

Bharati Vidyapeeth Deemed University

College of Engineering, Pune

Women Cell

Seminar on “Naturopathy for Women’s Health”

30th March 2017

The seminar on “Naturopathy for Women’s Health” was organised for Teaching as well as Non-teaching ladies faculty members on Thursday, 30th March 2017 by Women Cell, Bharati Vidyapeeth Deemed University and National Institute of Naturopathy in association with Ashwagandha Arogya Dham, Pune. The National Institute of Naturopathy (NIN, run by Govt. of India), Pune conducts such Naturopathy Awareness Camps in association with Ashwagandha Arogya Dham, Naturopathy Health Resort, Pune.

Guests for the seminar were Dr. Ajinkya Pawar, Medical Officer, National Institute of Naturopathy, Mrs. Dr. Vidya Kedari, Consultant, Ashwagandha Arogya Dham, Dr. Prabhakar Dubey, Resident Medical Officer, Ashwagandha Arogya Dham along with Mr. Anil Dhumma and Satish Ingalagi, Directors, Ashwagandha Arogya Dham.



L-R : Mrs. Dr. Vidya Kedari, Consultant, Ashwagandha Arogya Dham, Mr. Satish Ingalagi, Director, Ashwagandha Arogya Dham, Dr. Prabhakar Dubey, Resident Medical Officer, Ashwagandha Arogya Dham, Dr. Ajinkya Pawar, Medical Officer, National Institute of Naturopathy, Mr. Anil Dhumma, Director Ashwagandha Arogya Dham

The seminar was conducted by experts from National Institute of Naturopathy, Pune and Ashwagandha Arogya Dham, Naturopathy Health Resort, Pune, the dignitaries spoke about the awareness of naturopathy therapies in order to relax, rejuvenate and detoxify body & mind and remedies such as Yoga, Pranayama, Daily Exercises for the women's health.



Dr. Ajinkya Pawar, Medical Officer, National Institute of Naturopathy, Pune

He also emphasized on how to live a healthy life in this complex & hectic schedule and apart from relaxation, we should know how to avoid and minimize Life Style Diseases like Obesity, Diabetics, Hypertension, Depression, Asthma and many more. Modern science can give relief to these diseases with drugs and other interventions but it may have side effects and need to take drugs continuously. A good percentage of population is now turning to nature cure that is naturopathy which is drug less and can give permanent cure to most of the diseases.



Dr. Ajinkya Pawar, Medical Officer, National Institute of Naturopathy, Pune

The aim of the seminar was to spread awareness about Naturopathy amongst the women and over 60 ladies faculty members have actively participated in the seminar.



Faculty members from Bharati Vidyapeeth Deemed University College of Engineering, Pune

The end of seminar was followed by a Q & A session by guests and the whole seminar was kept very interactive and informative.



L-R: Mrs. Dr. Vidya Kedari, Consultant, Ashwagandha Arogya Dham, Dr. Prabhakar Dubey, Resident Medical Officer, Ashwagandha Arogya Dham, Dr. Ajinkya Pawar, Medical Officer, National Institute of Naturopathy, Pune were busy in Q & A Session

Mrs. S. P. Tondare

Faculty

BVU COE, Pune

Prof. Anand Bhalerao

Principal

BVU COE, Pune