



## Report of World Diabetes Day celebration 2024

Venue: T V Mehta plaza, Gardi Vidyapith campus

Date: 14<sup>th</sup> November 2024

Time: 11am to 2 pm

Year: 2024

No. of Students: 40

Name of Faculty: Dr Vidyadhar Balikai, HOD , Department of Swasthavritta

Dr Revathy P S, Assistant Professor, Department of Swasthavritta

Dr Khyati Sud, Professor, Department of Kayachikitsa

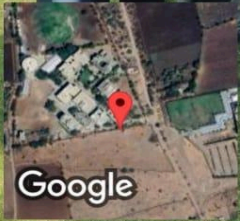
Report Summary:

On the occasion of WORLD DIABETES DAY, Department of Swasthavritta evum yoga of Shri V.M.Mehta institute of Ayurved organised a competition on Anti Diabetic food recipes with title "**PRAHAAR - PRAMEHAHAR AHAAR 2024 with theme of Attacking diabetes with Ayurvedic diet**".

Many students of BAMS participated in the event and prepared various dishes. Student's innovation in anti diabetic food recipes were highly appreciated by all staff members.

BAMS Students prepared dishes like Diabetic rotla, Amalakaharidra juice, Blue tea, Butterfly pea flower tea, Masala free protein diet, turmeric induced gluten free paratha etc. In these dishes, they used ingredients like methi, ginger, lasun, ragi etc which are highly beneficial in diabetic condition and it also helps in blood sugar regulation, boosting immunity, improving eye health and weight loss. Respected Trustee, Shri Jay Mehta Sir tasted and judged foods. He declared winners. Two teams shared first place.

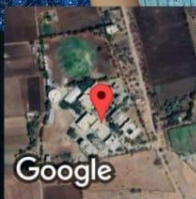
Photos



Google

GPS Map Camera

Anandpar, Gujarat, India  
Shri V M Mehta Institute of Ayurveda  
Lat 22.215345° Long 70.583144°  
14/11/24 12:35 PM GMT +05:30



Google

GPS Map Camera

Rajkot, Gujarat, India  
6h8m+f5c, Rajkot, Gujarat 361162, India  
Lat 22.216107° Long 70.58244°  
14/11/24 12:21 PM GMT +05:30



# Shri V. M. Mehta Institute of Ayurved

Smt. T.V. Mehta Charitable Foundation



## CERTIFICATE Of Appreciation

This Certificate is Presented to

DARSHI PAMBHAR

for his/her Participation / IN ANTI-DIABETIC FOOD RECIPE COMPETITION.

FIRST Rank in Juvenile infusion with gluten free paratha

held by Shri V. M. Mehta Institute Of Ayurved on

OCCASION OF WORLD DIABETES DAY, NOVEMBER 14, 2024

Mr. Jay D. Mehta  
Managing Director

Dr. Girirajsinh D. Gohil  
Principal,  
Shri V. M. Mehta Institute of Ayurved

Dr. Devangi Oza  
Program Co Ordinator