

AZADI KA AMRIT MAHOTSAV

“Hamara Ayush Hamara Swasthya”

PROGRAMME REPORT

The Azadi Ka Amrit Mahotsav means elixir of energy of independence; elixir of inspirations of the warriors of freedom struggle; elixir of new ideas and pledges; and elixir of Aatmanirbhar bharat. Therefore, this Mahotsav is a festival of awakening of the nation; festival of fulfilling the dream of good governance; and the festival of global peace and development.



As part of Azadi Ka Amrit Mahotsav towards the celebration and commemoration of 75 years of independence, an awareness programme was conducted on April 27, 2022, at **Venkateshwara Arts and Science College, Othakuthirai.**



The overall programme was coordinated by Dr.D.Leelambigai., M.D(s), Assistant Professor, and Dr.R.Saritha., B.S.M.S, Resident Medical Officer. The programme was supervised by Dr.M.Menaka., M.D(s), Principal, Nandha Siddha Medical College and Hospital, Erode.



The medical team gave a brief awareness speech about *Ancient Tamil Food Habits*, in the presence of the Principal **DR.A.MOHANA SUNDARAM**, teaching faculties and students.



The awareness speech was eagerly listened by all. The queries asked by them were clarified by the medical team. After the Awareness speech Tiripala Chooranam tablets was distributed to all.