

Report on camp conducted at Perfect Engineering group of Companies, Pachapalayam, Coimbatore

A Naturopathy and Yoga health awareness camp was conducted at Perfect Engineering group of Companies, Pachapalayam, Coimbatore on 17th December 2021. The participants of the camp included employees of the companies. The camp was organized from 10 am to 3 pm. Talk on the importance of Naturopathy treatments and Yoga was given by doctors in two sessions. This was followed by Yoga demonstration by the students. For the participants, a practical Yoga session was conducted by a doctor. An immune decoction was provided to the participants during the health talk. Therapeutic diet was prepared and displayed in the camp where the team detailed its benefits. Health shop products like Nutrimune Kit, herbal tea powder, honey, aroma oils, Naturopathy books were displayed for sale. Health check-up was done by the interns and consultation was done by the doctors where counseling on diet, Yoga and basic Naturopathy principles was done. 115 participants got benefitted from the camp.

