

Ayurveda – Need of Today’s life



The Health and Wellness Club of D.A.V Dwarka organized a session with Dr. Ashwani Kumar Gupta an Ayurvedic practitioner. It was a lecture cum interactive session which highlighted the importance of Ayurveda in the present time. The session provided solutions to a common set of health problems. It also brought into focus a systematic approach to health.

Dr. Ashwani mentioned that Ayurveda deals with the body as an integral whole, consisting of the interaction of the spirit, mind, body and environment. He further added that Ayurveda looks at every individual as a unique entity. It gives us the insight to understand individual constitutions and to create harmony within and around us. He further added that the prime aim of Ayurveda is to promote the health of the healthy and alleviate the disorders of the unhealthy.

The session was quite beneficial as Dr. Ashwani suggested ample ways to remain healthy. The staff members participated enthusiastically in the session and raised a number of queries. Teachers even had an opportunity to have one to one session with Dr. Ashwani.