



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान पुणे ,  
**NATIONAL INSTITUTE OF NATUROPATHY, PUNE**

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**Detailed Report on 5<sup>th</sup> Naturopathy Day**

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

**Date- 16<sup>th</sup>-20<sup>th</sup> 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 18<sup>th</sup> 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 18<sup>th</sup> 2022. To mark 5<sup>th</sup> Naturopathy Day on 18<sup>th</sup> November 2022, in befitting manner, NIN organized series of activities involving all stakeholders 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-1468km, Hyderabad to Pune- 562km 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.

Total 23 cyclists participated in the rally from 11th Nov to 17th Nov to reach World Peace Dome enter, Pune.



**Prof. (Dr.) K Satya Lakshmi, Director, NIN addressing cyclists on the occasion of Inauguration ceremony of 5<sup>th</sup> Naturopathy Day on 18<sup>th</sup> December 2022.**

**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 Ministry of AYUSH to all cyclists participating from Delhi, Wardha and Hyderabad. He shared his dream of conducting cycle rally across the country and agreed 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 Jayengea- 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 Neck lace 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 flag off occasion at Gandhi Sevagram-Wardha, Dr.B.S.Garg-Secretary, Kasturba Health society, Gandhi Sevagram-Wardha thanked 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 daily updates about their ride, health and distance covered. These updates were uploaded in Social media handle of National Institute of Naturopathy. The viewers gave 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 safely On 17th Nov 2022 by successfully completing their Long ride crossing the hurdles of weather changes. The accommodation, food and travel expenses were taken care by National institute of Naturopathy.

All 18 cyclist along with Dr Praveen, Co-ordinator-Cycle rally and Dr Nagalakshmi, Co-ordinator-Cycle rally, were Felicited 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 16<sup>th</sup> & 17<sup>th</sup> November 2022 at Wadia College Campus, Pune. To bring in the students of all the naturopathy colleges at common platform with a healthy competition on arts, science and sports, NIN conducted inter-collegiate sports and cultural meet in conjunction with 5<sup>th</sup> 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 16<sup>th</sup> and 17<sup>th</sup> November 2022 as a pre-celebration of 5<sup>th</sup> National Naturopathic day from 10 am to 6pm. 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 16<sup>th</sup> 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 11am with the announcement of theme and ended at 1pm sharp; followed by which there was a judging round. A panellist of 3 judges were fixed; Dr. Preethi (JSS Institute of Naturopathy & Yogic Science s, 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 1<sup>st</sup>. 2<sup>nd</sup> and 3<sup>rd</sup> 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, Banglore), 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 1<sup>st</sup>. 2<sup>nd</sup> and 3<sup>rd</sup> prize.

There were 3 Fine art competitions held on the 17<sup>th</sup> of November 2022. There were two competitions held simultaneously; Mehendi and Fruit/ Vegetable Carving. For the Mehendi competition there was 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 10am 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. Moodibidri), Dr. Jyoti Madhur (Maharishi Aurbindo 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 1<sup>st</sup>. 2<sup>nd</sup> and 3<sup>rd</sup> 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, manglore), 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize.

**Proposed 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	
<b>Literature</b>			
1.	Essay Writing Competition	1	
2.	Poster Presentation (Innovative Idea)	1	
3.	Quiz Competition	1	
4.	JAM (Just-a-Minute)	1	
<b>Fine Arts</b>			
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	
<b>Board Games</b>			
12.	Chess	1	
13.	Carom	1	
<b>Sports</b>			
		<b>Male</b>	<b>Female</b>
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		
<b>Pageant Contest</b>			
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
2. Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences
3. Tapovana Medical College And Hospital of Naturopathy And Yogic Sciences
4. MVM College Naturopathy Yogic Sciences
5. Shri JGCH Naturopathy And Yogic Sciences College Ghataprabha
6. Yenepoya Naturopathy And Yogic Science College And Hospital
7. The School Of Yoga And Naturopathic Medicine; SVYASA University
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
14. Excel Medical College For Naturopathy And Yoga, Tami Nadu
15. Swamy Vivekanandha Naturopathy And Yoga Medical College, Salem, T.N
16. Sree Rama Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari
17. Annai College Of Naturopathy And Yoga Science
18. Sona Medical College Of Naturopathy And Yoga, Salem
19. Care Yoga And Naturopathy Medical College And Hospital, Bapatla
20. Nandha Naturopathy And Yoga Medical College, Erode, Tamilnadu
21. Sharada Yoga And Naturopathy Medical College, Mangalore
22. Gandhi Naturopathic Medical College, Hyderabad, Telangana
23. Paramhans Yogananda Shubharti College And Hospital Of Naturopathy Yogic Science, Dehradun, Uttrakhand
24. G.T.N Medical College Of Naturopathy & Yogic Science
25. Shri Mahavir Medical College Of Naturopathy & Yogic Sciences, Nagpura
26. Shri Indraganesan Institute of Naturopathy And Yogic Sciences
27. Krishna College Of Naturopathy And Yogic Sciences, Trichy, Tamilnadu

**Inter-Collegiate Sports and Cultural Competition Winners**

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



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

1.	SPOT VIDEOGRAPHY	1 <sup>st</sup> Prize- Vishwamber	Gandhi Naturopathic Medical College, Hyderabad, Telangana
		2 <sup>nd</sup> Prize- B.Darshana	International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu , Tamil Nadu
		3 <sup>rd</sup> Prize- Shweta AC	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
12	CHESS	1 <sup>st</sup> Amulya	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup> Sindhana	International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu , Tamil Nadu
		3 <sup>rd</sup> Bharat	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
13	CAROM	1 <sup>st</sup> Gangrei Gangmei	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup> K. Gokul	International Institute of Yoga And Naturopathy Medical Sciences, Chengalpattu , Tamil Nadu
		3 <sup>rd</sup> K.Sheldon	GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu
14	400 METERS MALE	1 <sup>st</sup> Jithu Mohan	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup> Manoj	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
		3 <sup>rd</sup> Mohammad Moinnudin	Yenepoya Naturopathy and Yoga Medical College & Hospital, Mangalore, Karnataka
15	400 METERS FEMALE	1 <sup>st</sup> Devika	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
		2 <sup>nd</sup> Nandhana	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
		3 <sup>rd</sup> Sweta.J	Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu
16	100 METERS MALE	1 <sup>st</sup> Amuth Kannan	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
		2 <sup>nd</sup> Chiranth Gowda	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		3 <sup>rd</sup> Messiah	Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu

17	100 METERS FEMALE	1 <sup>st</sup> Anushree	SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka
		2 <sup>nd</sup> Subhashree	Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu
		3 <sup>rd</sup> Edal Femi.J	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
18	DISCUS MALE	1 <sup>st</sup> Rangesh	Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu
		2 <sup>nd</sup> Nithin	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		3 <sup>rd</sup> Arun Prasad	SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka
19	DISCUS FEMALE	1 <sup>st</sup> Devi	Krishna Naturopathy and Yoga Medical College, Trichy, Tamil Nadu
		2 <sup>nd</sup> Pratiksha	SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka
		3 <sup>rd</sup> Boomika	Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu
20	JAVELIN MALE	1 <sup>st</sup> Chaitresh	Sharada Yoga and Naturopathy Medical College, Mangalore, Karnataka
		2 <sup>nd</sup> Arjun	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		3 <sup>rd</sup> Iniyavan	Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu
21	JAVELIN FEMALE	1 <sup>st</sup> Tivetha	Swamy Vivekanandha Naturopathy and Yoga Medical College, Salem, Tamil Nadu
		2 <sup>nd</sup> Sindhu S	SVYASA College of Naturopathy & Yogic Sciences, Bangalore, Karnataka
		3 <sup>rd</sup> Divya	Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu
22	SHOT PUT MALE	1 <sup>st</sup> Jagadesh	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
		2 <sup>nd</sup> Yashwat	Krishna Naturopathy and Yoga Medical College, Trichy, Tamil Nadu
		3 <sup>rd</sup> Hosanna	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka

23	SHOT PUT FEMALE	1 <sup>st</sup> Spurthi	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup> Sowmiya	Excel Medical College for Naturopathy And Yoga, Namakkal, Tamil Nadu
		3 <sup>rd</sup> Niharika	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
24	LONG JUMP MALE	1 <sup>st</sup> Castro	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
		2 <sup>nd</sup> Avinash	Annai College of Naturopathy and Yoga Science, Kumbakonam, Tamil Nadu
		3 <sup>rd</sup> Ebinesar	GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu
25	LONG JUMP FEMALE	1 <sup>st</sup> Pooja Saroj	Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP
		2 <sup>nd</sup> G. Sai Darshni	Gandhi Naturopathic Medical College, Hyderabad, Telangana
		3 <sup>rd</sup> Mona Lisa	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
26	BASKETBALL FEMALE	1 <sup>st</sup>	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
		2 <sup>nd</sup>	Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu
		3 <sup>rd</sup>	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
27	VOLLEYBALL MALE	1 <sup>st</sup>	Annai College of Naturopathy and Yoga Science, Kumbakonam, Tamil Nadu
		2 <sup>nd</sup>	Sri Ram Krishna Medical College Of Naturopathy And Yogic Sciences, Kanyakumari, Tamil Nadu
		3 <sup>rd</sup>	Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu
28	VOLLEYBALL FEMALE	1 <sup>st</sup>	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup>	SDM College Of Naturopathy AndYogic Sciences, Ujire, Karnataka
		3 <sup>rd</sup>	G. Madegowda Institute of Naturopathy and Yogic Sciences, Mandya, Karnataka

30	TUG OF WAR MALE	1 <sup>st</sup>	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup>	Nandha Naturopathy and Yoga Medical College, Erode, Tamil Nadu
		3 <sup>rd</sup>	Shri Indra Ganesan College of Naturopathy and Yogic Sciences
31	TUG OF WAR FEMALE	1 <sup>st</sup>	GTN Medical College of Naturopathy and Yogic Science, Dindigul, Tamil Nadu
		2 <sup>nd</sup>	Gandhi Naturopathic Medical College, Hyderabad, Telangana
		3 <sup>rd</sup>	Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, Meerut, UP
32	MR. NATUROPATHY	1 <sup>st</sup> - Qais Farahan	Alva's College of Naturopathy & Yogic Sciences, Moodbidri, Karnataka
		2 <sup>nd</sup> - G. N. Santosh	SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka
		3 <sup>rd</sup> - Sriram	Govt Yoga and Naturopathy Medical College, Chennai, Tamil Nadu
33	MS. NATUROPATHY	1 <sup>st</sup> - Tejaswini K V	MVM College of Naturopathy and Yogic Sciences, Bangalore, Karnataka
		2 <sup>nd</sup> - Vishakha Bhandarkar	SDM College Of Naturopathy And Yogic Sciences, Ujire, Karnataka
		3 <sup>rd</sup> - P Chitra	Gandhi Naturopathic Medical College, Hyderabad, Telangana

**Glimpses of Sports Competitions in Inter Collegiate sports and cultural meet**



**Glimpses of Fine Arts and Indoor Games 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 5<sup>th</sup> Naturopathy Day (18<sup>th</sup> November 2022)

Celebration of 5<sup>th</sup> 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 5<sup>th</sup> 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 5<sup>th</sup> Naturopathy day.



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

## 5. Felicitation of the Investors

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

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 Maeer'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.
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 BANEGA SWASTHYA RAKSHAK”. It is a mass movement undertaken to target school children who are initiated into Naturopathy and its effect in preventing diseases.
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 Nisargopchar Kendra, Aargyadham, Sevagram Wardha.
11.	Shri. Manthena Satyanarayana Raju	Trustee of Manthena 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 (18<sup>th</sup>-19<sup>th</sup> 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	EVENTS		
8.00 am to 9.30 am	REGISTRATION		
10.00 am to 12.00 noon	INAUGURAL PROGRAM		
<b>November 18<sup>th</sup></b> , 2022			
Time	Topic	Speakers	Chairpersons
2.00pm-3.30 pm	<b>Session 1:</b> Keynote Session 1	<b>Dr Jon Wardle</b> 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. <b>Topic:</b> Naturopathy and Yoga: an Underutilized Tool for Public Health <b>Dr Tina Hausser</b> <b>Vice-President for International Affairs of the Spanish Association of Naturopathy</b> <b>Topic:</b> Naturopathic Approaches to Non Communicable Diseases	Dr Satya Lakshmi Dr Manjunath NK
3.45 pm-4.45 pm	<b>Session 2:</b> Bridging philosophy and science	<b>Dr Raghavendra Rao</b> Director, CCRYN <b>Topic:</b> Scientific basis for Naturopathic concepts Dr Pradeep MK Nair Professor, Sant. Hirdaram college of Naturopathy & Yogic Sciences <b>Topic:</b> Clinical Application of Unity of disease and unity of cure <b>Dr Manjunath NK</b> Pro Vice chancellor, SVYASA, Director Research <b>Topic:</b> Role of Naturopathy in Integrative Neuro Rehabilitation	Dr Sateesh M Hombali Dr Bhargava Boddu
4.45pm-5.30pm	<b>Session 3:</b> All diseases arise in the Gut	<b>Dr. Praveen Jacob</b> Adjunct Professor, Nitte University, Nitte. <b>Intestinal dysbiosis and its management</b> <b>Dr. Debojyoti Dhar</b> Director, Bug Speaks <b>Microbiome revolution in India</b>	Dr Babu Joseph Dr Abhishek Devikar

5.30 pm- 6.30 pm	Spa & wellness Tourism	<b>Panel Discussion</b> <b>Yoga and naturopathy in wellness Industry</b> Dr Narendra K Shetty, Dr Manoj Kutteri, Dr Abhishek Jain, Dr Roopa Lakshmi Bhat, Dr Mitesh Bhantia, Dr Dileep Devasia	Dr. Rajesh Srinivas
<b>19<sup>th</sup> November 2022</b>			
9.00 am- 10.30 am	<b>Session 4:</b>	<b>Keynote sessions</b> <b>Dr Kieron Cooley</b> Director of Research at The Canadian College of Naturopathic Medicine <b>Attitudes and Education towards Evidence Informed Practice in Naturopathy</b>  <b>Dr Surya Bahadur Karki</b> Institute of Natural Medicine & Nature cure research & Teaching hospital, Kathmandu, Nepal <b>Promoting Mental health among the youth through Naturopathy</b>	Dr Shaiju KS Dr M.V. Mallikarjun
10.45am- 12.00 noon	<b>Session 5:</b> Panchamahabhutas in treatment: Prithvi Chikitsa	<b>Dr Babasaheb Gadde</b>  <b>Role of Magnetotherapy in health and disease</b>	Dr. Nagajyoti Dr Abhay M Shankaregowda Dr Sarang Patil
	Aakasha Chikitsa	<b>Dr P. Saranyan</b> Medical Superintendent RK Nature Cure Home <b>Role of fasting in Naturopathy</b>	
	Aap Chikitsa	<b>Dr. Sujatha Dinesh</b> Vice Principal SDM College of Naturopathy & Yogic Sciences, Ujire <b>Hydriatic applications and their role in health and disease</b>	
	Vayu Chikitsa	<b>Dr. Hemanshu Sharma</b> Assistant Professor, Sant Hirdaram Medical College of Naturopathy & Yogic Sciences  <b>Role of Yoga along with Naturopathy in disease management</b>	
	Agni Chikitsa	<b>Dr. Venugopal V</b> AMO Government Yoga 7 Naturopathy Medical College <b>Managing the metabolism through Naturopathy</b>	
12.00 noon - 1.00pm	Education Sector	<b>Standardization &amp; Quality of Education</b> Dr Abhay M Shankaregowda, Dr M.V.	Dr Naveen K Visweshwaraiah

		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 Amberker Vinayak Subash Dr Rajesh Padekal
1.00pm- 2.00pm	LUNCH		

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

#### PARALLEL SESSIONS

Time	Topic	Speakers	Chairpersons
Nov 18 <sup>th</sup> 2.00pm to 4.00 pm		<b>POSTER PRESENTATIONS</b>	Dr Puneeth Raghavendra Dr BV Rao
Nov 19 <sup>th</sup> 10.00 am to 1.00pm		<b>ORAL PAPER PRESENTATIONS</b>	Dr Apar Saoji Dr Inbaraj Dr Pradeep MK Nair



**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:**

Clinical Naturopathy sessions were conducted for 3 days with eminent speakers across country 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. The program was arranged in ‘Raj Kapoor Auditorium’, MIT University, Loni. Pioneer in the field of Naturopathy visited and delivered a session on different health care aspects related to the theme. The speakers gave general lifestyle and daily ailment management tips other than their theoretical sessions, followed by question-answer 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. Dinshaw K Mehta Spiritual Centre at Clinical Naturopathy Session**

**Schedule of Clinical Naturopathy Sessions**

<b>No</b>	<b>Name of the Speaker</b>	<b>Designation</b>	<b>Topic</b>
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 Dinshaw K Mehta Spiritual Centre, Dahanu, MH	Spiritualism an Integral practice for Mental Health
3.	Dr. Krishna Murthy	Vice President of Indian Red Cross Society (IRCS), Hyderabad	Iridology in Integrative Diagnostics
4.	Dr. P Ezhilimaran	HOD of Dept. of Traditional Diagnosis and Life style counselling in Sai Seva Yoga and 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
6.	Dr. Vimal Kumar Modi	Director of Arogya Mandir, Gorakhpur	Naturopathy Clinical Management in GERD
7.	Dr. Jaya Kumar	Medical Officer, Nature Cure Hospital, Begumpet, Hyderabad	Integrative Naturopathy Medicine in Arthritis
8.	Dr.Mandala Sarju	Chief Medical Officer, Greenwoods Centre, West Bengal	Integrative Naturopathy Medicine in Cardiac Disorders
9.	Dr. A C Gupta	Former Nature Cure Physician at NIN, Pune	Naturopathy Diet Intervention in Integrative Care
10.	Dr. P Uma Sundari	Founder, Triguna Nature Cure and Yoga Clinic, Guntur	Integrative Naturopathy Medicine in Child Care
11.	Dr. B T Chidananda Murthy	Sr. Consultant at MSR Arogyalam, AP and Former Director at CCRYN and NIN, Pune	Naturopathy Clinical Management of Hypertension

## 8. Exhibition of Stalls:

On the event of 5<sup>th</sup> 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 18<sup>th</sup> and 19<sup>th</sup> November, 2022.

A stall exhibition committee was formed by NIN. In this committee Dr. Parag Wadekar and Mr. Tejas Khollam were the members functioning for organizing stalls and allocating stall 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.	Ecoshuddhi 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.
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.	Shayadri 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.
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 guest, BNYS doctors and BNYS students visited stalls. Mr. Ramdas Athavale visited all stalls along with Director, NIN. Total footfall for the exhibition was 1000plus. Many of exhibitors extended their gratitude to NIN for organising 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 18<sup>th</sup> November 2022 (Naturopathy Day) and continue till 17<sup>th</sup> 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 (19<sup>th</sup> November 2022)

### 10. Food Fest:

National Institute of Naturopathy Pune organised Food Fest in conjunction with the 5<sup>th</sup> 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 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 Editorial of Nisargopachar Varta



**Book Release by Shri Ramdas Athawale, Minister of Social Justice and Empowerment of India, Shri Vikram Singh, Director (Yoga and Naturopathy), Ministry of Ayush, New Delhi, Dr Raghavendra Rao, Director, CCRYN and Prof. (Dr.) K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune.**

## 12. Naturopathy Camps as Year Long Activity

For the year 2022, being the 5<sup>th</sup> year NIN intends to celebrate the fifth naturopathy day to take the message of patient-oriented treatment to people. The theme of this year's Naturopathy Day is '**Naturopathy: An Integrative Medicine**'. As part of the year-long program starting from 18th November 2022, to bring awareness regarding the efficacy of integration among the medical fraternity, NIN will conduct a series of camps for public by Naturopaths.

Most of the health conditions require lifestyle modifications to harness best outcomes in terms of quality of life. This kind of exercise will bring naturopathy close to the doorsteps of people and cross referrals also become a reality and people will be benefitted, ultimately. The objective of the camp is to address that how many ways naturopathy can be combined without interfering or tinkering with the medication is possible should be explained and demonstrated.

However the focus of naturopath is to bring in the health factors working efficiently. Areas of Integration-

- Integrative Cancer care and palliative care
- Integrative Geriatric and Non-Communicable-Disease care
- Integrative Cardiac care
- Integrative Pulmonary rehab
- Integrative Mind body care
- Integrative Women and child care

This activity will sensitize the practitioners and their patients to incorporate nature cure based on the 'patient specific' approach after a thorough clinical evaluation. It would create awareness about the Naturopathy system of medicine as evidence-based implementation for better public health and further the professional practice of the system in all walks of life.

NIN shall conduct 1000 camps in different states till March 2023 starting from 18th November 2022 and the expected number of beneficiary is 200 in each camp. The associating organization shall be reimbursed the expenditure. The co-coordinating Yoga and Naturopathy institutions/organizations are expected to execute the activities in a befitting manner to make the events a grand success. The success of the event should result in inculcating the importance of Integration of Naturopathy with other system of medicine among the masses to achieve the objective, 'Health for all'.