# Dr. D N SHARMA





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## PROGRAM DETAILS



### Program Layout – 3 Hours

Introduction & Ice Breaker – 20 mins

Program Over view – 15 mins

General Fatigue with activity – 40 mins

Stress Management with activity – 40 mins

Chakra Healing with activity – 40 mins

Q&A & Wrap up – 25 mins



# Topics for the session

BODY General Fatigue / Tiredness

MIND Stress Management

SOUL Chakra Healing

### **Program Objective**

- ✓ Educate , Motivate & Mobilize employees toward healthy life
- ✓ integrate Alternative therapies to improve lifestyle
- ✓ Self-cure tips to heal themselves

### Benefits

- √ Improved employee Morale
- ✓ Increase productivity
- √ Reduced absenteeism
- ✓ Reduced Health Care cost

#### Lectures Delivered

- More than 1000 lecture delivered for students of various Schools, Universities, at Hospitals, Health Awareness Camps and Treatment Camps.
- Guest Lectures at Central Council for Research in Yoga and Naturopathy,
- Morarji Desai National Institute of Yoga, New Delhi
- Rishikul Ayurved College , Haridwar, Dev Sanskriti University, Haridwar, Gurkul Kangri University, Haridwar,
- lectures at Vardhman Mahaveer Open University, Kota , Rajasthan
- > Regular lectures in workshops at Uttrakhand Open University, Haldwani, Uttrakhand.
- Lectures at numerous seminar attended on Yoga and Naturopathy.

#### Social Positions held

- National Vice-President International Naturopathy Organisation (I.N.O.)Delhi
- Member Scientific Advisory Committee ( C.C.R.Y.N.) Ministry of AYUSH ( Govt. of INDIA.)
- Director.National Handicapped Finance & Development Corporation (Ministry of Social Justice & Development Corporation) (Ministry of Social Justice & Development Corporation)
- > National Co-convenor B.J.P. Naturopathy Cell Camp Co-ordinator appointed by National Institute of
- > Naturopathy ( Deptt. Of Ayush, Ministry of Family and Health Welfare, Govt. of India)

#### Professional Positions held

- Managing Director Aditya Naturopathy Hospital and Research Institute, Kichha, Uttrakhand
- Managing Consultant Ayusham Naturopathy Center, 45 A, Institutional Area, Viswas Nagar, Delhi.
- Managing Trustee Sarvodaya Charitable Trust (Regd.), Village Pooth Khurd, Delhi-110039.
- Advisor and Trustee Maharishi Dayanand Naturopathy Hospital, Kaithal, Haryana
- > Expert Board Member Vardhman Mahaveer Open University, Kota , Rajasthan
- > Expert Board Member Uttrakhand Open University, Haldwani, Uttrakhand.
- Ex. C.M.O. Daulat Ram Nature Cure Indoor Hospital, Delhi
- > Ex. CMO S.V. Naturopathy Center, Roop Nagar, Delhi

#### Awards

- > Rashtrya Ayurved Rattan Samman by Maharishi Patanjali Smriti Sansthan.
- > ACCU-Rattan by Accu-Pressure Training.& Treatment organization.
- Ram Kumar Gupta Smirti Award by International Naturopathy Organisation, Delhi
- Narayan Sewa Sansthan , Udaipur
- > Awarded by Sri Sri Ravishankar Ji and Shri Nitin Gadkari (Ex. National President B.J.P.)
- > National Excellence Awards 2012 & By-- HEARTCARE FOUNDATION OF INDIA DELHI
- So many Guest of Honour Awards.etc.

#### Media Programs and Publications

- Published more than 200 articles in various Newspapers and Health Magazines
- > Unit Writer for the various Naturopathy courses at Vardhman Mahaveer Open University, Kota , Rajasthan
- > Unit Writer for the various Naturopathy courses at Uttrakhand Open University, Haldwani, Uttrakhand.
- Live Telecast Programs on Pragya TV, Jain TV and Doordarshan(D.D. News)
- > Phoning Program on All India Radio (A.I.R.) New Delhi (attended more than 300 programs)





### Dr. D N SHARMA

Honoured Doctorate of Philosophy (Ph.D) Post Graduate and Sr. Naturopath, ND, DY, DEHM, FRHS

Dr D N Sharma has been in the field of alternative medication for over three decades now. He has been contributing to the society by treating and curing people. His achievements and associations are listed here.