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### Manage your Stress with Rajendra more (Ex AMC)! Psychological Counsellor, Sr. Clinical Hypnotherapist, Master NLP Practitioner (London), Life Coach



Diabetes is a stress oriented metabolic disorder. Now a days every single person running under some or the other stress. Even from early childhood, children are unknowingly facing stress. They are busy with their 24 hours' time packed schedule without taking care of their physical body. Impact of stress on the body is not seen immediately. It increases gradually and over the period of time, body's fighting mechanism gets tired. Stress is manifested in the form of various disorders, which may vary from simple hyperacidity to metabolic grave diseases like Obesity, Diabetes, Hypertension, Cardiac diseases prominently. Stress & Diabetes can be managed fantastically with Clinical Hypnotherapy!!

### Manage your Diet- food Plate with Dr Amita! B.H.M.S., M. Sc. (Nutrition & Dietetics, Phlebotomist (London)



Do you think, your food plate is balanced with all nutrients?  
 "He who takes food in proper measure lives a long life and without disease, gets strength and alertness of mind!" Learn more on practical approach of Diet in Diabetes!

### Manage your Physical Fitness with Dhanaji Ingale (Ex AMC)! Sr. Physiotherapist



Exercise- It plays very important role in managing sugar levels, though it should be balanced with your daily routine, food intake and medications to avoid complications like hyper/ hypoglycemia. "Learn appropriate exercises!"

### Manage your Medications with Dr. Rahul Manjare! M.B.B.S., M.D.

(Pharmacology) The fundamental thing is to know what exactly diabetes is. To put it simply, it is a medical condition that is caused due to insufficient production and secretion of insulin from the pancreas in case of Type-I diabetes and defective response of insulin Type-2 diabetes. , Hypo/Hyper glycaemia management, Foot Care, Preventing complications, Insulin Education, Medication & Dose Management, Importance of periodic check-up and biochemical tests Proper medication and follow up to have a better control on sugar levels.



**Manage Health with Herbal & Ayurvedic Remedies with Dr. Manjiri Ghorpade! B.A.M.S., M.D. (Ayurveda)** Ayurveda is not a therapy but it is a science of life. Ayurveda teaches us how to live healthy throughout the life with basic and simple things. To prevent and to cure Diabetes, Ayurveda has tremendous remedies and combinations of *dravyas*. As it is ancient Indian science one should take maximum benefit of Ayurvedic Panchakarma to stay young, enthusiastic and super healthy .... After all... Health is wealth!!!



**“EVERY PROBLEM HAS SOLUTION!”**



(AN ISO 9001 : 2015 CERTIFIED)

**Oasis Counsellors** is an ISO 9001-2008 & 2015 certified company established in the year of 2011 by a very dynamic person Rajendra More (Ex-Army Medical Corps) Chief Psychological Counsellor with zeal of "Every Problem has Solution!" The main objective of the Oasis Counsellors is to provide qualitative and unique psychological counselling, guidance, clinical hypnotherapy, training related to mind, thinking patterns, behavior and appropriate actions, personality development, motivation, manners and etiquettes, soft skills, skill development, clinical hypnotherapy and NLP to people belonging to any segment or any age in the society. Till date Oasis Counsellors has trained more than 6 lakh people across India and overseas and have touched their lives and helped more than 2 lakh people to de-addict through its highly impactful range of Audio & Video Training programs, DVDs as well as Books.

From last more than 7 years, Oasis Counsellors has trained lakhs of people in every walks of life and every age group. Students and Parents, Entrepreneurs & Businessmen, Doctors, Psychologists, Engineers, Chartered Accountants, Corporate Executives, Employees, Students, Housewives, Networkers, Sportsmen, workers, farmers etc. all who wish everlasting success, happiness, joy, peace and personal growth have been benefitted. Oasis Counsellors have basket of programs like 'Mind Your Mind Power', 'HypNoLeaP- Clinical Hypnotherapy and NLP (Neuro Linguistic Programming)', 'Mind and Body', 'Enjoy Exam Techniques', 'Memory techniques and Mind Power', 'Stress Management', 'Project Yuva Chetna', 'Gateway To NDA', 'Jindagi 0 To 100- 4D of Life', 'Life Partner- Husband Wife Relationship', 'Diabetes School' and many more...

## **What We Do**

From last 7 years, Oasis Counsellors is helping to Change Life and delivered various programs, seminars, practical workshops in the area of Counselling, Guidance, Clinical Hypnotherapy, Motivational Trainings...

- Offered psychological counselling 24x7 in various critical psychological problems
- De-addicted lakhs of people from chronic alcoholism, tobacco and Gutkha chewing, drugs etc.
- Delivered lectures for students, teachers, parents on "Stress management"
- Delivered lectures for teachers, parents on "Effective Parenting"
- Conducts career aptitude tests and counselling for student
- Conducts Multiple Intelligences Test and providing unique counselling
- Conducts seminar and workshops on Stress Management, Diabetes School, Husband Wife Relationship, Mind Your Mind Power, Mind and Body, NLP, Project Yuva Chetna, Enjoy Exam Technique!
- Conducts Clinical Hypnotherapy & Counselling and provide training to clinical Hypnotherapists
- Conduct NLP training
- Runs "Project Yuva Chetna- a Soldiers Duty towards Young Nation" in various schools, colleges, universities and organizations.
- Runs "Diabetes School" with group of elite doctors of various streams & helped thousands of patients of diabetes & heart diseases.

# FACULTIES OF DIABETES SCHOOL



**1. Dr. Rahul Manjare**  
**M.B.B.S., MD (PHARMACOLOGY)**

Dr. Rahul Manjare has an enriched experience in the field of Medicine since 14 years. Medical Graduate from renowned Government Medical College, B.J. Medical College, Pune and Post Graduate from Dr. D.Y. Patil Medical College, Pune, Dr. Rahul has worked for various Government and Private Hospitals. **His expertise is in basics of how medicine works and dose adjustments according to health status of a patient particularly in chronic diseases like Diabetes, Cardiac Diseases etc...**

Dr. Rahul's vast experience is from serving to world class organizations like Charring Cross Hospital (London), Apollo Hospital, Chest Research Foundation (Cipla) and Generic Leader in USA, Lupin. Background in Medicine education with added Clinical Research experience has given Dr. Rahul an edge over treating chronic disorders including Diabetes, High Blood Pressure, Chronic Kidney Disease, Thyroid problems, Urology Diagnostics.

In the field of Clinical Research, Dr. Rahul has successfully conducted over 50 clinical studies, helping the community to get alternatives to costlier multinational medicine brands. Dr. Rahul's work in the field of Intensive Care Unit has helped to reduce average stay from 5 to 2 days in case of serious infections, reducing use of high end antibiotics which is of concern for development of resistance.



**2. Dr. Manjiri Ghorpade**  
**B.A.M.S., and MD (AYURVEDA)**

Dr. Manjiri Dhiraj Jangale has completed

\* B.A.M.S; and MD (AYURVEDA)

\* Gold Medal, from Maharashtra University of Health Sciences, Nashik.

\* Dr. Manjiri has also done MBA (Hospital administration and healthcare management).

Dr. Manjiri has Specialties in

Ayurveda since last 10 yrs. She is an Ayurveda consultant and Panchakarma expert and treated thousands of patients

**Dr. Manjiri had been rigorously worked on Research for Diabetes mellitus in Government Akhand Anand Ayurved College, Ahmedabad under Gujarat Ayurved University, Jamnagar. Her research is proven boon for diabetes mellitus patients.**

Dr. Manjiri had completed post-graduation from the first rank Ayurveda university of India- Gujarat Ayurved University, Jamnagar.

Dr. Manjiri was a Former Assistant professor at Shirdi Saibaba Ayurvedic College, Jaipur.

Dr. Manjiri is an Expert & successfully practicing in critical Psychological, Emotional, Gynecological problems, hormonal problems, Thyroidism, PCOD, Infertility & Cosmetic problems and especially in Diabetes etc..

Dr. Manjiri is a Consultant at Prem Raghu Ayurved Medical College, Delhi, and Consultant at Aster vedanjali wellness center, Pune practicing Keralian Ayurvedic therapies.

**Achievements: Medals and Decorations-**

1. Stood first in 2nd year BAMS in MUHS amongst 64 Ayurvedic Medical colleges in Maharashtra.
2. Stood second in 3rd year BAMS in MUHS amongst all Ayurvedic Medical colleges of Maharashtra.
3. Best student of the year 2005-2006 from faculty of Ayurveda, Maharashtra University of Health Sciences (MUHS), Nashik.
4. Jeevak Puraskar from Himalaya Ayurved Company for first rank in 2nd year BAMS in A.S.S Ayurved college, Ganesh wadi, Nashik.
5. Jeevak Puraskar from Himalaya Ayurved Company for first rank in 3rd year BAMS in A.S.S Ayurved college, Ganesh wadi, Nashik.
6. Janeev Puraskar 2007 from Manav Sewa Kendra & Mico employees' forum, Nashik for giving medical services in the adopted village Chikhalwadi near Trimbakeshwar, Nashik.



### **3. Dr. Amita Rahul Manjare**

**B.H.M.S., MSc. Nutrition and Dietetics, Diabetes Educator**

#### **Homeopathy and Psychology-**

Dr. Amita is being practicing classical homeopathy and have a strong experience in this great field since 12 years. She is a firm believer of homeopathic principles and have had the privilege to treat numerous patients including various Behavioral, Emotional and Psychological problems in adult & children, ADHD, Bed Wetting, Nail Biting, Pica, Psychosexual Problems, asthma, arthritis, eczema, psoriasis, fungal infections, menstrual problems, PCOD, Hormonal imbalance, Thyroidism etc. in women without any kind of side effects. Till date she has treated thousands of patients from not only different parts of India but also from Overseas. Dr. Amita served in London (UK) for 2 years. Basic

fundamental of treatment is individualization. Individualizing the case and finding root cause of the disease and curing the patient and not only the disease in a different fashion!!!

**Nutrition and Dietetics, Diabetes and Obesity Educator Program-**

Today India has become a capital of Obesity and Diabetes, particularly the metabolic disorders. Dr. Amita had extensively worked for National Diabetes Educator Program and she has developed fantastic techniques through experience on how diet and homeopathy can bring about holistic healing in Obese and Diabetic patients. Many diseases are manifestations of nutritional deficiencies in body. In such cases proper guidance on food intake and homeopathy can bring about excellent results!!!

**Obstetrics and gynecology (CGO)-**

Women are facing lots of problems due to dual stress of home and workplace. Menstrual problems, PCOD, Amenorrhea, Hormonal imbalance, Thyroidism, Obesity, etc. in women are increasing day by day. Mental health of whole family is affecting due to these problems a lot. “Women- A Mother!” “If mother is fit – Family is fit!” Homeopathy with Psychological aspect can bring holistic healing!!

Focus and Vision: Is to bring about holistic healing in patients through mild, gentle and permanent restoration of healthy Mind & healthy Body and not merely treating the disease or its manifestations!

**Expertise:**

Behavioural, Emotional and Psychological problems in adult & children, ADHD, Bed Wetting, Nail Biting and Psychosexual Problems.

Skin diseases such as eczema, urticaria (long standing), psoriasis etc.

Recurrently occurring upper respiratory problems, problems that occur during puberty (physical and psychological) etc. Problems in women: Menstrual irregularities, mood disorders, white discharge, PCOD, Thyroidism etc.

General: Hyperacidity, arthritis, chronic respiratory issues like bronchitis, asthma etc.

Weight Loss/Gain programmes: Nutritional therapy in Obesity and Diabetes.

Lifestyle management through diet and exercise.

**Bachelor of Homeopathic Medicine and Surgery (BHMS) - Aug.2001 to Jan.2006**

**Certificate course in Obstetrics and gynecology (CGO): Department of Obstetrics and Gynecology, Joshi Hospital, Pune, Maharashtra. Feb. 2007- May 2007.**

**Diploma Course in the Emergency Medical Services: Ruby Hall Clinic, Pune, Maharashtra. Dec. 2007.**

**Medical Secretary: St. Mary’s Hospital, Praed Street, Paddington, London, United Kingdom (Jan2010- Jan 2011)**

**M.Sc. Nutrition and Dietetics – June 2014 – June 2016 Symbiosis School of Biomedical Sciences, Lavale, Pune, Maharashtra, India**

**Certificate course in NDEP (National Diabetes Educator Program) (Aug. 2015 – June 2016).**



#### **4. DHANAJI INGALE (Ex AMC), SENIOR PHYSIOTHERAPIST**

**Dhanaji Ingaale has very strong 32 years of rich experience with wartime patients, Battlefield Injuries and all post operatives, in the field of PHYSIOTHERAPY. Initial 30 years he served in the Army Medical Corps on various key positions in Department of Physiotherapy, Occupational Therapy & Rehabilitation. Exercise- It plays very important role in managing sugar levels, though it should be balanced with your daily physical routine, food intake and medications to avoid complications like hyper/ hypoglycemia. “Learn appropriate exercises to maximize your performance as well as lifespan to 100 years!”**

“EVERY PROBLEM HAS SOLUTION!”



**5. RAJENDRA MORE**  
**Ex-ARMY MEDICAL CORPS, ND (Natuero), MD (AM),**  
**MD (NLP), DPC, PGDHHM, SENIOR CLINICAL HYPNOTHERAPIST**  
**INTERNATIONAL LICENCED MASTER NLP PRACTITIONER (London, UK)**

Rajendra More has very strong 29 years of rich experience in the field of Psychology. Initial 22 years he served in the Army Medical Corps on various key positions in Department of Psychiatry in the field of Psychological counselling, Psychotherapy, Rehabilitation and psychiatry nursing procedures, psychotropic drugs, Norco Analysis, ECT, and overall administration.

Rajendra is decorated with Very Prestigious Medals-“**OP VIJAY**” (KARGIL) & “**OP PARAKRAMA**” during his Army service. He is also decorated with “**SHIVSHAHI MAHARASHTRA DHARKARI BHUSHAN PURSKAR**”, “**MAHARASHTRA MANAS SHIROMANI PURSKAR**” “**DEEPSTAMBHA PURSKAR**” etc. for his societal contribution.

After retirement from the Army, since last 7 years, he has worked extensively in the field of Psychological Counselling, Career Counselling, Clinical Hypnotherapy, Neuro Linguistic Programming, Life Changing Seminars & Workshops on Stress Management, Diabetes School, Effective Parenting, Enjoy Exam Technique, Mind Your Mind Power, Life Partner-Husband Wife Relationship, Trainers Training program Neuro Linguistic Programming, Hypnoleap, Gateway to NDA, “Project Yuva Chetna-A Soldier’s Duty Towards Young Nation” De-addiction Program in civil society. He has interacted & touched more than 6, 50,000 lives and helped 1, 90,000 to de-addict.

“Project Yuva Chetna” is his passion! He always thinks ‘*We have to return our best to the Humankind whatever we have!*’ Rajendra works Day & Nights for Students, Parents & Teachers extensively in various schools, colleges, and universities on their excellence of mind, de-addiction, suicide, and relationship, Stress management as a Social Duty towards Young & Mentally Healthy Nation. He saved 7 lives who actually attempted suicide.

Rajendra Has developed new technique of online Clinical Hypnotherapy and helped Lacks of people and even overseas NRI’s to get rid of their life time issues and converted their lives in to happy and joyous moments and prosperity. Rajendra is **INDIA’S FIRST ARMY SOLDIER** who directly works for the society and ‘Re-Imprinting Lacks of Minds’ using NLP techniques, Motivational Training and Clinical Hypnotherapy as a Social Duty. Rajendra has developed new technique of ‘Meditation with Colors & Sound waves’ to experience Spiritual Serenity to Re-Imprinting of Mind. He has proven great track record of handling extremely critical psychological/relationship problems and achieved success to changing lives! He learned how to tackle adverse conditions in life practically, being born in farmer’s family in crucial conditions and served in the Army at even war like situations.

Rajendra founded “Oasis Counsellors Foundation” for abandoned elderly people and establishing ‘Oasis Greenhearts My Home Project’ for them.

Being a Great Motivator, Best Counsellor, Senior Clinical Hypnotherapist & Mind Re-Imprinter, Solutionist, Naturopath, best Firer, best Sportsperson, best Runner, True Guide and Mentor, helps to align “4D’s of Life – MIND BODY HEART & SOUL”, Strong believer in Practicality, Strong follower of ‘Resemblance in Action-Deeds- and Speech!’ After all he always says, “**Every problem Has Solution!**”