



## **NATIONAL INSTITUTE OF NATUROPATHY, PUNE**

**(MINISTRY OF AYUSH, GOVT. OF INDIA)**

### **Report on one day workshop conducted at Montfort Social Institute, Hyderabad**

**(28/01/2017)**

National Institute of Naturopathy as a part of its regular awareness activity conducted a one day awareness program in Naturopathy and Yoga for domestic workers in association with Montfort Social Institute, Hyderabad. This program was conducted for domestic workers and Field Staff on 28/01/2017 at Wanaparthy, Telangana.

Session started with an Inaugural Ceremony followed by session on “Principles and Philosophy of Naturopathy” with an emphasis on Nutrition and diet by Dr.Srilekha Goud, second session was on “Acupressure for common ailments” like neck pain, back pain, joint pains and for various other ailments was covered by Dr. Asha Challa . After first two sessions a Naturopathic lunch was arranged for all the participants to understand healthy cooking practices. Post lunch session was covered by Dr.Srilekha Goud on “Naturopathy therapies for common ailments” in which all the participants were taught the use of hydrotherapy using simple cotton packs, massage, use of sunbath and color therapy. The last session was on “Yoga asanas, Pranayama and Relaxation techniques” practical training was delivered by Dr.Asha Challa.

All over the response of all the participants was very good, as they were keenly following all the sessions and tried to get all their queries sorted out by the expert team.

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