

Yoga Program - Youth Day – Swami Vivekananda 159th birthday celebrations

Title: “Water therapy: An ancient cure for modern ills”

Date: 12TH JANUARY 2021

Resource Person: DR. B.R. VENKATESH

12 TH JANUARY 2021	Water therapy involves drinking one and a half liters of pure drinking water as soon as you wake up in the morning. Simply consume four to five glasses of water before brushing your teeth. Then brush and clean your teeth and eat your breakfast or drink your morning beverage after forty-five minutes.
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Water therapy: An ancient cure for modern ills Topics Covered:

Japanese **water therapy** has been touted for its **weight loss** benefits, but there's inadequate scientific evidence to support this effect. Still, adequate hydration may lead to positive effects on **weight loss** by helping you feel full and preventing overeating.

SUMMARY :

Water is one of the prized gifts for mankind without which human beings cannot survive and accounts for more than 70% of body weight. It is imperative for the smooth functioning of several bodily processes. Water is the perfect solution to heal and treat many health and beauty woes including [acne](#), [dry skin](#), dark spots and what not!

Water therapy is gaining popularity in recent times, not only for weight loss, metabolism and immunity but also as it makes the skin impeccable and glowing

Water has the amazing power to revitalize, detoxify and oxygenate the skin. Water therapy cure dry skin and makes the skin look youthful and toned. The basic steps in water therapy include:

Drink 4-7 glasses of water the first thing in the morning on an empty stomach. The water should be lukewarm.

Organized by: Yoga and Meditation Cell

Venue: MBA-BU 6th Floor (WEBINAR)

Faculties Attended: 44

Students Attended: 0

Photos:



Dayananda Sagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, Kumaraswamy Layout,
Bangalore - 560078

On the 159th Birthday of

Sri. SWAMI VIVEKANANDA



Internal Quality Assurance Cell (IQAC)

Yoga & Meditation Cell

Presents

An Online FDP on

Water Therapy: An Ancient Cure for Modern Ills

Exclusively for
the Faculty and Staff of

Dayananda Sagar College of Arts, Science and Commerce



By

Dr. B. R. Venkatesh

Director - MBA

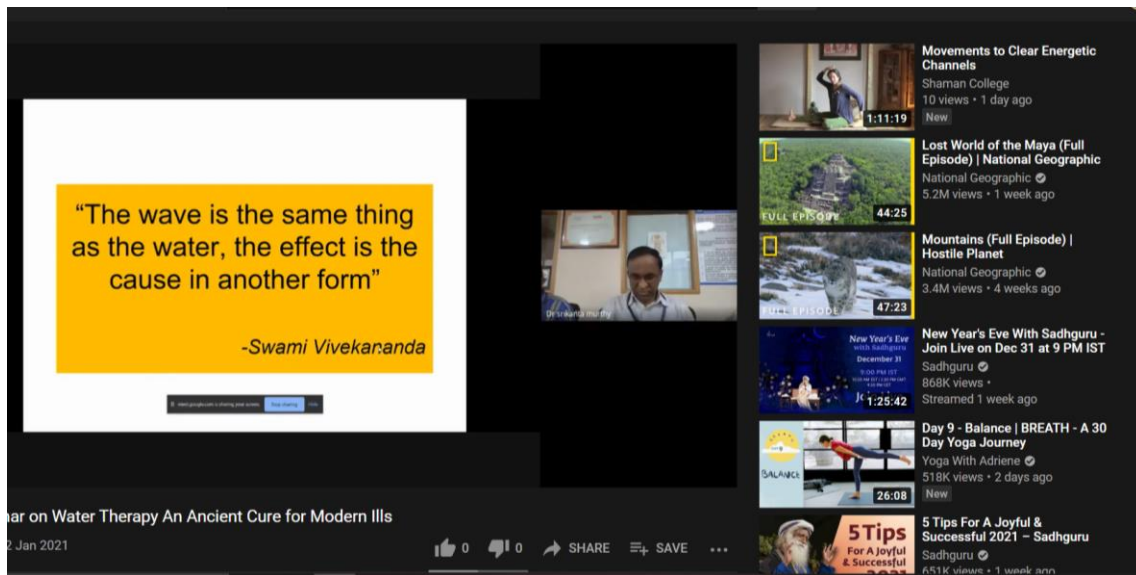
on **12th January 2021, 3 PM to 3.50 PM**

Venue:

Google Meet: [CLICK HERE TO JOIN!](#)

*All are Cordially invited
e-Certificates will issued to the participants*

A brochure on the WATER THERAPY AN ANCIENT CURE FOR MODERN ILLS



Resource person explaining about the session



Resource person briefing about water therapy its benefits



Resource person explaining about the benefits of metabolic function

Dos & Don'ts

- Develop this as a habit
- Start with 2 glasses, and increase to 5 glasses with an increment of 1 glass per week
- If you can - keep water in a copper vessel over night
- Maintain consistent timings on all days
- If you are sick reduce the quantity by half/your comfort level

25:08 / 44:00

A Webinar on Water Therapy An Ancient Cure for Modern Ills

Resource person explaining about the dos and don'ts of water therapy