

## Report on camp at Ooty Public School, Karamadai

In commemoration with the 4th National Naturopathy Day, a health awareness camp was conducted at Ooty Public School, Karamadai on 18<sup>th</sup> November, 2021. The theme of this year was "Rog Mukh 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 the primary cause of disease. A health talk focusing on life style modification, Yoga demonstration for imparting awareness and free consultation by doctors were included in the program. Naturopathy tips, diet advice and simple Yogic practices including pranayama were prescribed during the consultation. Organic health products display and sales were done by the team. Therapeutic diet display for diseases like diabetes mellitus, hypertension and covid 19 was done. 62 members including parents, teachers and public from the nearby places participated in the camp and got benefitted. The camp was successfully organized and coordinated by the team of JSSINYS doctors.

