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Azadi Ka
Amrit Mahotsav



5th Naturopathy Day
Special Edition

निर्भरगोपचार वार्ता Nisargopachar varta

The Monthly Bilingual Magazine for NATURAL HEALTH

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राष्ट्रीय प्राकृतिक चिकित्सा संस्थान
NATIONAL INSTITUTE OF NATUROPATHY

आयुष मंत्रालय, भारत सरकार

Ministry of Ayush, Govt. of India

'Bapu Bhavan', Matoshree Ramabai Ambedkar Road (Tadiwala Road), Pune -411001



5th Naturopathy Day Celebrations



Shri Sarbananda Sonowal, Hon'ble Minister of Ayush, Govt. of India addressing NIN Staff, Doctors and Students during his visit to National Institute of Naturopathy.



A view of lighting of the lamp by the Chief Guest of the Inaugural Ceremony of 5th Naturopathy Day Ms. Kavita Garg, Joint Secretary, Ministry of Ayush, Govt. of India, along with other eminent dignitaries on the dais.



A Special Postal Cover released by The Department of Posts on the occasion of 5th Naturopathy Day. (From Left to Right) Prof. Dr. K. Satya Lakshmi, Director, NIN, Ms. Kavita Garg, Joint Secretary, Ministry of Ayush, Govt. of India, Shri Ramchandra Jaybhaye, Postmaster General, Pune Region. Dr. Raghavendra Rao, Director, CCRYN.



On the Valedictory Ceremony of 5th Naturopathy Day 4 books are released at the hands of Shri Ramdas Athawale, Hon'ble Minister of State for Social Justice and Empowerment in the presence of Shri Vikram Singh, Director-Ayush, Ministry of Ayush, Govt. of India and Eminent Dignitaries.



Glance of the girls performing Malkhambh.



A cyclist receiving Gandhi Memento at the hands of dignitaries.



Naturopathy: An Integrative Medicine

National Institute of Naturopathy offers greetings to all on Fifth Naturopathy Day i.e. November'18th, 2022. It gives immense pleasure to share some of the activities that were initiated through National Institute of Naturopathy, Pune and Central Council for Research in Yoga and Naturopathy, New Delhi through the Ministry of Ayush, by conducting a mega event, lasting for 5 days.

This special edition of NisargopacharVarta brings you multiple activities undertaken to commemorate the commitment of Mahatma Gandhi to take the science of Naturopathy to people.

Catch them young is an apt adage; this programme aimed at involving Naturopathy students from many colleges from all parts of the country in big numbers. They participated in sports, cultural and art competitions, and they had live interactions with Senior Naturopath's having Five to Seven decades of experience in the field through various clinical naturopathy sessions, and also explored the opportunities available for them abroad by interacting with foreign speakers who came from Australia, Spain, Germany and Nepal, for the International Conference.

Hon'ble Ayush Ministers, Shri Sarbananda Sonowal, Union Cabinet Minister, Ministry of Ports, Shipping and Waterways & Ministry of Ayush and Shri Munjpara Mahendrabhai Kalubhai, Minister of State for Ministry of Ayush and Ministry of Women and Child Development through their video messages heartily congratulated the gathering and wished them bright future as the theme of this year is justified in educating masses to adopt healthy lifestyle which is the responsibility of Naturopaths.

Shri Ramdas Athawale, Hon'ble Minister of State, Ministry of Social Justice and Empowerment came as Chief Guest

for the valedictory function encouraged people by his inspiring speech and gave away prizes to the winners of various competitions. Vice Chancellor of MIT- ADU, Shri Mangesh Karad graced the occasion as Guest of Honour.

Hon'ble Minister also released four books:-

1. Nature Cure Clinic and Sanatorium of Dr. Dinshah K. Mehta matures into India's National Institute of Naturopathy.
2. Manual on Mud Therapy
3. Gandhi: The Healer
4. Editorial Book- :- Hindi Edition (Compilation of published English Editorial)

There were various cultural events including Sainik Martial Arts and Mallakhamba: The traditional vyayam of Maharashtra.

To top it all, the postal Department, Pune Division released a crossed postal cover commemorating Fifth Naturopathy Day in the presence of Shri Ramachandra Jaybhaye, PostMaster General, Pune Division and Ms. Kavita Garg, Joint Secretary Ministry of Ayush.

As a followup NIN chalked out a detailed yearlong activities such as to sensitize medical fraternity of all other systems, the need to integrate Naturopathy in their regimen such as Cardiologists, Oncologists, Endocrinologists, Obstetrics and Gynecologists and General Physicians will be invited to the health camps that are going to be conducted all over India through Naturopathy Stakeholders.

We, the Naturopaths, hereby, rededicate ourselves to the cause of healthy living naturally.

Naturally Yours
Prof. (Dr) K. Satya Lakshmi



निसर्गोपचार वार्ता

NISARGOPACHAR Varta

The Monthly Bilingual Magazine for NATURAL HEALTH

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Cover Page Depicts : 5th Naturopathy day celebration

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Views expressed by the writers / contributors may not be the views of the editors.

Report on 5th Naturopathy Day Celebrations



***Flag Designed By:**

Acharya K. Lakshman Sharma, In 1940

#Description available at page no. 19



National Institute of Naturopathy, Pune

Ministry of Ayush, Govt.of India.

Report on Fifth Naturopathy Day

Venue - World Peace Dome, MIT-ADT University, Pune

Date - 16th-20th November 2022

Ministry of AYUSH, Government of India has declared 18th November to be observed as Naturopathy day every year from 2018, to signify its promise in empowering people through health, which is the vision of the document registered as All India Nature Cure Foundation Trust on 18th November 1945, being the day on which Mahatma Gandhi became life time Chairman of the All India Nature Cure foundation Trust and signed the deed .Fifth Naturopathy day was observed in India on November 18th 2022. To mark 5th Naturopathy Day on 18th November 2022, in befitting manner, NIN organized series of activities involving all stake holders in the following manner:

1. Cycle rally :

National institute of Naturopathy organized cycle rallies from Delhi, Wardha and Hyderabad to reach Pune on the occasion of 5th Naturopathy day.

The cycle rallies covered 2800 km from their states to reach World peace dome center, Pune- to celebrate Naturopathy day on 18th Nov 2022, from Delhi to Pune-1468 km, Hyderabad to Pune- 562 km and Wardha to Pune-650 km respectively.

This event was organized with the theme of Naturopathy- An Integrative Medicine, and to spread awareness on hygienic way of living and physical inactivity.

Totally 23 cyclists participated in the rally riding from 11th Nov to 17th Nov to reach World peace dome center, Pune.

From Delhi to Pune - The first Cycle rally started from India Gate- New Delhi on 11th Nov 2022 at 7.00 am. This rally was flagged off by Shri Vikram Singh, Director, Yoga and Naturopathy- Ministry of AYUSH,GOI. He conveyed his best wishes on behalf of the Ministry of AYUSH to all cyclists participating from Delhi, Wardha and Hyderabad. He shared his dream of conducting cycle rallies across the country and agreed to his presence in upcoming cycle rallies conducted in future.



The public and Naturopathy enthusiasts from International Naturopathy organization gathered in the flag off occasion chanted slogans of “Har Ghar Jayenge- Naturopathy Phelayenge” and honored cyclists traditionally for their safe and successful ride towards Pune.

The 5 Cyclists along with their support crew cycled for 150 to 220 km everyday across Rajasthan, Madhya Pradesh, and Maharashtra and took 7 days to reach Pune. They were felicitated by public, Naturopathy enthusiasts and Naturopathy colleges while crossing these states near to National Highways on the journey.

From Wardha to Pune - the Second Cycle rally started from Gandhi Sevagram-Wardha and Necklace road-Hyderabad simultaneously on 14th Nov 2022 between 7am to 8 am. These rallies were flagged off by Dr.B.S.Garg, Secretary, Kasturba Health society and Smt, M. Prashanthi-IAS, Commissioner AYUSH Hyderabad.

During the flag off occasion at Gandhi Sevagram-Wardha, Dr.B.S.Garg-Secretary, Kasturba Health society, Gandhi Sevagram-Wardha thanked the Director of National institute of Naturopathy for initiating Cycle rallies across the country. He shared the necessity of cycling, its importance to reduce Non Communicable diseases caused due to urbanization. Dr Anuradha Khaderkar, Senior Medical Officer- Arogyadham, Gandhi Seveasharam-Wardha Co-ordinated the flag off occasion and honored the cyclists traditionally for their safe and successful ride. The public gathered recited slogans of Vande mataram and Jai hind to cheer all the cyclists for their journey towards Pune.

From Hyderabad to Pune - During flag off occasion at Neck lace road- Hyderabad, Smt, M. Prashanthi-IAS, Commissioner AYUSH Hyderabad conveyed her best wishes to all cyclists and shared the importance of cycling for sustainable health. She wished cyclists for their safe and successful ride. Dr Nagalakshmi, Senior Medical Officer- Gandhi Nature cure medical college-Hyderabad Co-ordinated the flag off occasion and honoured the cyclists traditionally for their safe and successful ride. The public gathered recited slogans of Vande mataram and Jai hind to cheer all the cyclists for their journey towards Pune.

The 18 cyclists from Wardha and Hyderabad cycled along with their support crew cycled for 100 to 200 km everyday across Maharashtra (KaranjaIadwashim, Aurangabad, Ahmednagar, Solapur, Indpur) and Telangana (Zahirabad and took 4 days to reach Pune. They were felicitated by public and Naturopathy enthusiasts from International Naturopathy organization at Aurangabad, Ahmednagar while crossing these cities near to National Highways on the journey.

All lead cyclists from Delhi, Wardha and Hyderabad shared their updates everyday about their ride, health and distance covered. These updates were uploaded in Social media handle of National institute of Naturopathy. The viewers commented their best wishes and thanked Director of National institute of Naturopathy for her



Great initiative on the occasion of Celebrating 5th Naturopathy day. The video clips of best wishes to cyclists from eminent Naturopathy physicians conveying the importance of cycling and sustainable living were sent to National institute of Naturopathy and those were uploaded in institute's social media.

Total 18 cyclists reached Pune On 17th Nov 2022 safely by successfully completing their Long ride crossing the hurdles of weather changes. The accommodation, food and travel expenses were taken care of by National Institute of Naturopathy.

All 18 cyclist along with Dr Praveen, Co-ordinator-Cycle rally and Dr Nagalakshmi Co-ordinator-Cycle rally were Felicitated on 18th November 2022 Naturopathy day at World peace dome, Pune graced by Ms Kavitha Garg, Joint secretary , Ministry of AYUSH-GOI, Director of National Institute of Naturopathy and Director Central council for Research in Yoga and Naturopathy.



Cycle rally started from three different places with a slogan of “Chalo Pune” covering distance of 1468km from Delhi to Pune, 562 km Hyderabad to Pune, 650 km Wardha to Pune.

2. Inter Yoga and Naturopathy College Sports and Cultural Meet at Wadia College Campus

Inter Yoga and Naturopathy Collegiate sports and Cultural meet was conducted on on 16th & 17th November 2022 at Wadia College Campus, Pune. To bring in the students of all the naturopathy colleges on common platform with a healthy competition on arts, science and sports, NIN conducted inter-collegiate sports and cultural meet in conjunction with 5th Naturopathy Day.

The first national level inter college sports meet for B.N.Y.S. students was organised by NIN at Nowrosjee Wadia college ground at Pune, Maharashtra. The event was conducted on 16th and 17th November 2022 as a pre celebration of 5th National Naturopathic day from 10 am to 6 pm. A total of 27 colleges all over from India participated in the sports events with zest and vigour. There were 9 outdoor sports events, 2 in-door



sports events, 7 Fine-arts events and 4 literary events were conducted. A total of 1512 students participated in overall events.

A poster competition was organized by NIN, Pune with the theme of Innovation for the UGs, Interns and the PG students of BNYS. All ideas which lead to innovation in either diagnosis or therapeutics in Naturopathy and Yoga were included for the competition. Abstracts related to the ideas were invited from the participants beforehand. The competition was judged by- 1. Dr Vinutha Rao (Vice Principal, MVM College of Naturopathy and Yogic Sciences, Bangalore) 2. Dr Naresh (JSS College of Yoga and Naturopathy) and 3. Dr Shrikanth (NIN, Pune). There were in all 20 participants of which 2 were PGs and the rest 18 were undergraduate students. Each participant was provided around 10 minutes to explain their poster and also answer the queries raised by the judges. This was the first of its kind to be held across the speciality of Naturopathy and saw an overwhelming participation; especially from BNYS undergraduate students. A few innovative ideas were- tailor made automated water bath, glass chamber designed set up for chromotherapy, inducing friction by addition of epsom salt for better and faster response in water bath, use of candle sticks for lavender oil essence in respiratory disorders, nutri calorimeters for measuring nutritive values of food cooked at home and tailor made suits for hydrotherapy.

There were 2 Fine art competitions held on the 16th of November 2022. The first competition held was the Spot painting competition in which there were 21 Participants in total. The competition was held at Nowrosjee Wadia College at the Tata Auditorium Hall. Theme of the competition: "PANCHMAHABHUTAS". Time limit for the competition given as per the guidelines was 2 hours. The spot painting competition started at 11 am with the announcement of theme and ended at 1 pm sharp; followed by which there was a judging round. A panel list of 3 judges were fixed; Dr. Preethi (JSS Institute of Naturopathy & Yogic Sciences, Coimbatore), Dr. Shreya (Yenepoya Naturopathy Yogic science College & Hospital, Mangalore), and myself from (National Institute of Naturopathy Pune). Participants were asked to give an explanation of their painting and were required to answer the questions of the judges asked during the judging round. This lasted for around 45 minutes. The main judging criteria was based on the adherence to the guidelines mentioned, Creativity and originality of the depicted theme, Quality of artistic composition and overall design based on the theme, Overall impression of the art and Colour Combination. Each category was to be marked out of 5 finally taking out a mean value to finalise the 1st, 2nd and 3rd prize.

The second competition "clay modelling" was held in National Institute of Naturopathy Pune on the Gandhi platform. There were total 22 participants enrolled. Theme of the competition: "SCULPT YOUR WAY THROUGH



HUMAN ANATOMY". The competition time limit given was 2 hrs. It started at 2:30pm with the announcement of theme and ended at 4:30pm sharp, additional 10 minutes was given for cleaning the respective area for presentation; followed by which there was a judging round. A panellist of 3 judges were fixed; Dr. Shruti V (MVM College of Naturopathy & Yogic Sciences, Bangalore), Dr. Sangeethalaxmi (Yenepoya Naturopathy Yogic science College & Hospital, Mangalore), and myself from (National Institute of Naturopathy Pune). Participants were asked to give an explanation of their clay model and were expected to answer the questions of the judges asked during the judging round. This lasted for around 45 minutes. The main judging criteria was based on Overall appearance and appeal, Details and clarity, Technique and concept, Creativity and unique idea & Relevance to the theme. Each category was to be marked out of 5 finally taking out a mean value to finalise the 1st, 2nd and 3rd prize.

There were 3 Fine art competitions held on the 17th of November 2022. There were two competitions held simultaneously; Mehendi and Fruit/ Vegetable Carving. For the Mehendi competition there were 23 Participants in total. The competition was held at Yoga Hall in National Institute of Naturopathy Pune. Theme of the competition: "AWAKENING OF INNER LIGHT". Time limit for the competition given as per the guidelines was 1 hour. The mehendi painting competition started at 10 am with the announcement of theme and ended at 11am sharp; followed by which there was a judging round. A panellist of 3 judges were fixed; Dr. Swapna (Alva's College of Naturopathy and Yogic Sciences, Moodbidri), Dr. Jyoti Madhur (Maharishi Aurobindo Subharti College and Hospital of Naturopathy & Yogic Sciences) and Dr. Naina Athley from (National Institute of Naturopathy Pune). Participants were asked to give an explanation of their design. This lasted for around 45 minutes. The main judging criteria was based on the adherence to the guidelines mentioned, Creativity and originality of the depicted theme, Quality of artistic composition and overall design based on the theme, Overall impression of the art and Colour Combination. Each category was to be marked out of 5 finally taking out a mean value to finalise the 1st, 2nd and 3rd prize.

The second competition "Fruit/vegetable Carving" was held in National Institute of Naturopathy Pune on the Gandhi platform. There were total 22 participants enrolled. Theme of the competition: "SCIENTIFIC NUTRITION THROUGH HUMAN ANATOMY". The competition time limit given was 2 hrs. It started at 10:00am with the announcement of theme and ended at 12:00pm sharp, additional 10 minutes was given for cleaning the respective area for presentation; followed by which there was a judging round. A panellist of 3 judges were fixed; Dr. Padmashree (Sharada Yoga & Naturopathy Medical College, Mangalore), Dr. S Gokulkrishnan (Government Yoga & Naturopathy Medical College, Chennai), and Dr. Jyoti Mandala from (National Institute of



Naturopathy Pune). Participants were asked to give an explanation of their Fruit/Vegetable model and were expected to answer the questions of the judges asked during the judging round. This lasted for around 45 minutes. The main judging criteria was based on Overall appearance and appeal, Details and clarity, Technique and concept, Creativity and unique idea & Relevance to the theme. Each category was to be marked out of 5 finally taking out a mean value to finalise the 1st, 2nd and 3rd prize.

The Third competition “Rangoli” was held in National Institute of Naturopathy Pune on the Gandhi platform. There were total 23 participants enrolled. Theme of the competition: “NATURAL THERAPEUTICS”. The competition time limit given was 2 hrs. It started at 3:00am with the announcement of theme and ended at 5:00pm sharp, additional 10 minutes was given for cleaning the respective area for presentation; followed by which there was a judging round. A panellist of 3 judges were fixed; Dr. Shruti V (MVM College of Naturopathy & Yogic Sciences, Bangalore), Dr. Shashidhar Kanavimath (JGCH Naturopathy & Yogic Sciences College, Karnataka), and myself from (National Institute of Naturopathy Pune). Participants were asked to give an explanation of their rangoli and were expected to answer the questions of the judges asked during the judging round. This lasted for around 45 minutes. The main judging criteria was based on Overall appearance and appeal, Details and clarity, Technique and concept, Creativity and unique idea & Relevance to the theme. Each category was to be marked out of 5 finally taking out a mean value to finalise the 1st, 2nd and 3rd prize.





List of Competitions for the First National Level Inter Yoga and Naturopathy College Sports and Cultural meet at Pune

| No | Name of the event | Entries per college | |
|------------------------|---------------------------------------|---------------------|--------|
| Literature | | | |
| 1. | Essay Writing Competition | 1 | |
| 2. | Poster Presentation (Innovative Idea) | 1 | |
| 3. | Quiz Competition | 1 | |
| 4. | JAM (Just-a-Minute) | 1 | |
| Fine Arts | | | |
| 5. | Rangoli Competition | 1 | |
| 6. | Clay Modelling | 1 | |
| 7. | Spot Painting Competition | 1 | |
| 8. | Vegetable/Fruit Carving Competition | 1 | |
| 9. | Mehendi Competition | 1 | |
| 10. | Spot Photography | 1 | |
| 11. | Spot Videography | 1 | |
| Board Games | | | |
| 12. | Chess | 1 | |
| 13. | Carom | 1 | |
| Sports | | | |
| | | Male | Female |
| 14. | Javelin Throw | 1 | 1 |
| 15. | Discus throw | 1 | 1 |
| 16. | Shot-put Throw | 1 | 1 |
| 17. | Long Jump | 1 | 1 |
| 18. | 100 m race | 1 | 1 |
| 19. | 400 m race | 1 | 1 |
| 20. | Volleyball | 6+1 | 6+1 |
| 21. | Basket ball | 5+1 | 5+1 |
| 22. | Tug of War | | |
| Pageant Contest | | | |
| 23. | Mr. and Ms. Naturopathy | 1 | 1 |



Name of the Colleges participated in the Sports and Cultural Meet

1. **SDM College Of Naturopathy And Yogic Science, Karnataka**
2. **Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, Uttarpradesh.**
3. **Tapovana Medical College And Hospital of Naturopathy And Yogic Sciences, Karnataka**
4. **MVM College Naturopathy Yogic Sciences, Karnataka**
5. **Shri JGCH Naturopathy And Yogic Sciences College Ghataprabha, Karnataka**
6. **Yenepoya Naturopathy And Yogic Science College And Hospital, Karnataka**
7. **The School Of Yoga And Naturopathic Medicine; SVYASA University, Karnataka**
8. **International Institute Of Yoga And Naturopathy Medical Science, Tamil Nadu**
9. **Alva's College Of Naturopathy And Yogic Sciences, Moodbidri, Karnataka**
10. **JSS Institute Of Naturopathy And Yogic Sciences, Coimbatore, Tamil Nadu**
11. **G Madegowda Institute Of Naturopathy And Yogic Sciences, Karnataka**
12. **Apex University, Jaipur, Rajasthan**
13. **Government Yoga And Naturopathy Medical College, Chennai, Tamil Nadu,**
14. **Excel Medical College For Naturopathy And Yoga, Tamil Nadu,**
15. **Swamy Vivekanandha Naturopathy And Yoga Medical College, Salem, Tamil Nadu,**
16. **Sree Rama Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu,**
17. **Annai College Of Naturopathy And Yoga Science, Tamil Nadu,**
18. **Sona Medical College Of Naturopathy And Yoga, Salem, Tamil Nadu,**
19. **Care Yoga And Naturopathy Medical College And Hospital, Bapatla, A.P.**
20. **Nandha Naturopathy And Yoga Medical College, Erode, Tamilnadu**
21. **Sharada Yoga And Naturopathy Medical College, Mangalore, Karnataka**
22. **Gandhi Naturopathic Medical College, Hyderabad, Telangana State**
23. **Paramahansa Yogananda Shubharti College And Hospital Of Naturopathy Yogic Science, Dehradun, Uttrakhand**
24. **G.T.N Medical College Of Naturopathy & Yogic Science, Tamil Nadu**
25. **Shri Mahavir Medical College Of Naturopathy & Yogic Sciences, Nagpura, Chattisgarh**
26. **Shri Indraganesan Institute of Naturopathy And Yogic Sciences, Tamil Nadu,**
27. **Krishna College Of Naturopathy And Yogic Sciences, Trichy, Tamilnadu**



List of Competitions for the First National Level Inter Yoga and Naturopathy College Sports and Cultural meet at Pune

| No | Competition | Name of winner | Name of College |
|----|---------------------------|--|--|
| 1 | ESSAY WRITING COMPETITION | 1 st -Ms.S.Dhrishti | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| | | 2 nd -Saicharan Reddy | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |
| | | 3 rd - N.Sri Sai Shanthi | Care Yoga Naturopathy Medical College and Hospital, Guntur, Andhra Pradesh |
| 2 | POSTER PRESENTATION | 1 st - SivaDurga.S | Sri Ram Krishna Medical College Of |
| | | 2 nd -Srushti Rao | SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka |
| | | 3 rd -Teesha Kumari Ranka | MVM College of Naturopathy and Yogic Sciences, Bangalore, Karnataka |
| 3 | QUIZ COMPETITION | 1 st - Ms.Sneha K | JSS Institute of Naturopathy and Yogic Sciences, Coimbatore, Tamil Nadu |
| | | 2 nd - Dr.Tamil Selvi | International College of Naturopathy and Yogic Sciences, Chengalpattu |
| | | 3 rd - Ms. Vasumathi Natrajan | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| 4 | JAM(Just-a-Minute) | 1 st - Ms. Astha Gupta | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |
| | | 2 nd -Ms.Abneeta D Netalkar | Sharada Yoga and Naturopathy Medical College, Mangalore, Karnataka |
| | | 3 rd -Ms. Harshini Nagula | SDM College of Naturopathy and Yogic Sciences, Ujire, Karnataka |
| 5 | RANGOLI COMPETITION | 1 st prize- Ms.Likhita | Care Yoga Naturopathy Medical College and Hospital, Guntur, Andhra Pradesh |
| | | 2 nd prize - Ms.Yadavi | Sharada Yoga and Naturopathy Medical College, Mangalore, Karnataka |
| | | 3 rd prize - Ms.Sangamita | Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu |



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|----|--|--|---|
| 6 | CLAY MODELLING | 1 st prize- Ms. Krupa A | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| | | 2 nd prize- Ms.Neha Chaudhary | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |
| | | 3 rd prize- Ms. Shakti CM | Sharada Yoga and Naturopathy Medical College, Mangalore, Karnataka |
| 7 | SPOT PAINTING COMPETITION | 1 st prize- Ms. Meghana N Kumar | G. Madegowda Institute of Naturopathy and Yogic Sciences, Mandya, Karnataka |
| | | 2 nd prize- khyodanumi | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |
| | | 3 rd prize- K.Minisha | Gandhi Naturopathic Medical College, Hyderabad, Telangana |
| 8 | VEGETABLE / FRUIT CARVING COMPETITION | 1 st prize - Ms. Haripriya | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |
| | | 2 nd prize- Ms .Aastha | Gandhi Naturopathic Medical College, Hyderabad, Telangana |
| | | 3 rd prize- Ms. Surya | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| 9 | MEHENDI COMPETITION | 1 st -Ms Dhanashree G | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd - Ms.Lakshmishree | Sharada Yoga and Naturopathy Medical College, Mangalore, Karnataka |
| | | 3rd- I Sowmya | Care Yoga Naturopathy Medical College and Hospital, Guntur, Andhra Pradesh |
| 10 | SPOT PHOTOGRAPHY | 1 st Prize- Siddharth Karnik | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd Prize- Mayank Gupta | Apex School of Yoga And Naturopathy, Jaipur, Rajasthan |
| | | 3 rd Prize- Lakshay Verma | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |



| | | | |
|-----|---------------------|---------------------------------------|---|
| 11. | SPOT VIDEOGRAPHY | 1 st Prize- Vishwamber | Gandhi Naturopathic Medical College, Hyderabad, Telangana |
| | | 2 nd Prize- B. Darshana | International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu, Tamil Nadu |
| | | 3 rd Prize- Shweta A C | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| 12 | CHESS | 1 st Amulya | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd Sindhana | International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu, Tamil Nadu |
| | | 3 rd Bharat | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| 13 | CAROM | 1 st Gangrei Gangmei | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd K. Gokul | International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu, Tamil Nadu |
| | | 3 rd K. Sheldon | GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu |
| 14 | 400 METERS (MALE) | 1 st Jithu Mohan | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd Manoj | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| | | 3 rd Mohammad Moinnudin | Yenepoya Naturopathy and Yoga Medical College & Hospital, Mangalore, Karnataka |
| 15 | 400 METERS (FEMALE) | 1 st Devika | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd Nandhana | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| | | 3 rd Sweta. J | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |



| | | | |
|----|---------------------|--------------------------------|--|
| 16 | 100 METERS (MALE) | 1 st Amuth Kannan | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| | | 2 nd Chiranth Gowda | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 3 rd Messiah | Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu |
| 17 | 100 METERS (FEMALE) | 1 st Anushree | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd Subhashree | Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu |
| | | 3 rd Edal Femi.J | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| 18 | DISCUS (MALE) | 1 st Rangesh | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |
| | | 2 nd Nithin | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 3 rd Arun Prasad | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| 19 | DISCUS (FEMALE) | 1 st Devi | Krishna Naturopathy and Yoga Medical College, Trichy, Tamil Nadu |
| | | 2 nd Pratiksha | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| | | 3 rd Boomika | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |
| 20 | JAVELIN (MALE) | 1 st Chaitresh | Sharada Yoga and Naturopathy Medical College ,Mangalore, Karnataka |
| | | 2 nd Arjun | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 3 rd Iniyavan | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |



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| 21 | JAVELIN (FEMALE) | 1 st Tivetha | Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, Tamil Nadu |
| | | 2 nd Sindhu S | SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka |
| | | 3 rd Divya | Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu |
| 22 | SHOTPUT (MALE) | 1 st Jagadesh | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| | | 2 nd Yashwat | Krishna Naturopathy and Yoga Medical College, Trichy, Tamil Nadu |
| | | 3 rd Hosanna | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| 23 | SHOTPUT (FEMALE) | 1 st Spurthi | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd Sowmiya | Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu |
| | | 3 rd Niharika | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| 24 | LONGJUMP (MALE) | 1 st Castro | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd Avinash | Annai College of Naturopathy and Yoga Science, Kumbakonam, Tamil Nadu |
| | | 3 rd Ebinesar | GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu |
| 25 | LONG JUMP (FEMALE) | 1 st Pooja Saroj | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |
| | | 2 nd G. Sai Darshni | Gandhi Naturopathic Medical College, Hyderabad, Telangana |
| | | 3 rd Mona Lisa | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |



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| 26 | BASKETBALL (FEMALE) | 1 st | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 2 nd | Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu |
| | | 3 rd | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| 27 | VOLLEYBALL (MALE) | 1 st | Annai College of Naturopathy and Yoga Science, Kumbakonam, Tamil Nadu |
| | | 2 nd | Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu |
| | | 3 rd | Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu |
| 28 | VOLLEYBALL (FEMALE) | 1 st | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 3 rd | G. Madegowda Institute of Naturopathy and Yogic Sciences, Mandya, Karnataka |
| 29 | TUG OF WAR (MALE) | 1 st | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd | Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu |
| | | 3 rd | Shri Indra Ganesan College of Naturopathy and Yogic Sciences |
| 30 | TUG OF WAR (FEMALE) | 1 st | GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu |
| | | 2 nd | Gandhi Naturopathic Medical College, Hyderabad, Telangana |
| | | 3 rd | Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP |



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| 31 | MR. NATUROPATHY | 1 st -QaisFarahan | Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka |
| | | 2 nd - G. N.Santosh | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 3 rd -Sriram | Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu |
| 32 | MS. NATUROPATHY | 1 st -TejaswiniKV | MVM College of Naturopathy and Yogic Sciences, Bangalore, Karnataka |
| | | 2 nd -Vishakha Bhandarkar | SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka |
| | | 3 rd -P Chitra | Gandhi Naturopathic Medical College, Hyderabad, Telangana |



Early in 1940's, A Flag of The Life Natural was in existence and was published by 'The Nature Cur Publishing House, Trichy' edited by Acharya K. Lakshman Sharma in their journal, 'The Life Natural: Vol. 5 No. 3 in August 1945. It was accepted by the then Naturopaths as a representation of their commitment to Nature Cure. The following is the excerpt from the journal "This flag which has been adopted as the symbol of our allegiance to the law of The Life Natural is interpreted as is explained below. The Tri-colour" has come to be recognised as the a symbol of their aspirations by all the freedom loving people of India; and therefore we Nature-Curists as fighters for liberty, in its fullest sense, have adopted it as the symbol of our aspirations. Nature-Cure has been defined as "the practical realisation of the truth that there is Divine Power behind all the workings of Life, in health and disease," and this is exemplified by the symbol in the centre-an inverted triangle with a sun in the middle. The central symbol has got another special significance also. The two upper corners of the inverted triangle represent Life and Mind and the lower corner represents the body. Since Life and Mind form the basis for the body, the body is represented as being suspended as it were from Life and Mind. The central sun represents the Spirit or the Atman which pervades the whole of creation. This Spirit not only pervades the whole of creation but also specially resides in the centre of the Trinity, Body, Life and Mind. Each of three colours too may be taken to have a special significance. The white colour may be taken to represent Fasting Cure; orange representing Light and Air, or Sun-Cure and Pranayama; and green representing water and Fresh Foods of Mother Earth or in other words Water-Cure and Diet-Cure."

***Flag Designed By: Acharya K. Lakshman Sharma, In 1940**



Glimpses of Fine Arts and Indoor Games Competitions in Inter Collegiate sports and cultural meet



Glimpses of Sports Competitions in Inter Collegiate sports and cultural meet



Glimpses of Indoor Games in Competitions in Inter Collegiate sports and cultural Meet



3. Inaugural Ceremony of 5th Naturopathy Day (18th November 2022)

Celebration of 5th Naturopathy day was inaugurated by Ms. Kavita Garg, Joint Secretary (Ayush), Ministry of Ayush, Govt. Of India, Shri Ramchandra Jaybhaye, Postmaster General, Pune Region, Department of Posts, Dr Raghavendra Rao, Director, CCRYN and Prof. (Dr.) K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune.



Inaugural Ceremony of 5th Naturopathy in presence of Ms. Kavita Garg, Joint Secretary (Ayush), Ministry of Ayush, Govt. Of India, Shri Ramchandra Jaybhaye, Postmaster General, Pune Region, Department of Posts, Dr Raghavendra Rao, Director, CCRYN and Prof. (Dr.) K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune and the Naturopaths attending the program.

4. Release of Special Postal Cover:

The Department of Posts, Government of India, released a 'Special Postal cover' on the occasion of 5th Naturopathy day.



On the occasion a special cover envelope was released to commemorate the 5th Naturopathy Day by Sh. Ramchandra Jaybhaye, Postmaster General, Pune Region



5. Felicitation of the Investors/ Pioneers

On the occasion of 5th Naturopathy Day, the eminent influencers and investors in Naturopathy were honoured and felicitated at the Inaugural function on 18th November at the hands of Ms. Kavita Garg, Joint Secretary (Ayush), Ministry of Ayush, Govt. Of India.

| No. | Name of the Felicitator | Credentials | Contribution |
|-----|-------------------------------------|--|--|
| 1. | Revered Prof. Dr. Vishwananth Karad | Founder, Maharashtra Institute of Technology | He is the founder of World Peace Dome, Maharashtra Institute of Technology, World Peace Center of Maer's MIT, Pune. He provided world peace dome and the entire facility for conducting this mega event. |
| 2. | Shri. A. K. Natesan | Founder & Chairman of Excel & the Kauvery group institutions | Founder & Hon. Chairman, Excel & The Kavery Group Institutions. In founding the Charitable Trust, Sri Rengaswamy Educational Trust (SRET) in 2001, he was spurred on by the aim of fostering higher education to all and providing excellent professional educational facilities for rural India to uplift the downtrodden communities. He started a Excel Medical College for Naturopathy & Yoga at Erode, Tamilnadu. |
| 3. | Shri. K. Ramasamy | Director R.K. Nature Cure Home, Coimbatore | He is the Director of RK Nature Cure Home at Coimbatore which was founded by his father Dr. Krishnasamy Gounder, in 1984 and managed by Roots Group founded by him in 1970s. It is offering an in-patient facility of 60 bed capacity. |



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| 4. | Dr. Sujay Lodha | Orthopaedic surgeon Subudh Hospital and Research Centre, Pune | Dr. Sujay Kantilal Lodha is a Orthopaedic surgeon in Pune. He established Deham Nature Cure, a 65 bedded hospital in 8 acre campus at the scenic shayadri hills. It is a wellness centre managed by a family of doctors who strongly believe in curing and taking care of the body, soul and mind in the most natural possible ways with minimum intervention by medical procedures. They have facilities for Naturopathy, Ayurveda, and Yoga. |
| 5. | Shri. Dhanraj Banerjee | Managing Director Five Lotus Resorts Private Limited Raitum, Chhattisgarh | After completing his Masters in International Marketing Management from Leeds – UK, Dhanraj Banerjee went on to being instrumental for the growth of a highly reputed enterprise across Chhattisgarh. Under his vision and guidance the 16 acre 'Five Lotus Nature Cure Centre' has been established with the in-patient capacity of 100 beds. |
| 6. | Shri. Jai Prakash Agarwal | Founder, Surya foundation, New Delhi | He is a Founder of International Naturopathy Organization. He has launched a very innovative programme which is named "KAUN BANEKA SWASTHYA RAKSHAK". It is a mass movement undertaken to target school children who are initiated into Naturopathy and its effect in preventing diseases. |



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| 7. | His Holiness Jagadguru Sri Shivarathri Deshikendra Mahaswamiji | President, JSS Mahavidyapeetha Jagadguru Sri Veerasimhasana Maha Samsthana Math (Mysuru) | President JSS Mahavidyapeetha Jagadguru Sri Veerasimhasana Mahasamsthana Math (Mysore). Under his efforts, the Mahavidyapeetha has witnessed enormous growth in the field of education and today has over 300 institutions including JSS Institute of Naturopathy and Yogic Sciences at Coimbatore which is the largest BNYS college in Tamil Nadu and the second-largest in India by the year 1997. |
| 8. | Dr. C P Ramanarayanan | Vice-Chancellor, Defence Institute of Advanced Technology, Pune | In recognition of his commitment in the promotion of Naturopathy by way of collaborating with National Institute of Naturopathy for Research and Development. |
| 9. | Dr. Vinod Shah | Chairman Jan seva Foundation, Pune | In recognition of his commitment and dedication in the field of Geriatric care and Rehabilitative services through natural means by collaborating with National Institute of Naturopathy. |
| 10. | Dr. B. S. Garg | Secretary, Kasturba Health Society, Wardha | This is to honour in recognition of his commitment and dedication in the promotion and practice of Naturopathy at Kasturba Nisargopachar Kendra, Aarogyadham, Sevagram Wardha. |
| 11. | Shri. Manthana Satyanarayana Raju | Trustee of Manthana Satyanarayana Raju Charitable Trust, Vijayawada | Under a Public Charitable Trust he established, one of the biggest Nature Cure Hospital 'Arogyalayam', a 600 bedded hospital offering service to the needy since 1984 by offering free consultations round the year and Quality Health Care at Affordable cost. He had delivered 800+ Free episodes on TV and conducting health camps round the year with the goal to cure all diseases through various methods of nature cure. |



6. International Conference:

International Conference was conducted for 2 days (18th-19th November 2022) with eminent speakers from different countries who deliberated on the theme, Naturopathy: An Integrative Medicine. The purpose was to sensitize health care professionals on various aspects of Health determinants for better public health through naturopathy and also to integrate with other health care systems through various non-pharmacological modalities employed in Naturopathy.

Schedule of International Conference-

| Time | | EVENT | |
|-----------------------------|--|--|---|
| 8.00 am to 9.30 am | | CONFERENCE REGISTRATION | |
| | | | |
| 10.00 am to 12.00 noon | | INAUGURAL PROGRAM | |
| November 18th , 2022 | | | |
| Time | Topic | Speakers | Chairpersons |
| 2.00 pm- 3.30 pm | Session 1: Keynote Session 1 | Dr Jon Wardle Associate Professor of Public Health at UTS Faculty of Health Visiting faculty at the School of Medicine, University of Washington and the School of Medicine, Boston University. Topic: Naturopathy and Yoga: an Underutilized Tool for Public Health Dr Tina Hausser Vice-President for International Affairs of the Spanish Association of Naturopathy Topic: Naturopathic Approaches to Non Communicable Diseases | Dr Satya Lakshmi Dr Manjunath NK |



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| 3.45 pm- 4.45 pm | Session 2: Bridging philosophy and science | Dr Raghavendra Rao Director, CCRYN Topic: Scientific basis for Naturopathic concepts Dr Pradeep MK Nair Professor, Sant. Hirdaram college of Naturopathy & Yogic Sciences Topic: Clinical Application of Unity of disease and unity of cure | Dr Sateesh M Hombali Dr Bhargava Boddu |
| 4.45 pm-5.30 pm | Session 3: All diseases arise in the Gut | Dr. Praveen Jacob Adjunct Professor, Nitte University, Nitte. Topic : Intestinal dysbiosis and its management Dr. Debojyoti Dhar Director, Bug Speaks Gut micro biota profiling- a game changer | Dr Babu Joseph Dr Abhishek Devikar |
| 5.30 pm- 6.30 pm | Spa & wellness Tourism | Panel Discussion Topic : Yoga and naturopathy in wellness Industry Dr Narendra K Shetty, Dr Manoj Kutteri, Dr Abhishek Jain, Dr Roopa Lakshmi Bhat, Dr Mitesh Bhantia, Dr Dileep Devasia | Dr. Rajesh Srinivas |



| 19 th November 2022 | | | |
|--------------------------------|--|---|---|
| 9.00 am- 10.30 am | Session 4 | Keynote sessions Dr Kieron Cooley Director of Research at The Canadian College of Naturopathic Medicine Topic : Attitudes and Education towards Evidence Informed Practice in Naturopathy | Dr Shaiju KS Dr M.V. Mallikarjun |
| 10.45am- 12.00 noon | Session 5: Panchamahabhutas in treatment: Prithvi Chikitsa | Dr. Karthik Reddy, CMO, SLNS, Nature Cure Hospital. Topic: Role of Magnetotherapy in Health and Disease. | Dr. Nagajyoti Dr Abhay M Shankaregowda |
| | Aakasha Chikitsa | Dr. M. Ghanapriyari Devi, CCRYN, Head Quarter, New Delhi Topic : Role of fasting in health and disease | Dr. Surya Bahadur Karki |
| | Aap Chikitsa | Dr. Sujatha Dinesh Vice Principal SDM College of Naturopathy & Yogic Sciences, Ujire Topic : Hydriatic applications and their role in health and disease | |



| | | | |
|------------------------|-------------------------|--|--|
| | Vayu Chikitsa | Dr. Hemanshu Sharma Assistant Professor, SantHirdaram Medical College of Naturopathy & Yogic Sciences Topic : Role of Yoga along with Naturopathy in disease management | |
| | Agni Chikitsa | Dr. Venugopal V AMO Government Yoga and Naturopathy Medical College Topic : Managing the metabolism through Naturopathy | |
| 12.00 noon -1.00 pm | Education Sector | Pannel Discussion Topic : Standardization & Quality of Education Dr Abhay M Shankaregowda, Dr M.V. Mallikarjun, Dr Marutharaj, Dr Aklavya Bohra, Dr Rajesh Padekal, , Dr Manavalan N, Dr Mohammad Rafiq, Dr Vanitha S Shetty, Dr Jon Wardle, Dr Kieron Cooley | Dr Naveen K Visweshwaraiah & Dr Amberker Vinayak Subash Dr Rajesh Padekal |
| 1.00pm- 2.00pm | LUNCH | | |



| Session 6: Food as medicine | | | |
|------------------------------------|--|--|---|
| 2.00 pm – 3.00 pm | Session 6: Food as Medicine | <p>Dr. Anurag Varshney Director, Patanjali research Institute Topic : Assessing medicinal value of Indian Foods</p> <p>Dr. Kausalya Nathan Consultant Nutritionist, Apollo Hospital, Chennai Topic : Insights into clinical nutrition and Naturopathic perspectives</p> <p>Dr. Gulab Rai Tewani Medical Director, Arogya Kendra, Bhopal Naturopathy diet</p> | <p>Dr Jyoti Nair Dr Achyutan Eshwar</p> |
| 3.00 pm to 3.30 pm | Public Health | <p>Topic : Yoga And Naturopathy in Public Health Dr Naresh Kumar, Dr Dhananjay Arankelle, Dr Vibhas Kana, Dr N. V. Gnanadeep Tataavarti.</p> | <p>Dr. Ambalam M Chandrasekaran Dr Vikram Pai</p> |
| 4.00 pm- 5.00 pm | | VALEDICTORY | |

PARALLEL SESSIONS

| Time | Speakers | Chairpersons |
|-----------------------------------|----------------------------|---|
| Nov 18th 2.00 pm to 4.00 pm | POSTER SESSIONS | <p>Dr Puneeth Raghavendra Dr BV Rao</p> |
| Nov 19th 10.00 am to 1.00pm | ORAL PAPER SESSIONS | <p>Dr Apar Saoji Dr Inbaraj Dr Pradeep MK Nair</p> |



Panel discussion and Felicitation of Dr Jon Wardle, Associate Professor of Public Health at UTS Faculty of Health and Dr Tina Hausser, Vice-President for International Affairs of the Spanish Association of Naturopathy in International conference.

7. Clinical Naturopathy Session:

On the occasion of 5th Naturopathy Day National Institute of Naturopathy organised Clinical Naturopathy Sessions for BNYS students, doctors and general public with the theme of “Naturopathy - An Integrative Medicine”. The programme was arranged in ‘Raj Kapoor Auditorium’, MIT University, Loni. Pioneers in the field of Naturopathy visited and delivered a session on different health care aspects relating it to the Theme. The sessions were running parallelly to the Scientific Sessions in the ‘World Peace Dome’ along with other activities. The speakers gave general lifestyle and daily ailment management tips other than their theoretical sessions, followed by question-and-answer sessions. Dr. BTC Murthy conducted Laughter Therapy sessions for all the audience which was main attraction and refreshing to all the participants. Participants find these sessions very informative, interesting and helpful as it enlightens them about themselves, helped them to understand their own health and guided them in the management of the complaint and changing the lifestyle. Total 1500 Participants were benefited from these sessions.



Dr. SN Pandey, Pro-VC, Global Open University, Nagaland delivering session on “Integrative Naturopathy Medicine in Geriatric Care”



Director, Prof. (Dr.) K Satya Lakshmi felicitating Sh. Baharam Shah Mardan from Dr. Dinshah K Mehta Spiritual Centre at Clinical Naturopathy Session

| Sr. No. | Name of the Speaker | Credentials | Topic |
|------------------------------|------------------------|--|--|
| Day 1 : 19th November | | | |
| 1. | Dr.S.N.Pandey | Pro-Chancellor, The Global Open University Nagaland | Integrative Naturopathy Medicine in Geriatric Care |
| 2. | Bahram R. Shahmardaan | Founder of Dr Dinshah K Mehta Spiritual Center, Ambatpada, Kosbad Road Dahanu, Maharashtra | Spiritualism an Integral practice for Mental Health |
| 3. | Dr. KrishnaMurthy | Vice president of Indian Red Cross Society (IRCS), Hyderabad. | Importance of IRI Diagnosis in Naturopathy |
| 4. | Dr. P. Ezhilmaran | HOD of Dept. Of Traditional Diagnosis and Life Style Counselling and Specialized in Panchakarma, Psycho therapy in SAI SEVA YOGA, NATURE CURE HOSPITAL AND RESEARCH CENTRE | Integrative Naturopathy Medicine in Vascular Disorders |
| 5. | Dr. A. Malathi Syamala | Sr.Medical Officer, Nature Cure Hospital, Begumpet, Hyderabad. | Integrative Naturopathy Medicine in Maternal Care |



| Day 2 : 20th November | | | |
|-----------------------|----------------------|--|--|
| 6. | Dr. Vimal Kumar Modi | Director of AROGYA MANDIR, Medical College Road, Gorakhpur (U.P.) | Naturopathy Clinical Management in GERD |
| 7. | Dr. Jaya Kumar | Medical Officer at Nature Cure Hospital, Begumpet, Hyderabad. | Integrative Naturopathy Medicine in Arthritis |
| 8. | Dr. Mandala Sarju | Chief Medical Officer at Greenwoods Centre | Nature Cure in Northeast India: Past, Present and Future |
| 9. | Dr. A. C. Gupta | Former Nature Cure Physician at National Institute of Naturopathy | Naturopathy Diet intervention in Integrative care |
| 10. | Dr. P. Uma Sundari | Triguna Nature Cure & Yoga Clinic in AT Agraharam, Guntur | Integrative Naturopathy Medicine in Child Care |
| 11. | Dr. B.T.C.Murthy | Sr. Consultant at M. S. R., Bangalore. Former Director of Central Council of Research in Yoga and Naturopathy and National Institute of Naturopathy. | Naturopathy Clinical Management of Hypertension |

8. Exhibition of Stalls:

On the event of 5th Naturopathy day, a conference and exhibition was organized by National Institute of Naturopathy, Pune associated with Central council for research in Yoga and Naturopathy, New Delhi at World peace dome, MIT College, Loni Kalbhor Pune on 18th and 19th November, 2022.

A stall exhibition committee was formed by NIN. In this committee Dr. Parag Wadekar and Mr. Tejas Kholam were the members functioning for organizing stalls, allocating stalls for exhibitors for the exhibition.

There were total 51 stalls for the exhibition. Following is the list of exhibitors, number of allocated stalls and their respective showcase materials.



| Sr. No. | Name. | Stall quan. | Showcase |
|---------|---|-------------|---|
| 1. | Eco shuddhi Organic | 1 | Aloevera juice, Amla juice, Ragi biscuits, Multigrain biscuits, etc |
| 2. | Sankalpa streewadi | 1 | Hair oil, Massage oil, cold press oil, ragi chutney, jwari chutney, syrups, jams, papad |
| 3. | Samrudhhi agro group | 1 | Jwari idli, jwari pohe, ragi pohe, jwari rawa, ragi rawa, etc. |
| 4. | Girme wheat grass powder | 1 | Wheat grass powder |
| 5. | Shivansh organic | 1 | Organic grocery, Khapli wheat products, etc |
| 6. | Molten gold | 1 | Various kinds of honey, etc. |
| 7. | Bee basket | 1 | Organic products, lip balm, black rice, etc |
| 8. | Agro Zee | 1 | Millets and over 50 types of millets products |
| 9. | Maharashtra Yoga and Prakritik chikitsa | 1 | Earthen ware, khadi, Panchgavy products, Organic foods, millets. |
| 10. | Patanjali Atmabodh | 1 | Organic products |
| 11. | Sattvam Khadi | 1 | Khadi, Child organic clothes. |
| 12. | Isha foundation | 1 | Save soil info, neem powder, soaps, books, sanjeevani products. |
| 13. | Maarc Health product | 1 | Chemical free jaggery. |
| 14. | KVM research lab | 1 | Organic edibles. |
| 15. | Acupressure health care | 1 | Acupressure material, manual, |
| 16. | Dr. A.K. Jain | 1 | Sujok material. |
| 17. | ASPEUS | 1 | Acupuncture material, sujok, book |
| 18. | Vijay Hasnale | 1 | Ghongadi, Acupressure material. |



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|-----|---|---|---|
| 19. | Nutrifier pharmaceutical lip | 1 | Abdomen pack, neck pack, knee pack, mud pack cloth, eye pack cloth, eye wash cup, enema catheter, acupressure mat, ice bag, heel crack cream, burn cream. |
| 20. | Indian fibre | 2 | Hydrotherapy equipment information. |
| 21. | Cerajivan health tech | 1 | Colon hydrotherapy |
| 22. | Dr. Shakthi Vijayan | 1 | Books, eye wash cup, jalneti pot, edema catheter. |
| 23. | Vandhana energy solutions Mrs. Seema | 1 | Steam bath cabin and information, lucky draw. |
| 24. | Prakruthivam | 1 | Natural Water filter. |
| 25. | Ozone forum of India | 1 | Ozone therapy. |
| 26. | CGH Health | 1 | Information about centre, consultation. |
| 27. | Deham nature cure | 1 | Information about centre, Consultation, Bone mineral density machine, organic products, soaps, foods. |
| 28. | JSS | 1 | College, Consultation. |
| 29. | SGT University, Gurugram | 1 | College, Consultation. |
| 30. | Subharti college | 1 | College, Consultation. |
| 31. | Swamy Vivenkanadha college | 1 | College, Consultation. |
| 32. | Sahyadri School | 1 | Organic farming information. |
| 33. | Sona medical college | 1 | College, Consultation. |
| 34. | Nature fit app | 1 | Online app for BNYS Doctors. |
| 35. | Medicinal plant board | 1 | Medicinal plants. |
| 36. | Neelam prakritik chikitsalay and yoga kendra | 1 | Information about organization's activities. |



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|-----|---|---|--|
| 37. | Samadhan Kaya kalp/ Greenwoods | 1 | Information about organization's activities. |
| 38. | Regional Ayurveda research institute | 2 | Information about organization's activities. |
| 39. | NIN | 1 | Information about organization's activities. |
| 40. | CCRYN | 1 | Information about organization's activities. |
| 41. | Sachin Punekar | 1 | Organic food products, Agriculture equipment, Course related information. |
| 42. | Farm lab | 1 | Agriculture |
| 43. | IMANAH | 1 | Information about organization's activities. |
| 44. | ICAR National research centre for grapes | 1 | Information about organization's activities. |
| 45. | Ayush Retreat | 1 | Information about organization's activities. |
| 46. | Kelkar health care | 1 | Information about organization's activities. |
| 47. | Nisargopachar ashram | 1 | Information about organization's activities. |

The exhibition was for 2 days. Various guests, BNYS doctors and BNYS students visited stalls. Hon'ble Minister Ramdas Athawale visited all stalls along with Director, NIN. Total footfall for the exhibition was 1000plus. Many exhibitors extended their gratitude to NIN for organising the exhibition.



Joint Secretary, Ms. Kavita Garg, Ayush, MoA, Govt. of India, visiting Stall of Naturopathy Equipment in the pavilion



Exhibition of Acupressure Equipment in the pavilion



9. My Gov Activities:

To create awareness on Importance of Naturopathy for better health and making public committed to the cause, NIN has collaborated with MyGov for three events. The events shall remain in vogue starting from 18th November 2022 (Naturopathy Day) and continue till 17th December 2022,

Events to be organized with MyGov platform:

- **Naturopathy Pledge :**

<https://pledge.mygov.in/naturopathy/>

- **Naturopathy Survey:**

<https://www.mygov.in/mygov-survey/naturopathy-survey/>

- **Naturopathy Quiz :**

<https://quiz.mygov.in/quiz/naturopathy-quiz/>



Second Day Activities (19th November 222)

10. Food Fest:

National Institute of Naturopathy Pune organised Food Fest in conjunction with the 5th Naturopathy Day celebration. On this occasion, 2000 participants across the country attended this program. Food festival included display of preparations of different recipes. The food was distributed to the public attending this program. The idea of food festival was to re-integrate value back into the system of naturopathy.



Shri Ramdas Athawale, Minister of Social Justice and Empowerment of India visiting stall of Food Fest, exhibition of different recipes were made and distribution was done to the public.

11. Book Release

Following Books were released on the Valedictory function:

- Gandhi The Healer
- Nature cure clinic and Sanitorium of Dr.Dinshaw K Mehta matures into India's National Institute of Naturopathy
- Manual on Mud Therapy
- Compilation of Editorials of Nisargopachar varta



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The National Institute of Naturopathy extends its gratitude to all Naturopathy stakeholders for their cooperation, support and encouragement in conducting this mega event. This is the first event where NIN and CCRYN came together to spread the knowledge of Yoga and Naturopathy.

It was seen as a Naturopathy Kumbh Mela where everyone contributed their bit in building knowledge and sharing wisdom and took a step ahead in making healthy India. National Institute of Naturopathy wants to express gratitude and thanks to Rev. Prof. Dr. Shri Vishwanath Karad, MIT Group of Institutions, Seniors and Higher officials of Ministry of Ayush for the support and encouragement. We are grateful to you.

The organization expresses thanks to Wadia College for support, all the students, faculties, colleges, speakers, and all the people for making this program a big success.

As a follow-up we shall gear up to show the same strength in taking this message of this year's theme: Naturopathy: An Integrative Medicine to nook and corners of our country by conducting year long camps on various themes. Also, let us take up cycle rallies in and around our Society, Institutions and Colleges to promote healthy way of living for better health outcomes.

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