

Dr.Ashok Babulal Jhamwar

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Occupation:

Currently, running a Naturopathic Health Consultancy "*Panchtatwa Swastha Sanskar Kendra*". The main purpose of my consultancy is to create the health awareness among various strata of the society and help people maintain health and cure diseases without use of drugs.

Since 1976, I have been doing the work of Health Education through our lectures, personal counseling and articles through various magazines along with my father Krida Maharshi, A Senior Naturopath and Health Culturist Late Dr. Babulal P. Jhamwar. The Legacy of Naturopathy from father, the deep insights to various medical therapies from specialists in my family and the vast experience of 36 years in Hindustan Antibiotics Ltd. (last 12 yrs. Worked in the capacity of Scientist in Quality Control Dept. Out of which 8 yrs. as an Officer In Charge of the Quality Assurance Dept. of their joint venture Hindustan Max-GB) have helped me enrich my work through different perspectives.

Associations :

- Ex-Visiting Faculty of Mahatma Gandhi Nisargopachar Vidyapith, Kothrud, Pune founded by The Senior Naturopath in our country Late Dr. Jaynarayanji Jayswal.
- Visiting Faculty of NIN , National Institute Of Naturopathy, Under Dept. Of AYUSH, Health Ministry Of Govt. Of India.
- Founder member Nisargopachar Premi Mandal, Pune and worked as Secretary for 24 years.

Publications :

- Worked as an Editor of Nature Cure Section for a volume on constipation, called "Malavarodh" published by Vaidya Khadiwale Ayurved Sanshodhan Sanstha , Pune on Constipation, 1985.
- Published & read a paper on "Industrial Worker & Nature Cure A Self Experience" in the All India Nature Cure & Yoga Conference held at Uruli Kanchan, in 2000.

- A small booklet on Enema was published as an instruction manual for private circulation.
- Published articles & book reviews in Nisargopachar Varta , a magazine by NIN.
- More than 125 articles have been published since 1980.
- Author for the book 'Swasthya Sanskar – Kala Aani Vidnyan' for 'Certificate Course In Basic Naturopathy' (Pages 114, Published exclusively for the students of the course) conducted by Kelkar's Health Solutions, Pune.
- Also Chief Consultant of the same course and various Health Education Schemes of Kelkar's Health Solutions, Pune.
- Author of a small book in Marathi "Swasthyacha Mulamantra – Nisargopachar" , published on the 4th anniversary of my Father, for free circulation, to create Health Awareness Through Nature Cure, in the society.

Special Feature:

- (1) Received "GUNAVANT KAMGAR KALYAN PURASKAR" of Govt. Of Maharashtra at the hands of, then C.M. Late Vasandada Patil in 1984. (My work of Health Education through Nature Cure has played a vital role in getting this Award).
- (2) Felicitated at Pre-Conference Seminar Of International Naturopathy Organization by the Hon. President Of INO Shri. Jagannath Hegde (Ex – Nagarpal (Sherif) Of Mumbai) for outstanding Work in the field of Nature Cure on 6th Nov. 2011.

Personal Information :

- Date of birth : 14th May. 1949
- Sex : Male
- Marital status : Married
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