

REPORT OF CME ON

“Philosophy and Basics of Naturopathy & Natural Hygiene, Opportunities and avenues globally for Naturopaths”

2 days CME on “Philosophy and Basics of Naturopathy & Natural Hygiene, Opportunities and avenues globally for Naturopaths” was organized by NIN on 12th & 13th April 2017.

On 12th April 2017 Dr. Jyothi khumbar, Co co ordinator of programme invited Dr. Yuvaraj Paul, NCP to give welcome address, he welcomed the chief guest Dr. Arun Sharma and all the participants on the behalf of NIN and Director. Also a fruit basket was offered to him, with an intention to emphasize fruit consumption and also to avoid wastage of flower bouquets. Then he welcomed and congratulated all the participants for having chosen to come for this program. He also said that, its first time ever that NIN has organized a CME exclusively for outgoing interns. So they all can interact with each other, strengthen their philosophical basis and also have an idea about bio-medical research & global opportunities for naturopaths.

The program started with inaugural function, lighting of lamp and small prayer by our chief guest, admin officer Mr. K. Subhash and Dr. Yuvaraj Paul, Dr. Jyothi Kumbhar, Medical officer joined hands with him. Then Mr. K. Subhash A.O, gave introductory speech, where he gave brief presentation about NIN and its activities and publications. He also suggested to all the participants for writing articles in ‘Nisargopchar Varta’. He wished all participants for valuable sessions and successful program ahead.

Then the session was handed over to Dr. Arun Sharma at about 10.40 am. In this first session he spoke about ‘Philosophy of Nature Cure’. Giving various illustrative examples he explored philosophy. At 11.45, after tea break, he discussed about ‘principles on nature cure’. He insisted on understanding these principles in depth for a successful clinical practice.

After the lunch break he spoke about ‘law of dual effect’ saying that every thesis has an anti-thesis. After a tea break, he discussed about ‘principle of vital economy’. He explained that every individual has a vital force which has to be maintained and spent economically to keep oneself healthy. And 1st day program was concluded with this last session.

13th April –2017.

The program started by 10.30 am. We had a special guest Mr. Nitin Patil, commissioner, disability welfare dept., Pune. Dr. Jyoti requested him to address our participants with his inspiring words. He shared his experience of naturopathy and hoping that naturopathy would work for disabled children too. After him Dr. Arun Sharma took over the session, he spoke about ‘establishing complex projects’. After tea break he briefed about ‘scope and opportunities globally for naturopaths which was followed by question-answer and interaction between them.

After lunch break, Dr. Jyoti welcomed and introduced Dr. Sundeep Salvi, Director of chest research foundation, pune. A fruit basket was offered to him by Dr. P. Yuvaraj Paul, NCP. .Later he took over the session in which he spoke about ‘role of insulin in diabetes’. In his presentation, he showed glimpses of several research papers and statistical analysis with which it was almost

proved that insulin (injection) doesn't have any role in type-2 diabetes and it can actually worsen the complications of disease, reducing the life span of a patient. He also said that, about insulin role in diabetes, it's only a wrong belief. Once we change this and know the actual truth, there will be a paradigm shift in treatment of diabetes which will lead to a different health care. Dr. Pradeep briefed about bio-medical research.

After a tea break, valedictory function started. Mr. K. Subhash A.O presented memento to Dr. Arun Sharma and to Dr. Sundeep Salvi as a token of respect and appreciation for their valuable time. At the end, Mr. K. Subhash A.O. gave a vote of thanks. Certificates were given to all the participants of the CME.

Total 110 interns from different colleges participated and overall it was a successful program.

Submitted by-
Dr.Jyoti Kumbhar
(co-ordinator)