

An Awareness Programme

ON

“Ayurvedic Six Qualities for Achievement ”

On 27th October 2022 by Dr. Kurapati Srinivas, Associate Professor, Government Ayurveda College, Vijayawada.

An awareness programme was conducted by the Department of Botany and Department of Chemistry on “Ayurvedic Six Qualities for Achievement” On 27th October 2022 by Dr. Kurapati Srinivas, Associate Professor, Government Ayurveda College, Vijayawada.

OBEJECTIVE:

1. To create awareness about Ayurveda and its benefits.
2. To use the Ayurveda products produced by nature wisely.

The speaker delivered an informative presentation about the environment and how to bring awareness in people and also how to utilize the Ayurveda for the future generations. Every year on the auspicious occasion of Dhanteras, India celebrates National Ayurveda Day. The aim of the day is to raise awareness about the value of Ayurveda in improving health and daily life. The Ministry of AYUSH celebrates Ayurveda Day every year on Dhanvantari Jayanti (Dhanteras) and this year it will be celebrated on October 23. Ayurveda is regarded as one of the most ancient and well-documented medical systems which is still relevant today because of its holistic approach

❖ **LEARNING**

Introduction to Ayurveda

Ayurveda gives you the means of attaining and maintaining your own optimal health. The benefits of Ayurveda medicine have been proven over centuries of use. Ayurveda is more than just a popular form of alternative medicine. It is a system of holistic healing unlike any other. Thought to be over five thousand years old, Ayurvedic medicine teaches us to see the world as it relates to the elements or doshas of vata, pitta, and kapha.

The six qualities related to achievements of Ayurveda are as follows

- ❖ Learning
- ❖ Rationality
- ❖ Knowledge

- ❖ Memory
- ❖ Promptness
- ❖ Action

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KAKARAPARTI BHAVANARAYANA COLLEGE
(Sponsored by S.K.P.V.V. Hindu High School's Committee) Kothapeta, Vijayawada - 520 001
(AUTONOMOUS)
A College with Potential for Excellence (CPE), All India 5th Rank in NTRF by MHRD (2017), Recognized as Band 1 PERFORMER in ABIA by Ministry of Education, Govt. of India

MAAC A GRADE CYCLE 3
 SKPVV
 VISIONARY

Awareness Programme on
'Ayurvedic Six Qualities for Achievement'

On 27th October, 2022 @ 4:00 P.M.

Resource Person

Dr. Kurapati Srinivas
 Associate Professor, Government Ayurvedic College, Vijayawada

Organized by
 Departments of Botany & Chemistry



