

## 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.

**DATE (25<sup>th</sup> March 2021)**

**VENUE: JSS Institute of Naturopathy and Yogic Sciences Campus, Coimbatore**

On 24<sup>th</sup> March a group of doctors and students reached out to the public and distributed the pamphlets containing the details of the camp. The camp at JSS Institute of Naturopathy and Yogic Sciences on 25<sup>th</sup> March started from 10:00 am to 5:00 pm. All the participants were asked to assemble in the multipurpose hall for a health talk highlighting the importance of Nature Cure and Yogic practices. Refreshing herbal decoction was provided. Breathing exercises, chair yogasana practices, pranayama was demonstrated and the participants were made to practice. Nutrimmune- A Defence Pro Kit was given for all the participants. Naturopathy and Yoga, philosophical and practical explanation models were displayed in a hall along with therapeutic diet for 6 diseases and its importance and benefits were explained. A group of doctors consulted the patients and basic Naturopathy treatments were prescribed like mud pack to abdomen and eye, partial massage, facial steam, acupuncture, acupressure and physiotherapy treatments such as IRR, IFT and ultrasound. A separate room for aromatherapy and chromotherapy aiming at relaxative effect was allotted for the participants. Organic millet sambar rice, curd rice, and panagam (Refreshing lemon ginger drink) were provided. Total of 157 participants got benefitted from the camp.





Report prepared by

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