

Kristu Jayanti Centre for IKS marks National Ayurveda Day

Kristu Jayanti Centre for Indian Knowledge System (KJCIKS) and Department of Life

Sciences in collaboration with The University of Trans-Disciplinary Health Sciences and Technology (TDU) organised an Ayurveda health camp to commemorate the National Ayurveda Day, recently.

The event was inaugurated by Fr Lijo P Thomas, vice principal & CFO,

Kristu Jayanti College. Visitors were able to experience the principles of Ayurveda

firsthand through free consultations designed to restore balance and wellness.



Experts from the I-AIM healthcare centre briefed the visitors on how to achieve a healthier and balanced life.

They focused on subjects including musculoskeletal and neurological conditions, dermatology and hair issues, gynaecological conditions, respiratory issues, and gastrointestinal tract conditions,

in accordance with Ayurveda's principle of preventing illness.