

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 3 (26th March 2021)

VENUE: Ramakrishna Ashramam Kailasananda Chitraisalai, Coimbatore

The camp conducted at Ramakrishna Ashramam Kailasananda Chitraisalai started from 09:00 am to 5:00 pm. A group of 5 Doctors and 10 Interns were engaged for the camp. Health awareness talks were given. The talk highlighted the Basic Principles of Naturopathy and their importance to follow in day-to-day life. Therapeutic yoga focusing pranayama and mudra practices were demonstrated and the participants were also asked to practice at the same time. Nutrimune- A Defence Pro-Kit and a pamphlet explaining Naturopathy and Yoga, Summer tips were then provided for all the participants. This was followed by a vitals check-up and consultation by the Doctors. A therapeutic diet on 6 different diseases was displayed and the benefits were explained for the participants. Naturopathy treatments like partial massage, mud pack to abdomen and eyes, acupuncture, etc were given for all the consulted participants. Health care products like kriya kit, an enema can, immunity kit, Tamil language Nature Cure and Yoga Books were displayed. Millet sambar rice and curd rice were given to all the participants. Total of 108 participants got benefitted from the camp.





Report prepared by

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