

Report on camp at Bodhi Organic Society, Palakkad

In commemoration with the 4th National Naturopathy Day, a health awareness camp was conducted at Bodhi Organic Society, Alathur, Palakkad on 13th November, 2021. The theme of the camp was "Rog Mukta Bharat"- Disease free India, with the aim of bringing health awareness among the people and to make them understand the basic principles of Naturopathy and primary cause of diseases. A health talk was given by the doctor on the title "The Basic Principles of Naturopathy". The talk was followed by consultation for the general public. The doctors prescribed Naturopathy tips, simple Yoga practices including pranayama during the consultation. Organic health products display and sales were done by the team. An organic lunch which comprised of Multi-millet porridge, seasonal vegetables like plantain pith and coconut based dishes was provided. 70 members from the nearby places came for the health check-up and got benefitted. The camp was concluded with a melodious guitar music play by the team Bodhi Organic Society.

