



Yoga





Physiotherapy

Since 1985

www.bnchy.org

Our vision is to encourage awareness on Naturopathy and Yoga, as the most competent solution for prolonged health and fitness. Our mission is "Promotion of Holistic Health Care through Naturopathy, Yoga therapy, Ayurveda and other drugless systems of medicines for the benefit of mankind."





Being a hospital, we specialize in facilitating Ultra-Modern Healthcare Services, in addition to our aim of providing relief and care, naturally and hence better known for the "Yogashram". Since 1985, with our support team consisting of specialized Doctors, Researchers, Therapists, Management and Trainees, we have been continuously serving with admirable personalized healthcare services of Naturopathy, Ayurveda, Yoga and Physiotherapy for the patients of all age groups at affordable cost.

The institution has aligned its goals on the similar fundamentals acknowledged by Gandhiji where Naturopathy and Yoga are recognized as the finest, trouble free and reasonably priced systems of medicine for poor and down trodden section of the society who cannot afford the costly medicines.

Today, Bapu Nature Cure Hospital and Yogashramis one among the few leading Nature Cure Hospitals in the Country helping a good share of regular health seekers, patients, students, interns and so on. The institution has been highly vigorous in imparting health care training to Schools, Corporates & Government Institutions. Bapu Nature Cure Hospital & Yogashram functions under the aegis of "Nature Cure & Yoga Trust" (a trust registered under the Societies Act, 1860) to promote and enhance the regular practice of availing Naturopathy & Yoga, a drugless remedy for better health. The hospital is registered under section 80-G of Income Tax Act, under the Foreign Contribution (Regulation) Act, 1976.

The Hospital is constructing a New World Class Ultra-Modern Wing on a built-up area of 45000 sq. fts. approx., allotted by Delhi Development Authority (DDA) to serve the society aiming global clientele.



Dr. R. M. NAIR (Founder)



Dr. Rukamani Nair (Founder)



Present Hospital



The existing premises of hospital is well equipped with following wings to cater 50 indoor & 300 outdoor patients:

- Naturopathy Department
- Physiotherapy Department
- Ayurveda Department
- Yoga Hall
- Academy (BITMS)
- Laboratory
- Nature Cure Shop
- Green Leaf Food Court
- Research and Development Center

We are proud to have successfully treated around 3 Lacs+ patients till date.

Future Project

We are currently working on the expansion project of the hospital for development of a unique "Nature Cure Wellness Centre".

DDA has allotted us a land of approx 2 acres in the heart of city at Mayur Vihar Phase – 1, is close to world famous Akshardham Temple & Commonwealth Games Village which is at just 15 minutes drive distance from the Commercial Hub of the Capital, Connaught Place, New Delhi. The Building Plan has been approved by Municipal Corporation of Delhi and the construction of project is ongoing in full fledge manner. The construction of new 100 bedded Hospital with a facility to treat 1000 OPD per day, round the clock 24x7 hrs, is being built with an estimated of cost Rs. 40.58 Cr. Being a NGO, the cost of construction is managed via donations and support raised through Corporate Social Responsibility from various institutions.



"Nature Cure Wellness Centre"

Our focus is to provide a cosmopolitan structure - encompassing diversified facilities viz. high -end international spa with superb hygiene & quality conscious health care services including in Indian, Chinese, Thai as well as Swedish traditional techniques.



Awards & Honours







- Awarded with "Bhaskar Award" presented by Bharat Nirman, the highest recognition in the field of Naturopathy & Yoga.
- Featured with the Awards from Arogya Exibition (AYUSH), Health Ministry Department, Government of India in the year 2001, again in 2002 and in 2004.
- Appreciated and awarded with United Nations Award in the year 2004-2005 for the Drug Abuse & illicit Drug Trafficking by the Ministry of Social Justice & Empowerment, Givernment of India.
- Award presented by UNODC for enduring contribution in the field of Drug Demand Reduction in May 2006.
- Represented Govt. of India to Beijing, Congress on Traditional Medicine, held in 1991, Sponsored by WHO.
- Represented India in various International Conferences on Naturopathy Yoga held at Hong Kong, Bangkok, Singapore, Myanmar (Burma), Russia, Cambodia, Indonesia and United Kingdom.
- Awarded by Surya Foundation for the best Naturopathy Institution (Doctor). In the year 2002
- Recognized for "Excellence in Services" by East Delhi Club, and again by Punjabi Bagh, Citizen Welfare Society,
- Awarded by Khadi & Village Industries Exhibition for excellence in the field of Naturopathy & Yoga.
- Prsented "Aarogyam Award" by Chattisgarh Institute of Naturopathy & Yogic Sciences, Chattisgarh University in 2005. and 2004.
- International Day Award by UNODC & Ministry of Social Justice & Empowerment for Drug Abuse & Illicit Drug Trafficking - 2006
- Award presented by UNODC for enduring contribution in the field of Drug Demand Reduction in May 2006.
- Recipient of Award from Prapal Education & Welfare Society, Skill Academy-2005.
- We are also recognized under Scientific and Industrial Research Organizations (SIRO) by the Ministry of Scientific and Industrial Research, Govt. of India.









Naturopathy



In many aspects, naturopathy is "common sense applied to health". The basic principle is to have tremendous innate healing abilities, and our systems will always attempt to overcome an Illness and restore balance. In naturopathy, these attempts are encouraged by utilizing such natural factors such as diet, exercise and relaxation, fresh air and the use of water (hydrotherapy). The general driving force of treatment is to bring back the healthy conditions of a patient as far as possible, and equally to advocate prevention rather than cure. Increasingly nowadays, ill health is considered to be boosyed by the environmental factors such as pollution, so an individual can only do so much to keep him healthy, and wider measures may well need to be campaigned for. Nevertheless, a lot can be done

Treatments of Naturopathy

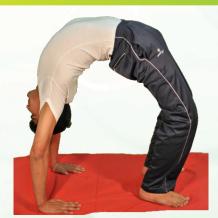
- Massage Therapy
- Hydro Therapy
- Chromo Therapy
- Mud Therapy
- Magneto Therapy

Yoga

Yoga is Harmony.

Yoga is generally supposed to deal with only the mind and spirit. But a diligent reading of the yoga sutras (aphorisms) of patanjali will convince anyone that they treat the body and mind as a whole. Hence, they include certain physical exercises like Asana and Pranayamas, as a prelude to the higher psychological practices. All these, as claimed by the Sutras themselves, aim at bringing about integration in the psycho – physiological processes as a first step towards the attainment, according to Patanjali, of Samadhi. These practices are intended to stabilize the psycho – physiological mechanism so that there is less and less tendency towards an imbalance in the face of external and internal stimuli. Yoga thus does not divide the body and mind into water-tight compartments but recognizes the close interrelationship.

Bapu Nature Cure Hospital & Yogashram teaches Yoga and helps individuals remain physically and mentally energetic. We Provide General & Special Yoga Classes.







Ayurveda





Treatments available

- Abhyangam
- Patra Potla / Potli
- Shirovasti
- Shirodhara
- Nasvam
- Udhwaratnam
- Kativasti
- Januvasti
- Basti

Ayurveda - The Indian Science of Life

The word Ayurveda is formed by the combination of two words - "Ayu" meaning life, and "Veda" meaning knowledge. Ayurveda is regarded as "The Science of Life" and the practice involves the care of physical, mental and spiritual health of human beings. Life according to Ayurveda is a combination of senses, mind, body and soul. Ayurveda is not only limited to body or physical symptoms but also gives a comprehensive knowledge about spiritual, mental and social health. Thus Ayurveda is a qualitative, holistic science of health and longevity, a philosophy and system of healing the whole person, body and mind.

Besides Panch karma we provide authentic ayurvedic treatments on package basis for Rejuvenation, Obesity and Weight shedding, Skin ^ Beauty care, Body Purification, Body Immunization & longevity, Stress management etc on itemized basis as prescribed by our physicians for ailments like Arthritis, Psoriasis, Sinusitis, spondylitis, Back ache, Knee Joint pains, Nervous disorders, Insomnia, Constipation, Parkinson's disease. Frozen shoulder, Tennis elbow etc.

Physiotherapy

Physiotherapy, also referred to as physical therapy, involves evaluating, diagnosing, and treating a range of diseases, disorders, and disabilities using physical means. It is a science based health care profession which aims to rehabilitate and improve people with movement disorders using evidence-based exercise, motivation, adapted equipment, education and advocacy.

Treatment is based on a detailed understanding of how the body works - posture, balance and movement, knowledge of diseases, injury and the healing process.





Facilities

The patient wards have been categorized into General, Semi Private, Private and Deluxe outfitted with following amenities:

- Huge Natural Green Belt with Plants and Flowers to feel fresh and heal fast
- Hygienic Cafeteria & Canteen facility to cater the needs of attendants and visitors
- Pharmacy Facilities well Structured, Monitored, Hygiene with the availability of rare medicines.
- Quality Cognizant Ambulance service to support you in need, on time.
- * "Nature Cure Shop" warming you with a variety of Ayurveda products to choose from.
- Luxurious Residential Facilities like Elevator, AC, TV, Refrigerator, Wardrobe, Daily Periodicals.
- * Equipped with miscellaneous health treatments viz Acupuncture, Acupressure, Reiki etc.













Panel List

- BT.P.A (FHPL) Tata AIG Health Insurance & National Insurance
- CGHS (Central Government Health Scheme)
- DGEHS (Delhi Government Employees Health Scheme)
- DMRC (Delhi Metro Rail Corporation)
- HUDCO (Housing & Urban Development Corporation)
- AAI (Airports Authority of India)
- IGNOU (Indira Gandhi National Open University)
- CBSE (Central Board of Secondary Education)
- CWC (Central Warehousing Corporation)
- ❖ DERC (Delhi Electricity Regulatory Commission)
- IPGCL (Indraprastha Power Generation Company Limited)
- ITPO (India Trade Promotion Organization)
- C.P.C.B (Central Pollution Control Board)
- C.ZOO.A. (Central Zoo Authority of India)
- T.P.D.D.L. (Tata Power Delhi Distribution Limited)
- D.D.A (Delhi Development Authority)
- N.D.P.L. (North Delhi Power Limited)











Membership Benefits

Pre – Opening Discount available on Annual Membership Packages



- Membership will be valid for a period of One Year from the date of enrolment.
 - Members will have the right to participate in Monthly / Quarterly / Bi-Annual reviews, where the participation is by invitation only.
 - The members are entitled for Unrestricted Entry at all times during operational hours, for both Dry & Wet Areas.
 - Members can avail customised benefits on Spa, Salon, Gym & Active Fitness services.
 - Yoga, Pilates, and Aerobics sessions are also available for members.
- Members in respective categories will be greeted with a Personal Kit

* Term & Condition Applied

Precious Platinum

Gracious Gold

Royal Diamond

Elegant Emerald

Contact Us

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