

The ICFAI University, Himachal Pradesh
(Established by the State Legislature Act 43 of 2011)
(Internal Quality Assurance Cell)



Report

The Role of Yoga and Ayurveda in Preventive and Community Health Care

The Committee for Indian Knowledge Systems of The ICFAI University organised a guest lecture entitled '*The Role of Yoga and Ayurveda in Preventive and Community Health Care*' on July 16th, 2025. The event commenced with a welcome address by Prof. Shweta Agarwal, Principal of the Pharmaceutical Sciences. The lecture aimed to highlight the ancient yet increasingly relevant practices of Yoga and Ayurveda in promoting preventive healthcare and enhancing community well-being. In the era of rising lifestyle-related disorders, this session intended to educate the participants on integrating holistic and traditional approaches alongside modern medicine.



**Coordinator
CIKS**

**Coordinator
IQAC**