



# **11th Ayurveda Day Celebrated at National Institute of Ayurveda, Jaipur**

## **NIA, Jaipur Organises Awareness Programmes, Free Ayurveda Health Camps and Educational Activities**

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The National Institute of Ayurveda (NIA), Deemed to be University, Jaipur, organised a series of programmes to mark the 11th Ayurveda Day today. The celebrations included traditional worship of Lord Dhanvantari, along with various public awareness, educational and health-related activities.

Speaking on the occasion, Prof. Sanjeev Sharma, Vice-Chancellor, National Institute of Ayurveda, said that Ayurveda is not merely a system of medicine but a holistic way of life focused on healthy and balanced living. He emphasised the importance of greater awareness about preventive healthcare, appropriate diet and lifestyle and healthy daily routines.

Prof. Sharma said that NIA is working continuously to take the benefits of Ayurveda to the public by advancing its traditional knowledge systems through modern research and a scientific approach.

As part of the 11th Ayurveda Day observance, NIA organised various activities aimed at creating awareness about Ayurveda and promoting health protection through Ayurvedic practices. The Institute's departments organised free Ayurveda medical and health awareness camps in Jaipur and other cities.

The camps provided information to the public on Ayurvedic healthcare, healthy lifestyles, diet and daily routines, and preventive health practices. The Institute also organised public awareness programmes, workshops and educational and health-related activities.

Doctors, faculty members, officers, staff and students of the Institute actively participated in the programmes and pledged to contribute towards wider dissemination of the message of Ayurveda.

On the occasion of the 11th Ayurveda Day, Prof. Sanjeev Sharma, Vice-Chancellor, NIA, along with other doctors from the Institute, also participated in the national-level celebration held in Nagpur.

Prof. P. Hemanta, Head, Department of Shalya Tantra; Shri J. P. Sharma, Joint Director (Administration); Shri Chandrashekhar Sharma, Deputy Director; along with doctors, faculty members, officers, staff and students of the Institute, were present during the programme.



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