

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

**REPORT OF HEALTH AND NUTRITION AWARENESS CAMP**

In connection with celebration of "Azadi Ka Amrit Mahotsav" NSS unit and Swasthavritta department of Shree RMD Ayurved College and Hospital, Waghaldhara, Dist-Valsad, Gujarat jointly organized a health and nutrition awareness camp in Lok Vidyalaya, Untadi, Dist-Valsad, Gujarat on 15-9-2021. 400 students belonging to classes 8 to 10 were given awareness 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 and pamphlets containing do's and don'ts related to diet were distributed. The program was graced by Dr. Rajesh Ratani, Principal and Medical Superintendent and Dr. Yogesh Desai, Campus Director of Shree RMD Ayurved College and Hospital. A team of doctors of Shree RMD Ayurved College and Hospital consisting of Dr.Nimesh Thakor, Dr.Hemant Patel, Dr.Chandini, Dr.Prajakta Karale and Dr.Jayakrishnan was involved in carrying out this awareness program. Third professional B.A.M.S. students of the institution namely Miss Rachi Mehta, Miss Kajal Parmar, Miss Kajal Patel and Mr.Nirmal actively involved in creating awareness among the students.

