



# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra  
Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:  
Dhani Garan Road  
Barwala (Hisar)  
Haryana - 125121



+91 8222896728

+91 8430000028

Kundu.balraj@yahoo.in

Nationalcollegeofayurveda.in

## 5 DAYS YOGA AND MEDICAL CHECK-UP CAMP REPORT

A free Yoga and medical health checkup camp for public was Organized from 18 March 2024- 22 March 2024 from 5:40 am to 8:30 am at New Park Barwala, Hisar (HR), from department of Swasthavritta and Yoga, National college of Ayurveda and Hospital.

Hospital team including

1. Dr. Preeti (Associate Professor) Deptt. of Swasthavritta and Yoga
2. Mr. Pankaj Kumar (Yoga Teacher)
3. Rishabh Lamba (Intern)
4. Veena (Intern)
5. Rakesh (Intern)
6. Neelam (Intern)
7. Sachin (Intern)

Free health check-up along with measurement of Vitals and Blood sugar also done. Yoga was demonstrated and practiced to the beneficiaries along with solution to their dietary concerns according to their health condition. Specific Yoga postures, pranayama, meditation techniques were mentioned and guided to the beneficiaries. Patients were referred from the camp to National Ayurveda Hospital for specific issues and getting optimum healthcare facility benefit.

Total no. of beneficiaries: 84

Mostly individual were suffering from lifestyle disorders. Most common conditions found:

1. Diabetes Mellitus
2. Obesity
3. Hypertension
4. Joints Pain

The 5 Elements

Earth Air Water Fire Space



# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road

Barwala (Hisar)

Haryana - 125121



+91 8222896728



+91 8430000028



Kundu.balraj@yahoo.in

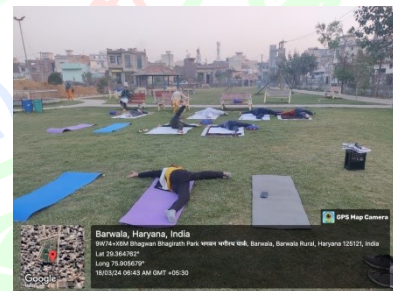
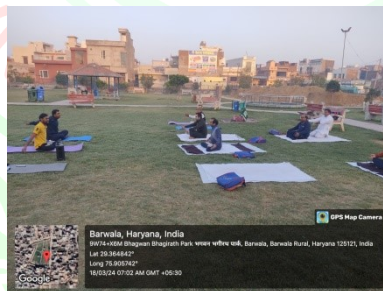
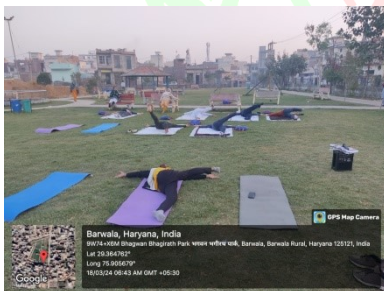


Nationalcollegeofayurveda.in

At the end of the session a lecture was delivered by Dr. Preeti to spread awareness towards:

- Adoption of Healthy lifestyle
- How to prevent the diseases
- Health and hygiene
- What type diet should be taken for complete nutrition
- Common yoga posture which can be done by all
- Disease wise module adoption for yoga
- How to have good mental health and physical health.

## 18-03-2024



## 19-03-2019

The 5 Elements

Earth

Air

Water

Fire

Space





# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road

Barwala (Hisar)

Haryana - 125121



+91 8222896728



+91 8430000028



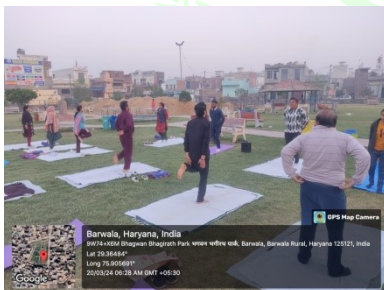
[Kundu.balraj@yahoo.in](mailto:Kundu.balraj@yahoo.in)



[Nationalcollegeofayurveda.in](http://Nationalcollegeofayurveda.in)



20-03-2024



The 5 Elements

Earth

Air

Water

Fire

Space





# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road

Barwala (Hisar)

Haryana - 125121



+91 8222896728



+91 8430000028



Kundu.balraj@yahoo.in



Nationalcollegeofayurveda.in

## 21-03-2024



## 22-03-2024



The 5 Elements

Earth

Air

Water

Fire

Space



# NATIONAL COLLEGE OF AYURVEDA & HOSPITAL

A COMMITMENT TO COMMUNITY

Affiliated by: Shri Krishna Ayush University, Kurukshetra

Approved by: NCISM, Ministry of Ayush (Govt. of India)

Address:

Dhani Garan Road

Barwala (Hisar)

Haryana - 125121



+91 8222896728



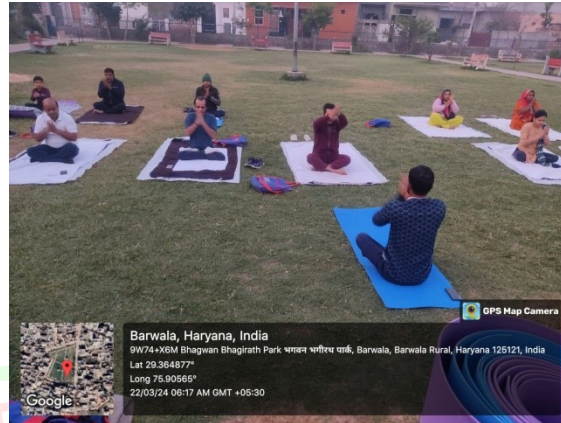
+91 8430000028



Kundu.balraj@yahoo.in



Nationalcollegeofayurveda.in



The 5 Elements

Earth

Air

Water

Fire

Space