



# पतंजलि विश्वविद्यालय University of Patanjali

उत्तराखण्ड विधान मण्डल द्वारा पारित पतंजलि विश्वविद्यालय अधिनियम संख्या 4, वर्ष 2006 के अन्तर्गत स्थापित  
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दिनांक (Date) : 20/01/2025

## NOTICE

### "Geriatric Care through Naturopathy and Yoga" Health Camp

Dear Students,

The National Institute of Naturopathy, Pune, in collaboration with the University of Patanjali, Haridwar, is pleased to announce two special health camps focused on geriatric care. This event is dedicated to promoting the health and well-being of senior citizens through the practice of naturopathy and yoga.

Those who want to participant in the camps kindly provide the name to Dr. Nayan Biswas till Tommerow, 4:00PM.

**Dr. Nayan Biswas, B.N.Y.S.**

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# राष्ट्रीय प्राकृतिक चिकित्सा संस्थान, पुणे National Institute of Naturopathy, Pune

(Ministry of Ayush, Govt. of India)

In association with University of Patanjali,  
Haridwar

ORGANIZING

“Geriatric Care through Naturopathy and Yoga”

Health Camp

January – 2025, Venue – Haridwar



*Nayan*

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# Geriatric Care through Naturopathy and Yoga Health Camp

**In Association with University of Patanjali,  
Faculty of Naturopathy and yogic sciences**

**Location of camps** : Haridwar (Teliwala & Aurangabad)  
**Total No. of camps** : 2 on 22/01/2025 & 24/01/2025  
**Camp Director** : Dr. Toran Singh  
**Camp Leader** : Dr. Nayan Biswas

## **Introduction:**

The Geriatric Care through Naturopathy and Yoga Health Camp was organized to address the healthcare needs of senior citizens through the therapeutic benefits of yoga and naturopathy. The camp was designed to offer a comprehensive program that included personalized naturopathic treatments, yoga sessions, and guidance on holistic health practices.

The Naturopathy Health Camp for Geriatric Care through Naturopathy and Yoga is preceded by 10 days of camp preparation to actual camp. This will include pilot visits to villages for identification of the camp site, project to be implanted, various NGO's and government department to conduct the camp in a particular place. Banner printing for both the camps, making of sprouts and different Kwath(drink) for all camp distribution and arrangement of all necessary instruments for conducting the camp.

## **Objective:**

The primary objective of the **Geriatric Care through Naturopathy and Yoga Health Camp** is to improve the physical, mental, and emotional health of elderly individuals by integrating natural healing methods and yoga practices. The camp aims to address common health concerns that elderly people face, such as arthritis, cardiovascular problems, diabetes, stress, and mobility issues, using holistic approaches that focus on:



### 1. **Promoting Physical Health:**

- Utilizing yoga asanas (postures), breathing techniques (pranayama), and naturopathy treatments to enhance physical strength, flexibility, and balance in older adults.
- Aiding in the reduction of joint pain, arthritis, and other mobility issues.
- Focusing on increasing energy levels and improving circulation.

### 2. **Improving Mental Health:**

- Stress reduction through mindfulness techniques, meditation, and pranayama.
- Enhancing cognitive functions and reducing symptoms of anxiety, depression, and isolation.

### 3. **Educating Participants:**

- Offering guidance on maintaining a healthy lifestyle, dietary choices, and how to incorporate naturopathy and yoga into daily life.
- Raising awareness about the benefits of these natural therapies in managing chronic conditions.

### 4. **Encouraging Social Interaction:**

- Creating a supportive community environment where elderly individuals can connect, share experiences, and reduce feelings of loneliness.

## **Pre-camp planning and stages:**

Students are given a wide chance of taking up responsibilities with leadership. The students who are selected for conducting various camp are guided by the faculty. The place, date and doctor suggested and selected is given in Table 1.1. During the pilot visit, the camp leaders were accompanied by the camp director, one faculty and one students heading different committees, paid visits to the offices of social institution like different gram panchayat (Pradhan), visiting the officials were facilitated and helped in broader and clear planning for the location of camp.

Hence forth discussion were held to devise the desired plans, programmes, source of fund, involvement of people in the programmer collecting material contacting experts for lecture and checkup, distribution of Natural diet (Sprouts & Giloy Kwath).

Role of a leader in pre camp, as a leader have to communicate between the faculty, students and doctors. Have to arrange preparation for every camp, banner



printing, arrangements of sprouts and giloy kwath for distribution, arrange the instruments use for measure vital data (Sphygmomanometer, Pulse oximeter, Stethoscope, Weight machine, Thermometer) and Transport arrangement.

S.No.	Place	Date	Name of Doctor	No. of students
1.	Teliwala, Haridwar	22/01/25	Dr. Toran Dr. Nayan	9
2.	Aurangabad, Haridwar	24/01/25	Dr. Toran Dr. Nayan	8

**Table: 1.1**



## 1<sup>st</sup> Geriatric Care through Naturopathy and Yoga, Health Camp

**Date :** 22/01/25

**Location :** Vill. Taliwala, Haridwar.

After all the preparation made, we started our camp health checkup programmed at around 9:00 am at health camp site in Ambedkar park, taliwala, Haridwar along with Dr. Toran, Dean at University of Patanjali, Dr. Nayan Biswas, Assistant professor at University of Patanjali, and with 9 students of university of Patanjali. The natural diet, Sprout and giloy kwath is distributed during the whole camp.

**Outreach:** We called up all the Villager near the park along with students, and Labor let them all knew about the motive and essentiality of this camp organised by our team. They all showed us positive and we started our camp by taking all the vital data and info about all.

Services offered: The following services were offered by our team members: -

- BMI measurements- By Amit & Ajinkya.
- Blood pressure monitoring - By Anshika, Vanshika & Lavish.
- Yoga Instructed: By Naina & Vikram.
- Consultation- Dr. Toran & Dr. Nayan.
- Refreshment distribution (sprouts and giloy kwath)- Shivangi & Niyati.

### **Program Activities:**

1. Yoga Sessions: (By Naina & Vikram)
  - a. Yoga sessions were conducted by experienced yoga instructors specializing in geriatric care.
  - b. Emphasis was placed on gentle asanas (such as Tadasana, Trikonasana, and Sukhasana) that improve posture, flexibility, and balance.
  - c. Breathing exercises (pranayama) were introduced to manage stress and anxiety, helping participants regulate their emotions.
  - d. Relaxation techniques, including guided meditation, were incorporated to promote mental peace and reduce tension.
2. Naturopathy Treatments: (Dr. Toran & Dr. Nayan)
  - a. The camp featured naturopathy therapies such as hydrotherapy (use of water), mud therapy, and detoxification methods.



- b. Herbal remedies were introduced to help alleviate common geriatric health problems like joint pain, high blood pressure, and digestive issues.
- c. A special focus was placed on nutrition, with participants being given advice on diet and lifestyle changes tailored to their specific needs.

The camp included the series of health assessments such as BMI measurements, blood pressure checks and pulse rate monitoring. These assessments provided valuable insights into the overall health of the Villager for old age group. Advice in addition to naturopathy and yoga therapy were given to those who had health-related issues and guidance were also given to all other who were healthy to remain healthy forever.

**Participants:**

A total of 57 elderly individuals participated in the camp, with ages ranging from 50-70 years. The participants were a mix of people with varying levels of physical fitness, from those with mobility challenges to more active individuals.

**Photos of 1<sup>st</sup> Camp on 22/01/2025 at Vill. Taliwala, Haridwar**





GPS Map Camera  
 Talibabad, Uttarakhand, India  
 Xx5c+g4c, Teliwala Rd, Talibabad, Uttarakhand 249402, India  
 Lat 29.958803° Long 77.970198°  
 22/01/2025 09:54 AM GMT +05:30



GPS Map Camera  
 Talibabad, Uttarakhand, India  
 Xx5c+g4c, Teliwala Rd, Talibabad, Uttarakhand 249402, India  
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GPS Map Camera  
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 22/01/2025 10:04 AM GMT +05:30



GPS Map Camera  
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 Xx5c+g4c, Teliwala Rd, Talibabad, Uttarakhand 249402, India  
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 22/01/2025 10:41 AM GMT +05:30



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 22/01/2025 10:01 AM GMT +05:30



GPS Map Camera  
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GPS Map Camera  
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 Xx5c+g4c, Teliwala Rd, Talibabad, Uttarakhand 249402, India  
 Lat 29.958844° Long 77.970229°  
 22/01/2025 10:10 AM GMT +05:30





## 2<sup>nd</sup> Geriatric Care through Naturopathy and Yoga, Health Camp

**Date:** 24/01/25

**Location:** Vill. Aurangabad, Haridwar.

After all the preparation made, we started our camp health checkup programmed at around 5:00 pm at health camp site in Community Hall, Aurangabad, Haridwar along with Dr. Toran, Dean at University of Patanjali, Dr. Nayan Biswas, Assistant professor at University of Patanjali, and with 8 students of university of Patanjali. The natural diet, Sprout and giloy kwath is distributed during the whole camp.

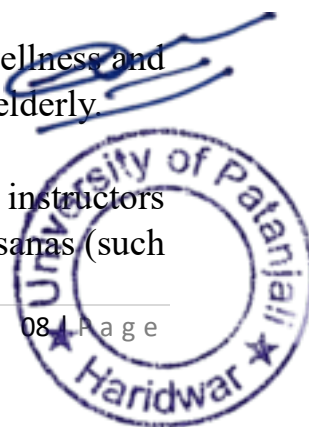
**Outreach:** We called up all the Villager near the park along with students, and Labor of Yoggram and BBG let them all knew about the motive and essentiality of this camp organized by our team. They all showed us positive and we started our camp by taking all the vital data and info about all.

Services offered: The following services were offered by our team members: -

- BMI measurements and Blood pressure monitoring - By Nandni.
- Yoga Instructed- By Vishwajeet.
- Consultation- By Dr. Toran & Dr. Nayan.
- Refreshment distribution (sprouts and giloy kwath)- By Priyanka.
- Group Activity- By Kavita & Ekansh.
- Dance Performance- By Ankush.
- Speech- By Diksha.

### **Program Activities:**

1. Health Awareness Sessions: (By Diksha)
  - a. Health experts held seminars on aging gracefully, managing chronic conditions with natural treatments, and adopting preventative measures for future health.
  - b. Special sessions were dedicated to the importance of mental wellness and how yoga and naturopathy can support cognitive health in the elderly.
2. Yoga Sessions: (By Vishwajeet)
  - a. Yoga sessions were conducted by experienced yoga instructors specializing in geriatric care. Emphasis was placed on gentle asanas (such



- as Tadasana, Trikonasana, and Sukhasana) that improve posture, flexibility, and balance.
- b. Breathing exercises (pranayama) were introduced to manage stress and anxiety, helping participants regulate their emotions.
  - c. Relaxation techniques, including guided meditation, were incorporated to promote mental peace and reduce tension.
3. Naturopathy Treatments: (By Dr. Toran & Dr. Nayan)
- a. The camp featured naturopathy therapies such as hydrotherapy (use of water), mud therapy, and detoxification methods.
  - b. Herbal remedies were introduced to help alleviate common geriatric health problems like joint pain, high blood pressure, and digestive issues.
  - c. A special focus was placed on nutrition, with participants being given advice on diet and lifestyle changes tailored to their specific needs.
4. Group Activities and Socialization: (By Kavita, Ekansh & Ankush)
- a. Group activities included light games like clapping therapy, music therapy, bhangda dance performance by Ankush and discussion circles where participants could share their experiences and form new friendships.

The camp included the series of health assessments such as BMI measurements, blood pressure checks and pulse rate monitoring. These assessments provided valuable insights into the overall health of the Villager for old age group. Advice in addition to naturopathy and yoga therapy were given to those who had health-related issues and guidance were also given to all other who were healthy to remain healthy forever.

In Participant **Dr. Arjun Tiwani** also delivered a lecture on naturopathy and how to use naturopathy in our daily life.

### **Participants:**

A total of **87** elderly individuals participated in the camp, with ages ranging from 50-71 years. The participants were a mix of people with varying levels of physical fitness, from those with mobility challenges to more active individuals.



## Photos of 2<sup>nd</sup> Camp on 24/01/2025 at Vill. Aurangabad, Haridwar



## **Outcomes: -**

### 1. Improved Physical Health:

Most participants reported feeling more flexible, energized, and less prone to joint pain after the camp. Those who had trouble with mobility noticed gradual improvements in their balance and walking ability.

### 2. Enhanced Mental Well-being:

Many attendees reported a reduction in stress and anxiety levels after practicing yoga and meditation techniques. Several participants also felt more mentally alert and focused.

### 3. Increased Social Interaction:

The camp helped build a sense of community among participants, allowing them to connect with others in similar age groups and share tips for healthy aging. It reduced feelings of loneliness and isolation.

### 4. Knowledge and Empowerment:

Participants left the camp feeling more knowledgeable about the benefits of yoga and naturopathy, with a clear understanding of how they could incorporate these practices into their daily lives for better health outcomes.

## **Conclusion:**

The Geriatric Care through Naturopathy and Yoga Health Camp successfully achieved its objectives by improving the overall health of participants and providing them with valuable tools for managing their health in the long term. By blending traditional naturopathy with the therapeutic benefits of yoga, the camp offered a holistic solution to the challenges of aging, fostering both physical and mental well-being among elderly individuals.

Future camps are recommended to expand on this model, offering follow-up programs to track the progress of participants and provide continued support in their health journey.



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