

Naturae e-magazine

Vol-5



WORLD HEALTH AWARENESS



JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

Affiliated to the Tamil Nadu Dr. MGR Medical University, Chennai
(Managed by JSS Mahavidyapeetha, Mysuru)





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Navakkarai, Palakkad Highway, Coimbatore - 641105.

E-mail : jssinyscoimbatore@gmail.com | Website : www.jssinys.org

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and Yoga**

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World Health Day 2023

Health is proclaimed as a positive state of the being from the theories of Naturopathy and Yoga. Naturopathy defines health as, “Health is normal and harmonious vibration of elements and forces composing the human entity on the physical, mental, moral, and spiritual planes of being, in conformity with constructive principles of nature applied to individual life”. The right way of living drives a human being towards this positivity and constructive life. The principles of Naturopathy direct to healthy way of living, and as a therapy works on improving the healing effort of the body by application of healing agents like panchamahabhutha's, that is, Prithvi, Jala, Vayu, Agni, and Akash. The theory also says that body is structured through these panchamahabhutas, and imbalance or disturbances causes diseases.

The definition by WHO says, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Here the definition also stresses on determinants like mental, social well-being, apart from physical alone. The Naturopathy and Yoga principles discussed also makes working on all determinants of health.

World health organization has successfully completed 75 years of public health improving activities pan world with the aim of attaining highest level of health and well-being. This year the organization celebrates the 75th year with the theme “Health for all” with numerous active programs. JSS Institute of Naturopathy and Yogic Sciences, also marked 7th April as important and health awareness events were conducted at the institute. Let this theme, motto, activities and initiations reach each corner of the world and spread the positivity of health.

#HealthForAll #WHO75



TOP STRATEGIES TO STAY FIT AT WORK

Dr.T. Selvameenakshi BNYS, MD

Associate Professor
Department of Obstetrics and Gynecology
JSS Institute of Naturopathy and Yogic Sciences

We all desire to stay fit always. Balancing work as well as family life is a big deal these days, because both men and women started working. As the consequence of working pattern, our way of life has been altered and we never have time to take care of ourselves. Ignoring this will lead to an array of diseases later on. Adapting a few good habits will help you in achieving excellent health. This article will provide you with top tips for managing your lifestyle and taking care of your health despite your hectic schedule. Let us see one by one as follows...

WAKE UP EARLY

90% of your problems and stress will be resolved once you develop the habit of waking up early. Most of you may disagree that waking up early relieves stress, because you may believe that thinking about getting up early itself stresses you out. But absolutely not at all. When you start



practicing it, you will notice a difference on the same day. This habit will save you a lot of time. You can use the added hours to practice yoga, walking, jogging, or gardening. Spending at least 20 minutes per

day on such an activity can help prevent a variety of diseases such as diabetes, hypertension, obesity, depression, PCOD, and others. After spending your time wisely, you can also reach your office in time without any cortisol rush and begin your work without any stress.

MAKE A DIET PLAN AHEAD OF TIME

Food is the secret code to keep your body healthy. You can feel the changes



within yourself once you start tracking your food habit. Take time for choosing your food. Plan what you'll eat the next day or use your weekend to organize your weekly food chart. This saves you time every day and prevents you from selecting the wrong food in a hurry. So that you can select the healthy foods priorly and do shopping accordingly. Different types of nutrients are required by our bodies. Don't eat the same food every day. To meet your body requirement, select a variety of fruits, vegetables, and millets. Make sure that you consume the most nutritious foods in the morning, such as fresh vegetables or fruits, either as a whole or juiced. intake salads, sprouts, nuts, steamed foods. Avoid heavy food as well as



oily food. So, you can start your day with vibrancy and maximize your productivity at work.

REMEMBER TO STAY HYDRATED

Ensure that you are drinking enough water. Keep a bottle with you at all times and keep track of your water consumption.



Drinking water in between tasks helps to recharge your body and mind. It also keeps your body heat in balance. You can have a fresh lime mint juice or amla juice by 11 a.m., when the sun is at its peak.

MAKE A PAUSE IN BETWEEN

Give yourself a quick break between tasks. Practice pranayama 2 minutes in 2-hour intervals, correct your posture, stretch your back, twist your spine, and go for a walk around. If you're working on a laptop, take a break from staring at the screen. Close your eyes for a few instants, and practice palming in between tasks with few blinks. This break allows you to stay active until the very end of your working hours.

WRAP UP THE WORK AT YOUR WORK PLACE

When you turn off your computer, turn off all work-related commitments as well. Never forget that we began working for

the sake of our family's well-being. So, make an effort to spend quality time with family members. Stop looking at phones in the bedroom. Read bed time moral stories for your kids and give your partner a gentle neck massage. Share your day's events



with your spouse and listen to their stories. Avoid heavy meals during the night time. Have your dinner as early as possible. Thank God for offering you with this lovely day and become aware of your breathing in order to fall asleep deeply.

Try each of these suggestions one at a time. If you get off track, remember that every day is a new beginning. Slowly instill good habits to see the new you. Best wishes for prosperity from my extreme.



CIRCADIAN RHYTHM IN HEALTH AND DISEASE

Dr. Arya Raghu BNYS

Lecturer cum Medical Officer

INTRODUCTION

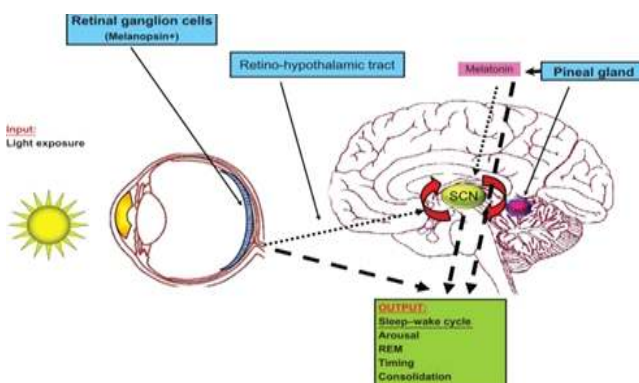
Rhythm is the change that is repeated with similar patterns. Biorhythms are natural cycle of change in our body's chemicals or functions. It's like an internal master "clock" that coordinates the other clocks in the body and it is regulated by stimuli and can be detected by five senses, ie, sight [e.g. migration] smell [e.g. aromas] sound [e.g. birds sound] touch [e.g. feeling an insect bite] taste [starch vs sugar].

There are 4 main rhythms.

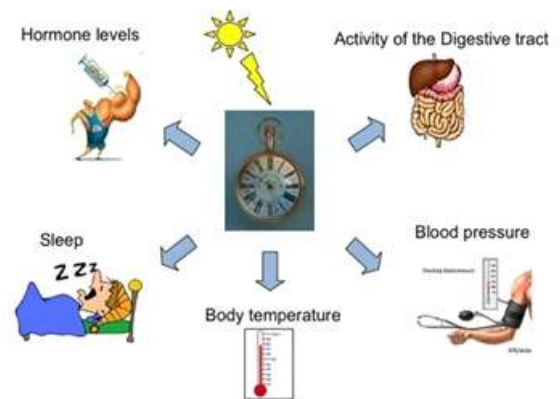
- Circadian rhythms
- Diurnal rhythms
- Ultradian rhythms
- Infradian rhythms

CIRCADIAN RHYTHM

The one that dominates our activities is the sleep/wake cycle. Circadian is derived from a Latin phrase, meaning "about a day"[about (circa) and a day (dia)] occur once a day and relate to the sun. Body temperature, response to medications, alertness, all have a daily up and down cycle.



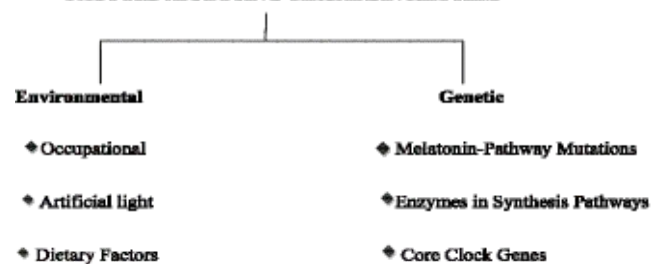
Human Circadian Rhythms



DIETARY FACTORS

High fat diets lead to disruption of circadian oscillation of core clock genes and downstream clock-controlled genes. It causes microbiota alteration leading to endotoxin production. This further causes metabolic endotoxemia and inflammation.

FACTORS AFFECTING CIRCADIAN RHYTHM



SHIFT WORKERS

Scientific studies demonstrate an increased incidence of obesity among shift workers. Studies shows that short sleep duration is associated with increased BMI and elevated incidence of type 2 diabetes. Short sleepers have low leptin, increased levels of ghrelin, and increased hunger and



appetite. These neuroendocrine changes explain reason for increased appetite after sleep loss. This causes early onset obesity, hypo-leptinaemia, hyperphagia, hyperinsulinemia, and hyperglycaemia. Studies showed that overweight and obese patients slept less than patients with normal BMI.

Studies have also reported that obese patients were sleepier during the day and more likely to experience disturbed sleep at night.

Shift work has been associated with CAD, obesity, DM, and metabolic disturbances. People who sleep less than 6 h or more than 9 h have increased risk of developing type 2 DM and impaired glucose tolerance.

IMPROPER PRACTICE OF DINACHARYA I.E., IMPROPER TIMING OF SLEEP, EATING, ETC, WILL LEAD TO,

- Disruption of circadian rhythm
- Imbalance in hormonal homeostasis
- Abnormal composition of blood & lymph
- Accumulation of morbid matter
- Lowered vitality and disease

HOW TO OPTIMIZE YOUR CIRCADIAN RHYTHM AND SLEEP BETTER:

- Add enough L-tryptophan in your diet: nuts and seeds etc.
- Periodic exposure to sunlight
- Avoid bright light before sleep
- Sleep in a pitch-black room
- If you wake up in the night, minimize light exposure

The whole UNIVERSE IS BASED ON RHYTHM, everything happens in circles and in spirals. Thus, your BODY also runs

on circadian rhythm. When you strictly stick to a healthy and wise schedule you make it easier for living a healthy life.

“Health does not always come from medicine. Most of the time it comes from peace of mind, peace in the heart, peace in the soul. It comes from laughter and love.”





HEALTHY JUICES

Dr.Sharmila BNYS

Associate Professor
Department of Nutrition and Biochemistry
JSS Institute of Naturopathy and Yogic Sciences

1. PLANTAIN PITH/STEM JUICE

Ingredients: **Servings: 2**

- Plantain pith / Plantain Stem – 1 cup
- Buttermilk – 1 cup
- Salt as per needed
- Roasted Cumin Powder – half teaspoon
- Coriander Leaves Finely Chopped - 1 tbsp
- Ginger - 1 inch

Procedure:

Remove the outer rings of the stem so that there are no more rings seen in the cross section. Cut the stem into medium sized disks (not too thin or thick). Remove the fibres between the disks by one of your fingers. Soak the plantain stem in buttermilk till you are ready to grind just to avoid de-colorization. Take the soaked plantain stem along with the butter milk to the mixer jar. Add salt, ginger, coriander leaves and grind it to smooth juice. Plantain stem juice is now ready. Serve in a glass.

Nutritional factors(100ml)

- Energy – 55kcal
- Moisture – 88g
- Carbohydrates – 10g
- Calcium – 10mg
- Phosphorous – 10mg
- Iron – 1mg
- Potassium



Benefits:

- Banana stem is rich in fibre.
- The juice of the banana stem helps in flushing out toxins from the body. It is a diuretic, and one of the most effective ways to cleanse your system from ailments.
- It also improves metabolism.
- Rich in Vitamin B6, it has a lot of iron and increases the haemoglobin count.

Indications:

Obesity, renal calculi, ulcers, Acidity, diabetes, bleeding disorders, menorrhagia, constipation, hypertension, hyperlipidaemia.



HEALTHY JUICES

2. SUGARCANE JUICE

Ingredients:

- Sugarcane - 1
- Ginger - 1 thumb piece peeled and chopped
- Lemon – half piece

Procedure:

Peel the outer skin off the sugarcane and chop it into small pieces. Now take this in a blender, add ginger and puree. Don't add water, Now use your hands to extract the juice from the pulp. Now strain this and add some lemon juice. Chill this for few hours. Serve cold.

Nutritional factors(100ml)

- Calories – 242kcal.
- Protein - 0.16g
- Total fibre - 0.56g
- Potassium - 150m
- Sodium - 1.16mg
- Magnesium - 13.03mg
- Phosphorous - 22.08mg
- Iron - 1.12mg
- Calcium - 18mg
- Thiamine - 0.03mg
- Riboflavin - 0.04mg



Benefits:

- Anticancer, anti-inflammatory, digestant, anti-febrifuge, diuretic, Immunity booster.

Indications:

Jaundice, prevents aging, make bones and teeth stronger, helpful in pregnancy, may reduce fever, Can Cure Acne, Sugarcane Juice Keeps Away Tooth Decay, Reduces Pain Associated with STDs/UTIs, Effective Remedy for Febrile Disorders, Speeds up Wound Healing.

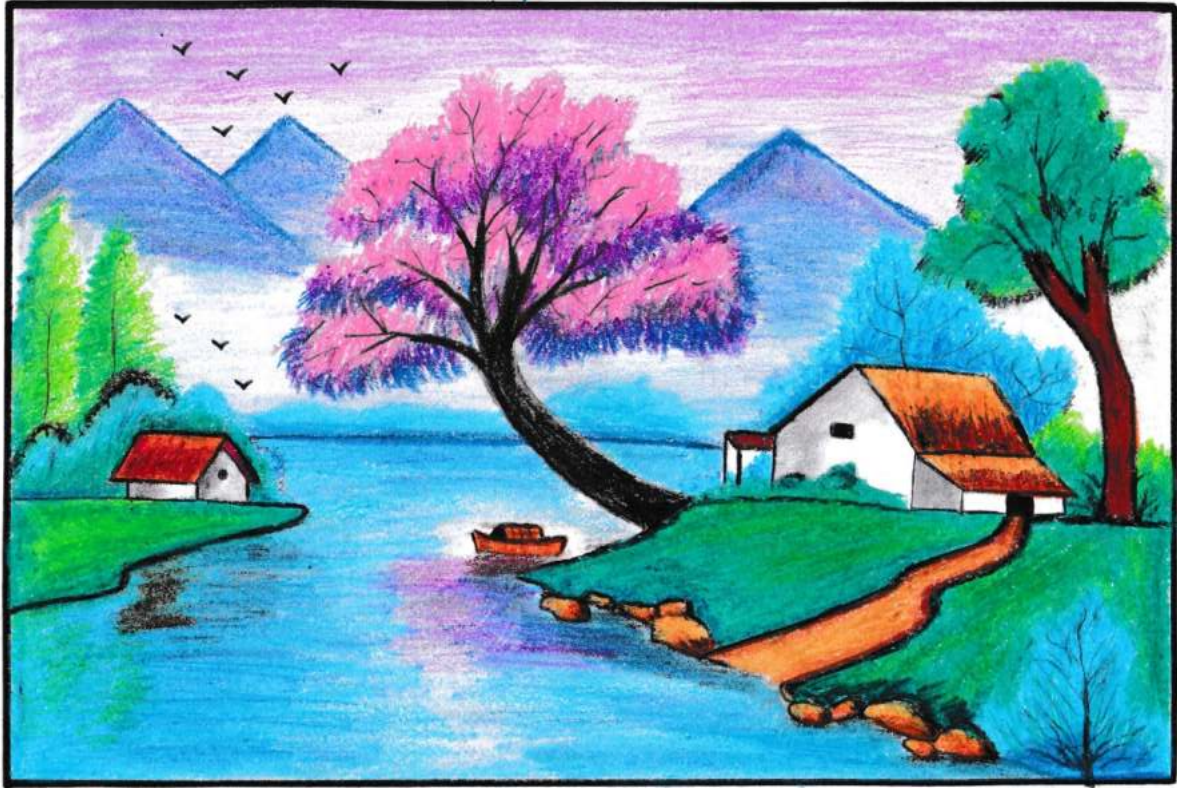
Contraindication:

- Diabetes mellitus



STUDENTS SKETCHES

இயற்கை காட்சி



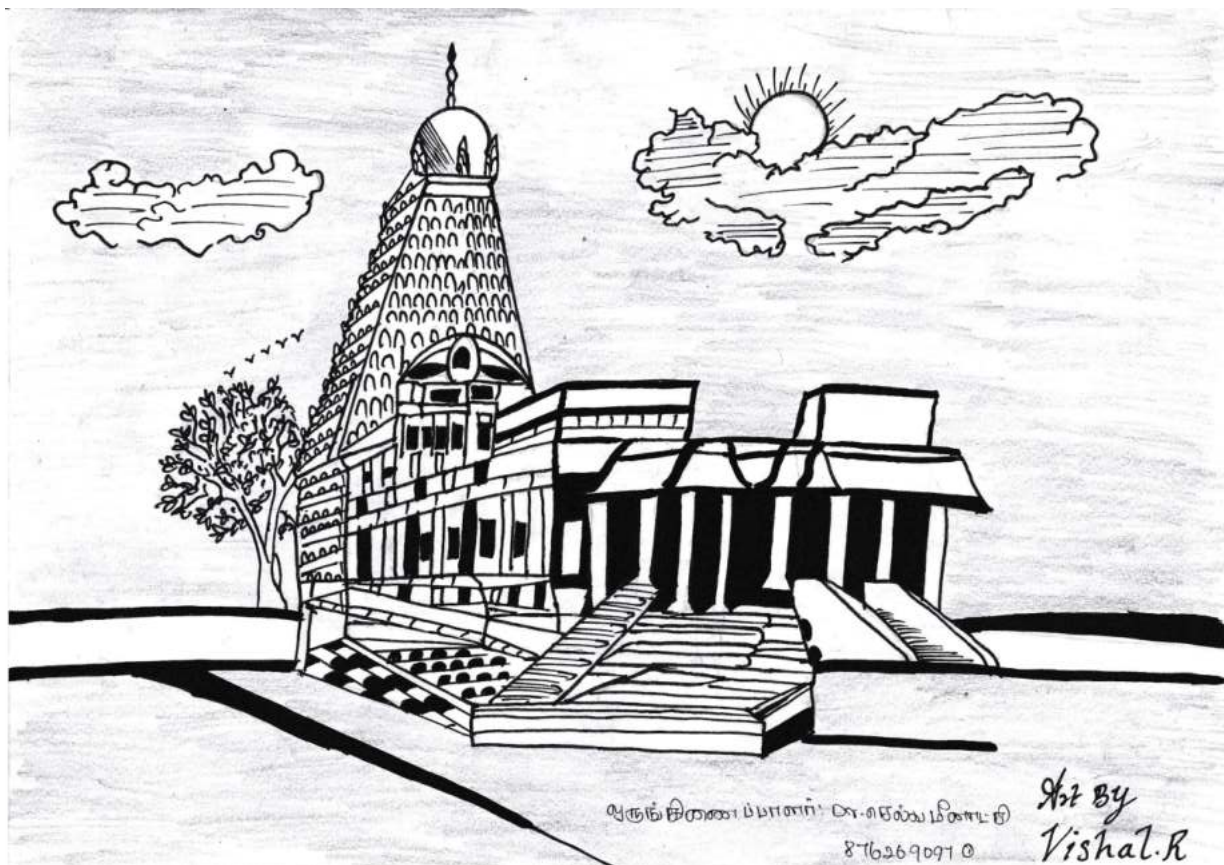
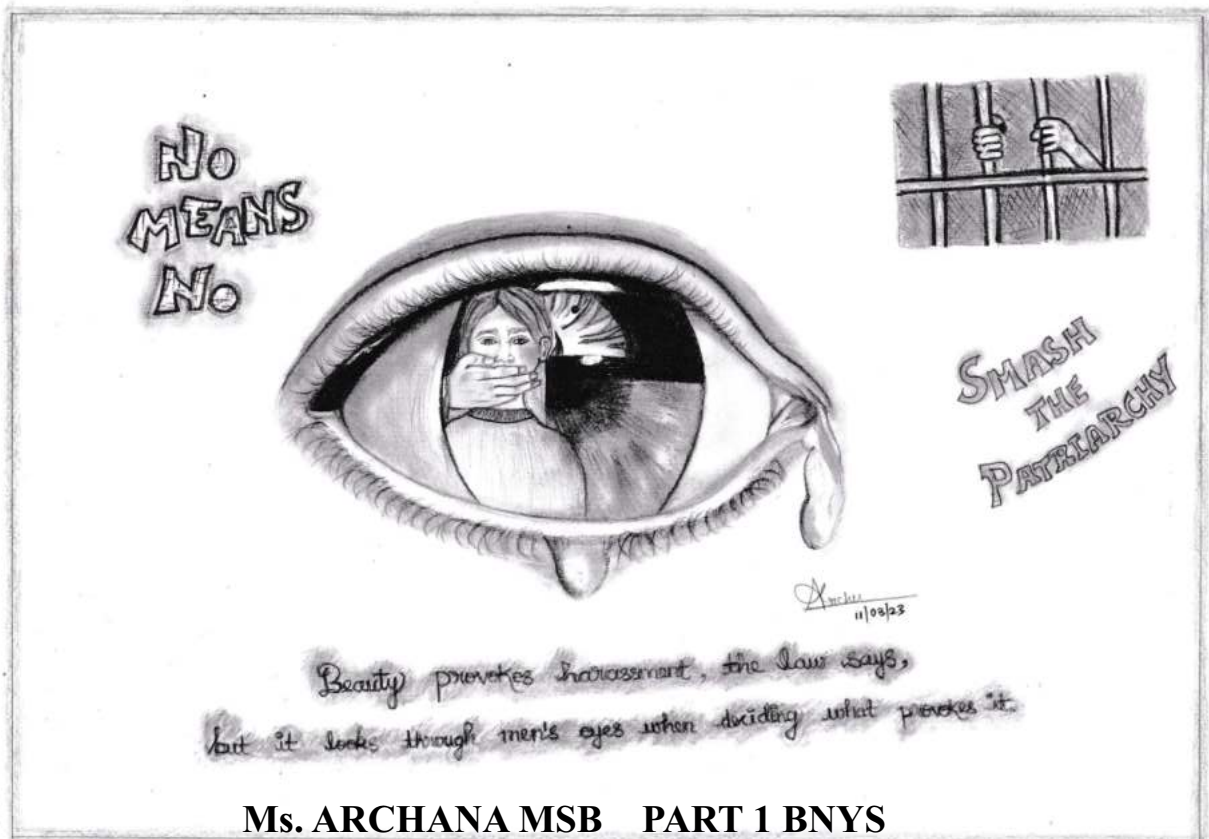
Ms. BAVADHARANI G PART 1 BNYS



Ms. RUBIKA MU PART 1 BNYS

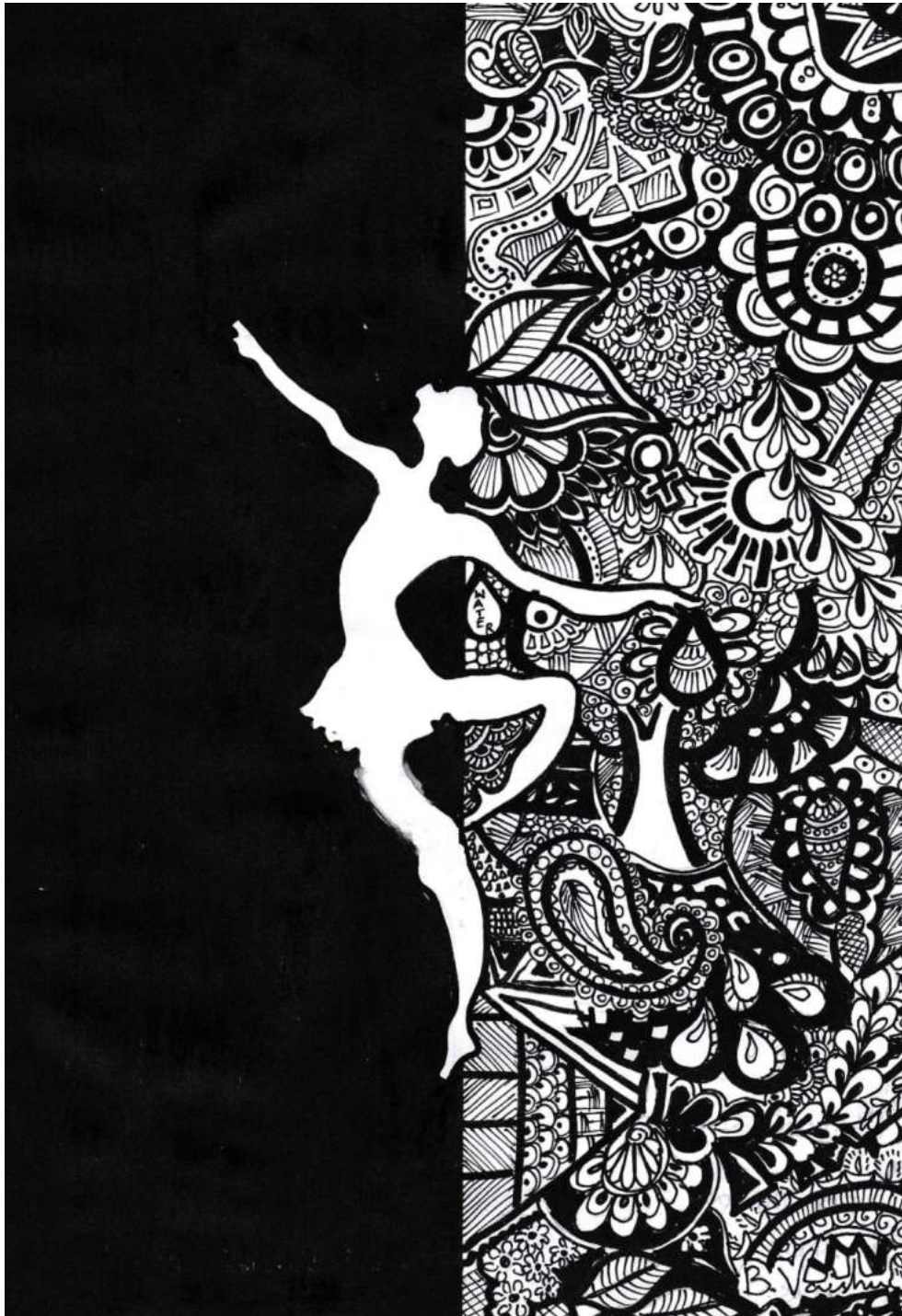


STUDENTS SKETCHES





STUDENTS SKETCHES



Ms. VAISHALI R II BNYS

“Yoga is the art work of awareness on the canvas of body, mind, and soul.”



கடவுளுக்கு ஒரு கடிதம்..

அன்புள்ள....

கனிவான கடவுளுக்குப் பணிவான
வணக்கம்

- சூறியல் பாராத சூறியல் அருளவேண்டும்.
- வியாபார நோக்கம் இல்லாமல் விவகாரக்கலை
வேண்டும்.
- அடுத்தவன் தயவில்லி அதிலுத்தி வாடும்
வல்லமை அனைவருக்கும் பிறப்பினி போதே
அருளப்பட வேண்டும்.
- நம்பிக்கைதான் கடவுள் எப்போதே நாத்திகனும்
உணர வேண்டும்.

என்றும் உங்கள் நுணைவுடன்,

பெயர்: எவ. டோனிஷா

வகுப்பு: BNYS - முதலாம் ஆண்டு (PART -I)

கல்லூரி: JSS . INSTITUTE OF NATUROPATHY
AND YOGIC MEDICAL SCIENCE,
NAVAKKARAI, 641105.

"If you trust yourself you will need yourself to sustain yourself, but if you trust the Lord the Lord takes full responsibility of sustaining you."

- Shadrack T. Ashaiyo



ACTIVITIES OF JSSINYS





Report on JSSINYS cultural participation and exhibition stall at Suttur Jathra Mahothsava 2023, Mysuru

Suttur Jathra Mahothsava of Adi Jagadguru Sri Shivarathreeswara Shivayogi Mahaswamiji, Founder of Jagadguru Sri Veerasimhasana Mahasamsthana Math was conducted from 18. 01. 2023 to 23. 01. 2023 at Sri Suttur Kshethra, Mysuru. JSS Institute of Naturopathy and Yogic Sciences, Coimbatore presented a stall at the exhibition. The team also participated in the cultural competition and also presented one-hour cultural program on 18th evening. The exhibition stall was inaugurated by Junior Jagadguru Mahaswamiji of Suttur Math, Dr. C. G. Betsurmah, Executive Secretary, Sri. R Mahesh, Director of Medical Education. The stall portrayed Naturopathic treatments modalities, nutrition and diet, yoga for diseases, and health shop products were displayed for sale. The stall was present throughout the Jathra event. The students procured first prize in solo classical dance and group classical dance competitions which was conducted. The one-hour cultural program consisted of artistic yoga, classical and semi-classical dance events. The program was cheered up by the Jathra participants gathered and the cultural program organizers honored the JSSINYS team.





REPORT ON NATUROPATHY AWARENESS CAMP FOR EX-SERVICE MEN, COIMBATORE.

DATE: 22.01.2023,
VENUE: Puliakulam, Coimbatore,
NUMBER OF BENEFICIARIES: 110

A Naturopathy and Yoga awareness camp was held on 22nd January, 2023 at Puliakulam, Coimbatore. The attendees of the camp were Ex- Servicemen. The camp highlights include health talk, consultation, and health shop. The camp conducted from 10:00 am to 2:30 pm. Consultation, diet counselling and vitals were monitored for all the attendees. An awareness talk about Lifestyle regimes and holistic way of living were given by doctors. Health shop products like herbal tea, eucalyptus oil, honey, kriya kits, immune kits were displayed and kept for sale.





REPORT ON 26th BATCH INDUCTION PROGRAM OF JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES, COIMBATORE

The induction program for 26th batch students of JSS Institute of Naturopathy and Yogic Sciences was conducted on 1st of February, 2023 at JSS INYS. A total of 95 students along with their family members and a total of 400 people attended the program. The program started with prayer and lighting the lamp by the guests on the dice. Welcome address was given by Mr. Shanmugam, Administrative Officer, JSS INYS. Then, artistic Yoga performance, by Ms. Mahalakshmi and Ms. Deekshitha of 3rd year which portrayed co-ordination of mind and body was done. Chief Guest, Dr. E Chandra, Joint Director, Rural Health Services, Coimbatore addressed the gathering. She was emphasizing the facts about Naturopathy and Yoga, and her relationship with our institution. She was felicitated by our Principal later. Guest of Honor, Dr. B.S Nivetha, Chief Medical Officer, Padmasoorya Naturopathy and Yoga Hospital, Udumalpet addressed the gathering. She enlightened the facts on Naturopathy and Yoga and elaborated about the scientific evidence of Naturopathy and Yoga. Guest of Honor, Mr. Udhaya Chandran, Sub Inspector of Police, KG Chavadi, Coimbatore addressed the gathering about drug abuse and raging. He advised the students to not to indulge in drugs, alcohol and smoking and to focus on their studies. Then our Principal and CMO, Dr. Dhilip V Ravindran addressed the gathering. He told about Course curriculum, college and its facilities, hospital and hostel facilities. Classical dance was performed by Ms. Samithaa from final year which was refreshing for the guests. The Guest of Honor Dr. Nivetha and Mr. Udhaya Chandran were felicitated by Principal. Daily regimen and hostel rules were explained to the students and their parents. Refreshments were provided to all the guests in between the program. Later testimonials were given by two faculty, intern, final year student and patient of JSS NCYH. Parents were invited to deliver few words, two of the parents came forward and shared their views on Naturopathy and Yoga and JSS INYS. A group Yoga was performed by students which was mind blowing one. Vote of thanks was delivered. The program was concluded by National Anthem. An exhibition was arranged in a hall displaying models from different departments of Naturopathy and Yoga. A delicious lunch was served to all the guests after the function.





Report on REGALIA 2023- Intercollegiate Cultural Competition- Coimbatore

SNMV College of Arts and Science, Malumichampatti, Coimbatore conducted an intercollegiate cultural fest, Regalia- 2023 on 02. 03. 2023. The fest included cultural competitions like rangoli, wealth from waste, groom/ bride makeover, solo dance, solo singing, facial painting, adapt tune, group dance, short film, reels making. Nearly, 1640 students from 110 colleges had participated and exhibited their talents. In each competition around 50-70 participants were there. From JSS INYS, 45 students participated. JSS Students excelled among other participants and won in many competitions and they are as follows,

1.	FACE PAINTING	1stprize by Ms. Surya Prabha, Ms. Sofia from 4th year.
2.	RANGOLI	1stprize by Ms. Mirudhula from 4th year.
3.	SOLO DANCE	1stprize by Ms. Samithaa from 4th year.
4.	REELS	1stprize won by Mr. Prasanna, Mr. Bharath Prakash, Mr. Gowtham from 3rd year.
5.	GROUP DANCE	2nd Prize by Ms. Shruthi Priya, and team from 2nd year.
7.	GROOM MAKEOVER	3rd Prize by Mr. Vignesh, Mr. Mathalai Raj Bharath from 3rd year.
8.	WEALTH FROM WASTE	1st prize by Ms. Barathi, Ms. Maheshwari from 2nd year.
9.	SOLO SINGING	3rd prize by Ms. Nantheetha from 1st year.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES bagged all prizes and won **OVERALL CHAMPIONSHIP TROPHY** and **CASH PRIZE** around Rs. 20,000/- to 25,000/-.





06.03.2023

Regalia 2023 at SNMV College

S hri Nehru Maha Vidyalaya College of Arts and Science organized an intercollegiate meet, Regalia-2023. Around 1640 students from 110 colleges participated and exhibited their talents in various events like Reels, Rangoli, Short film, Facial Painting, Wealth from Waste, Groom / Bride Makeover, Band, Solo Dance, Adapt Tune, Group Dance, Solo Singing, and Fashion Pageant. Dr. B. Subramani, Principal, B Mahaveer Bothra, President and Sunilkumar Nahata, Secretary have participated. B. J. Bala, and Vicky Siva, Actors and standup Comedians have made the stage stunned with their multi-talent. J. X. Sam Vishal, playback singer interacted and entertained the students. JSS Institute of Naturopathy and Yogic Sciences, Coimbatore won the overall trophy and cash prize.

*“Work hard in silence,
let your success
be your noise.”*



REPORT ON NATUROPATHY AWARENESS CAMP FOR AQUASUB ENGINEERING AND AQUA PUMP INDUSTRIES, COIMBATORE.

A Naturopathy and Yoga awareness camp was organised at Aquasub engineering and Aqua pump industries, Thudialur, Coimbatore on 09.03.2023. It was held for a duration of five and a half hours (10 am - 2.30 pm). The camp included providing a health awareness talk on lifestyle modification measures by the Doctor. Followed by this, a chair yoga demonstration was done and participants were also asked to practice the same. All the camp participants were provided with raw diet consisting of fruits, vegetables and sprouts. Therapeutic diet model diet was displayed to create an awareness on importance Nutrition and Diet therapy. Health shop products, that is herbal tea, eucalyptus oil, honey, kriya kit were displayed for sale. A total of 150 participants got benefitted from the camp.





REPORT ON INTERNATIONAL WOMEN'S DAY CELEBRATION, 2023

On March 8th, 2023, International Women's Day was observed and celebrated at JSSINYS, Cbe. As the theme "Digit ALL: Innovation and technology for Gender Equality" was well mentioned, various activities for female students as well as female faculty members were appreciated with the dedication of dance performances and skit. At the program, four batches of students competed in skits based on the theme of women empowerment. All students actively participated, and the winner was first year BNYS Part I, while the runner-up was bagged by third-year students. Female faculty members were provided with a memento which is a token of appreciation for their hard work. Following the Principal address by Dr. Dhilip V.R, the winners of various events, including Regalia 2023, Rotaract sports meet, and the 5th Inter district Yoga competition, were announced and their respective prizes were distributed. Overall, the program went well with appreciations from all the attendees.





REPORT ON YOGOTSAV COUNTDOWN PROGRAM FOR INTERNATIONAL DAY OF YOGA 2023 ORGANIZED BY

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES, COIMBATORE

JSS Institute of Naturopathy and Yogic Sciences, Coimbatore conducted Yogotsav 2023, countdown program to International Day of Yoga 2023 with the support from Morarji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Government of India, New Delhi on 28th March marking 85 days to IDY 2023. Programme for the day included number of events generating awareness about Yoga and insisting its importance.

Started the day with Yoga demonstration at Sree Narayana Guru College of Arts and Science, Chavadi, Coimbatore under the guidance of Lieutenant Jayprakash and Prof. John, NSS Co-Ordinator. A vibrant and energetic session was held for the students on behalf of JSSINYS. 200 participants got benefitted.

Around 8.00 am, a Yoga session was held for people living with HIV in a trust named ASSISI Snehalaya, it was an innovative session with 26 participants and various techniques of Yoga were taught to uplift their daily life.

A Yoga awareness rally which was inaugurated by Mr. Vairam Inspector of Police (Madukkarai station) with active participation of faculties and students from JSSINYS from Ettimadai to Chavadi around 9.00 am with placards and posters depicting the importance and value of Yoga was organised. 300 participants got benefitted.

Another Yoga demonstration was held at RVS college of Arts and Science College, around 12.00 pm, with the participation of more than 100 students. Each student was keen in learning the techniques of asanas. It was a good reach to educate about Yoga to the young and fresh minds. 250 participants got benefitted.

From 3.00 to 4.00 pm, a Yoga class was taken for students of Echanari Government Middle School, Coimbatore with an intention of Yoga for Young minds. Yoga demonstration was successfully held with active participation of more than 200 students. An awareness was created in thousands of minds about yoga. Three IEC materials based on Yoga for Arthritis, Yoga for Digestive disorders, Yoga for Bronchial Asthma was distributed at all ventures. Health drinks were also provided to all the participants.

A scientific webinar session was held which was inaugurated around 10.00 am to 11.00 am which had eminent personalities and scholars. The Chief Guest of the webinar was Dr. Ravikumar, Medical Superintendent of Government Medical College and ESI Hospital



Coimbatore. With the presence of Dr. Ishwar. V. Basavaraddi, Ph. D, Director of MDNIY. A brief talk about Yoga and the introduction about the webinar session was given by Dr. Dhilip V R, Principal and CMO of JSSINYS. Three eminent speakers from the field of medicine were invited to talk on theme “Yoga for longevity” with 400 participants virtually.

The first speaker was Dr. Muthiah Subramanian M.D. (General Medicine), D.M.(Cardiology), P.D.F.(Electrophysiology), C.C.D.S. (IBHRE, US), M.R.C.P.(UK), F.R.C.P. (Edinburgh) Cardiologist and electrophysiologist. Welbe Heart Foundation, Coimbatore, who shared his thoughts on “Role of yoga in cardiovascular system”.

The second speaker was Dr. M. Ganesan, MBBS, MD, MRCP (UK), CCST gastro (London), Pgdip gastro (Salford University London), Founder and Chief Consultant SG Gastro Care, spoke on the topic “Yoga more than Medicine”.

The third speaker was Dr. Digambar Naik - MBBS, MD(Medicine), DOIH, DHA, FIAE, FAIMP (Cardiology), Senior Cardio metabolic Physician, Medical Director - Vrundavan Shalby Hospital, spoke on the topic “Heal ourself by rewriting the subconscious mind”

Live streaming was done through the JSSINYS official Facebook page – JSS Naturopathy and Yoga – Hospital and College. In between the webinar live streaming from Yoga demonstrations, rally, therapeutic Yoga demonstration and the streaming was concluded with mass Yoga demonstration from students of JSSINYS.

A Yoga awareness camp was organized at SNMV College of Arts and Science, Malumichampatti, Coimbatore. It was held for a duration of four and a half hours (11 am - 3.30 pm). The camp included providing a health awareness talk on lifestyle modification measures through Yoga by the Doctors. Followed by this, a chair yoga demonstration and students were also asked to practice the same. All the camp participants were provided with brochure and pamphlets. A total of 250 participants got benefitted from this camp.

A mass Yoga demonstration for 230 AR police personnel, 40 Home Guards & 160 College Students were conducted at PRS ground, Coimbatore. Totally 430 persons participated in this session. Also, health check-up and diet counseling were done by the doctors during this session. The session was Co-ordinated by ACAR -A. Sekar.

The event was a grand success marking thousands of beneficiaries, awareness generation, positive health promotion through among everyone. Totally 2482 participants got benefitted.



JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES AND HOSPITAL
Noida, Uttar Pradesh, India

YOGOTSAV -2023

Inauguration
Date: March 09, 2023 | Time: 10:30 am - 11:30 am

With Special Blessings:
His Holiness Jagadguru Sri Chhannarayana Mahadeswari
Sri Premachandrasekar Mahalingacharya Math, Dattatreya Sri Kalahasti

Guest of Honor Dr. J. Ramakrishna, MD Noida, India	Guest of Honor Dr. Anil K. Sharma, MD Noida, India	Guest of Honor Dr. R. S. Singh, MD Noida, India
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WEBINAR
Theme: YOGA FOR LONGEVITY
March 25, 2023, Time: 10:30 am - 04:30 pm

Dr. J. Ramakrishna, MD
Noida, India

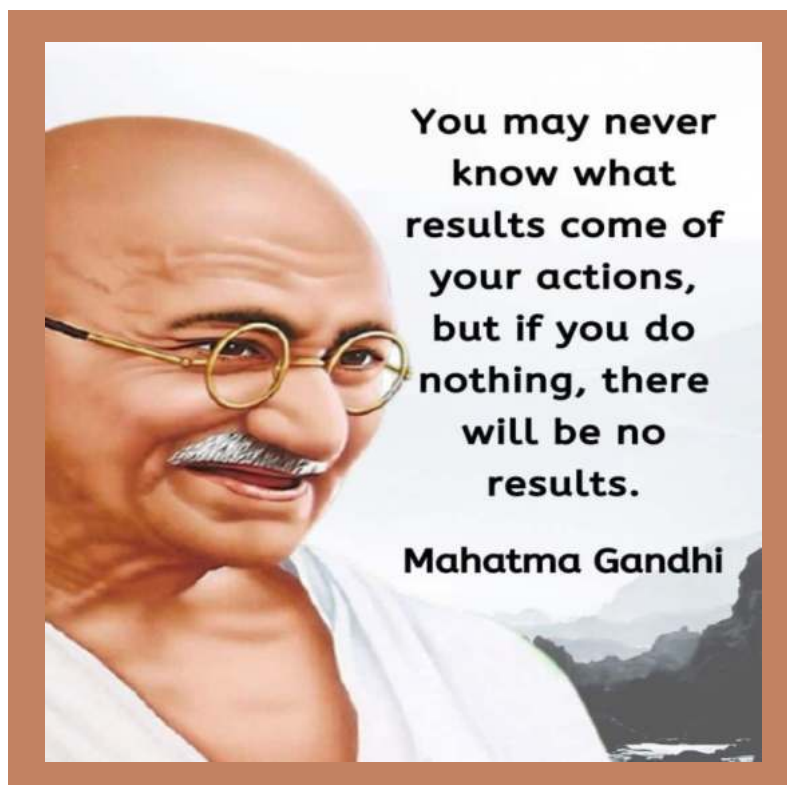
Dr. Anil K. Sharma, MD
Noida, India

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