



INSTITUTE OF FOREST BIODIVERSITY (IFB), HYDERABAD

November 14, 2022

A report on Celebration of Health & Wellness (with emphasis on AYUSH) program at IFB, Hyderabad.

The Institute of Forest Biodiversity (IFB), Hyderabad celebrated the Health and Wellness (with emphasis on AYUSH) under Azadi Ka Amrit Mahotsav on 14th November 2022. A total of 27 trainees- Forest Range Officers (FROs) of West Bengal, Karnataka and Uttar Pradesh participated.

Dr. S. Pattnaik, Sc-F, GCR, IFB gave the welcome address and inaugurated the program. He enlightened us about the Azadi Ka Amrit Mahotsav's various activities organized by IFB for the last year. He also highlighted the role of Biodiversity on Health and Wellness (with emphasis on AYUSH), forest laws and environmental issues, climate change, ecological balance, etc.

After the presentation, Dr. Pankaj Singh, Sc-C, IFB presented “National Ayurveda Day-2022 with the theme Har Din Har Ghar Ayurveda”. He also highlighted the importance of AYUSH, Important commissions in India related to the quality of drugs, Quality control, Parameters for quality control of herbal drugs, Important medicinal plants such as *Rauwolfia serpentina*, *Costus speciosus*, *Gloriosa superba*, *Withania somnifera*, *Tinospora cordifolia*, etc.

The overall program is coordinated by Shri E. Manikanta Reddy, Technician, Extension Division.

Glimpses of the Program

