

**Shree Prabhav Hemkamdhenu Girivihar Trust governed**

**Shree RMD Ayurved College and Hospital, Waghaladhara, Dist-Valsad, Gujarat**

**REPORT OF AYURVEDA AWARENESS PROGRAM**

In connection with celebration of "Azadi Ka Amrit Mahotsav" Swasthavritta Department of **Girivihar Trust's** Shree RMD Ayurved College and Hospital, Waghaladhara, Dist-Valsad, Gujarat organized an "Ayurveda Awareness Program" at A.V. Patel Commerce College, Bilimora, Dist-Navsari, Gujarat on 29-12-2021.

In this Dr. Prajakta Karale, Assistant Professor, Department of Swasthavritta and Yoga, Shree RMD Ayurved College and Hospital delivered a lecture on '**Importance of diet in boosting immunity**' in which around 250 students of the institution and 4 teaching staff were benefited. Sri Jasminbhai Desai, trustee and Prof. Varshaben B. Rana, in-charge principal of the institution graced the occasion.

