

Ayurveda medical camp organised for KU hostel boarders



Srinagar, Nov 19: A free Ayurveda medical camp for hostel boarders was held at the University of Kashmir where more than 150 students were examined by a team of doctors.

The day-long camp was jointly organised by Office of Provost (Girls Hostels) in collaboration with the varsity's NEP Cell and Office of Dean, School of Unani and Ayurvedic Medicine in line with the theme of this year's Ayurveda Day—'Har Ghar, Har Din Ayurveda' of the Union Ministry of Ayush.

Vice-Chancellor Prof Nilofer Khan visited the girls hostel to interact with the students who were evaluated during the medical camp, which was led by Dr Farooq A Naqashbandi, Medical Superintendent, Government Unani Hospital, Shalteng, and his team of health professionals.

The Vice-Chancellor said the University administration is committed to see that hostel boarders have a comfortable stay in accordance with its 'Home Away From Home' motto.

"This programme is part of our effort to organise medical camps and other extracurricular activities for the hostel boarders so that they stay away from any kind of mental stress and anxieties," she said.

Dr Farooq A Naqashbandi said his hospital would organise such programmes regularly for the welfare of hostel boarders and other students. He urged students not to neglect their health.

Dean School of Unani Medicine Prof Khalid Fazli highlighted the advantages of ayurvedic medicine, saying it takes a "holistic approach to treatment".

Provost Girls Hostels, Prof Zahida Jabeen, delivered the welcome address during the programme which was attended by Wardens of all girls hostels and senior officers of the University.

Dr Farzana Gulzar, Coordinator NEP Cell, Warden Habba Khatoon Girls Hostel and organiser of the camp, discussed in detail the objectives of the programme that aimed to promote scientificity of ayurveda and promote Ayurveda@2047.

Earlier, the VC went around the hostel premises to inspect facilities for the boarders. She directed regular upkeep of the hostels in terms of cleanliness, besides putting in place all necessary facilities for the students in view of the early onset of winter.