



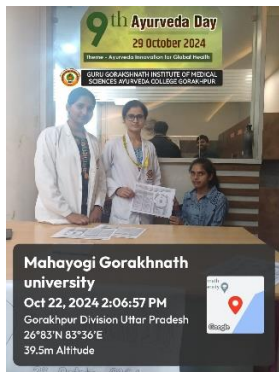
गुरु गोरक्षनाथ इंस्टिट्यूट ऑफ मेडिकल साइंसेस, आयुर्वेद संकाय Guru Gorakshnath Institute of Medical Sciences - Faculty of Ayurveda

Constituent unit of Mahayogi Gorakshnath University Gorakhpur
Established under UGC ACT 1956 SECTION 2(f)
Aarogya Dham, Balapar Road, Sonbarsa-273007 (UP)

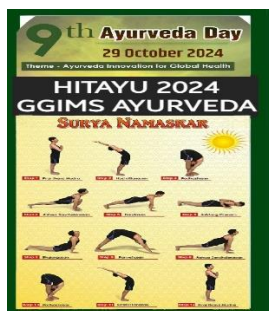
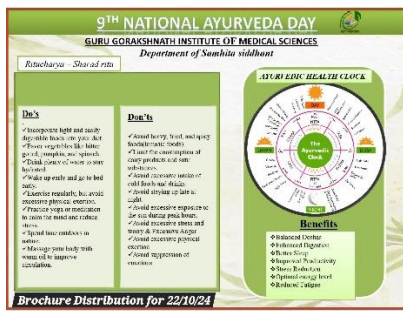
ACTIVITY REPORT OF NATIONAL AYURVEDA DAY – 22/10/24

Under 9th National Ayurveda Day Celebrations, as per the instructions of Ministry of Ayush and NCISM following activities were conducted in Guru Gorakshnath Institute of Medical Sciences, Ayurveda College and Hospital on 22/10/2024.

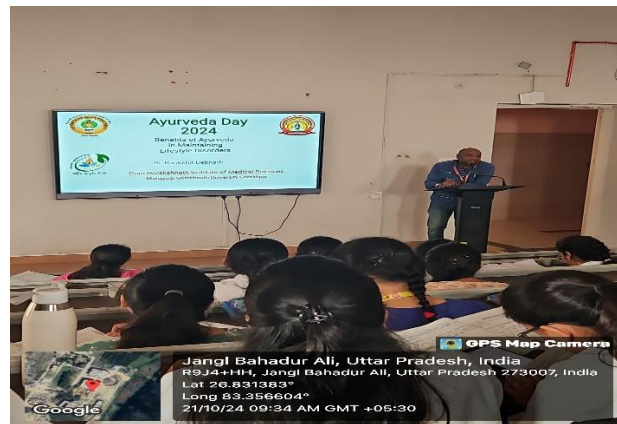
- 1) **Patient Awareness Campaign** – Under this activity, Patients were made aware about life style disorders and maintainance of health through proper **SHARAT RUTU CHARYA**. They were advised use this knowledge for prevention of disease and helping the treatment by following proper regime. Please find the samples attached.



- 2) **Brochure Distribution campaign** – under this activity patients were educated and provided with the brochures of dinacharya and Surya namaskar and **SHARATRUTU CHARYA**.



- 3) LECTURE by DR. PARIKSHIT, DEPT OF SWASTHAVRITTA, regarding Life Style Disorders and benefits of Ayurveda in maintainance of health.



- 4) **Selfie Campaign** – Under this activity, students and staff participated in the event by clicking selfies with selfie stand, hence expressing their support with the intent of making this program a great success. Please find the samples attached.

