Monthly Programme Report

Alphonsa College Pala BMC

Institution Name: **Alphonsa College Pala** BMC Code: **KTM/2009/03**

ProgrameTitle: **Invited Talk: “Ayurvedic Approaches to a Healthy Lifestyle”**

Program Category: **Awareness program(Seminars/symposia/workshops/others)**	Activity Type: **Awarness Program**	No.of participants: **79**
Planned Date: **05-02-2025**	Renewed date: **-**	Program Date: **05-02-2025**

Budgeted Amount: **Rs 1000/-**	Total expenditure: **Rs 1000/-**	Balance: **Rs 0/-**

Brief Report

On February 5, 2025, the Department of Zoology at Alphonsa College, Pala, organized an invited talk titled “Ayurvedic Approaches to a Healthy Lifestyle” as part of its Indian Knowledge System awareness initiative. The session was conducted by Dr. Vishnu G. Kartha, an Ayurveda practitioner from Kartha’s Hut of Wellness, Meenachil.

Dr. Kartha provided insights into Ayurveda’s holistic health principles, emphasizing preventive healthcare practices and natural wellness strategies. The talk aimed to promote awareness of traditional Indian health practices and encourage students to incorporate Ayurvedic principles into their daily lives.

Expenditure Statement

Item	Expenditure	Remarks
Remuneration to the resource person	Rs 1000	remuneration for class
Budgeted Amount		**Rs 1000**
Total Expenditure		**Rs 1000**
Balance Amount		**Rs 0**

Photographs

Image not found or type unknown

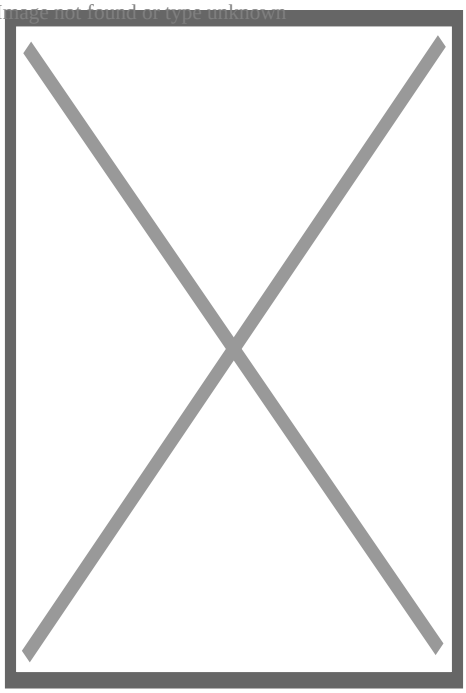


Image not found or type unknown

