

Ayurveda Health Camp held on 17-04-2018 at Convention Centre, Indira Gandhi National Open University, New Delhi

A Free Ayurveda Health camp was organized by School of Health Sciences in collaboration with Santhigiri Ayurveda and Siddha Hospital, Pushp Vihar, Delhi on April 17th 2018, 10.00 am – 4.00 pm, at Convention Centre IGNOU. Following activities were planned and organized.

- Free General Consultation and Nadi Pariksha – 120 staff members and their family members including daily wagers and Staff on Contract basis
- Awareness Talk on Ayurveda and Siddha System – Hindi
- Navaratna: Cook without Fire (Demonstration of Natural Food preparation by Dr. Gangadharan (Naturapathy Doctor) - English

All IGNOU employees were requested to provide their names and their family members who are willing to participate in the above camp in the attached format in advance at directorsohs@ignou.ac.in by 12-04-2018. 25 staff members registered in advance for the consultation camp and natural food demonstration.

On the 17-04-2018, camp was inaugurated by Prof. S. B. Arora, Hon'ble Vice Chancellor, IGNOU. He welcomed all the members and Santhigiri hospital staff. He emphasized that these activities are also important for the welfare of the staff and employees of the university and SOHS tries to organize these camps in collaboration with hospitals on IGNOU panel. He requested Santhigiri hospital to put up natural food stall on concessional rates for IGNOU employees in the campus.

Consultation (nadi parikshan) activities were organized in room number 4 and 6, separately for male and female patients; 65 staff members availed the services in the camp. Awareness talk was organized in room number 5 for the staff waiting for consultation. Natural food demonstration i.e. cooking without fire was demonstrated by Dr. Gangadhar and his team. They demonstrated 10 recipes and distributed each to all the 45 participants attending the demonstration.

All the staff members appreciated the natural food demonstration and were satisfied with the consultation camp activities. Thanks to Hon'ble VC for providing support and approvals; thanks to Director SOHS, school staff and faculty. Thanks to all the staff members who attended the camp and encouraged the organizers. Thanks to Santhigiri staff and hospital for organizing camp and demonstration.



