INTRODUCTION: National Institute of Naturopathy (NIN), Pune, is registered under the Societies Registration Act, 1860 and came into existence on 22-12-1986 with the aims & objectives to propagate & promote Naturopathy & Yoga, to provide treatment facilities for all kinds of diseases through Naturopathy & Yoga, to conduct research & training and to be a living Memorial of Mahatma Gandhi. This institute has a “Governing Body” headed by the Hon’ble Minister of AYUSH, Govt. of India as its President. National Institute of Naturopathy (NIN) is located in a historical building called “Bapu Bhavan” which is situated at Matoshree Ramabai Ambedkar Road, Pune. “Bapu Bhavan” is named after Mahatma Gandhi, Father of the Nation, who stayed here for 156 days and made this institution his home, whenever he was in Pune, till the year 1944. Formerly this place was known as “Nature Cure Clinic and Sanatorium” which was run by late Dr. Dinshaw K. Mehta. The All India Nature Cure Foundation Trust was established in this Centre by Dr. Dinshaw K. Mehta. Mahatma Gandhi became its life long Chairman. Gandhiji conducted Naturopathy experiments and organized National and International activities while staying here. The present complex was handed over to Govt. of India on 17-03-1975 by Dr. Dinshaw K. Mehta for starting the National Institute of Naturopathy.
I. MAJOR ACTIVITIES CARRIED ON DURING THE YEAR 2016-17:

1. ACQUISITION OF LAND: With the active support of the Ministry of AYUSH, Government of India, 10 Hector (25 acres) of land by the Government of Maharashtra has been allocated to establish ‘Nisarg Gram’ - Naturopathy Hospital, Medical College, Research Unit and Living Gandhi Memorial at Kondhwa, Pune at total cost of Rs.7.66 Crores.

![Proposed “Nisarg Gram” Project, Kondhwa, Pune](image)

2. NIN, Pune celebrated International Day of Yoga on 21st June, 2016 and organized various programmes intending to spread the importance of Yoga by organizing various programmes at NIN campus as well as at different Institutions, Schools, Colleges, in and around Pune. The programme started at 07:00 am with Mass Yoga Session followed by various Yogic Asanas as per AYUSH Protocol like Standing Postures: Taadaasan, Vrikshaasan, Pada-Hastaasana, Ardha-Chakraasana, Sitting Postures like; Vajrasana, Shashankaasan, Vakrasana etc.Kapaalabhaati, Pranayama and various other yogic exercises were performed by the participants, staff, students, officers and dignitaries. Director, NIN guided the participants along with faculty of NIN and helped them to perform Yoga.
NIN organized Yoga Session camps at various offices, Institutes, Schools, Colleges viz. IGNOU, SNBP International School Rahatani, College of Military Engineering (CME), Military Establishment, Indian Council for Cultural Relations (ICCR), Regional Ayurveda Research for Fundamental Research, Banks, etc.

Faculty, Students, Staff, Doctors and Participants Performing Yoga on IDY-2016 at NIN, Pune
II. O.P.D. ACTIVITIES:

1. NIN has an **OPD clinic** functioning 14 hours daily from 7 am to 9 pm with free consultation services where various Naturopathy treatments are given to the patients at subsidized rates i.e. Rs.500/-per week. About 300 patients availing these treatment facilities daily. Total 44,662 patients underwent treatment here up to 31\textsuperscript{th} October, 2016 during the financial year 2016-17.

DADAJI Dr.DINSHAW MEHTA MEMORIAL OUT PATIENT DEPARTMENT (OPD) AT NIN, PUNE

Modern Naturopathy Equipments at New OPD:

- Under Water Massage
- Colon Hydrotherapy
- Vibro Massager
- Sauna Bath
Circular Jet Bath  Foot-Arm Bath

2. **Yoga Classes**: Eight yoga classes are conducted every day in the premises of this Institute with a monthly fee of Rs.300/- per head. The average attendance in these classes was 217 per month.

3. **Therapeutic Yoga Section**: This facility at NIN offered Therapeutic (one to one) Yoga to the deserving patients between 10 am to 05 pm. with a nominal fee of Rs.300/- for a week for pre & post maternal yoga.

4. A new well-equipped Pathology Lab with fully automated analyzers for all the routine tests and special tests like HIV test, CD4 count, Tridot, Spirometry, etc. are done at subsidized rates.

5. NIN is having a Medi Gym where health seekers are getting the facilities of modern equipments to maintain health.

6. Free acupressure treatment is being given to the patients twice a week (Tuesday and Friday) between 2 to 5 p.m., six days a week. NIN has an acupuncture unit where the treatment is available.

7. NIN has a physio, magneto, solar – chromo, mud therapy units in addition to hydro and massage therapies.

8. NIN has started a new outdoor OPD Medical (Consultation) Unit at Fr. Agnel Ashram, Wadgaonsheri, at a different location in Pune as a part of the Ayushman Bharat Project, Govt. of India. The facility increases the accessibility and is providing consultation and treatments from 11 am to 6 pm (Monday to Friday) at Fr. Agnel Ashram, Wadgaonsheri, Pune. On every 2nd Second Saturday, full day workshop is conducted for the benefits of the general public on healthy lifestyle, naturopathy treatments, yoga sessions, etc. This Medical Unit proved very helpful for the employees & students of the Ashram as well as people of the adjoining areas of Wadgaonsheri.
III. **IPD Facility:**
A unique activity of NIN is the sanatorium for HIV+ve individuals at Panchgani, where people living with HIV-Aids (PLHA) are treated under Naturopathy and Yoga lifestyle modification and treatment modalities. The patients’ undergone treatments here are largely benefitted.

IV. **Research Desk:** Twenty Two Research Papers (on HIV, Hydrotherapy, Musculoskeletal Disorders & Attention Deficit Hyperactive Disorders, Naturopathic Medicine in India, Fasting, Inflammation, Yoga, Heal pain, Mud therapy, Blood pressure, Fasting and Diabetes) of NIN have been published in various International Indexed Journals.

V. **INSTITUTIONAL ACTIVITIES:**
1. The Institute publishes “Nisargopachar Varta” a bilingual magazine (Hindi / English) every month.
2. NIN has a library with lending and reading facilities with 9000 books and National and International Journals.
3. NIN has re-printed the text book “Rational Hydrotherapy” written by the American author Dr. J.H. Kellog.
4. NIN has brought out a 2nd Edition of the book on Naturopathic Diet and Recipes which is highly preferred by the public. NIN has also published a Hand Book on Basic Yoga for Beginners.
5. NIN has established a Research Desk to look into institutional research, collaborative studies.
6. NIN is conducting One Year Full Time “Treatment Assistant Training Course” (TATC) for 10th passed candidates (preference given to 12th passed candidates from any stream) with a monthly stipend of Rs. 5000/-. Total 64 students are being trained under this course for the year 2016-17.
7. NIN is giving internship training to 10 BNYS internees coming from various naturopathy colleges functioning under universities.
8. TOT Programs: Every Month 3rd Saturday – Sunday two days workshop is conducted for training of trainers(TOT) in association with Satara Zilla Parishad, Maharashtra.
9. NIN conducts Continuous Medical Education (CME) programme and periodic workshops on research methodology for Naturopathy graduates. NIN conducts Orientation Training Programme (O.T.P.) on Naturopathy and Yoga for Doctors of other systems of medicine. NIN also conducts Women Empowerment Programme for Lady Doctors and common women. As of now 10 such programmes were conducted during the reported year.

10. The 10th Meeting of Governing Body of NIN was held on 27th July 2016 under the chairmanship of Shri Shripad Naik, Hon’ble Minister of AYUSH, Govt of India and the President of the Governing Body of NIN, Pune at the Committee room, Ground Floor, Ministry of AYUSH, Govt. of India, New Delhi.

10th Governing Body Meeting of NIN Pune held at Ministry of AYUSH, New Delhi on 27th July, 2016
Chairled by Shri Shripad Naik, Hon’ble Minister of AYUSH, Govt. of India.

List of the G.B. present in the meeting on 27th July, 2016: Shri Shripad Naik, Hon’ble Minister of AYUSH, Govt. of India; Shri Ajit M. Sharan, IAS, Secretary, Ministry of AYUSH, Govt. of India; Shri Anurag Srivastava, IAS, Joint Secretary, Ministry of AYUSH, Govt. of India; Shri Rajkumar, Director (Y&N), Ministry of AYUSH, Govt. of India; Smt. Vijaya Srivastava, IAS Financial Adviser, Integrated Finance Division (IFD), Ministry of AYUSH, Govt. of India; Shri G.R. Raiger, Deputy Secretary (IFD), Ministry of AYUSH, Govt. of India, Dr. M.A. Qasmi, Dy. Advisor (U), Ministry of AYUSH, Govt. of India; Dr. Vimal Kumar Modi, Director, Arogya Mandir Nature Cure Hospital, Gorakhpur (U.P.); Dr. Nagendra Neeraj, CMO, Yog Gram, Yog-Naturopathy-Panchakarma Treatment & Research Centre, Sidcul, Haridwar, Uttarakhand; Shri Anant Biradar, International Naturopathy Organization, Surya Foundation, New Delhi; Shri Lal S. Ghanshani, Secretary/Trustee, Society of Servants of God, Mumbai; Shri Vineet Samtani, Society of Servants of God, Mumbai; Dr. P. Saranyan, Principal, R.K. Nature Cure College, Coimbatore, T.N; Dr. (Smt.) Neelam Kumari Verma, Greenwoods, Siliguri (W.B.); Dr. Joy Kumar Singh, Nimba Nature Cure Village, Ahmedabad, Gujarat; Dr. Sarang Shashikant Patil, Shivambu Yoga and Nature Cure Hospital, Kolhapur (Mah.) and Prof. (Dr) K. Satya Lakshmi, Director, National Institute of Naturopathy, Pune.

11. 30th Standing Finance Committee meeting of NIN Pune held on 23rd September, 2016 through Video Conferencing chaired by Shri Anurag Srivastava, IAS, Joint Secretary, Ministry of AYUSH, Govt. of India as the Chairman of SFC, NIN, Pune.

12. NIN co-organized and participated in National Symposium on AYUSH in Public Health at Pune University.
13. Gandhi Jayanti & Naturopathy Day: NIN Celebrated Gandhi Jayanti as Naturopathy Day by doing various programmes on 2nd October, 2016. The Doctors, Students and staff of NIN participated on 2nd October. A Rally was arranged from NIN to AgaKhan Palace (8 Kms. Distance). Later the Staff and Students participated in prayer (‘sarvadharm’) at Aghakan Palace and Naturopathy diet was distributed to the participants at Aghakan Palace from NIN Diet centre.

Orientation Workshop on Gandhian Principles of Naturopathy: NIN in association with Alvas Naturopathy and Yoga Medical College conducted one day orientation training for the medical students of Alvas Naturopathy and Yoga Medical College on Gandhian principles of Naturopathy and his views on Health on the eve of Naturopathy day October 2nd 2016. This program was attended by 400 students. Three Gandhi Memorial scholarships were awarded to the students for National Level essay writing Competition held across Naturopathy medical colleges on 2nd October.

14. Ambedkar Jayanti: NIN observed 125th birth anniversary of Dr. B. R. Ambedkar and celebrated as a Constitution Day on 14th October 2016. Staff and students pledged to legitimately execute our rights. Director NIN addressed the audience gathered on the occasion explained why we should be proud of the Constitution of India and hailed the achievements of Bharat Ratna Dr. B.R. Ambedkar.

15. Ekta Divas: Rashtriya Ekta Divas was celebrated on 31st October at NIN. Staff and students have undertaken a pledge to safeguard the integrity of the country.
16. Vigilance Awareness Week: Vigilance awareness week was observed at NIN from 31st October to 7th November 2016. Various programs such as administering pledge, lecture sessions, essay writing competition, speech competition etc were conducted. Various other awareness measures were also conducted to motivate staff and public. Shri R. Lakshmi Narayan, Senior Administrative officer, NIV delivered a lecture on 7th November 2016 on "Public participation in promoting integrity and eradicating corruption".

17. National Institute of Naturopathy observed birth anniversary of Dr. B.R. Ambedkar as Constitution Day (Samvidhan Diwas) on 25th November, 2016 to commemorate the adoption of Constitution of India.

18. On 8th March NIN celebrated International Women’s day in the Institute campus.
19. NIN participated in Arogya Fair – 2016 with a stall and free medical check-up during the period from 19th to 22nd March, 2016.

20. Shri Ajit M. Sharan, IAS, Secretary, Ministry of AYUSH, Govt. of India visited NIN on 20th March, 2016 and discussed & reviewed activities of NIN.
21. Hindi Saptah was observed from Sept. 14th to 20th by this Institute. The formal inauguration of the Saptah was done at the hands of Smt. Swati Sardesai, Deputy Director (General), National Informatics Centre (NIC), Pune on 14/09/2016. During the Pakhwada different competitions like Antakshari, Speech, Essay Writing and Hindi Shrut Lekhan among the Staff, Doctors and Students were organized. Hindi Workshop on Noting and Drafting was conducted by Shri Rajendra Varma, Asst. Director, Hindi Teaching Scheme, among the Staff, Doctors and Trainees to encourage maximum usage of Hindi in office work and general communication.

22. Swachha Bharat Abhiyan: From 15\textsuperscript{th} September to 30\textsuperscript{th} September, 2016 NIN organized intensive cleaning campaign called Swachha Bharat Abhiyan a Govt. of India initiative with the participation of Officers, Staff, Doctors, Students, and Trainees of the Institute to bring mass awareness. The Cleanliness Campaign was undertaken by starting from the area in and around the Institute, streets and roads to bring about the awareness among the masses and to maintain hygiene.
23. **Swacchata Pakhwada**: NIN, Pune conducted Swacchata Pakhwada from 16th May to 31st May 2016 under Mission “Swaccha Bharat Abhiyan”. The staff members and students participated in various cleaning activities and pledged to keep their premises clean.

VI. **Educational/Academic Activities:**

1. **Continuing Medical Education (CME) at SVYASA Bangalore** for the Principals and SMOs across India: NIN organized a CME under the theme “Naturopathy: Now & Then- The way Ahead” on July 12, 2016. This CME had thrown light on the developmental aspects of Naturopathy and Yoga in the country, various avenues available after graduation and how to strengthen the practice as well as incorporating wellness component on Naturopathy and Yoga. The program inaugurated by Dr.H.R.Nagendra, Chancellor, SVYASA University in the presence of Dr.Nagaratna, Chancellor, SVYASA Senate, Dr.S.N.Murthy, CEO, Pema Resorts, Dr. BTC Murthy, Principal, JSSINYS and Dr.Manjunath, Director, TSYNM, SVYASA. The program was well appreciated by the participants who were 58 in number.

2. **Wellness Conclave at Aditya Birla Hospital, Pune**: Director NIN participated and delivered a talk on Naturopathy Concepts, Principles of Nature Cure and Various methods of Nature cure on 17th July 2016 at a National wellness conclave at Aditya Birla Hospital, Pune.
3. **3 days Continuing Medical Education (CME) on Basic and Advanced acupuncture Practices at Pune:** NIN organized 3 days CME on Basic and Advanced acupuncture Practices for the BNYS graduates across India at NIN, Pune on 5th to 7th August 2016 as a part of its academic activity which was attended by 50 BNYS graduates. Hands on training were provided to the participants. They were also provided with an Acupuncture Manual published by NIN along with a practice kit.

4. **3 days Continuing Medical Education (CME) on Basic and Advanced acupuncture Practices at Andhra Pradesh:** NIN organized 3 days CME on Basic and Advanced Acupuncture Practices for the BNYS graduates of Andhra Pradesh and Telangana at Manthena Sathyanarayana Arogyalam, Vijayawada, Andhra Pradesh on 26th to 28th August 2016 as a part of its academic activity which was attended by 50 BNYS graduates. Hands on training were provided to the participants. They were also provided with an Acupuncture Manual published by NIN along with a practice kit.
5. 3 days Continuing Medical Education (CME) on Basic and Advanced Acupuncture Practices at Kerala: NIN organized 3 days CME on Basic and Advanced Acupuncture Practices for the BNYS graduates of Kerala and Tamil Nadu at Bethany Nature Cure and Yoga Hospital, Nalanchira, Thiruvananthapuram, Kerala on 27th to 28th August 2016 as a part of its academic activity which was attended by 55 BNYS graduates. Hands on training were provided to the participants. They were also provided with an Acupuncture Manual published by NIN along with a practice kit.

6. National Naturopathy Conclave, Kolvan, Pune: NIN organized a “National Naturopathy Conclave” from September 23rd to 25th 2016 at Chinmaya Vibhooti, Pune. It was a gathering of 3 different generations of Naturopaths under one roof to elicit responses regarding practice, hurdles, coping mechanisms, solution and demands. This conclave served as a bridge between all the generations to carry forward and preserve naturopathic profession without any dilution. It is also intended to bring out documentary proof regarding strengths, weaknesses, opportunities and threats (SWOT) with regard to Naturopathy profession. This program also included observers who were non Naturopaths, who observed the events and submitted their reports.
7. **2 days Continuing Medical Education (CME) on Basic and Advanced Acupuncture Practices at New Delhi:** NIN as a part of its institutional activity in association with Balaji Niroghdham, New Delhi has conducted two days, 18th and 19th November 2016, CME on basic and advanced acupuncture practice for the BNYS graduates across the country. 50 doctors from different states participated in the event. The program had representation from Tamil Nadu, Kerala, Karnataka, Maharashtra, Gujarat, Madhya Pradesh, Uttar Pradesh, West Bengal, Assam, Rajasthan, Punjab and New Delhi. The two days session was handled by Dr. Anu Alias, Senior Naturopath and Acupuncture practitioner from Kerala.

8. **Orientation Workshop on Research Methodology:** NIN in association with SRK Medical College conducted one-day orientation training for the medical students of SRK Medical College, Kanyakumari, Tamil Nadu on Research Trends in Naturopathy and Yoga. It was intended to motivate the students to take up basic and clinical research in Naturopathy.

9. **National Level Essay Writing Competition:** NIN on the eve of Naturopathy Day and Gandhi Jayanti Day Celebrations’ conducted National Level Essay Writing Competition for the students of various medical colleges across India. The students wrote their essays on the theme “Gandhian thoughts on Hygiene and Naturopathy concept of Natural Hygiene”. Ms. Mukta Sharma, 2nd BNYS, MDINYS, Gujarat, Ms. Kritika, 1st BNYS, TSYN, SVYASA University and Ms. Ruchika, 3rd BNYS. SDMCNYS won the 1st, 2nd and 3rd prizes respectively.
VII. OUT REACH ACTIVITIES:

1. **Awareness program on Diabetes Mellitus:** One-day awareness program on management of Diabetes Mellitus was conducted by NIN for the paramedical staffs of Sassoon Hospital Pune on 6th April 2016 which was intended to create self-awareness and also encourage adapting as an integrated approach.

2. **One day workshop on “Management of Obesity through Naturopathy and Yoga”:** NIN as a part of Ayushman Bharat Scheme conducted one day workshop on Management of Obesity through Naturopathy and Yoga in association with Fr. Agnel Ashram at Wadagaonsahi, Pune on 9th April, 2016, which was attended by 130 general public.

3. **Workshop On Pregnancy:** NIN conducted a Talk show on 14th April, 2016 on the theme Role of Naturopathy and Yoga in having a Healthy baby at Hadapsar which was intended in encouraging Naturopathy and Yogic practices into the pregnancy care.
4. **Training of the Trainers**: NIN, Pune and Zilla Parishad, Satara Jointly organized “Gram Uday Se Bharat Uday Abhiyan” and Two days training of TOTs (Training for Trainers) through Naturopathy & Yoga in Satara District. Six such programs were conducted in this financial year covering 1000 health workers which includes Aasha workers, Anganwadis, School Teachers, Multi-purpose health workers, karyakartas etc. Interactive theory and practical sessions of naturopathy treatment modalities and yoga were arranged. The sessions were delivered by naturopathy doctors and naturopathy therapist from NIN to all the participants. A kit containing 3 books and posters on Naturopathy treatments, Natural Diet, Yoga for health were given. Along with this acupressure kit, self use enema can, chest packs were also given so that they can implement these therapies at their workplace. The participants were also trained to prepare raw salads and to lead yoga sessions.

A view of Faculty and Participants at TOT Program at Satara

A view of preparation of Naturopathy food by the participants at TOT program, Satara

5. **Natural Food Cookery Class**: NIN organized one-day demonstration cum training workshop for the staff members of National Informatics Center on 23rd April 2016 on how to cook natural food. Scientists, administrative staff and other members from various departments participated in the program. Total participation was 30. The main objective of this workshop is to promote healthy cooking & eating habits. All the participants were given one recipe book to improve their daily cooking habits.
6. **Natural Food Festival**: NIN, Pune in collaboration with CCRYN, New Delhi organized “Natural Food Festival” held at Naturopathy Hospital, Rohini, Delhi, from 27th to 30th April, 2016. Healthy recipes were displayed and sold to the general public which was attended by a large number of common public.

7. **One day free health medical checkup camp**: NIN, Pune organized a one-day free medical camp under the Ayushmann Bharat scheme at Madi Village, Devastana District Ahmednagar on 20th May, 2016. This program was intended to take Yoga and Naturopathy to the grass root level.
8. One day workshop on “Management of Diabetes Mellitus through Naturopathy and Yoga”: NIN as a part of its AYUSHMAN Bharat Mission organized a one-day workshop Management of Diabetes Mellitus through Naturopathy and Yoga on 11th June 2016 in association with Fr. Agnel Ashram at Wadagaonsheri, Pune.

9. “Marathi Workshop on Maintenance of Health through Naturopathy & Yoga” : NIN organized a Regional language workshop in Marathi on 28th June 2016 which was attended by 60 general public. The program was intended to promote the general health of the people by educating them in their local language.

10. Workshop on “Management of Respiratory Disorders through Naturopathy and Yoga”: NIN as a part of its AYUSHMAN Bharat Mission organized a one day ‘Management of Respiratory Disorders through Naturopathy and Yoga’ in association with Fr. Agnel Ashram at Wadagaonsheri, Pune on 09th July 2016. This program was specifically designed considering the increasing spectrum of respiratory disorders in the city.

11. Workshop on “Healthy Life Through Naturopathy & Yoga and Management of Diabetes Mellitus through Naturopathy & Diet” : NIN in association with St. Kuriakose Elias Church, Vishrantwadi organized a workshop on attaining health through Naturopathy and Yoga on 17th July 2016 and how to tackle diabetes through Naturopathic Diet which was attended by 200 general public. This was a part of NIN AYSUSMAN Bharat Mission.

12. Radio Talk on Naturopathy: Dr. Rhutika Mahajan, Medical officer of NIN did recording for Vividh Bharati on 2nd August for three sessions. The topics were “colour Therapy”, Diet Therapy and Naturopathic & Yogic management of Constipation” and the program telecasted on 7th, 14th and 21st August morning 9:30am on Pune Akashwani.

Dr. Jyoti Kumbhar, Medical Officer of NIN did recording for Vividh Bharati on 20th August for two sessions. The topics were “Pancha Tantra and Naturopathic management of Women’s Disorders” and the script in Marathi of “Bronchial Asthma” and “Basic Concepts of Naturopathy” were prepared for Aakashvani radio program.

13. Workshop on Healthy Life Through Naturopathy and yoga: NIN in association with Ashwagandha arogyadham conducted one day workshop on Healthy Life through Naturopathy and Yoga on 8th August 2016 as a part of its outreach activity which was attended by 60 participants. This program was organized as a practical demonstration cum theory classes on Naturopathy and Yoga. Natural food was served to the participants.
14. Workshop on Promote Health and Life Style through Naturopathy and Yoga: NIN conducted one day workshop on how to promote healthy lifestyle and get rid of ergonomic disorders through Naturopathy and Yoga for the employees of Amphenol Interconnect India Pvt. Ltd., Bhosari, Pune on 10th and 17th August 2016 with a participation of 75 software Engineers.

15. Practical Yoga Workshop for students: NIN organized practical yoga Training for 400 students of Acharya Anand Rishiji Maharaja Primary School on 20th Aug 2016. This was intended to boost the personality and performance of the school students through yoga.
16. TOT program on “Self Health Reliance”: NIN organized a one-day training of trainers program under the theme “Self Health Reliance through Naturopathy & Yoga” at Sundrayya Vignana Kendra, Baghlingampalli, Hyderabad, on 27th August 2016 for Health Workers. This was conducted in association with Caring Citizens Collective (CCC), NGO, in which almost 100 health workers like Aasha workers, Anganwadi, School Teachers, Multi-Purpose Health Workers, Karyakartas participated. This program was conducted with the objective of taking Naturopathy and Yoga to the grass root levels.

17. Workshop on Management of Monsoon Disorder Through Naturopathy and Yoga: NIN organized a workshop on the theme ‘Health Care in Monsoon through Naturopathy and Yoga’ on 27th Aug 2016 and educated the people how to tackle in Monsoon through simple dietary modifications and yogic practices.
18. **Naturopathy Workshop at a Slum**: A general talk for the inhabitants of a slum at Kalyani nagar, Pune was conducted by NIN on 31st Aug 2016 to educate the people about healthy lifestyle practices and how to adopt self hygiene and environmental hygiene.

19. **Workshop on Hypertension**: NIN Pune organized a workshop on Hypertension on 24th September, 2016. The workshop was focused on complications of Hypertension followed by Diet, Fasting and Yogic Management for Hypertension. Total 25 participants attended the workshop.

20. **Workshop for the Adolescent Girls**: NIN Pune organized a workshop on Naturopathy and Yoga for female students to educate the adolescent girls of St. Crispin’s High School, Pune on 23rd July 2016. The program was attended by 74 students.

21. **Workshop for the Senior Citizens**: NIN Pune organized a workshop on Naturopathy and Yoga for Senior citizens under the theme ‘how to lead a healthy retired life’ on 29th Sept. 2016 for the members of Dignity Foundation, Pune. Around 150 members participated in the workshop and actively participated in various sessions regarding diet, exercise, immunity etc.


23. **Workshop on Thalassemia**: NIN in association with Rutuja Foundation, Ahmednagar organized a workshop on Thalassemia and its management through Naturopathy and Yoga’ on 9th Oct 2016 for more than 100 participants.
24. **International Fitness Festival 2016**: NIN participated in the International fitness festival 2016 at Mumbai on 14th to 16th Oct 2016 and offered consultation and dietary counselling for the fitness professionals.

25. **Health Awareness Camp**: NIN conducted Health Awareness Camp for the inhabitants of Brahma Suncity on 21st Oct 2016. They were provided with a free Consultation, Yoga Therapy Sessions. Total participation was 45.

26. **Regional Language Telugu Workshop: Awareness & Training Program on Naturopathy & Yoga for General Public**: NIN organized an awareness and training program for the general public on Naturopathy and Yoga to promote self health reliance at Guntur, Andhra Pradesh on 22nd October, 2016. Total 600 people participated and got benefitted from various health oriented sessions and free Consultation from senior Naturopathy and Yoga Physicians.

27. **Training of Trainers(TOT)**: NIN conducted TOT (Training to Trainers) program on Naturopathy and Yoga for Domestic workers in association with Montfort Social Institute in Hyderabad on 25th October, 2016. Total numbers of participants were 80.
VIII. PROMOTIONAL ACTIVITIES:-

1. NIN conducts full one day workshop on last Saturday of every month on any one disease, its causes and remedies. NIN conducts an exclusive full day workshop on 3rd Saturday of every month in any one of the regional languages of India. NIN organized a Regional language workshop on 28th June 2016, in Marathi Language on “Maintenance of Health through Naturopathy & Yoga”. Total participation was 40.

2. One day workshop on “Health Care in Sumer through Naturopathy & Yoga” was organized on 23rd April, 2016. Total participation was 22.

3. One day free workshop on “Monsoon Disorders through Naturopathy & Yoga” was organized on 27th August 2016. Total participation was 51.

4. NIN also organizes Natural Health Food Fair and Yog Naturopathy Seminars with a demonstration of Yoga and exhibition of more than 150 natural delicious dishes.

5. NIN organizes “Cookery Classes” every year at the institute. Preparation of variety of vegetables, fruit juices, salads, non spicy, oil free curries, millet, gruels, etc. are taught in these classes with demonstration and nutritional value.

6. A Health Shop is being run on self-sustaining basis in the institute where natural food, products, drinks, chemical-free powders, oils, Naturopathy equipments like enema can, spinal bath tub, sitting bath tub, packs, etc. are made available to the public. Also, books on Naturopathy, Yoga and other Health subjects and various instruments used in the treatment of Naturopathy are sold here.

7. NIN is running a Naturopathic Diet Centre on self-sustaining basis, providing diet facilities to the general public and patients who visit this institute.

VII. INFRASTRUCTURE: NIN is functioning with 22 sanctioned posts, including Director, Administrative Officer, Nature Cure Physicians (NCPs), Publication Officer, Accountant, Data Processing Assistant (DPA), UDCs, LDCs, Drivers, Multi Tasking Staff (MTS) and 44 outsourced staff including Jr. Naturopaths, Yoga Physicians, D.E.O.s and Housekeeping Staff. NIN has an Out Patient Department with well equipped Naturopathy equipments, Yoga Hall / Seminar/ Workshop Hall with 125 persons sitting capacity. Administrative building called ”Bapu Bhavan”, Health Shop, Naturopathy Diet Centre, Gymnasium, Gandhiji’s Prayer Platform and Memorial. Well maintained Garden and Lawns. Genset for Power backup. Parking for four wheelers and two wheelers, Pump House and Borewell for water supply.

VIII. BUDGET: The Institute was sanctioned a total Grant-in-Aid of Rs.600.00 Lakhs for the year 2016-2017 under Plan Scheme to undertake various Naturopathy and Yoga Promotional Programmes and also to meet the expenditure on overheads. The Actual expenditure till 30th November, 2016 during the current financial year is Rs. 401.71 Lakhs.

Sd/-

DIRECTOR,
NATIONAL INSTITUTE OF NATUROPATHY,
“BAPU BHAWAN”, PUNE – 411 001.