

WORKSHOP ON AYURVEDA IN LIFE **CONDUCTED BY:MS. SHALU, DR. PRATIMA**



J M Internsational school organised an Ayurveda workshop with Dr. Pratima on 24th May 2019 for teachers and other staff members. The workshop was divided into three different sessions. In the first one, Dr. Pratima gave information on natural ways that the participants could take care of themselves. Other than giving everyday tips of taking care of yourself, she also gave tips to create a balanced lifestyle.

Health tips for everything from brushing teeth, taking a bath, the things to eat until positions of sleep were all explained by her in order to create a healthy lifestyle. In the second phase participants were given information about various ayurvedic products sold by IMC.

At the end there was a medical check up to assess the physical health and well being of the participants. The doctor also recommended remedies for the problems. Finally, participants asked questions for anything that they are curious or confused about. Many of the people in the audience seem to be completely satisfied by the end of the workshop.