



If You want to heal your Body, You must first Heal your Mind

Sankalpa: An Appointment with Life is dedicated in restoring and maintaining 'Health' by harmonizing the physical, mental, emotional and spiritual elements. This is a revolutionary a scientific process that can bring about an amalgamation of logic, belief and action. We have developed a paradigm shift in the treatment of Chronic, non-communicable and life style disorders complimentary to any pathy especially modern medicine with an integrated approach. This holistic methodology is for to reduce prevalence of "Non communicable and life style disorders", immediate attention to alert signals and use of gut-neuro-immuno relationship to achieve optimum health, this integrated model which has become a role model working on every individual and can guide a general practitioner, specialist or super specialist and corporate hospital to benefit all types of patients. This has resulted patients spread across the globe.

Since 1997 Dr.P.N.Kadam, an allopath who is a key promoter of this concept, has been appreciated for his excellence in treating psychosomatic disorders also effective use of counseling therapies and development of a scheduled training program for clients, patients as well as for Medical Practitioner who are interested to learn this **Sankalpapathy**. Within such scenario, in order to extend relief to the mankind, SANKALPA has focused on root cause elimination, psychosomatic disorders and lifestyle modifications.

Vision : We aim to develop holistic model with integration of science of nature complimentary to all existing treating methodologies with an intension to reduce prevalence of "non communicable and Life style disorders."

Mission : Establishment of a model for "Health of New Era", by creating firm foundation and innovative path from grass root level to Super Specialty Hospital.

Values : Ethical promotion of Health services with the help of Medical professionals with integrity, Honesty and Dignity.



SANKALPA®

Revolution for Healthy Life

Sankalpa's Medical Nutrition Therapy: A Concept based on “Thy Food is Thy Medicine”

Sankalpa: Revolution for Healthy Life:

Here we are following philosophy of nature “Thy Food is Thy Medicine”. Restoration and Rejuvenation of body and mind with “Naturopathy and Ayurveda” together have been effectively proved in “Sankalpa” since 1997 with trisutra’s i.e. AHARA - VIHARA-VICHARA.

We are effectively using Medical Nutrition Therapy (MNT) with therapeutic approach for treating medical conditions and their associated symptoms with the use of a specifically tailored diet, micro nutrients and food supplements devised and monitored by a Medical Doctor, Physician, Registered Dietitian, or Professional Nutritionist.

We have formulated the perfect combinations which have shown effective results in different chronic disorders as well as immunity boosters in acute infections. The basis of all this work is to support every different pathy creating an integrated approach or we can say **“Complimentary System”**.

Sankalpa’s main objective is to **“Restore”**, Health with root cause elimination and provide supplementation of proper nutraceuticals with “Nano” technology to make it as effective as **“Unicellular Food”**.

Numbers of non medicos (quacks) are selling food supplements, Ayurvedic products without any basic knowledge under the roof of MLM companies. All these products are actually unaffordable to common man; even then they consume these products as they have no other option. Sankalpa feels it from the bottom of heart that medical practitioner should understand and learn about the food supplements or super food which can help in correct treatment of medical disorders.