



Nootan Ayurvedic College & Research Center –visnagar

Activity Report

Celebration of Yoga Mahotsav Theme: One Earth, One Health

Poster Making and Presentation by Nootan Ayurveda Students

Objective:

The primary objective of this activity was to promote awareness about holistic health, sustainability, and the importance of yoga through creative expression. Aligning with the theme "**One Earth, One Health**," students highlighted the interconnection between human well-being and planetary health using visual art and oral presentation.

Activity Details:

Highlights:

- Posters covered topics such as Shatchakra, Nadis, Eight limbs of yoga, Panchkosha, Shatkarma, bandha, Pranayam for **mental health, Ayurveda and eco-conscious living, natural healing**, and the **role of individuals in protecting Earth's ecosystem**.
- Each participant presented their poster, explaining the concept, message, and how it contributes to the broader idea of "**One Earth, One Health**."
- The event fostered **interdisciplinary thinking**, combining health science, environmental consciousness, and artistic skill.

Outcomes:

- Students gained deeper understanding of global health connections.
- Enhanced communication and creative thinking skills.
- Promoted traditional Indian systems like Yoga and Ayurveda as tools for global wellness. Strengthened community spirit and environmental responsibility among students

.Event Photos:



Conclusion:The **Poster Making and Presentation Activity** served as an innovative platform for the students of **Nootan Ayurveda** to celebrate **Yog Saptah** in a meaningful and engaging manner. The event successfully encapsulated the spirit of "**One Earth, One Health**", showcasing how ancient wisdom can address contemporary global health challenges.

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