

Healing Lives, Inspiring Minds: Dr Kiran Shinde

Published on 26 Dec 2025 | By IFI Correspondent



It is often said that destiny is not written in the lines of one's palm, but in the sweat of hard work. Dr Kiran Trambak Shinde (MD – Acupressure) from Eklahare village in Nashik district has transformed this saying into reality through his life of struggle, sacrifice and unwavering determination.

Humble Beginnings in Nashik

Born on 5 September 1980 into a middle-class family, Dr Shinde grew up with limited means. His father, Trambak Ramji Shinde, worked at the Eklahare Power House of the Maharashtra State Electricity Board (MSEB), while his mother, Hirabai Shinde, managed the household and instilled strong values of honesty, simplicity and hard work in her children. Financial constraints taught Kiran the importance of perseverance early in life.

Academic Struggles and Early Responsibilities

Kiran was an average student who found academics challenging. Passing Class 10 itself was a major hurdle, which he cleared with 48 per cent marks. Refusing to give up, he pursued ITI and secured 69 per cent, while simultaneously working in farming and manual labour. These experiences gave him a strong grounding in real-life struggles.

A Turning Point: Loss of His Father

Just as he was planning his future, tragedy struck with the sudden demise of his father. The family's financial condition deteriorated drastically, to the point where there was no money even for the last rites. Borrowing funds, Kiran performed his father's funeral and overnight became the sole breadwinner for his mother, sisters and brother.

Doing Every Job with Dignity

To support his family, Kiran took on any work available—farm labour, hamali (loading work), and later a job as a security guard. Without a motorcycle, he cycled 30 to 60 kilometres daily to reach work, undeterred by harsh weather or exhaustion. His determination never wavered.

In 2010, he married Jyoti Anand Khalkar from Chathori village in Niphad taluka. Jyoti stood firmly by him, managing the household despite limited income. During this phase, Kiran developed a strong desire to build his own identity and contribute meaningfully to society rather than remain in routine jobs.

Discovering Natural Healing

While working as a security guard, Kiran was introduced to natural and drug-free healing methods. Deeply inspired, he decided to study acupressure, cupping therapy and chiropractic practices. Despite severe financial hardship, he completed his training by pledging his wife's jewellery. Balancing day-long work with night-time studies, his perseverance finally paid off.

Establishing Sadguru Naisargik Upchar Kendra

In 2019, Dr Shinde founded **Sadguru Naisargik Upchar Kendra** at Khed Rajgurunagar in Pune district. The early days were challenging, but as patients experienced relief, trust in his treatment grew steadily. Today, the centre treats 30–40 patients daily, with visitors coming not only from Maharashtra but also from other states.

Despite success, Dr Shinde remains deeply connected to his roots. He charges minimal fees to economically weaker patients and often provides free treatment. His belief is simple—no one should be denied healthcare due to lack of money. His wife Jyoti actively supports clinic operations, while their son Suraj is being raised with values of compassion and service.

Selected for Maharashtra’s Prestigious Awards

Recognizing his dedication and achievements, he has been selected for the prestigious “**Maharashtra Business Icon 2025 / Maharashtra Style Icon 2025 / Maharashtra Fashion Icon 2025**” awards.

This honour is being presented by **Reseal.in and India Fashion Icon Magazine**, celebrating Maharashtra’s emerging entrepreneurs and artists.

The selection marks a proud moment not only for him but also for the entire region.

Presence of Renowned Film Personalities

The grand award ceremony will be graced by celebrated film personalities:

- **Ms. Varsha Usgaonkar (Bollywood Actress)**
- **Ms. Sonalee Kulkarni (Indian Actress)**
- **Ms. Prarthana Behere (Indian Actress)**

Event Hosted Under Expert Leadership

The event is organized under the leadership of **Mr. Sudhir Kumar Pathade**, Founder & CEO of Reseal.in (Sure Me Multipurpose Pvt. Ltd.), who continues to provide a national platform for Maharashtra’s rising entrepreneurs, designers, and creative talents.

For more style updates & exclusive fashion stories follow indiafashionicon.com

DISCLAIMER: THE VIEWS/CONTENTS EXPRESSED/PRESENTED HEREIN, WITHIN THIS ADVERTORIAL AND PROMOTIONAL FEATURE ARE THE SOLE AND EXCLUSIVE RESPONSIBILITY OF INDIVIDUAL CLIENTS/EXPERT/THEIR AUTHORISED REPRESENTATIVE/PUBLISHER, TO WHICH EFFECT, PUBLICATION HOUSE/ITS REPRESENTATIVES/AFFILIATES ARE NOT RESPONSIBLE/LIABLE WHATSOEVER.