

## **SIR ISSAC NEWTON NATUROPATHY AND YOGA MEDICAL COLLEGE AND HOSPITAL**

### **“Healing through Nature: Free Naturopathy and Yoga Medical Camp – 12<sup>th</sup> July 2025”**

A Medical Camp was organized by Sir Issac Newton Naturopathy and Yoga Medical College and Hospital, Nagapattinam in association with Rotary Club on 12<sup>th</sup> July 2025 (Saturday) at Sivasakthi Nagar from 9:00 a.m to 3:30 p.m.

The camp was aimed to provide free consultation and Naturopathy and Yoga treatments for individuals suffering from various chronic conditions. A total of 50 beneficiaries attended the camp.

Along with personalized consultation, treatments such as acupuncture, diet advice and therapeutic Yoga practices to improve both physical and mental well-being were prescribed by SINNYMC team of doctors, Dr. B. Uma, Dr .R. Kousalya Devi and Dr. T .R. Jobin. The participants were highly satisfied with the camp, expressing relief after the treatments. The camp concluded with the distribution of natural diet and herbal tea to all the beneficiaries, reinforcing the importance of healthy eating in maintaining overall health.

We thank our respected Chairman Dr.T.Ananth sir and our Principal Dr. M. Ezhil Ratnakumari for their guidance and support. We extend our heartfelt thanks to the entire camp arrangement team and the management for supporting us.

### **Consultation:**



One-on-one expert consultation to uncover the root cause and natural solutions.

### **Yoga teaching:**



Guiding every stretch — Therapeutic Yoga sessions to restore balance and peace.

### **Diet:**



Healthy eating begins here — personalized diet plans for long-term wellness.

**Vital data monitoring:**

Monitoring vital data like pulse rate, blood pressure, etc for better health awareness.



Report prepared by  
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