

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

## NATIONAL AYURVEDA DAY CELEBRATION - 2022

### "Ayurveda Chef Competition"

*"Diet plays an important role in Ayurvedic living. Ayurveda places special emphasis on "Ahara" (diet) as a means to good life, health and wellness. Healthy and wholesome food nourishes the mind, body and soul".*

As a part of the **National Ayurveda Day celebration - Har Din Har Ghar Ayurveda**, Nandha Ayurveda Medical College and Hospital conducted an **"Ayurveda Chef Competition"** for our students on 08.10.2022 at our campus. Many of our students participated in the event and exhibited their talents.

