



**Holy-wood Academy, Kolhapur**  
**SANJEEVAN ENGINEERING & TECHNOLOGY INSTITUTE**  
Sanjeevan Knowledge City, Panhala, Tal. Panhala, Dist. Kolhapur

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Seminar on

## "Stress Management"

**Date:** 24/12/2016

**Time:** 11 to 1 pm

**Venue:** Central Seminar Hall (ground floor)

**Resource Person:** Dr. Ashwini from Nagpur

# FREE HEALTH SEMINAR

**BY: NATIONAL EDUCATION  
COMPLETE HEALTH SOLUTIONS**

## **Information about National Education**

National Education being a reputed organization in the field of Naturopathy has conducted many Seminars'/Demonstration throughout INDIA.

This Seminar is very much beneficial to official staff those who do continuous sitting job work & because of this they face problems like Spondylities, Arthritis, Migraine, Diabetes, High B.P., Cardiac Disorders etc.

How to eradicate all these diseases without taking any type of allopathy medicine, with the help of Naturopathy will be the main aim of this Seminar/Demonstration.

This Seminar would be based on Alternative Treatment Concept like Morning walk, Yogasanas, Pranayamas, Acupressure, Magnetic therapy and some sort of Herbal therapy which general Official staff can practice each & every therapy practically at their home only.

National Education and Charitable Trust both being a part of National Yoga Trust run by **Nirmala Bai Devi**(social worker) conducts health awareness programme in various Govt offices, Schools, Colleges, Banks, Factories & Private Sector Offices with a view to create awareness of Alternative Treatment Concept (Naturopathy).

The duration of this Lecture/Demonstration would be **Two hours** and this Lecture/Demonstration is absolutely **Free of Cost** for staff members. The only infrastructure required will be the sitting arrangement for your staff members collectively.

This Seminar would be in 3 parts:-

1. Stress Management.
2. Medicine Free Life.
3. Life Style Disorders.

## *Health awareness is an area which is important for everyone irrespective of his*

### ✓ How to avoid sudden death

### Profession

Now days people are facing sudden due to heart attack and brain hamoehrrage at the age of 40-45-50 years. This sudden death can be avoided. We will discuss on how to avoid it.

### ✓ Blood pressure

Due to blood pressure there is fair chance of paralysis and brain strokes. This situation can be avoided. We will discuss on how to do it.

### ✓ Diabetes

Diabetes is the mother of many diseases. How to prevent it and what precautions one can take to avoid or control it.

### ✓ Spondylities/Arthritis

People are getting frustrated due to pain because if these problems. We will discuss of pain management and how to tackle such type of problems.

### ✓ Life style Disorders

Now days generally people live their life according to the need of the family and society or according to as per the requirement of their organization where they work professionally and therefore they fail to live the lifestyle as per the requirement of their body. Hence, they face many health hazards called Life style disorders. We will discuss on how to design Life style which is favorable to your body.

### ✓ Stress Management

Stress is not the disease. It is a tired state of mind. As it is not the disease normally there is no medicine to control stress. Hence

Stress Management is very important. "Controlling the Stress without using any medicine is called



Stress Management.” We will discuss on method of Stress Management and how to control stress in our day to day life

Each and every part will include preventive as well as curative measures based on Naturopathy. The basic aim of this seminar will be to motivate staff members to practice Naturopathy in routine life & solve their health related problems without using Medicines. So kindly arrange for this lecture/demonstration for benefit of your staff members.

Below is the list of some reputed organizations where we have conducted this seminar/demonstration:-

Oil & Natural Gas Corporation Ltd. (ONGC) installation throughout India. (Hazira plant)	Indian Space Research Organization. (ISRO)
Rexroth Bosch	Ordnance factories in Pune, Nagpur, Chandrapur, Kanpur.
Asarwa Mills	Anup Engineering Ltd.
Vishal Fabrics Pvt. Ltd. (Chiripal Group of Company)	All 7 Nuclear Atomic Power Stations (including Trombay Atomic Power in Mumbai.)
Durgapur Steel Plant, Bokaro Steel Plant etc.	Office of the Prohibition & Excise Directorate.
Labour Commissioner Office.	Forensic Science Laboratory
Harsha Engineering Ltd	ABM Steels Ltd
Gujarat State Petroleum Corporation Ltd. (GSPC).	Gujarat State Civil Supplies Corporation Ltd.
Anti Corruption Bureau	Bharat Sanchar Nigam Ltd. (BSNL).
Pawan Hans Helicopters Ltd.	Bhilai Steel Plant.
Wokhardt.	TVS, Chennai
Ashok Leyland	Indian Airlines
NALCO,	BALCO,
MALCO	HAL,
Finolex,	Wockhardt Ltd,
DRDO,	Power Grid
More than 50 Cement Companies In India.	Banks Like RBI, SBI,BOI,PNB,IOB,CBI etc.
34. Sesa Goa.	NTPC
36. Vishakapatnam Steel Plant	PPL(Paper Product Ltd) in Hyderabad.
Jindal Steel Ltd at angul, Barbil.	Bhushan Power & Steel Ltd, Khopoli.

**Health awareness is an area which is important for everyone irrespective of his Profession**

More than ten plants of GAIL(India) Limited.	More than Twenty Ordnance Factories.
Bharat Petroleum Corporation Ltd, Mumbai.	Hindustan Petroleum Corporation Ltd, Mumbai.
Facor Steel.	Prakash Industries.
Gammon India Ltd.	MOIL, Nagpur.
NHDC, Bhopal.	Lloyds Steel, Wardha.
Bhushan Steel Ltd, Sambhalpur(Orissa)	Pradhan Steel & Power Ltd, Bhubaneswar.
Gandhinagar TPS.	Tata Steel Plant, Seraikela, Jharkhand.
Girala Lignite Power Plant, Tamilnadu.	Chitranjan Locomotives

In Delhi we have done the Seminars in Reputed Organizations like Ministry of Defence, Dept. of Tax & Trades, Delhi Development Authority, Steel Authority of India Ltd., Vigilance Dept., Reserve Bank of India, Bank of Baroda, State Bank of India, Balmer & Lawries, Indian Oil, Ranbaxy, Central Water Commission, National Fertilizers Ltd., National Dairy Development Board etc.. [Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]



**NATUROPATHY'S  
6 SECRETS TO LASTING  
HEALTH & STRESS  
FREE LIFE**

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