



**DR.ABHISHEK ARUN DEVIKAR**

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***Innovative and Experienced Naturopathy Practitioner***

*Experienced healthcare professional with extensive background in Naturopathy, Yoga, Naturopathic Nutrition and Acupuncture.*

*Provider of highly individualized and dedicated patient care. With more than 14 years of experience in clinical Naturopathy, Yoga, Academic teaching and course co-ordination.*

***Key Positions***

- *Medical Director @ Nisargopchar Ashram*
- *Secretary @ Nisargopchar Gramsudhar Trust*
- *Trustee @ Gramrajya Trust*
- *Principal@ YCMOU*
- *President@ Indian Naturopathy & Yoga Graduates Medical Association, Maharashtra*
- *Naturopathy & Yoga Expert*

***Education***

- *DY Patil University, Pune – MBA, HAHM 2022*
- *SDM College of Naturopathy and Yogic Sciences (Rajiv Gandhi University of Health Sciences, Bangalore)-BNYS 2008*

***Recognitions***

- *Was recently awarded the Vidyan Prerna Puraskar by the Babel trust, Pune, 2022*

- *Has been recognized by the Hon. Governor of Maharashtra for the selfless service (2021)*
- *Has been rendered awards for the valuable service by MIT Institutions, Rural naturopathy Organization, All India Retired Railway Mens Federation, Wardha Medical College, etc (2018-19)*
- *Presented a paper in International conference on Fasting: Molecular mechanisms and clinical applications to speak on “Fasting an Integral clinical tool: A scientific approach,2020*
- *Has been the Panel member of the AYUSH Talks conducted by Indian Naturopathy & Yoga Graduates Medical Association (INYGMA), 2020*
- *Have been selected for a poster presentation at the International conference on Yoga and Naturopathy for the paper entitled “A Retrospective study on the effect of Naturopathic & Yogic intervention in obese females”.2010*
- *Awarded the Best paper presentation at state level conference on Naturopathy for the paper entitled “Effect of Cold Spinal Spray in Hypertensive, 2008*
- *Presented a paper in National conference on Naturopathy, Trivandrum, India, 2007*

### ***Other Recognitions***

- *Member of NIN Textbook committee since January’2016*
- *Committee member for National Naturopathy Day held at National Institute of Naturopathy (September 2017)*
- *Has been the deciding committee member for National Naturopathy Day held at National Institute of Naturopathy (September 2017)*
- *Has been the Keynote Speaker at Stress Management, Sangamner College organized by Pune University. (Feb 2018)*
- *Has been the guest of honour at Manibhai Patsanstha on Founders day (2018)*

- *Member of National Board for promotion of Naturopathy, ministry of AYUSH, Govt of India since 2018*
- *Member of NCB, ministry of AYUSH, Govt of India since 2019*
- *Has been the Guest of Honour at Spartans Trophy Uruli Kanchan Medical Association (March 2019)*
- *Has been the Judge for the Poster Presentation competition at International Conference on Naturopathy and Yoga Bhopal (Feb 2019)*
- *Has been a Chairperson for a Scientific session at International conference on Naturopathy and Yoga Bhopal (Feb 2019)*
- *Chairperson , Scientific session at International conference on Naturopathy and Yoga Bhopal (Feb 2019)*
- *Has been invited guest of honour at SEARCH, Foundation Gadchirouli Maharashtra towards establishment of Naturopathy hospital and research center and conducting Naturopathy based outreach programs for the tribal population in Gadchiroii district, 2019*
- *Has been the panelist in the Breast and Cancer Awareness program organized by Indian Dental Association, 2020*
- *Had been the invited guest of honour at Sanjeevani Naturopathy hospital to address the people of Nagpur on “Naturopathy lifestyle- A simple way for health maintenance and for promotion of Naturopathy & Yoga in the district of Nagpur, Maharashtra, 2020*
- *Has been the Chairperson for the Scientific session at International conference on Naturopathy-Integrative Medicine (2022)*
- *Invited guest and committee member for regulation of Naturopathy & Yoga, ministry of AYUSH organized by SVYASA (2022)*

### *As Resource person*

- *Was invited as the resource person by various 5 day workshops on Capacity Building for the Traditional Health Practitioners (THP's) at Vandsa by BAIF (2012-2016)*
- *Guest Speaker In National Level Arogya Expo held at Pune ( March 2016)*
- *Guest speaker at Shardodtsav Vyakhyanmala, Latur to give a talk on "Gandhian perspective on Health and Naturopathy" at Latur, Maharashtra,2017*
- *Guest speaker at Aatmabodhi Academy, Mumbai (2018)*
- *Guest Speaker at the Workshop on AIDS Awareness at BILT Bhigwan (2018)*
- *Guest Speaker at Sanjeevan Naturopathy Center, Nagpur (2019)*
- *Guest speaker at Wardha Medical college, Wardha (2019)*
- *Guest Speaker at Various conferences,Bhopal, Delhi, Pune (2019-22)*
- *Has been the Keynote Speaker at Stress Management, Sangamner college organized by Pune University. (Feb 2018)*
- *Delivered talk on importance of immunity enhancement techniques at Rotary club Mumbai 2020*
- *Guest Speaker at National Agro Foundation, Chennai to deliver a talk on Naturopathic & Yogic approach to Covid-1, 2020*
- *Was the invited speaker at National Naturopathy day celebration conducted by Sant Hirdaram collge of Naturopathy & Yogic sciences, Bhopal, 2020*
- *Guest speaker at International conference conducted by Sant Hirdaram college of Naturopathy & Yogic Sciences, Bhopal to deliver a talk on "Naturopathy practice in rural India: An Overview,2020*

- *Guest Speaker to talk on Modern Nutrition and Naturopathic Nutrition for children organized by Balak Palak Group, Pune, 2020*
- *Guest speaker at Sanjeevani Naturopathy center, Nagpur spoke on “Relevance of Naturopathy in modern era”2021*
- *Guest speaker at webinar organized by Lions club of Gokuldharm Yashodham, Mumbai to talk to on “Improving Immunity for better health”.2021*
- *Guest Speaker at Chalisgaon at a gathering for senior citizens to talk on Naturopathy & Yoga for Geriatric diseases and its management, Chalisgaon, MH, 2021*
- *Guest Speaker to talk on “Role of Naturopathy & Yoga in Cancer organized by INYGMA MH, 2021*
- *Invited Guest speaker to Talk on Yoga and its relevance in current times at IDY Celebrations organized by ministry of AYUSH at Agha Khan Palace, Pune, 2022*

### ***Professional Experience***

- ❖ *Managing the multi-faceted operations of the Nisargopchar Gramsudhar Trust, Uruli Kanchan, Pune as the Medical Director and Secretary General to the Trust established by Mahatma Gandhiji*
- ❖ *One to one consultation with clients on daily OPD basis and consult and analyzed physiological and structural factors affecting patient health and prescribe them to follow healthy and physically active life by adapting Naturopathy and Yoga life style, Acupuncture, exercise programme, healthy diet, rest and relaxation*

- ❖ *Has been a great orator and have delivered talks on Naturopathy, Yoga, Heart Disease, Diabetes Reversal, Autoimmune disorders, Arthritic conditions, Digestive disorders, Health management, Immunity enhancement, Obesity, Sleep disorders, and geriatric care at several forums including National Institute of Naturopathy, Pune, All India Retired Railway Federation, Bhartiya Agro Industrial Federation, ABB Mumbai etc*
- ❖ *Worked on various Naturopathy & Yoga related research for disorders like Obesity, Ischemic heart disease, Diabetes, Psoriasis, Gut Microbiome etc in both rural and clinical set up.*
- ❖ *Expert in creating customized treatment module for patients with variable age, constitution, and multiple disorders.*
- ❖ *Organized International Day of Yoga for 7 consecutive years (2016,17,18,19,20,21,22)*
- ❖ *Organized Naturopathy Day for 5 consecutive years (2018,19, 20,21,22)*
- ❖ *Conducted a workshop and health checkup camp at BILT Bhigwan for the Executive cadre officials. (6<sup>th</sup> December 2018).*
- ❖ *Conducted a Health Checkup camp for the primary and preprimary students of the Makarwadi Govt School. (20<sup>th</sup> february '2018)*
- ❖ *Conducted an exhibition return to Nature- 3 day long program with multi-faceted events to commemorate 150<sup>th</sup> Jayanti of Mahatma Gandhi (2018)*
- ❖ *Conducted CME's on Ozone therapy, Iris Diagnosis, and Lifestyle modification for the doctors of Maharashtra, 2018-19*
- ❖ *Has conducted National Symposium on Integrating Yoga and Naturopathy medicine in health care delivery 2020*

- ❖ *Conducted a One day Naturefest, Naturopathy & Yoga Awareness workshop at Mumbai University, 2020*
- ❖ *Conducted a Virtual lecture on Breast and Oral Cancer Awareness and arranged a session on Naturopathic Diet and Lifestyle for Cancer with Indian Dental Association, 2020*
- ❖ *Hosted a Live session with Smt Supriya Sule, Hon Member of Parliament towards scope of Naturopathy & Yoga for Health of the country, 2020*
- ❖ *Launched a telemedicine consultation portal and served Covid patients(Mild-moderate)during the pandemic, 2020-21*
- ❖ *Conducted various online sessions on Role of Naturopathy & Yoga for prevention from Covid-19, Immunity enhancement through Yoga & Naturopathy, Health management during the pandemic, Post Covid Rehabilitation through Naturopathy & Yoga on Facebook live, zoom and several other social media platforms.(2020-21)*
- ❖ *Conducted surveys on nutritional status of children, health problems among female and geriatric population in remote villages of Pune*
- ❖ *Completed a project to improve the nutritional status by giving herbal and diet based interventions to the children, parents and schools towards sustainable health.*
- ❖ *Conducted various training and capacity building workshops ranging between 3-7 days for the Traditional Health practitioners, (2010-2023)*
- ❖ *Planned and executed various rural development programs like safe water drinking and health management through Naturopathy & Yoga.*

### ***Continued Medical Education Program (CME)***

- *Anti-retro viral therapy for HIV, Pune(June 2010)*
- *Management of Rabies, Pune(July 2010)*
- *Recent advancement in naturopathy and yoga, Pune(August 2010)*
- *Management of respiratory disorders in Pediatrics, Pune(September 2010)*
- *Current trends in the management of Urolithiasis, Pune(October 2010)*
- *Management of Liver Disorders, Pune (April 2011)*
- *Recent approach to management of CKD & CRF, Pune (March 2013)*
- *Doves Diplomats and Diabetes ( April 2016)*
- *Workshop on Naturopathy The Way Ahead SVYASA Bangalore (July 2016)*
- *Conducted a workshop on Iris Diagnosis for doctors in Maharashtra(March 2017)*
- *Workshop on Leadership and scaling of skills (June 2017)*
- *Workshop on Ozone therapy (March 2017 & June 2018)*
- *Integrative Health by Dr BM Hegde, Pune university Center for Complimentary and Integrative Health ( April 2017)*
- *Advanced management of Headache an Vertigo (August 2019)*

### ***Workshops & Conferences***

- *A National Conference On Modern Trends In Naturopathy And Yoga – YONAC– Dharmasthala, India, 2005*
- *International Conference On Frontiers In Yoga Research And Its Applications-INCOFYRA - Bangalore, India, 2005*
- *National conference on Naturopathy, Trivandrum, India, 2007*
- *National conference on Naturopathy and Yoga - Recent research trends, Bangalore. India, 2009*



- *Attended State level workshop on yoga for mental health NIMHANS, Bangalore (2010)*
- *Attended Workshop on research methodology on naturopathy, NIN – FAITHS Bangalore at Lonavala(2010)*
- *International conference on Yoga and Naturopathy for Holistic Health- ICYN, Bangalore, India, 2012*
- *State conference GPCON at Pune (2015,16,17)*
- *Attended a workshop on Orthopaedic Rehabilitation at Atmantan Wellness center Mulshi ( 2018)*
- *Gut Microbiome and its clinical implications(2018)*
- *Yoga for Womens Health- Indian Menopause Society Pune (2018)*
- *Role of Yoga in Cardiac Health-General practitioner's Association Pune (2019)*
- *Workshop on History of Naturopathy-The Way Ahead organized by SVYASA, 2022*
- *International conference on Naturopathy-Integrative Medicine, organized by Central Council for regulation of Yoga & Naturopathy, ministry of AYUSH, Govt of India at Pune (2022)*

### ***Skill Area***

- *Introducing the new concept of Holistic Health in Fitness Industry.*
- *Designing several health care packages for wide range of functional disorders.*
- *Corporate consultation for establishing new naturopathy centre, conducting corporate workshops.*
- *Event designing to conduct Naturopathy and Yoga camps, workshops, seminars and exhibitions*
- *Rehabilitation of musculo-skeletal and neurological Disorders*

- *Promotional events on health with special emphasis on Naturopathy, Yoga, and Natural dietetics.*
- *Conducting awareness and health check-up camps in Alternative system of Medicine for the public.*
- *Dealing with policy makers and executives in regards to health care programs.*
- *Good communication, critical thinking, leadership and project management skills and its practical implementation to improve the health standards of public at large.*

### ***Key Skills***

- *Appropriate use of Complementary and Alternative systems of Medicine for prevention, treatment and positive Promotion of Health.*
- *Acupuncture for various musculo-skeletal disorders as well as for Pain management and wellness.*
- *Designing several customized health programs as per the need of the clients.*
- *Giving Health talks for variety of diseases and specialized groups*

### ***References***

- *Dr.Prasanth Shetty, Principal, SDM college of Naturopathy and Yogic Sciences, Ujire Mangalore  
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- *Dr N G Hegde, Managing trustee, Nisargopchar Ashram, uruli kanchan, pune  
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