

## **Awareness programme on Yoga and Naturopathy for digestive health organized.**

Date: 15.02.2024

Venue: ICAR-CIPHET Ludhiana

On February 15, 2023, the ICAR-Central Institute of Post-Harvest Engineering and Technology (CIPHET) hosted an awareness program focusing on Yoga and Naturopathy for digestive health. Dr. Nachiket Kotwaliwale, the Director of ICAR-CIPHET, extended a warm welcome to the esteemed speaker, Dr. Shiv Kumar Sharma, Shri Madan Mohan Mishra, and Shri Balwinder Ravi from Yog Bharti, Ludhiana. The event saw active participation from all segments of the institute, including scientific, administrative, technical, and contractual staff.

During the session, Dr. Sharma emphasized the pivotal role of maintaining optimal digestive health in preventing and managing various diseases. He generously shared valuable insights and practical tips on how to achieve a healthy gut. Concluding the program, Dr. Nachiket Kotwaliwale expressed gratitude to Dr. Sharma and his team for their enlightening presentation, acknowledging the invaluable contribution they made towards enhancing awareness about digestive health.

