

(i) ***‘LECTURE-CUM-INTERACTIVE SESSION ON ‘HEALTHY LIFE STYLE MANAGEMENT THROUGH NATUROPATHY AND YOGA’:***

On the occasion of the 75th Anniversary of Indian Independence, the Ministry of Ayush, Government of India is celebrating “Azadi ka Amrit Mahotsav” in the name of ‘ROGMUKTH BHARATH ABHIYAN’ in association with the National Institute of Naturopathy, Pune along with Department of Naturopathy and Yoga, Addlife, part of Basavatarakam Indo-American Cancer Hospital and Research Institute (BIACH & RI) Hyderabad.

In this connection, a workshop on ‘Healthy life style management through Naturopathy and Yoga’ was organized in the school premises on 18.04.2022. The Guests for the day were Dr.C.Sumathi, Head of the Department, and Dr.Uday Kumar, Senior Consultant, Naturopathy and Yoga, Addlife, BIACH & RI. The programme commenced with the introduction of the Guest by Dr.Prasanna Lakshmi. She stressed on the importance of maintaining a healthy life style to lead a disease free life.

Dr.Sumathi addressed the gathering and mentioned about the novel initiative taken up by the Government of India, Ministry of AYUSH, which supports the original Indian systems of medicine, viz., Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopahty. She stressed that AYUSH aims to promote the development of the education and research in these fields.

The later part of the session was taken over by Dr.Uday Kumar, who spoke about various aspects of maintaining a disease free body. He grabbed the attention of children by sharing minute details about the functioning of the organ and organ systems. Students enjoyed the session as the questions posed

by the speakers were at their level. At the same time, he signified the importance of the quote, 'PREVENTION IS BETTER THAN CURE'.

Dr.Uday Kumar shared many tips on maintaining a healthy diet, eating meals at correct time intervals in correct proportion, eating a balance diet, increasing the intake of water and fruits, keeping the body fit by exercising regularly along with sufficient rest as required by the body. He concluded the session by sharing the importance of yoga, and importance of breathing exercises. Students and teachers spent some time practicing the breathing techniques. A flyer giving information about boosting immunity during Covid - 19 and common yoga protocol with a pictorial depiction of various asanas was distributed at the end. Around 300 students and 25 staff members participated in this informative interactive session.



(ii) **HEALTH AWARENESS AND PREVENTION OF CANCER:**

On the occasion of the 75th year of Indian Independence the Ministry of Ayush, Government of India is embarked on the mission - Rogmukth Bharath Abhiyaan.

In this connection, Addlife - Basavatarakam Indo-American Cancer Hospital and Research Institute Hyderabad organized the session on 'HEALTH AWARENESS AND PREVENTION OF CANCER' for all the staff of Bharatiya Vidya Bhavan's Atmakuri Rama Rao School, Jubilee Hills on 28.04.2022.

Dr.C.Sumathi addressed all the teachers regarding health issues faced by women, especially during their middle age. Dr.Sumathi emphasized on ideal methods for maintaining good health. She gave a detailed explanation on importance of maintaining good body posture, healthy body weight, dietary habits, regular exercise and yoga.

A demo of some Yogasanas explaining the importance was followed by practice of yoga exercises and pranayama.

Dr.Sumathi concluded the lecture emphasizing the essence of Naturopathy and cure of ailments through five natural elements.

The session along with PPT was very informative. The healthy living tips given by the Resource person are very helpful to teachers in balancing their professional and personal life. 80 teachers attended the session.

