

Rayat Shikshan Sanstha's

Rajarshi Chhatrapati Shahu College, Kolhapur

Health Care Centre, IQAC and Green Star Ayur jointly organized

Free Ayurvedic and Naturopathic Consultation Camp

REPORT

Date- 14/02/2025

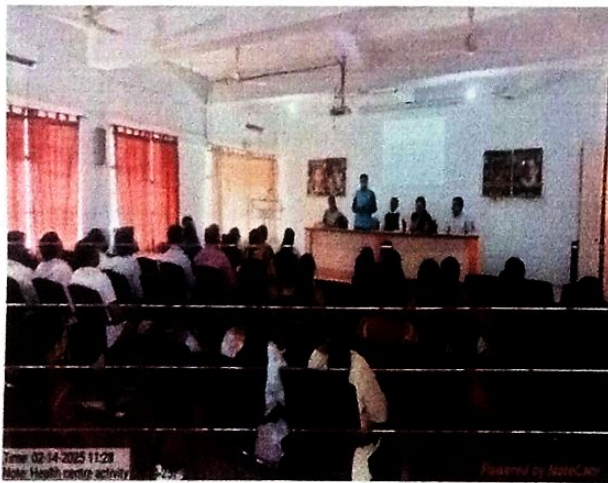
Ayurveda and naturopathy are essential practices for maintaining physical and mental well-being. The use of natural medicines as prescribed by Ayurveda and lifestyle modifications are crucial for maintaining health. To promote these holistic healing practices, a **Free Ayurvedic and Naturopathic Consultation Camp** was organized. The camp provided participants with valuable insights into Ayurvedic treatments and naturopathy for better health management. Participants were encouraged to adopt a more natural and holistic approach to health, integrating practices like meditation, yoga, and proper nutrition into their daily routines. Hon'ble I/C Prin.Prof (Dr) Bhosale D.R, IQAC Coordinator Shelake U.S. and Vice Principal Chougule P.S. provided their inspiration and guidance in organizing this activity and supported of all the committee members.

Objectives:

- To educate about Ayurvedic treatments and therapies.
- To raise awareness about the importance of naturopathy and its application.
- To guide participants on how to take better care of their health.
- To integrate Ayurvedic and naturopathic methods into daily life for physical and mental health improvement.

Beneficiaries

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Head

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I/C PRINCIPAL
R.C. SHAHU COLLEGE
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