

AWARENESS PROGRAMME ON *HAR GHAR AYURVEDA*

Rain Forest Research Institute, Jorhat organized an Awareness Programme on 'Health and Wetness' (*Har Ghar Ayurveda*) as a part of celebration of Azadi Ka Amrit Mahotsav on 4th November, 2022 at the Brahmaputra Hall of the Institute. Dr. K. K. Nath, Naturopathy Consultant of Jorhat delivered an interactive Talk on the subject and mesmerized the audience with his presentation. He described different easily available ways for maintaining health. He stressed on observing discipline in our life to avoid diseases.