Food is very essential for all living beings as it provides calorie, energy, nutrients and many more. But now a days various types of fast foods and junk foods are frequently available and they are easy to carry and eat. But at the same time they are poor in nutritional value and essential micro-nutrients and cause various diseases and lifestyle related disorders. Thus, to propagate the concept of natural food habits and lifestyle related problems and also to educate and aware about the right food habits, The National Institute of Naturopathy, Pune under Ministry of AYUSH, Govt. of India organized a National level Food Festival and Yoga – Naturopathy Seminar at Bhubaneswar, Odisha.

Naturopathy: Naturopathy is built on a strong philosophy and practice. The following are the guiding principles on which the entire edifice of naturopathy practice is structured.

Unity of Disease and Unity of Cure: Toxemia and vitality theories influence the framework of Naturopathy practice, wherein, the cause of all diseases is one i.e. toxemia and all their treatments are aimed at one. i.e. increasing vitality by
eliminating toxins. Except for traumatic and environmental conditions, the cause of all diseases is one i.e. accumulation of morbid matter in the body and their elimination from the body is the treatment. Germs don't cause disease but found in diseased condition. The primary cause of disease is not bacteria. Bacteria and virus invade and thrive in the body only on the accumulated of morbid matter. It is the soil (human body), which, is primary not the microbe.

When possible, do not suppress symptoms, which are the body’s efforts to self-heal. For example, the body may cook up a fever in reaction to a bacterial infection. Fever creates an inhospitable environment for the harmful bacteria, thereby destroying it. Of course, the naturopathic physician would not allow the fever to get dangerously high.

**Ten tenets of Naturopathy practice:**

1. The body heals itself.
2. The main cause of disease is lowered vitality.
3. The accumulation of the morbid matters causes the disease.
4. The acute disease in itself is the remedial process.
5. Germs don't cause disease but found in diseased condition.
6. Food is the building material but does not increase the vitality.
7. Fasting doesn't cure the disease but create the environment to heal
8. Yoga, Exercise or physical activities keep the balance between nutrition and drainage.
9. External treatments, no matter what pathies they belong to, give only relief. They do not cure the disease.
10. The patient own wish to get well, determination and faith in nature’s healing power play important role in the healing process.

**Philosophy of Naturopathy:**

1. **First, do not harm:** Naturopathic physicians respect the human body. They use low-risk procedures and treatment methods to minimize harmful side-effects.
Suppression of symptoms is also avoided to prevent interference with the diagnostic healing processes.

2. **Identify and treat causes**: Harness the healing powers of nature by living close to Nature: Nature is the greatest healer. The body has the inherent ability to heal itself. The naturopathic doctor simply supports and facilitates the healing process. Identify and remove the cause. When you remove the cause, you remove the obstacle to cure. If the cause is not removed, the disease process will continue to further damage the body. The acute disease in itself is the remedial process. Thus, acute diseases are friends, not the enemies. Chronic diseases are the outcome of wrong treatment and suppression of the acute diseases.

3. **Let nature heal**: Our bodies have such a powerful, innate instinct for self-healing. By finding and removing the barriers to this self-healing such as poor diet or unhealthy habits naturopathic physicians can nurture this process.

4. **Treat the whole person**: The naturopath caters the treatment plan to each individual’s unique disease process. In Naturopathy, patient is treated and not the disease. Customize each diagnosis and treatment plan to fit each patient. We all heal in different ways and the naturopathic physician respects our differences.

5. **Educate the patients**: Naturopathic medicine believes that doctors must be educators, as well as physicians. That’s why naturopathic physicians teach their patients how to eat, exercise, relax and nurture themselves physically and emotionally. They also encourage self-responsibility and work closely with each patient. Because they are knowledgeable in both western and natural medicine, they serve as an excellent resource to help you develop a personal wellness programme.

6. **Prevent illness**: Promotion of health and prevention of disease: Promotion of health and prevention of disease is the best medicine. Naturopathic physicians take
great care to educate patients on the necessary lifestyle changes needed to maintain health and prevent disease.

**INTRODUCTION & OBJECTIVES**

The National Natural Food Festival (NNFF) and Naturopathy-Yoga Seminar - 2017 organized by National Institute of Naturopathy, Pune, an organization under the Ministry of AYUSH, Government of India from 10\textsuperscript{th} to 12\textsuperscript{th} February, 2017 was inaugurated by His Excellency, Dr. S.C Jamir, Hon’ble Governor of Odisha at Janata Maidan, Bhubaneswar on 10\textsuperscript{th} Feb 2017. The 3-day events threw the light on various aspects of food and a positive impact on our food choices. This event is very appropriate to be conducted in the rising era of various Non-communicable diseases like diabetes, hypertension, cancers, etc where food modification plays a major role in mitigating these deadly diseases quoted the Governor. Currently India is fighting against these deadly diseases and a huge amount of money is spending every year on curative care. Focusing on preventive health care can bring down these economical burdens to a larger extent. The best way to bring in such preventive approach among every citizen is by encouraging them to adapt healthy lifestyle measures. Events like this will definitely play a major role in imparting quality preventive care. Representatives from various Naturopathy medical colleges across the country and other stake holders in health sector are actively participating and exhibiting various traditional and natural recipes for healthy living in this event.
Inauguration of National Natural Food Festival and Yoga- Naturopathy Seminar – 2017 at the hands of His Excellency Dr. S.C. Jamir, Hon’ble Governor of Odisha at Bhubaneswar, Odisha, on 10th Feb 2017
His Excellency Dr. S.C. Jamir, Hon’ble Governor of Odisha addressing the audience and participants during the inauguration day of the NNFF-2017 at Bhubaneswar, Odisha.

Dignitaries on the dais (L-R) : Shri B. K. Pusti, State Co-ordinator & Organizing Secretary, Dr. BTC Murthy, Former Director-NIN and Principle JSS Institute, Coimbatore, Prof. Radha Mohan, Former State Information commissioner, Odisha, Dr. Neerja Reddy, Director, Govt. Naturopathy Medical College, Hyderabad.

A book on natural food preparations & methods named “Naturopathy Food Concepts” was released by the Hon’ble Governor of Odisha. The book is based on natural food preparations, without adding any masala and spices to it. This book contains various recipes of food preparations and their health benefits by natural means. Another book named “Position Paper on Yoga and Naturopathy in India, Report from National Naturopathy Conclave” was also released by the hands of HE.
Releasing of Naturopathy Food Concepts Book and Position Paper on Yoga and Naturopathy in India, Report from National Naturopathy Conclave at the hands of His Excellency Dr. S.C. Jamir, Hon’ble Governor of Odisha addressing the audience and participants during the inauguration day of the NNFF-2017 at Bhubaneswar, Odisha.

His Excellency the Governor of Odisha appreciated the efforts of National Institute of Naturopathy in organizing such thought provoking events across the country and creating awareness among the common public about healthy living.

The 3-days event included exhibition of more than 200 delicious natural recipes, green salad, raita and traditional natural food and displayed recipes without using sugar, maida, chemicals and preservatives. Various natural snacks, natural tea, organic foods, fruit juices and salads, sprouts, etc. are some of the important attractions of the food festival. Besides this various competitions for school children were organized on 11th Feb. 2017 which included elocution
competition on “Food as Medicine – How”, essay writing competition on “Healthy eating habits according to you”, drawing competitions on “Nature around you”, cooking competition for stall exhibitors, vegetable and fruit carving competitions etc. Panel discussion on food policies, talk on fasting and diet for health and healthy eating habits were also organized on the same day. There will be group discussion on “Why Millets?”, energy dense foods and non-communicable diseases on 12th Feb. 2017.

A view of Stalls installed by various Naturopathy Medical Colleges at National Natural Food Festival, Bhubaneswar, Odisha.

The following are the list of Naturopathy Medical Colleges and other exhibitors in the event.

1. Gandhi Naturopathic Medical College, Telengana
2. Govt. Yoga and Naturopathy Medical College, Tamil Nadu
3. JSSINYS, Tamil Nadu
4. The school Of Naturopathic Medicine, Karnataka
5. Banaras Hindu University, Uttar Pradesh
6. Subharti Naturopathy and Yoga Medical College, Uttar Pradesh
7. Jayaranga Naturopathy and Yoga Hospital, Bhubaneswar
8. Kitchen Gardeners Association, Bhubaneswar
9. Centre for women and tribal development, Odisha
10. Sambhav, Odisha
11. Centre for Agri Management, Utkal University

Competitions for school children

- **Elocution Competition**

32 school students belonging to 8th to 10th std participated in the competition under the theme “Food as Medicine- How ?”.

- **Essay writing Competition**

41 school students belonging to 5th to 7th std participated in the competition under the theme “Healthy eating according to you”.

![Event Image]
- **Drawing Competition**

59 school students belonging to 2nd to 5th std participated in the competition under the theme “Nature around you”.

- **Panel & Group discussion**

Panel discussion on food policies of India was conducted which was moderated by Dr. BTC Murthy, Dr. Sarath Damluri, Dr. Naga Lakshmi, Dr. Neeraja Reddy which included doctors who were divided into four groups who conducted a SWOT analysis on existing policies of food.
• **Public addresses**

Shri. Subash Chandra Sarangi and Shri. Surendra Pradhan gave talk in odiya language on the following topics, Fasting and diet for health and Healthy eating habits respectively.

• **Group discussion**

The second day group discussions were conducted on why millets and Energy dense food and non communicable diseases, in which the Doctors from different states opined their views on the millets and NCDs.
Valedictory function

Valedictory function of the 3-days event will be held on 12th Feb at 4 pm. Prizes were gave away to the winning teams and students of various competitions at the hands of Shri Jagadananda, Former State Information Commissioner, Odisha and Prof. Dr. K. Satya Lakshmi, Director, NIN, Pune.

Releasing of Souvenir on Natural Food Preparations and Food Habits on

Valedictory Function at NNFF 2017, Bhubaneswar, Odisha
Dignitaries on the dais (L-R): Prof. (Dr) K.B. Rath, Principle, Regional Institute of Education, Bhubaneswar, Odisha, Prof. Radha Mohan, Former State Information Commissioner, Odisha, Shri Jagadananda, Former State Information Commissioner, Odisha, Dr. BTC Murthy, Principle JSS Institute, Coimbatore, Prof. (Dr) K. Satya Lakhsmi, Director, NIN, Shri Bejoy Pusti, State Coordinator and Organizing Secretary

Prof. (Dr) K. Satya Lakshmi, Director, NIN felicitating Shri Jagadananda, Former State Information Commissioner, Odisha
Simultaneously NIN, Pune has organized a 3-day Women empowerment programme on Nutrition and Women’s Health at IMAGE, Siripur, Bhubaneswar from 10\textsuperscript{th} to 12\textsuperscript{th} Feb 2017. Various experts from Naturopathy and Yoga from different parts of the country have participated in the discussion and deliberations.

Shri K. Subhash, Administrative Officer & Chief Vigilance Officer, NIN felicitating Prof. Dr. K.B. Rath, Principle, Regional Institute of Education, Bhubaneswar, Odisha.
The food that the society chooses has many implications. Presently, a particular food being is chosen because of: 1) Geographical reasons 2) Climatic reasons 3) Socio-Cultural reasons, and 4) Governments’ interventions at various levels, etc.

The pre-industrial Indian society viewed food as giving nourishment physically, intellectually, culturally and spiritually. While the post-industrial era and ethos speaks a language of food in terms of calories, proteins, carbohydrates, fats, trans-fats, vitamins, minerals, antioxidants, soluble and insoluble fibre, the Indian society and its people find, to their utter dismay, that these terms are not fitting well into their cultural and social settings. There is a deep sense of anguish and conflict as the dietary habits and the food itself is undergoing rapid changes in time and space.

A once highly evolved food culture has now reached a dead end and is facing extreme turbulence as it negotiates a path riddled with conflicting needs, fads and market forces. The primary reason for this situation is: Indians, farmers included, have come to consider food as a commodity. Since commodities have to have some standards and worth, some food crops are already on their way out, if not disappearing all together.

The changed dietary habits of a vast population impacted the health of the people at large, apart from hygiene and sanitation. Vector-borne diseases have been on the rise due to water intensive agricultural practices, water-borne diseases due to chemical pollution; Persistent Organic Pollutants (POPs) entered our food chain, as they are water soluble and have an affinity for the fat tissue of living beings, these get accumulated in the fat tissue and disrupt the endocrinal activity. Added to all this, high carbohydrate diet, devoid of nutrition, is the cause of nutritional related health problems. The complex food-society-health matrix has a telling effect on the nation’s health and is threatening to acquire epidemic proportions.
The present-day modern society is embroiled in a dilemma as to what to eat, how much to eat and when to eat. We may be able to manufacture nutritious food strictly adhering to the modern prescribed standards at great cost to the environment, but we will not be able to satisfy the diverse tastes and other cultural needs of the population.

The guiding principles that should be kept in mind while choosing appropriate food for a given society are: to eat locally grown foods that the soils would support on a sustainable basis, chemical-free, energy-efficient foods and foods that are grown out of environmentally sustainable agricultural practices. The ultimate mantra at individual level is moderation, not ‘ration’. Eat only when hungry.

Prof. (Dr) K. Satya Lakshmi
Director
GLIMPES OF THE EVENT
MEDIA COVERAGE

Satvik Aahar Mela begins in city

MALA does not break down easily in stomach if it is consumed with pulses, cereals and fruits, because of its high fat and protein content. Similarly, sugar should not be had with protein-rich or starchy food as it takes a longer time to be digested.

Nutripathy spoke about food combinations that are beneficial and healthful for the body at the inaugural day of the annual National Natural Food Festival (NNPF) 2017 (Satvik Aahar Mela), being organised at the Janata Maidan here.

They also showcased 200 food recipes that were cooked with just natural ingredients, very little oil and no spices, sugar, white flour (maida), food colours and other taste enhancers. The recipes included variety of snacks, salads, curries and deserts. The three-day event, inaugurated by Governor of Odisha, SC Jamir, is being organised by Pune-based National Institute of Naturopathy under Ministry of Ayush.

Various naturopathy colleges were displaying their products and recipes at the festival, which is aimed at making people understand healthy food habits. They are also demonstrating how to cook food without losing its nutritional value and how to store and preserve food.

Around 100 naturopathy doctors are present at the fair to interact with visitors about the myths associated with use of locally made food. With the fast changing lifestyle and food habit impacting health of people in many ways, the festival by National Institute of Naturopathy would demonstrate how to go about selecting healthy food, healthy and natural methods of cooking, good food habits, and understanding the natural food concept,” said Dr Pratap, the state coordinator for the festival.

There would be competitions for school children in drawing, animation and essay writing. A cooking competition and vegetable and fruit carving contest has also been lined up. Seminar on various issues like food policies of the Central Government, healthy eating habits in Odisha and national density in food among others will be discussed.

A Yoga Naturopathy seminar on the concluding day on Sunday will be attended by Union Ayush Minister Shripad Naik.
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