

AROGYA VIDYA

EDUCATE THE EDUCATORS INITIATIVE

Under the ideas @75 initiatives of Azadi ka Amrit Mahotsav, to promote health and wellness through Ayush and in accordance to vision of G-20 themes of propagation of strengths of Ayush systems. Directorate of Ayush J&K and Govt. College of Education took a novel initiative to train the prospective teachers i.e. students of B.Ed and M.Ed courses in the strengths of Ayush system for self care and to develop health promoting schools, under this initiative, a 10 days, 30 days credit value added course started in GCoE with technical assistance from Directorate of Ayush J&K. This exemplary value added course was conceived and implemented under the guidance of Dr. Mohan Singh Director Ayush J&K and Prof. Aekta Gupta, Prinicipal Govt. College of Education. In all 30 students were enrolled in the course. The course was based on the learning by doing methodology in which prospective teachers were made aware about principles and practices of holistic health and healthy living i.e. Dincharya (Daily wellness regimen), Ritucharya (Seasonal Wellness Regimen), Sadvrutta (Health code of conduct), Home remedies, medicinal plants, Yoga, Naturopathy, Panchkarma etc.



November 29, Arogya Vidya course kick started in the premises of Govt. College of Education, Canal Road Jammu, wherein Prof. Aekta Gupta Principal GCoE in presence of officers of Directorate of Ayush J&K and course coordinator Prof. Rajinder Kaur formally inaugurated the course by lightening the holy lamp.



Participants attending a Yoga sessions being organized at Govt. Ayurvedic Hospital Indira Chowk Jammu wherein trainers emphasized on how classroom Yoga sessions are conducted by engaging students



Participants of Arogya vidya course visiting Ayush Health and Wellness center Smailpur for an onsite demonstration of School Health Program of Ayush J&K. Role of Teacher in organizing and coordinating school health program.



Participants of Arogya vidya Program visiting Arogya Vatika, demonstration herbal garden at Directorate of Ayush J&K for field visit of locally available herbs and medicinal plants.



Valedictory function and Certificate Distribution among Participants in an impressive program organized at Directorate of Ayush J&K.