



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)

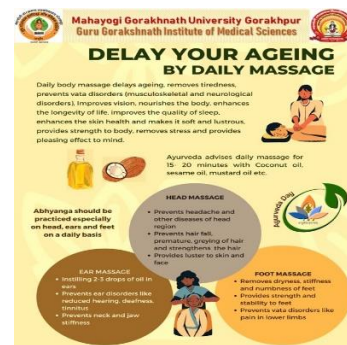
ACTIVITY REPORT OF NATIONAL AYURVEDA DAY – 24/10/24

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 24/10/2024.

- 1) **Patient Awareness Campaign** – Under this activity, Patients were made aware about **Abhyanga, udwartana, kati basti, greeva basti, 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 about **Abhyanga, udwartana, kati basti, greeva basti, adharaniya vegas and Shirodhara**



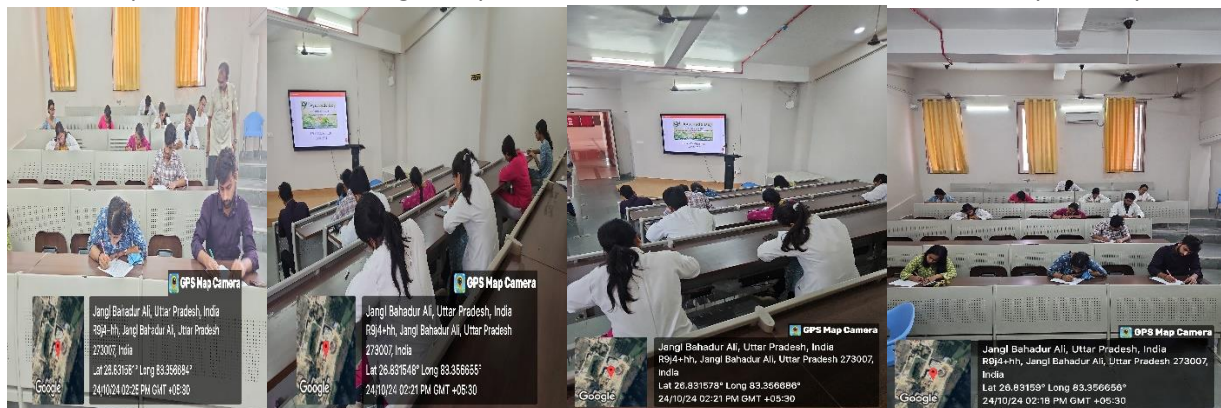
3) LECTURE- On Women Wellness through Ayurveda , By Dr Jitendra Mishra Sir from 3pm to 4pm.



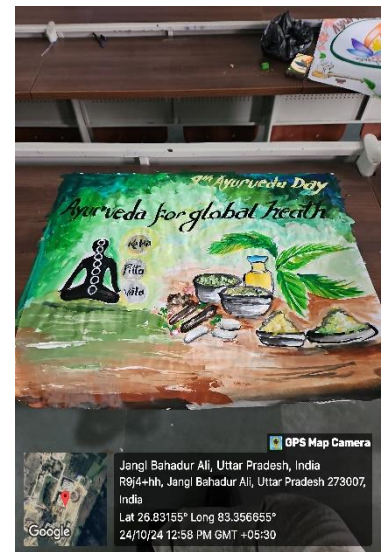
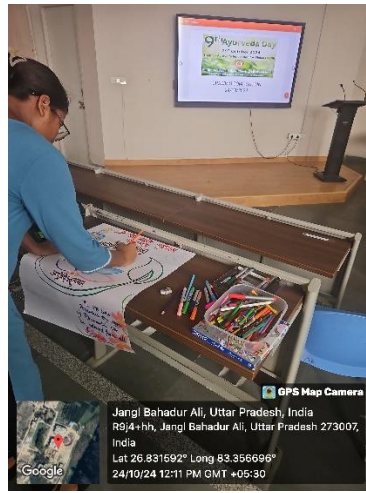
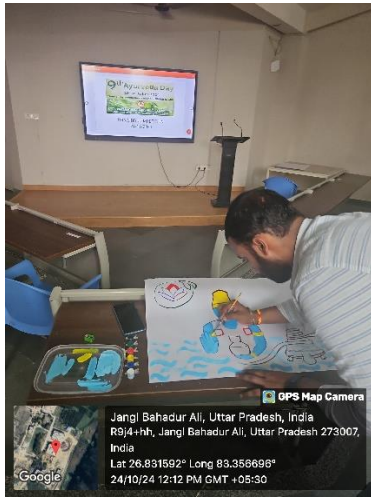
- 4) Fireless Food competition – A competition was held for cooking methods without help of fire, which led for many innovative thoughts in students. From 12pm to 1 pm.



- 5) **ESSAY COMPETITION** - An essay competition was conducted for students on DINACHARYA, students were made to think with the different approach towards dinacharya, in a way to use it as a part of treatment along with prevention of disases. It was conducted from 2pm to 3 pm.



6) Drawing Competition – A drawing competition was held from 11am to 12 pm on the theme of ayurveda for global health.



7) **SCHOOL VISIT – A school visit was conducted by our staff Dr. Vishnu, Dr Pariksith and Yoga Instructor Chandrajeet sir, where school students were educated on personal hygiene, and yoga for healthy life. This was conducted from 11am to 12pm.**

