

Report on 3rd National Naturopathy Day 2020 at JSS Institute of Naturopathy and Yogic Sciences

Ministry of AYUSH, Government of India has declared 18th November to be observed as Naturopathy Day every year from 2018. This year it is the 3rd National Naturopathy Day highlighting on the theme “*Nurturing Vitality Through Naturopathy*”.

National Institute of Naturopathy, Ministry of AYUSH, Government of India, Pune in association with JSS Institute of Naturopathy and Yogic Sciences, Coimbatore conducted 5 days long celebrations from 16th to 20th November 2020.

Day 1 (16/11/2020) – Jan Andolan on COVID appropriate behaviour

S. No	Time	Event	Incharge Doctors/Interns	No. of Beneficiaries
1.	10:00 to 11:00 am	Online Health Talk on i-ask ayush facebook platform	Dr. Vijayaraghvan Topic: Treating Disability through Naturopathy	647
2	3:00 to 5:00 pm	Free Tele-consultation	Dr. Venkatesan & Dr. Jincy Sundaran	15
3	4:00 to 7:00 pm	Community survey	4 Doctors and 10 interns	114

i-ask ayush is an online platform founded by a group of Ayurveda doctors to teach, discuss and deliver knowledge on AYUSH system of medicine. Dr. Preethi K.S and Dr. Asveedha were the host and co-host of the program respectively. Dr. Vijayaraghavan, who was the speaker of the program, explained the concept of disabilities and various actions taken by authentic associations in treating them. Then he threw lights on role of Naturopathy and Yoga in treating disabilities. Facebook viewers clarified their doubts which made the session more interactive.

Tele-consultation was made available free with pre-registration for the Health Seekers from 16th to 20th November. Naturopathy and Yoga immune regulating tips, post Covid health management, diet counselling and personalized diet chart were explained and provided.

Knowledge, attitudes, and practices towards COVID-19 among rural people of Tamil Nadu: A Community-based survey was done under the guidance of Dr. Naresh Kumar, HOD, Department of Community Medicine. Doctors and Interns actively involved in conducting the survey. IEC material on COVID awareness, Jala neti pot, immune decoction, immune decoction powder and sprouts were distributed in the communities where survey was done. Survey was completed in 7 villages with over 1000 households covered.

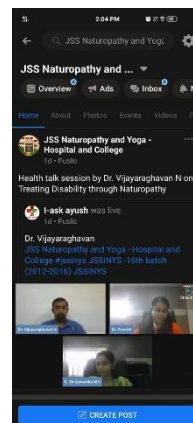


Figure 1 Health Talk by Dr. Vijayaraghavan



Figure 2 Health awareness programmes in villages. Distribution of Jala neti pot, immune decoction powder, health drinks.

Day 2 (17/11/2020) – AYUSH for Immunity Campaign

S. No	Time	Event	Incharge Doctors/Interns	No. of Beneficiaries
1.	10:00 to 11:00 am	Online Health Talk on i- ask ayush facebook platform	Dr. G S. Sharmila Topic: Nurturing Vitality through Naturopathy	950
2.	11:00 am to 01:00 pm	Physical Camp	Dr. Dhilip V.R	83

		Shri Jagannath Educational Health and Charitable Trust, Velanthavalam, Pichanur	Dr. M. Ezhil Ratnakumari Dr. D. Ramya Dr. P. Rathna Dr. R. Sowntharya 5 Interns	
3.	3:00 to 5:00 pm.	Free Tele-consultation.	Dr.G. S.Sharmila Dr. T. Selvameenakshi	19
4.	4:00 to 7:00 pm	Community Survey	4 Doctors and 10 interns	176
5.	6:00 pm – 7:00 pm	Webinar (Virtual) Government Higher Secondary School, Thevur, Salem district – 637104	Dr. Jenie R Topic: Increase your Vitality; Increase your Life span	75

Dr. T. Selvameenakshi and Dr. P. Rathna were the host and co-host of the i-ask ayush program. Speaker, Dr. G.S. Sharmila elucidated on the concept of Vitality and techniques to find reduction in vitality and added Nature Cure methods to increase the same. There was an active involvement from viewers where they gained more knowledge upon putting queries.

Camp was conducted at Shri Jagannath Educational Health and Charitable Trust, Velanthavalam, Pichanur. Principal Dr. Dhilip V.R addressed the gathering consisting of faculty and administrative staff of the College. Immune decoction was distributed to the participants. Dr. M. Ezhil Ratnakumari gave Health talk on the topic 'Nurturing Vitality through Naturopathy'. Practical chair Yoga was instructed by Dr. P. Rathna where intern Mr. Ajay Prakash done the demonstration. Consultation was done following the COVID protocol by Dr. M. Ezhil Ratnakumari, Dr. D. Ramya, Dr. R. Sowntharya and Dr. P. Rathna. Knowledge, attitudes, and practices towards COVID-19 survey was conducted by Dr. Prabhakaran. Therapeutic diet on disorders like psoriasis, osteoarthritis, obesity, hypothyroidism, diabetes mellitus and hypertension was displayed. Products from the health shop of JSS Nature Cure and Yoga Hospital were kept for sale. The participants were provided with nutritious millet meal for lunch. Report of this camp is updated in the JCT official website.

Dr. Jenie R accentuated the importance of Healthy lifestyle in improving vitality which simultaneously increases our lifespan. The participants were a group of teachers from Government Higher Secondary School, Thevur, Salem. Queries related to Naturopathy treatments were raised by them and were clearly clarified by the speaker. Dr. Surekha PT hosted the event.



Figure 3 Health Talk by Dr. Sharmila G.S

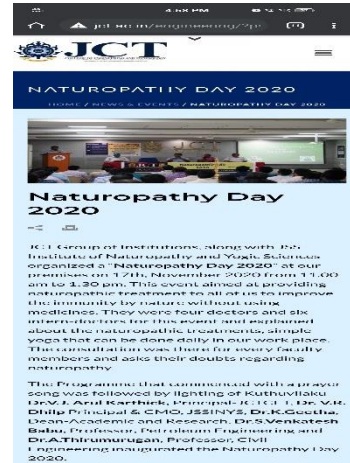
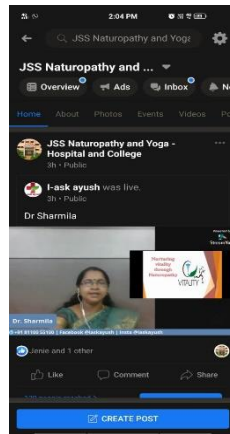


Figure 4 Camp update published in JCT website.



Figure 5 Camp at JCT Campus, Inauguration, welcome address by Dr. V.R. Dhilip, Health talk given by Dr. M. Ezhil Ratnakumari, Yoga demonstration



Figure 6 Therapeutic Diet Display



Figure 7 Consultation



Figure 8 Health awareness programmes in villages. Distribution of Jala neti pot, immune decoction powder, health drinks.



Figure 9 Health Talk by Dr. R. Jenie



Day 3 (18/11/2020) - Nurturing Vitality through Nature Cure

S. No	Time	Event	Incharge Doctors/Interns	No. Beneficiaries
1.	11.00 am to 12 pm	Webinar for NANA NANI homes, Phase 3, Coimbatore	Dr. Jincy Sundaran Topic: Let's age youthfully; embracing nature	158
2.	11.00 am to 1.00 pm	Camp Director Seed Certification, Thadagam, Coimbatore	Dr. Dhilip V.R Dr. Vijayaraghavan Dr. Prabhakaran Dr. Jenie 5 Interns	80
3.	3:00 to 5:00 pm	Free Tele-consultation	Dr. Vijayaraghavan Dr. Ramya	16
4.	4:00 to 7:00 pm	Survey	4 Doctors and 10 interns	205

Speaker Dr. Jincy Sundaran enlightened the session with thought provoking words. The session was centred to geriatric group. Dr. G.S. Sharmila hosted the webinar. The speaker elaborated on the role of Nature Cure principles on all planes of being mentioned in the definition of health. She decoded some ways of healthy lifestyle that can be adopted by the participants to stay healthy. Participants got their doubts cleared at the end of the talk.

Camp was conducted at Directorate Seed Certification, Thadagam, Coimbatore. Principal Dr. Dhilip V.R addressed the gathering and gave talk on General knowledge about Naturopathy

treatments. M. Subbaiya, Director, Seed Certification released the “Naturae e- Magazine”, a quarterly magazine aimed to bring awareness about Naturopathy to the health seekers. Immune decoction was distributed to the participants. Dr. Prabhakaran and Dr. Jenie R gave a talk on Nurturing Vitality through Naturopathy. Dr. Jenie R gave practical Yoga instruction and intern Mr. Ajay Prakash demonstrated to the participants. Therapeutic diet on disorders like psoriasis, osteoarthritis, obesity, hypothyroidism, diabetes mellitus and hypertension was displayed. Products from the health shop of JSS Nature Cure and Yoga Hospital were kept for sale. The participants were provided with nutritious millet meal for lunch.



Figure 10 Camp at Directorate Seed Certification, Inauguration and welcome address by Dr. V. R. Dhilip, Health talk by Dr. Prabhakaran, Yoga demonstration, Therapeutic Diet Display and Consultation

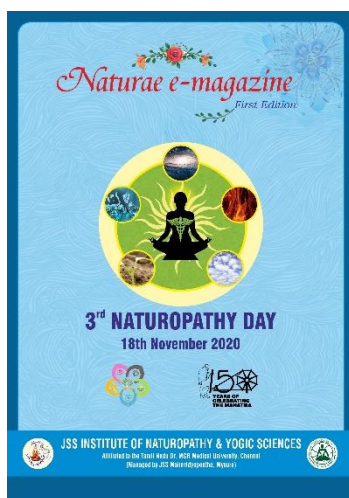


Figure 11 Naturae e- Magazine release

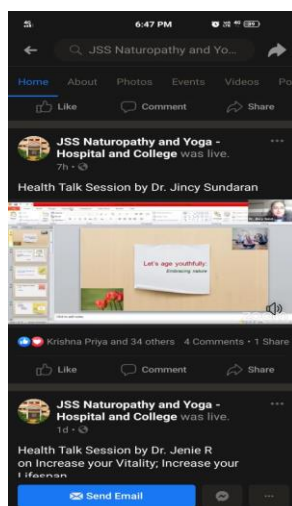


Figure 12 Health Talk by Dr. Jincy Sundaran



Figure 13 Health awareness programmes in villages. Distribution of Jala neti pot, immune decoction powder, health drinks.

Day 4 -19/11/2020

S. No	Time	Event	Incharge Doctors	No. of Beneficiaries
1.	10:30 to 11:30 am	Morning Survey	Doctors and interns	134
2.	12:30 to 1:30 pm	Tree plantation at JSSINYS	Mr. Shanmugam, AO, Dr. Dhilip V.R, Principal	-
3.	3:00 to 4:00 pm	Online Health Talk on i- ask ayush Facebook platform	Dr. Prabhakaran Topic: Philosophy and Practice of Naturopathy	278
4.	3:00 to 4:30 pm	Camp at JSSINYS for the workers	Dr. Dhilip V.R Principal	50

			All Doctors and Interns	
5.	3:00 to 5:00 pm	Free Tele-consultation	Dr. M. Ezhil Ratnakumari Dr. Preethi K.S	18
6.	4:00 to 7:00 pm	Evening Survey	4 Doctors and 10 interns	126

Tree plantation was done at JSS Institute of Naturopathy & Yogic Sciences campus to impart duty to improve ecological and environmental value. The plantation was done under the guidance of Administrative officer Mr. Shanmugam and Principal Dr. Dhilip V.R, Dr. M. Ezhil Ratnakumari, Dr. Venkatesan, Dr. Naresh Kumar, Dr. Vijayaraghavan, Dr. T. Selvameenakshi, Dr. Ramya and Dr. Preethi K.S participated in the event.

Dr. Prabhakaran was the speaker for the online health talk on i-ask ayush Facebook platform. Dr. Sowtharya R, hosted the webinar. The speaker gave insights on the ‘History and philosophical aspects of Naturopathy’ in the beginning. He explained some of the famous Naturopaths and their role in spreading Naturopathy. He then explained some of the important Naturopathy treatments which are advocated in Nature Cure centres.

Camp was conducted at JSS Institute of Naturopathy & Yogic Sciences campus. Administrative officer, Mr. Shanmugam gave the Inaugural address. Dr. Ravikiran gave a talk on overall programmes being conducted on behalf of 3rd National Naturopathy Day celebrations. Principal Dr. Dhilip V. R then addressed the gathering. Masks, jala neti pot, immune decoction powder and immune decoction were distributed to the workers. General health check-up was done for the workers by following the COVID protocol.



Figure 14 Health Talk by Dr. Prabhakaran



Figure 15 Tree Plantation at JSSINYS



Figure 16 Camp at JSSINYS, Inaugural address by Administrative Officer Mr. Shanmugam, Welcome address by Dr. V.R. Dhilip, briefing the Naturopathy Week Celebrations of JSSINYS by Dr. Ravi Kiran and Consultation and distribution of Jala neti pot, health drink, Immune decoction powder were done.



Figure 17 Health awareness programmes in villages. Distribution of Jala neti pot, immune decoction powder, health drinks.

Day 5 - 20/11/2020

S. No	Time	Event	Incharge Doctors	No. of Beneficiaries
1	10:00 to 11:00 am	Online health talk session for Karnataka association through Facebook live.	Dr. T. Selvameenakshi Topic: Naturopathy: An authentic way to complete health	108
	10:30 to 11:30 am	Morning survey	4 Doctors and 10 interns	112
2	3:00 to 5:00 pm	Free Tele-consultation	Dr. Naresh Dr. Prabhakaran	17
3	4:00 to 7:00 pm	Evening Survey	4 Doctors and 10 interns	133

Dr. T. Selvameenakshi was the speaker for the webinar conducted for Karnataka Association, Coimbatore. Dr. P. Rathna hosted the webinar. The speaker gave an overview about Naturopathy and its principles. She then detailed on the Panchamahabootha concept relating to

the explained principles. She also gave Naturopathy based tips and recipes to regulate immunity.

The 5 days long 3rd National Naturopathy Day celebrations were successfully completed with over **3414** number of participants who got benefitted from this program. Camp and survey conducted helped to create more awareness among the public about Naturopathy in person. Online webinars conducted also benefitted doctors, interns, students and natural health seekers.

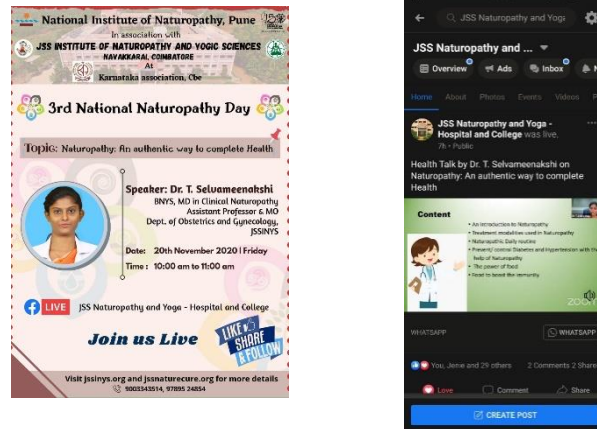


Figure 18 Health Talk by Dr. T. Selvameenakshi



Figure 19 Health awareness programmes in villages. Distribution of Jala neti pot, immune decoction powder, health drinks.