



Shri Ambika Yoga Kutir

SWASTHYA YOGA SEMINAR

On Tuesday, 30th January 2018

भवतापेन तप्तानाम् योगोहि परमौषधिम्

Shri Ambika Yoga Kutir (SAYK), established in 1965 by Founder Hathayogi Nikam Guruji has been rendering selfless service in the field of Yoga and Nature cure for the last 52 years. During these years, huge number of people have been learning and practicing the techniques of Hathayoga, and have been benefitted immensely. Recently a team of few doctors associated with the Institute thought of conducting a systematic review/study on the benefits of yoga. Following this, a research team was established during Rev. Guruji's Birth Centenary year (2016-2017), which scrutinized the experiences of the yoga practitioners in a regular and orderly manner.

The research team will be presenting the analysis of this study in the form of case studies and research papers at the Swasthya Yoga Seminar to be held on 30th January 2018.

Details of Research papers that were submitted on behalf of SAYK in the last year are as follows:

- National Seminar at Panjim, Goa – Dr. Pratibha Yelne – “Yoga on Diabetes”
 - National Seminar at Indore – Dr. S.S. Pandit – “Total Health Concept”
 - National Seminar at Kanyakumari - Smt.Lalita Dixit and Prof. Kundargi – “Hathayoga”
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SEMINAR OBJECTIVES

- To present the benefits of yogic practices on the life style disorders.
 - To educate masses about the utility of yogic life style.
 - To establish working groups of yoga teachers to spread the yogic culture to the common man in rural areas.
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Date and Venue Details

- **Date:** Tuesday, 30th January 2018
- **Timings:**
 - Registration 8.30 a.m.
 - Program: 9 a.m. to 4.30 p.m.
- **Program Schedule:**
 - Registration: 8:30 am
 - **Session 1**
 - Devotional Song, Lighting of Lamp, Prayer: 9 am
 - Introduction: 9:15 am
 - Paper presentation and Case presentation: 9:30 am
 - Speech by Guest of Honor: 10:30 am
 - Concluding speech by Session 1 by Shri R. R. Surve: 11:30 am
 - Lunch: 12 noon
 - **Session 2**
 - Devotional Song, Madhurashtakam: 12:45 pm
 - Case presentation - continued: 1:15 pm
 - Shivoham: 4:30 pm
- **Venue:** Shri Ambika Yoga Kutir, B.K. Mill Compound, Near Ginger Hotel MeenataiThackarey Chowk (Castle Mill Naka), L.B.S.Road, Thane 400601

- **Contact:**022-21720876, 022-21724951,Mobile: 9869021643
- **Email:** shriambikayogakutir@gmail.com
- **Web:** www.ambikayogkutir.org

Note:

- There are no fees for “Swasthya Yoga Seminar”.
- Participants should bring their own lunch.
- Donations will be accepted.

Guests of Honor:

- **Dr. Shriram S. Savrikar**
Advisor, Medical Education, Maharashtra State
- **Dr. Professor Kuldip Raj Kohli**
Director of Ayurveda, AYUSH, Govt.of Maharashtra
- **Dr. Kiran Pandit,Director Gurukrupa Hospital, Thane**
Dr. Shrikala Acharya, Addl. Project Director,
Mumbai Districts AIDS Control Society
- **Dr. Pravin Patil, Associate Professor,**
SETH RV Ayurved Hospital Sion

Managing Committee of Shri Ambika Yoga Kutir :

Shri Manohar Deshmukh, B.A., L.L.B., ADVOCATE & NOTARY President

Shri. Shivram Tendolkar, B.A. – Vice-president

Shri. Ramchandra Surve, B.A., (Hons.), L.L.B. Gen. Secretary

Shri. Ajit Ghangrekar, B.Sc., D.E.R.E. Asst. Secretary

Shri. Anant Kulkarni, B.Sc., Treasurer

Smt. Kamal Pradhan, Member

Smt. Seema Vaidya,

Shri Vishram Sawant

Shri Sunil Kulkarni

Shri Vivekanand Salgaonkar

Scientific Committee Chairman: Shri. Ramchandra Surve, B.A., (Hons.), L.L.B.

Organizing Secretary : Smt.Seema Vaidya, and Shri. Anant Surve

Registration : Delegates : Smt. Harsha Mahale

Participants : Smt. Alka Tapadia

Tech. Session & Souvenir

Publication : Smt. Lalita Dixit

Media : Smt. Alka Tapadia

Website Management : Shri. Girish Tere

Video & Photography : Shri. Pravin Dhuri

Volunteers Co-ordination : Shri. Sudhir Sawant

PARTICIPANTS – SPEAKERS

- Dr. Mrs. Pratibha P. Yelne
- Dr. H. L. Janirala
- Dr. Tushar Negandhi
- Dr. Jyoti Kedar
- Smt. Alka Tapadia
- Shri. Uday Ghanekar
- Shri. Sanjay Inamdar
- Smt. Aruna Gaidhane
- Smt. Pratibha Mahale
- Smt. Janki S. Uppunda
- Smt. Laxmi Sutar
- Smt. Usha Agrawal
- Smt. Geeta Narayan

Paper Presentation - 2

NO. OF CASES OF LIFE STYLE FUNCTIONAL DISORDERS: 42

Who should participate?

- People eager to learn Yoga and adopt Yogic culture
- People who are suffering from lifestyle functional disorders.
- Doctors and medical students of Ayurveda colleges interested in knowing the effects of yogic practices on common ailments