



**Prasar Bharati**  
**(India's Public Service Broadcaster)**  
**Prasar Bharati Secretariat**  
**Prasar Bharati House**  
**Copernicus Marg, New Delhi**

No. A-10011/54/2015-PPC

Dated: 26 Jan, 2020

Subject: Nomination support for 2 days National Ayush Conference Scheduled from 31<sup>st</sup> January to 1<sup>st</sup> February 2020 at New Delhi

Ministry of Ayush is organizing a 2 days National Ayush Conference from 31<sup>st</sup> January to 1<sup>st</sup> February, 2020 at New Delhi (Copy enclosed). In this regard nominations are invited from the regular officers/officials posted in Prasar Bharati Secretariat for attending the Conference on the scheduled date.

2. The nominations may please be furnished through proper channel to PPC Section positively by 21.01.2020. Nominations received beyond this date shall not be accepted. The participation fee for attending the conference shall be borne by Prasar Bharati.

Encl: As stated above

  
(Alok Kumar Sharma)  
Director (Pers)

DDG(T) PB Sectt – with a request to get the communication uploaded in PB Website.

Dated: 08.01.2020

**OFFICE MEMORANDUM**

Subject: Nomination support for 2 days National Ayush Conference scheduled from 31<sup>st</sup> January to 1<sup>st</sup> February, 2020 at New Delhi-regarding

A proposal has been received regarding organizing of 2 days National Ayush Conference on a new Paradigm of Holistic Wellness from 31<sup>st</sup> January to 1<sup>st</sup> February, 2020.


2. The proposal as received is enclosed herewith for information and necessary action.
3. The entire expenditure, if any, on the participation of the nominated candidates will be borne by the nominating Ministries / Departments.
4. This issues with the approval of the Competent Authority.

  
(Vipin Kumar)  
08/01/2020

Senior Accounts Officer (Group 'A')

All Pr. CCAs/ CCAs/ CFC (Civil Aviation/ Director (INGAF)/ CC (Pension) / ADG (Prasar Bharati) / CAs (With independent charge).


ADG (Admin)  
ADG (HR)

  
16.1.2020

Pl- look into  
D.Mal  
16.1.2020  
ADG (HR)  
(Murali)  
17.1.2020

~~Dir (P)~~

Forward to both the  
Directors and call  
nominations from PBS

  
20/1/2020  
AD (P) ...

e-office-12929  
Date-17/1/2020

155

Fwd: (Regarding Nomination support for 2 day National Ayush Conference)

(21)

159

From : Soma Roy Burman <sburman@gov.in>  
 Subject : Fwd: Regarding Nomination support for 2 day National Ayush Conference  
 To : sonalising@hotmail.com  
 Cc : Rakesh Kumar <rakesh.kumar71@nic.in>

Mon, Dec 30, 2019 09:37 AM  
 2 attachments

----- Forwarded message -----

From: nominate4nac@gmail.com  
 Date: 28-Dec-2019 11:00 AM  
 Subject: Regarding Nomination support for 2 day National Ayush Conference  
 To: Soma Roy Burman <sburman@gov.in>  
 Cc:

**A new Paradigm of Holistic Wellness**  
 By  
 Navjeevan  
 On

**31<sup>st</sup> Jan-1<sup>st</sup> Feb 2020 at NDMC Conference Hall, New Delhi**  
**Inaugural Address by**  
**Shri Shripad Yesso Naik,**  
**The Hon'ble Minister of State (Independent charge)**

To  
 MRS. Soma Roy Burman jee  
 Additional Controller General of Accounts  
 Ministry of Finance, New Delhi

Dear Ma'am,

As our **Honorable Prime Minister, Shri Narendra Modi** has aptly stated that **"If the body is fit, mind is a hit"** A healthy man means a healthy family which ultimately leads to a healthy society. This is the only way to New India. The proposed conference is aimed at realizing our Hon'ble Prime Minister's vision of fit and healthy India.

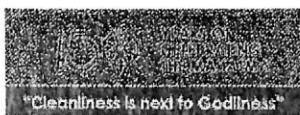
The 21st century is severely stressful for knowledge workers – executives, comprising of approximately 30 percent of the workforce, are likely to feel rushed, time-impooverished and stressed. **By prioritizing employees' holistic health, employers create workplaces that foster positive cultures, promote health and happiness among employees, and thus drive success across the whole organization.**

The Planned activities would include lectures, discussions and advises from experts from each of the medical domain to give tangible, realistic and achievable solutions for, addressing some of the rampant health problems of the Indian Society.

You are, therefore, kindly requested to Nomination support this conference by **advising all units** under your esteemed organization for **5 delegates from each of their units** and **10 delegates from your corporate office** to make this program more meaningful to the nation and thus to overall humanity. A brief about the program is enclosed for your kind perusal.

Sincerely,

Deepak Kumar  
 Conference Coordinator  
 Contact - 011 4102 1455, 85860 16348



MSg from Shri Shripad Yesso NAik Ji.jpg  
 3 MB



सत्यमेव जयते  
श्रीपाद नाईक  
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)  
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी, सिद्ध,  
सोवा-रिग्पा एवं होम्योपैथी-(आयुष) मंत्रालय एवं रक्षा राज्य मंत्री  
भारत सरकार  
MINISTER OF STATE (INDEPENDENT CHARGE) FOR  
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA,  
SOWA-RIGPA, HOMOEOPATHY-(AYUSH) &  
MINISTER OF STATE FOR DEFENCE  
GOVERNMENT OF INDIA



### Message

It gives me immense pleasure to know that **National Ayush Conference** is being organised by Navjeevan, in the domain of Holistic Wellness which is one of the most powerful alternative medication. National Ayush Conference will be helpful to achieve the objective of AYUSH Ministry & will also fulfill the vision of Hon'ble PM- Narendra Modi.

**The future of our Healthy being is in Holistic Wellness.** I strongly believe that "People are the biggest asset of an organization and that of a Nation". Health and Wellness not only increases the Nation's productivity, a healthy person is an asset of the Nation while a unhealthy person a liability.

Prevention is always better than Cure and my understanding is that you are driving the cause very aptly through this conference. I am sure National Ayush Conference shall be major step offered in that direction.

I wish you all the best and sincerely hope; all attending participants would immensely benefit from this conference and take learnings back to implement them in their daily life.

  
(Shripad Naik)

New Delhi  
22<sup>nd</sup> November 2019

101, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi-110023  
Tel: 011-24651955, 011-24651935 Fax : 011-24651936 E-mail : minister-ayush@nic.in  
Ministry of Defence : 114-A, South Block, New Delhi-110011, Tel : 011-23792128, Fax : 011-23016255  
Res. (Delhi) : 1, Lodhi Estate, New Delhi-110003 Tel: 011-24635396 Fax : 011-24656910  
Res. (Goa) : "Vijayshree" House No. 111, St. Pedro, Old Goa, Goa-403402 Tel. : 0832-2444510, 0832-2444088



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*

31st Jan - 1st Feb 2020, NDMC Conference Hall, New Delhi

INAUGURAL ADDRESS BY

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



**Shripad Naik**

Minister of State (Independent Charge)  
For Ayush

"National Ayush Conference will be helpful to achieve the objective of AYUSH Ministry & will also fulfill the vision of Ho'ble PM-Narendra Modi"



**Padma Shri Dr. CP Thakur**

Former Health & Family Welfare  
Minister, Govt of India

"I am delighted that Navjeevan is conducting a National Conference on Ayush - The Holistic Wellness Model. This is something very close to my heart and is based on my conviction on the proverb Prevention is Better than Cure"

MEDIA PARTNER

DIGITAL PARTNER

ASSOCIATED WITH US



Startup2Standup





## OUR MISSION

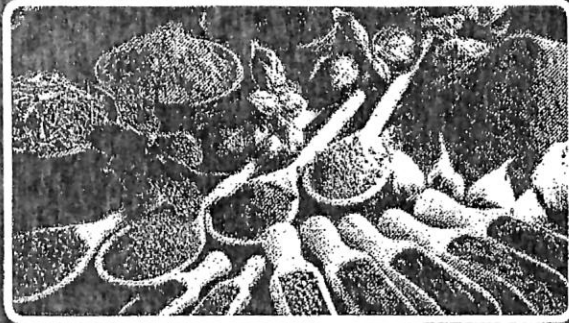
### Healthy Body, Peaceful Mind, Awakened Soul

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 समान्निश्च 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.

**Registration of Delegates:** 8.30 AM on 31st Jan 2020 at the venue

## GET RID OF 9 'S

- Disease
- Defeat
- Grief
- Doctor
- Depression
- Death
- Diagnosis
- Accoit
- Disappointment

### 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

👤 Deepak Kumar  
Conference Coordinator  
🏠 S-1, 2nd Floor, Green Park Extension  
Uphar Cinema Commercial Complex, New Delhi-110016  
☎ 011-41021455, 8586016348  
✉ ncshehelpdesk@gmail.com