



01st December 2022

Har Din Har Ghar Ayurveda'' Rally Promotes Holistic Health in Goa

- ❖ **Title** : **"Har Din Har Ghar Ayurveda"**
- ❖ **Organized by** : **NSS Cell & Sense Club of YBCP Sawantwadi**
- ❖ **Collaboration** : **Sindhumitra Seva Sahayog Pratishthan
Sawantwadi**
- ❖ **Venue** : **Kolwale, Goa**
- ❖ **Date** : **01st December 2022**
- ❖ **Program Coordinator** : **Mr. Mayuresh R. Redkar**
- ❖ **Program Advisor** : **Dr. Vijay A. Jagtap.**

About the program:

In a significant health awareness initiative, Sindhu Mitra Seva Sahayog Partishthan, in collaboration with Yashwantrao Bhonsale College of Pharmacy, organized an impactful rally on the theme of "Har Din Har Ghar Ayurveda." The event, led by Hon. Dr. Pravinkumar Thakeray, President of Sindhu Mitra Seva Sahayog Partishthan Sawantwadi, aimed at promoting predictive prevention, effective disease management, and personalized enhancement of the quality of life through Ayurveda. The rally witnessed active participation from NSS volunteers, comprising third-year students of Yashwantrao Bhonsale College of Pharmacy. These dedicated volunteers played a pivotal role in spreading awareness about Ayurveda's holistic principles and its potential impact on overall well-being.

During the health awareness activity, immunostimulant and Ayurvedic formulation samples were distributed among the community members. This practical aspect of the event not only reinforced the theoretical knowledge shared but also provided individuals with tangible tools for maintaining their health.

Under the leadership of Dr. Pravinkumar Thakeray, the rally successfully conveyed the importance of Ayurveda in preventive healthcare and showcased the commitment of the participating organizations to community well-being.

The collaborative efforts between educational institutions, NGOs, and community organizations demonstrated the potential for creating a positive impact on public health. Such initiatives contribute to fostering a culture of holistic health practices and empower individuals to proactively manage their well-being.

The success of the "Har Din Har Ghar Ayurveda" rally reflects the community's openness to embracing traditional healthcare practices and the effectiveness of collaborative efforts in promoting a healthier lifestyle. Feedback from participants and the broader community is anticipated to further highlight the positive outcomes of this health awareness initiative.

Objectives of the "Har Din Har Ghar Ayurveda" Program:

1. To increase awareness among the community about the principles and benefits of Ayurveda for holistic health and well-being.
2. To educate individuals about the importance of predictive prevention in maintaining health and preventing diseases through Ayurvedic practices.
3. To empower individuals to take charge of their health by providing them with knowledge and tools derived from Ayurveda.
4. To foster collaboration between educational institutions, ngos, and community organizations to create a collective platform for promoting Ayurveda.
5. To engage NSS volunteers, specifically third-year students from Yashwantrao Bhonsale College of Pharmacy, in community service activities that contribute to public health.
6. To provide practical exposure by distributing immunostimulant and Ayurvedic formulation samples to the community, allowing them to experience the benefits firsthand.
7. To cultivate leadership skills among participants, particularly under the guidance of Hon. Dr. Pravinkumar Thakeray, to ensure effective organization and execution of the health awareness program.

Glimpses of events:



Participation of NSS volunteers in Har Ghar Ayurved Event

No. of Students participated- 27

No. of Faculty participated- 02

Report Prepared & Approved By:

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NSS & SENSE Club Coordinator

Dr. V. A. Jagtap
Convener