

## **Girivihar Trust's**

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

### **REPORT OF HEALTH AND NUTRITION AWARENESS CAMP**

In connection with celebration of "Azadi Ka Amrit Mahotsav" Shree RMD Ayurved College and Hospital, Wagaldhara, Dist-Valsad, Gujarat organized a health and nutrition awareness camp in Lok Vidyalaya, Untadi, Dist-Valsad, Gujarat on 1-4-2022. Students belonging to classes 5 to 8 were given awareness Dr Hemant Patel about maintenance of health by incorporating principles of Dinacharya and Rutucharya as advocated by Ayurveda. Awareness about following a balanced and wholesome diet in daily life was also created among the students.

