



GOVERNMENT DEGREE COLLEGE RAMACHANDRAPURAM

Dr. B R AMABEDKAR KONASEEM DISTRICT
(AFFILIATED TO ADI KAVI NANNAYA UNIVERSITY, RAJAMAHENDRAVARAM)

ACTIVITY REPO

	National Ayurveda Day 23-09-25
DATE	23-09-25
TIME	3:50-5:30PM
PLACE	GDC Ramachandrapuram
CHIEF GUEST	<u>Dr.CH.</u>Rama krishna
ORGANISING DEPARTMENT	BOTANY
NO OF PARTICIPANTS	40
BRIEF REPORT OF THE ACT	The Department of Botany, Government Degree College Ramachandrapuram, celebrated National Ayurveda Day on October 23rd, highlighting the theme "Ayurveda for People & Planet". The event aimed to promote Ayurveda's principles and practices in modern healthcare. Students participated in various activities, including a workshop on Ayurvedic herb identification, a seminar on Ayurvedic nutrition, and a poster presentation on Ayurvedic medicinal plants. Dr. C.H. Ramakrishna, Principal, emphasized Ayurveda's role in achieving holistic health and environmental sustainability. Dr. P. Sara, Lecturer in Botany, discussed Ayurveda's significance in managing lifestyle

	disorders and promoting overall well-being. The event concluded with a pledge to incorporate Ayurvedic practices in daily life, promoting health and environmental balance. The celebration enhanced students' understanding of Ayurveda's importance and its potential to contribute to a healthier society.
ACTIVITY PHOTO	
Outcomes	1. Students learned eco-friendly conservation techniques. 2. Seed balls promote biodiversity and green cover in nearby areas. 3. Practical skills in reforestation and afforestation efforts. 4. Community involvement in environmental sustainability. 5. Supports local ecosystems and reduces soil erosion. Want more details?

Signature of the Principal

Signature of the Convener