

## **Report on Health Camp at Saraswati Shishu Mandir Takrohi on 25<sup>th</sup> March 2023**

Under the Aegis of 'AYUSH for Healthy Lucknow Campaign' health awareness and wellness camp was organized for the Teachers, Parents, Students and Staff of the Saraswati Shishu Mandir, at Takrohi on **25<sup>th</sup> March 2023** on the occasion of parent-teacher meeting day. Principle of Takrohi School Acharya Awadheshji, Dr. N.N. Mehrotra, secretary of Jeevaniya Society, Dr. Karunesh Rai, Dr, Pallavi Kambale, Dr, Renu Mahendra, Hakim Dr. Maniram Singh, Hakim Dr. Shahne Alam, Hakim Dr. Vikas Gautam and Mr. Madhusudan Tandon addressed the students and parents.

The principle of school Shri Avadhesh Kumar, its teachers, students and their parents actively participated in this camp. After rituals of lighting the lamp by the dignitaries, Saraswati vandana and welcome to all, Dr. N.N. Mehrotra explained in detail about the objectives of campaign and the modalities of organizing the camp. He explained all the activities like free checkup, medicine distribution, garden visit distribution of appreciation lectures of experts to satisfy the queries of all concerned, certificates and exhibition of Jeevaniya books on health, happening in the health camp. After that Dr. Pallavi Kambale, Eye specialist, told the participants eye care in Hemant Ritu. Dr. Karunesh Rai also shared some useful information about health care and its home management in terms of Ayurved in Basant ritu.

After welcoming the guest, principle Shri Avadhesh Kumar told all the participants and guest that school has participated in such health camp which is the part of 'AYUSH for healthy Lucknow Campaign' even before and will continue to participate. He told us that school participates in Healthy Lucknow Campaign by not only establishing the Herbal and Nutrition garden but also nursery of these plants. Free checkup was conducted by physician as mentioned in the attached list and distribution of Ayurvedic, Homeopathic and Unani medicines for those requiring consultation. About 30 parents, students and staff benefited from Ayurveda, 50 through Homeopathic and 20 through Unani medicine and 40 participants had their eyes checked up. During health check Vaidya Ashish Kumar Chowdhery, Program Coordinator of Mission ayogyakar took a group of parents and student on the visit of herbal and Nutrition garden established in the school and briefed them about each medicinal and vegetable plants.

**Student Volunteers of Saraswati Shishu Mandir, Takrohi and team of Jeevaniya Society helped in organizing the health camp.**

