

**NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL  
ERODE - 638 052**

**“AZADI KA AMRIT MAHOTSAV”**

**AYURVEDA DIET EXPO ON PANAKA KALPANA**

**VENUE : THOTTANI , ERODE**

**DATE : 24.07.2022**

**TIME : 10.00AM TO 2.00PM**

The third year students of Nandha Ayurveda medical college, Erode visited the village Thottani and had put an Ayurvedic diet expo on Panaka Kalpanam. The students explained to the villagers about the importance of Panaka Kalpana and its uses. Some of the panaka that were kept are Chinchā panakam, Shadanga paneeyam, Lasuna ksheerapaka etc. Each of its indication with proper matra and how to prepare along with the ingredients were taught to the villagers.

Date : 30.07.2022

Place : ERODE

