

NATIONAL INSTITUTE OF NATUROPATHY
(Ministry of AYUSH, Govt of India)
PUNE 411 001

A BRIEF REPORT ON THE AYUSH-FESTIVAL OF STAMPS-2017 IN
COLLABORATION WITH DEPARTMENT OF POSTS HELD AT PANAJI, GOA
ON 17-18 OCTOBER, 2017

National Institute of Naturopathy (NIN), Pune is a premier Institute of Ministry of **AYUSH**, Govt. of India located in a historical building called “Bapu Bhavan” which is situated at Matoshree Ramabai Ambedkar Road (Tadiwala Road), Pune. “**Bapu Bhavan**” is named after Mahatma Gandhi, Father of the Nation, who stayed here for 156 days and made this centre his home whenever he was in Pune from the year 1934. Formerly this place was known as “Nature Cure Clinic and Sanatorium” which was run by late Dr. Dinshaw K. Mehta. The All India Nature Cure Foundation Trust was established in this Centre by Dr. Dinshaw K. Mehta. Mahatma Gandhi became its life long Chairman. Gandhiji conducted his Naturopathy experiments and organised National and International activities while staying here. The present complex was handed over to Govt. of India on 17-03-1975 by Dr. Dinshaw K. Mehta for starting the National Institute of Naturopathy. Govt. of India, Ministry of AYUSH, through National Institute of Naturopathy (NIN), Pune is extending extensive Health Services to the people at large.

Aims and objectives of NIN:

- ✓ Vision: “Health Naturally” for all.
- ✓ Mission: Make Naturopathy and Yoga accessible to all. Provide quality of service by imparting Education and Training in the field of Naturopathy and Yoga.
- ✓ Objectives:
 - To conduct, provide facilitate for and encourage research in all aspects concerning human health and in all fields of Naturopathy,
 - To impart, provide facilities for encourage training in all fields of Naturopathy and / or combination therapy,

- To provide and encourage facilities for all kind of treatments in all fields of Naturopathy and / or Combination Therapy,
- To provide and encourage facilities for standardization and propagation of the existing knowledge and its application,
- To establish a living Memorial to Mahatma Gandhi, the Father of the Nation,
- To preserve in the said ‘Nature Cure Clinic and Sanatorium ‘ at Bapu Bhavan, Pune, with due sanctity, all the structures, articles, things and equipment associated with and / or personally used by Mahatma Gandhi,
- In general, to fulfill the objects of establishment of a Nature Cure University.

To promote holistic health among the people, the NIN is generating high level awareness upon the positive Life Style, Life natural and Yoga. The Institute is providing health food facility to the public through the Naturopathic Diet Centre managed on self-sustainable basis in its campus. NIN is conducting eight batches of Yoga Training and gives special Yoga counseling and techniques. NIN has an OPD clinic with free consultation services where various Naturopathy treatments are given to the patients by using modern Naturopathy treatment equipment at affordable rate besides various other multifaceted activities.

As part of these activities, the Institute has participated in the two day **AYUSH-Festivals of Stamps on 17th- 18th October, 2017 organised by Department of Posts, Govt of India at Panaji, Goa** on the occasion of the Ayurveda Day. During this two-day event, NIN, Pune has demonstrated various recipes on natural food preparation, promoted and propagated the use of natural food, natural methods of cooking and its impact on health preparation of various juices, salads, herbal tea, etc. The aim of our participation was to showcase natural traditional cooking practices and explain the scientific reasons as to why they are healthy. Following naturopathy principles were inculcated in the minds of people, especially the young children attended the programme through the demo, classes, consultations, counseling sessions by Experts/Doctors in the field of Naturopathy & Yoga:

- *Eat in moderation and only when hungry;*
- *Drink solids and eat liquids – emphasizing chewing and munching;*
- *Natural food preparation that retains the essential qualities of food are articulated in the programme;*

- *Encourage children to eat jaggery and reduce dependence on white sugar;*
- *Promote usage of small and coarse millets to add to the food basket in place of rice and wheat;*
- *Show virtues of therapeutic foods such as coconut, sesame (till), flax seed, groundnut as the best oil seeds in place of exotic refined oil;*
- *Raw uncooked preparations that are used in therapies as eliminative, soothing and constructive diet;*
- *Use of green and herbal tea, were also demonstrated;*
- *All such and many more food related information with demo were provided at the venue.*

2. The Inaugural Session was attended by the Director, NIN along with the officers, staff and Doctors deputed for the event. Prof. Dr. K. Satya Lakshmi, Director represented the Ministry of AYUSH and addressed the gathering. The Chief Guest on the occasion was Shri Vinay Dinu Tendulkar, Hon. Member of Parliament, Rajya Sabha. While addressing the gathering Dr. Satya Lakshmi congratulated the gathering on Dhanwantari / Ayurveda Day. She briefly touched upon the role of AYUSH in addressing health upkeep. She elaborated the concept of *Swasto Rakshita Rakshatha*, protect the health it will protect you. Health is guaranteed to all and disease is a transient condition. One can retain health by being close to nature. She advised people to take good food, nutritious food and avoid too much processing of food, including cooking and preparations which will deprive foods of their nutrition. While emphasizing food as medicine concept, she requested the gathering to visit the stall of NIN and learn to prepare healthy foods from those stalls. She also explained various herbal teas, vegetable salad, sprouts and ladoos dispensed through NIN stall.

During the Fest, NIN had put up various stalls consisting the following:

1. Stall -1 Free Consultation to the public in Naturopathy and Yoga by Doctors of NIN
These two days our Doctors/Naturopaths gave consultations to the participants, students and general public in various health.
2. Stall-2 : Our Staff and Doctors demonstrated the preparation of various healthy recipes, that included juices, salads, uncooked food, natural food preparation that retains the essential qualities of food, use of coarse millets, prepared green and herbal tea which were demonstrated and given to public at a concessional rate so as to enable them to adopt such food habits.

3. Stall 3: The third stall consisted of naturopathy equipments, various publications of the Institute, *Nisargopachar Varta*, etc. Participants and general public were given IEC materials free of cost for promotion and propagation of various healthy habits, treatments, etc. Main attraction in this stall included the “cold pressed oil” extraction, demonstrated to educate the people about traditional method of extracting oil from seeds/fruits which is packed with nutrients and health benefits. The unrefined oil have good monounsaturated and polyunsaturated fats and are unique in taste and colour. These oils are extracted through cold pressing. That means they are not subject to high temperature where their nutrients are altered or destroyed. They are extracted from the nut, seed or fruit without any chemicals or solvents. The nuts and fruit are sun-dried before pressing. This ensures their longevity. They are high in vitamin-E, low in saturated fat and completely free from trans-fats that are unhealthy.

Besides the above, the NIN Faculty delivered lectures on various topics such as Stress Management through Naturopathy and Yoga, Healthy Living, Health Natural. Director, NIN, Faculty Members – Dr. Yuvraj Paul, Dr. Hyndavi, Dr. Pranav, have also delivered lectures and interacted with the students and parents who attended the day long programmes, various competitions, and cleared their doubts. NIN Officials and Faculty also helped the Postal Department in evaluating the scripts of various competitions conducted, worked as judges in these competitions namely: “Health for Young Generation”, Medicinal Plant: A Precious Heritage”, “Return to Nature”, “Healthy Family for Healthy Child”, “My Healthy Eating Plate” etc.

The Valedictory Function & Prize Distribution, was held at 3.30 PM on 18th Oct. 2017. Shri Shripad Naik, Hon’ble Ministry of AYUSH, Govt. of India was the Chief Guest. Shri PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH, Govt. of India was the Guest of Honour alongwith Shri N. Vinod Kumar, Post Master General (PMG),Goa Region. All the dignitaries appreciated the efforts taken by the Postal department and AYUSH Ministry, NIN, Pune in conducting such programmes to take the message of AYUSH system to the new generation. Prizes for the winners of various competitions were given away at the hands of Hon. Minister of AYUSH. Senior Philatelists were felicitated for their relentless services in the field by Hon. Member of Parliament on 1st day and also by the Hon. Minister of AYUSH on the valedictory function on 18th Oct. 2017.

Such inter-departmental programme will take the message of AYUSH and respective collaborating departments and shall contribute to the society in a big way. Such focused programmes with full involvement of local bodies will bring in the desired changes. AYUSH collaboration with the Postal Department through this event could reach the people, students and all other stakeholders and therefore, it is expected that such organisations/departments which serve the public welfare in various sectors could be associated for conducting such events in other parts of the country in future, to spread the message.

DIRECTOR
NIN, PUNE

Encl: Photographs



Inaugural Function 17.10.2017 : AYUSH-POSTAL STAMP FESTIVAL, PANAJI, GOA.



Shri Vinay Dinu Tendulkar, Hon. Member of Parliament Rajya Sabha and Chief Guest addressing the gathering on inaugural function on 17.10.2017



Prof. (Dr.) K. Satya Lakshmi, Director, NIN addressing the gathering on the occasion of Inaugural Function on 17.10.2017



Shri Vinay Dinu Tendulkar, Hon. Member of Parliament Rajya Sabha and Chief Guest on the Inaugural Day keenly reading the IEC materials/publications of NIN “Food Concepts” etc.



Shri Shripad Naik, Hon. Minister AYUSH, Shri PN Ranjit Kumar, Jt. Secretary AUSH at the Exhibition of Stamps



Shri PN Ranjit Kumar, Jt. Secretary, AYUSH visited the Stall of NIN getting first-hand experience on cold-press oil @Demonstration of Cold Pressed Oil extraction for healthy living !



Students and public visiting the stalls of NIN : Dr. Yuvaraj Paul, NCP explaining the importance of healthy living and food preparations @NIN Stall.



Shri PN Ranjit Kumar, Jt. Secretary, AYUSH, Ministry of AYUSH is welcomed by the Director & Officers at NIN's stall.





Valedictory Function : 18.10.2017

Shri Shripad Naik, Hon. Minister, AYUSH, Shri N. Vinod Kumar, Post Master General, Goa Region, Shri PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH and Prof. Dr. K. Satya Lakshmi, Director, NIN, Pune



Shri Shripad Naik, Hon. Minister, AYUSH addressing the gathering on the valedictory function on 18.10.2017



Shri K. Subhash, Admn. Officer, NIN and Dr. Yuvraj Paul, NCP, NIN, addressing the students and parents on : (1) NIN Activities, Objectives and role & (2) Stress Management through Naturopathy and Yoga (specially meant for school children appearing Board Examinations)



Students – audience at the seminar and interactive session on 18.10.2017



Shri Shripad Naik, Hon. Minister AYUSH, Shri N. Vinod Kumar, PMG Goa Region, Shri PN Ranjit Kumar, Jt. Secretary, Ministry of AYUSH, Prof. Dr. K. Satya Lakshmi, Director, NIN, Shri K. Subhash Administrative Officer, NIN, Pune, Mrs Archana Gopinath, Sr Supdt of Post Offices, Goa, Dr. Govind Reddy, Asstt. Director, CCRAS (Poddar Ayurved Cancer Research Centre), Mumbai, Dr. Yuvraj Paul, NCP, NIN and staff at the NIN's stall on 18.10.2017.



Hon. Minister, AYUSH at the stall of RRA Podar Central Ayurveda Research Institute for Cancer, CCRAS, Mumbai. Dr. Govinda Reddy, Asstt. Director received the Hon. Minister and Shri PN Ranjit Kumar, Jt. Secretary, Ministry of AYUSH, Prof. Dr. K. Satya Lakshmi, Director, NIN, Shri N. Vinod Kumar, PMG (Goa Region) and Ms Archana Gopinath, Sr. Supdt of Posts Offices.



Hon. Minister of AYUSH at the Stall of Department of Posts with Shri N. Vinod Kumar, PMG (Goa Region), Mrs Archana Gopinath, Sr. Supdt of Post Offices, Goa and staff.