

NATIONAL INSTITUTE OF NATUROPATHY

MINISTRY OF AYUSH, GOVT. OF INDIA

Bapu Bhavan, Matoshree Ramabai Ambedkar Road
(Tadiwala Road), Pune

2nd October (2017)- Gandhi Jayanti Celebration @NIN



Gandhi Jayanti was observed and celebrated by National Institute of Naturopathy on 02nd Oct, 2017 with many important programmes especially pertaining to Gandhi and Naturopathy. Besides garlanding the Gandhi Statue at NIN premises by the Director of the Institute in the presence of Guests; Prof R.K. Mutatkar an eminent Anthropologist, Pune University, Shri Lal Ghanshani and Shri Anant Birajdar, Governing Body Members of the Institute along with the Faculty, Staff, Officers and Students and large number of public assembled in 'Bapu Bhavan'.

Inaugural ceremony of the Programme consisted of Gandhian Prayers/Bhajans, and National Symposium on Gandhi and Health. The daylong Symposium organized intended to bring Mahatma Gandhi's views on Health and its ramification and how health can be preserved and nurtured. Eminent speakers and scholars deliberated on this aspects included Prof. Dr. K. Satya Lakshmi, Prof. R.K. Mutatkar, Prof. Dr. Mohan Gupte, former Director of National Institute of Epidemiology. Shri S. Chockalingam, IAS, Settlement Commissioner, Revenue Department, Govt. of Maharashtra. Naturopaths across the country participated in the daylong Symposium.

The topics covered included

1. Gandhian perspective on Public Health with focus on Nature Cure.
2. Challenges to present day health scenario: A road map to achieve health to all from a Gandhian perspective.
3. Concept sharing session among the participants.
4. Public and people collaboration to achieve health self sufficiency.
5. Panel Discussion: Relevance of Gandhian Perspective on Health: The way forward.

The Hon'ble Mayor of Pune Smt. Mukta Tilak was the Chief Guest of Valedictory Function. During her address to the gathering consist of Medical professionals and Scholars.

Smt. Mukta Tilak urged all to follow Gandhian principles to attain good health. She also requested Director NIN to introduce Naturopathy and Yoga principles in Municipal schools of Pune.

Director of the Institute informed that NIN will start fellowship programme on Gandhian Studies and the "Nisarg-Gram" Naturopathy Medical College, Hospital of 250 bedded capacity, Research unit and a Gandhian Study Centre will also be established in Pune by the Institute. The Symposium further concluded that NIN has a legacy of Mahatma Gandhi is a Mother Institute of Nature Cure in India and to be recognized as a Institution of National Importance with the status of Central University.

An information booklet on Gandhi and his close association with Naturopathy and NIN was released at the hands of eminent Guests and Personalities on the occasion.

A Mobile App 'NIN Naturopathy' prepared by NIN and flyer on Bapu Bhavan was also released at the hands of Smt. Mukta Tilak, Hon'ble Mayor of Pune.

A bike ride organized by "Road Thrills" for promotion of Naturopathy and the importance of Healthy living from Bapu

Bhavan to AgaKhan Palace to Nisargopachar Ashram at UruliKanchan.

Healthy breakfast , Lunch and herbal tea was also served to all the participants. Shri K. Subhash, Admin Officer proposed the vote of thanks.

- Encl: Photographs

Director



Group photo of NIN staff with Director, NIN, Prof. (Dr) K. Satya Lakshmi, Hon'ble Mayor of Pune, Mrs. Mukta Tilak.



NIN launched an Mobile App on NIN published articles and activities on this occasion.



Released An Information booklet on Gandhi and his close association with Naturopathy and NIN.
From Left: Shri Anant Biradar, Prof. R.K. Mutatkar, Shri Lal S. Ghanshani, Prof. (Dr.) K. Satya Lakshmi, Shri K.Subhash, Shri Saurabh Sakalle and Dr. Yuvaraj Paul.



Released Flyer on Gandhiji.
From left: Dr.Pradeep, NCP, NIN, Pune, Shri S.Chockalingam, IAS, Prof. (Dr.) K. Satya Lakshmi, Smt. Mukta Tilak, Prof. R.K. Mutatkar, Dr. Mohan GupteShri and K.Subhash.



Participants view at Gandhi Jayanti Celebration.



Director, NIN showing green signal for Bullet Rally to proceed from NIN, Pune to Nisargopchar Ashram, Urli Kanchan.




Participants view at National Symposium.




NIN TATC students while singing Bhajan on Gandhiji

**NATIONAL INSTITUTE OF NATUROPATHY (NIN)
'BAPU BHAVAN'**



An information booklet on Gandhi and his close association with Naturopathy and NIN

Published by



**राष्ट्रीय प्राकृतिक चिकित्सा संस्थान
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can come under nature cure, and write books of general knowledge about them. There is no need to wait for some occasion to arise. So long as I am out and alive, it will be under my supervision. But it should be so planned that it will function even during my absence."

On November 18, 1945, Mahatma Gandhi founded the All India Nature Cure Foundation Trust with the Nature Cure Clinic and Sanatorium, Pune as its nucleus. He took the burden of becoming the Founder-Trustee and Chairman for life at his age of 76 years, "having followed Nature Cure as a hobby for over half a century. Gandhiji promoted several Trusts but this was the only one which he signed and took full responsibility, including becoming a signatory on the bank account.


The objective of the Trust has been specified as "spreading the knowledge of the science of Nature Cure in all its aspects and expanding the activity of Nature Cure Therapeutics so as to make the benefits available to all classes of people and especially the poor, putting the said Institution on a permanent basis, with the ultimate object of creating from it a Nature Cure University."

On November 19, 1945, Dr Dinshaw Mehta settled on the Trust his entire Institution along with the leasehold rights of its land and buildings, all his machinery, furniture, cash money, bank balance and immovable properties at Sinhagad, as 'seed' to be nurtured to become Nature Cure University, and gave it to Mahatma Gandhi. Subsequently, the Trust handed over the Institution and all other properties to Government of India on March 17, 1975.



National Institute of Naturopathy as a Legacy of Mahatma Gandhi is thus a Mother Institution of Nature Cure in India, to be recognized as an Institution of National importance, with the status of a Central University.


It would be in the fitness of things to celebrate November 18 as the National Naturopathy Day, being the day when Mahatma Gandhi personally assumed charge of 'All India Nature Cure Foundation Trust as Founder-Trustee and Chairman for life.



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Legacy of Mahatma Gandhi

Mahatma Gandhi fondly addressed as Bapu had deep faith and commitment about Nature Cure. He practiced it for himself, his family and friends in South Africa. "I had great faith in Nature Cure methods, but there was nobody to help me with practical guidance in their use. With the help of whatever knowledge I could gather by reading a little of Nature Cure literature, I tried to treat myself by diet regulation." (Nature Cure, p.7)



Man is a biologically evolved animal and shares the Natural Environment with other living beings. During the evolutionary process, the biological instinctive behavior which Man shared with other animal beings got gradually and increasingly controlled by acquired behavior. Human baby is dependent for a longer duration on parental generation to become independent biped. Grasping power of the mind of a human baby in horizontal or crawling position is a stage of acquiring culture, that is, way of life of the family and group through the vehicle of language, first listening and then communicating.

All matter is believed to be composed of five elements, viz., Space (akash), Air (vayu), Fire (agni), Water (ap) and Earth (prithvi). Gandhiji in the booklet, 'Key to Health' has mentioned, "The human body is composed of what the ancient philosophers have described as the five elements. These are earth, water, space, light and air. All human activity is carried on by means of the mind aided by the ten senses. These are the five senses of action, i.e. hands, feet, mouth, anus and the genitals, and the five senses of perception, i.e. the sense of touch, of smell, of taste, of seeing and of hearing through respective body organs. Thinking is the function of the mind. In health all the senses and the mind act in perfect co-ordination. The human body is the universe in miniature."

Legacy of Bapu Bhavan

Dr. Dinshaw Mehta started his Nature Cure Clinic and Sanatorium at Pune in 1929. Mahatma Gandhi heard about his treatment and referred several patients to him. At Gandhiji's invitation, Dr. Dinshaw Mehta met him first time at Mani Bhawan, Mumbai on January 3, 1932, in a one-to-one meeting, requesting other leaders, such as Vallabhbhai Patel and Mahadev Desai to give them privacy. The relationship and intimate bond, thus initiated between Mahatma Gandhi and Dr. Dinshaw Mehta lasted till Mahatma's assassination on 30 January, 1948.

Gandhiji undertook Fasts in public life, on several occasions, inside and outside jail, conveying his disapproval of policies of the British government and happenings like communal violence. Dr. Mehta guided and sometimes examined Gandhiji during these Fasts. His first long and detailed letter was sent to Bapu on 13 November 1932, about management of Fast with appropriate treatment and the diet regimen after breaking the Fast. As on earlier occasion, this letter was not signed as 'Your obediently - Dinshaw K. Mehta' but as 'Your loving son - Dinshaw K. Mehta', symbolizing an affectionate bond, other than that of doctor-patient relationship.

Mahatma Gandhi used to inquire about health and well-being of his political colleagues and offered all help to them to bring back their health and happiness. He did advise persons like K.M. Munshi, Jammalal Bajaj, Vallabhbhai Patel, Rajkumari Amrit Kaur, Jearandas Dalalram, J.C. Kumarappa, Miraben, Sarojini Naidu and many others to consult Dr. Mehta for their health problems. Mahadev Desai and Kasturba Gandhi were treated by Dr. Dinshaw Mehta after attending government permission, which was not given promptly, since they were confined in Aga Khan Palace, which was turned into a temporary prison. Mahatma's malaria was cured by naturopathy by Dr. Mehta, although minuscule dose allowed to be selected by Gandhiji was taken as a supplement. Mahatma not only discussed nature cure with Dr. Mehta but took keen interest of the financial side of his clinic, which incurred losses to the tune of half the monthly expenditure, due to free treatment given to poor patients. Mahatma Gandhi signed an appeal for generating endowment funds for Dr. Mehta's nature cure clinic at Pune, on June 25, 1934, with an advice not to publish it in media but circulate it amongst the friends.

Nature Cure Home

Mahatma Gandhi expressed desire to Dr. Dinshaw Mehta, while taking his treatment at Juhu, Mumbai, in May 1944, to go and live at his Pune Nature Cure Home. On June 15, 1944, he arrived at Pune Institution with Rajkumari Amrit Kaur and stayed for two weeks. During August 21 to November 18, 1945, Gandhiji along with Vallabhbhai Patel took a course of nature cure treatments as in-patients. Until August 6, 1946, Mahatma stayed in the Institution 12 times for 156 days. He was dissuaded not to shift permanently to Pune from Sevagram, Wardha, since his early availability was required all over the country.

The Institute was renamed as Bapu Bhavan and a statue of Mahatma Gandhi was unveiled on November 9, 1961 in the presence of Shri Y. B. Chavan, Chief Minister of Maharashtra and Shri Guzarilal Nanda, Home Minister, Government of India.

The Legacy of All India Nature Cure Trust

Mahatma Gandhi advised Dr. Dinshaw Mehta through a letter on June 26, 1944, to form an autonomous Trust to spread the knowledge and practice of Nature Cure, while retaining the current Institution with some modifications. "Define what items