

REPORT

TITLE OF THE WEBINAR:	A STEP TOWARDS HEALTHY LIFE THROUGH AYURVEDA
SCHOOL:	RK Ayurvedic College and Hospital
DEPARTMENT:	Ayurveda
NAME OF THE ORGANIZER/S:	RK University, Rajkot
DATE OF CONDUCTION:	07/05/2020
TARGET AUDIENCE:	General Public

Brief Details:

1. Objective of the program:

To make people aware about what type of modified lifestyle is needful during the duration of lock down due to current situation of COVID19

2. Brief description of the program:

- Which Lifestyle should be adopted during this lock down period and how to unlock happiness through Ayurveda was discussed in this webinar.
- Ayurveda is useful to attain the health, prevention and treatment of diseases. Ayurveda has lots to offer but for the person who is following these should follow the authentic sources.
- For this we organised a webinar series "A STEP TOWARDS HEALTHY LIFE THROUGH AYURVEDA"
- Effort was made to cover the points which are frequently asked by various health enthusiasts.

3. Outcomes of the program:

- For this free webinar series, we received more than 550 registrations.
- The participants were from diverse backgrounds like businessman, teacher, doctors and students.
- It simply emphasizes the curiosity among the people about the Ayurveda.

4. Details of Speaker

Dr Ketki Wagh, Assistant Professor, Dept of Swasthavrutta & Yoga, ACH.

5. Program Schedule

Date:07/05/2020 | Time: 9:15:00 AM to 11:30:00 AM

Registration Link: <https://rku.ac.in/events/achwebinar1>

Flyer Image:

https://drive.google.com/open?id=1SO9LB2KvxYc77HM60nt1uKKvpG1-bl__

6. Webinar Platform and Links

Platform: Youtube | Registrations: 590 | Participants: 165

Video Link(s):

- <https://youtu.be/S5CUiTIYbwk>

Name & Signature of
Principle
Applicants

(Digital signature are allowed)

Name & Signature of
Head of Institute with institute seal