

## **Report on Mega Naturopathy Camp held by JSS Institute of Naturopathy and Yogic Sciences, Coimbatore**

National Institute of Naturopathy, Pune organized a Mega Naturopathy camp on the theme “Self Reliance through Self Health Reliance” to bring awareness about Naturopathy and Yoga among the public. The camp was conducted at three-venue in Coimbatore district.

**DATE: (23<sup>rd</sup> March 2021)**

**VENUE: Directorate of Seed Certification, Sai Baba Colony, Coimbatore**

The camp conducted at the Directorate of Seed Certification started from 10:00 am to 5:00 pm. A group of 5 doctors and 10 interns were present for the camp. The camp included health talk by 2 doctors which enlightened the public on Nature Cure practices in day-to-day life. The dignitaries of the event were provided with Nutrimune-A Defence Pro Kit which includes Vitamla Naturista (Amla Jam), Immune decoction, and Instant Immune drink. A vital check-up was done for the participants which was then followed by consultation by the doctors. Naturopathy treatments like partial massage, mud pack to abdomen and eyes, acupuncture, etc were given for all the consulted participants. A therapeutic diet on 5 different diseases was displayed and the benefits were explained for the participants. Health care products like kriya kit, an enema can, immunity kit, Tamil Language Nature Cure and Yoga Books were displayed. Organic millet meal, green chutney, and panagam (Refreshing Lemon Ginger drink) were provided. Each participant was also provided with an immunity kit and a pamphlet explaining Naturopathy and Yoga summer tips. Mahatma Gandhiji’s thoughts on Nature Cure and Yoga posters were displayed in the camp for creating deep awareness among the participants. A total of 143 participants got benefitted from the camp.





Report prepared by

Dr. Preethi K S

Lecturer cum MO