

## National Ayurveda day 2024

### October 29<sup>th</sup> – Dhanvantari Jayanthi celebrations and National Ayurveda Day

Dhanvantari Jayanthi is celebrated as National Ayurveda Day ever since 2016, this year October 29<sup>th</sup> marked the celebrations of 9<sup>th</sup> National Ayurveda Day with the theme, “Ayurveda for innovation of global health”.

Celebrations at ESIC hospital Peenya, included Prakriti Preeeksha – Community level camp, Selfie competition highlighting the importance of ayurveda and awareness amongst common people about the traditional science and Ayurveda Day celebrations inaugurated by Medical Superintendent and program led by Deputy Medical Superintendent mainly involving awareness talk about the theme of the year, by Dr Sriharsha K V, along with Ayurveda Ahara distribution highlighting the importance of millets in diet. The day was celebrated along with the poster display disseminating the information of Ayurveda including Dinacharya, Panchakarma and Ayurvedic regimes and procedures.



## AYURVEDA INFORMATION DISSEMINATION



# PARKRITI PAREEKSHA CAMP



# AYURVEDA AWARENESS TALK















