

## ACTIVITY REPORT OF NATIONAL AYURVEDA DAY – 23/10/24

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 23/10/2024.

- 1) **Patient Awareness Campaign** – Under this activity, Patients were made aware about **life style disorders , adharaniya vegas and Shirodhara**. They were advised use this knowledge for prevention of disease and helping the treatment by following proper regime.



- 2) **Brochure Distribution campaign** – under this activity patients were educated and provided with the brochures of **adharaniya vegas and Shirodhara**.



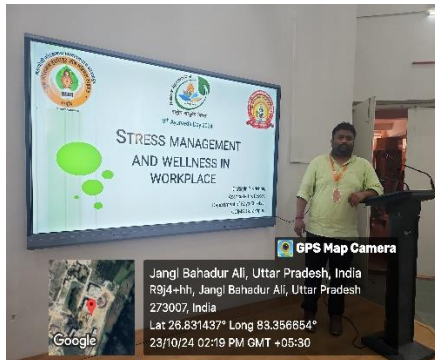
3) **LECTURE- On Stress management and workplace wellness through Ayurveda , By Dr Rinjin Sir**  
from 2pm to 3 pm.



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India  
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GPS Map Camera  
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GPS Map Camera  
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