

## **M.K. DAV Public School, Daltonganj Marks the 11th Ayurveda Day with a Creative Wellness Initiative**

The Institution observed the 11th Ayurveda Day through a varied initiatives that combined digital outreach with student engagement. The observance sought to present Ayurveda not merely as an ancient system of healing but as a tradition that finds relevance in the everyday choices through which health is maintained.

The observance commenced with the setting up of a Herbal Garden on the school campus where medicinal and traditionally valued plants such as Neem, Indian Gooseberry, Papaya and Custard Apple , among others, were planted to give students an insightful glimpse into the role of plants in Ayurveda. The initiative offered students an opportunity to encounter the therapeutic heritage of familiar plants beyond the pages of textbooks, as each sapling came to represent the close relationship Ayurveda has long recognised between human well-being and the natural world.

The spirit of the occasion was introduced through the Institution's social media handles where an Electronic Banner was prepared and circulated to create awareness about Ayurveda Day. The digital initiative offered a contemporary platform for bringing India's age-old wisdom on health and well-being into the context of present-day life.

An informative webinar on Ayurveda was subsequently conducted with Vd. Raushan Choudhary, BAMS, MD (Ayurveda) as the resource person. The session moved beyond a conventional exchange of information as students also shared examples from their daily lives of putting Ayurvedic principles into practice. The students' participation gave the session a distinctly personal character, as they brought out the ways in which Ayurvedic practices can be incorporated into daily life.

Students also took an active role in the awareness drive by featuring in short videos prepared on Ayurveda-based healthy living. Through their addresses, they spoke about healthy lifestyle practices, balanced nutrition, Dincharya and Ritucharya. By doing so, they gave a contemporary context to Ayurvedic wisdom relating its principles to the rhythms and routines of daily life.

Speaking on the occasion, the Honourable Principal MRS. INDRANI CHATTERJEE viewed Ayurveda as a tradition whose relevance lies in its understanding of health as a way of life rather than a concern limited to illness. She felt that introducing young learners to concepts such as Dincharya and Ritucharya can cultivate an attentive relationship with the body and the changing cycles of nature. She further remarked that ancient wisdom need not remain confined to ancient times as its true relevance emerges when it speaks to the needs of the present. In her view, good health begins long before illness appears, in the ordinary habits that shape each day. She appreciated the manner in which students had not merely listened to ideas about Ayurveda but had interpreted them through their own experiences and presented them with confidence. The observance, she noted, offered a valuable reminder that wellness is not a destination to be reached but a way of living to be consciously cultivated.

# MK DAV PUBLIC SCHOOL

## DALTONGANJ

*Ancient Wisdom...  
A Healthier Tomorrow*

Ayurveda, the ancient Indian science of life, teaches us to live in harmony with nature and take care of our body, mind and soul.



### Boosts Immunity

Keeps you stronger, naturally.



### Improves Health

Prevents illness, promotes balance.



### Reduces Stress

Brings peace to your mind.



### Enhances Energy

Helps you stay active and focused.



### Supports Long Life

Small natural steps, big healthy future.

# Ayurveda Day

## 23<sup>rd</sup> September

*Go Natural • Choose Ayurvedic • Live Healthy*

*Healthy  
Mind  
Healthy  
Body  
Happy  
Life*



*Use Natural,  
Use Ayurvedic!*

Incorporate Ayurvedic goodness in your daily life:



Tulsi for immunity



Honey for energy



Turmeric for healing



Herbal teas for wellness



Spices for better digestion



Natural oils for healthy skin & hair

*Let's Go Back to Nature*

Choose real food, natural remedies and Ayurvedic habits. Say no to harmful chemicals and yes to the healing power of nature.

*Ayurveda today...  
A healthier tomorrow!*



**INDRANI CHATTERJEE**  
PRINCIPAL

*Healthy Students • Healthy India*





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