

## MEGA NATUROPATHY CAMP AT PALAKKAD

A Mega Naturopathy and Yoga Health Awareness camp was organized by JSS Institute of Naturopathy and Yogic Sciences in association with National Institute of Naturopathy, Pune at Bodhi Organic Society Palakkad on 13<sup>th</sup> March 2021. The aim of the camp was to impart the importance of health in a natural way and prevention of deadly diseases. The main theme of the camp was the role of water in detoxifying our system, especially forecasting the scorching sun and summer that has already taken its place. A team of Doctors and interns from JSSINYS were deputed for the camp.



drink for the summer.

The camp started at 10.00 am with an introduction to Pranayama and a practical session led by Dr. Jincy Sundaran, where all the participants were made to do and learn the breathing practices. A health drink break was given at 11.00 am where all were provided with a raw mango buttermilk, a really soothing

The Health Talk session on Water – Detoxifying therapy by Dr. Jincy Sundaran began at 11.30 am where she highlighted the importance of water right from drinking to its various applications as a therapy.



A live demo with a Hip and Spinal bath tub on its procedure was imparted. The session was followed by an interactive query sessions where lots of doubts were cleared.

A completely raw yet colourful and tasty lunch was provided thereafter. Beaten rice vegetable poha, spicy curd poha, raw beet pachadi and ivy beet pickle was the menu on plate.



Post lunch a consultation and diet counselling was done by Dr. Jincy Sundaran, Dr. Preethi and Dr. Anju Paily. A health shop with various organic products were kept for display and sales. Intern doctors explained the benefits of the products as well as checked the vitals for the needed participants.



A total of around 110 participants including children and old age people benefitted from the camp. The camp concluded by 4.00 pm.