and relaxation practices.

Endocrine & Metabolic Disorders

We address diabetes, thyroid dysfunction, PCOD/PCOS, obesity & hormonal imbalances by naturally regulating metabolism, improving insulin sensitivity & harmonizing hormonal cycles.

Detoxification & Rejuvenation

We encourage regular detox programmes to eliminate toxins, revive metabolism, and enhance energy - all within our pollution - free environment, allowing both body and mind to reset and recharge.

Neurological & Rehabilitation Care

Our gentle, restorative therapies support recovery from stroke, Parkinson's disease, Alzheimer's, neuropathy and postsurgical immobility.

For us, healing is not limited to one system of medicine - it is an art of balance.
We integrate the finest elements to nurture every dimension of health - physical, mental, emotional and spiritual.

Holistic healing the Navjivan way



Naturopathy

Classical hydrotherapy, steam, massages and mud therapies to cleanse and rejuvenate.



Physiotherapy

Pain relief, spine care and neuro-rehabilitation with modern equipments



Aqua Healing:

Gentle joint therapy and post-surgery recovery in our heated pool.



Yoga & Meditation

Restorative practices for strength, stillness and balance.



Ayurveda

Panchkarma, herbal therapies and massages for detox and nourishment.



Nutrition

Wholesome , Nourishing and balanced meals designed to heal from within.



Art Therapies

Expression through art, music and reflection for emotional healing.

Your Journey with Us

Every healing journey at Navjivan begins with trust - and from that moment, we walk beside you with care and compassion.

1 Connect with Us

Reach out through our website, WhatsApp, email or phone call - every enquiry is personally attended to.

2 Understanding You

We listen, share details, and ensure Navjivan aligns with your wellness goals.

3 Health Review

Our doctors review your medical reports to confirm your eligibility and suitability for the programme.

4 Confirm Your Stay

Your room and therapy plan are reserved exclusively for you, once we confirm your booking with a simple payment process.

5 Preparing for Arrival

We coordinate your preferences and schedule to ensure a seamless start.

6 Warm Welcome

You're received with care and guided gently into your healing space.

7 Doctor Consultation

During your initial consultation at Navjivan, the doctor assesses you personally and finalises your customised healing plan.

8 The Healing Experience

Your days flow with therapies, wholesome meals, and mindful practices.

9 Continuing Care

Before departure, we guide you on lifestyle and diet to sustain your healing journey.

Our Promise

At every stage, we ensure clarity, compassion, and care. You are not just a guest - you are part of the Navjivan family, and your wellbeing is the purpose that guides us and is the heart of everything we do.

Brahma Kaal

The Creator's hour - Awakening

Dinacharya



Wake-up call

Morning light softly fills the room.



Mindful Morning Walk

Cool breeze touches quiet thoughts.



Yogic Kriyas & Yoga with Pranayama

Mind & Body are aligned.

Pravriti Kaal

The period of action & engagement



Energizing Breakfast

Fresh food brings simple happiness.



Holistic Treatments

Healing begins with gentle care.



Herbal Drink

A warm sip awakens your senses.

Tejas Kaal

The period of brighten & radiance



Wholesome Lunch

Quite meals deeper self connection.



A Quite Pause

Rest & reflect.



Holistic Treatments

Warm hands ease every worry.

Sandhya Kaal

The period of Reflection & Peace



Light and Nutritious Dinner

Peace grows with every bite.



Health Talk or Activity

Stories, smiles, hearts open slowly.



Herbal Drink Adjourn for the day - Sleep well

Warm cup calms the mind, and soft pillows deeper rest.

Healing Stay

Each room is a sanctuary of comfort and consciousness- built from local Kutch stone, reclaimed wood and natural fabrics.



Sukha

300 sq ft Room

Cozy and calm, ideal for stillness and rest.



Ananda

500 sq ft Room with Balcony

Sunlit with private balconies overlooking green vistas.



Upvan

700 sq ft Suite with Private Garden

Elegant suites opening into private gardens for deep rejuvenation.

Every space reflects warmth, simplicity and quiet elegance: where sustainability meets soul.



Your Stay, Made Effortless

Within Navjivan's care, we've thought of every little detail to make your journey light, restful, and full of ease. From the moment you arrive, our only wish is for you to unwind completely - to feel cared for, comfortable, and at home.

What to pack

Throughout your stay, you'll be provided with soft, breathable clothing designed for therapies and daily activities. Each piece feels natural and easy, allowing freedom of movement and a sense of quiet comfort. We simply ask that you bring along your yoga and swimwear, should you wish to join these sessions.

You only need to carry your personal essentials - toiletries and any prescribed medicines you may require.

Your room is already stocked with gentle, nature-based amenities, thoughtfully chosen for their purity and care - everything you need to feel fresh, nurtured, and relaxed.

We believe true healing begins the moment you stop worrying about the small things.

We look forward to welcoming you into a space where every comfort is considered, and every detail reflects our care for you.



How to Get Here



By Air

The nearest airport is Bhuj Airport (BHI), just 35 minutes from Navjivan. Daily flights connect Bhuj with major Indian cities like Mumbai and Ahmedabad.



By Train

Bhuj Railway Station, around 30 km away, offers well - connected train routes from major destinations.



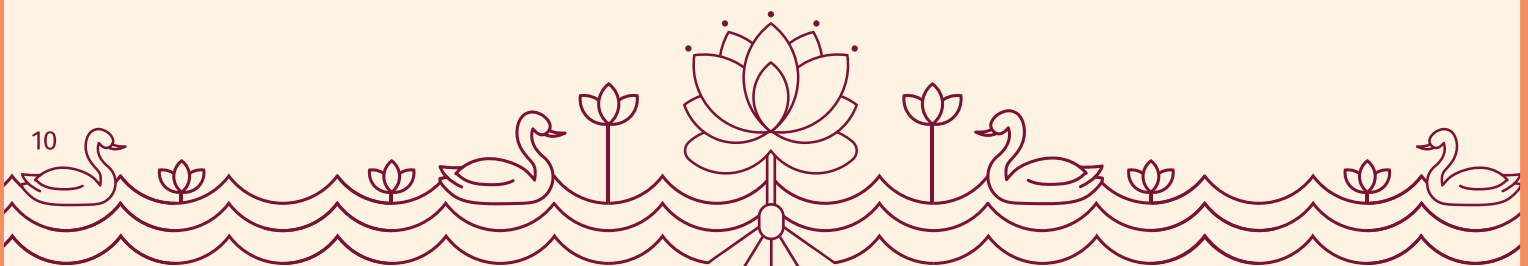
By Road

Navjivan is easily accessible by car - located along the scenic Bhuj - Mandvi Road, approximately 45 minutes from Bhuj city and 1 hour from Mandvi Beach.



By Private Transfer

Chauffeured cars can be arranged upon request at the time of booking for a seamless & comfortable arrival experience.



Let's Connect

Come experience the stillness of nature, the comfort of simplicity and the warmth of Navjivan where healing feels like coming home.

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