### NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL

ERODE - 638 052

## **National Ayurveda Day Celebration 2023**

# "Ayurveda for one health"

### Ayurveda for every one on every day

#### Activity - Ayurveda for students

As a part of National Ayurveda day celebration 2023, an awareness class on 'Menstrual hygiene' was conducted by Nandha Ayurveda Medical College and Hospital on 04.10.23. The guest for the day was Ln. C. P. Chandra, Managing trustee and Correspondent, Shree Poornamathi Matric. Hr. Sec. School who highlighted about the importance of usage of hygienic and chemical free sanitary pads. She demonstrated the marked difference on the materials used in the pads available in the market and chemical free pad. This class was found beneficial by our students.





