



# Shri V. M. Mehta Institute of Ayurved

Smt. T.V. Mehta Charitable Foundation

Date: - 05.04.2022

## Ayurveda at Home

Shri V. M. Mehta Institute of Ayurved, Anandpar has organised the a camp on dated 02-04-2022 and 03-04-2022 in our college campus where various colleges are also exist.

The camp was organised under “Azadi Ka Amrut Mahotsav” where Goghruta Pratimarsha Nasya, Nirdosh Dhoom Pan, Prakruti Parikshan – Pathyapathya and Chinchapanak were demonstrated by our students. In this camp more than 300 people were benefitted with this various demonstration and guided that they can also practice this Kriya as a part of Dincharya at their home.



*N. B. Kapore*

**Principal**

**PRINCIPAL**

**SHRI V.M. MEHTA INSTITUTE OF AYURVEDA  
GARDI VIDYAPITH - ANANDPAR**

**Attached Hospital : Late R. S. Shah Ayurved Hospital**

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