

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

NATIONAL AYURVEDA DAY CELEBRATION - 2022

Awareness class on " Importance of Ayurvedic diet and General wellbeing "

In the events regarding the celebration of National Ayurveda Day, 2 sessions were conducted at Nandha Central School on 28.09.2022. Dr Anjali K V, Assistant Professor, Department of Kayachikitsa, had a session with students of 1st standard to 4th standard and Dr. Reshma Raghunath, Assistant Professor, Department of Kayachikitsa had another session with the students of 5th standard to 8th standard. The topic for the day was "**Importance of Ayurvedic diet and General wellbeing**".

**IMPORTANCE OF AYURVEDIC DIET &
GENERAL WELL BEING**

**Venue : Nandha City Central
School, Erode.**

Date : 28th September 2022

