

## **Report on a webinar on Food Forest and natural ways to boost immunity in times of pandemic and tackle the global problems**

A guest lecture program organized by JSS Mahavidyapeetha, JSS Ayurveda Medical College and Hospital, Mysuru on Food Forest and natural ways to boost immunity in times of pandemic and tackle the global problems was conducted. The speaker was Sri Pathanjali, IRS, and Chief Commissioner of Income Tax, Karnataka and Goa. The webinar was conducted virtually on 31<sup>st</sup> July 2021 from 5:30 pm to 6:30 pm through zoom platform. The webinar was an eye-opening session where the concept of exposure to nature especially forests, enhancing the natural innate immunity among the people and use of this methodology to tackle most of the serious global climate and health-related problems. The session was greatly insightful for the attendees.

