



Ministry of  
**AYUSH**



आज़ादी का  
अमृत महोत्सव



प्राकृतिक चिकित्सा दिवस  
Naturopathy Day



Central Council for Research  
in Yoga & Naturopathy



राष्ट्रीय प्राकृतिक चिकित्सा संस्थान  
NATIONAL INSTITUTE OF NATUROPATHY



# 6<sup>th</sup> Naturopathy DAY 2023

Theme:  
*Naturopathy for Holistic Health*

& INTERNATIONAL  
CONFERENCE  
ON NATUROPATHY



# NOV

## 18<sup>th</sup> & 19<sup>th</sup>

# 2023



Auditorium, University of Patanjali, Haridwar

**6<sup>th</sup>**  
**Naturopathy**  
**DAY** 2023



**INTERNATIONAL  
CONFERENCE  
ON NATUROPATHY**



**NOV**

**18<sup>th</sup> & 19<sup>th</sup>**

**2023**

**Venue:**

Auditorium, University of Patanjali, Patanjali Yogpeeth,  
Haridwar - 249405, Uttarakhand India

**Organizers:**

CCRYN, New Delhi,  
NIN, Pune  
&

Faculty of Naturopathy and Yoga,  
University of Patanjali, Haridwar



# ABOUT

Central Council for Research in Yoga and Naturopathy & National Institute of Naturopathy, Pune is organizing the 6th Naturopathy day at University of Patanjali, Haridwar, on November 18<sup>th</sup> & 19<sup>th</sup> 2023. On this Occasion an International Conference on Yoga and Naturopathy is being organized by CCRYN. This conference will see renowned speakers in the field of naturopathy and from “World Naturopathic Federation”. The Theme for this year’s event is “Naturopathy for Holistic Health”. In this conference we will learn about developments in the field of naturopathy from eminent researchers and practitioners in relation to education, research, integrative medicine and public health in addition to exploring newer avenues and areas in naturopathy.





# INTRODUCTION

The Ministry of Ayush decided to celebrate the first naturopathy day in the year 2018 with the aim of promoting the Indian system of medicine to prevent diseases by altering the diet and lifestyle that is a cause for various NCDs. Naturopathy Day is observed every year in the country on 18<sup>th</sup> November, the day on which Mahatma Gandhi became a Life Member of the Nature Cure Foundation Trust and signed the deed. Gandhiji is considered the founding figure of Naturopathy in India, as it was largely through his efforts that this practice which originated in Europe became popular in India.

The event is celebrated by organizing naturopathy awareness camps, workshops, seminars and conferences across the country. Several Naturopathy hospitals, organizations and BNYS degree colleges conduct a weeklong awareness and medical camps for the general public on this day.

This year CCRYN, New Delhi, National Institute of Naturopathy, Pune and Faculty of Naturopathy and Yoga, University of Patanjali, Haridwar are jointly organizing the Naturopathy day celebrations in Haridwar, Uttarakhand between November 18<sup>th</sup> to 19<sup>th</sup> 2023. The international conference is being held on 18<sup>th</sup> and 19<sup>th</sup> November by CCRYN. The theme for this year's Naturopathy day celebration is "Naturopathy for Holistic Health" where one can use various treatments and therapies under naturopathy for preventing disease and its complications and maintaining health and wellbeing.



This conference will also see participation of eminent researcher's from World Naturopathy Federation. This conference will see students, teachers, researchers, practitioners and academicians in this field deliberating on the opportunities and challenges in this sector and exploring avenues for growth of this sector. This conference will also have a workshop on Research Methodology & Biostatistics conducted by CCDC, New Delhi on 17<sup>th</sup> November, 2023 between 9AM to 5PM. The conference will see deliberations on the topics such as functional foods, naturopathic nutrition, spas and wellness, naturopathy in public health, medicinal value of foods and scientific basis for naturopathic concepts etc.

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# INTERNATIONAL CONFERENCE ON NATUROPATHY

Ministry of AYUSH, Govt. of India

## RESERACH METHODOLOGY WORKSHOP

Participants: Final year BNYS, Interns, MD and PhD Scholars

Venue: Patanjali Yogpeeth, Haridwar

17<sup>th</sup> November, 2023

### AGENDA

Start Time	End Time	Session Details	Session by
09.30 am	10.30 am	Asking a Research Question and Writing a Good Research Proposal	Dr. Shifalika Goenka
10.30 am	11.15 am	Conducting literature search	Dr. Gagandeep
11.15 am	11.30 am	Break	
11.30 am	12.30 pm	Data collection & Tools	Dr. Aastha Agarwal
12:30 pm	13:30 pm	Introduction to Study Designs	Dr. Ishita Gupta
13:30 pm	14:30 pm	Lunch	
14.30 pm	15.15 pm	Introduction to Biostatistics	Dr. Dimple Kondal
15.15 pm	16.00 pm	Conducting Research step-by-step guide	Dr. Chandrasekaran
16.00 pm	16.45 pm	Yoga Research	Dr. Manjunatha Sharma
16.45 pm	17.00 pm	Concluding Remarks	

Organised By:

Centre for Chronic Disease Control, New Delhi

Co-organised and Sponsored By:

Central Council for Research in Yoga & Naturopathy, New Delhi



# INTERNATIONAL CONFERENCE ON NATUROPATHY

Ministry of AYUSH, Govt. of India

18<sup>th</sup> & 19<sup>th</sup> November, 2023

## THEME: NATUROPATHY FOR HOLISTIC HEALTH

### TENTATIVE CONFERENCE SCHEDULE

Day 1: November 18 <sup>th</sup> 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. Akalvy 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:	Public lecture 2:
	Panel Discussion 1: Global perspective in Naturopathy	Dr.Chandrashekarana	3.45 pm to 5.00 pm
		Dr Sangeeth S	Dr. Nagendra Neeraj
		Dr Raghavendra Rao	Scientific Importance of Food in Naturopathy
		Dr Rajesh Singh	Dr. R. S. Dawas
		Moderator- Dr Manjunath NK	
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)
		Dr Naveen GH & Dr Mohan Rao	Dr. Vijaya Lakshmi Reddy
4.30 pm to 5.30 pm	Session 6:	Dr. Anurag Varshney	Dr. Sangeeta Nehra:
	Role of Nutraceuticals and Functional foods in Naturopathy	Natural Nutraceutical-Holistic health in sync with nature	Integrative Healing with Nature Cure
		Dr.Vedapriya Arya	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		

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### TENTATIVE CONFERENCE SCHEDULE

Day 2: November 19 <sup>th</sup> 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.Chandrashekarana		
11.00 am to 11.30 am	<p style="text-align: center;"><b>Dr. Pradeep MK</b></p> <p style="text-align: center;">Recent advances in Naturopathy Medicine</p> <p style="text-align: center;"><b>Dr. Sunil Paudel</b></p> <p style="text-align: center;">Role of Naturopathy in Holistic Pain Management</p> <p style="text-align: center;"><b>Chairpersons: Dr. Prashanth Shetty</b></p> <p style="text-align: center;"><b>Dr. Nagendra Neeraj</b></p> <p style="text-align: center;"><b>Chairperson: Dr Rajesh Singh, Dr Naveen GH</b></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><b>Panelists:</b> Dr. Rajkumar Dr. S.N. Murthy Dr.B.T.C. Murthy Dr. M. Sarju Dr.Nagajyoti Dr. Srinivas Reddy Dr. Sateesh MHombali</p> <p><b>Moderator: Dr. Gurudutta HK</b></p>	<p><b>Poster Session:</b></p> <p>11.45 am to 01.30 pm</p> <p><b>Jury panel:</b> 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><b>Panelists:</b> Dr. Manoj Nambiar Dr. Kirti Singh Dr. Shyamraj N. Dr. Abhishek Jain Dr. Kanak Soni Dr. Cijith Shreedhar</p> <p><b>Moderator: Dr Narendra Shetty</b></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><b>Panelists:</b> 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><b>Moderator:</b> Dr.Abhay Shankar Gowda</p>	<p><b>Public lecture 4:</b></p> <p>2.00 to 3.00 pm</p> <p><b>Shri Anant Birader:</b></p> <p>Health Reliance through Nature Cure &amp; Gandhiji</p> <p><b>Dr.Ramesh Tewani:</b></p> <p>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		

# REGISTRATION GUIDELINES

Last date for online registration is 10/11/2023. Registration for the conference is on a first come first serve basis and will be done online only. Registration may be closed, if the number of participant exceed, so register early.

## **Individual Registration**

Online Individual registration can be done through [www.naturopathyday.in](http://www.naturopathyday.in). Those wishing to submit abstracts (Students/faculty) should do individual registration only even if they are representing an institute, others may do through group registration.

## **Institute/ group registration**

Students and faculty registering through college or institute should select “bulk/group registration” instead of “individual registration” and give the details of their respective institutions they are representing. They should register through [www.naturopathyday.in](http://www.naturopathyday.in) select bulk registration.

## **Spot Registration:**

Spot registrations will only be entertained subject to availability of space.

Once registered online you will receive a confirmation number. Please bring confirmation number on the day of registration.

This conference will have key note presentations, Invited presentations, and panel discussion session. Free paper sessions will also be held as parallel sessions for both Poster and Oral paper Sessions. Interested Candidates are advised to submit their abstracts online at [www.naturopathyday.in](http://www.naturopathyday.in). The abstracts will be shortlisted for poster and oral presentations by a jury. A maximum of 100 abstracts will be shortlisted for poster presentation and a maximum of 20 abstracts will be shortlisted for oral presentations. There will be First, Second and Third prizes for both poster and oral presentations. Those abstracts not selected for Oral or poster presentations will be published in the proceedings of the conference. The guidelines for poster and oral presentations are as follows:

## **Guidelines for submission of abstracts:**

### **Abstract Body:**

Each abstract should not be more than 300 words. All abstracts should be structured having Background, Methods, Results and Conclusion. The abstract should be a structured abstract and provide the context or background for

the study and should state the study's purpose, basic procedures (selection of study participants, settings, measurements, analytical methods), main findings/results (giving specific effect sizes and their statistical and clinical significance, if possible), and principal conclusions. It should emphasize new and important aspects of the study or observations, note important limitations, and not over interpret findings. Clinical trial abstracts should conform to CONSORT group checklist.

### **Oral Presentation:**

Abstracts selected for oral presentation will be asked to present on 19<sup>th</sup> afternoon in the conference. Shortlisted candidates will be intimated earlier via mail regarding the presentation. The candidates should prepare a power point and send the same to the organizers via mail before the presentation i.e by 15<sup>th</sup> November 2023. Candidates who have not submitted will not be allowed to participate in oral paper sessions. Each presenter has 10 minutes including Q&As. The decision of the judges is final and candidate will give undertaking to that effect.

### **Poster Presentation:**

Abstracts selected for poster will be intimated. Size of each poster will be 4ft. height and 3ft. width in portrait mode.

### **Workshop on Research Methodology:**

This conference will also have a workshop on Research Methodology on 17<sup>th</sup> November, 2023 between 9AM to 5PM organized by Center for Chronic Disease Control, New Delhi for young researchers in this area. Registration for the conference and workshop is free. Only limited entries for workshop. Only BNYS doctors interns and final year students, MD and PhD scholars eligible for workshop. One should register for the workshop at <https://naturopathyday.in/> separately.

### **Please contact the following for details:**

Accommodation - [accommodation.icn@gmail.com](mailto:accommodation.icn@gmail.com)

Logistics - [logistics.ccryn@gmail.com](mailto:logistics.ccryn@gmail.com)

Organizing committee - [oc.ccryn@gmail.com](mailto:oc.ccryn@gmail.com)

**Committee for 6<sup>th</sup> International Naturopathy Day (18<sup>th</sup> & 19<sup>th</sup> November)**

S.No.	Name of Committee	Leader Name-PYP	Phone No.	Remarks	CCRYN
1	Stage Committee	Dr. Sangeeta Singh	9411261054 / 8218400850		Dr Vadiraja HS 9350147313 Dr Vama Jain, Sh. Theerath Prakash, Dr Nidhishree, Dr Karthik
		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		Sh. Satish 9958980853 (Sh. Surendar sandhu, Sh. Dheeraj in delhi) Sh. Sunil Anand 9868815217
		Dr. Kapil Shastri	9760695930		
4	Accommodation Committee	Pujya Swami Anandev Ji	9068565316		Mr. Yogesh, Ms. Alka, Sh. Nitin, Sh. Yogendra rawat
		Dr. Toran Singh Chahar	7408517179		
5	Decoration Committee	Dr. Diksha Ojha	9753084759/ 7060232704	Banners/Floral decoration/Memento	Sh. KL Gotwal 9818613323 Sh. Anil, Smt. Seema, Ms. Ritu
		Dr. Poornima Bansal	6364728979		
6	Media Committee	Sh. Kapil Valiya	9760695935		Sh. Sanjay Dev & Team, Sh. Vikas, 8470818987
		Dr. Abhishek	7906023622		
7	Registration Committee	Dr. Nagaraj A. Hosamani	894665230	Id card / kit / Cert.	Smt. Kavitha , Mr. Rakesh, Sh. Nitin, Mr. Yogesh, Dr Sindhul , Dr 9013704984/ 9971300000
		Dr. Gautham	973820115		
8	Food Committee	Pujya Swami Parmarthdev ji	9897907777	Dr. Vaishali (8126422256)	Sh. KL Gotwal 9818613323,
		Dr. Nayan Biswas	8871512273	Dr. Shilpa Dhaniya (9462237273)	
		Dr. Kuldeep (PRF)	9760095217	Sh. Bhavpreeta ji (6397971397)	
9	Discipline Committee	Dr. Bipin Dubey	7985030312	All NCC	Sh. Gopal Krishna Shukla 9810604623
		Dr. Deenanath	7217456434/8800219286		
10	Cultural Committee	Dr. Sumanlata	7906095226		
		Dr. Alka Giri	9451585755		
11	Event management Committee	Dr. Sangeeta Singh	9411261054 / 8218400850	Oral / poster ppt	Dr Raghavendra 9916488864
		Dr. Nivedita Sharma	9634676792		
12	Abstract Book Committee	Dr. Pradeep Nain (PRF)	7217015010		Dr Shalini/Dr Ghanapriya /Mr. 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				Sh. Gopal Krishna Shukla, Sh. Vikas and Mr. Rahul
18	<b>Liason officers for speakers 30 from PYP and 20 from CCRYN</b>				







6<sup>th</sup>  
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**61-65, Institutional Area, Pocket D 1A,  
Janakpuri, New Delhi, Delhi 110058**

**Website : [www.ccryn.gov.in](http://www.ccryn.gov.in) Email : [ccryn.goi@gmail.com](mailto:ccryn.goi@gmail.com)**



**Auditorium, University of Patanjali, Haridwar**