

B. K. Birla College of Arts, Science and Commerce (Autonomous), Kalyan

Department of Management Studies

Activity Report (Post Event)

Date: 23/09/2025

Name of the Activity	Ayurveda Day
Date	23 rd September, 2025
Time	Entire Day
Venue	Classes
Scope of the Activity (Departmental /College / Intercollegiate/ State /National / International Level)	Departmental
Outcome of the Activity	The activity created awareness among students about the significance of Ayurveda in promoting health, well-being, and harmony with nature. They learned the importance of following Ayurveda's principles such as Dinacharya, Ritucharya, and Sadvritta for maintaining a healthy lifestyle and preventing diseases. The pledge also encouraged sustainable practices like choosing fresh, local, and seasonal food while protecting biodiversity. Overall, it inspired students to embrace holistic living and take responsibility for building a healthier and greener world.
Key Highlights/ Terms	On Ayurveda Day, students took the pledge that emphasized living in harmony with nature, following healthy lifestyle practices like Dinacharya, Ritucharya, and Sadvritta, and making sustainable food choices. The activity also drew attention to protecting biodiversity and understanding the link between individual well-being and the health of the planet. It ended with a shared commitment to holistic living and a greener, healthier future.
Activity In-charge	Dr. Chandra Iyer
Team Members	Ms. Suchitra Ghude Mr. Narendra Bhagat
Number of Student Participants	1000+
Number of Faculty Participants	3
Photograph Link (Share Drive Link of Photo)	Ayurveda Day

Geo Tag Photo





Kalyan, Maharashtra, India 🇮🇳

43/8, Police Line, Gauripada, Kalyan, Maharashtra 421301, India
Lat 19.24758° Long 73.14695°
23/09/2025 09:40 AM GMT +05:30

GPS Map Camera



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43/8, Police Line, Gauripada, Kalyan, Maharashtra 421301, India
Lat 19.247619° Long 73.14709°
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GPS Map Camera





















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