




## Goa University

### Health Centre

### Report on Homeopathic Camp

<b>1. Title of the Event/Activity/program</b>	Homeopathic Camp
<b>2. Date and Time</b>	4 <sup>th</sup> February 2025, 10:00am to 1:00pm
<b>3. Mode of conduct (Physical/Online)</b>	Physical
<b>4. School/ Directorate/ Section</b>	Health Centre, Goa University
<b>5. Collaborating Agency/School/Directorate</b>	Dr . Shewta Phadte
<b>6. Detail of the Resource Person (Brief biodata)</b>	Dr. Amavel Murty.
<b>7. Number of Faculty attended/participated</b>	19
<b>8. Number of Student attended / participated</b>	
<b>9. No. of external students/faculty/other participants</b>	
<b>10. The objectives of the Program/activity/event</b>	Imparting knowledge on health, Healthy lifestyle and medicines and Diet for various medical conditions
	Participants were given one to one advice on their related medical condition like Diabetes , PCOD, Thyroid, infertility , Obesity , certain investigations were advised and lifestyle modification was suggested to some . Appropriate importance to yoga and exercise routine and stress management was suggested to all. Custom made Charts with a homeopathic medicine and Diet plan was given individually to all participants .
<b>12. Benefit/Key outcomes of the Program/activity/event</b>	Promoting healthy lifestyle ,simple food, over ultra-processed easy and quick take away meals , awareness on causes of Obesity, Lifestyle modification and Stress management . Yoga and Sudarshan kriya

	and other homeopathic medicines to those requiring them
<b>13. Enclosures with report</b>	
Signature: Dr Amavel Murty  Date: 4/2/2025	 medical officer

