



## Uttaranchal Medical College of Ayurveda & Research celebrates '10th Ayurveda Day'

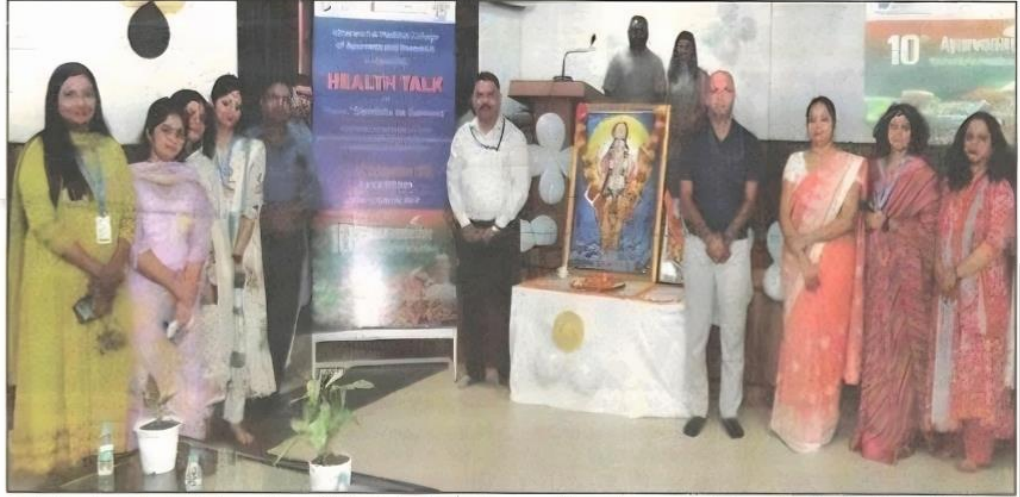
Garhwal Post Bureau

DEHRADUN, 17 Sep:

Uttaranchal Medical College of Ayurveda & Research is holding a week-long celebration from 17 to 25 September as part of 10th Ayurveda Day. The event, themed "Ayurveda for People and Planet", highlights the role of Ayurveda in promoting health, wellness, and environmental sustainability.

The celebrations began with a traditional Dhanwantari Vandana and lamp lighting Ceremony, invoking the blessings of Lord Dhanwanthari. This beginning was followed by an insightful health talk, titled "Samhita se Samvad" delivered by Dr Vibhooti Chandrakar, Professor, Samhita and Siddhant, UMCAR.

Adding enthusiasm and creativity to the event, BAMS



students performed a street play on Ayurveda Ahar (Pathya-Apathya), effectively conveying the importance of balanced and appropriate dietary habits as per Ayurvedic principles.

Further sessions planned for

the week include Ayurveda Awareness sessions for Students, Yoga Sessions, Free Medical Camp, Haven, Blood Donation Camp and Health Run designed to encourage fitness and unity among participants.

The entire event is being conducted under the guidance of Dr Amit Bhatt, Director, UMCAR and Dr Ravi Joshi, Principal, UMCAR.

All faculty members including Dr Rajeev, Dr Nandini,

Dr Savita Powar, Dr Sonali Purohit, Dr Richa Bhatt, Dr Preeti, Dr Mudrit, Dr Deepak Prasad Raturi, along with students of BAMS batch 2024 participated in the event with great enthusiasm.

## छात्रों ने जाना आयुर्वेद का महत्व

देहरादून। उत्तरांचल आयुर्वेद मेडिकल कॉलेज एंड रिसर्च में 10वें आयुर्वेद दिवस के उपलक्ष्य में कार्यक्रम आयोजित किया गया। सप्ताह भर तक चलने वाले कार्यक्रम का बुधवार को शुभारंभ किया गया। जन और पृथ्वी के लिए आयुर्वेद विषय पर आयोजित कार्यक्रम में छात्रों को इसका महत्व बताया। डॉ. विभूति चंद्राकर संहिता से संवाद विषय पर छात्रों को जानकारी दी। कार्यक्रम में उत्साह और रचनात्मकता को जोड़ते हुए छात्रों ने आयुर्वेद आहार विषय पर नुक्कड़ नाटक प्रस्तुत किया। इस मौके पर डॉ. अमित भट्ट, डॉ. रवि जोशी, डॉ. राजीव, डॉ. नंदिनी आदि मौजूद रहे। मा.सि.रि.