



**JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES**

**&**

**JSS NATURE CURE AND YOGA HOSPITAL  
NAVAKKARAI, COIMBATORE**

**NATIONAL NATURO<sup>6</sup><sup>th</sup>PATHY DAY**

**JSSINYS - PRESENTS**

**SWASTHA<sup>Y</sup>ATRA<sup>2.023</sup>**  
A JOURNEY TOWARDS HOLISTIC HEALTH

**1 WEEK**

**PROGRAMME HIGHLIGHTS**

- PUBLIC ORIENTATION PROGRAM
- OUTREACH ACTIVITY
- STUDENTS ENGAGEMENT ACTIVITY
- MEDIA ACTIVITY
- HOSPITAL PATIENTS ENGAGING ACTIVITY

**PARTICIPANTS**

- STUDENTS
- HEALTH SEEKERS
- GENERAL PUBLIC

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**PUBLIC ORIENTATION PROGRAM**

- 17 Nov** Shrishti- A Naturopathic Health Conclave for Women for PCOS
- 17 Nov** Millet expo
- 18 Nov** AARAV Naturopathic Congregation for psychological stress management
- 21 Nov** Naturopathy workshop for Lions club members of Coimbatore
- 22 Nov** A Naturopathic Health Conclave for Women of Nehru Nursing College



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## **OUTREACH ACTIVITY**

**17 Nov Naturopathy camp at Coimbatore Oldage home**

**17 Nov Naturopathy camp at Buds Rehabilitation**

**Centre, Palakkad**

**19 Nov Naturopathy camp at Police Batalion,**

**Coimbatore**



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## **STUDENTS ENGAGEMENT ACTIVITY**

- **Holistic Naturopathy diet for six days**
- **Intra college competitions**
- **Expert sessions on Naturopathy**
- **Mass Naturopathy treatment exposure**



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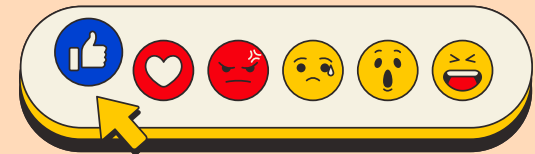
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## **SOCIAL MEDIA ACTIVITIES**

- **Reels on Naturopathy at every home**
- **Sapthacharya Challenge - Wonders of Health**
- **Inter-college competitions**





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## **HOSPITAL PATIENTS ENGAGING ACTIVITY**

- **Free online and offline consultation and customised diet chart for all health seekers**
- **Mass Naturopathy treatments**



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