

Dear Friends,

Ayulink Whatsapp Chat Group is back.

We are registering group members now, and we would like to receive your whatsapp request msg for that with proper details.

First of all, let me brief you about this whatsapp chat group.

I am Dr. Dhruti Kagarana. I am your new group moderator. This group was initiated - activated in 2006 by visionary ***Dr. Prerak Shah, by MD, Ayulink Pvt. Ltd. (www.ayulink.com)***.

***Discussion Group Rules*:**

1. ***Respectful Communication***: Please ensure that all interactions within the group are conducted with respect and courtesy towards fellow participants. We encourage civil discourse and discourage any form of derogatory language or personal attacks.
2. ***Inclusive Environment***: Let's create an inclusive space where diverse perspectives are welcomed and valued. Embrace the opportunity to learn from different viewpoints and engage in constructive discussions.
3. ***Relevant Content***: Stay focused on topics related to Ayurveda. While we appreciate your enthusiasm and interest in other subjects, let's keep the discussions aligned with our group's purpose.
4. ***Reliable Sources***: When sharing information or knowledge, please ensure that it comes from reliable and authentic sources. Let's prioritize accuracy and avoid spreading misinformation.
5. ***No Promotion or Spam***: This group is intended for meaningful discussions and knowledge sharing. Please refrain from promoting products, services, or engaging in spam-like behavior.
6. ***Confidentiality***: Respect the privacy and confidentiality of other group members. Do not share personal information or discussions outside the group without explicit permission.
7. ***Be Mindful of Frequency***: While engagement is encouraged, please be mindful of the frequency and volume of your contributions to allow space for others to participate and share their thoughts.
8. ***Maintain a Positive Tone***: Let's foster a positive and supportive environment. Constructive criticism is welcome, but let's ensure it is done in a respectful and helpful

manner.

9. ***No Medical Advice***: Please remember that this group does not substitute professional medical advice. While we can discuss general Ayurvedic principles, always consult with a qualified healthcare professional for personal health concerns.

10. ***Admin Decisions***: The group admin reserves the right to remove any content that violates these rules or disrupts the group's harmony. Admin decisions should be respected by all participants.

* In this group - GOOD MORNING, GOOD NIGHT, RELIGIOUS POSTS, JOKES (ANY KIND), POLITICAL POSTS, FESTIVAL POSTS, SEMINAR - COURSES, WORKSHOP POSTS, MARKETING POSTS OF ANY KIND OF SERVICES OR MARKETING POSTS ABOUT ANY PRODUCTS etc. -----

ARE STRICTLY NOT ALLOWED-----

* We will start discussion on a specific / particular subject on every Friday. Once we announce the subject of discussion, everyone has to follow that subject. Any post (even ayurvedic) except that discussion subject is not allowed. The member, who will post such comment, will be immediately removed from the group.

* Once the discussion will be concluded, recess will be announced (recess time will be mostly from Tuesday to Thursday). In the recess time, all members are free to post any comments (but must be ayurveda related) and make their questions in the group.

* Friends are requested to ***Send your posts / comments in ENGLISH only***. If you wish to send comments in any other language (reference from ayurveda books etc)...please either translate it in English or put book reference in English.

* The group Admin is not responsible for your any comment or activity regarding legal violence and Political, Criminal or Racism misconduct .

By following these rules, we can create a vibrant and informative discussion group that benefits everyone involved.

Thank you for your cooperation!

Dr. Dhruti Kagrana
