

Annual Report

for the year 2020-2021



इनपा • INPA



Introduction:

Few nature cure practitioners had been feeling the need for organising profession of naturopathy in the light of modern research in health services. To establish this drugless therapy among common man it was essential to promote education and training in natural Therapeutics. It was need of the hour to modify or improve in the old forms of the diagnosis techniques and modalities for treatments in nature cure system. In this scenario INPA as an organisation of Nature Cure Practitioners came into existence in the year 1973 at Lucknow where an all India conference of Naturopathy was being held. Its Head Office was made in Delhi and later 'Indian Nature Cure Practitioners Association' (INPA) was got registered under The Societies Registration Act XXI of 1860 in Delhi on 23rd March 1976.

After its registration in Delhi many activities were started. These include starting a college for a three years diploma course in naturopathy, publishing a monthly magazine titled 'स्वास्थ्य और सौंदर्य'. Thousands of persons from all over India joined this association after its formation. INPA also started a Nature Cure Research Clinic at its office. INPA has organised many seminars and conferences to exchange experiences of naturopaths with one another in past. INPA has also raised voice of naturopaths before different authorities of Central or State Governments to get this system included in health mission of the country. This organisation helps setting up new Naturopathy Clinics and inspires young people to learn this art of healing.

Activities during the year:



The pandemic period was running in since March 2020 and due to spreading of Covid-19 and Lockdown in the Country, INPA could not do many activities in the beginning of the year. However the main activities conducted during this period are given below-

1. A notice was issued to individual members and institution member of INPA on 2nd June 2020 to celebrate Yoga Day 2020' on 21st of June 2020. INPA advised all its members to celebrate yoga day as 'Yoga at Home'. It was also requested to all to follow guidelines of social distancing issued by the Central or State Governments while celebrating Yoga Day.
2. During Covid-19 INPA members at different places guided many people in the society to boost their immunity by adopting natural life style by consuming natural and sprouted food, doing yoga daily and maintain cleanliness.
3. On 27th June 2020, a proposal was sent to Uttarakhand Government for allotting a small place in the area of ensuing Kumbh at Haridwar for promotion of Nature Cure System among the pilgrimages/visitors of Kumbh. This proposal was submitted by INPA and Himalaya Aur Hindustan of Hrishikesh jointly to conduct the activities. But Due to spread of Covid-19 Kumbh celebration was not so magnificent and we could not participate in it.
4. INPA has made an Academic Committee in August 2020 to start some academic activities to promote nature cure system in the country. Dr. Rajiv Rastogi has been nominated as Chairman of the Academic Committee on 16th August 2020 to design and start academic programmes.
5. INPA has organised a virtual meeting through link <https://meet.google.com/svs-pxab-cfy> on 30th August 2020 2pm to 5pm to discuss on the topic **"The challenges and problems of Nature Cure Practitioners in the country."**
6. In the current year INPA decided to celebrate the birthdays of all previous stalwarts of Naturopathy. In this series we paid homage to late Dr. S.J. Singh, a veteran naturopath on his birth day fallen on 2nd September 2020. Dr. Rajiv Rastogi has given brief introduction of Dr. Singh on this occasion. Saplings of 11 medicinal plants viz. Aprajita, alovera, piyabasa, badrinath tulsi, kapur tulsi, sadabahar, chui-mui, brahmi, lemon grass, patthar chatta and shatavari were also planted.
7. Meeting of INPA Central Executive Committee held on 12th September 2020 at the residence of Dr. R.D. Sharma, General Secretary at Nishant Kunj, Delhi. The meeting was chaired by Dr. Subhash Chand Jain.
8. A three member delegation headed by Dr. Rajiv Rastogi, Chairman Academic Committee of INPA visited Alwar, Rajasthan to discuss on the modalities and curriculum to launch new courses in Naturopathy. During this visit the delegation met with Dr. V.K. Aggarwal, Chancellor of Sunrise University on 30th September 2020. The other members of delegation were Dr. Hira Lal Meena and Dr. Prabodh Raj Chandol.
9. INPA Central Executive Committee held on 6th October 2020 and discussed in detail to launch certificate and diploma courses in naturopathy. It was decided to launch two type of courses one for the practitioners and another for the common man for taking knowledge to keep fit and healthy by adopting natural life style. It has been decided to launch practitioners' course only through some university.



10. INPA celebrated third Nature Cure Day by holding a virtual seminar on 18th November, 2020 from 11.00 a.m. to 12.00 noon through link <https://meet.google.com/gtw-sxej-mfm>. The topic of seminar was 'Relevance of Nature Cure System and Utility in Present Time'. The main speaker was Dr. Rajiv Rastogi. Other participants also expressed their views during the meeting. In another event on the same day, INPA Odisha Convener, Dr. Haribhai Aryan also organised webinar on the occasion of third Naturopathy Day through link <https://meet.google.com/eyb-madq-rtu>.
11. A virtual meeting was organised by INPA jointly with Ped Panchayat, Gantavya Sasthan and Hira Nisargopchar Ashram etc. on 19th November 2020 from 2.00 p.m. to 3.00 p.m. through link <https://meet.google.com/kiv-ticd-ozv>. The topic of discussion was 'Save Water, Save Trees, Save Life- in Present Time'.
12. A meeting of INPA held on 18th December 2020 at its Nirankari Colony Office to pay homage to Dr. R.D. Sharma, General Secretary and Shri Hari Mohan Sharma Member of INPA who passed away on 1st December 2020 and 27th November 2020 respectively. The discussion on Future Plan of Action and reconstitution of Select Committee also held.
13. INPA meeting was held on 1st January 2021 at its Office located in Nirankari Colony, Delhi wherein Select Committee and Central Executive Committee was reconstituted. Dr. Subhash Chand Jain as President, Dr. Arvind Kumar Tyagi as Convener, Dr. Mukesh Kumar Sharma as General Secretary and Dr. Prabodh Raj Chandol as Secretary were elected in this meeting. The other members elected for the Central Executive were Dr. Hemant Pandey, Dr. Pradeep Malhotra, Dr. Hira Lal Meena, Dr. Rajiv Rastogi, Dr. Om Nath Mishra and Dr. Haribhai Aryan. The above committee will hold the charge with immediate effect. It was also decided to reorganise the State Units as early as possible.
14. INPA and Gantvya Sansthan have jointly organised a meeting at INPA Delhi office to pay homage to Father of Nation Mahatama Gandhi on his death anniversary on 30th January 2021. Participants remembered the contribution of Gandhiji to the Nature Cure System in the country.
15. Dr. Mukesh Kumar Sharma, General Secretary of INPA took initiative to organise a meeting of Nature Cure Lovers with joint efforts of INPA and Darshan Ashram, Village Buddhera, Gurugram, Haryana. This event took place on 14th February 2021 at the premises of said Ashram at Gurugram where 'No Disease No Medicine' slogan was given. The motive of this event was to promote and propagate the Nature Cure System among the common man.
16. INPA gave a call to all the members in February 2021 to get their Membership of INPA renewed and also requested to members to switch their short term membership as Life Membership for active participation in the activities of INPA.



17. Dr. Arvind Kumar Tyagi and Dr. Prabodh Raj Chandol visited Vrindavan, U.P. alongwith Dr. Awadhesh Mishra, General Secretary ABPCP to explore the possibilities of hosting a National Seminar on Naturopathy at Vrindavan. During this visit on 7-8 February 2021 discussion was held with Swami Anand Dev, alias Tat Baba.
18. Central Executive Committee of INPA held on 27th February 2021 at its Nirankari Colony Office at Delhi. The discussion was held on celebration of INPA Foundation Day 2021 in next March keeping in view pandemic Covid-19. It was also decided to review the work of State Conveners during this year. All the members were agreed to remind the members of INPA to renew their membership, if expired. Discussion was also held to appoint new Auditor for auditing the INPA accounts.
19. Due to restrictions during Corona-19 pandemic, INPA Foundation Day could not be celebrated at large scale, however symbolic meeting was organised. The poor functioning of state units through their conveners was the main issue in this meeting. It was general opinion that all the nominations done so far as State Conveners be withdrawn and active persons may be nominated so that activities and membership of INPA could be enhanced.
20. During the year following members have joined INPA:

1. Life Member - 8
2. 3-Year Member - 10
3. 1-Year Member - 04



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