

NATIONAL INSTITUTE OF NATUROPATHY, PUNE

Report on One day workshop conducted at Pimple Saudaghar

One day workshop on Naturopathy was held on **22nd of April,2017** at Daffodil Housing Society, Pimple saudaghar from 10 :00 to 1 :30 pm.

The program was conducted by the National Institute of Naturopathy, Pune. And the program was organized by the Mr. K Subhash (Admin Officer NIN) and Mr. Saurab Sakalle (Publication Officer, NIN). Also Mrs. Usha Bharadwaj as Daffodil society Member co-ordinated the program at society hall.

From NIN, Pune, Dr. Pranav Khawale, Dr. Jyoti Kumbhar, Dr Lalit Kumar (Internee Doctor), Dr. Chanchal (Internee Doctor), Mrs. Ashwini Naik (Health shop Incharg), Mr. Lucky and Ms. Varsha (TATC Students) were present for the workshop.

Mrs. Usha Bharadwaj started the program by the warm welcome of the Admin Officer, Publication Officer, DR. Jyoti Kumbhar, Dr. Pranav Khawale were facilitated with a blossoming bunch of flowers. Later Mr. K Subhash took over the program by introducing National Institute of Naturopathy and its Vision to the participants. He smoothly explained the History of NIN and took everyone to the wonderful journey of NIN till the date.

Dr. Jyoti Kumbhar started the talk on various life style disorders like, Obesity, Diabetes, Hypertension and day to day common ailments, where she beautifully explained the life style disorders and how it affects the health of every individual. Later she dynamically focused of the Diet and Nutrients for life style disorders. She also explained the way of Naturopathic eating habits and how to implement those habits in our day to day life.

After the question and answer session by Dr. Jyoti Kumbhar. Dr. Pranav Khawale initiated the interactive session with participants, and made them to understand how stress leads to various disorders makes us suffer. Later he initiated the Importance of Yoga in our life style and different Naturopathic treatment modalities for diabetes, obesity, hypertension.

Also DR. Jyoti and DR. Pranav have given free consultation and dietary guidelines for the individuals. In total approximately 40 people participated in the program and availed the Naturopathic consultations.

NIN also has placed Health shop products at the venue, and many of the participants have visited the stall and took a healthy needed products for their self and family.

Program were concluded by the vote of thanks by Mrs. Usha Bharadwaj to NIN. And Mr. K Shubhash conveyed vote of thanks to the Daffodil Society chairmen, other respected members of the society.

