

**KUSHTAROG NIVARAN SAMITI**

[REG-NO-E-42(K)]



**SNEHALATA  
NISARGOPCHAR ASHARAM**

Director

**SNEHALATA NISARGOPCHAR ASHARAM**

SHANTIVAN, AT. POST. NERE,  
DIST. RAIGAD - 410 206.

Phone : 02143 - 238305 / 205432

**SNEHAPRABHA NISARGOPCHAR KENDRA**

FIRST FLOOR, NARMADA COMPLEX,  
ROOM NO. 32, 38, RLY. STATION ROAD,  
BEHIND S. T. STAND, PANVEL.

PHONE : 022 - 2748 2642



Snehalata Nisargopchar kendra is located amidst scenic and extremely pleasant surroundings. Shantivan is situated 10 Kms. from panvel with the hills of Matheran in the background. Spread over 122 acres with 60 thousand trees nurtured for the last 25 years it has become an ideal nest for nature cure treatment.

## **OUR UNIQUE APPROACH BEHIND THE PHILOSOPHY OF NATURE CURE.**

Nature cure ashram was started in shantivan in the year 1992. We are committed to render basic nature cure treatment in its purest form. This will provide wholistic healthy to the sick and patient will learn how to Keep health. Patient will narrate his experience to others and help them cure their ailments and this way create a healthy society with the help of Naturopathy. People should refrain from quick cure techniques involving harmful medicines or injections. Patients must visit the centre, take proper treatment and get cured from suffering. He should understand what to eat and what to refrain from and how to take care of one's health. Youths in the rural areas must learn these Natural therapies and render treatments to ailing villagers in their vicinity. We have hence started a 3 year diploma course in Naturopathy (NDDY) affiliated to the Gandhi National Academy of Naturopathy, Delhi.

### **CHARGES PER DAY (Including Treatment, Food, Lodging etc.)**

No.	Type of Room	Daily Charges	Deposit (10 days)
1)	General Ward	400	4000
2)	Sadhana Niwas	500	5000
3)	Special Room	600	6000

## **OUT PATIENT DEPARTMENT**

An O.P.D. facility to provide all the treatments in the city accessible easily for patients in the vicinity of Panvel is functional. close to Rly. Station at Panvel.

O.P.D. treatment is available in Shantivan and Panvel Centre by paying Rs. 300/-

## **TREATMENTS AVAILABLE**

**for I.P.D. Patient**

<b>HIP Bath</b>	<b>ICE Massage (Spinal)</b>
<b>Enema</b>	<b>Accupressure</b>
<b>Massage</b>	<b>Yoga therapy</b>
<b>Sunbath</b>	<b>Partial steam</b>
<b>Steambath</b>	<b>Fasting therapy</b>
<b>Mud Bath</b>	<b>Wet sheet pack</b>
<b>Mud Pack</b>	<b>Hydrotherapy</b>
<b>Chlorophyll Bath</b>	<b>Special skin treatment</b>

## **FOLLOWING VARIOUS DISEASES CAN BE TREATED**

DIABETES, ASTHMA, PARALYSIS, CONSTIPATION, ARTHRITIS, HYPERACIDITY, SKIN DISEASES, OBESITY, HIGH B.P., NECK & BACK PAIN, TIREDNESS, INSOMNIA, DEPRESSION ETC.

## **NOTE**

Please bring all your medical case papers, reports, daily wear, torch, towels, napkin, loose clothing for yoga, mosquito repellent cream and personal medicines. Eating outside food is strictly prohibited and also any addictions (smoking, tobacco, alcohol etc.) Therapeutic diet as per doctors advice will be provided. In case of any emergency the expences for medical care should be borne by the patient. The decision to inpart or refuse admission or discharge a patient wholly rests with the hospital administration. No tips are allowed in any form. Donations can be deposited in the poor patients fund. Avoid bringing valuables as the hospital will not be responsible for loss or theft.

## **HOW TO REACH**

**Shantivan Phata - :** Bus every 15 mins. Auto Rickshaws are available from Panvel.

**Note :** Other ST Buses and 8 Seaters going towards Vaza, Gadheshwar, Dhodani etc. are available up to Shantivan Phata,



## **TIPS FOR GOOD HEALTH**

- 1) Fast on fruits, at least once a week.
- 2) Sun bath and fresh air bath in open air with deep breathing provides oxygen.
- 3) Use loose clothing & shoes for normal blood circulation.
- 4) Perform exercise like walking or yogasana or surya namaskar regularly
- 5) Sleep for min 6 to 8 hrs. in the night and yognidra or relaxation during strenous work days.
- 6) Prevent disease and accidents by staying away from unnecessary risks, dangers etc, Thus giving due importance to individual safety and health.
- 7) Do body cleansing internally and externally on a regular basis.
- 8) Follow the rules of yoga to create a pure, calm, stable, assertive, courageous, enthusiastic and immesely aware mind to lead a joyfull life full of love and affection, devoid of any ego with a passion to dedicated work and contentment.



### **NATURE CURE COMMITEE,** **SHANTIVAN**

- |                         |                |
|-------------------------|----------------|
| 1) Dr. Kumud Joshi      | President      |
| 2) Dr. Sudhakar Kharade | Vice President |
| 3) Shri Jaywant Mathkar | Secretory      |
| 4) Smt. Uma Dixit       | Member         |
| 5) Shri Ramdas Gawai    | Member         |