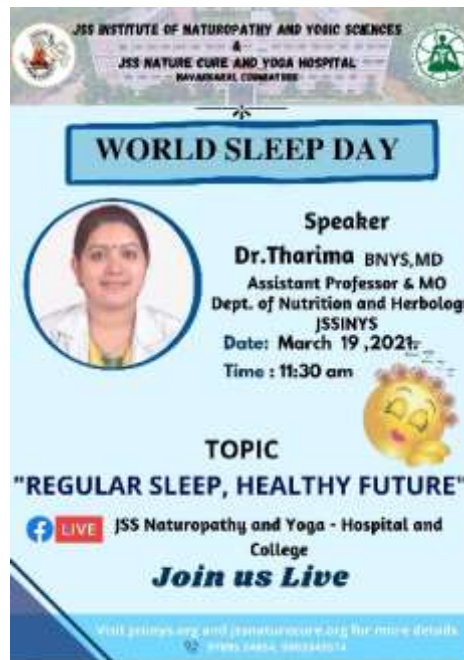


## Report on 5<sup>th</sup> Health talk session

Every month health talk session is conducted in the college to bring about awareness among the public. The session is conducted virtually on the occasion of the special day organized by WHO and it is streamlined in the Facebook so that it is beneficial even for the post viewers. On 19<sup>th</sup> March 2021, 5<sup>th</sup> health talk session of the year 2021 was conducted virtually by 11.30 am. Dr. Tharima, Assistant Professor cum Medical Officer was the speaker of the session and she spoke on World sleep Day under the Theme: “Regular sleep, healthy future”.



The poster is for a World Sleep Day event. At the top, it lists the organizing institutions: JSS Institute of Naturopathy and Yoga Sciences and JSS Nature Cure and Yoga Hospital. The main title is "WORLD SLEEP DAY" in a blue box. Below this is a circular portrait of Dr. Tharima. To the right of the portrait, her name and credentials are listed: "Speaker Dr. Tharima BNYS, MD Assistant Professor & MO Dept. of Nutrition and Herbolology JSSINYS". The date and time are given as "Date: March 19, 2021" and "Time: 11:30 am". A smiling sun icon is positioned to the right of the text. The topic is stated as "TOPIC 'REGULAR SLEEP, HEALTHY FUTURE'". At the bottom, there is a Facebook Live logo and the text "JSS Naturopathy and Yoga - Hospital and College". The phrase "Join us Live" is written in a stylized font. At the very bottom, there are two website URLs: "Visit jssinys.org and jssnaturecure.org for more details" and "www.casac.in/2021/03/19/".