

## AYURVEDIC AWARENESS PROGRAMME



An awareness programme on 8<sup>th</sup> Ayurveda Day was organised by the Sikkim State Ayush Society Department of Health and Family Welfare Department, Govt. of Sikkim at The ICAFI University, Sikkim under the theme "Ayurveda for One Health" on 1<sup>st</sup> November, 2023. The event featured a prominent Ayurvedic expert, Doctor M.P. Dash, and commenced with an Ayurvedic awareness program. Subsequently, a quiz competition was held, which saw enthusiastic participation from students. The occasion was graced by the presence of our esteemed Registrar, Deputy Registrar, Dean, and dedicated faculties, making it a significant and

informative event. This celebration highlighted the importance of Ayurveda and its role in promoting holistic health.