NATIONAL INSTITUTE OF HOLISTIC HEALTH
Yoga • Naturopathy • Holistic Health & Wellness
Healthier People • Healthier Planet

October 2026 | Year 04 | Vol. 26 | Issue 63
A Bilingual (English & Hindi) Monthly E-Magazine

For a Healthier Tomorrow

ISSUE 63

Holistic 'n' Wellness

HEALTH | HARMONY | HAPPINESS

Pedal for People Pedal for a Healthier India



Pujya Gyananand Ji Maharaj
GIEO Wellness Centre, Jeena Sikho Kurukshetra

SK Rosun Munshi
Health & Social Activist - NIHH

Dr. Vinod Kashyap
Chairman - NIHH

SWASTHA BHARAT CYCLE YATRA 2026

Different States, Different Locations – One Man, One Mission

A Vision for a Drug-Free India and a Healthier World

500+km COVERED IN OCTOBER 2026

From Delhi to Haryana, moving forward to Punjab

DELHI TO RISHIKESH 14,560+ Km ONE MISSION

OCTOBER 2026 HIGHLIGHTS

02 OCT — Rajghat, Delhi

Flag-off of Swastha Bharat Cycle Yatra 2026

03 OCT — Laxmi Nagar, Delhi

Lecture at Govt. Sarvodaya Kanya Vidhyalaya

04 OCT — Delhi

Inauguration of Pre-Conference on Yoga, Naturopathy & Electrohomeopathy

06 OCT — Delhi

Lecture at D.A.V. Sr. Sec. School No. 1

07 OCT — Delhi

Lecture at Kanak College of Naturopathy & Yogic Sciences

08 OCT — Sonipat & Panipat

Hon'ble Mayor of Sonipat Shri Rajeev Jain appreciates Yatra & Health Awareness Lecture at Nirmala Deshpande Sansthan, Panipat

09 OCT — Karnal

Meeting with renowned Naturopath Dr. Sandeep Acharya

11 OCT — Kurukshetra

Courtesy Meeting with Pujya Gyananand Ji Maharaj at GIEO Wellness Centre, Jeena Sikho, Kurukshetra

Promoting Healthy Living | Sustainable Lifestyle | Community Wellbeing | A Greener Tomorrow

UPCOMING

GRAND CULMINATION AT RISHIKESH
12th December, 2026
Shri Swaminarayan Ashram, Rishikesh, Uttarakhand

Join the Movement for a Healthier Tomorrow

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Holistic 'n' Weliness

HEALTH | HARMONY | HAPPINESS

Editor's Message

Pedal for People
Pedal for a Healthier India



Dr. Vinod Kashyap
Editor-in-Chief
Chairman – NIHH
National Institute of Holistic Health
Yoga | Naturopathy | Holistic Health & Wellness

"Health is not just the absence of disease, but a way of living in harmony with ourselves, with society and with nature."

Dear Readers,

It gives me immense joy to present the **October 2026** edition (Issue 63) of **Holistic 'n' Wellness**, the monthly e-magazine of the National Institute of Holistic Health (NIHH). This edition captures the inspiring journey of the Swastha Bharat Cycle Yatra 2026, which was officially flagged off on **2nd October 2026** from **Rajghat, Delhi**, marking the birth anniversary of Mahatma Gandhi – the eternal symbol of truth, simplicity and holistic living.

In October, our dedicated cyclist and Health & Social Activist, **SK Rosun Munshi**, covered **200 kilometers**, moving from Delhi to Haryana, and now advancing further towards Punjab. Along the way, the yatra has touched schools, colleges, communities and institutions, spreading awareness about yoga, naturopathy, holistic health and a drug-free lifestyle. The warm support from students, teachers, community leaders and respected dignitaries inspires us to move ahead with even greater determination.

This edition also highlights key interactions and events, including health awareness lectures at various schools and institutions, the pre-conference on Yoga, Naturopathy & Electrohomeopathy, the appreciation by Hon'ble Mayor of Sonipat Shri Rajeev Jain, the meeting with renowned naturopath Dr. Sandeep Acharya in Karnal, and the blessed courtesy meeting with Pujya Gyananand Ji Maharaj at GIEO Wellness Centre, Jeena Sikho, Kurukshetra.

The Swastha Bharat Cycle Yatra is not just a journey across states, but a movement for a **Drug-Free India and a Healthier World**. It reminds us that small steps, when taken with a bigger purpose, can create a healthier, happier and more compassionate society.

I invite you all to read, share and support this initiative, and be a part of NIHH's mission to promote holistic health, community well-being and a greener, healthier tomorrow.

Let us continue to pedal together for people, for the planet and for a healthier India.



Dr. Vinod Kashyap
Editor-in-Chief
Holistic 'n' Wellness

Fit India
Healthy India
Happy India

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Pedal for People
Pedal for a Healthier India

Promoting Healthy Living
Sustainable Lifestyle
Community Wellbeing
A Greener Tomorrow

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ABOUT

SWASTHA BHARAT CYCLE YATRA 2026

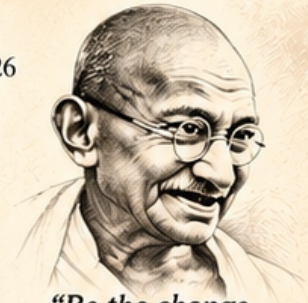
Different States, Different Locations – One Man, One Mission

A Vision for a Drug-Free India and a Healthier World



The Inspiration

The Swastha Bharat Cycle Yatra 2026 is a people's movement inspired by the ideals of Mahatma Gandhi – simplicity, self-discipline, service to society and a healthy nation. It uses the power of cycling to spread awareness about holistic health, yoga, naturopathy, natural living and a drug-free lifestyle across India.



"Be the change you wish to see in the world."
– Mahatma Gandhi

Our Mission

- Promote holistic health and preventive care
- Create awareness for a drug-free India
- Reach schools, colleges and communities
- Inspire sustainable living and environmental conservation

Our Vision

A healthier India and a healthier world through yoga, naturopathy, holistic living, values and community participation.

About the Yatra

The **Swastha Bharat Cycle Yatra 2026** is a national awareness campaign led by **SK Rosun Munshi,** Health and Social Activist – NIHH, traveling across **28** States and 5 Union Territories, covering more than **14,560 kilometres**, interacting with people at different locations, and promoting the message of natural health, fitness and a cleaner, greener and drug-free India.

14,560+	28	5	450+	Thousands
Total Distance	States	Union Territories	Districts	of People to be Reached

Key Focus Areas

- Yoga & Naturopathy
- Holistic Health Awareness
- Drug-Free Lifestyle
- Community Engagement
- Environmental Conservation
- Healthy Lifestyle for All



October 2026 Journey

In October 2026, the yatra is expected to cover **500+ kilometres**, starting from Delhi, proceeding through Haryana, and moving forward to Punjab.

Delhi → Haryana → Punjab

500+ Km COVERED IN OCTOBER 2026



Grand Culmination at Rishikesh

12th December, 2026

Shri Swaminarayan Ashram, Rishikesh, Uttarakhand



‘स्वस्थ भारत साइकिल यात्रा’ के शुभारंभ से पूर्व NIHH की पहल को मिला विशिष्टजनों का समर्थन



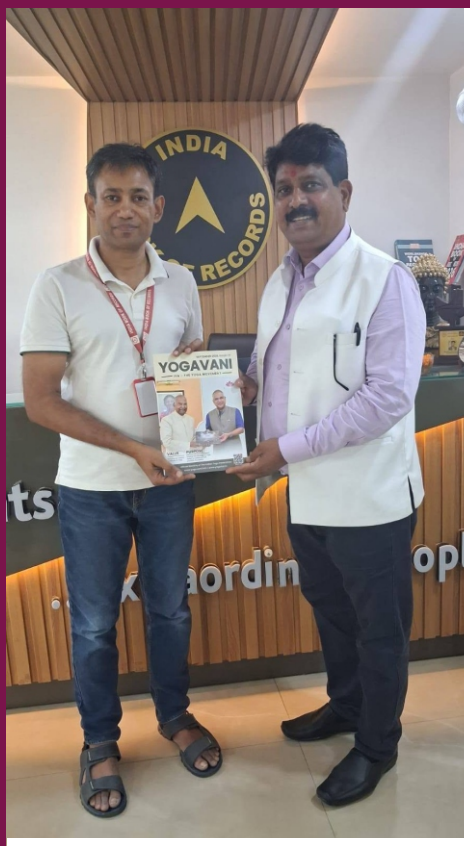
राष्ट्रीय स्वास्थ्य जागरूकता एवं जनकल्याण के उद्देश्य से **इंस्टीट्यूट ऑफ हॉलिस्टिक हेल्थ (NIHH)** द्वारा संचालित **‘स्वस्थ भारत साइकिल यात्रा’** की पहल को विभिन्न क्षेत्रों के प्रतिष्ठित व्यक्तित्यों की शुभकामनाएं एवं प्रोत्साहन प्राप्त हुआ।

यात्रा के शुभारंभ से पूर्व आयुष मंत्रालय के मोरारजी देसाई नेशनल इंस्टीट्यूट ऑफ योगा (MDNIY) के प्रोग्राम ऑफिसर एवं CCRYN के पूर्व निदेशक **डॉ. ईश्वर आचार्य,** इंडियन योगा एसोसिएशन (IYA), दिल्ली स्टेट की सचिव **एडवोकेट - नेहा सारस्वत,** मुख्यालय की प्रभारी - **श्रीमती भावना पुरी,** अकाउंटेंट - **श्री भूपेंद्र जी** तथा स्वास्थ्य जागरूकता के क्षेत्र में सक्रिय **डॉ. बिस्वरूप चौधरी** ने इस पहल के लिए अपनी शुभकामनाएं व्यक्त कीं।

NIHH का उद्देश्य स्वास्थ्य के प्रति जन-जागरूकता बढ़ाना, स्वस्थ जीवनशैली को प्रोत्साहित करना तथा समाज के प्रत्येक वर्ग तक स्वास्थ्य संबंधी सकाराात्मक संदेश पहुँचाना है। **‘स्वस्थ भारत साइकिल यात्रा’** इसी संकल्प को साकार करने की दिशा में एक महत्वपूर्ण प्रयास है, जिसके माध्यम से लोगों को स्वास्थ्य, योग, शारीरिक सक्रियता एवं समग्र कल्याण के प्रति जागरूक करने का संदेश दिया जा रहा है।

इस अवसर पर प्राप्त शुभकामनाएं NIHH के स्वस्थ, जागरूक एवं सशक्त भारत के निर्माण के संकल्प को और मजबूती प्रदान करती हैं। यह पहल जनभागीदारी के माध्यम से स्वास्थ्य जागरूकता को व्यापक स्तर पर पहुँचाने तथा समाज में सकारात्मक बदलाव लाने की दिशा में एक सार्थक कदम है।




INDIA
YOGAVANI


YOGA




indian yoga association
yoganushasanam

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Pedal for People Pedal for a Healthier India

OCTOBER 2026 JOURNEY AT A GLANCE

Spreading Awareness | Building Healthier Communities
Moving Towards a Drug-Free India



500+ km
Covered in October 2026

3
States (So far/On Route)

50+
Awareness Programmes

Schools, Colleges & Communities Reached

Thousands
of People Sensitised

One Mission
Drug-Free India
& A Healthier World

October Journey Route



2 Oct 2026
Delhi (Rajghat) Flag-off
The journey begins with a tribute to Mahatma Gandhi

3 Oct 2026
Haryana (Sonipat)
Health awareness programme and community interaction

4 Oct 2026
Panipat
Pre-Conference event and awareness activities

5 Oct 2026
Karnal
Interaction with health experts and institutions

6 Oct 2026
Kurukshetra
Courtesy meeting with **Pujya Gyananand Ji Maharaj** at GIEO Wellness Centre, Jeena Sikho

Reached Punjab (Next Phase)
Continuing the journey with more schools, communities and awareness events

Grand Culmination
12 Dec 2026
Rishikesh
Shri Swaminarayan Ashram Rishikesh, Uttarakhand

Key Highlights of October 2026


Flag-off from Rajghat, Delhi
2 October 2026



Awareness Programmes in Schools & Colleges



Support from Dignitaries and Community Leaders


Cycling for a Cleaner, Greener and Healthier India


Promoting Yoga, Naturopathy and Holistic Living



People's Participation Across Cities and Towns



"The future depends on what we do in the present."
– Mahatma Gandhi

Continuing the Journey

With the support and blessings of well-wishers across the country, the yatra will continue through more locations in November, further deepening the message of natural health, fitness, cleanliness and a drug-free lifestyle, and culminate on **12th December 2026** at **Shri Swaminarayan Ashram, Rishikesh.**

Let us all be part of this movement for a healthier, happier and more compassionate India.

FLAG-OFF – SWASTHA BHARAT CYCLE YATRA 2026

Rajghat, Delhi | 02 October 2026 | 02:00 p.m.









Official Commencement of the Swastha Bharat Cycle Yatra 2026

Lecture at Govt. Sarvodaya Kanya Vidyalaya



Sarvodaya Kanya Vidhyalaya, Laxmi Nagar, Delhi | 03 October 2026 | 08:00 a.m.









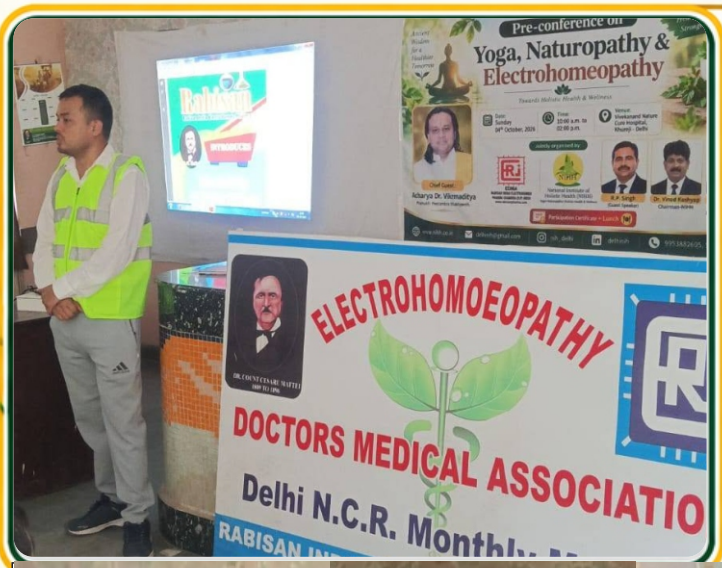
Educating Empowering Healthier Generations

Pre-Conference on
Yoga, Naturopathy & Electrohomeopathy

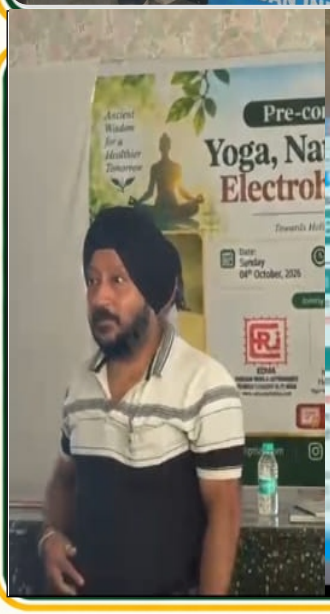
+ Interaction about Swasth Bharat Cycle Yatra

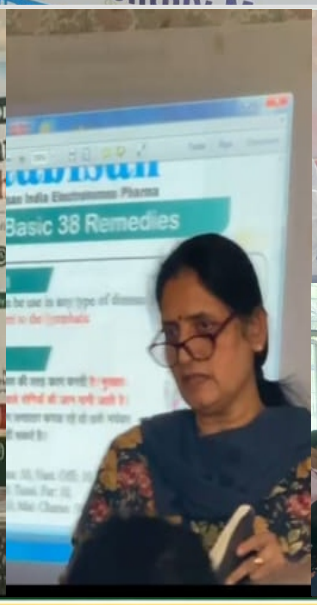


Vivekanand Nature-Cure Hospital & Yogashram, Patparganj Road, Khureji, New Delhi 110051 | **04 October 2026** | **10:00 a.m.**















Meeting with the Professor and Students of IIT Delhi also Visit Qutab Minar, Jawahar Lal Nehru University, UPSC & India Gate

Delhi | 05 October, 2026









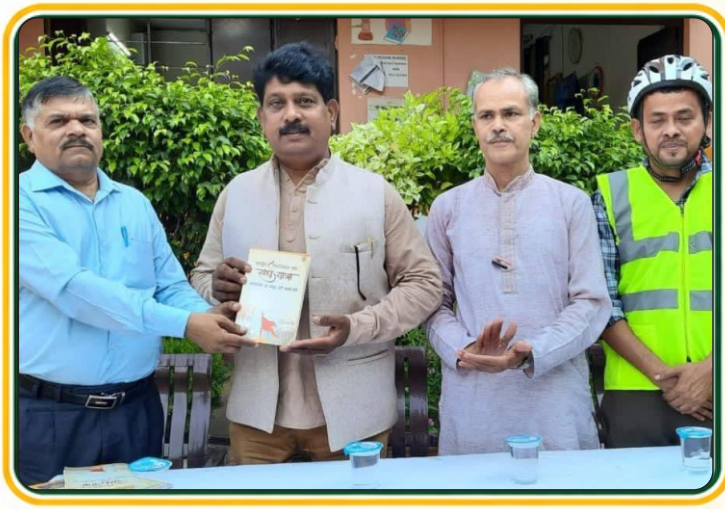
Lecture at D.A.V. Senior Secondary School No. 1



Health awareness lecture as part of the Swastha Bharat Cycle Yatra outreach programme.

Gandhi Nagar, Delhi 110031 | 06 October, 2026 | Time: 10:00 a.m.













Roshan Munshi

delivered a lecture on

health awareness

to the students of

Kanak College of Naturopathy and Yogic Sciences

in Delhi.





Bakhtawarpur, Delhi 110036 | 07 October, 2026 | Time: 10:00 a.m.









Healthier Students Brighter Futures



Naturopathy Yog Healthy Living for a Better Tomorrow

Meeting with Dr. Vikas Saxena

Founder Nisarg Jeevan Kendra, Sonepat

and

Health Awareness Lecture at Vidya Bharti Modern School



Vidya Bharti Modern School,
Khadi Ashram, G.T. Road, Panipat, Haryana

08 October, 2026











Hon'ble Mayor of Sonipat
Shri Rajeev Jain
appreciate
Swastha Bharata Cycle Yatra
and greet Rosun Munshi
for great success.

SONIPAT



Sonipat, Haryana | 08 October, 2026







Swastha Bharata Cycle Yatra

Healthy People Stronger India

Health Awareness

Lecture at- Nirmala Deshpande Sansthan, Panipat.



Nirmala Deshpande Sansthan, Panipat, Haryana | 08 October, 2026

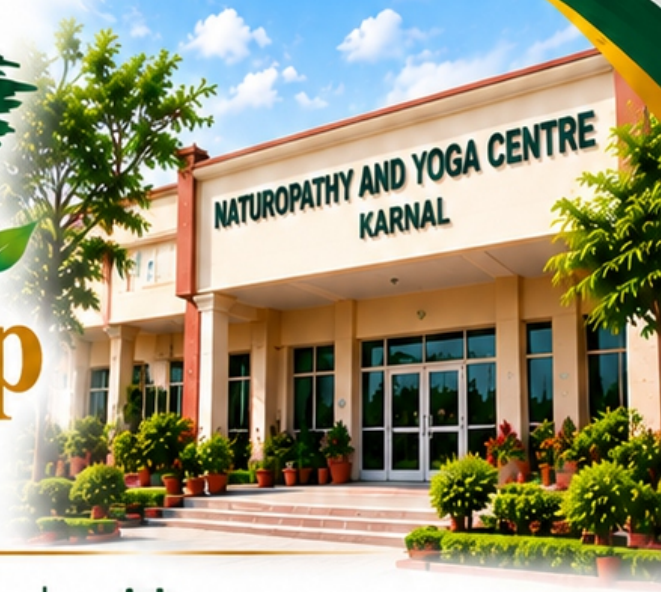








Meeting with renowned Naturopath Dr. Sandeep Acharya



Naturopathy and Yoga Centre, Karnal, Haryana | 09 October, 2026







KURUKSHETRA

Swasth Bharat Cycle Yatra rider Mr. Rosun Munshi visited Gieo Wellness Centre, where he met Dr. Sanjay Srivastava, HoD of the Centre, and had the privilege of receiving the divine blessings of Shri Gyananand Ji Maharaj.



Gieo Wellness Centre, Kurukshetra, Haryana | 11 October, 2026











Health Awareness

Lecture at Yoga Studio running by Pankaj Bakshi, Ambala





Yoga Studio, Ambala, Haryana | 12 October, 2026









Swastha Bharat Cycle Yatra



Healthy People Stronger India

Rabisan Punjab Team Welcomes Swasth Bharat Cycle Yatra Rider SK Rosun Munshi in Rajpura





Rajpura, Punjab | 12 October, 2026





Swastha Bharat Cycle Yatra



Healthy People Stronger India

RABISAN Team Welcomes at Punjabi University Patiala





Patiala, Punjab | 13 October, 2026



Swastha Bharat Cycle Yatra

Healthy People Stronger India

At the Nankiana Sahib Gurudwara in Sangrur,





Dr. Harpreet Singh Bhandari and his team welcomed **Roshan Munshi** and commended his work towards the society.

Sangrur, Punjab | 15 October, 2026









Swastha Bharat Cycle Yatra

Healthy People Stronger India

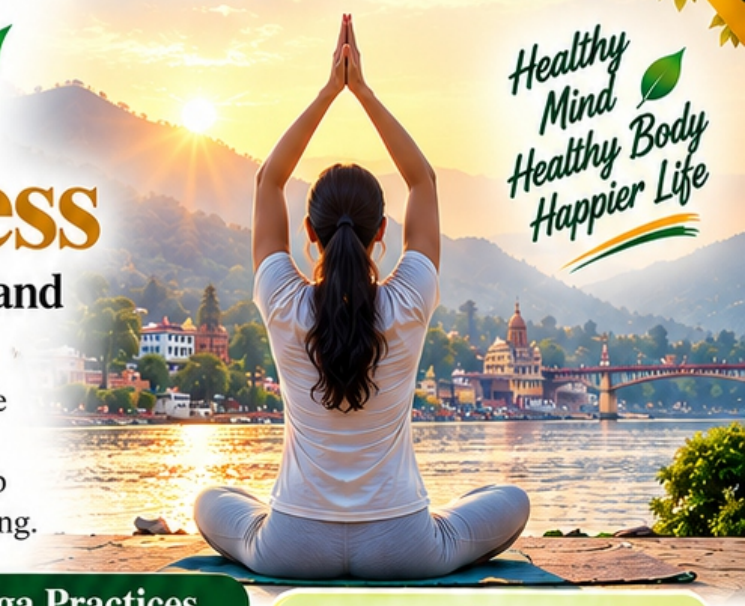
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Health & Wellness

Yoga for Everyday Wellness

A Simple Path to a Healthier, Happier and More Balanced Life

Yoga is not just a form of exercise, but a holistic way of life that brings harmony between the mind, body and soul. In today's fast-paced world, regular yoga practice can help us stay healthy, reduce stress and improve overall well-being.



Key Benefits of Yoga

Improves Physical Health
Enhances strength, flexibility, balance and posture.

Reduces Stress and Anxiety
Calms the mind and promotes emotional well-being.

Supports Heart Health
Helps in better circulation and maintains healthy blood pressure.

Boosts Immunity
Strengthens the body's natural defence system.

Improves Sleep Quality
Helps in relaxation and better sleep patterns.

Enhances Mental Clarity
Increases focus, concentration and memory.

Simple Yoga Practices for Daily Life



1. Sukhasana (Easy Pose)
Calms the mind and helps in relaxation.



2. Marjariasana (Cat-Cow Pose)
Improves flexibility and relieves back pain.



3. Adho Mukha Svanasana (Downward Dog)
Strengthens the body and improves posture.



4. Ardha Matsyendrasana (Half Spinal Twist)
Supports digestion and detoxification.



5. Setu Bandhasana (Bridge Pose)
Strengthens the back, improves lung capacity and reduces fatigue.

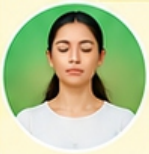
Yoga Breathing for Better Health



Anulom Vilom (Alternate Nostril Breathing)
Balances energy, reduces stress and improves concentration.



Bhramari Pranayama (Humming Bee Breath)
Calms the mind, reduces anxiety and promotes better sleep.



Deep Breathing (Dirgha Pranayama)
Increases oxygen level, relaxes the nervous system and boosts energy.

Tips to Include Yoga in Your Daily Routine

- Start with 15-20 minutes daily
- Choose a quiet and clean space
- Focus on breathing and mindfulness
- Be consistent, not competitive
- Combine yoga with a healthy diet and good sleep
- Practise yoga at your own pace and enjoy the journey



"Yoga is the journey of the self, through the self, to the self."

A Healthier You, Every Day

Whether you are a beginner or an experienced practitioner, yoga can be adapted to suit your age, fitness level and lifestyle. Make yoga a part of your daily routine and experience a healthier body, a calmer mind and a more positive life.

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Understanding Naturopathy

Natural Approaches to Everyday Wellness

Back to Nature for a Healthier Tomorrow

Naturopathy is a holistic system of health care that focuses on the body's natural ability to heal itself. It uses natural therapies, healthy living and preventive care to promote physical, mental and emotional well-being.

Core Principles of Naturopathy

Heal Naturally
The body has an inherent ability to heal itself when given the right support.

Treat the Whole Person
Focuses on physical, mental, emotional and spiritual health.

Identify and Remove Root Causes
Addresses the underlying causes, not just the symptoms.

Live in Harmony with Nature
Encourages natural living, clean food, sunlight, fresh air and pure water.

Prevent, Don't Just Cure
Emphasises preventive care to maintain long-term health.

Simple and Non-invasive
Uses natural and drug-free therapies that are safe and gentle.

Key Naturopathy Therapies



Diet Therapy
A balanced, natural and nutrient-rich diet supports healing and overall wellness.



Hydrotherapy
Use of water in different forms to cleanse the body, improve circulation and boost immunity.



Mud Therapy
Helps in detoxification, reduces inflammation and improves skin health.



Sun Therapy
Natural sunlight provides vitamin D, boosts mood and enhances immunity.



Yoga & Breathing Practices
Improves flexibility, reduces stress and balances mind and body.



Herbal Therapy
Use of medicinal plants to support natural healing and restore balance.



Lifestyle & Nature Cure
Encourages healthy routines, adequate rest, fresh air and a positive mindset.

Benefits of Naturopathy

- Boosts natural immunity
- Helps in detoxification
- Reduces stress and anxiety
- Improves digestion
- Increases energy and vitality
- Supports healthy weight
- Enhances mental clarity
- Promotes long-term wellness

Practical Tips for a Naturopathic Lifestyle

- Eat fresh, seasonal and natural foods
- Stay hydrated with clean water
- Get adequate sunlight daily
- Practise yoga and pranayama
- Spend time in nature
- Maintain proper sleep routine
- Reduce processed and junk foods
- Manage stress with meditation
- Keep a positive and grateful mindset

"Nature Heals, When We Allow It."

Natural Living
Healthier People
Stronger Communities
A Healthier India

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Nutrition for a Healthier Life

Eat Right • Stay Energized • Live Better



Good nutrition is the foundation of a healthy body, a calm mind and a vibrant life. A balanced diet provides essential nutrients, strengthens immunity, improves energy levels and helps prevent lifestyle diseases. Eating mindfully and choosing natural, wholesome foods can bring long-term health benefits for people of all ages.

Key Nutrients and Their Benefits



Carbohydrates
Provide energy for daily activities. Choose whole grains like brown rice, oats and millets.



Proteins
Help in growth, tissue repair and immunity. Include dals, beans, nuts, seeds and paneer.



Healthy Fats
Support brain health, hormone balance and heart health. Choose nuts, seeds, olive oil and other natural oils.



Vitamins
Strengthen immunity and support overall well-being. Include a variety of seasonal fruits and vegetables.



Minerals
Essential for strong bones, healthy blood and body functions. Include leafy greens, nuts, seeds and whole foods.



Water
Keeps the body hydrated, helps in digestion, detoxification and nutrient absorption.

The Balanced Plate

50% Vegetables & Fruits (Rich in vitamins, minerals and fibre)

25% Whole Grains (Provide sustained energy)



25% Healthy Protein (For growth, repair and immunity)

Top Foods for a Healthy Life



Fruits
Rich in antioxidants and fibre.



Vegetables
Support immunity and digestion.



Whole Grains
Provide sustained energy and fibre.



Nuts & Seeds
Good source of healthy fats, protein and minerals.



Herbs & Spices
Have natural anti-inflammatory and healing properties.



Natural Beverages
Keep the body hydrated and support detoxification.

Seasonal Eating

Nature Provides the Right Food at the Right Time

Spring — Fresh greens and detox foods

Summer — Hydrating fruits like watermelon, cucumber

Monsoon — Light, easily digestible foods

Autumn — Immunity boosting foods

Winter — Nourishing and warming foods

Simple Nutrition Tips for a Healthier You

- Start your day with warm water and fresh fruits.
- Include a variety of colourful foods.
- Prefer home-cooked meals.
- Use natural herbs and spices.
- Avoid overeating and late-night meals.
- Limit packaged and processed foods.
- Choose healthier alternatives for snacks (e.g., nuts, fruits, sprouts).
- Maintain a balanced diet, not a restrictive one.
- Listen to your body and eat according to your activity level and age.
- Be consistent — small changes make a big difference.

Healthy Eating Habits

- Eat fresh, seasonal and local foods
- Choose whole grains over refined foods
- Include more fruits and vegetables
- Eat at regular intervals
- Chew food well and eat mindfully
- Stay hydrated throughout the day
- Limit processed foods, sugar and junk food
- Maintain portion control

"Let Food be Thy Medicine and Medicine be Thy Food."
– Hippocrates

Healthy Food Brighter Mind Stronger India

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Mental Wellness & Mindfulness

A Calmer Mind • A Healthier You • A Brighter Tomorrow



Mental wellness is an essential part of overall health. A calm and positive mind helps us handle life's challenges, build better relationships and live a more meaningful and fulfilling life. Mindfulness is the practice of being fully present in the moment, without judgment. It helps reduce stress, improves focus and brings a sense of inner peace.

Why Mental Wellness Matters

Reduces Stress
Helps in managing daily pressures and anxiety.

Improves Emotional Health
Promotes positivity, self-esteem and resilience.

Enhances Focus & Productivity
Helps you concentrate and make better decisions.

Strengthens Relationships
A calm mind leads to better communication and understanding.

Supports Physical Health
Reduces risk of lifestyle diseases and improves overall well-being.

Brings Inner Peace
Helps you stay balanced and enjoy the present moment.

Common Signs of Mental Stress

- Frequent worry or overthinking
- Irritability or mood swings
- Difficulty in sleeping
- Lack of motivation or interest
- Feeling tired all the time
- Difficulty in concentrating
- Withdrawing from social activities

Simple Mindfulness Practices for Daily Life



1. Mindful Breathing
Take slow, deep breaths. Inhale positivity and exhale stress.



2. Be Present
Focus on the current moment. Notice your surroundings, thoughts and feelings.



3. Practise Gratitude
Take a few minutes daily to write or reflect on the things you are grateful for.



4. Meditation
Sit quietly for 10–15 minutes daily. Observe your breath and let go of negative thoughts.



5. Connect with Nature
Spend time in natural surroundings. Nature calms the mind and restores energy.

Tips for a Healthy Mind

- Get adequate and quality sleep (7–8 hours).
- Eat a balanced and nutritious diet.
- Stay physically active with regular exercise or yoga.
- Maintain positive relationships with family and friends.
- Limit screen time and take digital breaks.
- Engage in hobbies and creative activities.
- Practise yoga, meditation or pranayama daily.
- Stay positive and focus on what you can control.
- Seek professional help when needed. It's okay to ask for support.

Natural Ways to Reduce Stress


Herbal teas (chamomile, tulsi)


Aromatherapy with essential oils (lavender, eucalyptus)

Healthy snacks (nuts, seeds, fruits)


Soothing music or chanting


Reading inspiring books


Indoor plants and natural light


Regular time in nature

"A peaceful mind is not the absence of problems, but the ability to handle them with wisdom and calmness."

Take Care of Your Mind, It Cares for Your Whole Life.

Healthy Mind Happier Life Stronger India

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October 2026 | A Bilingual (English & Hindi) Monthly E-Magazine

The Power of Daily Movement

Move More • Feel Better • Live Healthier



Regular physical activity is one of the simplest and most effective ways to improve your health and well-being. Daily movement helps keep the body fit, the mind calm and the heart healthy. You don't need a gym or expensive equipment — small, consistent steps can make a big difference in your overall quality of life.

Key Benefits of Daily Movement

Improves Heart Health
Strengthens the heart, improves circulation and helps maintain healthy blood pressure.

Helps Maintain Healthy Weight
Burns calories, boosts metabolism and reduces the risk of obesity.

Stronger Bones and Muscles
Improves strength, balance and flexibility, reducing the risk of falls.

Boosts Mood and Reduces Stress
Releases happy hormones (endorphins) and helps in better mental well-being.

Reduces Risk of Chronic Diseases
Lowers the risk of diabetes, hypertension, heart disease and many lifestyle-related conditions.

Increases Energy and Stamina
Helps you feel more active, energetic and productive throughout the day.

Simple Ways to Include Movement in Daily Life



1. Walk Daily
Aim for at least 30 minutes of brisk walking. Start with 10 minutes if you are a beginner.



2. Use Stairs
Choose stairs instead of lifts whenever possible.



3. Take Movement Breaks
Stand up, stretch or walk for 5 minutes every hour, especially if you have a desk job.



4. Try Outdoor Activities
Cycling, gardening, dancing or playing sports are great ways to stay active.



5. Do Simple Exercises at Home
Include yoga, stretching or bodyweight exercises in your routine.



6. Stay Active in Daily Tasks
Household chores, cooking, cleaning and walking for errands also count as physical activity.

Recommended Daily Activity Guidelines

Adults
At least 150 minutes of moderate-intensity activity per week (e.g., brisk walking).

Or 75 minutes
of vigorous-intensity activity (e.g., running, cycling).

Include muscle-strengthening activities at least 2 days a week.

Children & Adolescents
At least 60 minutes of moderate to vigorous activity every day.

Older Adults
Stay active with safe and suitable exercises to maintain mobility, balance and strength.

Movement Tips for Everyone

- Start small and be consistent.
- Choose activities you enjoy.
- Set realistic goals.
- Be active with family and friends.
- Reduce long periods of sitting.
- Stay hydrated.
- Wear comfortable footwear.
- Listen to your body and avoid overexertion.



"Movement is a medicine for creating change in a person's physical, emotional and mental states."
– Carol Welch

Different Forms of Movement



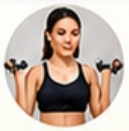
Walking
Simple and effective



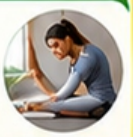
Yoga
Mind-body balance



Cycling
Fun and low-impact



Strength Training
Builds muscle and endurance



Flexibility
Improves mobility and posture

Move Today for a Stronger, Healthier You!

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Preventive Health

Small Steps Today • A Healthier Tomorrow



Preventive health care focuses on staying healthy, detecting health issues early and reducing the risk of diseases before they develop. By adopting healthy habits, regular check-ups and a balanced lifestyle, we can enjoy a longer, healthier and more active life.

Why Preventive Health Matters

Reduces Risk of Chronic Diseases
Helps prevent conditions like diabetes, hypertension, heart disease and certain cancers.

Detects Problems Early
Early screening can identify health issues at a stage when they are easier to treat.

Improves Quality of Life
Keeps you active, energetic and independent for longer.

Saves Healthcare Costs
Prevention is often more affordable than treatment.

Supports Mental Well-being
A healthy body and a healthy mind go hand in hand.

Builds a Healthier Society
When individuals are healthy, families and communities grow stronger.

Essential Preventive Health Check-ups



Blood Pressure Check
At least once a year.
Helps detect hypertension early.



Blood Sugar Test
At least once a year.
Important for early detection of diabetes.



Lipid Profile
Every 1–2 years.
Checks cholesterol and supports heart health.



Heart Health Check-up
Especially for people above 40 or with family history.



General Health Screening
Includes CBC, liver & kidney function tests.
Frequency: once a year.



Cancer Screening
As recommended (breast, cervical, prostate, colon etc.)



Eye and Dental Check-up
At least once a year.
Maintains vision and oral health.

Daily Habits for Preventive Health

Eat a Balanced Diet
Include fruits, vegetables, whole grains and natural foods.

Stay Physically Active
Aim for at least 30 minutes of exercise or yoga daily.

Get Adequate Sleep
7–8 hours of quality sleep supports overall health.

Manage Stress
Practice yoga, meditation or deep breathing.

Avoid Tobacco and Excessive Alcohol
They increase the risk of serious diseases.

Stay Hydrated
Drink enough water throughout the day.

Maintain a Healthy Weight
Keep a healthy BMI through diet and regular activity.

Take Vaccinations
Stay updated with recommended vaccines (e.g., flu, hepatitis, etc.).



Seasonal Preventive Health Tips

Spring
Strengthen immunity with fresh seasonal foods.

Summer
Stay hydrated and protect yourself from heat.

Monsoon
Maintain hygiene to prevent infections.

Autumn/Winter
Boost immunity with warm foods and regular exercise.

Remember!

- Small lifestyle changes make a big difference.
- Be consistent.
- Listen to your body.
- Don't ignore early warning signs.
- Consult a qualified health professional for personalised advice.
- Encourage your family and loved ones to adopt healthy habits.

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Healthy Sleep & Better Living

Rest Well • Heal Naturally • Live Fully



Good sleep is a pillar of good health. Quality sleep helps the body repair, strengthens the immune system, improves memory and concentration, balances emotions and supports overall well-being. In our busy lives, adequate and restful sleep is essential for a healthier, happier and more productive life.

Why Good Sleep Matters

Improves Brain Function
Enhances memory, learning and concentration.

Boosts Immunity
Helps the body fight infections and diseases.

Supports Heart Health
Maintains healthy blood pressure and reduces risk of heart disease.

Improves Mental Health
Reduces stress, anxiety and depression, and promotes a positive mood.

Regulates Hormones
Helps in weight management and controls appetite.

Enhances Physical Recovery
Repairs tissues, builds muscles and restores energy.

Recommended Sleep Duration



Infants (0–1 year) **12–16 hours**



Children (1–12 years) **9–12 hours**



Teenagers (13–18 years) **8–10 hours**



Adults (18–64 years) **7–8 hours**

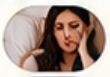


Older Adults (65+ years) **7–8 hours**

Tips for Better Sleep

- Maintain a fixed sleep and wake-up time, even on weekends.
- Get exposure to natural sunlight during the day.
- Limit screen time at least 1 hour before bed.
- Avoid caffeine, nicotine and heavy meals at night.
- Practice relaxation techniques such as deep breathing, meditation or gentle yoga.
- Keep your bedroom cool, quiet and comfortable.
- Use a comfortable mattress and pillow.
- Be physically active during the day.
- Stay positive and keep a gratitude journal.

Common Sleep Problems


Insomnia (difficulty in falling or staying asleep)


Frequent night awakenings


Poor quality or non-restorative sleep


Sleep apnea (breathing interruptions)


Excessive daytime sleepiness


Irregular sleep patterns

Natural Remedies for Better Sleep


Warm milk with turmeric or nutmeg


Herbal teas (chamomile, ashwagandha, brahmi)


Deep breathing (4-7-8 technique)


Gentle evening yoga or stretching


Aromatherapy (lavender oil)


Reading a book before bed

Good Sleep, Brighter Tomorrow

"A good night's sleep today leads to a healthier, happier and more productive tomorrow."



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Stronger Immunity for a Healthier You

Protect • Prevent • Stay Healthy • Stay Active



A strong immune system helps the body fight infections, recover faster and stay healthy. While no single food or remedy can prevent all illnesses, a balanced diet, healthy lifestyle and positive mindset can naturally support your immunity and overall well-being.

Why Immunity Matters

Fights Infections
Helps the body defend against viruses, bacteria and other harmful organisms.

Speeds Up Recovery
Helps you recover faster from illnesses.

Supports Overall Health
Keeps the body strong and functioning well.

Reduces Risk of Diseases
A strong immune system lowers the risk of common and seasonal illnesses.

Improves Energy Levels
Helps you stay active, focused and productive.

Promotes Long-Term Wellness
Supports healthy ageing and a better quality of life.

Immunity Boosting Foods



Citrus Fruits
Rich in Vitamin C (orange, lemon, amla)



Leafy Green Vegetables
Packed with vitamins, minerals and antioxidants (spinach, methi, kale)



Garlic & Ginger
Have natural anti-microbial properties.



Turmeric
Contains curcumin, known for its anti-inflammatory benefits.



Nuts & Seeds
Provide healthy fats, vitamin E and essential minerals (almonds, walnuts, chia seeds, flax seeds).



Probiotic Foods
Support gut health (yogurt, buttermilk, fermented foods).



Hydration
Helps the body function properly and flush out toxins.

Daily Habits to Strengthen Immunity

- Eat a balanced and nutritious diet.
- Stay hydrated throughout the day.
- Exercise regularly (e.g., walking, yoga).
- Get adequate and quality sleep.
- Manage stress through meditation, pranayama or hobbies.
- Avoid smoking and excessive alcohol.
- Get morning sunlight for Vitamin D.
- Maintain good hygiene and cleanliness.

Immunity Boosting Practices


Yoga & Pranayama


Deep Breathing


Regular Physical Activity


Morning Sunlight


Positive Mindset


Adequate Sleep

Seasonal Immunity Care

Spring
Stay hydrated, eat fresh fruits and manage allergies.

Summer
Drink plenty of water, include coconut water and light meals.

Monsoon
Maintain hygiene, eat home-cooked food and avoid street food.

Winter
Include warm foods, soups, turmeric and stay active indoors.



"A strong immune system is not just about avoiding illness, but about creating a stronger, healthier and more vibrant life."

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Women's Health at Every Stage of Life

Healthy Women • Healthy Families • Healthier Society



A woman's health is the foundation of a healthy family and a stronger society. Every stage of a woman's life – from childhood to the golden years – comes with unique physical, emotional and social needs. With the right care, nutrition, lifestyle and awareness, women can lead healthier, happier and more fulfilling lives.

Women's Health Across Life Stages



Childhood (0–12 years)
Proper nutrition, physical activity, immunization and healthy habits for strong growth and development.



Adolescence (13–19 years)
Awareness about menstrual health, balanced diet, mental well-being and healthy lifestyle choices.



Reproductive Years (20–40 years)
Menstrual health, family planning, nutrition, fitness, stress management and regular health check-ups.



Perimenopause (40–50 years)
Hormonal changes, bone health, weight management, mental well-being and preventive screenings.



Postmenopause (50+ years)
Bone and heart health, balanced diet, regular exercise, mental wellness and an active, purposeful life.

Key Tips for a Healthier Life

- Follow a balanced and nutritious diet.
- Stay physically active through yoga, exercise or daily walking.
- Practice stress management techniques like meditation and deep breathing.
- Get adequate and quality sleep.
- Maintain a healthy weight and body composition.
- Go for regular health check-ups and screenings.
- Stay hydrated throughout the day.
- Spend time in natural sunlight for Vitamin D.
- Avoid smoking, excessive alcohol and unhealthy habits.
- Build a strong support system with family and friends.

Common Women's Health Concerns



Menstrual Disorders
Irregular periods, heavy bleeding, painful periods.



PCOS (Polycystic Ovary Syndrome)
Hormonal imbalance, weight gain, acne, irregular periods.



Uterine Fibroids & Other Conditions
Non-cancerous growths that can affect reproductive health.



UTI (Urinary Tract Infection)
Common in women, causes burning sensation and frequent urination.



Breast Health
Regular self-examination and screening for early detection.



Bone Health
Risk of osteoporosis in later years.



Mental Health
Stress, anxiety, mood changes and emotional well-being.

Nutrition for Women's Health



Fruits & Vegetables
Rich in vitamins, minerals and antioxidants.



Whole Grains
Provide sustained energy and fiber.



Protein-Rich Foods
Support muscle health and hormonal balance.



Calcium & Iron-Rich Foods
Essential for bone health and preventing anemia.

"A healthy woman is a stronger individual, a happier family and a brighter society."



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Environment & Holistic Health

A Cleaner Planet • A Healthier You • A Brighter Tomorrow



A clean and healthy environment is essential for our physical, mental and emotional well-being. The air we breathe, the water we drink, the food we eat and the natural spaces around us directly impact our health. By protecting the environment, we not only support our own well-being but also create a safer, healthier and more sustainable future for generations to come.

The Connection Between Environment and Health



Clean Air
Reduces the risk of respiratory diseases, improves lung function and boosts overall well-being.



Clean Water
Prevents water-borne diseases and keeps the body healthy and hydrated.



Safe and Nutritious Food
Naturally grown, chemical-free food supports better nutrition and stronger immunity.



Green Spaces
Reduces stress, improves mental health and encourages physical activity.



Healthy Ecosystems
Maintain a natural balance and support long-term health for all living beings.

Benefits of a Clean Environment

Better Physical Health
Cleaner air and water reduce the risk of chronic diseases.

Improved Mental Well-being
Nature helps reduce stress, anxiety and depression.

More Active Lifestyle
Parks, trails and green spaces encourage outdoor activity.

Stronger Immunity
A cleaner environment supports natural body defenses.

Healthier Communities
Clean surroundings create safer, happier and more productive societies.

Sustainable Future
Protecting the environment ensures good health for future generations.

Simple Actions for a Greener, Healthier Planet

Plant Trees
Increase green cover and improve air quality.



Save Water
Use water wisely and prevent wastage.



Reduce, Reuse, Recycle
Minimize waste and choose sustainable products.



Avoid Single-Use Plastic
Choose eco-friendly alternatives.



Conserve Energy
Switch off unused lights and appliances.



Use Eco-Friendly Transport
Walk, cycle or use public transport whenever possible.



Grow Your Own Food
Try home gardening for fresh, chemical-free vegetables.





Eco-Friendly Lifestyle Tips

- Choose organic and local food.
- Use reusable bags, bottles and containers.
- Walk, cycle or carpool whenever possible.
- Keep your home and surroundings clean and green.
- Support afforestation and community clean-up drives.
- Be a responsible consumer and reduce your environmental footprint.

Healthier Planet, Healthier People

- Cleaner Air
- Cleaner Water
- Greener Surroundings
- Healthier Food
- Happier Communities
- A Stronger India



Let's protect nature today for a healthier tomorrow!

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Drug-Free INDIA

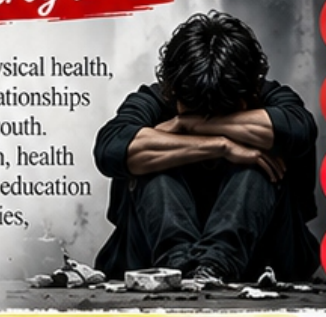
Healthy People • Strong Families • Brighter India

Choose Health
Choose Life
Choose Your Dreams



The Reality Drugs Destroy Lives

Drug abuse affects physical health, mental well-being, relationships and the future of our youth. It can lead to addiction, health complications, loss of education and career opportunities, and social problems.



- Health Problems
- Mental Stress and Depression
- Addiction and Loss of Control
- Broken Families and Relationships
- Loss of Education and Career

Choose Life, Not Drugs

A drug-free life gives you better health, a sharper mind, stronger relationships and a brighter future. Say NO to drugs and say YES to a happy, healthy and meaningful life.



- A Healthier Body
- A Clearer Mind
- Stronger Relationships
- Greater Opportunities
- A Brighter Future

Warning Signs of Drug Abuse

Be Aware. Know the Signs. Help Early.

- Sudden mood changes
- Loss of interest in studies, work or hobbies
- Isolation from family and friends
- Decline in physical health and appearance
- Financial problems
- Secretive behaviour



How to Stay Away from Drugs

Make Healthy Choices for a Better Tomorrow

Stay Active
Involve yourself in sports, yoga and physical activities.

Choose Good Friends
Build positive relationships and stay away from peer pressure.

Focus on Your Goals
Set clear goals for your education, career and personal growth.

Manage Stress Naturally
Practice yoga, meditation and deep breathing.

Explore Your Interests
Engage in creative and meaningful hobbies.

Talk to Someone
Share your feelings with family, teachers or a trusted friend.

NIHH's Message to the Youth

"You are the Future of India. Choose health, choose positivity, choose your dreams. Stay away from drugs and be the change for a brighter, stronger and healthier India."



Healthy Alternatives to Drugs

Live a Meaningful and Fulfilling Life



Yoga & Meditation	Sports & Physical Activity	Creativity & Hobbies	Nutritious Food	Time in Nature	Family & Friends	Education & Career Goals
Peaceful Mind	A Stronger Body	A Happier You	Better Health	Fresh Mind	Stronger Support	A Brighter Future

Say NO to Drugs
Say YES to Life



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Balance Digestive Fire (Jatharagni) through Yoga

Ancient Wisdom for a Healthier, Happier Life





By Dr. Poonam Singh
Founder & Gen. Sec. - YOGMANTHAN

Ayurvedic Perspective on Agni



Acharya Charaka

Acharya Charaka states that mandagni i.e. "Rogah Sarve Api Mandeagnau" is the root cause of all diseases.

Aacharya Charka said that life span, color and complexion, strength, health, enthusiasm, nourishment, ojas, vigor, prana all these depends on Agni. If Agni is vitiated causes diseases. Normal state of Agni is responsible for to maintain health of body. If Agni is removed from body causes death. So that it is consider as root of life (1).

> *"Life span, color and complexion, strength, health, enthusiasm, nourishment, ojas, vigor, prana all depend on Agni."*
> – Acharya Charaka

As stated by Aacharya Charaka Ahar (diet), Nidra (sleep), and Bramahacharya (celibacy) together are referred to as the Trayupastambha of the body, which is in charge of the body's development, strength, and complexion.

The Three Pillars of Health (Trayupastambha)



Understanding Digestion

Digestion is one of the most fundamental processes that sustains life. It enables the body to break down food into essential nutrients that provide energy, support growth, repair tissues, and maintain overall health.

During digestion, food and beverages are transformed into smaller molecules that can be absorbed into the bloodstrean and transported to every cell in the body. These nutrients—including carbohydaites, proteins, fats, vitamins, and minerals—serve as the building blocks for countless physiological functions.



Beyond Food: A Holistic View

From an Ayurvedic perspective, digestion extends beyond the processing of food alone.

Ayurveda teaches that we continuously "digest" everything we encounter in life, including our emotions, thoughts, experiences, and sensory impressions received through the eyes, ears, nose, tongue, and skin. Just as improper digestion of food can affect physical health, an inability to process emotional and sensory experiences can influence mental and emotional well-being.



Agni – The Digestive and Metabolic Fire

At the heart of this digestive process is Agni, the Sanskrit term for the body's digestive and metabolic fire. Ayurveda considers balanced Agni to be the cornerstone of good health.

It governs the transformation of food into nourishment, supports metabolism, and plays a vital role in maintaining immunity, vitality, and overall strength. A healthy Agni enables efficient digestion, optimal nutrient absorption, and the elimination of waste, while disturbances in Agni are regarded as one of the primary causes of disease.



"A balanced Agni is the cornerstone of good health."

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Understanding the 13 Types of Agni

The Key to Digestion, Metabolism and Holistic Health



According to Ayurveda, there are thirteen types of Agni, each responsible for specific metabolic and transformative functions within the body and mind. Among them, **Jatharagni**, or the primary digestive fire, is considered the most important.

Located in the stomach and upper digestive tract, Jatharagni is responsible for digesting the food we consume. In modern physiological terms, its function corresponds to the action of hydrochloric acid, digestive enzymes, and digestive secretions produced by the stomach, duodenum, and small intestine.

> *"Jatharagni is the most important of all the Agnis because every food and nutrient consumed first undergoes digestion under its influence."*

Importance of a Healthy Jatharagni

- When Jatharagni functions optimally, digestion is efficient, nutrients are properly assimilated, and the body remains healthy and energized.
- However, when digestive fire becomes weak or impaired, the digestive process is compromised. This may result in symptoms such as:



The Thirteen Types of Agni in Ayurveda

Ayurveda classifies Agni into thirteen distinct types based on their location and specific physiological functions. Together, these forms of Agni regulate digestion, metabolism, tissue nourishment, and the transformation of nutrients throughout the body, forming the foundation of health and longevity.



These are classified into one Jatharagni, five Bhutagnis, and seven Dhatvagnis, each performing a unique role in digestion, metabolism, and tissue nourishment.

Jatharagni – The Primary Digestive Fire

Jatharagni is the principal digestive fire located in the stomach and duodenum. It is regarded as the most important of all the Agnis because every food and nutrient consumed first undergoes digestion under its influence.

Jatharagni is responsible for breaking down food composed of the five basic elements (Panchamahabhutas) into a form that can be absorbed and utilized by the body's tissues.

It also separates food into two components:



Sara
The nourishing essence that supports the body's tissues.



Kitta
The waste products that are eliminated from the body.

Four Types of Jathaagni

Based on its functional state, Jatharagni is classified into four types:

1 Samagni (Balanced Agni)



- Normal and efficient digestion.
- Promotes good health.

2 Mandagni (Weak Agni)



- Slow digestion.
- May lead to heaviness, sluggish metabolism, and toxin accumulation.

3 Tikshagni (Intense Agni)



- Excessively strong digestion.
- May cause excessive hunger, acidity, or tissue depletion.

4 Vishamagni (Irregular Agni)



- Variable digestion.
- Associated with bloating, gas, constipation, and irregular appetite.



> *"Maintaining Samagni, the balanced state of digestive fire, is considered essential for health and longevity."*

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The Five Bhutagnis and Seven Dhatvagnis in Ayurveda

From Food to Life: The Transformative Journey of Agni

Balanced Agni Nourishes All Tissues

Bhutagni – The Elemental Digestive Fires

The five Bhutagnis correspond to the five basic elements (Panchamahabhutas) that constitute the human body and the food we consume. They further transform nutrients so that they become compatible with the body's elemental composition and can be effectively utilized.

The Five Bhutagnis

Parthiva Agni (Earth)	Apya Agni (Water)	Tejas Agni (Fire)	Vayavya Agni (Air)	Nabhasa Agni (Space)
Helps in the digestion and assimilation of solid elements.	Aids in the digestion of liquid elements and maintains fluid balance.	Supports metabolic transformation and chemical digestion.	Helps in the movement, absorption and assimilation of nutrients.	Facilitates subtle transformation and provides space for metabolic processes.

> "The five elemental digestive fires ensure that food is transformed in harmony with the five elements of the body, making it suitable for further nourishment."



"Balanced Bhutagnis lead to proper assimilation, stronger tissues and overall well-being."

Dhatvagni – The Tissue Digestive Fires

After primary digestion, nutrients are acted upon by the seven Dhatvagnis, each residing within one of the seven body tissues (Dhatus). Their role is to nourish, maintain, and transform the respective tissues.

The Seven Dhatvagnis

1	Rasagni (Rasa Dhatu)	Present in Rasa Dhatu (plasma and body fluids). It nourishes and maintains body fluids and supports hydration and vitality.	Rasa Dhatu (Plasma & Body Fluids)
2	Raktagni (Rakta Dhatu)	Present in Rakta Dhatu (blood). It helps in the transformation and nourishment of blood, providing oxygen and vitality.	Rakta Dhatu (Blood)
3	Mamsagni (Mamsa Dhatu)	Present in Mamsa Dhatu (muscle tissue). It supports the growth, repair and maintenance of muscles and body structure.	Mamsa Dhatu (Muscle Tissue)
4	Medagni (Meda Dhatu)	Present in Meda Dhatu (adipose or fatty tissue). It helps in the metabolism and storage of healthy fats and provides energy.	Meda Dhatu (Fatty Tissue)
5	Asthyagni (Asthi Dhatu)	Present in Asthi Dhatu (bone tissue). It supports bone formation, strength and structural stability.	Asthi Dhatu (Bone Tissue)
6	Majjagni (Majja Dhatu)	Present in Majja Dhatu (bone marrow and nervous tissue). It nourishes the nervous system and supports immunity and mental strength.	Majja Dhatu (Bone Marrow & Nervous Tissue)
7	Shukragni (Shukra Dhatu)	Present in Shukra Dhatu (reproductive tissue, including sperm and ovum). It supports reproductive health, vitality and the continuation of life.	Shukra Dhatu (Reproductive Tissue)

The Complete Digestive Transformation



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The Power of Agni for a Healthier, Happier Life

Good Digestion Today, Brighter Health Tomorrow



Nourishment for All Tissues

Together, these tissue-specific metabolic fires ensure proper nourishment, growth, repair, and maintenance of the body's tissues.



Agni – The Foundation of Health

A strong and balanced Agni is the foundation of physical health, mental clarity, and emotional well-being.

Ayurveda emphasizes that true nourishment depends not merely on the food we consume but on our ability to digest, absorb, and assimilate it.

> *"We are not what we eat; we are what we digest."*

Benefits of Healthy Digestion

Healthy digestion supports:

- Efficient nutrient absorption
- Stronger immunity
- Enhanced energy levels
- Healthy skin
- Emotional balance
- Overall vitality

When Digestion is Impaired

Conversely, impaired digestion may lead to digestive disorders, toxin accumulation (Ama), fatigue, and a variety of health problems.



Yoga for a Healthy Digestive System

Yoga complements Ayurvedic principles by naturally supporting digestive health. Regular practice of yoga:

- Stimulates the digestive organs
- Improves circulation
- Relieves stress
- Enhances gut motility
- Promotes balanced functioning of the digestive system



A healthy digestive system not only reduces the risk of indigestion and bloating but also contributes to:

- Clearer skin
- Improved mood
- Stronger immunity
- Better overall health



Best Time to Practice Yoga

For the best results, yoga should be practiced on an empty stomach.

Allow at least **3–4 hours after a meal** before beginning your practice to ensure comfort and optimal digestive function.



A Calm Mind, A Healthy Gut, A Brighter Life

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13 Yoga Poses to Improve Digestion

Yoga for a Happy Gut, Healthy Body and Calm Mind

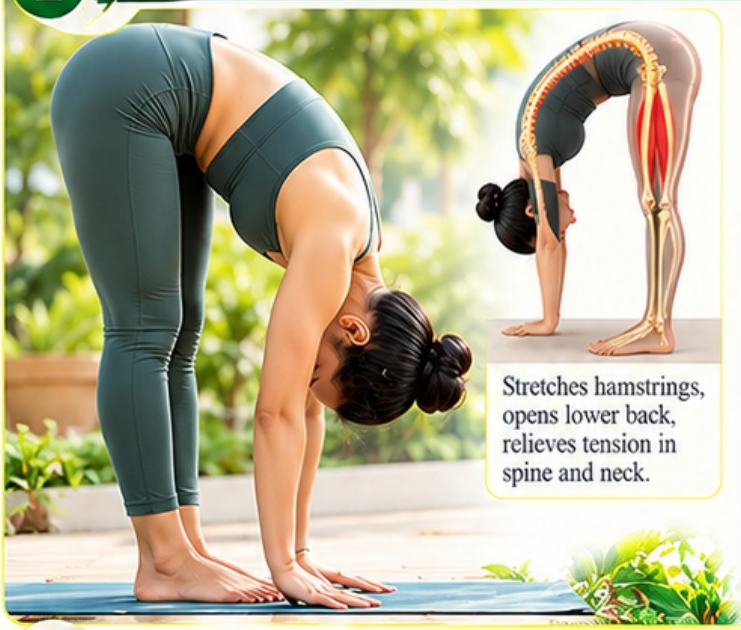


Yoga stimulates the digestive organs, improves blood circulation, relieves stress, enhances gut motility and helps in balancing Agni. Practicing these yoga poses regularly can reduce indigestion, bloating and constipation, and promote overall digestive health.

Key Benefits

- Stimulates digestive organs
- Improves gut motility
- Relieves stress
- Enhances metabolism
- Reduces bloating
- Prevents constipation
- Supports overall health

1 Uttanasana (Standing Forward Bend)



Stretches hamstrings, opens lower back, relieves tension in spine and neck.

This transitional inversion posture stretches your hamstrings, opens up your lower back and relieves tension in the spine and neck. Doing this pose properly, with the pelvis hinging forward and the lower back staying neutral, allows the spine to relax and elongate, increasing blood flow to the brain. The spine moves into the primary curve, known as the natural shape from when you were in the womb, subconsciously making you feel safe and comforted.

Benefits

- Improves digestion
- Relieves stomach ache



Precautions

- Don't practice this pose in Diarrhea, osteoarthritis of the knees, scoliosis or excessive curvature of Lumber spine.
- In back injury do this pose with bent legs or use wall and do ardha (half) uttanasana (legs perpendicular to your torso, and arms parallel to the floor).
- For slipped discs or other spinal disorder: forward bend to the point of having a flat back. Don't put the head between the knees.
- In Dizziness or Acidity: Place feet hip width apart.

2 Ushtrasana (Camel Pose)





Stretches chest, abdomen and quadriceps. Improves spinal mobility.

Stretches the front of the body including the chest, abdomen, and quadriceps. Improves spinal mobility. This pose creates space in the chest and lungs, increasing breathing capacity and helping to relieve respiratory ailments. Ushtrasana also stimulates the kidneys, which improves digestion. This pose energizes the body and helps to reduce anxiety and fatigue.

Benefits

- Stimulates digestive organs (including kidneys)
- Increases breathing capacity
- Improves spinal mobility
- Reduces anxiety and fatigue



Precautions

- Do not practice this pose if you are currently experiencing high or low blood pressure, insomnia, hernia or a migraine.
- Also avoid this pose if you have a low back or neck injury during pregnancy.
- Always work within your own range of limits and abilities.
- If you have any medical concerns, talk with your doctor before practicing yoga.

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Simple Yogic Practices for a Stronger Gut and Better Health



3 Bhujangasana (Cobra Pose)



> *"Bhujangasana opens the chest, improves breathing and stimulates digestion."*

In Sanskrit language "Bhujang" stands for "Cobra" and also while practicing Bhujangasana the entire body structure looks like hooded snake that is why it is also known as "Cobra Pose". This pose opens up the chest, improves breathing, reduces stress, strengthens the shoulders, back and abdomen and more importantly improves circulation and digestion.

The pose is great in helping the stomach acids function normally hence very effective in beat symptoms like acidity, constipation etc.

Benefits

- Improves digestion
- Opens up the chest
- Improves breathing
- Reduces stress
- Strengthens shoulders, back and abdomen
- Improves circulation



Precautions

- People suffering from harmful ailments like hernia, hyperthyroidism or intestinal tuberculosis should not practice this asana.
- One should not perform this asana if suffering from peptic ulcers, diarrhea, Carpal tunnel syndrome, Headaches, Recent abdominal surgeries.
- Avoid practice during pregnancy.

Main Areas Stretched & Stimulated



4 Paschimottanasana (Seated Forward Bend)



Seated Forward Bend is a basic yet challenging pose with several benefits in addition to relieving stress and anxiety. Additional benefits include: stretches the hamstrings, spine, and lower back, improves digestion, relieves symptoms of PMS and menopause, reduces fatigue, stimulates the liver, kidneys, ovaries, and uterus. It increases the peristalsis of the bowels, relieves constipation, and removes sluggishness of liver, dyspepsia, belching and gastritis.

In the Book Hatha Yoga Pradipika, chapter 1, verse 29 describes about this asana :
"This most excellent of all asanas, Paschimottanasana, makes the breath flow through the Sushumna, rouses the gastric fire, makes the loins lean, and removes all diseases."

> *"Paschimottanasana rouses the gastric fire, relieves constipation and brings balance to body and mind."*

Benefits

- Stretches hamstrings, spine and lower back
- Improves digestion
- Relieves symptoms of PMS and menopause
- Reduces fatigue
- Stimulates liver, kidneys, ovaries and uterus
- Increases bowel movement and relieves constipation
- Helps in dyspepsia, belching and gastritis



Precautions

- Don't practice this asana in Back injury,
- Diarrhoea and Asthma.

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5 Ardha Matsyendrasana (Half Spinal Twist)



Twists in yoga poses bring us a host of benefits. According to yogic teachings, they squeeze the internal organs and encourage the flow of oxygenated blood while eliminating toxins and metabolic waste products. Twisting poses can also help reduce abdominal bloating and digestive discomfort.

Benefits

- Stimulates digestive organs
- Improves digestion and gut motility
- Helps reduce abdominal bloating
- Encourages elimination of toxins and metabolic waste
- Improves circulation to abdominal organs
- Supports liver, kidneys and pancreas



Key Organs Activated



> *"Twisting poses squeeze and stimulate the internal organs, helping in better digestion and detoxification."*

6 Marjariasana (Cat Pose)



The cat pose soothes and stretches the lower back, relieving stress while gently massaging the spine. It works into and massages the abdominal organs, increasing circulation to these areas and giving you a feeling of lightness. Breathing deeply in these poses will massage your organs as you alternately compress and lengthen the intestines, bringing fresh blood to the epithelial cells, which are responsible for healthy gut function.

Benefits

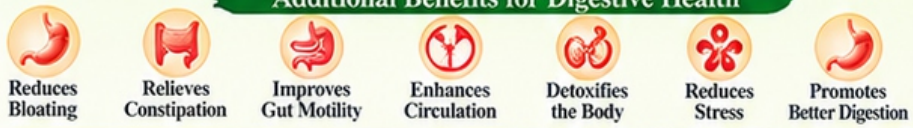
- Gently massages the abdominal organs
- Improves digestion and gut motility
- Relieves stress and tension
- Stretches and strengthens the spine
- Increases circulation to digestive organs
- Promotes a feeling of lightness
- Supports overall gut health



Precautions

- If you have a sensitive neck, do not crunch the back of the neck too much as you look up. It is best to look forward to avoid the strain.
- Make sure your shoulders are away from your ears.
- Consult a doctor before you do this pose if you have a neck injury.
- It is best to practice yoga under the supervision of an expert.

Additional Benefits for Digestive Health



> *"A flexible spine, a calm mind and a healthy gut create the foundation for a healthier, happier you."*

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7 Setu Bandhasana (Supported Bridge Pose)



This is great backbend opens up your chest and stretches your lumbar spine and psoas, the deep hip flexor muscle that connects your torso to your legs. This posture helps release the muscle fatigue that may be caused by poor digestion. Keeps the back flexible and healthy, opening up the frontal heart, where flexibility in the body mirrors flexibility in the mind.

It mainly strengthens the lower back and abdominal muscles and opens the chest. It is strongly recommended to people suffering from pain either in any part of the spine or in the hip joints. It has curative and corrective effects on the disorders of the shoulder joints, neck, arms and the palms.

Key Areas Strengthened & Activated



Benefits

- Strengthens lower back and abdominal muscles
- Opens the chest and improves breathing
- Releases muscle fatigue caused by poor digestion
- Keeps the spine flexible and healthy
- Helpful for spine and hip joint pain
- Beneficial for shoulder joints, neck, arms and palms



8 Halasana (Plough Pose)



This asana massages the digestive organs, and therefore, improves digestion and regulates appetite. It regulates metabolism and helps in weight loss. It is an excellent asana for diabetic patients because it normalizes the blood sugar levels. It flexes the spinal cord and releases the strain in the back, thereby enhancing posture and reducing any pain. It helps relieve the symptoms of menopause and stimulates the reproductive system. Halasana heals and calms the sympathetic nervous system. It helps to balance the secretions in the glands, specifically thyroxin and adrenaline. It also removes toxins from the urinary and digestive tracts. If you have had a history of high blood pressure, this asana helps relieve hypertension as well.

Benefits

- Massages the digestive organs and improves digestion
- Regulates appetite and metabolism
- Helps in weight loss
- Beneficial for diabetic patients (normalizes blood sugar levels)
- Enhances posture and reduces back pain
- Helps relieve symptoms of menopause
- Stimulates the reproductive system
- Balances glandular secretions (thyroxin and adrenaline)
- Removes toxins from urinary and digestive tracts
- May help relieve hypertension



Precautions

- Avoid practicing this asana if you have Diarrhea, menstruation, neck injury and in pregnancy.
- If suffering from hypertension and asthma support your legs with props.

Key Benefits for Digestive Health



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9 Vajrasana (Thunderbolt Pose)



Improves blood circulation to the digestive area

Vajrasana is a kneeling pose, and it takes its name from the Sanskrit word Vajra, which means diamond or thunderbolt. Asana means pose. The Vajrasana regulates blood circulation in the lower pelvic region. Sitting on your legs reduces the blood flow in the legs and increases it in the digestive area, therefore increasing the efficiency of the digestive system.
Try to stay in this position for a minimum of 5 to 10 minutes.

Benefits

- Improves digestion
- Regulates blood circulation in the lower pelvic region
- Helps in better nutrient absorption
- Reduces bloating and indigestion
- Calms the mind and improves concentration



Precautions

- It is best to avoid this asana if you have a knee problem or have undergone surgery in your knees recently.
- Pregnant women should keep their knees slightly apart when they practice this asana so that they avoid putting pressure on their abdomen.
- If you are suffering from any spinal column ailments on the lower vertebrae, it is best to avoid this pose.
- Those suffering from intestinal ulcers, hernia, or any other problems related to the large or small intestine should practice this pose under the guidance of a yoga instructor.

Key Benefits for Digestive Health

Stimulates Digestive System | Relieves Indigestion | Reduces Bloating | Calms Mind & Reduces Stress

10 Ardha Pawan Muktasana (Half Wind Relieving Pose)



This asana's name reflects its benefits, that is, the release of unnecessary gases from the body, especially the stomach. It strengthens the lower back and stretches the spinal cord. It is thus particularly good for treating back pain. The posture helps to massage the abdomen and the digestive system thereby eliminating wind and preventing constipation. It stimulates and directly exercises internal organs such as the pancreas, the intestines and other organs around the stomach. It is believed to help in the management, even prevention, of diabetes. It massages the pelvis and the reproductive organs. It helps reduce discomfort due to constipation, gas and other digestive disorders as well as during menstrual periods.

Precautions / Modifications

- Those suffering from high blood pressure should not press their folded leg too much nor raise the head. Keep the head on the ground.
- Practice gently if you have back problems.
- It is advisable to practice under the guidance of a yoga instructor, especially if you have any medical condition.

Benefits

- Helps in releasing gas from the body
- Improves digestion and prevents constipation
- Strengthens the lower back and stretches the spine
- Massages abdominal organs (pancreas, intestines, etc.)
- Helps in management of diabetes
- Massages the pelvis and reproductive organs
- Reduces discomfort during menstrual periods



Key Benefits for Digestive Health

Relieves Constipation | Eliminates Gas | Improves Digestion | Strengthens Lower Back | Supports Reproductive Health | Provides Overall Relief

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11 Adhomukha Svanasana (Downward Facing Dog)



This inverted pose leaves you energized and rejuvenates the body. It increases blood circulation to the brain. Calms the mind and helps relive headache, insomnia, fatigue and stress.

Benefits

- Increases blood circulation to the brain
- Energizes and rejuvenates the body
- Calms the mind
- Helps relieve headache and insomnia
- Reduces fatigue and stress



Key Benefits for Digestive Health

- Stimulates Digestive Organs
- Improves Blood Circulation
- Calms Mind & Reduces Stress
- Relieves Headache & Fatigue
- Supports Overall Well-being

12 Utthita Trikonasana (Triangle Pose)



This standing posture stretches your hips, oblique, hamstrings, shoulders, chest and spine. The feeling of stress relief come from the extension of the spine out of the hips as well as the deep breathing. It also helps improve digestion and ones rate of metabolism also stress related stomach ailments like constipation.

Benefits

- Stretches hips, oblique, hamstrings, shoulders, chest and spine
- Improves digestion and metabolism
- Relieves stress
- Helps with constipation and other stress-related digestive issues



Precautions

- Do not do this pose if you suffer from any neck or spinal injuries.
- If you have high blood pressure, perform this exercise only under supervision.

13 Balasana (Child's Pose)



The calming child's pose is a resting posture that can help quiet the mind, easing stress and anxiety while gently stretching the back. It's also good for the nervous system and lymphatic system. It's very restorative child-like and allows us to come inward to ourselves. Since this pose relaxes you, it is best to beat stress and relieve gastrointesiinal symptoms related to the condition. So, after that tiring day at work, this is the best asana for you.

Benefits

- Calms the mind and reduces stress and anxiety
- Gently stretches the back
- Supports the nervous and lymphatic system
- Helps relieve gastrointesiinal symptoms
- Promotes overall relaxation and well-being



Note:

- All poses should be done under guidance of a yoga expert and consult a doctor before practicing.
- Those suffering from intestinal ulcers, hernia, or any other problems related to the large or small intestine should practice this pose under the guidance of a yoga instructor.

Key Benefits for Digestive Health

- Improves Digestion
- Relieves Constipation
- Reduces Stress & Anxiety
- Supports Nervous System
- Promotes Relaxation

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Ph.D, Director – Samshuddhi Nature Cure Hospital,
Gurugram (Haryana)



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Director – Kayakalp Nature Cure Hospital,
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BNYS, MD,
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"Healthy" Periods Happier You



Menstrual Disorders and Cure with Naturopathy Remedy

Menstruation is a natural and healthy process. It is an important sign of a woman's reproductive and hormonal health. However, due to modern lifestyle, stress, unhealthy diet, lack of exercise and environmental factors, many women experience menstrual disorders.

What are Menstrual Disorders?

Menstrual disorders refer to any irregularity in the menstrual cycle, including changes in the frequency, duration, amount of bleeding or associated symptoms. These disorders can affect a woman's physical, emotional and reproductive health if not addressed properly.



Common Types of Menstrual Disorders

- Irregular menstrual cycle
- Heavy menstrual bleeding (Menorrhagia)
- Scanty menstrual flow (Hypomenorrhea)
- Painful periods (Dysmenorrhea)
- Absent periods (Amenorrhea)
- Premenstrual Syndrome (PMS)
- Polycystic Ovary Syndrome (PCOS)
- Menopause related irregularities



Common Symptoms



Possible Causes

- Hormonal imbalance
- Stress and anxiety
- Poor diet and lifestyle
- Lack of physical activity
- Obesity or being underweight
- Thyroid disorders
- PCOS and other reproductive health issues
- Excessive use of hormonal medications
- Environmental toxins



Naturopathy Approach to Treat Menstrual Disorders

Naturopathy focuses on natural healing methods to balance hormones, improve overall health and restore the natural menstrual cycle. It works by addressing the root cause through diet, lifestyle changes, detoxification and natural therapies.

"Natural living supports hormonal balance, healthy periods and a happier, healthier you."

Naturopathy Remedies and Practices



Healthy Diet

- Include fresh fruits, vegetables, whole grains, seeds and nuts.
- Consume iron-rich foods like spinach, beetroot, dates and jaggery to prevent anemia.



Herbal Remedies

- Ginger tea: Helps reduce menstrual cramps and inflammation.
- Cinnamon: Supports hormonal balance.
- Aloe vera juice: Regulates the menstrual cycle.
- Shatavari: Nourishes the reproductive system.



Hydrotherapy

- Hot water fomentation on the lower abdomen relieves cramps.
- Cold packs help in case of heavy bleeding.



Detoxification

- Regular intake of warm water with lemon helps in detoxification.
- Periodic fasting or fruit diet (under guidance) helps remove toxins and supports hormonal balance.



Yoga and Exercise

- Practices like Baddha Konasana, Supta Baddha Konasana, Marjariasana, Setu Bandhasana and gentle stretches help regulate the menstrual cycle.
- Regular exercise improves blood circulation and reduces stress.



Stress Management

- Meditation, deep breathing and relaxation techniques help balance hormones.
- Adequate sleep and positive thinking reduce mood swings and anxiety.



Maintain Healthy Weight

- Maintain a healthy body weight through a balanced diet and regular physical activity.



Avoid Harmful Habits

- Limit consumption of processed food, caffeine, alcohol and smoking.
- Avoid excessive use of hormonal medications without medical advice.

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ZERO GRAIN ATTA for

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Healthy Blood Sugar Happier Life

A Nutritious Alternative to Wheat Atta
Specially Formulated for **Diabetic Patients**



Key Benefits

- Helps in better blood sugar management
- Rich in protein, fibre and essential nutrients
- Supports healthy digestion
- Keeps you fuller for longer
- Helps in weight management
- A healthy alternative to wheat atta

Ingredients (Per 100g)

- Dhuli Masoor (Red Lentils) – 40 gm
- Dhuli Moong (Split Mung Beans) – 40 gm
- Pumpkin Seeds – 5 gm
- Chia Seeds – 5 gm
- Dry Coconut Powder – 10 gm

Nutritional Value (Per 20 g)*

Nutrient	Value
Calories	72 kcal
Protein	4.5 g
Carbohydrates	11.5 g
Fibre	2.9 g
Fat	1.5 g
Calcium	45 mg
Iron	1.2 mg
Magnesium	35 mg
Potassium	220 mg

***Disclaimer:** This atta is made from natural ingredients; thgrefore, nutritional values may vary. The values provided are indicative and not exact.

Zero Grain Atta vs Wheat Atta

Protein	2 times
Iron	2 times
Calcium	6 times
Fibre	33% more
Carbohydrate	30% less

In Comparison to Wheat Atta

How to Use



Rotis | Parathas | Cheelas | Can be used in daily cooking

- 100% Natural Ingredients
- No Preservatives
- Zero Grain Formula
- Diabetic Friendly

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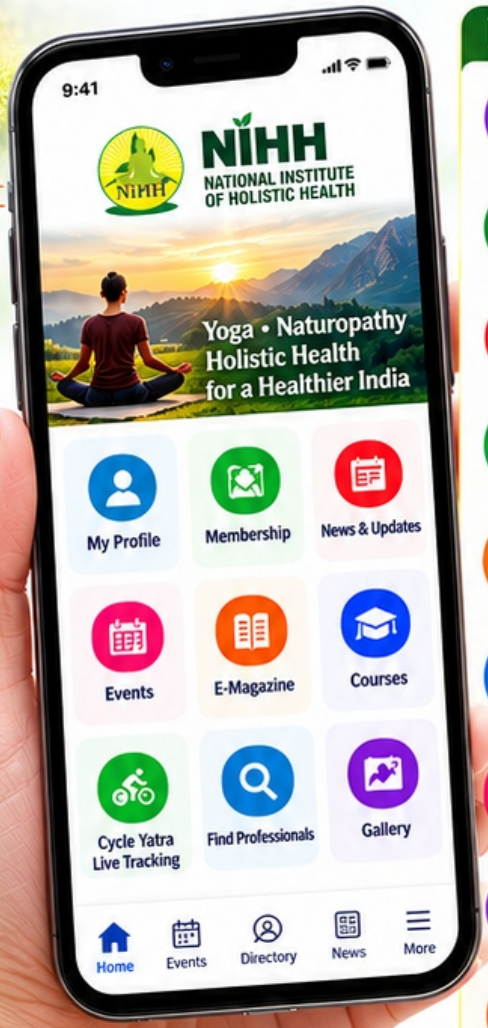
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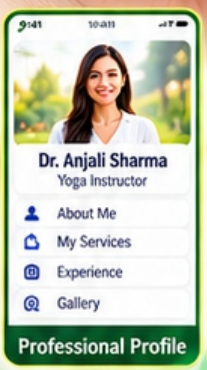
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Introducing Our New

LIFETIME MEMBERS

Together for a Healthier, Happier India

Healthy People Happier India

We are delighted to welcome our new Lifetime Members to the NIHH family.
Your commitment and support strengthen our mission of promoting Yoga, Naturopathy and Holistic Health for a better and healthier society.



Mr. Surender Rathi

Lifetime Member

Cooch Behar
(West Bengal), India

Mr. Surender Rathi is deeply committed to promoting holistic health, natural living and community well-being. His association with NIHH reflects his passion for creating a healthier and more balanced society through Yoga, Naturopathy and holistic practices.

"Let us work together for a healthier community and a brighter future."



Dr. Jagtar Singh Sekhon

Lifetime Member
Senior Executive Member

Moga (Punjab), India

Dr. Jagtar Singh Sekhon is a dedicated health professional with strong commitment towards Yoga, Naturopathy and community health. His guidance and active involvement with NIHH continue to inspire many in the field of holistic health and wellness.

"Holistic health is the path to a stronger, healthier and more peaceful society."



Dr. Sunitha Singh

Lifetime Member

Lucknow (U.P), India

Dr. Sunitha Singh is a well-known health professional committed to preventive healthcare, holistic wellness and natural healing. Her association with NIHH strengthens our mission to spread awareness about holistic health and healthy living in the community.

"Good health is the foundation of a happy family and a stronger nation."



Ms. Poonam Singh

Yoga Educator and Lifetime Member

New Delhi, India

Ms. Poonam Singh is a dedicated Yoga Educator passionate about spreading the benefits of yoga and holistic wellness. Through her teaching and active contribution with NIHH, she continues to inspire individuals to adopt a healthier, more balanced and mindful lifestyle.

"Yoga is a journey towards a healthier, happier and more harmonious life."

People • Wellness • A Healthier India

NiHH
NATIONAL INSTITUTE OF HOLISTIC HEALTH
Yoga | Naturopathy | Wellness for All

National Institute of Holistic Health (NIHH)

Organized by the National Institute of Holistic Health,
Inspired by Acharya Dr. Vikramaditya Ji





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Dr. Vinod Kashyap
Chairman – NIHH

Acharya Dr. Vikramaditya
Director – Vivekanand Nature Cure Hospital & Yogashram

First Sunday of Every Month

09:30 AM – 10:30 AM

Venue: Vivekanand Nature Cure Hospital & Yogashram, Khureji
(Near Petrol Pump / Nirman Vihar Metro Station)

Registration: WhatsApp 9311817707



Dr. R. P. Singh
Deputy Director
RIERF, Chamba,
Himachal Pradesh



Dr. Vandana Rajpoot
Executive Officer
RIERF, Chamba,
Himachal Pradesh

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पूज्य स्वामी श्री ज्ञानानंद जी महाराज का आशीर्वाद प्राप्त हुआ | स्वस्थ भारत साइकिल यात्रा



स्वस्थ भारत साइकिल यात्रा के अंतर्गत National Institute of Holistic Health (NIHH) के स्वास्थ्य एवं सामाजिक कार्यकर्ता **श्री SK Rosun Munshi** ने कुरुक्षेत्र स्थित **HIIMS GIEO Wellness Centre** का दौरा किया। इस अवसर पर उन्हें **पूज्य स्वामी श्री ज्ञानानंद जी महाराज** का पावन आशीर्वाद प्राप्त हुआ।



पूज्य स्वामी श्री ज्ञानानंद जी महाराज एक प्रतिष्ठित आध्यात्मिक गुरु हैं, जो श्रीमद्भगवद्गीता के ज्ञान, भारतीय संस्कृति, नैतिक मूल्यों एवं आध्यात्मिक जागरूकता के प्रचार-प्रसार के लिए समर्पित हैं। उनके संदेश समाज में सेवा, सद्भाव, कर्तव्यनिष्ठा और सकारात्मक जीवनशैली को प्रोत्साहित करते हैं।





इस अवसर पर **पूज्य स्वामी श्री ज्ञानानंद जी महाराज** ने National Institute of Holistic Health (NIHH) द्वारा स्वास्थ्य, योग, प्राकृतिक चिकित्सा एवं जन-जागरूकता के क्षेत्र में किए जा रहे कार्यों की सराहना की और संस्था को इस सराहनीय पहल के लिए बधाई दी।

इस पहल का उद्देश्य लोगों को केवल बीमारियों से बचाव के प्रति जागरूक करना ही नहीं, बल्कि उन्हें स्वस्थ, संतुलित और जागरूक जीवनशैली अपनाने के लिए प्रेरित करना भी है।

NIHH के लिए यह गौरवपूर्ण अवसर रहा, जहाँ आध्यात्मिक आशीर्वाद, स्वास्थ्य शिक्षा और सामाजिक जागरूकता का सुंदर संगम देखने को मिला।

स्वस्थ भारत, स्वस्थ समाज – यही हमारा संकल्प !

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PEDALLING FOR A HEALTHY INDIA

Healthy People Happier India

GRAND CULMINATION AT YOG NAGRI RISHIKESH

14560 km
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12 December, 2026 | Shri Swaminarayan Ashram, Rishikesh, Uttarakhand (INDIA)

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- Yoga for Wellness
- Naturopathy for Natural Healing
- Community Engagement
- A Healthier India

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One Journey
Many Hearts
A Healthier India





National Institute of Holistic Health (NIHH)

India's Leading Holistic Health Organisation

Yoga | Naturopathy | Holistic Health | Wellness for All

Healthy People Happier India

Our Associated Centres

- NIHH Head Office (Delhi)
- Associated Centres (India)
- Upcoming Centres (India)
- International Centres



A HEALTHIER INDIA A BRIGHTER TOMORROW





Our Presence in India

- **28+** States & Union Territories
- **100+** Associated Centres
- Expanding Network for a Healthier India



Our Global Footprint

- Canada
- USA
- UK
- Germany
- UAE
- Oman
- Nepal
- Singapore
- Australia

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