

### Activity Report

<b>INSTITUTE</b>	<b>R.N. Kapoor Memorial Ayurvedic Medical College &amp; Hospital</b>
<b>ACTIVITY TYPE</b>	<b>Har Din Har ghar Ayurveda – Ayurveda Ahar</b>
<b>DATE</b>	<b>27.09.2022</b>
<b>NO. OF PEOPLE</b>	<b>500</b>
<b>CO-ORDINATOR</b>	<b>Dr. Anjana Pathak &amp; Dr. Anirudha Pathak</b>
<b>FACULTY CONTACT DETAILS</b>	<b>7879885974,7486060683</b>

#### Details about the activity:

As a part of National Ayurveda Day –Har din har ghar Ayurveda we R.N. Kapoor Memorial Ayurvedic Medical College & Hospital, Indore, organized the program of Ayurveda Ahar . Videos prepared by students on Healthy sweets on 27.09.2022 was circulated through Social Media like FB page of Institute ,from Personal contact number of staffs what sup Messages & FB Page .Through this activity we could reach more than 500 people and conveyed the benefits of healthy sweets to general public.



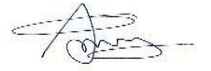
**PRINCIPAL**

**Dr. Manisha Dunghav**



**CO-ORDINATOR**

**Dr. Anjana Pathak**



**Dr. Anirudha Pathak**



**Lauki chutney**

0:12 2.6 MB

It is rich in saturated fats and cholesterol, and rich in nutrients such as riboflavin, zinc, iron, magnesium, Vitamin C, etc.

- It keeps your body hydrated.
- Lauki cleanses the skin from inside and controls the release of oil on face thus regulating acne breakouts
- It helps you beat constipation.
- It helps regulate blood pressure and promote weight loss.