

Awareness Campaign – Ayurveda day 2022

On account of Ayurveda day commemorated in Sri Jayendra Saraswati Ayurveda College and Hospital, a campaign on awareness of ayurveda was held on 19th October 2022.

With this year's theme being "Har Din Har Ghar Ayurveda", an awareness campaign to educate the public about the importance and values of ayurveda was organized in the institution by the Dept. of Agada tantra of Sri Jayendra Saraswati Ayurveda College.

As the theme being "Har Din Har Ghar Ayurveda" which establishes the importance of ayurveda every day at every home, we, the students of 3rd professional studying at SJSACH under the guidance of our professors of the Dept. of Agada tantra, Dr. Usha Patil and Dr. Vijayshankar undertook this awareness campaign.

We started the rally from our college and then we went to every house located at Yamuna nagar in Nazarethpet, Chennai for a door to door public ayurveda awareness programme on 19 th October 2022 between 9:30 A.M to 1:00 P.M in pursuit of creating awareness about the importance of practicing ayurveda in our day to day life.

We were divided into four groups and together we covered almost 73 houses, spoke to various people with the motive of making people aware of the importance of ayurvedic practices every day at their home in order lead a healthy life. It was indeed such a blessing to have interacted with the public, spreading the values of our Vedic science amongst our fellow people.

We spoke about the benefits of practice of Dinacharya like the benefits of nidra(sleep), the benefits of vyayama(exercise), the proper way for consuming Ahara, the benefits of abhyanga(oil massage) and the benefits of nasya.

we made sure the public knew that the ayurvedic medicines are highly beneficial, no side effects if used appropriately, provides immunity, enhances health, prevents various diseases, cures diseases efficiently, and provides good strength.



