

Report on International Women's Day Celebration

On March 08, 2021 "International Women's Day" was celebrated at JSS Institute of Naturopathy and Yogic Sciences. Two online health talks were livestreamed in Facebook from 10:30 am to 11:30 am. Dr. Lakshmi, Lecturer cum Medical Officer gave a talk on the topic 'Subjective mental well-being in women'. Dr. Tharima, Assistant Professor cum Medical Officer spoke on the topic 'Importance of Raw Diet in Adolescents'. Dr. Preethi moderated both online sessions. The program was mainly aimed at benefitting the Natural Health Seekers and students.

A health awareness program for the housekeeping staff of JSSINYS was conducted at the multipurpose hall from 1:00 pm to 2:30 pm. The program included two Health Awareness talk by Dr. Lakshmi and Dr. Sujithra in Tamil, food packet distribution, and free health check-up, consultation and diet counselling for the participants. 64 housekeeping and kitchen staff got benefitted from the program.

The cultural program by BNYS Part I and II students was conducted from 4:00 pm to 5:30 pm. The program was organized by I BNYS (Part II) students under the guidance of Dr. Ezhil Ratnakumari, Class Coordinator. Dr. Ravikiran, Professor, addressed the students on the importance of Women's Day. Dr. Jincy Sundaran, Medical Officer gave a speech on the theme of International Women's Day "Choose to Challenge" and inspired the students. The program showcased an energetic and vibrant cultural and Yoga demonstration program by the students.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES
&
JSS NATURE CURE AND YOGA HOSPITAL
NAVANKARAL, COIMBATORE

INTERNATIONAL WOMEN'S DAY

Speaker: Dr. Lakshmi, BNYS
Medical officer
Dept. of Fasting and Dietetics
JSSINYS

Date: 8th March 2021
Time: 10:00 am to 10:30 am

Topic: Subjective Mental Well-being in Women

JSS Naturopathy and Yoga - Hospital and College

Join us Live

Visit jssinys.org and jssnaturecure.org for more details
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&
JSS NATURE CURE AND YOGA HOSPITAL
NAVANKARAL, COIMBATORE

"INTERNATIONAL WOMEN'S DAY"

Speaker: Dr. Tharima BNYS, MD
Assistant Professor & MO
Dept. of Nutrition and Herbiology
JSSINYS

Date: 8th March 2021
Time: 10:30 am

Topic: Importance of Raw Diet in Adolescents

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Health Awareness Program for Housekeeping Staff



Cultural Program for Students