

## Agency Profile

Saksham Social Welfare Society is dedicated to serving society through three key initiatives: health education, women empowerment, and skill development programs. Our organization stands out for its meticulously designed workshops, both residential and non-residential, which have benefited senior executives from various esteemed organizations and government bodies. Our efforts extend beyond workshops, as we actively engage in initiatives such as life skills training workshops for leading schools in Delhi, focusing on shaping confident future individuals. Additionally, we champion women empowerment through workshops and skill development programs, particularly in the North-East region of India. As part of our mission to advance towards a healthier nation, Saksham Yoga & Naturopathy Treatment cum Research Centre stands as a testament to our commitment. With over a decade of operation, our leading yoga and naturopathy center, initially established in Vasant Vihar, Delhi, has expanded its reach across India.

## Terms and Conditions

- Payment should be made in favour of "SAKSHAM SOCIAL WELFARE SOCIETY".
- Payment should be made either in advance or within a week of commencement of the programme.
- Cancellation Policy: 40% of the total proposed amount will be charged if the workshop is cancelled 10 days prior to the commencement of the workshop.

Date: June/July/August, 2024

Venue: At your site

## More Info

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# SAKSHAM

**Health** in your  
**Hands** through **Yoga**  
and **Naturopathy**

# Contents

## Naturopathy

- Composition of body and its maintenance (Panchmahabhuttas).
- Introduction to natural therapies: Hydrotherapy, Mud therapy, Chromotherapy, etc.
- Principles of healthy living.
- Drug-free remedies for various disorders.
- Prevention of so-called incurable diseases.
- Acupressure: Reflex points for treatment.

## Correct Diet Pattern

- Diet as therapy
- Correct guidelines for eating
- Kayakalp through dietary management
- Personalized consultation

## Yoga

- Pranayama: Rhythmic breathing technique.
- Asanas for disease prevention.

## Emotional Well-Being

- Development of positive attitude.
- Enhancement of self-esteem.

## Why You Should Attend

Embrace a healthy lifestyle to enhance well-being. Health is vital for happiness, prosperity, and daily activities. As per WHO, it's not just the absence of disease but complete physical, mental, and social well-being. Following natural laws can restore and maintain health, leading to a positive and fulfilling life.

"The **doctor** of the future will no longer treat the human frame with drugs, but rather will **cure** and **prevent** disease with **nutrition**."  
-Thomas Edison

## Key Takeaways

- Reduces the rate of progression of diseases
- Leads to a healthy and disease-free life
- Educates on preventing incurable diseases (diabetes, hypertension, arthritis, etc.)
- Enhances productivity and job interests
- Provides a relaxed body and mind
- Develops a positive attitude

## About Workshop

### **THE WAY NATURE CURES NO ONE ELSE CAN**

Nature is the best healer, and Naturopathy or Nature Cure adopts Nature's own tools—the five great elements—to cure diseases afflicting mankind.

Many diseases can be avoided by following healthy habits, nutritious food, and proper exercises. When diseases strike, it is better to cure them by following the principles of Nature Cure & Yoga, a drugless therapy free from chemical ill-effects.

Yoga, an ancient method of exercise and relaxation, is another successful method of preventing and curing diseases. Nature Cure and Yoga are the two wheels of a cart on the road to a healthier life.