

AYURVEDA FOR HEALTHY LIFE & LONGEVITY – HAND BOOK **RELEASED BY HIS HOLINESS**

With the Divine Blessings of His Holiness Jagadguru Sri Shivaratri Deshikendra Mahaswamiji & other Swamiji & Dignitaries - A Hand Book on Ayurveda for Healthy life & Longevity was released to the public at Sutturu Jatra Mahostava on 8th Feb 2024 which was carried out under the guidance of Dr. Sarbeswar Kar, Principal & Medical Superintendent.

This book is a compilation of charts exhibited during the Sutturu Jatra Exhibition of 2023 in our JSS Ayurveda Medical College & Hospital stall. This book comprises of various healthy living tips, ways to modify towards healthy lifestyle, various utilities of grains, cereals, pulses, fruits, vegetables, honey, ghee, milk and also preparation methods of various foods. In this era of lifestyle diseases like Diabetes, Hypertension, Cancers, Obesity, Cardiac diseases, this book serves as a ready reckoner for better health.



