

Volume 7 | Quarterly Issue 2

July 2025

# MAGAZINE NATURE

*"In every breath,  
yoga whispers  
healing; in every  
pose, it awakens  
peace."*



**JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES**

Affiliated to The Tamil Nadu Dr. MGR Medical University, Chennai

Managed by JSS Mahavidyaapeetha, Mysuru.







**His Holiness Jagadguru**

*Sri Sri Dr. Shivarathri Rajendra Maha Swamigalavaru*

Founder - President, JSS Mahavidyapeetha, Mysuru



# Message from the Principal's desk



**Dear Students, Faculty, and Readers,**

It gives me immense pleasure to pen this message for our special edition magazine commemorating International Yoga Day 2025. This day is not merely a celebration, but a global recognition of an ancient Indian legacy that continues to transform lives with its profound physical, mental, and spiritual benefits. Yoga, with its roots in our heritage, serves as a timeless bridge between tradition and modern wellness. In an age dominated by fast-paced living and digital distractions, yoga gently reminds us to return to the rhythm of our breath, to ground ourselves, and to rediscover balance — both within and around us.

This year's theme, "Yoga for Self and Society", beautifully reflects the dual essence of the practice — personal transformation and collective well-being. As students and future healers, educators, and changemakers, it is our responsibility to embody and promote this holistic philosophy in our daily lives and professions. I am proud that our institution continues to nurture a deep respect for yoga, not only as a subject of study but as a way of life. Our students and faculty alike have been at the forefront of promoting yogic science, research, and outreach — keeping the spirit of this discipline alive and evolving.

May this magazine serve as a reminder of the powerful impact yoga can make — one posture, one breath, and one mindful moment at a time.

**Warm regards,**

Dr. Dhilip V. R.

Principal & Chief Medical Officer

JSS INYS & JSS NCYH





# NATURAE

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VOLUME 7

QUARTERLY ISSUE 2

JULY 2025

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# Table of Contents

## Faculty Articles

Alkaline baths and Their Clinical potential	01
A Sound Mind in a Sound Body: The Role of Gut Bacteria and the Gut-Brain Axis (GBA)	04
Inner Magnetism: Where Yoga meets Biofield Science	07

## Tips

Aligning with Nature's Clock: Yoga and Naturopathy Tools for Every Season	10
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## Events of JSS INYS

April 2025	12
May 2025	20
June 2025	25



## ALKALINE BATHS AND THEIR CLINICAL POTENTIAL

Dr. Padmasree Muthukrishnan  
Lecturer and Medical Officer



### Alkaline Bath Procedure

An alkaline bath involves adding alkalizing agents—most commonly 1 to 2 cups of baking soda or specially formulated alkaline salts—to a warm bath (36–39°C). The bathwater's pH should reach around 8 to 9 to create a mildly alkaline environment. Individuals are advised to soak for 20 to 40 minutes, ideally once or twice per week, to allow the skin to interact with the alkalized water. This may promote mild detoxification, soothe irritated skin, and support the body's natural pH balance. After the bath, it's best to pat dry gently and avoid acidic skincare products to preserve the bath's benefits.

### Relation to Hydrotherapy

Alkaline baths are a specialized form of hydrotherapy—a foundational naturopathic treatment that uses water's thermal and chemical properties to stimulate healing. While hydrotherapy traditionally focuses on temperature (hot, cold, or contrast) to improve circulation and detoxification, alkaline baths enhance this by adding a chemical component. The elevated pH of the water is thought to aid in reducing skin acidity, promoting relaxation, and supporting conditions such as eczema or chronic inflammation. In naturopathic medicine, alkaline baths are often integrated into broader hydrotherapy protocols for systemic and dermatologic health.



In recent years, alkaline baths have gained significant attention in both wellness communities and clinical discussions for their potential benefits in supporting skin health, promoting detoxification, and even influencing systemic wellness. An alkaline bath typically involves soaking in water that has been enriched with alkalizing agents such as baking soda or mineral salts, raising the water's pH above 7 to create a mildly alkaline environment.

### **Dermatological Applications**

Alkaline baths have been especially studied in dermatology for their role in managing skin conditions such as psoriasis, palmoplantar keratoderma, and ichthyosis. Clinical observations and emerging evidence suggest that the elevated pH can help reduce hyperkeratosis, modulate inflammatory responses, and improve barrier function in compromised skin. The mechanism is believed to involve pH-induced changes in enzyme activity, cell signaling, and microbial composition on the skin surface.

However, caution is advised when altering the skin's natural acid mantle—a protective film with a pH of 4.5–6.5. Excessive or prolonged alkaline exposure can potentially disrupt the microbiome or lead to irritation.

### **Systemic Health Benefits**

Beyond its dermatological uses, alkaline water and bathing are being explored for systemic effects, particularly in relation to oxidative stress, metabolic health, and inflammation.



Alkaline reduced water (ARW), known for its antioxidant activity, has shown benefits in animal models by improving blood sugar regulation, lipid profiles, and oxidative stress markers.

In a human study involving postmenopausal women, regular intake of alkaline water was associated with improvements in fasting glucose levels, waist circumference, blood pressure, and even sleep quality. These findings suggest that systemic alkalization—whether through ingestion or skin exposure—may influence key metabolic markers.





## Alkaline Bath Procedure and Hydrotherapy Connection

An alkaline bath involves adding alkalizing agents—most commonly 1 to 2 cups of baking soda or specialized alkaline mineral salts—to a warm bath (around 36–39°C or 97–102°F). The water's pH should ideally reach between 8 and 9. Individuals soak for 20 to 40 minutes, typically once or twice weekly. The practice is believed to help neutralize acidic waste through the skin, promote relaxation, reduce muscle fatigue, and support pH homeostasis. After bathing, individuals are advised to pat dry gently and avoid acidic skincare products to preserve the bath's alkalizing effects.

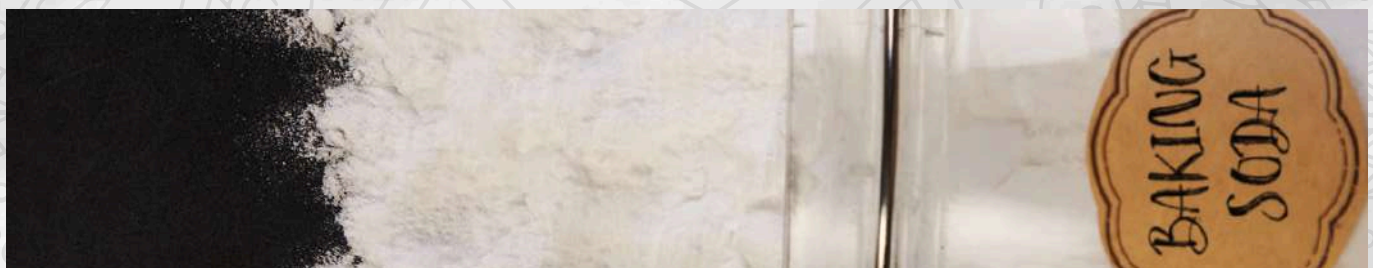
Alkaline baths represent a targeted extension of hydrotherapy, a cornerstone modality in naturopathic medicine. While classical hydrotherapy focuses on temperature variations to stimulate circulation, detoxification, and immune response, alkaline baths introduce a chemical dimension. This aligns with traditional hydrotherapeutic approaches that use mineral-rich waters for healing. In clinical naturopathy, alkaline baths are often incorporated into detoxification protocols or prescribed for chronic inflammatory conditions, especially when paired with dietary and lifestyle alkalization strategies.

## Cancer Research and Alkalization Therapy

Some of the more ambitious research into alkaline therapies involves cancer treatment. Preliminary studies suggest that raising the pH of the tumor micro environment may hinder tumor progression and enhance the efficacy of certain chemotherapeutic drugs. In animal studies, oral bicarbonate has been shown to reduce metastatic spread and alter tumor behavior by neutralizing acidic byproducts of cancer metabolism.

That said, human physiology is tightly regulated, and blood pH remains stable between 7.35–7.45, making it difficult to achieve systemic alkalization without adverse effects. Therefore, while this area of research is promising, more controlled clinical trials are needed before broad therapeutic claims can be endorsed.

Alkaline baths represent a fascinating intersection of traditional hydrotherapy and modern biochemical insights. As part of an integrative health strategy, they offer a practical and accessible tool for supporting skin health, reducing inflammation, and possibly enhancing metabolic function. With growing interest and scientific investigation, alkaline bath therapy may soon gain a more defined role in both naturopathic and conventional wellness protocols.

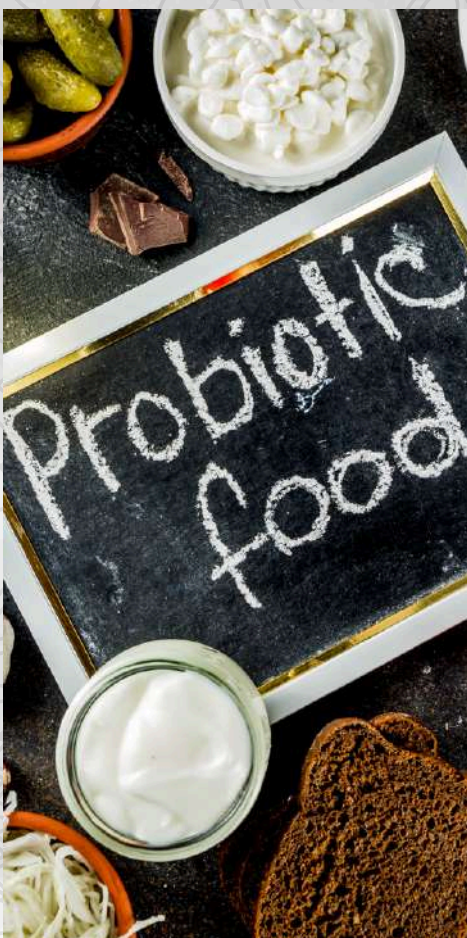






## A Sound Mind in a Sound Body: The Role of Gut Bacteria and the Gut-Brain Axis (GBA)

Dr. Lina Mathew  
Lecturer and Medical Officer



We've always heard the famous saying, "a sound mind in a sound body", but often without fully appreciating the profound connection between the two. Recent research highlights that this relationship is intricately linked through the gut-brain axis (GBA) — a complex communication network between gut bacteria, the digestive system, and the brain. This axis influences not only digestion and immunity but also mood, cognition, and behavior.

### What Are Symbiotics?

Symbiotics are combinations of probiotics (beneficial bacteria) and prebiotics (the food that nourishes these bacteria). They work together synergistically to improve the health of our gut microbiota more effectively than when consumed separately. Symbiotics help restore balance, promote nutrient absorption, enhance immunity, and reduce inflammation in the gut. Interestingly, diets rich in fiber, fermented foods, and polyphenols (found in fruits, vegetables, tea, and dark chocolate) can act as natural symbiotics and further support gut health.



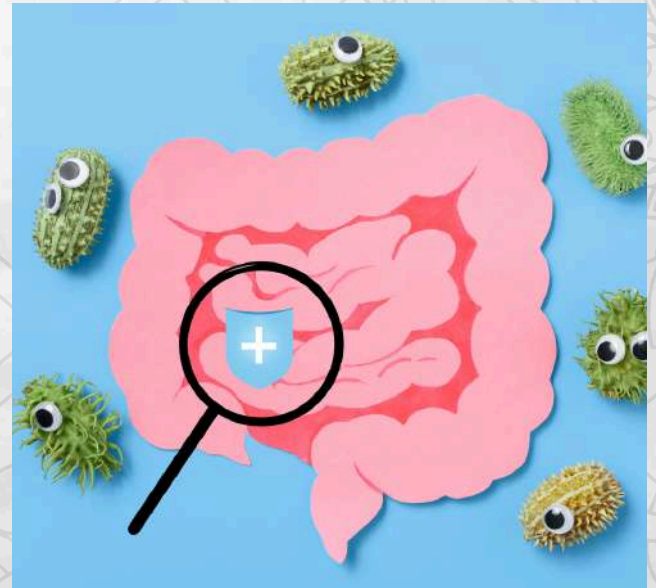
## Gut Bacteria and Health Conditions

### Mental Health

- Depression: "Leaky gut" is found in over a third of people with depression, allowing harmful substances to enter the bloodstream and trigger systemic inflammation, which may affect brain function.
- Anxiety: Prebiotics have demonstrated the potential to reduce anxiety by modulating gut bacteria and inflammation.
- Autism: Gastrointestinal issues like leaky gut or irritable bowel syndrome (IBS) are common in individuals with autism, pointing to gut-brain axis involvement.
- Schizophrenia: Animal studies suggest that the absence of normal gut bacteria may lead to brain development changes associated with schizophrenia.
- Cognitive Function: Emerging evidence indicates that gut health may influence memory, learning, and risk of neurodegenerative diseases such as Alzheimer's disease.

### Physical Health

- Obesity & Diabetes: Disruptions in the gut microbiome contribute to low-grade inflammation, insulin resistance, and weight gain.
- Crohn's Disease: Certain harmful bacterial strains may promote inflammation involved in Crohn's disease.
- Colon Cancer: An imbalance of gut microbes, especially sugar-loving bacteria, may promote tumor growth.



- Ulcerative Colitis: Altered gut flora is a factor in both triggering and exacerbating this condition.
- Rheumatoid Arthritis: Low levels of beneficial bacteria and high levels of harmful bacteria have been linked to autoimmune joint inflammation.
- Irritable Bowel Syndrome (IBS): Bacterial overgrowth in the small intestine is a well-established factor in IBS.
- Allergies and Skin Conditions: An unhealthy gut has also been associated with eczema, psoriasis, and food allergies, highlighting its role in immune regulation.





## Good and Bad Gut Bacteria

### Good Bacteria

- Lactobacilli: May help alleviate stress, anxiety, and improve digestion.
- Bifidobacteria: Useful in managing various intestinal disorders and boosting immunity.
- Lactobacillus helveticus: Associated with reduced anxiety and depression.
- Bifidobacterium longum: Also linked to reduced stress and mood enhancement.

### Bad Bacteria

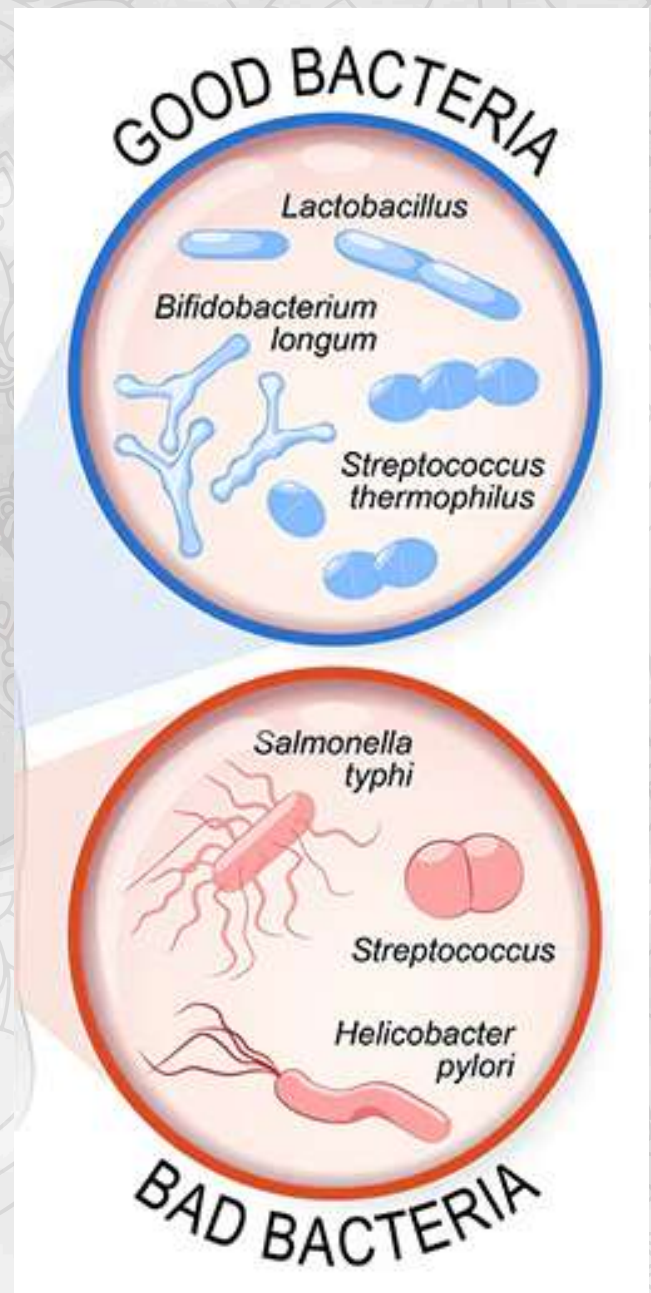
- Helicobacter pylori: A major cause of ulcers and linked to stomach cancer risk.
- Methanobrevibacter smithii: Major producer of methane, contributing to bloating and constipation.
- Other harmful bacteria, when overgrown, can produce toxins that damage gut lining and promote inflammation throughout the body.

### Practical Ways to Support a Healthy Gut

- Eat a diverse, fiber-rich diet to nourish beneficial bacteria.
- Include fermented foods such as yogurt, kefir, kimchi, and sauerkraut to introduce probiotics.
- Limit processed foods and excessive sugar, as they promote harmful bacteria growth.
- Manage stress, since chronic stress can negatively alter gut flora.
- Stay active, as regular physical activity has been shown to support a healthy gut microbiome.

## Conclusion

Understanding the intricate relationship between our gut bacteria, the gut-brain axis, and overall well-being opens new avenues for improving both physical and mental health. A healthy gut is more than just good digestion — it's a cornerstone of emotional balance, immunity, and long-term disease prevention.







## **INNER MAGNETISM: WHERE YOGA MEETS BIOFIELD SCIENCE**

Dr. S. Pratyusha  
Lecturer and Medical Officer



### **Introduction**

In both ancient yogic traditions and contemporary energy medicine, the idea of an invisible life force or magnetic field enveloping and flowing through the human body is fundamental. Yoga refers to this vital energy as *prāṇa*, while magnetotherapy describes it in terms of biomagnetic fields. Emerging research and integrative approaches increasingly reveal a powerful connection between these perspectives: yoga not only influences subtle energy systems but also appears to synchronize and optimize the body's magnetic framework.

### **Human Magnetism: The Biofield Perspective**

Magnetotherapy is based on the understanding that the human body emits measurable electromagnetic fields, particularly from the heart and brain. The biomagnetic field, or biofield, is believed to regulate cellular communication, immune function, and general vitality.



Clinical magnetotherapy employs static or pulsed magnetic fields to stimulate healing processes, reduce pain, and restore energetic balance. But these fields are not foreign to the body they mirror our own intrinsic magnetism, shaped by metabolic processes, neural activity, and emotional states.

Recent studies have demonstrated that emotions, thoughts, and environmental interactions influence the amplitude and coherence of these fields. This echoes what yogic sages have stated for millennia: our internal state molds our energetic reality.

### **Yogic View of Human Energy**

In yoga, the *prāṇamaya* kosha is the energetic sheath that interfaces between the physical body and the higher mind. This layer is structured by *nāḍīs* (energy channels), *chakras* (energy vortices), and *prāṇa* (life force). Though invisible to the eye, this system is finely mapped in classical yogic texts such as the *Hatha Yoga Pradipika* and the *Shiva Samhita*.

Crucially, this energetic system is not symbolic it is experiential and measurable. Practices such as *prāṇāyāma*, *āsana*, *bandha*, and *dhyāna* (meditation) actively regulate this field. With tools like biofeedback and EEG/HRV monitoring, modern science is catching up to what yoga has always known: conscious breath and movement can modulate our bioelectromagnetic signatures.

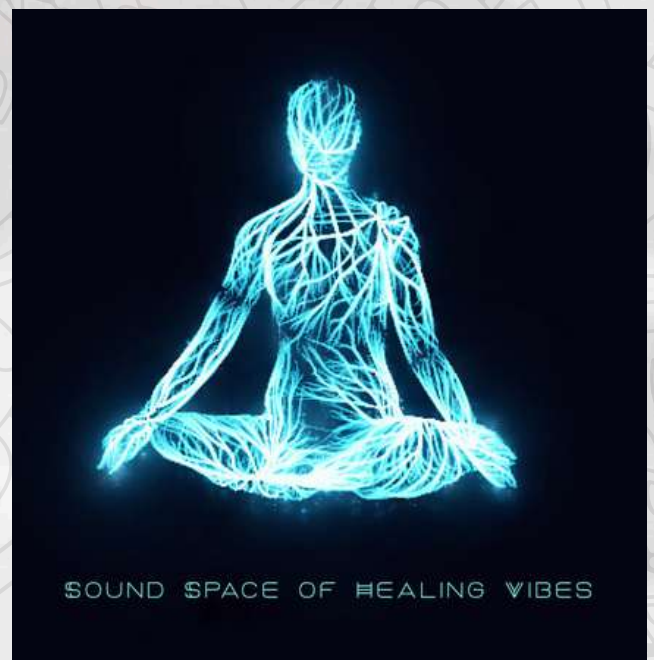
### **The Convergence: Yoga as Internal Magnetotherapy**

Let us examine how specific yogic practices align with principles of magnetotherapy:

#### **1. Prāṇāyāma and Magnetic Coherence**

Yogic breathing enhances oxygenation, but more subtly, it entrains the heart and brain rhythms into coherence. This coherence increases the stability and amplitude of the body's electromagnetic field, an effect mirrored in magnetotherapy's goal of promoting biofield harmony.

For instance, *Nadi Shodhana* (alternate nostril breathing) balances the hemispheric activity of the brain and synchronizes the energetic currents within the body, comparable to pulsed magnetotherapy in its rhythmic regulation.





## 2. Āsana and Biofield Flow

Asanas aren't mere physical postures; they are magnetic postures. Each pose opens and aligns energy pathways, improving bioelectric conductivity. Poses such as Matsyendrasana or Shirshasana influence the spinal axis—the key conduit of the central nervous and magnetic fields stimulating endocrine and neural harmonization.

## 3. Chakras and Magnetic Centers

Each chakra corresponds with a nerve plexus and gland, and also resonates with a unique frequency. Chakras can be considered magnetic poles within the subtle body. Practices like Kundalini Yoga awaken and align these centers, enhancing the magnetism of the practitioner, often perceived as increased aura strength, presence, or charisma qualities grounded in an optimized biofield.

## 4. Meditation and Field Expansion

Consistent meditation has been shown to increase alpha and theta wave activity, correlating with enhanced field coherence. Advanced meditators often emit more stable magnetic fields measurable in biofeedback labs. In yogic terms, this is the expansion of vibhūti the magnetic charisma of consciousness itself.

### Holistic Treatment Perspectives

Integrating yoga with magnetotherapy opens new frontiers in holistic healing. While magnetotherapy can externally stimulate cellular repair, yoga empowers the individual to become their own magnetizer through disciplined practice.

Together, they can address:

- Chronic fatigue and energy depletion
- Nervous system dysregulation
- Emotional imbalances
- Pain and inflammatory conditions
- Immune dysfunction

By aligning the external therapeutic field with the internal energy system, we move toward a future where healing is not imposed, but resonated from within.



## Conclusion: Magnetism as a Yogic Legacy

The yogi, in their highest state, is described in the Upanishads as "a magnet for the universe" a being who draws harmony through alignment with cosmic rhythms. When we practice yoga mindfully, we not only sculpt the body and calm the mind we refine our personal magnetic field, making it a channel of healing, creativity, and compassion.

As both a science and a sacred art, yoga offers humanity a time-tested method for magnetic mastery from the cellular to the spiritual. In this age of energetic medicine, understanding and harnessing our innate magnetism may be the bridge between ancient wisdom and the future of holistic healthcare.



# "ALIGNING WITH NATURE'S CLOCK: YOGA AND NATUROPATHY TOOLS FOR EVERY SEASON"

Dr. Sobiha R  
Lecturer and Medical Officer

Season (Ritu)	Months	Dosha Predominance	Dosha State	Agni (Digestive Fire)
Shishira (Late Winter)	Mid-Jan to Mid-Mar	Kapha ↑	Accumulation (Sanchaya)	Medium
Vasanta (Spring)	Mid-Mar to Mid-May	Kapha ↓	Aggravation (Prakopa)	Strong
Grishma (Summer)	Mid-May to Mid-Jul	Pitta ↑ (starts)	Accumulation (Sanchaya)	Weak
Varsha (Monsoon)	Mid-Jul to Mid-Sep	Vata ↑	Aggravation (Prakopa)	Weak
Sharad (Autumn)	Mid-Sep to Mid-Nov	Pitta ↓	Aggravation (Prakopa)	Moderate
Hemanta (Early Winter)	Mid-Nov to Mid-Jan	Vata ↓, Kapha starts ↑	Aggravation (Prakopa)	Strong

## Lifestyle & Diet Guidance (Seasonal Regimen)

### 1. Shishira (Late Winter)

#### Lifestyle Practices

Daily oil massage with sesame oil

Regular exercise (moderate to intense)

Exposure to sunlight

Wear warm, layered clothing

Avoid day sleep

#### Dietary Practices

Eat warm, light, and spicy foods

Use pungent, bitter, astringent tastes

Examples: Ginger tea, black pepper, barley soup, millet, garlic

Avoid cold, oily, and sweet foods (e.g., curd, sweets, ice cream)



## 2. Vasanta (Spring)

- Lifestyle Practices
  - Dry massage to remove excess Kapha
  - Exercise daily (brisk walking, yoga, cardio)
  - Spend time in fresh air and morning sunlight
  - Avoid heavy naps or oversleeping
- Dietary Practices
  - Light, dry, and warm food
  - Favor bitter, astringent, and pungent tastes
  - Examples: Barley, moong dal, honey water, leafy greens, turmeric

Avoid dairy, sweets, cold drinks, fried and oily food

## 3. Grishma (Summer)

- Lifestyle Practices
  - Avoid sun exposure and heat
  - Wear light cotton clothes
  - Use sandalwood paste, cooling oils, and take cool baths
  - Reduce physical exertion
  - Stay in shaded or cool environments.
- Dietary Practices
  - Cool, liquid, sweet, and unctuous foods
  - Drink plenty of water and buttermilk
  - Examples: Coconut water, seasonal fruits (melons, pomegranate), gulkand, rice gruel
  - Avoid salty, spicy, sour, fried foods and alcohol

## 4. Varsha (Monsoon)

- Lifestyle Practices
  - Oil massage with warm sesame oil
  - Protect from dampness and cold air
  - Keep feet warm and dry
  - Practice yoga and pranayama gently
  - Boil and filter drinking water
- Dietary Practices
  - Warm, light, oily, and easily digestible foods
  - Favor sour and salty tastes
  - Examples: Moong dal soup, ginger tea, rice with ghee, fermented foods like idli/dosa
  - Avoid raw salads, cold drinks, and heavy foods

## • Dietary Practices

- Warm, light, oily, and easily digestible foods
- Favor sour and salty tastes
- Examples: Moong dal soup, ginger tea, rice with ghee, fermented foods like idli/dosa
- Avoid raw salads, cold drinks, and heavy foods

## 5. Sharad (Autum)

### • Lifestyle Practices

- Moonlight exposure at night
- Avoid anger, stress, and excessive exertion
- Use sandalwood, jasmine oils for cooling effect
- Avoid direct sun exposure

### • Dietary Practices

- Cooling, sweet, bitter, and astringent foods
- Examples: Amla, sugarcane juice, pomegranate, bottle gourd, ghee, milk
- Avoid sour, salty, and pungent foods, alcohol, and fermented food

## 6. Hemanta (Early Winter)

### • Lifestyle Practices

- Oil massage followed by warm water bath
- Early morning brisk walk or Surya Namaskar
- Wear warm clothes
- Mental grounding practices (meditation)

### • Dietary Practices

- Heavy, nourishing, and warm foods
- Favor sweet, salty, and sour tastes
- Examples: Ghee, milk, wheat, rice, jaggery, urad dal, nuts
- Avoid fasting and cold food items



# Events & Activities in April 2025

## Health Talk – World Autism Awareness Day 2025 at JSS INYS

The JSS Institute of Naturopathy and Yogic Sciences and Hospital, Navakkarai, Coimbatore, organized a Health Talk on the occasion of World Autism Awareness Day – 2025 on 2nd April 2025 at 11:30 AM, conducted as a live online session.

The session was delivered by Dr. Suresh Babu, BNYS, MD, Assistant Professor and Research Officer, Department of Yoga, JSSINYS. The talk was centered on the theme "Advancing Neurodiversity and the UN Sustainable Development Goals (SDGs)". Dr. Suresh Babu highlighted the importance of understanding and accepting neurodiversity, with particular emphasis on autism spectrum disorders.

Dr. Suresh Babu discussed how holistic health systems such as yoga and naturopathy can support children and adults with autism by improving emotional regulation, sensory integration, and overall well-being. He also highlighted the necessity of early intervention, supportive family environments, ensuring better outcomes for individuals on the spectrum. Emphasis was placed on the therapeutic role of structured yoga practices in reducing anxiety, enhancing focus, and promoting self-awareness. He elaborated on naturopathic interventions such as balanced diet, hydrotherapy, and lifestyle modifications that can aid in managing behavioural and physiological challenges commonly associated with autism.

The talk further addressed how advancing neurodiversity aligns with several UN Sustainable Development Goals, including good health and well-being, quality education, and reduced inequalities. The importance of creating accessible and accommodating environments was strongly reinforced throughout the session.

This initiative by the institution reflects its ongoing dedication to community health education, mental health advocacy, and the integration of traditional systems of medicine in addressing contemporary health concerns. The event was informative, engaging, and inspired a broader understanding of autism within both academic and public health frameworks.

**JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES**  
&  
**JSS NATURE CURE AND YOGA HOSPITAL**  
NAVAKKARAI, COIMBATORE

**World Autism Awareness Day -2025**

**Dr. Suresh Babu.**  
BNYS, MD.  
Assistant professor & Research officer  
Dept. of Yoga  
JSSINYS

**TOPIC:**  
"Advancing Neurodiversity and the UN Sustainable Development Goals (SDGs)".

**02/04/2025**  
11:30 am onwards

[www.jssinys.org](http://www.jssinys.org) / [www.naturecure.org](http://www.naturecure.org)

90033 43514, 70945 42553



# Events & Activities in April 2025

## Health Awareness Talk – World Health Day 2025 at JSS INYS

In observance of **World Health Day 2025**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital, Navakkarai, Coimbatore, organized a Health Talk on **7th April 2025 at 11:30 AM** through a live online session. The program aimed to raise awareness on critical health issues and promote preventive healthcare through naturopathy and integrative practices.

The talk was delivered by Dr.V. Emi, BNYS, Lecturer cum Medical Officer, Department of Physiotherapy, JSSINYS. The theme of the session was "Maternal and Newborn Health", a vital public health concern aligned with the global goal of ensuring healthy lives and promoting well-being for all.

Dr. Emi emphasized the importance of maternal health before, during, and after pregnancy, highlighting how proper nutrition, stress management, and regular prenatal care significantly improve maternal outcomes. She discussed the role of naturopathic practices like hydrotherapy, yoga therapy, and nutritional support in managing common conditions during pregnancy such as back pain, fatigue, and mood fluctuations.

The session also focused on the health and development of newborns, underlining the significance of breastfeeding, timely immunizations, hygienic practices, and mother-infant bonding in ensuring the child's overall well-being. Dr. Emi encouraged the use of physiotherapy techniques for promoting postnatal recovery and strengthening the pelvic floor muscles.

The health talk was informative, practical, and well-received by participants. It reinforced the institution's commitment to community health education and emphasized the need for holistic, preventive care for women and children. The event contributed meaningfully to the World Health Day mission of "Health for All."

**JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES**  
&  
**JSS NATURE CURE AND YOGA HOSPITAL**  
NAVAKKARAI, COIMBATORE

**HEALTH TALK**  
WORLD HEALTH DAY 2025

**Dr. V. EMI**  
BNYS,  
Lecturer cum Medical officer  
Dept. of Physiotherapy  
JSSINYS

**WALK ON FOOT**  
**WATER 10 A DAY**  
**CEREALS**  
**FRUIT**  
**VEGETABLES**  
**FITNESS**  
**DAILY LIFE**

**THEME**  
**MATERNAL AND NEWBORN HEALTH**

**07/04/2025**  
**11:30 AM ONWARDS**  
<https://www.facebook.com/jssinys/>  
[jssnaturecure.org](https://www.jssnaturecure.org)

**90033 43514, 70945 42553**



# Events & Activities in April 2025

## Student Health Awareness Talk – World Health Day 2025 at JSS INYS

As part of the **World Health Day 2025** observance, the JSS Institute of Naturopathy and Yogic Sciences and Hospital, Navakkarai, Coimbatore, organized a special Health Talk for students on **7th April 2025**. This session was conducted offline within the campus and focused on enhancing awareness among budding healthcare professionals about the significance of holistic health and preventive care.

The session featured insightful talks by Dr. Thiruchitrampalam, Dr. Jyotsna, and Dr. Lina Mathew, who addressed various health-related topics relevant to youth and future practitioners. The speakers emphasized the importance of lifestyle modification, stress management, balanced nutrition, and regular physical activity in maintaining long-term health and well-being.

Dr. Thiruchitrampalam highlighted the relevance of early health screening and the role of naturopathic principles in disease prevention. Dr. Jyotsna focused on the significance of mental health, self-care, and coping mechanisms for students navigating academic pressure. Dr. Lina Mathew spoke on the importance of women's health, reproductive hygiene, and awareness among young adults.

The interactive session created a platform for students to engage in discussions, clarify their doubts, and understand the practical application of natural healing techniques in daily life. Though not streamed live, the offline setting allowed for more direct and personalized interaction between the speakers and attendees.

This initiative reflected the institution's commitment to not only community outreach but also the internal growth and education of its students, aligning with the broader vision of "Health for All."





# Events & Activities in April 2025

## Health Awareness Talk – World Parkinson's Day 2025

In observance of **World Parkinson's Day 2025**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital, Navakkarai, Coimbatore, organized a Health Awareness Talk on **11th April 2025** at 11:30 AM. The session was streamed live on the institution's official YouTube channel with the objective of raising awareness about Parkinson's disease and promoting natural approaches for its prevention and management.

The talk was delivered by Dr. Prabhakaran B, BNYS, MD, Assistant Professor and Medical Officer, Department of Naturopathy. The theme for the event was "Prevent Parkinson Naturally". Dr. Prabhakaran began with an overview of Parkinson's disease, explaining its neurodegenerative nature, clinical symptoms such as tremors, rigidity, bradykinesia, and the various non-motor complications that affect the quality of life.

He emphasized the role of naturopathy and yoga in the prevention and supportive management of Parkinson's. Techniques such as yoga therapy, hydrotherapy, massage, and diet therapy were explained in detail. Specific yoga postures to improve balance and coordination, hydrotherapy for muscle relaxation, and the use of antioxidant-rich, anti-inflammatory foods were recommended to help manage symptoms and support brain health.

Dr. Prabhakaran also highlighted the importance of stress management through mind-body practices like pranayama and meditation, which can reduce disease progression by lowering oxidative stress and improving emotional well-being.

The session concluded with an interactive Q&A segment where participants raised questions about daily routines, caregiver support, and holistic strategies for advanced stages. The talk was well-received and drew strong participation from the public.

This initiative reaffirmed the institution's commitment to public health education and the promotion of integrative, preventive care through naturopathy and yoga.

The poster is for a health talk event. At the top, it says "JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES & JSS NATURE CURE AND YOGA HOSPITAL, NAVAKKARAI, COIMBATORE". Below this is a circular portrait of Dr. Prabhakaran B. To the right of the portrait, it says "HEALTH TALK World Parkinson's Day". Below the portrait, it lists "Dr. PRABHAKARAN.B, BNYS, MD, Assistant Professor & MO, Dept. of Naturopathy, JSSINYS". To the right of the text is a diagram showing a brain with arrows pointing to it from icons of a hand, a person, and a yoga mat. Below the diagram, it says "THEME 'Prevent Parkinson Naturally'". At the bottom, it says "LIVE" with a play button icon, "On our YouTube channel JSS Nature Cure and Yoga Hospital", "11|04|2025", "11:30 am onwards", and "www.jssinys.org / www.jssnaturecure.org". On the right side of the bottom, it says "90033 43514, 70945 42553".



# Events & Activities in April 2025

## International Conference – “Naturopathy in the Digital Era: Balancing Technology and Natural Healing”

### 1. Conference Overview and Scientific Sessions

The International Conference on “Naturopathy in the Digital Era: Balancing Technology and Natural Healing” was held on **17th April 2025** at the Silver Jubilee Auditorium, The Tamil Nadu Dr. M.G.R. Medical University, Chennai. The event brought together distinguished speakers, researchers, and professionals from the field of naturopathy and integrative medicine. JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSSINYS), Navakkarai, Coimbatore, served as one of the key organisers of the event. The day began with the Inauguration Ceremony, followed by keynote presentations from eminent speakers including Prof. Dr. Prabhakaran, Executive Director, Centre for Chronic Disease Control, New Delhi; Dr. Manjunatha N.K., Vice Chancellor, SVYASA; Dr. Raghavendra Rao.M, Director, CCRYN; and Dr. Sunil Paudel, Director, Spark International Health Resort, Nepal. Topics ranged from cardiovascular disease innovation to artificial intelligence in health, technological advancements in naturopathy, and naturopathic approaches to spinal disorders. Dr. Dhilip V.R., Principal, JSSINYS, was specially honoured by Dr. K. Narayanasamy, Vice Chancellor, The Tamil Nadu Dr. M.G.R. Medical University, for his exemplary contributions as Organising Secretary of the conference.





# Events & Activities in April 2025

## International Conference – “Naturopathy in the Digital Era: Balancing Technology and Natural Healing”

### 2. Student Participation and Achievements

JSSINYS showcased an outstanding level of academic involvement with **20 poster presentations** and **17 oral presentations** from its students and interns. Their commitment to research and academic excellence was recognised during the prize distribution.

- Jothika P (2nd Year UG) secured the 1st Prize in the Oral Presentation category.
- Harini Srija M.S & Swetha E (3rd Year UG) jointly won the 3rd Prize in the Poster Presentation category.

The students' active participation and achievements reflected the strong academic and research culture fostered at JSSINYS.



### 3. Health Awareness Stall by JSSINYS

As part of the conference activities, JSSINYS set up an engaging health awareness stall that drew considerable attention from delegates and visitors. The stall featured live demonstrations and educational exhibits on: **Cupping Therapy, Hydrotherapy, Meditation, Nutrition.**

These displays highlighted the integrative and preventive nature of naturopathic care and helped attendees understand practical aspects of natural therapies. The stall served as a knowledge-sharing platform, reinforcing the significance of traditional healing systems in modern healthcare.





# Events & Activities in April 2025

## Health Awareness Talk at JSS INYS – World Malaria Day 2025

In commemoration of **World Malaria Day 2025**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSS INYS), Navakkarai, Coimbatore, organized a Health Awareness Talk on **25th April 2025** at 11:30 AM. The session was broadcast live on the institution's official YouTube channel with the objective of spreading awareness about malaria prevention and the importance of public engagement in health initiatives.

The talk was delivered by Dr. Prathyusha, BNYS, Lecturer and Medical Officer, Department of Chromotherapy and Magnetotherapy, JSS INYS. The theme of the day was "Malaria Ends With Us: Reinvest, Reimagine, Reignite." Dr. Prathyusha opened the session by addressing the current statistics and impact of malaria globally and within India. She elaborated on the life cycle of the malaria parasite, transmission routes, and the importance of early detection and treatment.

Emphasizing a naturopathic approach to prevention, she discussed the role of natural immunity-boosting practices, the use of herbal mosquito repellents, maintaining environmental cleanliness, and promoting community hygiene.

Dr. Prathyusha also highlighted how chromotherapy and magnetotherapy can be supportive in enhancing vitality and aiding recovery in infectious diseases like malaria.

The session urged attendees to take active roles in malaria elimination through education, eco-conscious living, and natural health practices. She called for collaborative community action and consistent efforts in alignment with national and global malaria control strategies. This health awareness initiative reaffirmed JSS INYS's ongoing commitment to preventive healthcare and holistic well-being through naturopathic education and community outreach.

The poster is for a health talk at JSS Institute of Naturopathy and Yogic Sciences & JSS Nature Cure and Yoga Hospital, Navakkarai, Coimbatore. It features a portrait of Dr. Prathyusha BNYS, Lecturer & Medical Officer, Department of Chromotherapy & Magnetotherapy, JSS INYS. The event is titled "Health Talk on WORLD MALARIA DAY, 25 APRIL 2025." and includes a world map graphic with the text "WORLD MALARIA DAY - APRIL 25". The topic is "Malaria Ends With Us: Reinvest, Reimagine, Reignite." The event is live on YouTube at 11:30 AM onwards on 25/04/2025. Contact information includes the website www.jssinys.org / www.jssnaturecure.org and the phone number 90033 43514, 70945 42553.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES  
&  
JSS NATURE CURE AND YOGA HOSPITAL  
NAVAKKARAI, COIMBATORE

Health Talk on  
WORLD MALARIA DAY,  
25 APRIL 2025.

Dr. Prathyusha BNYS.,  
LECTURER & MEDICAL OFFICER  
DEPT OF CHROMOTHERAPY &  
MAGNETOTHERAPY  
JSS INYS

WORLD MALARIA DAY  
- APRIL 25 -

TOPIC:  
"Malaria Ends With Us: Reinvest, Reimagine, Reignite."

LIVE

On our YouTube channel JSS Nature Cure and Yoga Hospital

25/04/2025  
11:30 am onwards

www.jssinys.org / www.jssnaturecure.org. 90033 43514, 70945 42553



# Events & Activities in April 2025

## Intercollegiate Cultural Fest Participation at Karpagam College of Engineering– 'Kalam 2025'

First-year students from JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSSINYS) participated in the intercollegiate cultural fest 'Kalam', organized by **Karpagam College of Engineering** on **30th April 2025**. The event witnessed enthusiastic participation from various institutions across the region, providing a vibrant platform for students to showcase their talents beyond academics. The students of JSSINYS demonstrated exceptional energy, creativity, and team spirit by securing six prizes across multiple events, earning appreciation and recognition from peers and organisers alike.

### Achievements:

- **Group Dance – 2nd Prize:**
  - Rithika Devi, Fasiha, Suba Harini, Poorve Gokul, Chahana, Hamsika
- **Group Singing – 1st Prize:**
  - Subha Harini, Priyadarshini, Poorve Gokul, Rithika Devi
- **Fireless Cooking – 2nd Prize:**
  - Leena, Kanika
- **Mehendi – 3rd Prize:**
  - Rithika Rose, Suvetha
- **Photography – 2nd Prize:**
  - Preetha Shivani
- **Photography – 3rd Prize:**
  - Abhi Shree

The impressive victories reflect the students' versatile capabilities and commitment to holistic growth. Their spirited participation in cultural activities exemplifies the balance between academic rigor and creative expression that JSSINYS encourages among its students.

The management and faculty of JSSINYS proudly commend the efforts and achievements of these young talents who brought laurels to the institution and inspired their peers through their dedication and excellence.





# Events & Activities in May 2025

## Health Awareness Talk – World Asthma Day 2024 at JSS INYS

On the occasion of **World Asthma Day**, observed on **6th May 2024**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSS INYS), Navakkarai, Coimbatore, organized a Health Awareness talk to promote awareness, early diagnosis, and better management of asthma. The session was conducted as a live broadcast on the institution's official Facebook page and was well-received by students, faculty, and the wider online audience.

The talk was delivered by Dr. Padmasree, BNYS, Lecturer and Medical Officer, Department of Hydrotherapy, JSSINYS. The theme for the session was "Make Inhaled Treatments Accessible for All", reflecting this year's global call to action for equitable access to essential respiratory treatments and education.

Dr. Padmasree began by explaining the pathophysiology of asthma, highlighting how inflammation and narrowing of the airways can lead to chronic respiratory symptoms such as wheezing, breathlessness, coughing, and chest tightness. She emphasized the importance of early intervention, correct inhaler techniques, and patient education in ensuring effective asthma control. She also stressed the need for regular follow-ups and treatment plans to minimize exacerbations and improve quality of life.

From a naturopathic perspective, she discussed supportive strategies including breathing exercises, steam inhalation, hydrotherapy techniques, and dietary modifications that can complement conventional treatment. The importance of identifying and avoiding environmental triggers, such as dust, pollen, and pollution, was also emphasized.

The session concluded with providing valuable insights into integrating naturopathy with conventional care, aligning with JSSINYS's mission of preventive and holistic health education. This initiative reaffirmed the institution's commitment to public health awareness and inclusive wellness promotion.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES  
&  
JSS NATURE CURE AND YOGA HOSPITAL  
NAVAKKARAI, COIMBATORE

**World Asthma Day**

  
**Dr. Padmasree BNYS**  
Lecturer & MO  
Dept. of Hydrotherapy  
JSSINYS

**TOPIC:**  
"Make Inhaled Treatments Accessible for ALL".

  
**LIVE**  
06|05|2024  
11:30 am onwards

[www.jssinys.org](http://www.jssinys.org) / [www.jssnaturecure.org](http://www.jssnaturecure.org)  
90033 43514, 70945 42553



# Events & Activities in May 2025

## Health Awareness Talk – World Hypertension Day 2025 at JSS INYS

In observance of **World Hypertension Day**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSS INYS), Navakkarai, Coimbatore, organized a Health Awareness Talk on **17th May 2025** at 11:30 AM, streamed live through the official YouTube channel of JSS Nature Cure and Yoga Hospital. The session aimed to enhance public awareness about the causes, consequences, and natural management of hypertension.

The talk was delivered by Dr. SreeGovind, BNYS, MD, Assistant Professor and Medical Officer, Department of Yoga, JSSINYS. The theme for the year, "Measure Your Blood Pressure Accurately, Control It, Live Longer", was reflected throughout the session, emphasizing the importance of regular monitoring and lifestyle modification for effective blood pressure control.

Dr. SreeGovind began by explaining the pathophysiology of hypertension, highlighting how chronic high blood pressure can lead to serious complications such as heart disease, stroke, kidney failure, and vision loss. He stressed the need for early diagnosis, routine screening, and consistent follow-ups as part of preventive healthcare. A significant part of the talk focused on yoga-based interventions for managing hypertension.

Dr. SreeGovind elaborated on the effectiveness of specific asanas, pranayama, meditation, and relaxation techniques in reducing sympathetic overactivity, promoting cardiovascular balance, and lowering stress levels.

He also discussed the role of dietary regulation, physical activity, salt restriction, and naturopathic detox therapies in long-term blood pressure management.

The session was well-received for its practical and preventive approach. This initiative reinforced JSS INYS's commitment to promoting natural and sustainable health solutions through education and community outreach.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES  
&  
JSS NATURE CURE AND YOGA HOSPITAL  
NAVAKKARAI, COIMBATORE

Health Talk on  
WORLD HYPERTENSION DAY  
17 MAY 2025.

Dr. SreeGovind, BNYS, MD  
ASSISTANT PROFESSOR &  
MEDICAL OFFICER  
DEPT OF YOGA  
JSSINYS

TOPIC:  
"Measure Your Blood Pressure Accurately, Control It, Live Longer".

17/05/2025  
11:30 am onwards

www.jssinys.org / www.jssnaturecure.org. 90033 43514, 70945 42553



# Events & Activities in May 2025

## Certificate Course in Ozone Therapy at JSSINYS Organized by NIN , Pune.

A **Certificate Course on Ozone Therapy** was successfully conducted by the **National Institute of Naturopathy (NIN), Pune**, in collaboration with JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSSINYS), Navakkarai, Coimbatore, from **19th to 22nd May 2025**.

This four-day training program aimed to enhance clinical competency in ozone therapy among naturopathy practitioners and students. The course included both theoretical and practical sessions, covering the fundamentals, mechanisms of action, indications, contraindications, and methods of ozone application in clinical practice.

The program witnessed the enthusiastic participation of several BNYS doctors from various institutions and clinics, who benefitted from hands-on demonstrations and interactive case-based discussions. The practical sessions were designed to offer in-depth understanding and skill development in the safe and effective use of ozone therapy for various health conditions.

A special session was exclusively arranged for the faculty members and final-year students of JSSINYS, offering them direct exposure to advanced naturopathic procedures and contemporary therapeutic protocols. This segment provided valuable insights into integrating ozone therapy with traditional naturopathic modalities for enhanced patient outcomes.

The course was appreciated for its structured content, experienced resource persons, and practical relevance. It served as a platform for knowledge sharing and professional upskilling, aligning with JSSINYS's commitment to advancing integrative healthcare education.

This initiative marks a significant step in strengthening clinical education and introducing emerging therapies to future naturopathic professionals.





# Events & Activities in May 2025

## Health Awareness Talk – World No Tobacco Day 2025 at JSS INYS

On the occasion of **World No Tobacco Day**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSS INYS), Navakkarai, Coimbatore, conducted a Health Awareness Talk on **31st May 2025** at 11:30 AM, which was streamed live on the official YouTube channel of JSS Nature Cure and Yoga Hospital. The theme for this year's global observance was "Unmasking the Appeal", aimed at exposing the deceptive tactics used by the tobacco industry and raising awareness about its harmful consequences.

The talk was delivered by Dr. Anju K. Paily, BNYS, MD, Assistant Professor and Medical Officer, Department of Physiology, JSSINYS. Dr. Anju began by outlining the global burden of tobacco-related diseases, including cancer, cardiovascular disorders, stroke, respiratory illnesses, and the rising incidence of tobacco use among adolescents.

She critically examined the manipulative marketing strategies used by the tobacco industry to attract young users, particularly through flavored products, sleek packaging, and social media influence. The session emphasized the need for public health advocacy, policy enforcement, and awareness campaigns to counter these efforts.

From a naturopathic perspective, Dr. Anju discussed the significance of detoxification therapies, yoga, counseling, and lifestyle modifications in supporting individuals trying to quit tobacco. She also shared useful behavioral strategies and highlighted the importance of community support in tobacco cessation programs.

The talk served as a vital reminder of the long-term health risks posed by tobacco and the urgent need for proactive prevention.

This initiative reinforced JSS INYS's ongoing commitment to health education and community awareness through evidence-based, integrative approaches.

The poster is for a health talk at JSS Institute of Naturopathy and Yogic Sciences & JSS Nature Cure and Yoga Hospital, Navakkarai, Coimbatore. It features a portrait of Dr. Anju K Paily, BNYS, MD, Assistant Professor & MO, Dept. of Physiology, JSSINYS. The event is titled 'HEALTH TALK' and is part of 'WORLD NO TOBACCO DAY'. The date is 31/05/2025, starting at 11:30 am onwards. The topic is 'UNMASKING THE APPEAL'. The poster includes logos for Facebook, YouTube, and a 'LIVE' icon. It also provides the website www.jssinys.org / www.jssnaturecure.org and a phone number 90033 43514, 70945 42553. An illustration of lungs and a cigarette is also present.

JSS INSTITUTE OF NATUROPATHY AND YOGIC SCIENCES  
&  
JSS NATURE CURE AND YOGA HOSPITAL  
NAVAKKARAI, COIMBATORE

**HEALTH TALK**

**Dr. Anju K Paily**  
BNYS, MD .  
Assistant Professor & MO  
Dept. of Physiology,  
JSSINYS

**WORLD  
NO TOBACCO DAY**

31/05/2025  
11:30 am onwards

**TOPIC:**  
**"UNMASKING THE APPEAL"**

On our YouTube channel JSS Nature Cure and Yoga Hospital  
www.jssinys.org / www.jssnaturecure.org. 90033 43514, 70945 42553



# Events & Activities in May 2025

## Health Awareness Session for Housekeeping Staff – World No Tobacco Day 2025 at JSSINYS

As part of the observance of **World No Tobacco Day 2025**, the JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSSINYS), Navakkarai, Coimbatore, organized a dedicated health awareness session for the housekeeping staff of the institution on **31<sup>st</sup> May 2025**. The session was aimed at sensitizing non-teaching personnel about the harmful effects of tobacco use and the importance of a tobacco-free lifestyle.

The session was addressed by Dr. Thiruchitrampalam and Dr. Sophia Preethi, who elaborated on the health hazards associated with both smoking and smokeless forms of tobacco. The speakers explained the connection between tobacco use and life-threatening conditions such as cancer, stroke, heart disease, and respiratory disorders, emphasizing the irreversible impact of long-term use.

In addition to the health consequences, the speakers also highlighted the legal regulations and public health policies concerning tobacco consumption in India. They discussed key provisions under the COTPA Act (Cigarettes and Other Tobacco Products Act), which prohibits smoking in public places, bans tobacco advertising, and regulates the sale of tobacco products, particularly to minors.



The session was conducted in a simple and engaging manner to ensure the message was accessible and well understood by the audience. It encouraged participants to make informed choices and served as a motivation to quit or avoid tobacco usage.

The session concluded with a vote of thanks delivered by Dr. Suresh Babu, who appreciated the active participation of the housekeeping staff and encouraged them to spread the message of healthy living within their families and communities. This outreach initiative reflects JSSINYS's commitment to promoting health awareness and preventive education at all levels within its campus community.



# Events & Activities in June 2025

## World Environment Day 2025 Observance at JSS INYS

The JSS Institute of Naturopathy and Yogic Sciences and Hospital (JSS INYS), Navakkarai, Coimbatore, proudly observed **World Environment Day 2025 on 5th June 2025**, under the theme of environmental stewardship and sustainability. The celebration aimed to instill a sense of environmental responsibility among staff, students, and the campus community through hands-on activities and educational engagement.

The day commenced with a campus cleaning drive, where students, faculty, and staff actively participated in removing litter and beautifying the surroundings. This was followed by a sapling plantation ceremony, symbolizing a collective commitment towards restoring nature and enhancing green cover within the campus premises.

In a meaningful initiative, an awareness talk was organized for the housekeeping staff and non-teaching faculty, addressing the importance of environmental conservation, sustainable practices in daily life, and the role of every individual in protecting the planet.

To reinforce the message, a pledge ceremony was conducted, where all participants solemnly vowed to adopt eco-friendly practices, reduce plastic use, conserve water and energy, and advocate for environmental awareness within their communities.

Inspirational speeches were also delivered by faculty and students, emphasizing the urgency of climate action and collective responsibility. The event concluded with a renewed sense of purpose and unity in safeguarding the Earth.

The observance of World Environment Day at JSS INYS reflected the institution's enduring commitment to nature, sustainability, and holistic well-being. Through such initiatives, JSS INYS continues to inspire positive change and cultivate a culture of environmental consciousness.





# Events & Activities in June 2025

## "Participation and Achievement at the National Research Poster and Quiz Competition – International Day of Yoga 2025, NIMHANS"

On the occasion of the 11th International Day of Yoga (IDY), the **Department of Integrative Medicine at NIMHANS, Bengaluru**, organized a Research Poster Competition under the theme **"Exploring the Scientific Basis of Yoga" on 16<sup>th</sup> June 2025**. The event aimed to encourage evidence-based exploration and scientific validation of yogic practices, open to Undergraduate & Postgraduate students, Clinicians, and Ph.D. scholars, the competition received widespread academic participation.

The event was spearheaded by Dr. S. Goutham (M.Sc. Yoga), Dr. Hemant Bhargav (Ph.D), Dr. Bharath Holla (Ph.D), and Mr. Avinesh, whose collective efforts ensured its successful execution. Students from our institution participated after clearing an initial online screening. A total of 11 students from our institution attended the presentation and actively engaged in the event. The final round, held on 16th June 2025, saw enthusiastic participation from reputed institutions across India.

Each research poster highlighted the integration of yoga into health, wellness, and disease management. We are proud to share that Ms. Niranjana, representing our institution, won a cash prize for her research poster—an achievement that reflects our institution's academic excellence and research focus. A Quiz Competition was also conducted for selected candidates, featuring six levels covering yoga philosophy, clinical applications, and scientific integration. The event promoted inter-college academic exchange and collaboration in integrative medicine.

Students also visited the Department of Integrative Medicine, including the Hatha Yoga Hall, Trataka Hall, and Psychiatry Department, gaining practical insights into scientific applications of yoga. We extend sincere thanks to our Principal and Management for their continued support in providing such enriching academic opportunities to our students.





# INTERNATIONAL DAY OF YOGA 2025



## EVENTS AND HAPPENINGS AT JSS INYS IN COMMEMORATION WITH IDY-2025



### EVENTS

1. Yoga Samavesh at JSS Institute of Naturopathy and Yogic Sciences
2. Yoga Session at Nehru College of Nursing
3. Yoga Session at SNGC Chavadi
4. Yoga Session at District High Court
5. Yoga Session at Nehru College of Nursing
6. Yoga Session at Nehru Stadium
7. Yoga Session at Vivanta by Taj
8. Yoga Session at PIMS, Walayar
9. Yoga Session at Rathinam College
10. suzlon pvt.ltd - 8 units /sites
- Yoga Session at Bogampatti
- Yoga Session at Kattampatti
- Yoga Session at Kuduvani
- Yoga Session at Kundadam
- Yoga Session at Ponnapuram
- Yoga Session at Agali
- Yoga Session at Myvadi
- Yoga Session at Seforge Factor
11. Yoga Session at KMCH , Coimbatore.



# Yoga Samavesh 2025



In celebration of the 11th International Day of Yoga, JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, Coimbatore, in collaboration with the Central Council for Research in Yoga and Naturopathy (CCRYN), organized **Yoga Samavesh 2025—a Free Yoga Awareness and Health Camp** on **June 15, 2025**. The event commenced with registration and a traditional lamp-lighting ceremony attended by dignitaries including Dr. C. Vedaviyasar, Dr. Nisha, Mr. Selvarasu, Dr. Dhilip V.R., and a representative participant. The program featured scientific talks on evidence-based yoga for hypertension and lifestyle management, followed by a guided yoga therapy session comprising asanas, pranayama, and relaxation techniques. Participants also availed themselves of free health consultations, dietary counseling, yoga demonstrations, and a wellness product exhibition. Informative booklets and brochures were distributed, and nutritious meals were provided throughout the day. The event concluded with feedback collection to assess its impact. The initiative received an enthusiastic response from students, faculty, and the general public, reflecting the institute's ongoing commitment to holistic health promotion.





# NEHRU COLLEGE OF NURSING, Coimbatore



As part of the 11th International Day of Yoga celebrations, the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, organized a **Yoga Awareness Program at Nehru College of Nursing, Coimbatore, on 21st June 2025**. The event aimed to promote awareness about the therapeutic and preventive benefits of yoga and naturopathy among future healthcare professionals. The session was led by Dr. Shobika, along with final-year students of JSSINYS, and included guided yoga practices featuring asanas, breathing techniques, and relaxation exercises tailored to manage academic stress and support overall well-being. A health talk was also delivered, emphasizing the integration of natural lifestyle practices for holistic health. The program witnessed the active participation of 200 nursing students and received positive feedback from both faculty and students. The management of Nehru College of Nursing appreciated the valuable initiative, recognizing its relevance in promoting health and wellness in alignment with the spirit of the International Day of Yoga.





# SRI NARAYANA GURU COLLEGE , Coimbatore



On **June 19, 2025**, the **Department of Physical Education at Sri Narayana Guru College, Coimbatore**, in collaboration with JSS Institute of Naturopathy and Yogic Sciences, Navakkarai, organized a successful **celebration of the International Day of Yoga**. The event aimed to raise awareness about the significance of yoga in promoting physical, mental, and spiritual well-being. The program began with an insightful guest lecture by Dr. Anju K. Paily, emphasizing the role of yoga in modern lifestyle management. This was followed by an engaging yoga demonstration session led by Dr. Arya, where participants were guided through practical asanas and breathing techniques suitable for daily practice. The session saw active participation from both students and faculty, fostering a greater understanding of holistic health. The collaborative initiative between the two institutions contributed to the success of the event, reinforcing the global movement to integrate yoga as a sustainable wellness practice.





# DISTRICT COURT, Coimbatore



On the occasion of the 11th International Day of Yoga, JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, conducted a **Yoga Awareness Program at the Coimbatore District Court on June 21, 2025**. The initiative aimed to introduce the benefits of yoga and naturopathy to members of the legal community. Two parallel sessions were held: one exclusively for the Honourable Judges, focusing on yoga practices for stress relief and posture correction; and another for court employees, addressing occupational stress and lifestyle-related health issues. A health talk by Dr. Prabhakaran highlighted the preventive and therapeutic principles of naturopathy and its relevance to modern life. Additionally, JSSINYS students were given a guided tour of the court premises, offering them educational exposure to the judicial system. The program received positive feedback from judges and court staff, and the Coimbatore District Court administration extended its appreciation to JSSINYS for this meaningful and health-oriented outreach effort.





# NEHRU STADIUM, Coimbatore



On commemoration of the 11th International Day of Yoga, the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, organized a **Mass Yoga Program on June 21, 2025, at Nehru Stadium, Coimbatore**. The event brought together members of the public and students to promote yoga as a means of achieving physical, mental, and spiritual well-being. The session began with a prayer, setting a calm and focused tone, followed by the Common Yoga Protocol (CYP) as prescribed by the Ministry of AYUSH, which included loosening exercises, asanas, pranayama, and meditation. Over 250 participants took part in the event, demonstrating strong enthusiasm and discipline. To extend its reach, the program was livestreamed on JSSINYS's official social media platforms, receiving positive feedback and engagement from viewers. The event concluded successfully, reinforcing the message of this year's International Day of Yoga theme—Yoga for Harmony and Health.





# VIVANTA (TAJ) Coimbatore



In observance of the 11th International Day of Yoga, JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, organized a **Yoga and Health Awareness Session on June 21, 2025, at Vivanta by Taj, Racecourse, Coimbatore**. The program aimed to promote wellness among hotel guests by introducing the principles of yoga and naturopathy. The session featured a guided yoga practice led by our faculties and final-year students, who demonstrated simple asanas and breathing techniques tailored to reduce stress and improve flexibility—especially suited for working professionals and frequent travelers. A health talk followed, providing insights into naturopathic treatment approaches, natural living, dietary habits, detoxification, and holistic care for lifestyle-related disorders. The session emphasized the ease with which naturopathy can be integrated into busy routines. Guests actively participated and appreciated the session's relevance and practicality. The management of Vivanta extended their gratitude to JSSINYS for delivering a meaningful and impactful wellness initiative in alignment with the spirit of the International Day of Yoga.





# Palakkad Institute of Medical Sciences and Hospital, Palakkad



In observance of the 11th International Day of Yoga, the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, organized a **Yoga Awareness Camp at PIMS Hospital, Palakkad on June 21, 2025**. The initiative aimed to educate and empower individuals on the benefits of yoga and naturopathy. Dr. Sharmila led the session, which included a health talk on the preventive and therapeutic aspects of naturopathy and the role of yoga in holistic wellness, followed by a live yoga demonstration and participatory session. Attendees were guided through simple asanas, breathing techniques, and relaxation practices suitable for various health conditions and age groups. With active participation from hospital staff, patients, and the community, the event successfully promoted the integration of yoga into daily life. The management of PIMS Hospital appreciated JSSINYS for conducting an impactful and health-focused outreach program.





# JSS INYS NAVAKKARAI, Coimbatore



As part of the 11th International Day of Yoga (IDY) 2025 celebrations, a **Mass Yoga Session was conducted at the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, on June 21, 2025.** The event aimed to emphasize yoga as a sustainable practice for physical, mental, and emotional well-being. Around 200 students participated actively, performing the Common Yoga Protocol (CYP) prescribed by the Ministry of AYUSH. The session included loosening exercises, structured asanas, pranayama, and meditation techniques to enhance flexibility, breath control, and mental clarity. Faculty and staff joined the students, creating a collective atmosphere of focus and unity. The event concluded with a strong message affirming yoga as a way of life, making it a meaningful and enriching experience for all participants, and reaffirming the institute's commitment to holistic health promotion.





# RATHINAM COLLEGE OF PHARMACY, Coimbatore



On the occasion of the International Day of Yoga 2025, the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, organized a **Yoga Session and Health Talk at Rathinam College, Coimbatore, on June 21, 2025**. Dr. Lakshmi conducted the session, guiding participants through a series of yoga practices and delivering an insightful talk on the role of yoga in promoting holistic well-being and stress management. Around 50 students and faculty members actively participated and appreciated the session's relevance to academic life and personal wellness. Following the session, participants were taken on a guided tour of the AIC RAISE Department at Rathinam College, where they explored innovative startup models and sustainable technologies related to healthcare and entrepreneurship. The event effectively blended wellness education with exposure to innovation, fostering a culture of health-conscious and forward-thinking students.





# SUZLON Pvt. Ltd, Coimbatore 8 units/sites



In observance of the 11th International Day of Yoga, the JSS Institute of Naturopathy and Yogic Sciences (JSSINYS), Navakkarai, in collaboration with **Suzlon Pvt. Ltd.**, organized a series of Yoga Awareness Camps across multiple field and factory sites in the Coimbatore region on **20th and 21st June 2025**. The initiative focused on promoting the role of yoga in preventing and managing Non-Communicable Diseases (NCDs) and Musculoskeletal Disorders (MSDs), particularly in the working population. Camps were conducted at eight different locations including Bogampatti, Kattampatti, Koduvai (Elavanthiy Site), Kundadam, Ponnapuram (CTRI), Agali, Myvadi, and Seforge Factory—with the session at Seforge held on 20th June to accommodate shift schedules. Each camp featured yoga asana demonstrations aimed at posture correction and flexibility, guided pranayama practices to improve respiratory function and reduce occupational stress, and a health talk focusing on lifestyle correction and holistic well-being. Medical officers from JSSINYS led the sessions and engaged employees in interactive wellness activities. The enthusiastic participation from Suzlon staff reflected the relevance and impact of the program, and the company's management expressed their gratitude for JSSINYS's valuable contribution to employee health and wellness in alignment with the International Day of Yoga.

## SUZLON SEFORGE FACTORY



## KODUVAI (ELAVANTHY SITE)





# SUZLON Pvt. Ltd

## 8 units/sites



**AGALI**



**KATTAMPATTI**



**BOGAMPATTI**



**KUNDADAM**



**PONNAPURAM**



**MYVADI**





# Kovai Medical Centre and Hospital, Coimbatore



As part of the International Day of Yoga (IDY) 2025 celebrations, on **24th June 2025**, **Dr. Dhilip V. R.**, Principal and Chief Medical Officer of JSS Institute of Naturopathy and Yogic Sciences and Hospital, Navakkarai, visited **KMCH College of Nursing, Coimbatore**, and delivered an engaging health talk to the nursing students. He emphasized the importance of preventive healthcare, stress management, and the role of yoga and naturopathy in enhancing physical and mental well-being. The session highlighted how lifestyle modifications rooted in traditional naturopathic principles can benefit healthcare professionals and their patients. Following the talk, Dr. Dhilip conducted a yoga session based on the Common Yoga Protocol, where students actively participated in performing simple asanas, breathing exercises, and relaxation techniques. The event was well-received and served to deepen the students' understanding of holistic health practices and the relevance of yoga in modern healthcare.





# Events & Activities in June 2025

## Workshop – Vidharshana 2.0 -Diabetes management through lifestyle modifications and natural therapies at JSS INYS

The workshop titled "**Vidharshana 2.0**" was conducted on **28th June 2025** at the JSS Institute of Naturopathy and Yogic Sciences (JSS INYS). The event focused on promoting awareness about naturopathic practices and holistic health approaches and was met with overwhelming participation.

The program began with a welcome address by Dr. Dhilip V R, who set the tone by highlighting the importance of integrative health practices in today's world.

### The key speakers for the event were:

**Dr. Sharanyan**, Medical Superintendent, R.K. Nature Cure, Coimbatore

**Dr. Rajendran**, Founder and Chief Medical Officer, Dr. Rajendran Diabetic Cure Centre, Coimbatore.

Both speakers shared valuable insights into naturopathic treatments for chronic diseases, especially focusing on diabetes management through lifestyle modifications and natural therapies. Their expertise and practical examples provided attendees with a deeper understanding of the healing potential of naturopathy.

The workshop was well-attended by students, faculty, and health enthusiasts, all of whom benefited immensely from the engaging sessions and expert guidance. The event concluded with an interactive session, allowing participants to clarify their doubts and interact directly with the resource persons.

Overall, Vidharshana 2.0 was a resounding success, reinforcing the commitment of JSS INYS to holistic healthcare and knowledge sharing.







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# JSS INSTITUTE OF NATUROPATHY & YOGIC SCIENCES

Navakkarai, Palakkad Highway, COIMBATORE - 641105 T.N.  
AFFILIATED TO THE TAMIL NADU DR.M.G.R. MEDICAL UNIVERSITY



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**SECOND** Largest  
in India

**B.N.Y.S. MEDICAL COURSE - BACHELOR OF NATUROPATHY & YOGIC SCIENCES**  
Established - 1997

Eligibility : +2 or Equivalent

- ◆ Students from INDIA & ABROAD - Minimum 50% aggregate marks in Physics, Chemistry & Biology
- ◆ Students from TAMIL NADU BC-45%, MBC-40%, SC/ST-35% Minimum aggregate marks in PCB.

I BNYS - 18 Months

1. Philosophy & Practice of Yoga
2. Biochemistry
3. Human Anatomy I & II
4. Human Physiology I & II
5. Philosophy of Nature Cure I & II

III BNYS - 12 months

1. Yoga & Physical Culture II
2. Forensic Medicine & Toxicology
3. Community Medicine
4. Psychology & Basic Psychiatry
5. Obstetrics & Gynaecology
6. Nutrition & Herbolology
7. Massage, Chiropractice, Osteopathy & Aromatherapy

II BNYS - 12 Months

1. Yoga & Physical Culture - I
2. Pathology I & II
3. Microbiology
4. Naturopathy Diagnostics
5. Modern Medicine Diagnostics
6. Basic Pharmacology

IV BNYS - 12 Months

1. Yoga Therapy
2. Hydrotherapy & Clay Therapy
3. Fasting & Diet Therapy
4. Chromo Therapy & Magneto Therapy
5. Physiotherapy
6. Acupuncture, Acupressure, Reflexology, Pranik Healing & Reiki
7. Medical Ethics & Hospital Management
8. Minor Surgery, First Aid & Emergency Medicine

**DURATION :**  
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**1 Year Internship**  
**INTAKE :**  
**100 Seats**

**NEET**  
is not applicable  
as per the norms of  
Ministry of AYUSH,  
Govt. Of India



**Nature is the best Healer Nature heals not the physician**



## BNYS MEDICAL COLLEGE

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 93843 16609, 97895 24854

**Dr.V.R. DHILIP B.N.Y.S., DFM, MBA**  
 Principal and Chief Medical Officer

### HOSPITAL :

E-mail : [jssnyh.cbe@gmail.com](mailto:jssnyh.cbe@gmail.com)  
 Website : [www.jssnaturecure.org](http://www.jssnaturecure.org)  
 Mobile : 90033 43514, 70945 42553

**"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease. - Thomas A Edison**





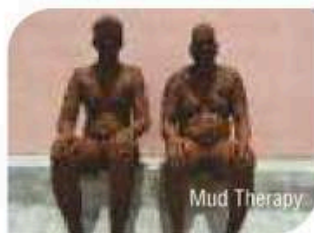
# JSS NATURE CURE & YOGA HOSPITAL

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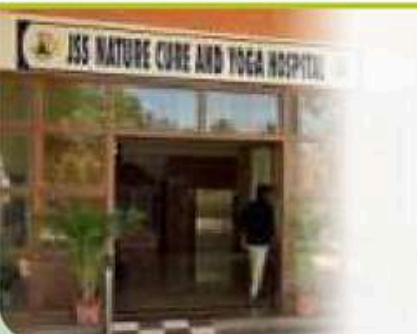
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**Dr. V.R. DHILIP, B.N.Y.S., DFM., MBA**  
Principal and Chief Medical Officer

## HOSPITAL :

E-mail : [jssnyh.cbe@gmail.com](mailto:jssnyh.cbe@gmail.com),

Website : [www.jssnyh.org](http://www.jssnyh.org)

Mobile : 90033 43514, 70945 42553







JSS NATURE CURE AND  
YOGA HOSPITAL

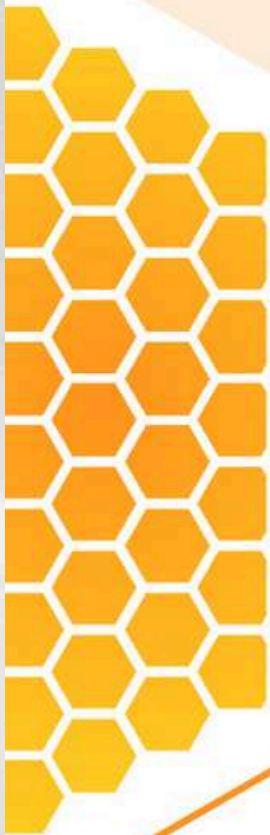


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