



Navjeevan

In Association With Ayush Presents



Ministry of Ayush

A 2 Day National Ayush Conference

on

A New Paradigm of Holistic Wellness

"If the body is fit, the mind is a hit" Narendra Modi

 17th -18th Jan 2020, NDMC Conference Hall, New Delhi

INAUGURAL ADDRESS BY

Shri Shripad Yesso Naik,
The Hon'ble Minister of State (Independent Charge) Govt of India

GET RID OF 9 D'S

- Disease
- Doctor
- Diagnosis
- Drug
- Disappointment
- Defeat
- Depression
- Dacoit
- Death



MEDIA PARTNER



EXPECTED SPONSORS



OUR MISSION

Healthy Body, Peaceful Mind, Awakened Soul

Holistic medicine is a form of healing that considers the whole person body, mind, spirit, and emotions in the quest for optimal health and wellness. In this way, if people have imbalances (physical, emotional, or spiritual) in their lives, it can negatively affect their overall health. To promote a drug-free holistic approach to healthcare, so that people can be restored to their optimal health. The idea of healing may feel big and perhaps out of reach, but it's what our body was designed to do. Our body was made to be efficient, repair itself and eliminate the causes of pain and disease naturally. With all the conflicting information out there, it is easy to feel stuck, defeated or lost when it comes to finding and committing to a lifestyle and a healthcare journey that feels right.

समदोषः समाग्निश्च समधातुमलक्रियः
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते

Sushruta Sutra

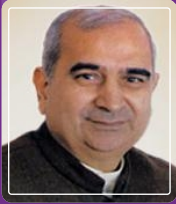
An individual that maintains a balanced state of the main elements of the body, adequate digestion, proper excretion blissful condition of soul, satisfied senses and a happy state of mind is called a swasthya or healthy person.



CONTENTS

- How to Live 100 Years and Retain Youth, Health & Beauty
- The future of healthcare ...
- Wellness in the 8 Dimensions
- Bypass surgery & Angioplasty is not for patients but for profit.
- Change your Breakfast change your life
- Protecting Your Organisation's most valuable asset
- True silence of Mind- Meditation
- Yogic Concepts of Holistic Health and Wellness
- Fasting without Starving.
- Happy Healing With Herbs
- Yogic Concepts of Holistic Health and Wellness

Meet Inspiring Speakers and Experts



Dr. Devendra Triguna Padm Bhushan



Dr. Tanuja Manoj Nesari
CEO, Medicinal Plants Board
Director, All India Institute of Ayurved,
New Delhi



Dr. SC Manchanda
Indian MedGuru
Former Department of Cardiology at
the All India Institute of Medical
Sciences, New Delhi (AIIMS)



Dr. Jitendra Nagpal
Moolchand Mental Health
and Behavioural Sciences,



Dr. Biswaroop Roy Choudhary
Heal without Pill
Doctor' offers a cure for diabetes in 72
hours



Dr. K. K. Aggarwal
Physician and Cardiologist



Dr. Bimal Chhajer
Founder (Saaol Heart Center)



Dr. Bipin Kumar
President, Navjeevan
Science of living Expert



Dr. Umesh Sharma,
Psychologist
President, Samvedna

ABOUT NAVJEEVAN

Navjeevan, a non-commercial body under Societies Registration Act XXI of 1860 was formed by a professional group of Psychologists, Psychiatrists, Educationist, Behavioral Scientists, Cardiologists, Management thinkers and Yoga experts in the year 2001. It is an Autonomous Institution dedicated to the cause of promoting mental health and developing human potential. With deep faith in the worth, dignity and rich potential of human beings, the group places trust in the creative and self-actualizing goals of human society and provides support and coaching. First of its kind in India the group is imbued with the spirit of service to the society and follows a proactive approach.



8 Dimensions of Holistic Health

WHO CAN ATTEND

- Anyone who desires to live robustly until the last breath of 100+ yrs?
- Who doesn't want to suffer from debilitating conditions and sickness?
- Who wishes to add years to life?
- Who has, or any member in the family, been diagnosed for BP, CVD or Diabetes?
- Who ever had or advised coronary angioplasty or bypass surgery?
- Who has high cholesterol, Uric acid, Blood sugar or is overweight?
- Who desires to develop greater Self Worth and Self-Confidence
- Who desires to solve the Problems through spiritualized mind and Heart

CONFERENCE FEE AND PAYMENT

You are, therefore, requested to nominate a few participants for the conference. The participation fee is Rs 20, 000/- (+ GST) per participant.

Group Discount

However, seeing the burning issue, if the participants are 5 or more from the same organization every 5th participants would be free. If participants are 10 or more 3 participants would be free. The participation fee must reach on or before the 10th of Jan 2020.

Early-bird Discounts

10% if the nomination is received before 10th Jan 2020

The above discounts will be applicable only when the requisite numbers of participants actually attend the programs.

Registration of Delegates: 8.30 AM on 17th 2020 at the venue

Bank Details for Electronic Fund Transfer

A/C Name : Navjeevan Consultancy and Services
Bank Name : ICICI Bank
Account Type : Current A/C
Account No : 007105007417
IFSC Code : ICICI0000071
GSTIN : 07AANFN7987J2ZA
PAN NO. : AANFN7987J

NOMINATIONS AND INQUIRIES

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Conference Coordinator
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