



Free Medical Camp By AYUSH

Date: 13-12-2023

Description:

Target Audience: Local community of Kumar Mohalla, Awantipora.

The Centre for AYUSH Sciences, IUST, in collaboration with the Office of Community Connect, organised a free medical camp at Kumar Mohalla, Awantipora, as part of its Community Outreach program. The program was organised in partnership with the Directorate of AYUSH, District Pulwama. The event attracted a large number of students, faculty, and community members, featured a variety of free services aimed at raising awareness about the benefits of Ayurveda, Yoga, Unani, Siddha, and Homoeopathy. Participants had the opportunity to receive complimentary health screenings, including blood pressure and blood sugar checks, conducted by qualified practitioners from the dispensary. In addition to these screenings, personalized consultations were offered, allowing attendees to discuss their health concerns and learn how AYUSH therapies can support their overall well-being. Engaging workshops on yoga and meditation were also conducted, providing practical techniques for managing stress and promoting mental clarity. The camp not only emphasized the importance of traditional healing practices but also encouraged participants to adopt healthier lifestyles through informative sessions on nutrition and wellness. By distributing free samples of herbal remedies and educational materials, the AYUSH team aimed to empower individuals with knowledge about natural health solutions. This initiative was a remarkable success in fostering community engagement and showcasing the diverse offerings of the AYUSH dispensary, reinforcing its commitment to promoting holistic health within the community.

