

SARASWATI AYURVED HOSPITAL & MEDICAL COLLEGE

GHARUAN, MOHALI, PUNJAB | COLLEGE CODE: AYU0407

11th AYURVEDA DAY 2026

AYURVEDA FOR A HEALTHIER TOMORROW

DAILY REPORT – FREE AYURVEDIC MEDICAL CAMP

Date: 13 September 2026 **Time:** 4:00 PM – 8:00 PM **Venue:** Ram Mandir, Arya College Road, Kharar, SAS Nagar, Punjab – 140301

Introduction

As part of the **11th Ayurveda Day 2026** observances, Saraswati Ayurved Hospital and Medical College, Gharuan, organized a free Ayurvedic Medical Camp at Ram Mandir, Arya College Road, Kharar, on 13 September 2026. The camp was conducted from 4:00 PM to 8:00 PM under the theme “**Ayurveda for a Healthier Tomorrow.**” The initiative aimed to take Ayurvedic healthcare services into the community and encourage people to make informed, health-conscious choices.

Objectives of the Camp

- To provide accessible Ayurvedic consultation and basic healthcare guidance to community members.
- To promote awareness of Ayurveda and its role in supporting health and wellbeing.
- To offer practical dietary advice and encourage healthy daily habits in keeping with Ayurvedic principles.
- To extend community outreach through the provision of free Ayurvedic medicines, as appropriate following consultation.

Camp Activities and Conduct

The camp team welcomed and registered visitors, followed by patient interaction and consultation. Patients were examined by the medical team and provided with Ayurvedic medicines free of cost, along with individualized dietary advice. The team also engaged with visitors to share information about Ayurveda and the importance of maintaining health through appropriate food choices and healthy routines. The photographs included in this report document the registration desk, clinical consultations, and assistance provided to visitors.

Team Members

Dr. Nitin Juneja (Principal); **Dr. Nidhi Moudgil** (Deputy Medical Superintendent); **Dr. Sudhi Kaushal** (Consultant); **Dr. Akanksha** (Medical Officer); and **Ms. Pooja** (Pharmacist). BAMS students **Aniket, Sakir, Lavkesh, Ravi, and Sahil Vashishta** actively assisted in the camp activities.

OUTCOME

A total of **118 patients** were examined and provided free Ayurvedic medicines along with dietary advice. The camp helped extend healthcare access to the local community and supported awareness of Ayurveda in line with the 11th Ayurveda Day theme.

The camp was conducted with the support and guidance of the Principal and the active participation of the medical team and students. The institution remains committed to community-oriented healthcare and the continued promotion of Ayurveda.

PHOTOGRAPHIC DOCUMENTATION

Free Ayurvedic Medical Camp | 13 September 2026 | Ram Mandir, Kharar



Camp team at the registration desk



Patient consultation by the medical team



Clinical examination and patient assistance



Consultation and guidance provided to visitors