

Chaudhary Harchand Singh Atma Ram Education Trust, Quadra Institute of Ayurveda, Roorkee						
S.no	Details Activities (Seminar, Workshop, class, Medical Camp, Exhibition, competition etc. please specify	Chief Guest if Any	Participants (Beneficiaries)	No of Participants		
				Online	Offline	Total
1	The following Activities were done on 17.09.2025 in Vill. - Beldi, Post - Belda, Haridwar Road, Roorkee, Haridwar, Uttarakhand * Medical & Wellness Camp * Swarnaprashan Camp * Yoga * Health Awareness Talk The beneficiaries were the villagers.	Gram Pradhan	Villagers, Village Belda	NA	80	80
2	A Guest Lecture by Dr. Vikas Gupta (Senior Ayurveda Specialist and Ksharsutra Expert) on 17.09.2025. *Topic "Future Scope of Ayurveda in terms of Hospital Development and Ayurvedic Practice and Start-up. All the U.G., P.G. Scholars, Interns and Faculties attended the Guest Lecture.	Dr. Vikas Gupta (Senior Ayurveda Specialist)	Teachers, U.G., P.G. (Students) & Interns	NA	250	250
3	Student Wellness Program on 18.09.2025 Yoga Session Meditation Story telling session Ayurveda awareness talk	Mr. Shakti Singh (Yogacharya)	U.G. Ist Year Students	NA	55	55
4	A Guest Lecture by Dr. Arpit Saini (M.B.B.S., M.D.) on the Topic of "Motivating and Encouraging Individuals in Medical Field". on 18.09.2025. *Public Awareness Program This Seminar was a step forward in bringing together the timeless wisdom of Ayurveda to the evolving spirit of Modern Medicine.	Dr. Arpit Saini	Teachers, U.G., P.G. (Students) & Interns	NA	150	150

	U.G., P.G. Scholars, Interns and Faculties attended the Guest Lecture.					
5	Street Play (Nukkad Natak) for Ayurveda Awareness on 19.09.2025	Secretary of Quadra Institute of Ayurveda	Students, Teachers & Villagers	NA	150	150
6	Walkathon (Run for Ayurveda) From Quadra Institute of Ayurveda, Roorkee to Vill. Belda for Public Awareness on 19.09.2025	Secretary of Quadra Institute of Ayurveda	Students, Teachers & Non-Teaching Staff	NA	200	200
7	Nutritional Diet Program (Healthy Food Recipe Demonstrations according to Ayurveda) on 20.09.2025	Dr Rajnikant and Dr Sharon Prabhakar	Students, Teachers & Non-Teaching Staff	NA	150	150
8	Mini Expo & College Outreach on 22.09.2025 Display of Medicinal Plants, Ayurvedic Formulations, Prakriti Parikshan Poster Presentation Competition Health talk	Director of Quadra Institute of Ayurveda	Students of Nursing College Belda, Roorkee, Haridwar	NA	150	150
9	Ayurveda Day Celebration on 23.09.2025 Cultural Activities like dance, skit presentation, street play, singing Tree plantation drive	Secretary of Quadra Institute of Ayurveda	Students, Teachers & Non-Teaching Staff	NA	300	300
10	Yoga for Womens Health on 24.09.2025 Yoga & Pranayam to reduce mental stress in girls & women	Dr. Sharon Prabhakar	Students, Teachers & Non-Teaching Staff	NA	40	40
11	Details of Publicity media Coverage	Face Book and College Web Site				
12	Whether data has been uploaded to the microsite	Yes				