

Greeshm Ritucharya-Ahar, Vihar & Home Management of Common Health Problems, 17th May, 2023

Jeevaniya Society's AYUSH Health & Wellness Resource Centre - Niramaya organised a Webinar under the series "Stay Healthy with AYUSH". The webinar on Summer Regimen was held where Vd. Sunil Arya, MD (Ayurved), Founder & Senior Physician Jeevaniya Ayurved Panchkarm Evam Ksharsutra Chikitsa Kendra, Gurugram (Haryana), Dr. (Vd.) Shashi Sharma, MD, PhD, Professor, Prasuti Tantra Evam Stree Rog Vibhag, State Ayurvedic College & Hospital, Lucknow, Hakim S P Bhatnagar, B.U.M.S. (Delhi Univ.), N.D., N.D.D.Y. Unani Consultant, Dr. R.M.L. Hospital Dindayal Upadhyay Hospital, New Delhi & Yogacharya Amit Singh, Yog Expert, PG in Yoga & Diploma in Acupressure, Lucknow University discussed the dietary recommendations, Do's & Don'ts as well as Yogasanas & Pranayam were explained by the experts. Members of our CAPP, Citizen's Forum as well as Community Health Coordinators & AyuMitras attended the Webinar. While more than 50 persons attended the Webinar 185 Persons viewed it on the Facebook.

Stay Healthy with AYUSH

Ritu & Rog Series

Let's know from the experts about the common health problems in summer, their home management and diet.

Key Speakers

Vd. Sunil Arya
MD (Ayurved), Founder & Senior Physician
Jeevaniya Ayurved Panchkarm Evam
Ksharsutra Chikitsa Kendra, Gurugram (Haryana)

Dr. (Vd.) Shashi Sharma
MD, PhD, Professor,
Prasuti Tantra Evam Stree Rog Vibhag,
State Ayurvedic College & Hospital,
Lucknow

Dr. (Hm) S. P. Bhatnagar
B.U.M.S. (Delhi Univ.), N.D., N.D.D.Y.
Unani Consultant, Dr. R.M.L. Hospital
Dindayal Upadhyay Hospital, New Delhi

Yogacharya Amit Singh
Yog Expert, PG in Yoga &
Diploma in Acupressure,
Lucknow University

Wednesday, 17 May, 2023,
4:00-5:30 PM

Host- Dr N N Mehrotra
Moderators- Vd. Ashish & Ms. Manisha Dwivedi

Website: www.jeevaniya.net | Email: jeevaniya.society@gmail.co | Contact No: 9076701545

Zoom Meeting

Participants: Manisha, Anand Kumar, Vishal Sonker, Mission Samrid..., Hari Pandey WK...

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4:10 PM 5/17/2023