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SERVING BETTER LIFE TO  
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EMPOWERMENT

PROJECT NO.

105

SINCE 2015

# HURRICANE VETS CHARITABLE TRUST, CHENNAI

A REGISTERED ORGANIZATION OF 1988-94 BATCH ALUMNI OF MADRAS VETERINARY COLLEGE

IN ASSOCIATION WITH

S.K.T. NATURE CURE AND YOGA RESEARCH INSTITUTE  
PAVOORCHATRAM

## NATUROPATHY AWARENESS PROGRAMME

02.02.2025 | PAVOORCHATRAM | TENKASI DISTRICT



Dr.P.Soundara Pandian & Dr.S.Menaga delivering awareness lectures

The Naturopathy Awareness Programme was successfully conducted on February 2nd, 2025, organized by Hurricane Vets Charitable Trust (HVCT) as their 105th project in association with S.K.T. Nature Cure & Yoga Research Institute, Pavoorchatram. The event witnessed the participation of 31 individuals who gathered to gain insights into the benefits of naturopathy and yoga in maintaining overall health and well-being.

Health is one of the most precious gifts from God, and maintaining it requires conscious efforts. Excessive eating and a faulty lifestyle often lead to various diseases in the body, affecting the quality of life. The Nature Cure and Yoga method of treatment aims to eliminate toxic substances stored in the body and enhance immunity through natural means. The approach emphasizes the body's inherent ability to heal itself when provided with the right environment and care. Through natural therapies and yogic practices, individuals can restore balance and harmony within the body, ultimately leading to a healthier life. Nature cure and yoga consultants play a crucial role in addressing and healing a wide range of diseases, including asthma, anaemia, depression, neck pain, back pain, leg pain, knee pain, constipation, piles, ulcers, fatigue, high and low blood pressure, obesity, kidney complaints, menstrual problems, skin diseases, diabetes, stroke, infertility, and PCOD. Besides treating ailments, naturopathy



Dr.S.Vigil Anbiah, Secretary, HVCT briefing the programme



and yoga also contribute to the rejuvenation and revitalization of both the body and mind, ensuring overall wellness.



During the programme, the doctors provided awareness through a series of lectures and practical demonstrations. Participants were educated on the importance of adopting a natural lifestyle, making mindful food choices, and incorporating yoga and nature cure therapies into their daily routine.

Dr.J.Sundari and Dr.K.Krishna Devi conducted a yoga session, introducing the basics of yoga and guiding participants through practical exercises. This was followed by a hospital tour, showcasing the various facilities of the nature cure hospital. The hands-on sessions allowed participants to experience various therapies, including body massage, neck massage, leg massage, steam bath, mud bath, and reflexology. These treatments helped them feel deeply relaxed and rejuvenated, leading many to express their interest in revisiting for a more extended treatment program at the institute.



The programme was made possible by the dedicated efforts of Dr.P.Soundara Pandian and Dr. S. Menaga, the visionary founders of the institute, who have been instrumental in promoting holistic health. Their commitment to provide affordable and accessible naturopathy treatments to the public is commendable. They ensured that the amenities and facilities were arranged at a minimal cost while also taking the time to personally clarify the doubts of the participants, further enriching their learning experience.

A special note of gratitude goes to Dr. P. Gopi, Resident Medical Officer, Dr. K. Krishna Devi, Ozone Therapy Specialist, Dr. J. Sundari, Wellness Expert, and Dr. R. Preethi, Wellness Expert, for their invaluable contributions to the programme.



[Dr.S.G.Kanaga Suhila, President, HVCT & Dr.P.Vahetha Menon, EC Member, HVCT during felicitation](#)

Their active involvement and support played a pivotal role in guiding the participants and making the event a resounding success. The participants were also provided with customized nutritious meals throughout the day, including breakfast, lunch, and dinner, specially curated to align with naturopathic principles. Herbal tea and mixed fruit juices were served to further support detoxification and overall well-being.

The emphasis on natural and wholesome food reinforced the core philosophy of naturopathy, demonstrating how diet plays a vital role in maintaining optimal health.

The success of this event would not have been possible without the efforts of Dr.S.G.Kanaga Suhila, President of HVCT, whose foresight led to the identification of this institute and



co-ordination of the programme for which we extend our gratitude.

We thank Dr.S.Vigil Anbiah, Secretary of HVCT, for anchoring the event. Additionally, heartfelt thanks are extended to the esteemed members of HVCT, Dr. R. Mariappan, Dr. P.Vahetha Menon, Dr.C.Theophilus Anand Kumar, Dr.C.V.Shivakumar, Dr.G.Christo Paul Roy, Dr.M.Murugesan, and Dr.Ganesan, for their involvement and participation. Their collective contributions enriched the programme and



Participants of the Naturopathy Awareness Programme

provided a supportive environment for the attendees.

The presence and support of the family members of Hurricane Vets, field vets, and other members added to the event's success. Their enthusiasm and willingness to learn more about naturopathy underscored the growing awareness and interest in natural health practices. The organizers express their deepest gratitude to all participants for their generous donations, which helped make this programme possible. Their contributions ensured that the event was conducted smoothly, allowing for a seamless experience for everyone involved.

This initiative marks a significant step in raising awareness about naturopathy and yoga, encouraging individuals to embrace natural healing methods and lead healthier lives.

The overwhelming positive feedback from the participants serves as a testament to the impact of such programmes, and we look forward to organize an upgraded version in the future to continue spreading the message of holistic health and well-being.



An awareness session by Dr.K.Krishna Devi



Participants of the Naturopathy Awareness Programme

"Even though naturopathic principles are as old as history, they are as new as tomorrow because nature and truth never change."

- Arno R. Koegler (1898-1991)





## S.K.T NATURE CURE & YOGA RESEARCH INSTITUTE

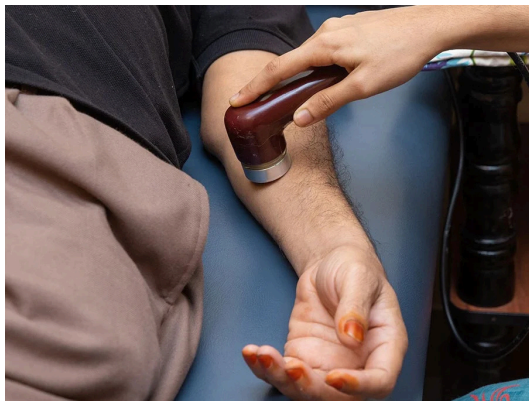
S.K.T. Nature Cure and Yoga Research Institute, established in 2006 by Dr. P. Soundara Pandian and Dr. S. Menaga, is a well-regarded center for holistic healing and wellness. The institute is situated in the tranquil environment of Pavoorchatram in the Tenkasi District of Tamil Nadu.

The hospital provides comprehensive healthcare services, accommodating both inpatients and outpatients. With a 60-bed inpatient facility, it ensures that patients receive personalized care and attention. The outpatient unit caters to individuals seeking natural remedies for various ailments, offering consultations, treatments, and lifestyle guidance. The serene and pollution-free atmosphere enhances the effectiveness of the therapies, fostering a sense of peace and relaxation for patients and visitors alike.

S.K.T. Nature Cure and Yoga Research Institute integrates naturopathy, yoga, and other holistic healing methods to address a wide range of health conditions. The treatments emphasize the body's innate ability to heal itself through natural means, focusing on diet, exercise, detoxification, and mental well-being. The institute follows a non-invasive and drugless approach, ensuring that patients experience sustainable and long-term health benefits. Personalized treatment plans are designed to cater to individual needs, considering their specific health conditions and overall lifestyle.

The institute also focuses on research and development in the field of naturopathy and yoga. Studies and clinical trials are conducted to explore the benefits of natural treatments, contributing to the advancement of holistic medicine.

The dedicated team of doctors, therapists, and staff at S.K.T. Nature Cure and Yoga Research Institute work tirelessly to ensure that patients receive the best possible care. The hospital attracts individuals from various parts of the country, seeking relief from ailments through natural and non-invasive treatments. S.K.T. With its serene location, well-equipped facilities, and dedicated team, the institute continues to make significant contributions to the field of naturopathy and yoga, improving the lives of countless individuals through its integrative approach to healthcare.





## PHOTOGRAPHS OF TREATMENT, YOGA & PHYSIOTHERAPY DEMONSTRATIONS







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