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ISSUE NO
2.2

AT A GLANCE

MAY 2024

***HEALTH IS WEALTH
EDITION 2***

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There are always some doubts when a new initiative/activity is announced, about whether it can sustain. Can the Newsletter really serve as a Branding Tool? Will it have the reach? Can it spread the message of BBNG far & wide? The first step in the life cycle of any activity is to overcome these doubts.

We are now consistently publishing the Newsletter for the past 8 months.

We at **BBNG AT A GLANCE** are lucky to have experts who contribute enthusiastically by submitting articles on their area of expertise. In fact, when we announced the Health & Wellness edition, the response was so quick and good that we had articles for two editions before we could stop accepting them.

I am delighted to present the second edition of Health & Wellness before you and hope everyone will find it useful.

We are now inviting articles on **Funding for MSMEs** for our next edition.

Keep the love and faith strong, BBNGians!

Regards,
Pallavi Gadgil
Editor
BBNG AT A GLANCE.

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One Tiny Berry – Countless Benefits



The Maqui Berry, often referred to as the ancient miracle berry of Patagonia, has garnered significant attention due to its exceptional health benefits. Rich in antioxidants, Maqui Berries are lauded for their ability to enhance overall well-being, promoting both physical health and appearance. This article delves into the scientific backing of Maqui Berry's benefits, shedding light on why this superfruit is considered a powerhouse of nutrition.

Exceptional Antioxidant Power

One of the most remarkable attributes of Maqui Berries is their unparalleled antioxidant capacity. Antioxidants are vital in combating oxidative stress caused by free radicals, unstable molecules that can damage cells and lead to chronic diseases. According to scientific research, Maqui Berries possess the highest levels of antioxidants among known fruits, boasting up to 30 times more potent antioxidant activity compared to other superfruits.

Maqui Berries are particularly rich in two potent antioxidants: anthocyanins and delphinidins. Anthocyanins are pigments that give the berry its deep purple color and are known for their anti-inflammatory and anti-carcinogenic properties. Delphinidins, a specific type of anthocyanin, are found in extraordinarily high concentrations in Maqui Berries—up to 83%, whereas other fruits typically contain up to 10%. This high delphinidin content endows Maqui Berries with extraordinary antioxidant potency, capable of neutralizing 42% of free radicals in just four minutes.

Comprehensive Free Radical Protection

In addition to their potent antioxidant properties, Maqui Berries offer broad-spectrum protection against all six primary types of free radicals. This extensive range of protection is a significant advantage over other fruits and vegetables, which may only target specific types of free radicals. Studies have shown that Maqui Berries outperform other antioxidant-rich fruits by an average of 500%. This includes commonly known superfruits and vegetables like blackberries, blueberries, strawberries, plums, raspberries, oranges, cherries, apples, kiwis, and onions.

The comprehensive protection offered by Maqui Berries can help reduce the risk of various chronic diseases, including cardiovascular diseases, diabetes, and certain cancers. Furthermore, antioxidants are essential for maintaining youthful and healthy skin, as they prevent the breakdown of collagen and elastin caused by free radicals.

Additional Health Benefits

Beyond their antioxidant prowess, Maqui Berries provide a myriad of other health benefits. They have anti-inflammatory properties, which can help alleviate conditions such as arthritis and promote recovery from exercise-induced inflammation. The berries also support healthy blood sugar levels, making them beneficial for individuals managing diabetes or metabolic syndrome.

Moreover, Maqui Berries are rich in dietary fiber, which aids in digestion and promotes a healthy gut microbiome. A balanced gut flora is crucial for overall health, as it influences everything from immune function to mental health.

Conclusion

Incorporating Maqui Berries into your diet can lead to significant improvements in health & well-being. Their high antioxidant content, particularly in the form of delphinidins, provides robust protection against oxidative stress & inflammation. Additionally, the broad-spectrum protection against free radicals sets Maqui Berries apart from other fruits and vegetables, making them a superior choice for those seeking to enhance their antioxidant intake.

As scientific research continues to uncover the myriad benefits of Maqui Berries, it is clear that this ancient miracle berry from Patagonia offers a powerful means to support overall health. Whether consumed in whole form, as a juice, or in dietary supplements, Maqui Berries are a valuable addition to a health-conscious lifestyle, helping you feel and look better than ever.

CONVERSATION WITH THE VISIONARY: SHRI ANAND GANU OF GARJE MARATHI



In BBNG, the possibilities are boundless! We say so, as BBNG has a burning desire to support Brahmin entrepreneurs to deeply secure their businesses. Keeping this in mind, we are always looking out for opportunities to connect with the right people. And we came across Shri Anand Ganu Sir, founder President of Garje Marathi.

BBNG Pune Region organized an interactive session with Shri Anand Ganu of Garje Marathi, along with Shri Madhav Dabke who is looking after Garje Marathi of Pune region. Garje Marathi is a non-commercial & non-profit organization working for the betterment of Marathi business community. All the services offered by them are free. They do not charge any membership fees nor do they charge for any activities. Anand Ganu Sir yearns for Marathi community to be established as a self-sufficient, independent community.

Ganu Sir believes that 'Business has to be extremely high scalable, then sky is the limit! Your scope is unlimited, only thing your vision should be bigger. Keeping a little futuristic eye, if your work is AI based, you may have a secure career.'

Garje Marathi provides initial support in establishment of companies, even if in foreign countries. Students and young entrepreneurs are mentored, start ups are taken from campus to corporates; thereby acting as venture catalysts. Complete handholding is the USP of Garje Marathi.

Anand Ganu Sir has a worldwide network. Not only has he strong connects, but he is also very well updated with the global advancement in technology, resources & also the changing human psyche. He visits various nations spreading awareness about Garje Marathi. People join hands with him & they travel the path together. Ganu Sir feels that everyone is equal and so he believes in horizontal expansion, spreading out and reaching to maximum number of people.

Very rightly Ganu Sir says 'Invest in our youth, mentor them, support them, as they are the bright future of our nation.'

The event, initiated by BBNG Waje chapter was highly fruitful with many eye openers. The program couldn't have been so successful without the unwavering support provided by Associate Director Suyog Narvane Sir, Joint secretary Anand Chitale, Regional Directors Nandan Gumaste & Jyotsna Godbole, Development coordinators Raghavendra Nilegaonkar and Pallavi Gadgil, Lead Tables of all the Pune region chapters & members.

Dr Awanti Dhadphale - Chapter Head ,BBNG Waje Chapter

Institute of Alternative Medicine & Holistic Healing, Pune We Evolve Holistic Health



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- Colour and drawing analysis
- Past Life Regression therapy

Asks :

- Wellness Coaches, Counsellors, Dieticians, Doctors
- HR and corporate trainers
- Societies and small-scale offices for free seminars on 'Importance of Mental Health'



Dr. Manorama Patwardhan
Homeopathic Doctor & Counselling Psychologist
(drmanoramapatwardhan@gmail.com)

Are You META-Healthy?

The **definition of health according** to WHO is **Health** is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

The meaning of health has evolved over time and in the biomedical perspective, early definitions of health focused on a state of normal function that could be disrupted from time to time by disease so that the ability to perform duties of personally valued family, work, and community roles; is restored.

Mechanical or technologically structured understanding of disease (which views the human as a defective machine) requires a mechanical or technologically structured therapy (regarded as repair) and therapeutic relationship (a relationship of technician to defective machine).

The concepts of health and disease have far-reaching consequences for diagnosis and therapy. The attitude and behavior of physicians, how patients deal with disease, social attitudes and structures, the shape of moral choices, & the cultural significance of sickness and wellness behaviours alter the outcome in restoring the health.

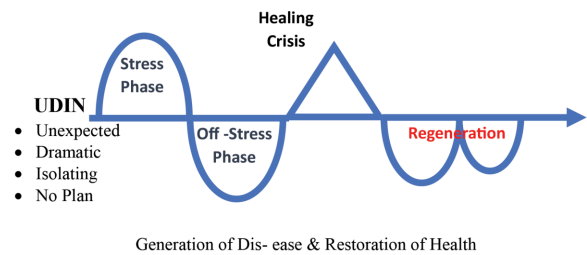
Modern healthcare emphasizes approaches that align with individual needs. But to address broader concepts of well-being as healthcare evolves, new definitions for health, disease & diagnosis emerge to meet changing demands

In this perspective, the revolutionary aspect of META-Health goes beyond common assessment about illnesses. It has redefined our understanding of health, dis-ease, healing. META-Health is based upon a natural scientific framework founded on empirical evidence emerging from more than 40 years of Brain CT Scan and research. It gives us all an epi-genetic, evolutionary understanding resulting in a complete biological, psychological and social meaning of any illness. The understanding of our thoughts (unconscious), emotions (feelings) our physiology (organ-brain) and behaviours is fully integrated in META health.

META-Health is a scientifically verified system of health understanding based on 10 core principles. One of these principles is crucial in understanding chronic health conditions – **Illness Is Not a Mistake**. All symptoms are meaningful reactions to specific stressors.

The META-Health framework provides everybody with a precise mind-body behavioural and symptomatic model that enables them to find and explain the root.

META-Health enquiry enables you to uncover the specific bio-psycho-social meaning, plus the emotional connection & intelligent process behind the symptom.

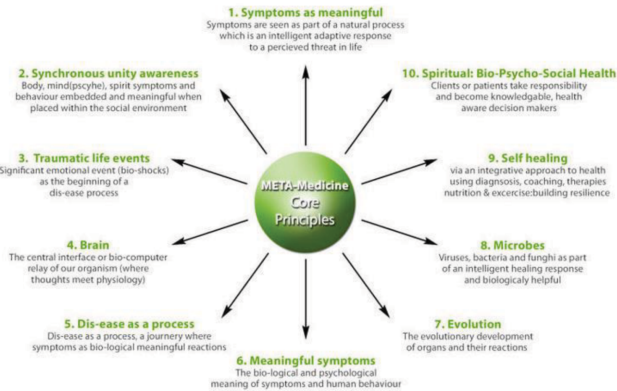


META-Health also importantly helps us to remove the fear of our body's (organismic) responses and can explain & demonstrate how and why many of symptoms labelled today as dis-eases are actually a part of a complex and regenerative (restorative) and sometimes evolutionary process.

META-Health delves into a precise organ-brain-psychesocial relationship emphasizing specific experiences tied to each brain area and organ. e.g. the brain stem corresponds to survival-related functions like digestion, with each brain relay linked to particular organs, conflicts, traumas & social experiences. This framework underscores the intricate mind-body connection and offers insights into holistic health.

META-Health not only enables to apply therapies more precisely it takes you beyond therapy, it broadens your enquiry to address the underlying patterns, the limiting beliefs, stress triggers and relevant situations in a client's life.

For clients with health concerns, META- Health gives explanation why symptoms are present and revealing the connections between the thoughts, feelings and life situation that have led to them. This understanding and acceptance are the first step in healing. Understanding leads to empowerment, as we stop feeling like a victim of symptoms and we discover what needs to change in our lives in order to overcome the problem



Overwhelmed by Stress?

It is indeed worrisome that in past 8-10 years, people coming with mental and emotional complaints is rising. Considering the Indian demographics, the population of people in the age group 30-60 years is **more than 50%**. That literally means that if we want to create a healthy environment in the country, then it is vital that we ensure that the mental health of the people in this age group is well maintained. The latest WHO (World Health Organization) Mental Health Report finds that **one in 8 adults worldwide has a mental disorder**. Depression and anxiety are the largest groups, but also developmental disorders like ADHD, schizophrenia, bipolar and conduct disorders affects humongous number of masses. In short, if this productive age group is severely affected, it is of topmost priority to treat them. They are the ones who are moulding and developing the young generation and also looking after the elderly persons. In today's competitive world, people are extremely busy, pressurized due to work, have a changed lifestyle due to **faulty diet, exercise and sleep regimen**. Excessive use of digital and social media are the toppings. This leads to low patience, addictions, substance abuse, frustration, inability to adjust, difficulties in tolerating defeat and even relationship disorders. In short, it is leading to high stress and poor mental health. Research proves that body and mind have a very close relation. **Nearly 60-70% illnesses & diseases have their results in high BP, blood sugar, obesity, hormonal imbalance, infertility & many more**. Overall, psychosomatic ('psycho' means mind; 'soma' means body) illnesses are on high rise and top ranking amongst them are acidity, migraine, abdominal disturbances, skin complaints, asthma, body pains, extremely poor immunity and more. Emotional instability causes aggression, mood swings, anxiety, depression, suicidal tendencies, easy outbursts, easy quarrels, phobias etc. And to overcome these worries, people inappropriately engage in excessive use of mobile & social media, smoking, drugs & alcohol. As a result, their personal, career, professional and even family growth is hampered. **Happiness & satisfaction are missing. Thereby, the entire family suffers**. Using strategies to reduce and manage stress may help you prevent or lessen somatic symptoms. Create a healthy routine for yourself. Lifestyle modifications can be immensely beneficial. **Exercise regularly and get enough rest. Maintain healthy diet & optimum weight**. Be realistic about what you can and can't control. Journal to increase awareness of your thoughts & feelings Socializations, being kind to people, pursuing hobbies can help in regularizing the mood. Being empathetic, compromising, accepting and assertive can be helpful. So also, one can develop his/her problem-solving skills. **Finally, keep in mind that lots of people need help while dealing with stress**. It's nothing to be ashamed of. We can't eliminate stress but we can change the way your body responds to it!

Dr Awanti Dhadphale , Homoeopathic, Consultant & Psychologist



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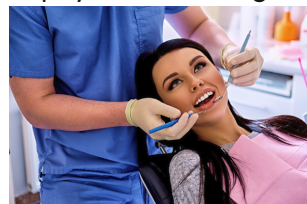
Restoration path leading to health

A healthy mouth & good oral hygiene are key for having a better quality of life. There is a close connection between the health of the oral cavity & person's overall mental & physical wellbeing.

What is

Restorative dentistry?

Restorative dentistry is concerned with the restoration (replacement) of any dental structure.



Need of Restorative dentistry.

The mouth houses the second most diverse microbial community in the body, harbouring over 700 species of bacteria that colonises on hard surface of teeth & soft tissue. Whenever the food remains in contact with the tooth for long time these microorganism starts degrading food and decay occurs. Patient needs restoration when there is a complaint of food lodgement, sensitivity, missing teeth, severely damaged teeth due to decay or cosmetic correction like space closure between front teeth. Restorations helps to regain function & esthetics.

Scope of Restorative dentistry

Choice of restoration vary case to case. Restoration, complete dentures, partial dentures, bridge, crown & implants are various modes of achieving functional and esthetic needs.

Food lodgement, sensitivity, space closure between front teeth is tackled using tooth coloured material. These tooth coloured materials are available in various shades . Shade selection is done by matching the shade with the adjacent healthy tooth. This is non invasive single sitting procedure. The decayed portion of the tooth is cleaned & filled with restorative material to regain its function.

Complete dentures as name suggest are done when all the teeth are missing. Partial dentures are done when some teeth are missing. In both cases patient can remove and wear on their own. This is also anon invasive procedure.

Crown is done for single tooth, when there is severe loss of enamel or the tooth is root canal treated. Multiple crowns when joined together to replace one or two missing teeth is called as bridge. Here in we take the support of adjacent teeth healthy firm teeth & replace the missing teeth. In this case we to treat the adjacent healthy tooth to receive a crown. Bridge and crown are fixed minimal invasive treatment where patient may need local anaesthesia for utmost cooperation.

Crown is done for single tooth, when there is severe loss of enamel or the tooth is root canal treated. Multiple crowns when joined together to replace one or two missing teeth is called as bridge. Here in we take the support of adjacent teeth healthy firm teeth & replace the missing teeth. In this case we to treat the adjacent healthy tooth to receive a crown. Bridge and crown are fixed minimal invasive treatment where patient may need local anaesthesia for utmost cooperation.

Implants are the invasive replacement of natural teeth. We can replace single tooth, multiple teeth or all teeth using implants. Its a two step procedure, in first step implant is drilled in the bone and then after three months teeth are fixed on implants. Implants are superior over bridge as we are salvaging the adjacent teeth. They stand independent. Life of an implant is 10-15 years.

Prevention is better than cure

We all know prevention is better than cure. The easiest way to prevent tooth decay is rinsing, rather 'uncivilised rinsing' Whenever at home, one should rinse thoroughly after every meal and even after munching. Brushing at night is as important as morning because when we sleep self cleansing does not occur as it occurs during whole day. This self cleansing occurs because of movement of facial muscles and tongue. Last but not least regular dental check up six monthly or yearly depending upon the caries index.

Meet The Mighty MAQUI BERRY

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What is
Pranic
Healing?

Pranic Healing is a highly evolved & tested system of energy medicine developed by Grand Master Choa Kok Sui that utilizes prana to balance, harmonize & transform the body's energy processes. Prana is a Sanskrit word that means life-force. This invisible bio-energy or vital energy keeps the body alive & maintains a state of good health.

Pranic Healing is a simple yet powerful & effective system of no-touch, no-medicine energy healing. It is based on the fundamental principles that the body is a self-repairing living entity that possesses the ability to heal it self and that the healing process is accelerated by increasing this life force that is readily available from the sun, air and ground to address physical & emotional imbalances.

Pranic Healing is a no touch and no medicine healing therapy. It has cured various ailments from like fever, diabetes, knee pain, arthritis, spondylitis, asthma, migraine, blood pressure, kidney stone, thyroid etc. It also extends to psychological ailments like work stress, depression, anxiety, fear etc. Its applications have shown miraculous results in relationship healing, enhancing kids' focus as well as concentration levels, solving business issues & also tackles various kinds of addictions too.

How Does Pranic Healing Work?

All beings have an energy field around them, often known as the aura that looks like a luminous ball of light. Aura works as the battery of a cellphone; it keeps the body healthy and alive. Anything in life that disturb us, such as stress at work, fear, sadness and loneliness, arguments and frustrations, makes this luminous energy field dimmer, imbalanced and full of holes & greyish energies. This, in long run appears as pain, discomfort, physical and psychological problems.

Pranic Healing requires no drugs, gadgets, not even physical contact with the subject. Physical contact is not required because the practitioner is working on the bioplasmic or energy body and not directly on the physical body. This energy body, or aura, is the mold or blueprint that surrounds and interpenetrates the physical body. It is the energy body that absorbs life energy and distributes it throughout the physical body, to the muscles, organs, glands, etc. The reason Pranic Healing works on the energy body is that physical ailments first appear as energetic disruptions in the aura before manifesting as problems in the physical body. This pervasive energy that surrounds, interpenetrates and sustains the physical body, also affects our emotions, our ability to handle stress, relationships and even finances.

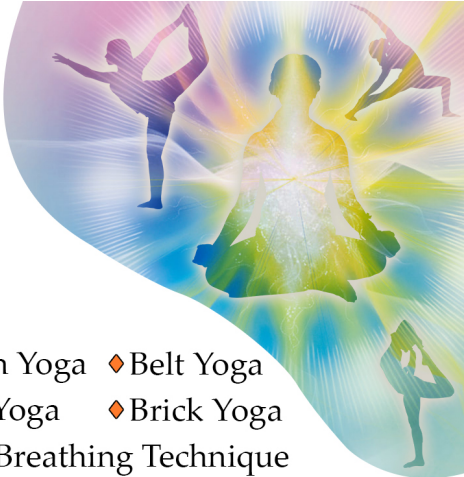
Pranic healing is very beneficial in chronic diseases such as cancer treatment. These treatments create positivity in the mind of a cancer patient who feels stress, despair, depression, suffering from negativity while fighting the disease. The body responds positively to chemotherapy, heavy injections, heavy doses of drugs and the side effects that come with it. Bloating, nausea, loss of appetite, hair loss, weakness due to chemo can be alleviated by pranic healing treatments.

Sanhita Takwale, (Aayush Mantralay Certified Yoga Wellness Instuctor, Yoga Therapist & Pranic Healer)



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 - ◆ Pets Healing ◆ Treat a wide range of conditions, such as headaches, asthma, cancer symptoms, flu symptoms and mental illness

CONTACT US
Sanhita Takwale
(Aayush Mantralay Certified Yoga Wellness Instuctor,
Yoga Therapist & Pranic Healer)
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BBNG CRICKET LEAGUE 2024

We all busy and hard working entrepreneurs need a break from our routine to de-stress and enjoy. And what better way to bond with each other than a team sport? Keeping this in mind, BBNG Pune Region started organizing Turf Cricket League since last year. The 2nd season of this tournament took place on **16th April 2024 at Foothill Arena, MIT college, Pune.**

All 8 chapters from Pune participated enthusiastically with 12 teams and played zestfully against each other. The atmosphere was live with entertaining commentary, fair umpiring and mighty team spirit.

Sinhagad Superkings emerged Winners for 2nd year in a row with Warje Challengers as the runner-up team. Anant Gosavi was declared as Player of the Tournament !! The organizing team headed by Manasi Deshmukh comprised of Prateek Kulkarni, Onkar Bajji, Amit Phatak, Vidyadhar Kulkarni, Tejas Bhat, Sameer Joshi, Dhananjay Parkhi, Anant Gosavi & Raghavendra Nilegaonkar.

The event was a huge success under the able guidance and support of Associate Director Suyog Naravane & Jt. Secretary Anand Chitale.

Few highlights of the event :

1

100% member sponsored event including T-shirts, venue, Banner, Trophies etc.

2

More than 100 participants along with families to support and cheer !

3

Delicious food stalls by our own members

4

Live Score of matches on App for the first time.

5

FB Live of entire event

Such events definitely develop a strong bonding and faith among members which in turn helps in business growth. This Bonding Beyond Business happened only because of this wonderful BBNG platform and all members already look forward to the next season of BBNG Cricket League and more such events in near future !!

Manasi Deshmukh, Event head for Pune region



BBNG Cricket League 2024



Winners



Runner up

BBNG is expanding in
Marathwada & Vidharbha Region!!!

Chapters are soon to be launched in Nagpur, Jalgaon, Latur, Ambejogai.



1st pre-launch meeting in Latur
(Pioneer : Manju Nandurdikar)



1st pre-launch meeting in Nagpur
(Pioneer : Shamal Vaidya)



1st pre-launch meeting in Jalgaon
(Pioneer : Rashmi Gokhale)

Pioneer of Vidharbha Region: Prashant Pande

To know more and get membership call:

Dr. Abhijit Chande

Associate Director BBNG and Joint Secretary (Nashik & Vidharbha Region)
9822753226

लोकमत

उद्योजकांनी वैश्विक दृष्टी ठेवावी : गानू

नाशिक : उद्योजकांनी त्यांच्या उद्योगांबाबत नेहमी वैश्विक दृष्टी ठेवून विचार केल्यास उद्योगवाढीला आपसुकच चालना मिळेल, असे प्रतिपादन ज्येष्ठ उद्योजक आनंद गानू यांनी केले. बीबीएनजीच्या वतीने आयोजित कार्यक्रमात उद्योजकांना मार्गदर्शन करताना ते बोलत होते. कोणत्याही उद्योगवाढीसाठी आऊट ऑफ द बॉक्स विचार केल्यासच भविष्यात त्यांना उज्ज्वल संधी आहेत. म्हणजे करंजी ही विशिष्ट आकाराचीच असते, ती त्याऐवजी गोल किंवा अन्य आकाराची बनविल्यास त्यातून काही चांगला प्रतिसाद मिळू शकेल का ? अशा प्रकारचे वेगळे विचारच प्रत्येक उद्योगाला पुढे नेतील. तसेच आपला उद्योग हा किती वाढू शकतो, त्याला कितपत मर्यादा आहेत या सर्व बाबींचा विचार करून त्या दृष्टीने नियोजन करण्याचा सल्लादेखील गानू यांनी दिला. यावेळी व्यासपीठावर संजय लोंढे, रवींद्र गाडगीळ, महेश देशपांडे, अभिजित चांदे यांच्यासह अन्य पदाधिकारी उपस्थित होते.

Nashik Main
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Coverage of
BBNG Nashik Program of Mr. Anand Ganu .

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