



6th Naturopathy DAY 2023 & INTERNATIONAL CONFERENCE ON NATUROPATHY



Conference Report

UNIVERSITY OF PATANJALI

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6th Naturopathy Day -2023 International Conference on Naturopathy

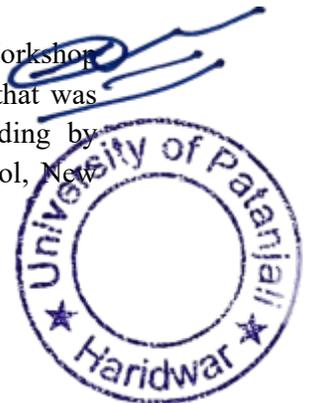
6th Naturopathy Day and international Conference, 2023

It was again for the 2nd time when CCRYN (Central Council of Research in Yoga & Naturopathy) has decided to organise the International Conference on Naturopathy in Association with University of Patanjali, NIN(Pune)& World Naturopathy Federation to mark the celebration of 6th Naturopathy day, 2023. It was held at University of Patanjali, Haridwar, Uttarakhand on 17th, 18th and 19th November, 2023. The conference was based on the theme - “Naturopathy For Holistic Health” and it's objectives were to articulate Naturopathy & Yoga therapy as an evidence-based treatment by providing a platform for scientists and experts to show case their research and presentations. The conference also comprised of Panel discussions, Workshops and cultural programmes. It was witnessed by 2,500 beneficiaries.



The day we got to know that our University is going to conduct this Conference, we had started all the preparations with great exhilaration and enthusiasm But also faced many challenges during this conference. The plannings and discussions regarding the conference were started 1 month before the scheduled date of International Conference by whole Faculties of University of Patanjali. Several meetings were conducted and 12 Committees were formed, then leaders were chosen from PYP (Patanjali yogpeeth) and CCRYN team to

lead specific Committee. The detailed list for Committees is given in Annexure - 1 All the Committee's heads started their work by assigning specific Committee and duties to Individuals/Students at University of Patanjali and their list is attached with this report in Annexure -2 On 17th November, there was a Workshop based on Research Methodology that was organized at Administration building by Center for Chronic Disease Control, New Delhi.



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On 18th November,2023 The Conference started at 10:00 a.m.



Lamp lighting Ceremony was held with chanting of mantras by **Param Pujya Swami Ramdev Ji** and **Param shradhey Aacharya ji** along with the felicitation of all Delegates.

Later opening remarks and formal Welcome Address was given by **Pujya Anand Dev Ji & Dr. Raghavendra Rao.** The Event was Initiated by the Inspiring words of PP swami Ramdev ji followed by the several Presentations Staged by the listed Presenters.



Shri Satyajit Paul (Deputy Director General, Ministry of AYUSH, Government of India) He emphasized Naturopathy day Celebration Nationwide since 2018 and mentioned regarding Mahatma gandhi ji recognised as 'Father of Naturopathy' in India.



Dr. H.R. Nagendra (Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru, Karnataka)

He Highlighted the need to record treated cases as evidence to authenticate Naturopathy and emphasized publishing reputed International Journals to establish Naturopathy Worldwide.

Prof. Dr. Mahavir Agarwal (pro-Vice-Chancellor, UoP, haridwar) Importance of health was emphasized stating that health is synonymous with prakriti and the World is governed by Panch Mahabuta.



Vaidya Rajesh Kotecha (Secretary, Ministry of AYUSH, GoI) He encouraged integration He encouraged integration of basic science with Ayurveda and praising Patanjali for its effort in this field and evidence generation in naturopathy was emphasized during the meeting.

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Video messages were shared by **Dr. Saruanand Sanowal ji** (Union Minister of Ports, Shipping and Waterways and Ministry of AYUSH, Government of India) and **Dr. Mahendra Munjapara ji** (Minister of State for AYUSH and Minister of State for Woman and Child Development).



Dr. Raghendra Rao (Director at Central Council of research in Yoga and Naturopathy) Ministry of AYUSH, Government of India

He awarded the distinguished personalities and pointed out the highlights of talks. Also acknowledge the existing challenges in the medical field.



Dr. Manjunath NK (Director of Research and International Affairs) S-VYASA University

He started his presentation on topic “Bringing the gaps in Neuro-Rehabilitation through an Integrative approach.” He

emphasised on the importance of integrating various streams with evidence including Modern Medicine, Naturopathy, Ayurveda.

Dr. Apar Saogi emphasized the importance of food, adequate sleep, determining health outcomes. He referenced “The China Study” as a 20-year follow up study on diet and health. He also pointed out stress and sedentary lifestyle as a significant health hazard.

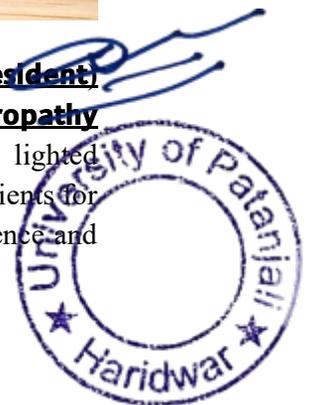


Panel Discussion :-

The session was followed by panel discussion on the topic " Understanding the Global Perspective on Naturopathy” moderated by **Dr. Rajesh Singh**.



Dr. Anant Biradar (National President) International Naturopathy Organization (INO) He lighted naturopaths as a teacher for the patients for better way to live, improving patience and



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preventing future ailments. Emphasized the need to work on the inclusions of naturopathy in a National Health initiative.



Dr. Jitendra Arya (Chairman Health Naturopathy, Raigarh) Started his presentation by discussing the importance of introducing youth to the Indian Medicinal System birth and evaluated the collective preparedness deal with the subject matter.



Dr. Anurag Varshney (Head, Drug Discovery and Development Division, Patanjali Research Institute, Haridwar) He presented on topic "Natural Nutraceutical- Holistic health in sync with nature" and overviewed the role of vitamins and minerals in body. He shared study designs and Research activities behind this topic.



Dr. Vedpriya Arya (Head, Herbal Research Division, Patanjali Research Institute, Haridwar) She delivered her presentation on topic, "Unlocking the ancient wisdom of herbal naturopathy-promising future of Wellness". She highlighted the necessity for the development of herbal monographs and taxonomic identification to support naturopathy.

The summing up of the conference at 6 p.m. was followed by felicitation of Dr Anurag Varshney and Dr. Vedpriya Arya and the cultural performances done by the cultural committee of University of Patanjali.





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The second day of the International Conference that was on Sunday, 19 November 2023 was started at 9:30 a.m. with the welcome of all the chief guest and their felicitation with Rudraksh Mala by Swami Ramdev Ji.



The theme of conference was **Naturopathy For Holistic Health**. Several panel discussions were conducted.



Panel Discussion 1 on the topic “Naturopathy Principles in Clinical Practice: Challenges and Need for Rationalization”

Panel Discussion 2 on the topic “Naturopathy in the Wellness Industry”.

Panel Discussion 3 on the topic “Yoga and Naturopathy Education: Need for Standardization”.

The occasion was proceeded by several poster and oral presentations staged by the following presenters listed below.



Dr. Sunil Paudel:- presented Role of Naturopathy in holistic pain management with a case study of patient with LDH(lumbar disc herniation). He shared naturopathic approach for curing this defect.



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Dr. Pradeep MK Nair:- Stated on Integrative Oncology Advancements and opportunities for Yoga & Naturopathic medicines. He discussed cancer, it's treatment in terms of holistic therapies.

Dr. Gurudutta HK :- Discussed about Naturopathy principles and clinical practices, thereby addressing the need for rationalization, participants to exchange ideas as a result refining training methodologies in application of Naturopathy.



Dr. Kuldeep Singh (Head, Dental clinic and research, Patanjali Ayurvedic Hospital) Presented “Yoga Traditional Indian knowledge” and discussed exaggerated Gingival inflammatory response and bruxism linked to stress.



Dr. Rudra B. Bhandari:- He delivered his presentation on topic traditional formations in managing covid-19 and systematic review & meta analysis.

Felicitation of panel speaker with mementos as a token of gesture by the session chairs.

Oral presentations :-

Dr. Sataz Rahamania:- He shared views on “Efficiency of Yoga Therapy as a complementary therapy along with Modern medication in management of Schizophrenic patients.



Dr. Poornima Bansal:- He provided brief overview on “Immediate effect of Neutral spinal compression on heart rate variability in hypertensive individuals”. Graphical data was illustrated.

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Dr. Karishma Silwal:- He introduced “Impact and feasibility of Arogya Rakshak Panchtantra on Menstrual symptoms, Heart

rate variability and Health related quality of life in young female adult with primary Dysmenorrhea”. It's methodology and impact was briefly described.

Dr. S. Anuburani:- He shared case study “Naturopathic Management of Creatinine Levels in CKD patients”. Highlighted significant results and effectiveness of yoga and naturopathy in this context .



Presentations were brought to end with a Validatory Function by momentous felicitation of our esteemed panellists and all the leaders of the committee with well deserved mementos. Closing remarks were given by P. S. Acharaya ji defining the closing of the 2 day conference followed by lunch. MoM of this conference is given in Annexure – 3.

This Conference was a great success as everyone got chance to showcase their knowledge and exchange ideas on refining training methodology to Bridge gaps and elevate the standards of naturopathic practice. Students also got the opportunity by taking responsibilities for organising and managing this event and also acknowledged themselves with scientists and their researches to expand awareness about the evidence based Naturopathy and Yoga therapy.

Dr. Nayan Biswas

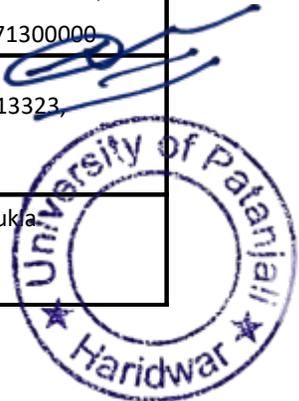
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Annexure - 1

Committee for 6th International Naturopathy Day (18th -19th November)

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1	Stage Committee	Dr. Sangeeta Singh	9411261054 / 8218400850		Dr Vadiraja HS 9350147313 Dr Vama Jain,, Theerath Prakash,
		Diksha Ojha	9753084759/ 7060232704		
		PRF			
2	Welcome Committee	Dr. Toran Singh Chahar	7408517179		Dr Mohan Rao 7982425510 Dr Preeti Bendore, Dr Anburani
		Dr. Anurag Varshney (PRF)	9899579510		
3	Transport Committee	Dr. Lalit Chaudhary	9319053297		Surendar sandhu, Dheeraj in delhi) Sh. Sunil Anand 9868815217
		Dr. Kapil Shastri	9760695930		
4	Accommodation Committee	Pujya Swami Anandev Ji	9068565316		Yogesh, Alka, Nithin, Yogendra rawat
		Dr. Toran Singh Chahar	7408517179		
5	Decoration Committee	Dr. Diksha Ojha	9753084759/ 7060232704	Banners/Floral decoration/Memento	KL Gotwal 9818613323 Anil, Seema, Ritu
		Dr. Poornima Bansal	6364728979		
6	Media Committee	Kapil Valiya	9760695935		Sanjay Dev &Team, Vikas, 8470818987
		Dr. Abhishek	7906023622		
7	Registration Committee	Dr. Nagaraj A. Hosamani	894665230	Id card / kit /Cert.	Kavitha , Rakesh, Nithin, Yogesh, Dr Sindhul , Dr Veerbhadra, Dr 9013704984/ 9971300000
		Dr. Gautham	973820115		
8	Food Committee	Pujya Swami Parmarthdev ji	9897907777	Dr. Vaishali (8126422256)	KL Gotwal 9818613323
		Dr. Nayan Biswas	8871512273	Dr. Shilpa Dhaniya (9462237273)	
		Dr. Kuldeep (PRF)	9760095217	Bhavpreeta ji (6397971397)	
9	Discipline Committee	Dr. Bipin Dubey	7985030312	All NCC	Gopal Krishna Shukla 9810604623
		Dr. Deenanath	7217456434/8800219286		



Annexure - 1

Committee for 6th International Naturopathy Day (18th -19th November)

10	Cultural Committee	Dr. Sumanlata Dr. Alka Giri	7906095226 9451585755		
11	Event management Committee	Dr. Sangeeta Singh Dr. Nivedita Sharma	9411261054 / 8218400850 9634676792	Oral / poster ppt	Dr Raghavendra 9916488864
12	Abstract Book Committee	Dr. Pradeep Nain (PRF)	7217015010		Dr Shalini/Dr Ghanapriya /Rahul 7985237927, 9611830318, 9675918352
13	Master of Ceremony	Dr. Anurag Varshney (PRF)	9899579510		Dr Vadiraja HS 9350147313
14	Minutes Committee	Dr. Anurag Varshney (PRF)	9899579510		Dr Raghavendra 9916488864, Dr Nidhishree, Dr Karthik
15	Workshop on 17th (small audi)				Dr Chandrashekar CCDC 8287992563
16	Hindi Track on 18th- 19th (Small Audi)				Dr Preeti Joshi, Sh Ananth Biradar, INO 9845594292
17	IT , Audio visual				Gopal Krishna Shukla, Vikas and Rahul
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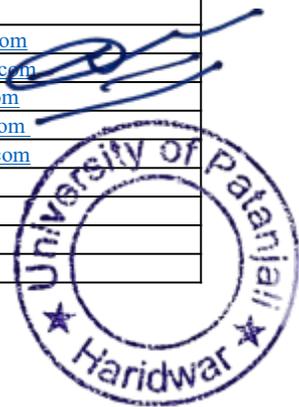
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Theme Naturopathy For Holistic Health	
Day and Date	Saturday, 18 th November, 2023
Time	10:00 AM to 6:00 PM
Venue	Auditorium, University of Patanjali, Haridwar
List of presenters	Shri Satyajit Paul (Deputy Director General, Ministry of AYUSH, Government of India) Dr. H.R. Nagendra (Chancellor, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru, Karnataka) Prof. Dr. Mahavir Agarwal (Pro-Vice-Chancellor, University of Patanjali, Haridwar) Vaidya Rajesh Kotecha (Secretary, Ministry of AYUSH, Government of India) Dr. Raghavendra Rao (Director at Central Council for Research in Yoga and Naturopathy, Ministry of AYUSH, Government of India) Dr. Manjunath NK (Director of Research and International Affairs, S-VYASA University) Dr. Apar Saoji Dr. Anant Biradar (National President, International Naturopathy Organisation (INO)) Dr. Jitendra Arya (Chairman Health Naturopathy, Raigarh) Dr. Anurag Varshney (Head, Drug Discovery and Development Division, Patanjali Research Institute, Haridwar) Dr. Vedpriya Arya (Head, Herbal Research Division, Patanjali Research Institute, Haridwar)

The objectives of the conference were defined as follows:

- To provide a platform for Scientists and experts in the field of naturopathy to share their knowledge, experiences, and research findings of naturopathy for holistic health.
- Disseminate the latest research and advancements in naturopathic medicine.
- To showcase how naturopathy addresses the root causes of health issues rather than just symptoms.



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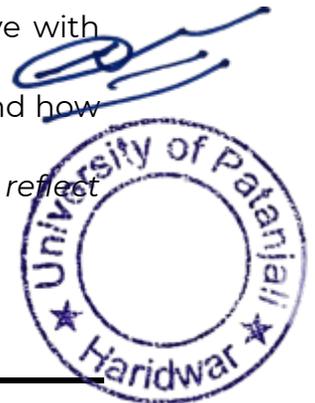


- To identify gaps in knowledge and research in the field of naturopathy, and to suggest ways to address these gaps through future research and collaborations.
- Highlight evidence-based research supporting the efficacy of naturopathic treatments.

Lamp lighting ceremony was performed with chanting of mantras by Param Pujya Swami Ji, Param Shradheya Acharya Ji along with all dignitaries. All the delegates were welcomed on stage and were felicitated with Bouquet, Shawl, Rudraksha mala and Momento by P.P. Swami Ramdev ji and P.S. Acharya Balkrishna ji. Later, opening remarks and formal welcome address was given by Pujya Swami Anand Dev ji.

Blessing words by Param Pujya Swami Ramdev Jee

- Initially, he commenced with a series of slogans and mentioned about the Sanatan golden period, emphasizing the fortunate timing of being born in this era.
- Delegates were welcomed, and a brief introduction of each was provided.
- India's leadership in naturopathy was highlighted, emphasizing that it originated in India.
- Patanjali is organizing this Mahakumbh of naturopathy this year for the whole world.
- The historic appointment of a Vaidya as the secretary of the department was noted, highlighting the efforts to uplift Ayurveda.
- The Prime Minister of India was acknowledged as a supporter of Sanatan Ayurveda, actively practicing yoga daily.
- Acharya Ji's recognition as one of the world's top 2% scientists for two consecutive years was highlighted.
- Honored our Gurukul system of Education.
- Life was described as "Panchprana," and naturopathy as "Pranchikitsa," with a connection to Vedas and Upanishads.
- The significance of "Mitti" as "Moolprakriti" and the source of all medicines was discussed.
- Actual cases of patients successfully treated for diseases such as SNV, thyroid issues, and autoimmune diseases were presented.
- The presentation emphasized having real and clinical evidence for the treatment of each disease.
- It is a principle of yoga, Ayurveda and naturopathy to not survive with diseases.
- Further, he discussed some of the objectives of the conference and how it will be impactful and beneficial for the participants.
- Concluded by saying that, "*Naturopathy practitioner should reflect nature by his personality*".



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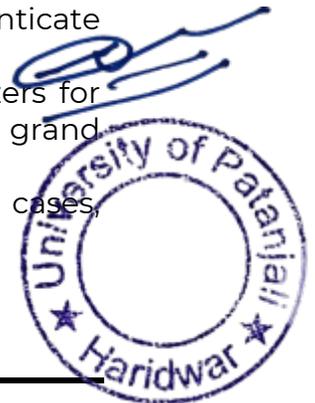


Shri Satyajit Paul
Deputy Director General
Ministry of AYUSH, Government of India

- In his opening words, he acknowledged the esteemed presence of P.P. Swami Ramdev ji, P.S. Acharya Balkrishna ji and warmly welcomed all the delegates.
- Expressed his admiration for P.P. Swami ji's wisdom and humility, stating that he has no guts to speak after listening to such profound insights.
- Emphasized that Naturopathy Day has been cherished and celebrated nationwide since 2018.
- A notable mention was made regarding Mahatma Gandhi ji being recognized as the father of naturopathy in India.
- P.P. Swami ji reinforced the idea that naturopathy originated in India, underscoring the rich heritage and ancient wisdom associated with natural healing methods.
- Extended gratitude to the Central Council for Research in Yoga and Naturopathy (CCRYN) for organizing and conducting Naturopathy Day.

Dr. H.R. Nagendra
Chancellor
Swami Vivekananda Yoga Anusandhana Samsthana
Bengaluru, Karnataka

- Began with the chanting of mantras and a namaskar to all present. P.P. Swami ji was acknowledged with applause.
- He stated, "*A fire has been ignited within us all to celebrate*".
- Emphasized that naturopathy is often misunderstood as a foreign concept, debunking this notion by highlighting its presence in the Vedas.
- Expressed gratitude towards the Ministry of AYUSH for their efforts in promoting naturopathy.
- Recognition was given to the practitioners and doctors who have dedicated their lives to the practice of naturopathy.
- Importance of publishing in reputed international journals to establish naturopathy worldwide was emphasized.
- Mentioned that "If we can bring the world together, it would be wonderful".
- Highlighted the need to record treated cases as evidence to authenticate naturopathy.
- Congratulated and thanked Ministry of AYUSH and the organizers for their efforts in promoting naturopathy and for organizing the grand event.
- P.P. Swami ji mentioned the documentation of 5 crore patient cases, underscoring the vast experience and impact of naturopathy.



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The talk was followed by musical performance by the team of University of Patanjali.

Prof. Dr. Mahavir Agarwal

Pro-Vice-Chancellor

University of Patanjali, Haridwar

- Commenced with the chanting of mantras.
- He stated, "At the holy place of Haridwar, the organization of this fair of knowledge."
- P.P. Swami ji's address was described as impactful, with the observation that when he speaks, it resonates as if 140 crore Indians are addressing the world.
- He bestowed the title of "Modern Dhanvantri" upon P.S. Acharaya ji, recognizing his contributions to the field.
- Regarded all the chief guests, and special praise was given to Dr. Raghavendra Rao for his efforts in organizing the event.
- Participants were welcomed, and it was expressed that the conference is a significant step towards making Mother India the Mother of the world, with a vision that the world would be ultimately led by yoga and Ayurveda.
- Importance of health was emphasized, stating that health is synonymous with Prakriti, and the world is governed by Panchabhoota.
- The ultimate sources of energy, the Sun, and Agni were acknowledged.
- Conference was metaphorically referred to as the Ganga of yoga and knowledge.
- Concluded with gratitude and a call for all attendees to metaphorically "bathe" in the Ganga of yoga and knowledge.

Vaidya Rajesh Kotecha

Secretary

Ministry of AYUSH, Government of India

- Regarded P.P. Swami ji and P.S. Acharaya ji along with all the chief guests.
- Congratulations were extended to everyone on the occasion of Naturopathy Day.
- P.P. Swami ji shared that approximately 1500 saints and saintesses are currently studying naturopathy at the University of Patanjali. Both P.P. Swami ji and P.S. Acharaya ji were recognized as the motivation behind this initiative.
- Highlighted that Mahatma Gandhi established a naturopathy center in Pune on 18th November, explaining the significance of celebrating Naturopathy Day on this date.
- Acknowledged that naturopathy is widely accepted worldwide.



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- Shortage of naturopathists globally was recognized as a challenge, and emphasized the need to address this demand, despite the associated challenges.
- Mentioned that competence tests are available for naturopathists worldwide.
- Encouraged the integration of basic sciences with Ayurveda, praising Patanjali for its efforts in this field.
- Importance of evidence generation in naturopathy was emphasized during the meeting.
- The Indian government's efforts in the field of naturopathy were praised, including the readiness of two hospitals and the permission to establish five naturopathy hospitals in Pune.
- Highlighted the growth of Ayurveda, mentioning that India will soon be a developed nation with Ayurveda playing a significant role.
- All students were praised for their hard work, with a reminder that excellence requires dedication and there are no shortcuts.
- The level of work at Patanjali was acknowledged to be at par with the best standards.

Blessing words by Param Shradheya Acharaya Jee

- Initially, he began with slogans, expressing the delight of the Patanjali family for the presence of everyone at the 6th Naturopathy Day celebration.
- Extended a warm welcome to all attendees, praising their presence and emphasizing the significance of the day.
- Stated that *“You all will learn a lot from here today as we are celebrating 6th Naturopathy Day”*.
- Highlighted the importance of delving into the prakritik mool of naturopathy as we need to address defects and work towards a deeper understanding of this holistic healing system.
- Proudly discussed Patanjali's contribution to the completion of the World Herbal Encyclopedia. This type of work had initially been started by WHO and later discontinued due to complexity, he commended the Patanjali team for their relentless efforts in documenting this valuable information.
- Emphasized that 70-80% of the world's population depends on traditional medicines.
- Highlighted the existence of 50,000 plants with potent medicinal uses, underlining the importance of recognizing and preserving traditional healing practices.
- Addressed the importance of Ayurveda on a global scale and stressed the significance of Ayurveda as the most descriptive healing system among the nine existing worldwide.



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- Expressed the intention to present comprehensive evidence establishing Ayurveda as the foundational system for all.
- Shared the motto of naturopathy, “Do not let someone who is not sick become sick”.
- Delved into the principles of Ayurveda, emphasizing the significance of Dincharya and Ratricharya in maintaining a healthy lifestyle.
- Mentioned that Ayurveda encourages a holistic approach, exempting the unnecessary use of medicines.
- Announced Patanjali's initiation of the first Panchkarma center in North India, followed by the establishment of yoga centers.
- Highlighted the global acknowledgment of Ayurveda's efficacy during the COVID-19 pandemic.
- Urged everyone to be confident in their pursuits, emphasizing the need to celebrate Naturopathy Day in a manner that communicates its importance to the world.
- Expressed concern over the commercialization of diagnosis in medical science and highlighted Patanjali's efforts in documenting treatments for around 550 diseases and over 4000 clinical conditions.
- Concluded by encouraging students studying Ayurveda and Naturopathy, asserting that the future belongs to them.

Video messages were shared by Mr. Saruanand Sonowal ji, Union Minister of Ports, Shipping and Waterways and Ministry of AYUSH, Government of India and Dr. Mahendra Munjapara, Minister of State for AYUSH and Minister of State for Woman and Child Development.

Dr. Raghavendra Rao

**Director at Central Council for Research in Yoga and Naturopathy
Ministry of AYUSH, Government of India**

- Commenced with a warm Pranam to all attendees, extending regards to guests and delegates.
- Appreciation was expressed for the commendable effort in organizing such a significant event.
- Awards were presented to the following distinguished personalities:
 - Prof. S. N. Pandey, Former Vice Chancellor of Indira Gandhi Technological and Medical Sciences University, Ziro, Arunachal Pradesh.
 - Dr. R. M. NAIR is Founder & Ex - Director, Bapu Nature Cure Hospital & Yogashram, Delhi.
 - Dr. Y. RUDRAPPA is MEDICAL DIRECTOR of Sanathana Yoga and Nature Hospital, Bangalore.
 - Shri. Sankaran Manipuzha is the President & Chief Consultant of Natural Hygiene Association, Vadodara, Gujarat.



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- The session was lauded for its excellent start, and praise was given to all speakers. Pointed out the highlights of their talks.
- Recognition of Naturopathy's importance by the Ministry of AYUSH was highlighted.
- Delving into the roots of Naturopathy was discussed, citing Mahatma Gandhi's view that it is a way of life.
- Acknowledgment of the existing challenges in the medical field, with the observation that despite advances, many diseases lack a definitive cure. Commitment to concerted efforts to address this issue was emphasized.
- Thanks were extended to the University of Patanjali and the event organizers for their warm welcome and efficient organization of the esteemed event.

The national anthem was played, signifying the closing of the inaugural session.

Dr. Manjunath NK
Director of Research and International Affairs
S-VYASA University

- Presented on topic, “Bridging the gaps in Neuro-Rehabilitation through an Integrative approach”.
- Regarded P.P. Swami ji and P.S. Acharaya ji
- She stated that, “*A vacuum is left in research into chronic conditions*”.
- Explained the the term "Rehabilitation" and its objectives, emphasizing optimized functioning and disability reduction.
- Discussed on the goals of neuro-rehabilitation, aiming to improve functional capacity, reduce symptoms, decrease dependency, and enhance the quality of life.
- Shed light on global burden of neurological disorder and presentation of global statistics, including 9 million deaths, with graphical representation via pie charts.
- Shared data on prevalence of neurological disorders in India.
- In-depth discussion on conditions that result in lifelong disabilities.
- Shared existing “Modus operandi”
 - Residential exclusive rehabilitation centres
 - Residential rehabilitation centres attached to a medical hospital
 - Residential smaller rehabilitation centres
 - Daycare based medium sized rehabilitation centres
 - Daycare based physiotherapy centres
- Mentioned collaboration with rehabilitation centers in Malaysia, citing "Pusat Rehabilitation Perkeso Melako" as an example.
- Shared details on some eminent specialties on orthopedic and sports medicine.
- Talked about Lans Med Concpet, emphasizing the symbiosis of traditional naturopathy and modern medical discoveries.



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- Proposal to define goals of naturopathy within the rehabilitation framework.
- Discussed on notable rehab centres:
 - Shephard Centre, USA
 - Mayo Clinic for Neuro-rehabilitation
 - Centres for Sports Science (CSS), Sri Ramchandra Institute, Chennai, India
 - Kokilaben Dhirubai Ambani Hospital
- Emphasis on the importance of integrating various streams with evidence, including modern medicine, acupuncture, robotics, Ayurveda, physiotherapy, occupational therapy, yoga therapy, naturopathy, behavioral therapy, and sensory re-conditioning.
- Goals of rehabilitation:
 - Physical
 - Psycho-social goals (Daily living, social and behavioural skills)
 - Cognitive retaining goals – Improvement of cognitive skills
 - Others – Nutritional counselling, safety, and educational. Obtaining of assistive devices.
- Discussion on the broad scope and potential impact of rehabilitation.
- Shared knowledge on “World’s first wearable cyborgy”:
 - Accupunture cits
 - Naturopathy (Shared research papers on it)
 - Cryotherapy
 - Shed light on cryotherapy for Alzheimer and its safety standards.
 - Yoga therapy to bridge the gaps of rehabilitation.
- Shared research findings on the role of yoga in treating neuropsychological disorders.
- Yoga, Naturopathy and Ayurveda should be incorporated into the Indian Education System.
- Expressed gratitude to P.P. Swami ji, P.S. Acharaya ji, delegates and attendees.

Closing remarks by session chair, Dr. Babu Joseph. Felicitation ceremony of Dr. Manjunath NK and session chair with memento followed by lunch.

Dr. Raghavendra Rao

**Director at Central Council for Research in Yoga and Naturopathy
Ministry of AYUSH, Government of India**

- Presented on topic, “Naturopathy from Philosophy to Science”.
- Acknowledged the audience and discussed about the principles of naturopathy in detail.
- Emphasized that vitality is equivalent to homeostasis, encompassing metabolic, cellular, and organ system balance.
- Explored molecular pathways of cellular homeostasis with accompanying pictorial representations.



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- Presented a diagrammatic representation of hormone and energy homeostasis.
- Discussed how unhealthy lifestyles contribute to stress, highlighting the importance of maintaining balance.
- Mentioned Sean Harribanee, recognizing their contributions to the field. Shared relevant research findings, providing insights into current advancements.
- Explored the concept of human biofield therapy and its relevance.
- Explained what lowered vitality is and presented research papers to provide statistical insights.
- Discussed abnormal composition of blood and lymph contributing to lowered vitality.
- Diagrammatically presented the impact of the accumulation of foreign material in the body. Differentiated between endogenous and exogenous matter.
- Shared insights into the effects of the gut microbiome on host health.
- Encouraged the audience to observe and read the natural life for a holistic understanding.
- Explained the process of detoxification in the human body.
- Discussed treatment methods, including the restoration of energy homeostasis through calorie restriction.
- Concluded the presentation by summarizing key points and showing gratitude to the organizers.

Dr. Apar Saoji

- Commenced with a warm greeting to the audience and Acknowledged the significance of celebrating World Naturopathy Day.
- Delivered presentation on topic, “Naturopathy from Philosophy to Science”.
- Introduced the fundamental concepts of philosophy and science.
- Explored the interplay between philosophy and science in establishing reality.
- Quoted Einstein, “The more I study, the more I believe in God”.
- Discussed medicine as both an art and a science.
- Questioned about the global acceptance of allopathy versus traditional practices like yoga and naturopathy.
- Shared WHO data on leading causes of mortality worldwide, highlighting the prevalence of non-communicable diseases.
- Emphasized the need for simple lifestyle corrections over complex treatments.
- Shared several research papers critiquing naturopathy.
- Addressed the challenge of connecting naturopathy with contemporary science.
- Talked about psychosomatic disorders and shed light on concept of “Adhija Vyadhi” and how adhi became Vyadhi.



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- Provided detailed insights into gut dysbiosis. Shared research evidence on the impact of gut health on overall well-being.
- Emphasized the importance of food in determining health outcomes.
- Referenced "The China Study" as a 20-year follow-up study on diet and health.
- Pointed out stress and sedentary lifestyle as significant health hazards.
- Discussed the importance of adequate sleep for overall well-being.
- Shared insights on recent trends in Iridology, incorporating engineering, machine learning, and algorithms.
- Motivated students to excel in the field of naturopathy and contribute to scientific advancements. Provided insights on individual contributions to the field.

Felicitations of Dr. Raghavendra Rao and Dr. Apar Saoji with mementos by the session chair. Chairpersons were also felicitated by Dr. Anurag Varshney and Dr. Raghavendra Rao.

Panel Discussion

The sessions were followed by panel discussion on the topic "Understanding the Global Perspective on Naturopathy" moderated by Dr. Rajesh Singh. The discussion started with in-depth conversations on various aspects of naturopathy, including its cultural and regional variations, evolving trends, and the integration of traditional and modern approaches. The exchange of ideas during the panel highlighted the importance of considering a global perspective when exploring and promoting naturopathic practices. Panelists were engaged in constructive dialogue, emphasizing the need for collaboration and knowledge exchange among practitioners, researchers, and policymakers to enhance the understanding and acceptance of naturopathy on a global scale. The discussions likely contributed to fostering a more comprehensive and inclusive approach to naturopathic healthcare worldwide. Overall, the panel discussion covered a wide range of important topics in naturopathy.

Felicitations of panelists with mementos by Dr. Manjunath NK.

Dr. Anant Biradar

National President

International Naturopathy Organisation (INO)

- Congratulated everyone on naturopathy day.
- Acknowledged the positive environment for naturopathy, but highlighted that results are still pending.
- Emphasized that naturopathy is a natural approach, diligently promoted by Mahatma Gandhi.



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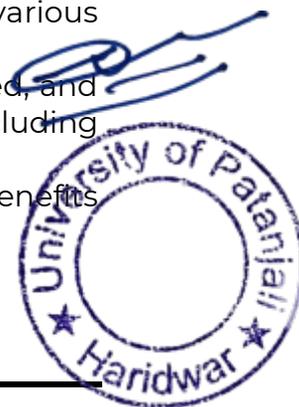
MoM



- Gandhi's dream from 75 years ago led to the establishment of AINCF Trust. Noted that PM Narendra Modi from Gujarat fulfilled this dream 75 year later.
- Stressed the importance of acting when the opportunity arises, using the metaphor "shaping the iron when it is hot yields immediate results."
- Discussed naturopathy from Mahatma Gandhi's perspective.
- Highlighted that naturopaths don't sell treatments but teach patients better ways to live, improving conditions and preventing future ailments.
- Shared figures on the health budget of India in 2021-22. Questioned the budget allocation specifically for naturopathy.
- Compared India's health budget with Health GDP of America, China, Russia, and India.
- Advocated for the inclusion of naturopathy departments in state and central hospitals.
- Highlighted that Ayushman Bharat and National Ayush Mission have not included naturopathy and yoga.
- Stressed the importance of addressing these shortcomings.
- Acknowledged the outstanding work of P.P. Swami ji and P.S. Acharaya ji in establishing naturopathy in mainstream treatment options.
- Concluded the discussion by sharing points to promote naturopathy.
- Emphasized the need to work on the inclusion of naturopathy in national health initiatives.

Dr. Jitendra Arya
Chairman Health Naturopathy
Raigarh

- Initially, he started by chanting mantras before starting the session.
- The foundation's mission of making health "Svavlambi" was reiterated, emphasizing the need for knowledge and simplicity in overcoming challenges.
- Discussed the importance of introducing children to the Indian Medicinal System from birth and evaluated the collective preparedness to deal with the subject matter.
- Multifaceted approach was highlighted as essential for maximizing the benefits of gatherings.
- Concept that every cell has space and disease arises when space reduces was presented.
- Fasting was explored as a method to create space in the body and treat diseases, with an emphasis on its historical significance in various cultures.
- Reversal of diseases through naturopathy principles was discussed, and the commitment to providing comprehensive care to patients, including various forms of rest, was underscored.
- Need to redefine fasting and conduct experiments to validate its benefits was proposed.



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- Concluded with a collective expression of gratitude and a wish for divine grace to guide the foundation's efforts.

Felicitation of Dr. Anant was done by Dr. Nagendra Neeraj.

Dr. Anurag Varshney
Head, Drug Discovery and Development Division
Patanjali Research Institute, Haridwar

- Commenced with congratulations on World Naturopathy Day.
- Regarded P.P. Swami ji, P.S. Acharaya ji, delegates and Ministry of AYUSH.
- Presented on topic, “Natural Nutraceutical-Holistic health in sync with nature”.
- Overview of the foundation's work on Ayurvedic medicines and nutraceutical products.
- Detailed background on nutraceuticals, emphasizing the needs arising from dietary gaps, imbalances, busy lifestyles, soil depletion, and age-related nutrient requirements.
- Classification of nutraceuticals based on origin and mechanism, including traditional and non-traditional types.
- Information on the role of vitamins and minerals in the body, with a comparison between natural and synthetic nutraceuticals.
- Presentation of microscopic images comparing food Vitamin B1 and USP Vitamin B1, highlighting the team's research on natural sources.
- Discussion on Vitamin D deficiency, exploration of natural sources like lichens, and the development of Neurela Vitamin D2K by the PRF team.
- Sharing of study design and research activities behind the development of Neurela Vitamin D2K, with graphical and pictorial representations of results showing comparable or better outcomes than synthetic Vitamin D3.
- Discussion on Iron, highlighting the drawbacks of available iron supplements and the PRF team's research on Mandoor Bhasma.
- Presentation of SEM analysis results showing natural nanoparticles in Mandoor Bhasma.
- Coating Mandoor Bhasma with ascorbic acid and elemental analysis, revealing a better release profile and higher accumulation in intestinal cells for AA-Mandoor Bhasma.
- Elevated ferritin levels observed with AA-Mandoor Bhasma.
- Shared key takeaway message: Synthetic supplements are often treated as xenobiotics by the body, while natural nutraceuticals provide a holistic solution to fill gaps in the daily nutrient requirements of modern society.

Dr. Vedpriya Arya
Head, Herbal Research Division
Patanjali Research Institute, Haridwar

- Regarded P.P. Swami ji, P.S. Acharaya ji, delegates and Ministry of AYUSH.



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- Acknowledged the presence of all the guests, audience, and students.
- Presented on topic, “Unlocking the ancient wisdom of herbal naturopathy- a promising future of wellness”.
- Discussed the successful publication of 110 volumes of the World Herbal Encyclopedia (WHE), showcasing the collective effort of Patanjali's scientists.
- Shared information on ongoing projects at Herbal Research Division: WHE, Ancient Manuscript Conservation Republication, PRF Herbarium, Taxonomy & Floral work, Centre of excellence in AYUSH, Patanjali Ayurveda Hospital, COE (Ministry of Tribal Affairs), NMCG Project, Rural Livelihood Improvement under MoRD as NRO for SHG women, Technology partner with NiMSME for entrepreneurship development.
- Provided detailed insights into the World Herbal Encyclopedia (WHE), highlighting its significance and the wealth of information it contains.
- Shared data insights from WHE, shedding light on medicinal herbs used in different traditional medicinal systems.
- Presented a bibliometric analysis on naturopathy, emphasizing the vast research possibilities within the field.
- Discussed the current global research scenario on naturopathy, addressing existing setbacks and challenges.
- Explored the importance of clinical research in naturopathy and the need for further development in this area.
- Highlighted the necessity for the development of herbal monographs and taxonomic identification to support naturopathy.
- Concluded the meeting by expressing the ongoing commitment to research and the need to fulfill the dreams of exploration and discovery in the field of herbal naturopathy.
- Concluded by saying that “Abhi to aur sambhalna hai, anusadhan ke sapne ko hume pooro karna hai”.

Closing remarks by session chair. Felicitation of Dr. Anurag Varshney and Dr. Vedpriya Arya by Dr. Rajendra.

At last, Cultural performance was done by Students of University of Patanjali.



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Theme Naturopathy For Holistic Health	
Day and Date	Sunday, 19 th November, 2023
Time	9:30 AM to 3:30 PM
Venue	Auditorium, University of Patanjali, Haridwar
List of presenters	Dr. Sunil Paudel
	Dr. Kuldeep Singh (Head, Dental Clinic and Research Centre, Patanjali Ayurved hospital, Haridwar)
	Dr. Rudra B. Bhandari
	Dr. Sataz Rahamania
	Dr. Poornima Bansal
	Dr. Karishma Silwal
	Dr. S. Anuburani

The session started with welcoming of all the chief guests were on stage and their felicitation was done with Rudraksha mala by Param Pujya Swami Ramdev ji.

Blessing words by Param Pujya Swami Ramdev Jee

- Initially, welcome was extended to all the guests and expressed gratitude for the presence of everyone.
- Stated that, “Every speaker has done a phenomenal job in serving to this esteemed conference”.
- Emphasized that the day's discussions would be memorable for all attendees.
- Thanks were extended to Dr. Raghavendra Rao for his dedicated efforts in ensuring the success of the conference.
- Shared insights into the evolution of Yoga, reminiscing about the humble beginnings where only a small group practiced together.
- Highlighted the transformation over the past 30 years, with Yoga now integrated into daily routines.
- Emphasized the significant progress made in the last three decades of Ayurveda and Naturopathy.
- Mentioned the increase in government jobs for practitioners and the success of Patanjali, which boasts over 1500 Ayurveda practitioners and more than 100 naturopathy doctors.



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- Stressed the importance of equal pay for Ayurveda and Naturopathy doctors nationwide.
- Plans to establish five 5000-capacity naturopathy centers across India were unveiled, with an emphasis on the belief that naturopathy is a profession driven by passion rather than income.
- Need to revolutionize the field of naturopathy was highlighted, with an emphasis on promoting it as a holistic and honorable profession.
- Plans were announced to design an MBBS course that integrates Yoga, Ayurveda, and Naturopathy, reflecting the holistic approach to healthcare.
- Encouraged naturopathists to embody the principles of Yoga, becoming role models and icons for health.
- Emphasized the need for confidence, continuous learning, and updating of skills.
- The success of naturopathy in the South was attributed to the preservation of traditions.
- Emphasized the importance of adhering to fundamentals for the practice of naturopathy.
- Naturopathists were urged to undertake meaningful work and contribute to high-impact international journals to elevate the honor and recognition of naturopathy.
- Concluded his talk with expressing gratitude to everyone present, reiterating the significance of naturopathy in the past, present, and future.

Dr. Sunil Paudel

- Presentation on “*Role of Naturopathy in Holistic Pain Management*”.
- Briefly introduced Sciatica/Lumbar CLDH disc herniation and its impact on the body.
- Addressed the dilemma surrounding the decision between surgery and surgical procedures for this condition.
- Discussed how Lumbar Disc Herniation (LDH) can lead to disc sequestration.
- Emphasized the need for effective treatment options considering the increasing frequency of the condition.
- Highlighted that conservative treatments for LDH have been widely supported by research, with success rates ranging from 60% to 90%.
- Noted the absence of studies on naturopathy-based conservative management.
- Presented a case study of a patient with LDH, including clinical presentation and MRI pictures. All doctors and surgeons suggested



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surgery. Shared that the team employed a naturopathic approach for three months, resulting in the curing of motor deficits.

- Shared the protocol for the treatment which include counselling, postural care, yoga & exercise, massage & manual therapy, GMS, acupuncture and lifestyle medications.
- Concluded by quoting, “Body heals itself ... till then entertain ...”.

Dr. Pradeep MK Nair

- Presented on the topic, “*Integrative Oncology Advancements and Opportunities for Yoga and Naturopathic Medicines*”.
- Provided an insightful overview of cancer and the role of Complimentary and Integrative Medicine Systems (CAM) in its treatment.
- Introduced Mirakle™ Integrated Health Centre, highlighting its mission and commitment to holistic healthcare.
- Detailed the holistic approach to cancer, emphasizing factors promoting it and the importance of addressing its root cause.
- It was stressed that cancer is not restricted to a single cell or organ, and its origin and progression are pluralistic processes.
- Highlighted the significant role that modern naturopathy and yoga techniques, integrated with modern medicine, can play in the treatment of cancer.
- Shared the unique approach employed at Mirakle™ Integrated Health Centre in the treatment of cancer.
- Importance of counseling in cancer treatment was emphasized, acknowledging its role in holistic patient care.
- Discussed the innovative "Oncothermia" process, which utilizes heat and energy to alter the tumor microenvironment.
- Detailed discussions were held on High Dose Vitamin (HDVC) therapy and ozone therapy, both aimed at reducing free radicals by maintaining antioxidant levels.
- Presentation included information on diet therapy, with a focus on a complete millet-based diet for cancer patients.
- Significance of Vitamin D supplementation and probiotic supplementation in cancer treatment was addressed.
- Discussed Coenzyme Q10 Therapy as part of the integrative treatment approach.
- Presentation covered the application of Sodium Bicarbonate and medical Cannabis in cancer care.
- Positive impacts of sun exposure and yoga therapy in cancer patients were shared.
- Detailed the benefits of magnet therapy and hydro sun therapy in cancer treatment.



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- Success stories, including a case of lung cancer with skeletal metastasis, were shared to demonstrate the effectiveness of the treatment approach.
- Concluded with a strong emphasis on treating the root cause of diseases, followed by an engaging question and answer round.

Comments by Param Pujya Swami Ramdev Jee

- Emphasis was laid on the crucial role of fasting and Pranayama in enhancing the apoptotic process within the body.
- Discussed that the aforementioned practices mediate the dissolution of cysts within the body.
- Shared insights and experiences supporting the positive effects on cyst-related issues.
- Suggestion of Enema of Vijaya was brought forward, with an emphasis on its reported lack of side effects.
- A consensus was reached on the principle that in naturopathy, the body has the inherent ability to heal itself.
- Acknowledged the statement that nothing is better than fasting when it comes to reducing pain.
- Agreed that naturopathy has unique capabilities in achieving health goals that may not be attained through other approaches.

This was followed by felicitation of panel discussion participants with mementos by P.P. Swami ji. Remarks on session by session chairs. Felicitation of speakers with mementos as a token of gesture.

Panel Discussion I

The sessions were followed by an engaging panel discussion on the topic “*Naturopathy Principles in Clinical Practice: Challenges and Need for Rationalization*” moderated by Dr. Gurudutta HK. The discussion delved into multifaceted aspects of naturopathic practices, exploring the challenges encountered when treating patients through such approaches. The discourse encompassed shared complications faced by practitioners, delineating future aims in the realm of naturopathic healthcare. Notably, emphasis was placed on the significance of practical exposure for a more profound understanding and enhanced learning among professionals. The panel also scrutinized the existing shortcomings in the training of naturopathy professionals and contemplated measures essential for improvement. Addressing the need for rationalization, participants exchanged ideas on refining training methodologies to bridge gaps and elevate the standards of naturopathic practice. In essence, the panel discussion served as a platform for experts to collaboratively explore challenges, envision improvements, and share insights aimed at advancing the application of naturopathy principles in clinical practice.



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Panel Discussion II

The panel discussion on "*Naturopathy in the Wellness Industry*" delved into critical aspects vital for the seamless operation of wellness centers. Participants highlighted the significance of optimizing working capacity, focusing on efficient resource utilization and patient management. Hygiene factors emerged as a priority, stressing the necessity of strict adherence to cleanliness standards for a safe environment. The panel underscored the importance of counseling to reassure and empower patients, fostering a trusting relationship. Empathy in patient care was recognized as a pivotal element, acknowledging its impact on overall satisfaction. The discussion explored the potential of naturopathy and yoga as exemplary models for treating various diseases, advocating for their integration into mainstream healthcare. Establishing naturopathy-based wellness centers was discussed, emphasizing collaboration with experts and the incorporation of holistic approaches. The uniqueness of wellness centers, with their holistic naturopathic focus, was highlighted as a key attractant for patients. Integration with advanced technologies for efficient management and a commitment to sustainable wellness practices rounded out the comprehensive dialogue, outlining a roadmap for the evolution of naturopathy in the wellness industry.

This was followed by felicitation of the panel speakers with mementos as a token of gesture by the session chairs. Felicitation of session chairs was done by Dr. Raghavendra Rao.

Dr. Kuldeep Singh

Head, Dental Clinic and Research Centre

Patanjali Ayurved hospital, Haridwar

- Presentation on "*Yoga Traditional Indian Knowledge: Boon for Dentist and Dentistry*".
- Initiated the session with a respectful mention of P.P. Swami ji and P.S. Acharaya ji, acknowledging their contributions.
- Gave an overview of the presentation's focus on the connection between traditional Indian knowledge of yoga and its benefits for dentists and dentistry.
- Briefed on oral diseases and their impact on the quality of life.
- Discussed that local and lifestyle-induced persistent stress contribute to dental caries and periodontal diseases.
- Mechanistically presented how psychological stress affects oral health.
- Discussed the exaggerated gingival inflammatory response and bruxism linked to stress.



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- Detailed the effect of chronic stress on saliva and its implications for oral health.
- Pictorially demonstrated the relationship between stress and oral cancer.
- Shared a video on painless tooth extraction without local anesthesia.
- Emphasized the importance of regular yoga practice for maintaining oral health.
- Shared research findings connecting yoga to dental disease treatment.
- Detailed how yoga can improve oral health, emphasizing specific benefits.
- Suggested specific yogasanas beneficial for dentists to incorporate into their routine.
- Expressed gratitude to the team of PRI, Swami ji, and Acharayakulam for their support.

Dr. Rudra B. Bhandari

- Presented on topic, "*Traditional Formulations in Managing COVID-19 Systematic Review and Meta-Analysis*".
- Delivered a comprehensive presentation on the topic, highlighting key aspects of traditional formulations in the management of COVID-19.
- The systematic review and meta-analysis approach were explained.
- Discussed the profound impact of COVID-19 on global health, socio-economic factors, and healthcare systems.
- Various preventive measures and treatment approaches were discussed, focusing on the importance of a multi-faceted strategy.
- Shed light on specific traditional formulations that have been used in the treatment of COVID-19, emphasizing their historical significance and potential efficacy.
- Shared the objectives and methodology employed in the systematic review and meta-analysis, providing insight into the research design and approach.
- Presented the results of the investigation, highlighting significant findings and their potential implications for managing COVID-19.
- Concluded with a summary emphasizing that standalone or integrative Traditional Formulations (TFs) could serve as an inexpensive treatment option for COVID-19.

Panel Discussion III

The panel engaged in a thoughtful discussion on the crucial topic of "*Yoga and Naturopathy Education: Need for Standardization*". The primary focus was on establishing a uniform and comprehensive



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framework to standardize education in naturopathy and yoga. The panel also delved into the standardization of clinical practices, emphasizing the need for uniform guidelines to be followed in practical training. This would contribute to a cohesive and standardized approach to naturopathic and yogic treatments. Discussion extended to the evaluation system and internship guidelines, where the panel emphasized the necessity of a standardized and rigorous evaluation process. This ensures that students acquire the necessary skills and knowledge during their training. The need for a common nomenclature and standardized duration for undergraduate (UG) and postgraduate (PG) programs was also stressed. This would bring clarity and coherence to the structure of education in these fields. The role of naturopathy in public health was discussed, underscoring its potential to contribute significantly to preventive and holistic healthcare. The panel emphasized the importance of integrating naturopathic practices into public health strategies for a more comprehensive and sustainable healthcare system. In summary, the panel explored various dimensions of standardizing naturopathy and yoga education, addressing syllabus, clinical practices, evaluation, internship, central regulation, program nomenclature, and the role of naturopathy in public health. The overarching goal is to enhance the quality, consistency, and effectiveness of education in these fields.

This was followed by felicitation of the panel speakers with mementos as a token of gesture by the session chairs.

Oral Presentations

Dr. Sataz Rahamania

- Presented oral presentation on “*Efficacy of Yoga Therapy as a Complementary Therapy along with Modern Medication in the Management of Schizophrenic Patients – A Randomized Control trial*”.
- Provided an overview of schizophrenia, including its symptoms and causes.
- Shared data indicating a global prevalence of 19.3 million individuals affected by schizophrenia in the year 2020.
- Discussed the impact of schizophrenia on patients, emphasizing the need for effective management strategies.
- Provided information on Olanzapine, a second-generation anti-psychotic drug commonly used in the treatment of schizophrenia.
- Emphasized the role of yoga as an additional treatment option, highlighting its potential to mitigate the toxic effects of drugs.
- Shared details of a study conducted by the National Institute of Mental Health and Neuroscience, focusing on its methodology and findings.
- Noted improvements in both positive and negative symptoms of schizophrenia as a result of the combined therapy approach.



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- Stressed the significance of paying attention to breathing patterns while performing yoga postures for optimal therapeutic benefits.
- Highlighted that the study demonstrated a significant improvement in psychopathology and overall quality of life among participants.

Dr. Poornima Bansal

- Presented on topic, *"Immediate effect of Neutral spinal compress on heart rate variability in hypertensive individuals"*.
- Provided a brief overview of hypertension, outlining the reasons behind its development.
- Shared the objectives and methodology of the study, giving an insight into the research design and approach.
- Visual aids were presented to explain the concept of neural spinal compress, providing clarity to the audience.
- Shared the key findings of the investigation, highlighting a highly significant reduction in SBP and DBP ($P < 0.001$).
- Noted a decrease in LF/HF, LF, and VLF scores. Highlighted an increase in Mean RR and HR.
- Graphical representations were shared to illustrate the findings, aiding in a better understanding of the data.
- Concluded the presentation with the saying, "The journey of a thousand miles began with a step," emphasizing the significance of the study's contribution to understanding the impact of neutral spinal compress on heart rate variability in hypertensive individuals.

Dr. Karishma Silwal

- Presented on topic, *"Impact and Feasibility of Arogya Rakshak Panchatantra (five lifestyle principles) on Menstrual Symptoms, Heart Rate Variability and Health related quality of life in Young female adults with primary dysmenorrhea. An exploratory Randomized Control Trial"*.
- Introduced the concept of primary dysmenorrhea, providing necessary background information to the audience.
- The rationale and objectives behind the investigation were discussed, shedding light on why the study was conducted and what the researcher aimed to achieve.
- Methodology employed in the investigation was shared, along with an intervention chart outlining the steps taken during the study.
- Shared the results of the investigation based on various parameters, providing insights into the study outcomes.
- Pictorial presentation was given, illustrating the adherence percentage, which was reported at 77%.
- Impact of Arogya Rakshak Panchatantra on the studied groups was discussed, highlighting any notable changes or improvements observed.



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- Used graphical representations to showcase the symptoms and changes in emotional status or mood observed in the intervention groups.
- Concluded with a summary of the findings, bringing together the key points discussed during the session.

Dr. S. Anuburani

- Presented on topic, “*Case study: Naturopathic Management of Creatinine Levels in CKD Patient*”.
- Shared insights into the case of a 39-year-old male with chronic renal failure.
- Provided a detailed overview of the clinical findings related to the patient's condition.
- Discussed the naturopathy treatment plan implemented for the patient
- Shared information on various naturopathic interventions used to manage creatinine levels in the CKD patient.
- Highlighted the holistic approach taken in addressing the patient's overall well-being.
- Explored the integration of yoga as part of the treatment plan. Discussed specific yoga practices recommended for the patient's condition.
- Shared insights into the diet therapy prescribed and its impact on the patient's overall health.
- Presented the post-treatment investigation report of the CKD patient. Highlighted significant results, demonstrating the effectiveness of the naturopathic and yoga interventions.
- Discussed any improvements in creatinine levels and the overall health of the patient.
- Thanked the participants for their active engagement. Encouraged further discussion and collaboration on naturopathic approaches to managing renal conditions.

A momentous felicitation of our esteemed panelists with well-deserved mementos. Valedictory function to honor the excellence in oral and poster presentation.

Blessing words by Param Shradheya Acharaya Jee

- Commenced with an overview of the two-day conference, which was organized with great pomp.
- Attendees were welcomed, and sincere gratitude was expressed for their enthusiasm and active participation.
- Acknowledged the speakers as institutions in themselves, emphasizing the profound impact their contributions had on naturopathy.
- The event was recognized as playing a significant role in elevating naturopathy to an honored system of medicine.





पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित
Established by Uttarakhand State Legislature Under the University of Patanjali Act No. 4, Year 2006

पत्रांक (Ref.) : UOP/PVC/2023/3392

दिनांक (Date) : 17/11/2023

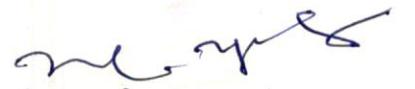
कार्यालय आदेश

पतंजलि विश्वविद्यालय के समस्त अधिकारीगण, संकायाध्यक्ष, विभागाध्यक्ष, विभाग प्रभारी/इंचार्ज, प्राध्यापकगण, योग प्रशिक्षक, छात्र-छात्राओं, शोधार्थियों एवं कर्मयोगियों को सूचित किया जाता है भारत सरकार आयुष मंत्रालय, केंद्रीय योग एवं प्राकृतिक चिकित्सा अनुसंधान परिषद् एवं पतंजलि विश्वविद्यालय, हरिद्वार के प्राकृतिक चिकित्सा एवं योग विज्ञान संकाय तथा पतंजलि अनुसंधान संस्थान के संयुक्त तत्वावधान में दिनांक 18 एवं 19 नवम्बर, 2023 को "Naturopathy for Holistic Health" विषय पर दो दिवसीय 'अन्तर्राष्ट्रीय प्राकृतिक चिकित्सा सम्मेलन' का पतंजलि विश्वविद्यालय परिसर में आयोजन किया जा रहा है।

अतः सभी पतंजलि विश्वविद्यालय, ऑडिटोरियम में प्रातः 09 बजे तक अपना-अपना स्थान अनिवार्य रूप से ग्रहण कर लें।

नोट: छात्रावास अधीक्षक/अधीक्षिका, पर्यवेक्षक एवं अनुशासन समिति के सदस्यगण अनुशासन व्यवस्था एवं बैठक व्यवस्था में सहयोग प्रदान करेंगे।

संलग्नक- कार्यक्रम विवरण।


(प्रो. महावीर अग्रवाल)
प्रति-कुलपति

प्रतिलिपि: सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित।

1. निजी सचिव कुलाधिपति, माननीय कुलाधिपति महोदय के सादर सूचनार्थ।
2. निजी सचिव कुलपति, माननीय कुलपति महोदय के सादर सूचनार्थ।
3. समन्वयक, आन्तरिक गुणवत्ता आश्वासन केन्द्र, पतंजलि विश्वविद्यालय।
4. कुलसचिव, वित्ताधिकारी, परीक्षा नियंत्रक, पतंजलि विश्वविद्यालय।
5. संकायाध्यक्ष- शिक्षण, शोध पतंजलि विश्वविद्यालय।
6. डॉ० साध्वी देवप्रिया जी, कुलानुशासिका, संकायाध्यक्ष-मानविकी एवं प्राच्य विद्या अध्ययन, विभागाध्यक्ष दर्शन विभाग, पतंजलि विश्वविद्यालय।
7. डॉ. अनुराग वाष्णेय, पतंजलि अनुसंधान संस्थान, पतंजलि विश्वविद्यालय।
8. संकायाध्यक्ष- योग विज्ञान संकाय, पतंजलि विश्वविद्यालय।
9. संकायाध्यक्ष- प्राकृतिक चिकित्सा एवं योग विज्ञान संकाय, पतंजलि विश्वविद्यालय।
10. संकायाध्यक्ष- छात्र कल्याण, पतंजलि विश्वविद्यालय।
11. उपकुलसचिव, पतंजलि विश्वविद्यालय।
12. स्वामी आर्षदेव, कुलानुशासक, पतंजलि विश्वविद्यालय।
13. उपरोक्तानुसार समस्त सम्बन्धित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु।
14. कार्यालय प्रति। समस्त सूचना पट्ट।



INTERNATIONAL CONFERENCE ON NATUROPATHY

Ministry of AYUSH, Govt. of India

18th & 19th November, 2023

THEME: NATUROPATHY FOR HOLISTIC HEALTH

TENTATIVE CONFERENCE SCHEDULE

Day 1: November 18 th 2023				
Time	Event in Main Auditorium		Event in Annexe Hall	
8.00 am to 9.30 am	CONFERENCE REGISTRATION			
10.00am to 12.00 noon	INAUGURAL PROGRAM			
12.00 noon to 1.00 pm	Session 1:	Acharya Balakrishnaji		
	Key note Address	Topic: Blessings from Acharya Balakrishnaji and setting the tone for the conference		
		Chairpersons: Dr. Manjunath NK and Dr Babu Joseph		
1.00 pm to 2.00 pm	Lunch			
2.00 pm to 3.00 pm	Session 3: Bridging philosophy with science	Dr.Raghavendra Rao,	Public lecture 1:	
		Naturopathy: From Philosophy to Science	2.30 pm-3.30 pm	
		Dr. Apar Saoji	Dr. Akalvyah Bohara:	
		Naturopathy: The philosophical basis of evidence based medical system.	Reversing Lifestyle disorders- A Naturopathic Perspective	
		Chairpersons: Dr. Babina N	Dr. Gulab Tewani:	
		Dr. Asha Manjunath	Health without Medicine	
			Dr. Hemanshu Sharma:	
			Holistic health through Naturopathy	
3.00 pm to 3.30 pm	Session 4:	Panelists:		
	Panel Discussion 1: Global perspective in Naturopathy	Dr.Chandrashekar		Public lecture 2:
		Dr Sangeeth S		3.45 pm to 5.00 pm
		Dr Raghavendra Rao		Dr. Nagendra Neeraj
		Dr Rajesh Singh		Scientific Importance of Food in Naturopathy
Moderator- Dr Manjunath NK		Dr. R. S. Dawas		
3.30 pm to 4.00 pm	High Tea			
4.00 pm to 4.30 pm	Session 5:			
	Recent advances in yoga and naturopathy rehabilitation	Session 9: Key note address Role of yoga and Naturopathy in Neuro rehab Dr Manjunath NK	Public lecture 3 (4.00 pm to 5.30 pm)	
4.30 pm to 5.30 pm	Session 6: Role of Nutraceuticals and Functional foods in Naturopathy	Dr Naveen GH & Dr Mohan Rao		
		Dr. Anurag Varshney		
		Natural Nutraceutical-Holistic health in sync with nature		
		Dr.Vedapriya Arya		
		Integrative Healing with Nature Cure		
		Dr. Jitendra Arya:		
		Unlocking the ancient wisdom of herbal Naturopathy-a promising future of wellness		
		Therapeutic effects of Fasting		
		Chairperson: Dr. Latha R		
		Dr Rajesh Singh		
6.00 pm onwards	CULTURAL PROGRAM BY UNIVERSITY OF PATANJALI			
7.00 pm	Cultural Program			



INTERNATIONAL CONFERENCE ON NATUROPATHY

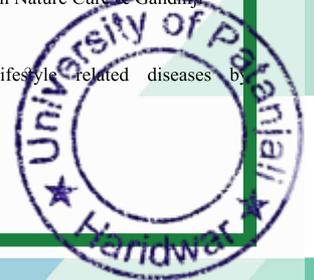
Ministry of AYUSH, Govt. of India

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THEME: NATUROPATHY FOR HOLISTIC HEALTH

TENTATIVE CONFERENCE SCHEDULE

Day 2: November 19 th 2023			
Time	Event in Main Auditorium		Event in Annexe
9.00 am to 11.00 am	Session 8: Oral free Paper Presentation		
	Jury panel: Dr. Vadiraj H. S. Dr.Chandrashekar		
11.00 am to 11.30 am	<p style="text-align: center;">Dr. Pradeep MK Recent advances in Naturopathy Medicine</p> <p style="text-align: center;">Dr. Sunil Paudel Role of Naturopathy in Holistic Pain Management</p> <p style="text-align: center;">Chairpersons: Dr. Prashanth Shetty</p> <p style="text-align: center;">Dr. Nagendra Neeraj</p> <p style="text-align: center;">Chairperson: Dr Rajesh Singh, Dr Naveen GH</p>		
11.30 am to 11.45 am	High Tea		
11.45am to 12.30 pm	<p>Session 10:</p> <p>Panel discussion -Naturopathy principles in Clinical practice: Challenges and Need for rationalization</p>	<p>Panelists: Dr. Rajkumar Dr. S.N. Murthy Dr.B.T.C. Murthy Dr. M. Sarju Dr.Nagajyoti Dr. Srinivas Reddy Dr. Sateesh MHombali</p> <p>Moderator: Dr. Gurudutta HK</p>	<p>Poster Session:</p> <p>11.45 am to 01.30 pm</p> <p>Jury panel: Dr. Puneeth Raghavendra Dr. Vinutha Rao</p>
12.30 pm to 1.00 pm	<p>Session 11:</p> <p>Panel Discussion - Naturopathy in wellness Industry</p>	<p>Panelists: Dr. Manoj Nambiar Dr. Kirti Singh Dr. Shyamraj N. Dr. Abhishek Jain Dr. Kanak Soni Dr. Cijith Shreedhar</p> <p>Moderator: Dr Narendra Shetty</p>	
1.00 pm- 2.00 pm	Lunch		
2.00 pm to 2.45 pm	<p>Session 12:</p> <p>Panel Discussion yoga and Naturopathy education : Need for standardization</p>	<p>Panelists: Dr Prashanth Shetty Dr Sangeeth S Dr.Vibhas Dr. Puneeth Raghavendra Dr.Hemanshu Sharma Dr. Jyoti Nair Dr.Aklavya Bohra Dr.Vinayak Amberker Dr. Toran Singh Chahar</p> <p>Moderator: Dr.Abhay Shankar Gowda</p>	<p>Public lecture 4:</p> <p>2.00 to 3.00 pm</p> <p>Shri Anant Birader: Health Reliance through Nature Cure & Ganthiji</p> <p>Dr.Ramesh Tewani: Cure of irregular lifestyle related diseases by Naturopathy</p>



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2.45 pm to 3.30 pm	Session 13: Naturopathy in Public Health	Panelists: Dr Vartika Saxena Dr Gulab Tiwani Dr Srinivas Bairy Dr Naresh Kumar Dr Geetha Shetty Moderator: Dr. Ambalam M Chandrasekaran	
3.30 pm to 3.45 pm	High Tea		
3.45 pm to 4.15 pm	Session 14: Integrating Yoga and Naturopathy departments in AIIMS : Challenges and strategy	Panelists: Dr Deepa Shukla Dr Sophia Mudda Dr Shweta Mishra Dr Vartika Saxena Dr Vadiraja HS Moderator: Dr Sriley	Public Lecture 5: 3.45 pm to 4.45 pm Dr. DN Sharma: Role of Naturopathy in Lifestyle Disease Dr. Poornima Bansal: Five White poisons in Naturopathy
4.15 pm to 4.45 pm	Session 15: Yoga and Naturopathy in Integrative Medicine	Speakers: Dr. Kuldeep Singh Yoga Traditional Indian Knowledge- a boon for Dentist & Dentistry Dr. RudraBhandari Traditional Formulations for Managing Covid-19: systematic Review and Meta-Analysis. Chairperson: Dr. Himanshu Paliwal and Dr Geetha Shetty	
5.00 pm to 5.45 pm	Valedictory Function		