



निष्ठा

Nishtha rural health, education & environment centre

**We are pleased to invite you to attend our
sixth trans-cultural homeopathic master seminar
18th - 26th April 2011**



www.nishtha-hp.org

Village Rakkar, Sidhbari, district Kangra – 176057 Himachal Pradesh, India

Through homeopathic practice and discussion under a renowned and innovative master homeopath, this seminar offers participants a unique opportunity to plunge into the very heart of Indian culture. and experience homopathy in practice. You will engage in a challenging and different way of thinking and expression, and gain a very particular access to India with all its cultural diversity and beauty. Though training in our Clinic you will have a unique opportunity to treat and assist needy local people and to gain insight into their culture and way of life.

Seminar leader Dr. Nandita Shah

is a registered medical practitioner and homeopath. She graduated in 1981 in Mumbai and served her apprenticeship under the late Dr Sarabhai Kapadia and later with Dr Rajan Sankaran. Dr Nandita has long experience as a teacher of homeopathy both in India and abroad.



Based in Auroville, her innovative practice and teaching includes a personally developed module on diet and nutrition based on homeopathy and veganism. This will be the third time she has successfully held a seminar in Nishtha. She is highly appreciated as a teacher for her insightful training sessions and stimulating discussions.



Seminar facilitator Dr. med Barbara Nath-Wiser is a general practitioner who studied medicine at the University of Vienna and further studied homeopathy with Prof. Dorcsi. She has lived and worked as a medical practitioner in North India since 1984, where she founded Nishtha Rural health Centre a rural health centre promoting a holistic approach in medicine. Fluent in Hindi, the local language, she continues to practice medicine and to run an active community programme in Rakkar village. Her long established profound relationship with the local people enables her to draw in unique and fascinating cases for our seminar.

Nishtha Trust is situated in a small village in the foothills of the Himalayas, near Dharamsala, home to the refugee Tibetan Community. (www.123himachal.com). Our Rural Health Clinic has been functioning since 1995 and is attended by patients from the very ethnically diverse local communities. We have developed a close and highly interactive relationship with the villages of the region, providing appropriate and holistic medical and social care for over 7,000 patients. We focus on the very poor, particularly women and children, who otherwise are unlikely to receive adequate medical care.

Participants: Qualified homeopaths are invited. The number of participants is limited to twelve, ensuring that each participant receives adequate individual attention. Accompanying partners or friends are welcome.

Certificates of Participation will be issued.

Accommodation: Simple but comfortable double room accommodation will be provided within easy walking distance from Nishtha in our sister organization "Tara". Run by Jagori Rural, a women's training centre, Tara comprises a cluster of carefully constructed accommodation units set in peaceful gardens in the village.

Meals will be provided at Nishtha. Dr Nandita personally supervises the preparation of home cooked vegetarian/vegan meals in Dr. Barbara's kitchen, sharing with you her culinary secrets and philosophy of nutrition.

Seminar Programme:

Sun. April 17th - Arrival and registration of participants.

Mon/Tues April 18th & 19th - Seminar at Nishtha clinic..

Wed April 20th - Free Day - Optional visit to McLeod Ganj, home of the Dalai Lama and the Tibetan Refugee Community and/or visit to HH Karmapa Rinpoche.

Thurs/Fri. April. 21st & 22nd - Seminar at Nishtha Clinic

Sat. April 23rd - Relaxed day focusing on cooking with Dr Nandita Shah.

Sunday April 24th - Easter Sunday - Excursion to Pong Dam bird reserve and the fabled Bhatu temple complex.

Mon/Tues April 25th & 26th - Seminar at Nishtha Clinic

April 27th - Departure - Jeep Safari to the remote Himalayan regions of Spiti and Kinnaur starts.

Seminar Schedule:

During the clinic sessions (9am-1.30pm) 2-3 patients will be seen per day. Under the guidance of Dr. Shah we will gather case histories and do live anamnesis of patients, looking at both acute and chronic symptoms. Each case will be thoroughly discussed and the most appropriate remedy administered. Some of the patients will have been previously seen by Dr Barbara who will provide us with some details of their history. During the evening discussion sessions (6.0-8.0pm) Topics will include methods Dr Nandita Shah normally employs in her practice, how we can utilise these methods when we see patients back home as well as points arising from cases seen in the morning, and of special interest to the participants. Some sessions will be devoted to cooking and nutrition, led by Dr Shah who is particularly expert in the vegan concept of nutrition as integral to the holistic approach to healing.

Simultaneous translation from Hindi into English will be provided.

Cultural Experience:

Himachal Pradesh is a stunningly beautiful and culturally fascinating mountainous region of North India. In order for participants to make the most of their visit to India, an optional 10 day jeep safari of the region from April 27th - May 6th following the seminar, is offered (see separate sheet). In addition to the two scheduled outings during the seminar, a programme for accompanying guests who are not participating in the seminar will be provided according to individual interests. Activities can include tours, trekking, yoga, cooking, massage and Buddhist studies.

Costs:

Seminar: Fees, food at Nishtha and accommodation at Tara Centre for 10 days: **Euro: 850 per person.**

Accompanying person: accommodation, meals & group outings : **Euro 450.**

10 Day Jeep Safari: (see separate sheet for details) - **Euro 1,180 per person** (min 6 persons)

Transfer from Delhi Airport to Sidhbari and return can be arranged and will be charged separately as per actual costs.

10% discount for Bookings with 50% deposit before December 31st 2010

10% cancellation fee after December 31st 2010

Registration:

Payments for both seminar & jeep safari may be made to:

Dr Barbara Nath-Wiser

Bank Account no: 10556 161 700

IBAN: AT38 1100 0105 5616 1700; BIC: BKAUATWW

clearly labeled: *"for Nishtha Seminar and/or jeep safari"*

Please send details of your transaction along with your professional information, by e-mail to:

Dr. Barbara Nath Wiser: bnathwiser@gmail.com

For further information please write to us at:
contact@nishtha-hp.org and see our website:

www.nishtha-hp.org

All proceeds from this seminar support our charitable work



"In order to solve a problem, one must always view it as a whole, from a distance. Focusing on specifics may lead to short term, superficial solutions that actually nourish the root cause of the issue."