

## SELF DRIVEN ACTIVITY REPORT

### Rally on awareness about Ayurveda

**Title of the event:** Rally organized by NSS unit as well as Institution Innovation Council Self Driven Activity for spreading awareness about Ayurveda, Diabetes and Stroke in the city roads of Sankeshwar by SBSS Krishna Ayurvedic Medical College and Hospital, Sankeshwar.

**Date:**30<sup>th</sup> October,2023

**Time:**10:00 am to 1:00 pm

**Mode of conduct:**Offline

**Number of student participants:**210

**Number of faculty members:**10

**Brief Description of the event:** 'Ayu' means 'Life' and 'Veda' means 'Knowledge'.Hence knowledge of our life is called 'Ayurveda'.Ayurveda for everyone on everyday.Ayurveda encourages certain lifestyle interventions and natural therapies to regain balance between the body,mind,spirit and the environment.On 30<sup>th</sup> October,2023 this program part of IIC Self Driven Activity along with NSS unit of SBSS Krishna Ayurvedic Medical College and Hospital in collaboration with Department of Swasthavritta and Yoga conducted a RALLY for spreading awareness about Ayurveda, Diabetes and Stroke on the roads of Sankeshwar city starting from the college gate.The students carried fly cards spreading awareness and various slogans were also told.

The program was concluded by NSS Program Officer.The Rally was attended by the IIC President Dr.Manjunath S. Gavimath , IIC Convener Priyadarshini Magadum, NSS unit Program Officer Dr.Onkar Hanashi,IIC members,teachers and all students.

**Key outcome:**Awareness about Ayurveda, Dibetes and Stroke.