



# SANT HIRDARAM MEDICAL COLLEGE OF NATUROPATHY & YOGIC SCIENCES FOR WOMEN

(Run by : Shaheed Hemu Kalani Educational Society, Bhopal)

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BROCHURE



## Bachelor of Naturopathy & Yogic Sciences (BNYS)

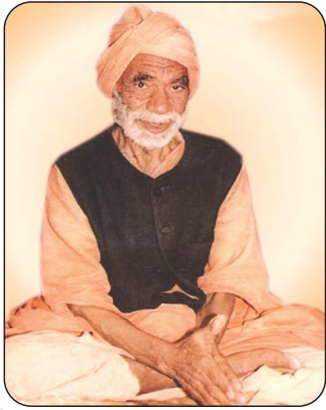
Doctor of Medicine (M.D) Clinical Naturopathy | Clinical Yoga | Clinical Acupuncture

Affiliated to Madhya Pradesh Medical Science University, Jabalpur  
Recognized by Department of AYUSH & Department of Higher Education, Govt. of M.P.

# Naturopathy & Yoga is recognized as an Indian System of Medicine Ministry of AYUSH, Govt. of India



Successful B.N.Y.S. Graduates are entitled for class 'A' medical Registration from  
Dept. of AYUSH, Government of Madhya Pradesh and can use **the title 'Dr.'**



**Pramhans Sant Hirdaram Sahibji**  
1906-2006

## SERVICE PHILOSOPHY

*"The Old, The Infirm And The Children  
Are All forms of God  
Serve them with heart And soul  
And win laurels of the lord*



**Rev. Siddh Bhauji**

A Visionary par excellence, a devoted reformer, a social entrepreneur, a philanthropist, a leader, a legend and a genuine practitioner of the art of giving, Paramhans Sant Hirdaram Sahibji popularly known as "Santji" is an example of an entire life given to social service of the highest order. What Santji achieved in just one life-time, ordinary mortals would take several generation to even half accomplishments. He was an inspiration and the beacon of light behind the massive and grass-root development that has taken place in fields of health care and education in a small suburban township of Bhopal, now aptly named after Santji as **Sant Hirdaram Nagar**.

A noble soul cast in finest traditions of selfless service to the mankind, a dreamer who was far ahead of his time and one of those select few who leave their footprints on shifting sands of time for others to emulate. Santji was an epitome of all that is desirable and value-driven in society!

## MOTIVATION & GUIDANCE

**Rev. Siddh Bhauji (Shri Hotchand Dhanwani), President**

A Compulsive visionary himself and an exceptionally gifted organiser in his own right, Shri Hotchand Dhanwani, known as "Siddh Bhau" has carried forward the mantle and mission of his Gurudev, His Holiness Santji, with an exemplary dedication & Missionary zeal which have few parallels. His simplicity, humility, inspiring leadership and especially that all pervasive passion to relentlessly work for the good of the society, particularly the weaker section, women, young girls and senior citizens, put him in a class of his own, elevate him to the select club of the truly great Rev. Siddh Bhauji is the motivation and guiding spirit behind all philanthropic and socially relevant activities of **Jeev Seva Sansthan** and **Shaheed Hemu Kalani Educational Society, Bhopal**.

Representing, between them, an unmatched life & working example of the age-old Guru-Shishya Parampara of India, Santji and Rev. Siddh Bhauji are the modern day icons of selfless service and social reform that is worthy of a highest reverence.



## OUR MISSION

To be a premier medical institute for empowerment & development of next generation Nature Cure Physicians and Yoga experts to transform health care practices based on lifestyle management, Naturopathy and Yoga.

### OBJECTIVES

*"Affordable, safe, effective drugless healthcare for all..."*

To generate technically excellent professionals for health care sector of nation.

- Provide innovative educational services of high quality to enrich student's learning.
- Encourage development of a positive attitude, professional culture and powerful personality of students.
- To discover and translate new knowledge in the-medical sciences.
- To provide cutting-edge inter-disciplinary and compassionate clinical care in Naturopathic Medicine & Yoga.
- To empower youth through a high quality professional education in the field of Naturopathy & Yoga.

### GOAL

To strongly instil the basic CARE Values in our students who are the future Physicians.

**C-Consistency and continuity**

**A-Attention and Accuracy**

**R-Respect and Rationality**

**E-Excellence and Ensuring Medical Care**

### CORE VALUE

**Service** - To provide quality healthcare that is integrated, accessible and appropriate to the needs of community.

**Education** - To educate physicians, scientists and allied health professionals and be a dependable source of health information for our patients and the public.

**Compassion** - To empathize with and to be sensitive towards patients and their families and help them to the best of our ability.

**Commitment** - To continuously improve all processes that facilitate education, support patient care and research with a commitment to highest ethical standards in our conduct.

**Professionalism**-To uphold public trust in the healthcare profession by our conduct, standard of service and quality of medical care.

**Respect** - Treat everyone in public community with respect and dignity.

**Innovation** - To be committed to a supportive environment that encourages new ideas and creativity and thereby dedicate in creating safe healthcare services for all.

**Teamwork** - To foster teamwork, personal responsibility, integrity, innovation, trust and communication within the context of a health care education institution.

**Social Responsibility** - To benefit humanity through patient care, education and research. To support the communities in which we live and work.

# PHILOSOPHY AND PRINCIPLES OF NATUROPATHY

## PHILOSOPHY

Naturopathic Medicine concentrates mainly on the wellness of a person. It specifically designs prescription for the patient and emphasizes on prevention and self-care. Naturopathic medicine attempts to find the underlying cause of the patient's condition more than focusing solely on symptomatic treatment. Naturopathic doctors cooperate with all other branches of medical sciences, referring patients to other practitioners for diagnosis or treatment when appropriate.

## NATUROPATHIC PRINCIPLES

These seven principles guide the therapeutic methods and modalities of naturopathic medicine.

**First Do No Harm** - Primum non nocere

Naturopathic medicine uses therapies that are safe and effective.

**The Healing Power of Nature** - vismedicatrix nature

The Human body possesses the inherent ability to restore health. The physician's role is to facilitate this process with the aid of natural, non-toxic therapies.

**Discover and Treat the Cause, Not Just the Effect** - tollecausam

Physicians seek and treat the underlying cause of a disease, Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover.

**Treat the whole person** - tolletotum

The multiple factors in health and disease are considered while treating the whole person. Physicians provide flexible treatment programs to meet individual's health care needs.

**The Physician is a Teacher** - docere

The physician's major role is to educate, empower, and motivate patients to take responsibility for their own health. Creating a healthy, cooperative relationship with the patient has a strong therapeutic value.

**Prevention is the best "care"** - praevenire

Naturopathic physicians are preventive medicine specialists. Physicians assess patient's risk factors and heredity, susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health.

**Wellness** - salus

Establish or re-establish health and well-being.

## THERAPUTIC ORDER

- Re-establish the basis for Health
- Stimulate the healing power of nature
- Tonify weakened systems
- Correct structural integrity
- Prescribe specific natural therapies and substances for pathological condition

# ACADEMIC PROGRAM

## FIRST YEAR : (DURATION 1 ½ YEAR)

- ANATOMY
- PHYSIOLOGY
- BIOCHEMISTRY
- PHILOSOPHY OF NATURE CURE
- YOGA PRACTICES

## THIRD YEAR : (DURATION 1 YEAR)

- MANIPULATIVE THERAPIES
- ACUPUNCTURE
- YOGA APPLICATIONS
- FASTING THERAPY
- NATUROPATHY DIAGNOSIS
- MODERN DIAGNOSIS & FIRST AID
- PSYCHOLOGY & BASIC PSYCHIATRY

## FINAL YEAR : (DURATION 1 YEAR)

- 1 YEAR OF COMPULSORY ROTATORY INTERNSHIP
- TRAINING IN VARIOUS HOSPITALS

## SECOND YEAR : (DURATION 1 YEAR)

- PATHOLOGY
- MICROBIOLOGY
- COMMUNITY MEDICINE
- YOGA PHILOSOPHY
- BASIC PHARMACOLOGY
- MAGNETOTHERAPY & CHROMOTHERAPY
- FORENSIC MEDICINE & TOXICOLOGY

## FOURTH YEAR : (DURATION 1 YEAR)

- NUTRITION, DIETETICS & HERBS
- OBSTETRICS & GYNAECOLOGY
- YOGA THERAPY
- PHYSIOTHERAPY
- HYDROTHERAPY
- HOLISTIC PRACTICES OF NATUROPATHY & YOGA
- HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY



# BRIEF INTRODUCTION TO THE DEPARTMENTS OF SHMCNYS

## DEPARTMENT OF ANATOMY

Anatomy is a branch of Biology and medicine that is in consideration of the structure of living things. Human anatomy, including gross human anatomy and histology, is primarily the scientific study of the morphology of the adult human body. The department of anatomy has a separate dissection hall and an anatomy museum. Our students learn gross anatomy and microscopic anatomy from large collection of specimens of osteology, embryology, anatomical models, skeletons, textbooks, diagrams, lectures, tutorials. Dissection hall is well lit and each academic year has new cadaver for practical knowledge.



## DEPARTMENT OF PHYSIOLOGY

Human physiology is the science of the mechanical, physical and biochemical functions of humans in good health, their organs, and the cells of which they are composed. The department of physiology has a separate museum and a lab with organ specimens, about 80 microscopes etc. to supplement classroom teaching with practical Knowledge.



## DEPARTMENT OF BIOCHEMISTRY

It is essential for the students to learn and understand the mechanism by which the human body carry out its functions in a complete molecular detail. Our full-fledged biochemistry department helps in achieving this understanding.



## DEPARTMENT OF YOGA & YOGA THERAPY

Yoga refers to traditional, physical and mental discipline originating in India. The Sanskrit word YOGA has many meanings, and is derived from the Sanskrit root 'Yuj' meaning 'to control' or 'to unite'.

Yoga Therapy is the science of applying the various techniques of yoga in a variety of illness and conditions, to facilitate optimal health, healing and awakening. Hence, it could be called a system of health care that helps treat human indispositions as naturally as possible, to alleviate pain and suffering through set of yogic practices, both physical and mental.

Our yoga department has 3 separate yoga halls which can occupy about 500 students.



## DEPARTMENT OF HOSPITAL MANAGEMENT & RESEARCH METHODOLOGY



**Hospital Management** is the field related to leadership management and administration of hospitals and health care systems. Effective leadership and management is essential to scaling up the quantity and quality of health services and to improve populations health.

**Research Methodology:** The primary purpose of applied research is discovering, interpreting, and the development of the methods and systems for the advancement of human knowledge on a wide variety of scientific matters of health care delivery systems in Naturopathy and Yoga.

## DEPARTMENT OF NATURAL THERAPEUTICS

Naturopathic ideology focuses on naturally - occurring and minimal - invasive methods trusting to the 'healing power of nature'. Such treatments, as 'synthetic' drugs, radiation, and major surgery are avoided, and rejection of biomedicine and modern science in favour of an intuitive and vitalistic conception of the body and nature is common. Prevention through stress reduction and a healthy diet and life style is emphasized. The philosophy of naturopathic practice is self - described by six core values mentioned by World Naturopathy Federation.



## DEPARTMENT OF PATHOLOGY



Pathology is the study and diagnosis of disease through examination of organs, tissues, body fluids, and whole body (autopsies). The department of pathology offers separate pathology lab with preserved specimens, histopathology slides, cytology, hematology etc, well ventilated for both undergraduate and post graduate students

## DEPARTMENT OF MICROBIOLOGY

Medical microbiology is both, a branch of medicine and microbiology which deals with the study of micro organisms including bacteria, viruses, fungi and parasites which are of medical importance and are capable of causing diseases in human beings. Our microbiology department has dedicated facility for learning the tissue culture and other important molecular aspects which are essential for the practical knowledge of the students.



## DEPARTMENT OF FASTING THERAPY



A complete fast in its traditional definition is abstinence of all food and liquids for a particular period of time. Fasting can not only extend the life span because of calorie restriction effect, it can also be an effective curative and treatment method. While fasting, the whole organism, we believe, has an opportunity to cure itself, due to intensification of intrinsic repair processes.

## DEPARTMENT OF ACUPUNCTURE

The term 'acupuncture' describes a family of procedures involving the stimulation of anatomical points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation. Acupuncture is among the oldest healing practice in the world. As part of traditional Chinese medicine, it is based on the concept that disease results from disruption in the flow of 'qi' and imbalance in the forces of yin and yang. Practices such as herbs, meditation, massage, and acupuncture seek to aid healing by restoring the yin-yang balance and the flow of 'qi' (TCM- Traditional Chinese Medicine).



## DEPARTMENT OF NATUROPATHY DIAGNOSIS



Naturopathy Diagnosis includes two types of diagnostic methods used widely in Naturopathy. They are Facial Diagnosis and Iris Diagnosis.

**Facial Diagnosis:** The basic principle of Facial Diagnosis is that an internal organ of the body is revealed in the face as an inverse mirror image such that the condition of one located in the lower part of the body is revealed on the upper part of the face on the same side.

**Iris Diagnosis:** The abnormal functioning of the body can be recognised by subtle changes in the iris and this makes for a diagnosis modality.

## DEPARTMENT OF OBSTETRICS & GYNAECOLOGY

The department has responsibility for teaching obstetrics and gynecology to clinical students. Obstetrics is the medical practice dealing with the care of women and their children during pregnancy (prenatal period), child birth and the postnatal period. Gynecology is the medical practice dealing with the health of the female reproductive system (uterus, vagina and ovaries). Literally, outside medicine, it means "the science of women" - it deals with women's complaints - gynecological diseases, fertility, pregnancy, contraception, etc.



## DEPARTMENT OF MODERN DIAGNOSIS & FIRST AID



In clinical practice doctors personally assess patients in order to diagnose, treat, and prevent disease using clinical judgement. Basic diagnostic medical devices (e.g. stethoscope, sphygmomanometer) are typically used. After examination for signs and interviewing for symptoms, the doctor may order medical tests (e.g. blood tests), or prescribe relevant therapies. Differential diagnosis helps to rule out conditions based on the information provided.

First aid is the provision of initial care for an illness or injury, to a sick or injured casualty until definitive medical treatment can be accessed. It generally consists of a series of simple and in some cases, potentially life-saving techniques.

## DEPARTMENT OF NUTRITION, DIETETICS AND HERBS

Nutrition is an organic process of nourishing or being nourished, the process by which an organism assimilates food and uses it for growth and maintenance i.e. replacement of tissues. The 'macronutrients' or 'big' nutrients include proteins, carbohydrates, and fats. The 'micronutrients' or 'little' nutrients are the vitamins and minerals that we need to be healthy.

Dietetics is the science of managing food and nutrition to promote health. It's relatively new profession, this field has gained importance with the realization that inappropriate eating habits can lead to many major diseases and the quality of life depends on the quality of food we eat.

Herbology is also known as botanical medicine, medical herbalism, herbal medicine, phytotherapy, traditional medicine or folk medicine practice based on the use of plants and plant extracts.



## DEPARTMENT OF COMMUNITY MEDICINE

Community Medicine is also known as Social and Preventive Medicine refers to measures taken to prevent diseases (or injuries) rather than curing them or treating their symptoms. This includes one of the strong components known as Public health. It is concerned with threats to the overall health of a community based on population health analysis and deals with population level, rather than individual level health issues.

## DEPARTMENT OF CHROMOTHERAPY & MAGNETOTHERAPY

Chromotherapy also called color therapy. Chromotherapy is an alternative medicine method. Here color and light is used to balance energy wherever a person's body be lacking, be it physical, emotional, spiritual or mental.

Magnet therapy, magnetic therapy, or magnetotherapy, is an alternative medicine practice that involves the use of static magnetic fields. It advocates the principle that, subjecting certain parts of the body to magneto static fields produced by permanent magnets / electromagnets has beneficial health effects.



## DEPARTMENT OF MANIPULATIVE THERAPIES



Massage involves acting on and manipulating the body with pressure on the target tissues which may include muscles, tendons, ligaments, skin, joints or other connective tissue, as well as lymphatic vessels, or organs of the gastro-intestinal system. There are over eighty different recognized massage modalities.

The BNYS curriculum teaches the Swedish massage 'classical massage' which uses five styles of basic strokes like effleurage (sliding or gliding), petrissage (kneading), tapotement (rhythmic tapping), friction (cross fiber) and vibration/shaking.

Reflexology (zone therapy) is a natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body.

## DEPARTMENT OF PSYCHOLOGY & BASIC PSYCHIATRY



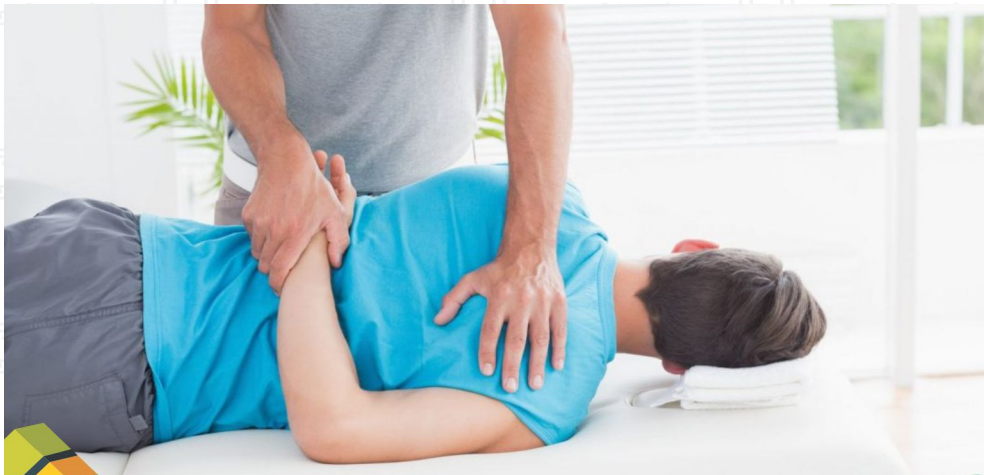
Psychology is a science, an academic and applied discipline that involves the scientific study of human or animal mental functions and behaviour. In this field, a professional practitioner or researcher called as psychologist. Psychologists attempt to understand the role of mental functions in an individual and social behaviour, while also exploring underlying psychologist and neurological processes.

A separate psychology lab which has most of the rare and necessary inventories which is essential for the clinical applications is available for the students.

## DEPARTMENT OF HYDROTHERAPY

Hydrotherapy, formerly called hydropathy involves the use of water for pain-relief and treating illness. The term hydrotherapy itself is synonymous with the term water cure as it was originally marketed by practitioners and promoters in the 1800s. According to the International SPA Association (ISPA), hydrotherapy has long been a staple in European spas. It's the generic term for water therapies using jets, underwater massage and mineral baths (e.g. balneotherapy, Kneipp treatments, Scotch douche, Swiss shower and thalassotherapy) and others. It also can mean a whirlpool bath, hot Roman bath, hot tub bath, Jacuzzi, cold plunge and mineral bath. These treatments use physical water properties, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases.

## DEPARTMENT OF PHYSIOTHERAPY



Physical therapy also known as physiotherapy is a health profession that assesses and provides treatment to individuals to develop, maintain and restore maximum movement and function throughout life. This includes providing treatment in circumstances where movement and function are threatened by aging, injury, disease or environmental factors. Physical therapy is concerned with identifying and maximizing quality of life and movement potential within the spheres of promotion, prevention, treatment /intervention, habilitation and rehabilitation. This encompasses, physical, psychological, emotional and social well being.

# AMENITIES OFFERED AT SHMCNYS

## TRANSPORT FACILITY

The Society has a large fleet of 50 buses which ply from major parts of the city for students. The details of routes and timings are notified on the College Notice Board in the last week of June.



## HOSTEL

The college has well furnished 500 bedded hostel complex comprising of two hostels, Harikishandas S. Dayaram Memorial Girls Hostel and Daswani Ratti Girls Hostel in the campus with excellent facilities and in-house mess arrangement. Hostel provides a gym and internet corner for the inmates. There are full time matrons to take care of the hostellers. A Teacher warden is appointed to supervise functioning of the Hostel.



## AUDITORIUM

A 1000 capacity centrally air conditioned auditorium is available, constructed with the philanthropic support of philanthropists from Hongkong. The auditorium is fully equipped with light, sound and projection facility.

# ELIGIBILITY CRITERIA & PROCEDURE FOR ADMISSION TO B.N.Y.S. COURSE

## ACADEMIC REQUIREMENT

- A Candidates for admission to B.N.Y.S. must have obtained not less than 50% marks in English and Physics, Chemistry and Biology taken together at the qualifying examination i.e. 10+2 pass from any recognized Board of Secondary Education.
- In respect of candidates belonging to Scheduled Castes and Scheduled tribes the marks obtained in Physics, Chemistry and Biology taken together in Qualifying examination will be 40%.

## AGE REQUIREMENT

- Applicant must be at least 17 years of age on or before 31<sup>st</sup> December of the year of admission.

## ADMISSION PROCEDURE

- As per instruction issued by department of AYUSH Government of Madhya Pradesh.

## SELECTION OF CANDIDATES

- On merit basis of 12<sup>th</sup> examination.
- Candidates will have to appear for personal interview for selection with the original copies of all the certificates.
- The selected candidates will be intimated by Post/E-mail and the list of selected candidates will be notified in on college notice board.

- The admission approval is subject to the approval by the University and department of AYUSH, Government of Madhya Pradesh.
- The payment of prescribed fees in full before the stipulated date is compulsory on confirmation of admission

## FEES

- As fixed by Madhya Pradesh Admission and Fees Regulatory Committee (AFRC) from time to time.

## SCHOLARSHIP

- SC, ST and OBC Scholarship as per Madhya Pradesh Government norms & only for M.P. domicile Students.



# ELIGIBILITY CRITERIA AND PROCEDURE FOR ADMISSION TO M.D COURSE.

## ELIGIBILITY FOR ADMISSION:

The following person will be eligible for admission in the above course. The eligibility criteria for admission in the above courses is :

- Regular medical degree course in Bachelor of Naturopathy and Yogic Sciences (B.N.Y.S.)\* from recognised University/four and half years regular diploma in naturopathy (N.D) of Osmania University, Hyderabad.

### \*B.N.Y.S.-

- Bachelor of Naturopathy and Yogic Sciences 5½ years regular course 4½ + 1 year internship awarded by Barkatullah University (Bhopal), MPMSU (Jabalpur), NTRUHS (Andhra Pradesh), RGUHS (Karnataka), TNMGR University (Tamilnadu) and other recognised universities.
- B.N.Y.S.- 5 years regular course (4 years + 1 year internship) awarded by RGUHS (Karnataka) and Mangalore University (Karnataka).
- Degree / Diploma in Yoga / Yoga & Naturopathy obtained in distant model / correspondence are not eligible for the said course.
- The candidates from other University need to obtain Eligibility certificate before admission from this University by submitting the following certificates :

- Degree / Certificate / Provisional Certificate.
- Completion of Internship Certificate.
- Migration Certificate.
- Higher Secondary Certificate (10+2).
- Marksheet of all the university examination passed in BNYS course.
- Proof of SC/ST or Category as the case may be.

## ADMISSION PROCESS:

The admission to the course Shall be in accordance to the instructions issued from time to time by department of AYUSH, Government of Madhya Pradesh.

## FEES:

As fixed by Madhya Pradesh Admission and Fee Regulatory Committee (AFRC) from time to time.

## REGISTRATION:

A Candidate for the M.D Naturopathy Yoga Acupuncture and Energy Medicine Degree shall register herself with the university prior to the commencement of the course of the academic year by paying the prescribed fee.

## DURATION OF THE COURSE:

The duration of the course shall be for a period of the three years.

## ATTENDANCE:

The student will be required to attend at least 80% of total lectures and practical in each subject before she will be allowed to appear for the examination. The syndicate may however consider special case on merit. A candidate pursuing the course should work in the institution as a full time student by attending clinical duty, teaching practice etc. as instructed by the principal. No candidate shall be permitted to run a clinical Laboratory / Nursing Home while studying P.G. No candidates shall join any other course of study or appear for any other examination conducted by this university or any other university in India or abroad during the period of study.

# PLACEMENTS



**Dr. Pooja Mishra**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Priyanka Upadhyay**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Aparna Chaturvedi**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Diksha Ojha**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Renuka Sharma**  
RMO & NABH Incharge AT R.L.  
Hospital RAIGARH (C.G.)  
Healthcare Content writer UPWORK, Author



**Dr. Jyotsana Sinha**  
Senior Research Officer  
AIIMS Bhopal



**Dr. Nayan Biswas**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Karishma Silwal**  
Medical Officer & Assistant Professor  
SHMCNYS, Bhopal



**Dr. Prakash Regmi**  
Acupuncturist  
Pacific Adventure Cruise  
Australia



**Dr. Tripti Nalge.**  
Medical Officer  
Arogya Kendra, Bhopal



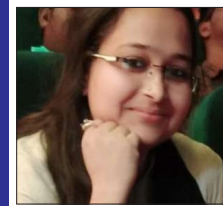
**Dr. Shova Kumari Sharma**  
RMO at Navdeh Ayush Hospital  
Rajasthan



**Dr. Divya Chandil**  
Yoga & Naturopathy Medical Officer  
(Rajasthan Government)



**Dr. Ruchi Soni**  
HOD Naturopathy & Yoga  
ToneOp Health & Nutrition App  
Bhopal



**Dr. Solat Khan**  
Medical Officer  
Ayesha's Health Mall Panchvati  
Bhopal



**Dr. Mansi Shrivastava**  
Medical Officer  
Suvidas Neurorehab Center  
Bangalore

# PLACEMENTS



**Dr. Durgesh Khandelwal**  
Medical Officer, Himalayan Research Institute  
of Yoga & Naturopathy, Palampur,  
Himachal Pradesh



**Dr. Vakeel Khan**  
Assistant Professor, SHMCNYS  
Bhopal



**Dr. Dinesh Yadav**  
Assistant Professor & RMO  
SHMCNYS, Bhopal



**Dr. Sanya Agrawal**  
Director, Sanya Agrawal's Pain Clinic  
Medical Officer  
Jeevandhara Hospital, Jhansi (U.P.)



**Dr. Sucheta Kriplani**  
Medical Officer & Assistant Professor  
SHMCNYS, Bhopal



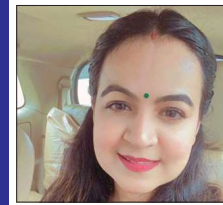
**Dr. Sneha Kumari**  
RMO at Patanjali Yoggram  
Assistant Professor  
University of Patanjali



**Dr. Aarfa Siddiqui**  
Medical Officer & Assistant Professor  
SHMCNYS, Bhopal



**Dr. Adeena Khan**  
Medical Officer  
Prakriti Swasthya Kendra  
Bhopal (M.P.)



**Dr. Komal Dadlani**  
CMO & Founder  
Destiny Designer  
Nature Cure Center, Katni (M.P.)



**Dr. Ashwini Barange**  
Senior Medical Officer,  
Vedalife, Patanjali Wellness  
Rishikesh



**Dr. Deepti Priya**  
Wellness Consultant  
Six Senses VANA Wellness Retreat  
Dehradun



**Dr. Varsha Nathani**  
Medical Officer & Assistant Professor  
SHMCNYS, Bhopal



**Dr. Neha Raghuvanshi**  
Senior Research Fellow  
AIIMS, Bhopal



**Dr. Hirdesh Bharti**  
CMO, Swasthya Sadhna Kendra  
Jodhpur, Rajasthan



**Dr. Bushra Khan**  
Senior Consultant  
Wellness Mandala, Gurgaon

# PLACEMENTS



**Dr. Mandala Sathwik**  
CMO, Kankidham Arogya Kendra  
West Bengal



**Dr. Jyoti Kumari Srivastava**  
RMO, Kankidham Arogya Kendra  
West Bengal



**Dr. Binita Mahanta**  
Medical Officer  
Yoggram Patanjali  
Haridwar



**Dr. Lithungo N Shitiri**  
National Health Mission  
Nagaland



**Dr. Elvis Kithan**  
Medical Officer  
Integrated Ayurveda Hospital  
Kohima, Nagaland



**Dr. Siji Davis**  
RMO  
Karunyasharam Prakritik Chikitsa Kendra  
Kannur, Kerala



**Dr. Anand Shukla**  
RMO  
Patanjali Wellness  
Haridwar



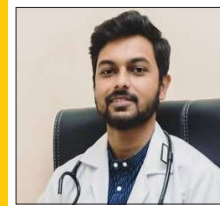
**Dr. Anjali Sharma**  
RMO  
Patanjali Yoggram  
Haridwar



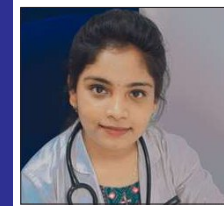
**Dr. Divya Pawar**  
Medical Officer  
NIN, Pune, Maharashtra



**Dr. Neelima Lachhwani**  
RMO  
Leelavati Nature Cure &  
Research Center, Gujarat



**Dr. Mohit Patidar**  
Medical Officer  
Atmabodh Wellness Centre  
Pune, Maharashtra



**Dr. Rajlakshmi**  
RMO  
Ayushman Holistic Centre  
Chennai

# OUR TEACHING HOSPITALS FOR CLINICAL TRAINING





# TREATMENTS OFFERED AT AROGYA KENDRA

## HYDROTHERAPY

- Hip Bath ■ Spinal Spray ■ Mustard Pack ■ Enema
- Steam Bath ■ Immersion Bath ■ Foot & Arm Bath ■ Facial Sauna
- Cold Circular Jet Bath ■ Compresses & Packs ■ Colon Hydrotherapy

## MUD THERAPY

- Mud Pack ■ Mud Bath

## MANIPULATIVE THERAPY

- Partial Oil Massage ■ Potli Massage ■ Hot Stone Massage
- Full Body Oil Massage ■ Aroma Massage ■ Powder Massage

## ACUPRESSURE

- Reflexology ■ Su-Jok

## ACUPRESSURE

- Electro Acupuncture ■ Moxa Acupuncture

## PHYSIOTHERAPY

- Traction ■ Moist heat ■ Short Wave Diathermy
- Ultrasound Therapy ■ Interferential Therapy ■ Multi-muscle exerciser
- Vacuum Therapy ■ Stimulator ■ Exercise Therapy
- Transcutaneous electric nerve

## YOGA THERAPY

- Asana ■ Pranayama ■ Relaxation Therapy ■ Kriyas ■ Meditation

## NUTRITION AND DIETETICS

- Carefully Designed Diet Charts ■ Juice Therapy ■ Boiled Diet

## FASTING THERAPY

- Eliminative Meseaures for Detoxification ■ Juice Fasting ■ Raw Diet Fasting
- Dry Fasting

## SPECIAL TREATMENTS

- Shirodhara ■ Nasya ■ Awgaha Sweda ■ Herbal Ubtan
- Organic Facial ■ Hair Pack ■ Vasti

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GUIDANCE & MOTIVATION : REV. SIDDH BHAI JI



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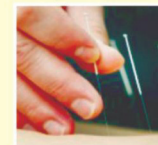
Colon  
Hydrotherapy



Steam  
Bath



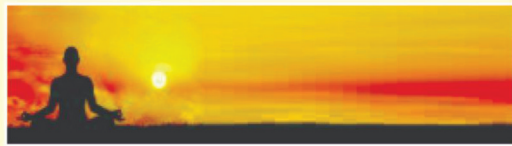
Steam Bath with  
Shower Cubicle



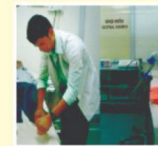
Traditional  
Acupuncture



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Physiotherapy



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