



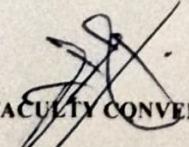
Mercy College
Palakkad, Kerala, India 678006
Govt. Aided Arts & Science College
Affiliated to the University of Calicut
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The Department of History, Mercy College, Palakkad, in association with Vaidyaratnam Oushadhashala, Palakkad, organized the Ayurveda Day celebrations under *Bodhini* on 26 September 2025. The programme, conducted under NAPE as part of the Dissemination of Indian Knowledge Systems, was centered on the theme “*Ayurvedic Approach to Mental Health and Stress Management.*”

The session was inaugurated by the faculty members of the department, who highlighted the significance of Ayurveda in preserving holistic well-being and reviving traditional Indian wisdom. The key address was delivered by **Dr. Remya Sivadas, Branch Physician, Vaidyaratnam Oushadhashala, Palakkad**, who elaborated on Ayurveda’s comprehensive perspective on mental health. She explained how Ayurveda emphasizes a balance between body, mind, and spirit, offering natural remedies, lifestyle practices, and meditation techniques as effective tools for managing stress in the modern world.

The programme provided students with valuable insights into how traditional Indian knowledge systems remain highly relevant in addressing contemporary challenges related to mental health. It successfully bridged the academic exploration of history with India’s rich medical heritage, encouraging participants to reflect on sustainable and holistic approaches to well-being.

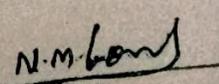
The event concluded with an interactive session where students posed questions and shared reflections, making the celebration both informative and engaging.


FACULTY CONVENER

Shyni E T

STUDENT CONVENER

Durga K V


~~PRINCIPAL~~

PRINCIPAL
Mercy College, Palakkad-06

