



06 AUG 20 edition

**HEALERS DON'T HEAL WHEN THINGS ARE EASY-HEALERS SHOW UP WHEN THINGS GET DIFFICULT**

### Our Eclectic Panel of Teachers and Professionals

#### Modern Day Gurus All

We have a plethora of medical professionals available for advice and consultation, including specialists in different fields, and general practitioners, on strictly advance appointment directly, and a one on one for specialist health issues necessitating intercession through modern medicine .

For now we present a few key individuals who are available on a more regular basis via Spashram for our broader services.

For everyday mental or physical health issues being facilitated in a routine manner, the following specialists are available through the Spashram Health and Wellness Services Gateway.

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### Spashram endeavors to preserve medicinal plants and traditional knowledge

**AYURVEDA- WITH DR SANANDAN THAPLIYAL** BAMS, MD(Ay), DYS DHR Fellow, INSA Visiting Scientist Fellow  
Dr Sanandan Thapliyal is the Chief Coordinator Uttarakhand Ayurvedic Medical College Dehra Dun . Spashram RiverMountain has a joint venture with this institution and various guests of Spashram have benefited from its professionals.

#### Present Position

- Associate Professor in the Department of Kayachikitsa (Internal Medicine) in Uttaranchal Ayurvedic PG College, Rajpur, Dehradun since January 2012.
- Consultant Ayurveda Physician in Uttaranchal Hospital, Rajpur Road, Dehradun since January 2012.
- In-charge, International Certificate Courses, Uttaranchal Ayurvedic PG College, Dehradun.
- Ayurveda Consultant/Health Expert for RBI officials, Dehradun Branch.
- Secretary, International Diabetes Health Research Centre (IDHC).

#### Professional Qualifications

- Graduation- BAMS (Bachelor of Ayurveda Medicine and Surgery) from A & U Tibbia College, University of Delhi in 2006.
- Post Graduation- MD (Ayurveda) in Kayachikitsa (Internal Medicine) from A & U Tibbia College, University of Delhi in 2010.
- Certificate Course (online) in Diabetes- a Global Challenge from University of Copenhagen, Denmark, April 2019 offered through Coursera.
- DYS- Diploma in Yogic Science (DYS) from Uttarakhand Open University, September 2019.
- DHR Fellow – Fellowship Award in Traditional Medicine & Integrative Health (FTMIH) during Winter School Transdisciplinary Research (TDR) one month residential training program by Department of Health Research (DHR), Ministry of Health & Family Welfare, GOI at Interdisciplinary School of Health Sciences, Savitribai Phule Pune University, Pune from 15<sup>th</sup> November to 14<sup>th</sup> December 2018.
- INSA Visiting Scientist Fellow- Fellowship by Indian National Science Academy (FINSA). One month Training at Institute of Nano Science and Technology (INST) in June 2019, Mohali, Punjab.

- FDP (Faculty Development Programme) conducted by The National Institute for Entrepreneurship and Small Business Development (NIESBUD), Govt. of India from 13<sup>th</sup> to 27<sup>th</sup> January 2020 at Dehradun.
- Pursuing PG Diploma Executive in Hospital Management (PGDE-HM) from National Institute of Health & Family Welfare (NIHFW), Munirka, New Delhi.

#### Professional Experience

- Assistant Professor in the Department of Kayachikitsa (Internal Medicine) at Babe Ke Ayurvedic Medical College & Hospital, Moga, Punjab from 24.03.2011 to 31.12.2011.
- Assistant Professor in the Department of Kayachikitsa (Internal Medicine) in Uttarakhand Ayurvedic PG College from 16<sup>th</sup> January 2012 to 17<sup>th</sup> May 2016.
- Associate Professor in the Department of Kayachikitsa (Internal Medicine) in Uttarakhand Ayurvedic PG College since 18<sup>th</sup> May 2016.
- Consultant Ayurvedic Physician in Uttarakhand Hospital, Rajpur Road, Dehradun since January 2012.

#### Publications

- Efficacy of Ashwagandhadi Taila Nasya In Anidra (Stress Induced Insomnia): An Analytical Review. Published in WORLD JOURNAL OF PHARMACY AND PHARMACEUTICAL SCIENCES having SJIF Impact Factor 7.421 (Volume 7, Issue 7, 1179-1184 Review Article ISSN 2278 – 4357)
- Role of Kalmegha (Andrographis paniculata (burm.f.) Wall.ex nees) in treating Vatarakta (Gout). Published in JDDT- JOURNAL OF DRUG DELIVERY AND THERAPEUTICS 2018; 8(6); 98-101.
- ROLE OF CUPPING THERAPY (SHRUNG) IN ANKLE SPRAINS, Published in International Journal of Ayurveda & Alternative Medicine (IJAAM), eISSN-2348-0173, pISSN-2395-3985, July 2019, SPECIAL EDITION (2019)
- Anti-Hyperglycemic Effect of Kundru (Coccinia Indica): A Review, Published in Asian Journal of Biomedical and Pharmaceutical Research (AJBPR), Volume-9, Issue-2, ISSN No- 2231-2560, CAS No- AJBPAD, DOI Number : 10.24214/AJBPR/9/2/0105 Page number :1-5
- A Clinical Evaluation of Guduchi (Tinospora cordifolia) and Yasthimadhu (Glycyrrhiza glabra) as chemopreventive agent in cancer treatment. Published in Asian Journal of Oncology, ISSN 2454-6798, page 64-71.
- An Evaluation of antimicrobial activity of various extracts of Chirbilwa- Holoptelea integrifolia (Roxb.) Published in Asian Journal of Biomedical and Pharmaceutical Research (AJBPR), Volume-8, Issue-3-2018, ISSN No- 2231-2560, CAS No- AJBPAD.
- Case Study on the management of Psoriasis in Ayurveda through Takradhara, Virechana and internal medication. Published in Journal of Ayurveda and Integrated Medical Sciences. ISSN 2456-3110, Vol 5, Issue 1, Jan-Feb 2020.

#### Awards & Recognitions

- Award of Scholarship from Aimil Pharmaceuticals.
- Ayurvisharda Award by Himalaya Drug Company.
- Ayur Medha Award by Dabur India Limited.
- Dr. S. Radhakrishnan Award by The International Association of Lions Clubs in 2018.
- Certificate of Appreciation by The International Association of Lions Clubs (321-C1) on National Doctors Day , 1<sup>st</sup> July 2020.

#### Papers Presented

- Presented many Research Paper @ National & International Seminars.
- Delivered Plenary Lecture in 2<sup>nd</sup> International Conference on Ageing by Shobhit Uni. Nov 28, 2015
- Presented Paper in International Seminar on Globalized Ayurveda @ Udaipur, 17-19 March 2016
- Attended many Conferences & Training Programs by Govt. of India.

#### Research & Development:

- PI (Principal Investigator) in a R & D project on Aloe vera funded by Uttarakhand State Biotechnology Deptt., Govt. Of Uttarakhand for 3 yrs from 2013 to 2016.
- Thesis Co-Guided -15, for Clinical Research in Dravyaguna-9, Agadtantra-4, and Swasthivritta-2 of Uttarakhand Ayurveda University.

#### Area of Research Interest-

- Applied Aspects of Ayurveda.
- Fundamental Research in Life style Diseases & Public Health.
- Research in Teaching Methodology in AYUSH System.
- Transdisciplinary Research in Ayurveda Biology & Regenerative Biology.
- Integrative Health & Nutritional Biochemistry.
- Chronobiology w.r.t Day/Night/Seasonal Routine in Ayurveda.
- Autophagy vis-à-vis Ayurvedic concept of Langhanam.
- Ethno medicine/Folklore Medicine/ Traditional Medicine/Indigenous Medicine

#### Lectures:

- Took Lectures on Ayurveda of a group of comprising of- a Retired IFS, a Retired Bank Manager (London Branch) Standard Chartered Bank, a Motivational Speaker & a Yoga Teacher for 6 months from September 2017 to February 2018.
- Lectures delivered at RBI Office, Dehradun.

#### Examiner:

- External examiner to Guru Ravidas Ayurveda University, Hoshiarpur, Punjab.



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## **HOLISTIC HEALTH & WELLNESS WITH DR RACHNA KHANNA SINGH, MRCH United Kingdom, Nehru Medical College New Delhi**

Dr. Rachna Khanna Singh MRCH United Kingdom,, Nehru Medical College New Delhi.

Dr. Rachna Khanna Singh is a Mental Wellness Expert with a medical background & focus on Relationship, Lifestyle & Stress Management, providing Individual, Group and Corporate Coaching with a strong focus on Hospital and Clinical care. She is currently heading the **Department of Holistic Medicine & Wellness at Artemis Hospital, Gurgaon**. She has worked with other leading hospitals such as Fortis Escorts, Dharamshila Cancer Hospital. Her areas of specialty include Lifestyle & Stress Management.

She is also the Founder and Director of **The Mind & Wellness Studio, Delhi**, which is aimed at creating positive changes in the lives of people, by providing services like stress management and counseling. She has been using alternate system of medicines like homeopathy, Bach Flower as well, for over **23 years**.

Her specialties include stress management, lifestyle management for heart diseases, and supportive care for chronically ill patients, work-life balance, parent-child bonding, cancer support care, ante/postnatal care, relationship counseling, pre-marital & marital counseling, adolescent counseling, neurological, psychiatric & psychological illnesses like depression, anxiety, insomnia.

Having achieved proficiency as a corporate health care consultant, she has conducted various workshops for over **300 leading corporate houses** of the country, like Ericsson, Coca-Cola, PepsiCo, Hero Honda, Infosys, Philips, and more, focusing on Wellness and Soft Skills training. Furthermore, she has worked with students from over **500 schools and colleges** in Delhi and NCR.

Being **academically oriented**, she is consistently involved in delivering lectures, presenting papers, participating in seminars and conferences at national and international institutions like at IITs, IIMs, IMM, University of Exeter (UK), Thames Valley University (UK), University of Minnesota (USA), Menoufia University (Egypt) and Royal College of Physicians (UK) among many others.

Additionally, she has been very active in research and has been instrumental in spreading awareness about mental health via various **print media**, she also answers queries on the **Times of India- "Ask the Expert"** section guest lectures and talk shows. Her writings are regularly featured in the print media, including columns and articles in **famous medical journals, magazines and newspapers**, such as Femina, India Today, Men's Health, The Week, Economic Times, HT Brunch, Times of India, Times Life and many more.

Keeping print media aside, she is also quite active when it comes to **electronic media**. **She is currently the Relationship Expert on Ishq 104.8 FM, answering Relationship Queries daily.** She was also the expert on the program "Live It Up" on CNN. She has also been the official Relationship Expert for **MTV's Love School**, Season I and Season II, a Live Reality Couple Counseling Show on Relationship Building.

Dr. Rachna Khanna Singh has worked with the Delhi police post The Nirbhaya Rape & trained all the Delhi Police Officers for 'Gender Sensitization', in South & South-East district.

Dedicated to **social work**, she is currently the Executive Director of **NGO Serve Samman** which aims at empowering children, youth and women from the marginalised society by providing them Healthcare, Education and Vocational Skills Training.

### **Visiting Lecturer & Faculty Member –**

- Lecture on **Mental Health at Shiv Nadar School, Gurugram**
- Faculty and Team Member at **Cardiomersion – Global Conference on Integrated Approach to Delivery of Comprehensive Cardiac Care, Singapore** (August 2018)
- Lecture at **IIM - Ahmedabad on Holistic Wellbeing & Transitional Stress for the Defence and Armed Forces Program** as a Guest Faculty (February 2017)
- Lecture on **Lifestyle Management in Indian Aviation Academy** (2017)
- Lecture on **Stress Management for Youth at the Indira Gandhi Medical College, Shimla** (May 2016)
- Lecture on **Stress Management at GD Goenka University** (April 2016)
- Lecture on **Stress Management for Students at Chandigarh University** (March 2016)
- Lecture on **Stress and Lifestyle Management at Confederation of Indian Industry** (February 2016)
- **External Counsellor at BITS Pilani** (December 2015 - Present).
- Lecture on **Stress Management at Cardiomersion – Global Conference on Integrated Approach to Delivery of Comprehensive Cardiac Care, Dubai** (2015)
- Lecture on **Lifestyle and Management at Tokyo University** (July 2014)

- **Stress Management Expert for South Delhi District of Delhi Police** (April 2014 - Present)
- Lecture on **Stress Management** at **Institute of Marketing & Management, IMM Qutub Institute** (2014)
- Lecture on **Adjusting with College Life** at **IIT Jodhpur** (2014)
- Lecture on **Stress Management** at **University of Exeter, London, UK** (2009)
- Lecture on **Stress Management** at **Modern Lifestyle at University of Minnesota, Minneapolis** (2009)
- Lecture on **Lifestyle Management** at **Thames Valley University, UK** (2008)
- Lecture on **Hypertension** at **Royal College of Physicians, London, UK** (2003)

### Honor and Awards

- Extremely proud Indian to have **trained Border Security Force at '45 Infantry Brigade' (Laungewala Brigade)** in Rajasthan to teach our soldiers how to manage post-traumatic stress.
- One of the first few people from India to deliver a **TEDx Talk, at JDMC**, on the topic "**Mental Health – Changing Mindsets**" (March 2018)
- World Health and Wellness Awards – **Awarded for being one of the 50 Outstanding Women in Healthcare – Global Listing 2017** in Mumbai (February 2017)
- Awarded with **Certificate of Silver** by **THE TIMES OF INDIA** as a second runner up for the **Mind and Wellness Times App Search Contest** (2016)
- Awarded **one of the 10 Best Parenting Bloggers** for **Mycity4kids** (2016)
- Awarded the **Karam Veer Puraskaar for Contribution in the Medical Field** (2015)
- Awarded the **New Age Woman Award for Extra Ordinary Contribution in Social and Medical Field** by New Age Women in association with Hindustan Times (2014)
- Presented the **Build Indian Award** for outstanding contribution as a **HEALTH ACTIVIST** (2014)
- Presented the prestigious **Dr. B.R. Ambedkar Ratna Award 2012** for excellence in the field of "**Mental Health, Stress and Relationship Counselling**" (2012)
- Certificate of Appreciation by **The Indian Institute of Homoeopathic Physicians** (2009)
- Received an **Award for Extra-Ordinary Support towards the Self-Development of Delhi Police** by Special Commissioner Delhi Police "Deepak Mishra" and "Virender Sehwal"
- **The Mind & Wellness Studio** with its team of mental health professionals, participated in '**25<sup>th</sup> MTNL Perfect Health Mela 2018**', and was awarded having the **Best OPD** (2004 & 2005)



Image : Spashram Guest Isabela Santos from

**Spain undergoing lessons from Yoga instructor Ujjwal Kr. (our "Simply Yoga" instructor based in Rishikesh**

### **YOGA AND MEDITATION WITH KALPANA YUVARRAAJ ,**

Kalpana Yuvarraaj is a facilitator in holistic training, ancient wisdom and edutainment programs as also in Yoga, Meditation and Art Therapy, for all age groups. She has conducted and participated in many group shows and solo shows as well, in Chennai, Mumbai, Delhi, Singapore, Washington D.C., Chicago, New York and Hong Kong. She currently conducts ONLINE MODULES ON INDIAN ANCIENT WISDOM as well as provided lifestyle management facilitation to leading corporate CEOS.

The following are merely some of Kalpana Yuvarraaj's credentials

'Awards received :

Indira Priyadarshini Award, New Delhi, 2000

Global Leadership Award, Washington.D.C, 2001

Bharath Jyothi Award, New Delhi, 2012

Currently pursuing Doctorate in Social Entrepreneurship.

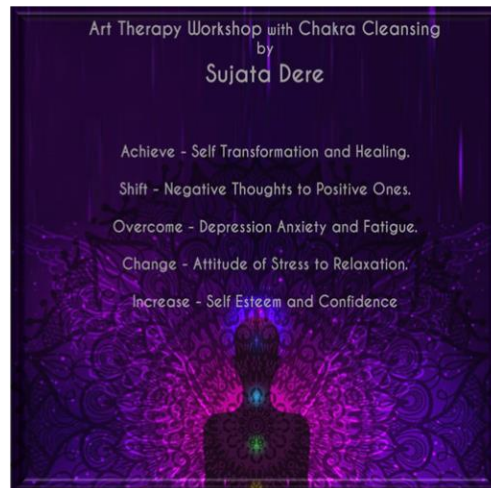
Diploma in Training the Trainers, City & Guild. UK.

Diploma in Yoga for Human Excellence, Bharathiyar University

Diploma in Expressive Art Therapy.

Training Programs conducted for, British Council, Chennai, King Edward Memorial Hospital, Mumbai, National Productivity Council, Industrial and Technical Consultancy of Tamil Nadu, NCERT Staff, New Delhi, Awake Bangalore, WEConnect Bangalore, National Commission for Women, New Delhi

Moderator- SAARC CHAMBER WOMEN ENTREPRENEUR COUNCIL, Global Green Business Summit, Chennai 2010



## Sujata Dere When An Artist is also a Healer

*'Everything I draw - comes from my own experiences, one way or the other. I am forever drawing on the sense of mystery and wonder..... and possibility that pervades that time of my life.'*

Sujata.....intrepid traveller, thinker, seeker, artist.....

She completed her formal art education from the prestigious Sir J.J. School of Art, Mumbai in 1979, where she was awarded a scholarship for merit in her second year. She also won an award in the Maharashtra State Art Exhibition, India. Sujata has experimented with various mediums from ceramics and clay to charcoal, pastels, ink acrylics and now mixed media.

Constantly enriching the repertoire of her artistic palette, her search for a deeper meaning in life has propelled her to delve into the mysteries of the mind, nature and the universe. Metamorphosing in a deeply meditative series of serene Lotus Ponds and the graceful form of the Horse as poetic beings embodying all that is instinctual and intuitive.

Her interest in various methods of healing and a need to reach out and touch people's lives in a positive manner motivates her to work in the field of mental health, using Art as a tool for wellness and self discovery.

Sujata's works, which have been showcased in many significant exhibitions, have won both critical and popular acclaim. An intrinsic part of private collections all over India, the Middle East, Europe and the US, her first solo exhibition was held at the India International Centre in New Delhi in December 1992. This was followed by several other solo and group shows of repute both in India and abroad.

Widely travelled in India, Europe and the US, she spent 2004-05 as a member of the Art League School, Old Town Alexandria, Virginia. Continuing to travel and interact with a wide range of artists from different parts of the world, she is currently living and working from her studio in Delhi - Gurgaon, India.

**Dr. MAYUR JAIN**



**MD (H), BHMS**

**BASM, DNHE, DAFE, DAT, MD Acu, SJT, Holistic Healer & Consulting Physician - Homoeopathy**

**HOMEOPATHY WITH DR MAYUR JAIN**

Dr Mayur Jain operates a homeopathic and wellness practice in Delhi. He is a Holistic Health Practitioner and Physician at Asthma99. Dr Jain has worked with Spashram and TigerPaw Adventures in helping conduct its Medivolontourism programs on site.

**TOTAL WELLNESS WITH DR MAYUR JAIN**

Dr. Mayur Jain comes with an overall 12+ years of experience in holistic integrated medicine practice, healing and wellness coaching.

An passionate medical practitioner and an upcoming author with much experience in root level preventive/prophylactic treatments for various chronic diseases and holistic health. He possesses knowledge of the major systems of medicines with the ability to treat an individual holistically. Taking a scientific and professional approach towards the sick, coupled with the challenge to restore a patient's health, is what drives "Mayur" to his goal.

Currently pursuing DSSI Certificate Course in the Interpretation of Dreams, Signs, and Symbols from Universe/City Mikaël (UCM) Teaching & Research Center (Canada) to help his spiritual minded clients in understanding the metaphysical and psycho-somatic origin of different disease conditions they are experiencing, by de-coding their dreams; life signs-symbols, and explaining emotional memories that are causing a disease(s) or preventing healing. In addition to a masters degree – Doctor of Medicine MD (H), Mayur, has also successfully completed Bachelors in Homoeopathic Medicines & Surgery (BHMS), Bachelors in Alternative Medicines (BASM), Diploma in Nutrition - Health Education (DNHE), Diploma in HIV/AIDS Family Education (DAFE), Diploma in Reflexology (DAT), Master Diploma in Reflexology (MD Acu.) and Sujok Therapy (SJT). He undertook other pieces of training like – AYUSH Govt. of India COVID-19 training, 10 days of Nobel Silence 'Vipassana Meditation', Disaster Management, CPR, Psychiatry, Cardiology, Lifestyle Correction, the Multispeciality programme for Family Physician and Comprehensive Rehabilitation of Torture Victims, the combined knowledge of which is incorporated into his treatment and wellness plans and recommendations.

Dr. Mayur Jain has written and presented many scientific papers, talks for various digital and print media. He has also received many awards and accolades for professional excellence and distinguished services by various institutions.

Holistic Healer & Consulting Physician - Homoeopathy at:-

Asthma99 {a healthful boutique homeopathy clinic specializing in root-level care & cure of various acute & chronic illnesses, esp. chronic respiratory diseases, Thyroid Dysfunction, Dyslipidemia, Dwarka, New Delhi.

Department In-Charge (Homeopathy Clinic) at Anjuli Nursing Home, Sector 84, Faridabad, Haryana.

AASTHA – Army Wellness Center, Arjan Vihar, Delhi Cantt., Delhi – 10.

#### PROFESSIONAL CHRONOLOGY AND WORK EXPERIENCE

- **July 2019:** Consulting Physician - Homoeopathy at AASTHA – Army Wellness Center, Arjan Vihar, Delhi Cantt., Delhi – 10.
- **Jan 2018:** Pursuing 3-Years DSSI Certificate Course in the Interpretation of Dreams, Signs, Symbols from Universe/City Mikael (UCM) Teaching & Research Center, Non-Profit Organization, recognized by the Government of Quebec and Canada.
- **Aug 2017:** Life Member – HMAI Delhi.
- **February 2017:** Homeopathy Clinic Department In-Charge at Anjali Nursing Home, Sector 84, Faridabad, Haryana.
- **May 2016:** Member - The Institutional Review Board of Sigma (Sigma-IRB); registered with the Division of Assurance and Quality Improvement of the Office for Human Research Protections (OHRP), USA.
- **April 2016:** Asthma99 at Krishna Homoeopathic Clinic, Shop No. 105, FF, Vardhman, Gee Dee Plaza, Plot 10, Sector 12, Dwarka, New Delhi 110075.
- **Nov 2012 to March 2018:** Director – Aayuskaam Pvt. Ltd. “Centre of holistic prosperity – Health\*Wealth\*Happiness”, New Delhi.
- **Oct 2012:** Member, International Society for Pediatric and Adolescent Diabetes (ISPAD), Germany.
- **April 2008:** Consulting Homoeopathic Physician & Holistic Healer.
- **Feb 2008:** Organizing Secretary/Founder Member for Dr. B. R. Sur Homoeopathic Medical College Alumni Association (SHMC Alumni Association), New Delhi, India.
- **April 2005:** Member SDHA & IIHP, New Delhi, India.

#### AWARDS: ENQUIRE

#### PAPERS PRESENTATED and MEDIA: ENQUIRE

#### DIGITAL MEDIA: ENQUIRE

#### CERTIFICATIONS:

- **May 2020:** An update on COVID 19 for AYUSH Doctors on preparedness, response and containment of pandemic held on 29<sup>th</sup> May 2020 by Department of Health and Family Welfare - Govt. of Delhi and Directorate of AYUSH – Govt. of NCT of Delhi.
- **April 2020:** ICH Good Clinical Practice E6 GCP (R2) with the score of 100% on 23/04/2020 by The Global Health Network
- **April 2020:** nCOVID - 19 Awareness and Prevention Program, Conducted by Apollo MedSkills, Awarded on 12-04-2020, CERTIFICATE NO. : AMS1051125
- **April 2020:** Coronavirus 2019 (COVID-19) Certification by the AACCC Learning Lab for Laboratory Medicine, Harvard Medical School, on NEJM Knowledge+ and is accredited by the Massachusetts Medical Society.
- **March 2020:** COVID-19: Operational Planning Guidelines and COVID-19 Partners Platform to support country preparedness and response by Health Emergencies Programme – WHO.
- **December 2018:** 3 Days Workshop on Research Ethics (17-19 Dec 2018) organized by Public Health Foundation of India (PHFI), Centre for Chronic Disease Control (CCDC) and Harvard T. H. Chan School of Public Health (HSPH) at PHFI, Gurugram, Haryana.
- **December 2018:** Certification program 'Research Ethics Training Curriculum' by FHI360 'The Science of Improving Lives', a nonprofit human development organization based in North Carolina, USA.

- **June 2017:** NIH Web-based Training Course “Protecting Human Research Participant” by The National Institute of Health Office of Extramural Research (OER) part of U.S. Department of Health & Human Services.
- **September 2007:** National training workshop on “Comprehensive Rehabilitation of Torture Victims” at The Indian Society of International Law, New Delhi, India. Organized by Society for Social Research Art & Culture (SOSRAC), India.
- **March 2007:** “CME – Specialty for Family Physicians 2007” at G. B. Pant Hospital, New Delhi, India. Organized by IMA Central Delhi and G. B. Pant Hospital, New Delhi, India.
- **June 2006:** “Training of General Practitioners in Psychiatry” at G. B. Pant Hospital, New Delhi, India. Organized by IMA Central Delhi, Department of Psychiatry G. B. Pant Hospital and VIMHANS, New Delhi, India.
- **July 2005:** Workshop on “Disaster management, CPR & Homoeopathy” at Delhi, India. Organized by Pebble Hills University and Knowledge Village Dubai (UAE) in association with American Safety & Health Institute.

#### EDUCATIONAL QUALIFICATION:

- **SJ. T.** (Sujok Therapist) : **2020**  
\*Level I & II by Internation Sujok Association (ISA) Established by Prof. Park Jae Woo in 1987 under Mrs. SJT Bhupinder Kaur.
- **MD Acu** (Masters in Acupressure Therapy/Reflexology) : **2014**  
\*Acupressure Sansthan, Jodhpur, under Govt. of Rajasthan.
- **DAT** (Diploma in Acupressure Therapy/Reflexology) : **2014**  
\*Acupressure Sansthan, Jodhpur, under Govt. of Rajasthan.
- **MD** (Doctor of Medicine Homoeopathy) : **2008-2011**  
\*Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana, Pb., India.  
\*Guru Ravidas Ayurved University, Punjab, India.
- **BHMS** (Bachelor of Homoeopathic Medicine & Surgery) : **2002 - 2008**  
\*Dr. B. R. Sur Homoeopathic Medical College, Hospital & Research Centre, Delhi, India  
\*Guru Gobind Singh Indira Prastha University (GGSIPU), Delhi, India.
- **DAFE** (Diploma in HIV / AIDS and Family Education) : **2007 - 2008**  
\*Indira Gandhi National Open University, New Delhi, India.
- **DNHE** (Diploma in Nutrition & Health Education) : **2003 - 2004**  
\*Indira Gandhi National Open University, New Delhi, India.
- **BASM** (Bachelor of Alternative System of Medicine) : **2002 - 2005**  
\*Indian Board of Alternative Medicines, Kolkata, India.



**Dr SAVITA NAGPAL MBBS, MD(Pathology)**

Delhi|Gurugram|Dehra Dun based Dr Savita Nagpal is a Consultant Pathologist with 33 years of expertise in diagnosing diseases by evaluating specimens using targeted laboratory techniques.

Dr Nagpal has been running a self owned Laboratory since circa 1990.

Accomplished in deriving conclusions and interpretations by examination of blood, body fluids, tissue and other specimens.

Patient-focused in coordinating with referring physicians on diagnoses and providing written pathology reports to promote patient wellbeing and ideal outcomes.

Actively involved in post test counselling of Patients.



Provided Laboratory support to Vasant Valley School for blood profiling of the Teachers and ancillary Staff.

#### Slim Homes Organisation

Founded 'Slim Homes', in 2017.

Slim Homes harnesses peoples' minds and energies towards nurturing our Planet back to good health.

Slim Homes engages in funding activities , the proceeds of which are funnelled into the environment to make it more sustainable.

Currently Slim Homes is engaging communities in Waste segregation and composting , and promoting the formation of Urban Forests.

Future projects include restoration of water bodies .

Contribute articles for Samvada magazine as well as Enviro Annotations

#### AFFILIATIONS

1. Founder Member of Association of Practising Pathologists, and presently Vice president of the same.
  2. Faculty at National Conferences organised by APP
  3. Faculty Member at Indian Menopause Society Conference, PGI Chandigarh
  4. Faculty at NORTH zone YUVA Fogsi Conference, Faridabad
  5. Faculty at IMS Conference at Apollo Hospital, New Delhi
  6. Member of Breast Study Group, New Delhi.
  7. Several publications in National & International indexed journals
  8. Co-authored a chapter in Contemporary Perspective on Assisted Reproductive Technology.
  9. Conducted workshops in association with Southend Fertility & IVF Centre.
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**SPASHRAM CONCEPT DESIGNER AND SERVICES COORDINATOR- IJ SINGH**



IJ has followed a very calibrated approach to ensuring a judicious mix of organically cultivated fruit, plants and vegetables, while leaving a proportion of ‘wildland’ to encourage underbrush which in turn attracts avian species as well as insects, butterflies and honey bees, keeping the human footprint minimal. He has also developed a resource channel for organic products from the surrounding villages and other parts of the country for these eg Mana Organic Tea featured here. This is merely one of many.



Above: one of many Government registered trademarks. This one for Tonics, Herbal Elixirs and Tonics and Medications. Other categories include accomodation, honey, biscuits and more. Image top right most (organic tea from Mana estates Assam. Tumeric, Gur and other products also available.

Founder of the Spashram brand concept, IJ SINGH is a multifaceted individual with wide ranging interests in military history, exploration, geography, tribal cultures, and equestrian travel to name a few .He is a pioneer of the adventure travel and eco tourism business in India, since 1983. He has conducted adventure training programs for the Indian Army, Indian Navy, CRPF Police women’s teams, as well as organised mountaineering expeditions for the British Army and Royal Air Force. Also included was a first descent conducted for the Indian Army on the Lohit river, and first high water expedition on the Ganges in the first ever paddle rafts. IJ has developed the very first weekend adventure leisure holidays in the country when called by American Express TRS in the early 90s as well as the very first outdoor management based team building and leadership programs for that Company.

“IJ “has conducted numerous skilling programs for international schools such as the American Embassy School New Delhi from 1983 to 1993 and from 2012 to 2018, Governor Stirling School Australia, Vasant Valley School, British School both in New Delhi and BITS PILANI from 1990 to 1994 in outdoor disciplines including rafting, horse riding, rock climbing and skiing. He is an awardee of the Asia Foundation San Fransisco in Environmental Education 1984 (first five Indians) and point man for his company TigerPaw Adventures, co winning the Bio Diversity Conservation Award Wash DC 1985 with the Woodland Mountain Inst USA with whom TigerPaw Adventures partnered (Awarded on an Australasia basis, India’s only two other awardees being TERI and the Wildlife Institute of India). IJ has also been a member of the Ministry of Tourism Govt of India Himalayan Tourism Advisory Board and been a founding member of the Indian Association of Professional Rafting Outfitters. IJ Singh has, through his company, led the Vice President of Harvard University on remote area journeys, conducted the Chairman of the British Industries and other high profile international clientele such as the Chairman of British Petroleum . He has taken international polo teams to participate in Manipur’s Int’l polo tournament and conducted other polo events.



**Medicines are a plant/tree based resource. The preservation of this raw material for traditional and modern medicine has been an issue of concern to the founder of the Spashram brand concept IJ Singh**

IJ Singh has also conducted team building and leadership programs HSBC, ABN AMRO, AMERICAN EXPRESS, and PHILLIP MORRIS India, ANZ Grindlays Bank, Coca Cola, Sun Micro Systems Asia Pacific, Benson and Hedges Malaysia, amongst others, as well as for Canadian company Griffith Laboratories, in China in 1996. As testimony to his grasp of extraneous geographies and cultures, he has conducted trips in China for Chinese origin Americans who left the land of their birth in childhood. He has facilitated and sent the first western tourist to the Damshung horse festival Tibet in 2001, as well as led a 25 person German group to the North West Frontier, Kalaash and Swat Valley, Pakistan in 2005. IJ has also conducted equestrian and polo clinics worldwide, including for Rugby School England, in South Africa.

Lastly, IJ has developed and conducted *medi voluntourism* programs in Tanzania for American Doctors, and in India (at Spashram) for his own audience The American Embassy School, providing gratis medication and consultation for the villagers of Singtali where Spashram is based. He is a published author of a travelogue "No Boda Boda" (Bookwise India-Variety Book Depot) which features his journeys in three continents over four decades, primarily in India but in other countries and continents as well. As host on TigerPaws anthropological journeys and at Spashram IJ, has helped his foreign audiences better understand Indian culture, history, military history and neighbourhood politics. He has an interest in the biographies of the Indian spiritual masters and the commonality of religions, and has helped in bridging cultures, another area of his expertise.

IJ has had an abiding interest in the preservation of nature, ethnobotany and healthy living, having first begun his career in 1979 in Nepal and Kashmir Ladakh as a wildlife and field naturalist and trip leader. This, as well as his wide ranging travels inspired the Spashram concept since 1999. Just some of the many responses received from TigerPaws, and Spashram travellers to IJ and his team may be seen here: <https://www.tigerpawadventures.com/testimonials>



Chief Wellness Officer at Bliss Now Inc, Founder and Managing Director at Ariya Wellness Inc

The new premiere brand for Top Guns of Blue Chip Companies BLISS NOW will feature some of its unique concepts and insights into its unique programs for Mental Resilience. **Bliss Now's Dr Liu** will give us an insight into the unique programs she has developed with her team for this new age field which is critical for top management. Dr. Yinhsu is a US-trained and globally-experienced naturopathic physician, registered dietitian, and a MBSR<sup>TM</sup> (Mindfulness-Based Stress Reduction) Qualified Teacher. As a holistic wellness professional with 15+ years of experience in medical, complementary and alternative medicine, mindfulness, and hospitality industries, she has had extensive experience in individual, group, and corporate wellness programs via foundational wellness and mind-body medicine. Her past clients include C-suite (and beyond) executives, hospitality management company, and global citizens (including Greater NYC, Los Angeles, Bangkok, Tokyo, Singapore, UAE and more). She vows to share the goodness of wellness with all she can reach.



**Maj Gen Anil Dere**, Ex Indian Army and a graduate of the US War College and other international military Institutions, will give his insights into **Team Building and Leadership for the Corporate World**. Gen Dere is currently an **Officer on Special Duty with the Tata Institute of Social Sciences**.