

## **Report on 4<sup>th</sup> National Naturopathy week celebration at JSS Institute of Naturopathy and Yogic Sciences**

National Naturopathy Day is observed on the 18<sup>th</sup> of November every year across the country with a relevant theme. This year, the 4<sup>th</sup> National Naturopathy Day was observed with the theme “*Rog Mukh Bharat*”. In commemoration to this, JSS Institute of Naturopathy and Yogic Sciences observed a week-long celebration with the theme “*Rog Mukh Bharat through Panchamahabhutas*”.

The celebration started with a Health Awareness camp in association with Bodhi Organic Society, Palakkad on 13<sup>th</sup> November 2021 that included a health talk, free consultation, blood glucose monitoring, millet based seasonal lunch and organic health products sale. Official inauguration of the Five-Day theme-based program was on 16<sup>th</sup> November, 2021 at JSSINYS. The program included a welcome note, prayer song and lighting the holy lamp by the dignitaries. Principal Dr. Dhilip. V. R gave a brief speech on the Naturopathy Day and the upcoming events. The inauguration function was closed with the Vote of thanks. Day 1 celebration named *PRITHVI UTSAV* was commenced with the health talk on ‘Mud therapy-Scientific insight’ followed by a Quiz competition for students.

On 17<sup>th</sup> November 2021, Day 2, *JALA UTSAV*, a CME (Continued Medical Education) organized by CCRYN was live streamed for the students. The health talk of the day was Evidence based application of water which was followed by the sloka/sutra/mantra recitation competition among students.

On 18<sup>th</sup> November 2021, *AGNI UTSAV* was commenced with the prayer song. Various modalities of heliotherapy and therapeutic benefits was the topic for Day 3 talk. Post lunch session was adorned by creative carvings by the students as part of vegetable carving competition. The event for this day also included a Health awareness Camp organized at Ooty Public School, Karamadai where our doctors gave health talk, free consultation, etc. Health product sales, therapeutic diet display and Yoga demonstration were also part of the program which benefitted around 65 participants.

On 19<sup>th</sup> November 2021, *VAYU UTSAV* which was the Day 4 celebration commenced with prayer song followed by the health talk Swara Yoga and understanding the prana. The competition for the day was wealth from waste which again witnessed a lot of innovations from our students.

On 20<sup>th</sup> November 2021, the Day 5, *AKASH UTSAV*, was commenced with Gayatri mantra and the health talk was on the topic Application of Fasting in daily life. The photography exhibition as part of the Photography competition was done where innovative pictures clicked by our students exclusively within the campus on the theme *panchamahabhootas* were displayed and judged. The Valedictory ceremony for the week-long celebration was commenced by 11:30 am and included Presidential Address by Mr. Shanmugham, Administrative Officer, Valedictory speech by the Principal Dr. Dhilip. V. R and briefing of the event by our faculty. The prizes for the competitions held on this Naturopathy week were given by the dignitaries. An Intercollege competition open for students “*Naturae Cuisine – Recipe Contest*” was announced as part of this celebration. The successful week events came to a conclusion with *Nirtya mela*, a cultural program by students adding colours and rhythm to the *Rog mukh bharat* Naturopathy week.



**DAY 1 - PRITHVI UTSAV**



**DAY 2 - JALA UTSAV**



**DAY 3 - AGNI UTSAV**



**DAY 4 - VAYU UTSAV**



**DAY 5 - AKASH UTSAV**



**DAY 5 - NIRTYA MELA**



Camp at Bodhi Organic Society



Camp at Ooty Public School, Karamadai