



Malaviya National Institute of Technology Jaipur

Medical Camp (Menstrual Irregularities)

राष्ट्रीय आयुर्वेद संस्थान, जयपुर



About:

The Dispensary, in association with the Wellness Club, DSW Office at Malaviya National Institute of Technology Jaipur, and the National Institute of Ayurveda, Jaipur organized a Free Ayurvedic Medical Camp on April 18, 2026. The camp was conducted at the MNIT Dispensary from 10:00 AM to 2:00 PM, followed by an interactive session. The initiative aimed to promote awareness about women's health and provide preventive as well as curative healthcare services based on Ayurvedic principles. The camp specifically focused on addressing common gynaecological concerns such as menstrual irregularities, dysmenorrhea, and excessive menstrual bleeding (Asrikdara), along with lifestyle-related issues, including stress and digestive disorders.

A team of experienced Ayurvedic physicians from the National Institute of Ayurveda provided consultations and medical support throughout the camp. The primary objective was to encourage holistic healthcare practices and enhance awareness regarding preventive health among female students, staff, faculty members, and their family members.

Resource Persons:

The medical camp was conducted by a team of experienced Ayurvedic doctors from the National Institute of Ayurveda. The team comprised qualified practitioners with expertise in women's health, lifestyle disorders, and holistic healing through Ayurvedic treatments.

They conducted detailed consultations, basic clinical examinations, and provided personalized treatment plans, including Ayurvedic medicines, dietary guidance (Ahara), and lifestyle recommendations (Vihara).

Session Highlights:**Consultation and Guidance:**

The camp began with individual health consultations where participants discussed their concerns with Ayurvedic doctors. The sessions focused on identifying root causes of health issues and suggesting natural, sustainable treatment methods based on Ayurvedic principles.

Preventive Healthcare Awareness:

Participants were guided on menstrual hygiene, stress management techniques, and maintaining a balanced lifestyle. Emphasis was laid on preventive healthcare practices and the importance of diet and daily routine in maintaining overall well-being.

Learning Outcomes:

The Medical Camp had a significant impact on the participants—

- Participants gained awareness about common women's health issues and their Ayurvedic management.
- Participants received personalized medical advice and treatment plans.
- Participants learned the importance of preventive healthcare, balanced diet, and healthy lifestyle practices.
- Participants were encouraged to adopt holistic approaches for long-term well-being and health management.

और इंजेक्शन

MEDICAL CAMP AT MNIT
CAMP - 10.00 Am - 2.00 Pm
AWARENESS LECTURE - 2.30 pm

