

Workshop on Ayurveda

Title:	Workshop on Ayurveda
Date:	13 August 2018
Venue:	College Auditorium
Focus of the Event:	Skill Development
Organizing Body:	NSS
Total Number of Attendees:	85



Event Report

A debate was conducted at SH college, Thevara on 13th August, 2018, as part of the Herbal Exhibition by volunteers of NSS SH unit. Today's lifestyle is just a path to embrace a variety of diseases. So, to put light on this thought, the topic chosen was '*Inninte Yuvathwam Mounathilo*'. Volunteers and students actively participated in the debate presenting their view points. An awareness class by an Ayurveda doctor from Government Ayurveda College was also arranged for the students at the end of the debate. She enlightened them especially on the importance of the unique medicinal porridge, traditionally popular in Kerala called '*Karkidaka Kanji*'.

Criterion 3: Research, Innovations and Extension

Additional Pictures



Event Brochure

