

SEED THERAPY

The Internal Quality Assurance Cell of the institution organised a One day Workshop on “Seed Therapy” on 08th March, 2021 for the staff members from Holy Cross Home Science College and Holy Cross Home Science Matriculation School. Sr. Jeyanthi from Mariathaipuram served as the resource person. The resource person explained that various kinds of day-to-day illnesses can be treated using this therapy. Since hands and feet are the locations of systems of active points corresponding to all organs and part of the body, stimulation of these points produces a curative effect. She gave practical sessions on how the seeds can be used to treat the illnesses as they have pure potential and are holders of the life force. Sr Jeyanthi illustrated the various seeds to be used for curing the illnesses. She stressed that since the therapy is natural and curing only the natural forces in and around the body, it is also one of the safest therapies ever known.