

AYURVEDA IN THE WELL-BEING OF DEFENCE PERSONNEL.

11/05/2024

Cadets of 23 Pb BN NCC Rupnagar Sri Guru Tegh Bahadur Khalsa College, Sri Anandpur Sahib, Participated in a lecture conducted on Ayurveda on 11/05/2024. where I present various PowerPoint presentations on the Importance of Ayurveda, they were admired by the Commanding Officer of the Unit.

