



NABH ACCREDITATION - LOKARPAN CEREMONY

Prajna Institute of Yoga and Allied Sciences (PIYAS) soaring new heights in its 'WHolistic Care Naturally' has taken one more giant leap with accreditation by National Accreditation Board of Hospitals (NABH). The Lokarpan ceremony of this achievement was held on February 27, 2020, at PIYAS yoga hall, in the presence of Hon. Vice Prime Minister of Mauritius, Smt. Leela Devi Dookhun Luchoomun, Shri Anand Singh, Forest & Environment Minister, Government of Karnataka, Smt. Meenakshi Negi, IFS, Ayush Commissioner, Government of Karnataka, Shri Bharat, RPO Bengaluru, Shri Kuldeep Jain, IPS, DCP (Crime), and Shri Chandan Jain, IRS, Customs Commissioner. PIYAS is one among the first non-government yoga and naturopathy hospitals in India to be accredited by NABH. The institute has been established with the objective to give evidence based and quality health care naturally and Wholistically. The accreditation is sure to give a big push to PIYAS health revolution juggernaut. The centre has a neo-millennial wellness approach powered with

world-class infrastructure. Dr. Alva, Prof. of Pathology, MSR Medical College, was the anchor of the entire program and introduced the dignitaries and guests present in the function in his own unique style. Smt. Leela Devi Dookun-

Health and Wellness. She also assured the gathering of exploring possibilities of PIYAS services in Mauritius. Dr. Mahendra Balar, Managing Director, delivered the welcome address with a puissant message. He said, "the



Hon. Vice Prime Minister of Mauritius along with Forest Minister, Shri Anand Singh; AYUSH Commissioner, Smt. Meenakshi Negi handing over NABH accreditation certificate to trustees of SSNT Shri Doulat Jain, Shri Rajesh Jain, and Shri Mahesh Jain accompanied by Dr. Neetu Jain & Dr. Mahendra Balar.

Luchoomun congratulated the trustees of the Surajbai Sardarmull Navyas Trust (SSNT) and the PIYAS team led by Dr. Neetu Jain & Dr. Mahendra Balar for the NABH accreditation. She also mentioned how the Govt. of Mauritius is also placing high priority on wellness and re-named the Ministry of Health to Ministry of

health care system should move from illness-no disease to illness-wellness model." The lamp lighting ceremony was conducted amidst an enthusiastic gathering of patients, invited guests, doctors, and team of PIYAS with invocation to give an auspicious start to the function. Shri Anand Singhji, Forest & Environment Minister- GOK, said

EDITORIAL TEAM

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that making a change and focusing on living a holistic lifestyle is a big challenge for him and everyone else but still the need of the hour for a sustainable living. Smt. Meenakshi Negi, Commissioner, AYUSH, applauded the vision of the founders and expressed her sense of joy at the phenomenal growth of the institute and assured of her full support. The ambience was infused with the deeply inspiring words of Shri Rajesh Jain, Trustee of SS Navyas Trust, based on 70 years of holistic living by four generations of his family members. He advised the guests to achieve holistic health and also stay rooted to natural way of living. Mr. Subhash Balar, VP, PCP - ITC, delivered the Vote of Thanks in his inimitable style to end the function on a high note.

IMMUNITY BOOSTING VEGAN SOUP

This Immunity Boosting Vegan Soup is packed full of nutritious ingredients each with its own set of health benefits. It is a variation of a vegetable soup with ginger and turmeric in it. Let's understand why this soup is good for our immunity. Ginger has lot of health benefits. It helps with nausea and morning sickness. It reduces muscle pain and soreness and is anti-inflammatory. It improves

digestion. It is known to fight infections. Turmeric (curcumin) has significant antibiotic and antioxidant properties and can combat sickness like common cold. It helps in detoxification of the body from heavy metals and helps in cancer. Capsicum is a good mood elevator and an excellent source of Vitamin A and C. This vegan soup is a good appetizer and very tasty too.



SEE THE GOOD IN VITAMIN C



Apples are more effective at waking you up in the morning than coffee.



A daily intake of vitamin C in any form is essential to help fight your body against infections and diseases. It helps decrease the duration of cold and cough. It helps to strengthen the immune system. Vitamin C increases the production of white blood cells which are key to fighting infections. Sources of vitamin C are abundant and extend beyond the popular orange and the other citrus fruits. Sources of vita-

min C include guava, lemon, pineapple, water melon and papaya among other fruits. Apart from the above benefits, it helps in maintaining healthy skin and is essential for the body to make collagen to prevent wrinkling. It is good for cardiovascular health and important for the eyes. It helps in absorption of iron from the vegetables also. Vitamin C is water-soluble, so any excess is usually excreted in the urine rather than stored in the body. It's safe in almost any amount from foods.

STAY A STEP AHEAD OF DISEASES

Generally people in the age group of 35-65 years are affected by lifestyle diseases. Men above 35 years of age and women above 40 years of age should go through preventive health checkup. In case of a history of a particular disease in the family, it is advisable to start screening tests ear-

ly. The preventive measures also include yoga and healthy diet. Combating a disease at its initial stage is easy and becomes difficult as the disease progress. Preventive health check laboratory tests that are prescribed depend on the person's age, sex, and lifestyle. Some of the

imperative reasons why we should have an appropriate preventive health check up are:

- Disturbed lifestyle.
- Vitamin deficiencies.
- Family history of critical and lifestyle diseases.
- To lower the healthcare costs in future.

"Dr. Mahendra Balar, MD says - "The Best Time to do a Health Check-up is when you don't need one."



COLON HYDROTHERAPY



Colon Hydrotherapy Machine at PIYAS.

The Colon is the seat of all toxins in the body. Colon hydrotherapy is a very powerful detoxifying treatment which involves an assisted soothing gentle flow of filtered, temperature-controlled water through the colon to flush out accumulated waste and toxins. The benefits are - Helps in enhancing a compromised digestive system with efficient elimination of waste products, restore tissue and organ

function, rebalances the gut microbiome and thereby immunity and stimulates peristalsis and improves digestion and absorption.

Indications: It removes non-specific toxins from the colon and intestinal tract by removing any accumulated waste products, enhance function of digestive system, General wellness, and many more conditions.

EFFECTIVE DEFENSE AGAINST COLD & COUGH - CCP

When steam, massage to face and chest, hydrotherapy packs and hot foot bath are combined they form a very potent way to help treat ailments especially those of upper respiratory tract, nose and sinuses. This treatment is also used for anybody suffering from bronchitis and asthma. This type of treatment is very effective when a person is

suffering from cold, headache, wheezy chest and sinus discomfort. During this treatment steam is directed to the face and chest and the therapist keeps the nozzle at a safe distance from the patient. A cold compress is placed on the head and feet are immersed in warm water with jets of water giving gentle legs massage. The therapist

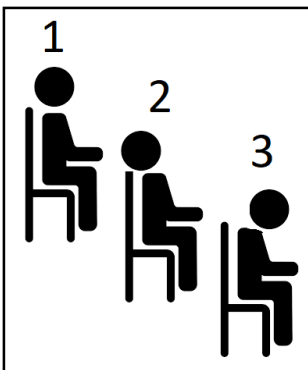
starts the massage on the face picking up the acupressure points and chest is also massaged to loosen the mucus secretions followed by hydrotherapy packs.

The treatment makes the sinuses clear and lungs open and the patient feels relaxed and content and healed in so many ways.



CCP treatment is a unique innovation of PIYAS which is a combination of Hydrotherapy (thermal), Massage Therapy, and Chest Physiotherapy.

3-STEP DYNAMIC BREATHING



Sit in a comfortable position on the floor or chair with the spine straight.

Step 1: Breathe in and breathe out through both nostrils with the head straight in front for 5 times. Breathing should be slow and deep.

Step 2: Extend your head as if looking at the roof, and again breathe in and breathe out slowly and

deeply for 5 times through both nostrils.

Step 3: Breathe through both nostrils slowly and deeply for 5 times with the head flexed as if trying to touch the chin to the chest.

Repeat the above 3 steps for 2 - 3 times in one session.

The whole session can be done at least two to three

times a day.

Benefits:

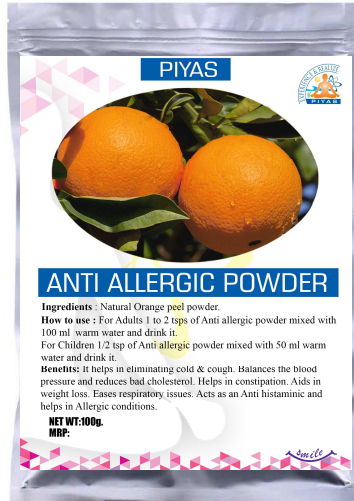
1. Improves lung capacity.
2. Keeps the nasal passages clear.
3. Prevents allergies.

Note: People with neck pain or other issues should consult the doctor before practicing above breathing exercises.

TESTIMONIALS

We were suffering from cold and cough and contacted Dr. Neetu. She advised us to take anti-allergic powder daily. After using for 3 days we could see improvement in cold and cough as well as constipation.

- Mrs. & Mr. Bhansali



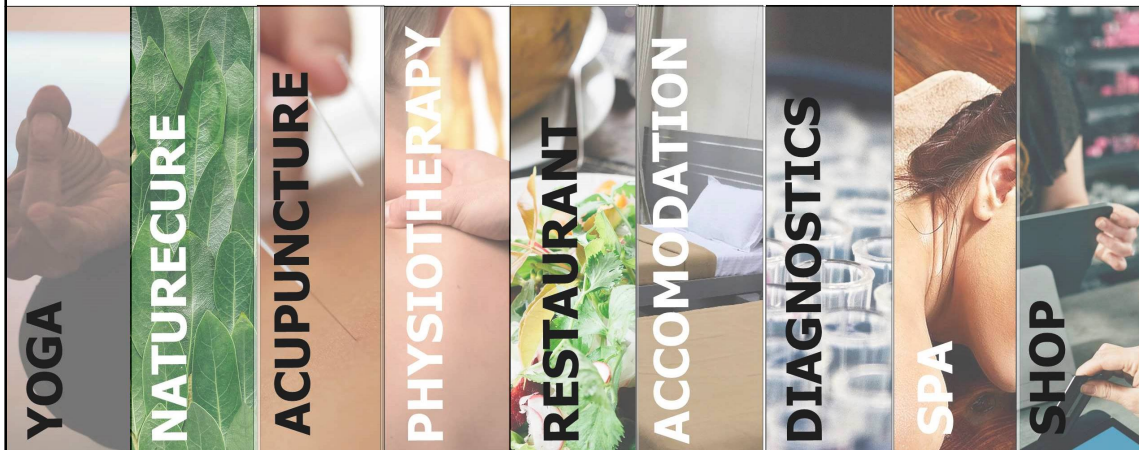
PIYAS nasal drops is an amazing remedy for cold. During my pregnancy I used to develop severe nose blockage. Putting 2 drops of nasal drops in each nostril twice a day gave me lot of relief. This nasal drops has worked wonders not only for me but even for my daughter who is one and half year old. Recently she developed cold and cough due to weather change. On advice of Dr. Neetu Jain I used the drops for my daughter and within 2 days her cold was gone.

- Mrs Nikitha Gulecha



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Services we offer



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