



ICFRE-Forest Research Institute, Dehradun

Ayurveda Day 2023 Celebration- "Ayurveda for One Health"

Scientists of NTFP Discipline under guidance of the Head, Silviculture & Forest Management Division of ICFRE-FRI, Dehradun, celebrated Ayurveda Day 2023 with a focus on "Ayurveda for One Health." It included various activities and educational initiatives to promote the significance of Ayurveda in the context of holistic well-being.

4 key events were held during the celebration:

1. Awareness raising on importance of Ayurveda Day: This event took place at the NTFP museum at ICFRE-FRI, where participants were informed about the significance of Ayurveda Day within the theme.
2. Demonstrated research activities: The team showcased their ongoing research work at the NTFP Discipline, providing insights into the scientific aspects of Ayurveda.
3. Conducted quiz on the theme "Ayurveda for one health": A quiz session was organized, challenging participants' knowledge about Ayurveda and its role in holistic health.
4. Visit to Herbal Garden/ Conservatory: Attendees had the opportunity to explore a herbal garden and conservatory, where they familiarized themselves with important Ayurvedic plants.

The activities encompassed a wide range of educational and interactive experiences, such as awareness programs through talks and posters, dissemination of NTFP Discipline's work, and explanations of Ayurveda's scientific principles through audio/visual mediums. Guided visits to the diorama on the history of Ayurveda, exhibitions of wet-preserved medicinal herbs, and tours of medicinal herbal gardens added depth to the event. Additionally, the importance of Dashmoola and Astavarga species were highlighted. An oral quiz session on the theme "Ayurveda for one health" was held for all attendees. The event saw the participation of approximately 40 first-year forestry students, making it a successful and engaging celebration of Ayurveda Day.

(Photos on next page.)

Glimpses of the programme

