



Janseva Mandal Trust's

इसै होमोपैथीक मेडिकल कॉलेज & नित्यानंद हॉस्पिटल

(Approved by C.C.H., New Delhi, Recog. by State Govt. of Maharashtra, Affiliated to M.U.H.S. Nasik.)

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Ref No. JMT / SHMC /

Date : / /

RESEARCH PUBLICATIONS

Sr. No.	Particulars	Details on College Website	Remark
1	Research Publications <ul style="list-style-type: none">• Research work / Project details (students and teacher)• Particulars of research undertaken, completed projects, ongoing project research papers presented / published	Yes	




Principal
Sai Homoeopathic Medical College
and Nityanand Hospital



ओळख नृत्योपचाराची

[Introduction to Dance Therapy]

डॉ. निखिल शासने

नृत्योपचाराचे फायदे

- डॉ. निखिल हरेंद्र शासने



आपले आरोग्य चांगले राखण्यासाठी नृत्योपचार म्हणजे नृत्य आधारित हालचालींचा केलेला वापर. असं म्हटलं जातं की, 'नृत्य ही सर्व कलांची आई आहे.' म्हणजेच जरी आज शब्द, भाषा नसती तरीही आपण एकमेकांशी बोलू शकलो असतो, कसे? अहो, हातवारे करून आणि हालचालींद्वारे. कुठलीही कला घ्या, एखादं वाद्य, वादन, चित्रकला किंवा गाणं म्हणणं असो (स्वरयंत्राची (Vocal cords) हालचाल) हालचाल आवश्यक आहेच. म्हणूनच तर म्हणतात, 'Movement is life'; 'हालचाल म्हणजेच जीवन.'

नृत्योपचाराला 'Dance Movement Therapy' (D.M.T.) असंही म्हणतात.

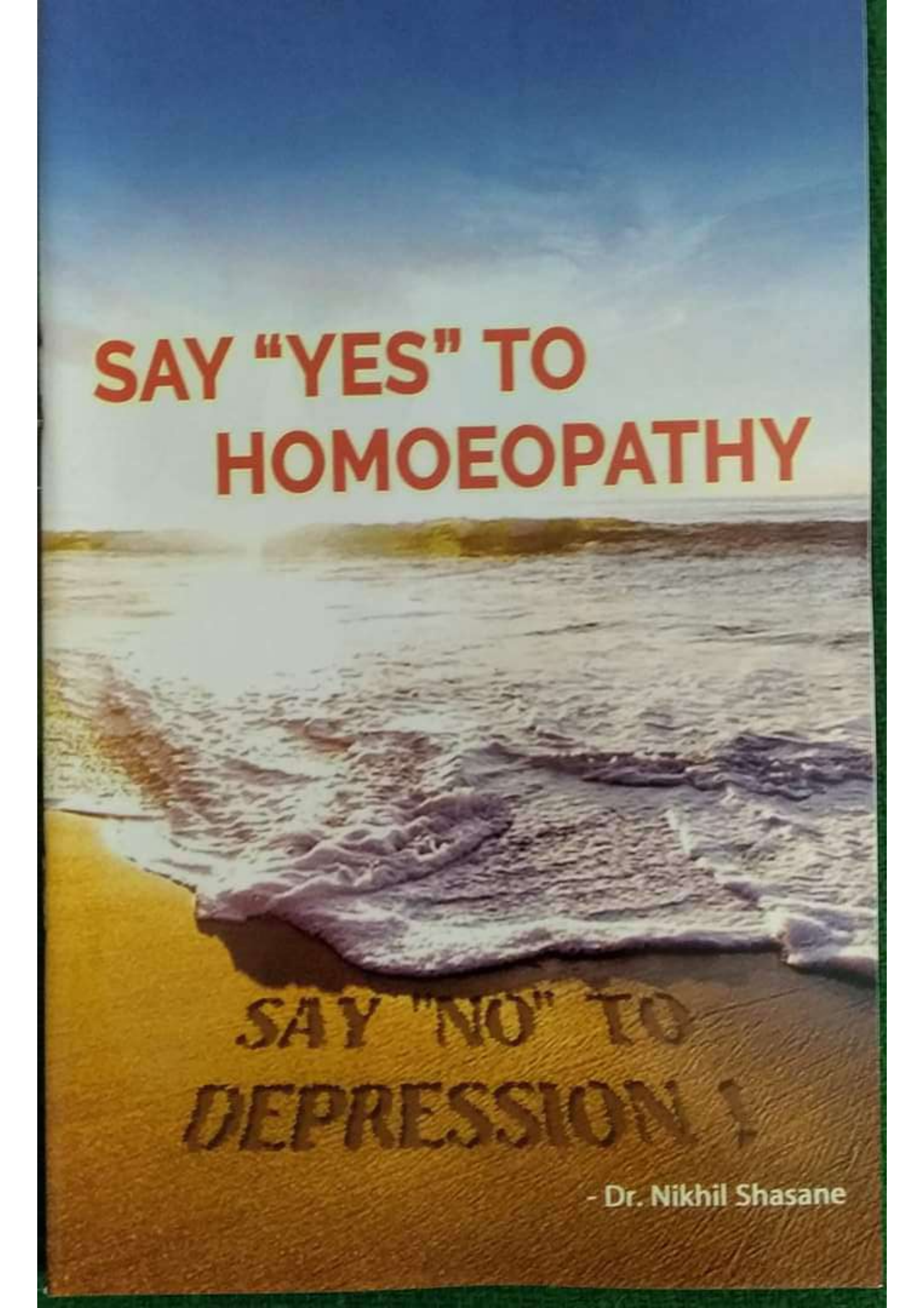
नृत्योपचाराचे फायदे :-

- १) ताणतणाव, राग, काळजी व्यवस्थापन यांत नृत्योपचारामुळे मनातल्या भावना व्यक्त होण्यास मदत होते. अगदी लहानांपासून ज्येष्ठांपर्यंत सर्वांना लाभदायक.
- २) ३ C's = एकाग्रता (Concentration), सुसूत्रता (Co-ordination), आत्मविश्वास (Confidence) वाढतात.
- ३) शरीरांतर्गत परिणाम.

'नाट्यशास्त्र' (हा ग्रंथ नर्तक/अभिनेते ह्यांच्यासाठी गीता किंवा बायबल ह्यांच्याइतकाच महत्त्वाचा आहे.) या ग्रंथात डोक्यापासून पायाच्या करंगळीपर्यंतच्या हालचाली सांगितलेल्या आहेत.

नृत्योपचाराचे शरीरावर होणारे परिणाम पुढीलप्रमाणे :

- अ) रक्ताभिसरण चांगलं होतं. (Improves blood circulation)
- आ) Sympathatic आणि Parasympathatic मज्जासंस्थांचं बळकटीकरण होते.
- इ) स्नायू लवचीक बनतात, त्यांची कार्यक्षमता वाढते.
- ई) मन आनंदी होतं.
- ४) गतिमंद मुलांमध्येसुद्धा परिणाम जाणवतो.
- ५) Parkinson's आजार, Depression, Dementia यांवरही प्रभावी उपचार होऊ शकतात.
- ६) मुलांमध्ये वेळ, जागा, संगीत यांविषयी जागरूकता निर्माण होते.
- ७) लहान मुलांना गणित किंवा गुरुत्वाकर्षणाचे सिद्धान्तदेखील शिकवता येतात.



SAY "YES" TO HOMOEOPATHY

**SAY "NO" TO
DEPRESSION !**

- Dr. Nikhil Shasane



Dr. Nikhil Shasane

ABOUT DEPRESSION AND HOMOEOPATHY

Depression is a state of low mood & aversion to activity. Depression can affect anyone, its effect may vary depending on age & gender. Women are almost twice as likely to become depressed as men. Suicide is an especially serious risk for men with depression, who are four times more likely than women to kill themselves. Elder people may not receive treatment for their depression. Childhood depression is indeed more common than is generally expected, as children don't voice their depressed feeling unless they are much older. It also leads to decrease in social & occupational functioning.

In the Global burden of disease study conducted by World Health Organization (WHO), Unipolar Major Depression ranked fourth amongst all diseases in terms of disability-adjusted life years and **was projected to rank second by year 2020.**

Psycho-social aspect centrally includes feelings, emotional aspect, and memories of humiliation, deprivation, abuse, neglect or harm.

Homoeopathy gives primary importance to evaluation of emotional side of illness. The selected remedy has to closely match this aspect and therefore, it is best fitted to normalize the abnormal mental attitude and predisposition that have led to the symptoms of depression.

Homoeopathic remedy raises the threshold to environmental stresses. It thus helps **adaptation in a positive manner.** Homoeopathy thus offers unrivalled opportunities in curative management of mild & moderate depressive episodes.



ओळख नृत्योपचाराची
(Introduction to
Dance Therapy)
- Book Written by
Dr. Nikhil Shasane



Unsere Heilkunst Erhellen

2ND INTERNATIONAL CONFERENCE

Meissen, Germany | 10th April 2023



Topic

**Thermal Materia Medica,
Miasms and Covid 19.**



Speaker

Dr Satish Waman Mhaske
MD (Hom)

Thane, Maharashtra



INTERNATIONALES HAHNEMANN ZENTRUM TORGAU e.V. (HQ: MEISSEN, GERMANY)

Unsere Heilkunst Erhellen

2ND INTERNATIONAL CONFERENCE & WORLD HOMEOPATHY DAY CELEBRATION

10TH APRIL 2023 | MEISSEN, GERMANY

Certificate of Appreciation

AWARDED TO

Dr. Satish Waman Mhaske

for presenting the paper

Thermal Materia Medica, Miasms and Covid 19

at Unsere Heilkunst erhellen, the 2nd international conference of IHZT,
held on 10th April 2023 at Meissen, Germany

Andreas Jung
Vice Chairman

Dr. Shelly Sharma
MD (Hom), Faculty of IHZT

Carola Scheurren
Chairperson

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To
Dr. Satish Waman Mhaske,
India

Dear Dr. Satish Waman Mhaske,

Greetings from Internationales Hahnemannzentrum Torgau (IHZT).
Every year on 10th April, IHZT organises the birth anniversary celebrations of
Dr. Samuel Hahnemann, the founder of Homeopathy system of medicine.

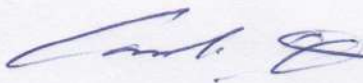
This year on 10th April, we are organising the second International Conference
of IHZT titled "Unsere Heilkunst erhellen" at Meissen, the birth place of Dr.
Hahnemann.

The programme includes birth anniversary celebrations, World Homeopathy
day celebrations, International Conference and International Hahnemann
award distributions.

I am extremely glad to invite you for the programme. You are requested to
plan your travel to reach Meissen by the evening of 9th April as we have a
welcome party arranged for the participants of the conference.

I am attaching a copy of the brochure of the conference. Kindly do the needful
for the Schengen visa application at the respective Embassy.

Warm regards



Carola Scheuren
Chairperson, IHZT
Meissen
12-01-2023



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