



Uka Tarsadia University

Diwaliba Polytechnic

**Tree Plantation Drive
And
Free health check up**

Date: 18-07-2024

Venue: Matiya Patidar Ayurvedic Hospital

Time: 01:30 PM to 04:30 PM

Event Co-Coordinator: Mr.Sunil Valand, Diwaliba Polytechnic, UTU

Program objective: To promote environmental sustainability and student wellness by organizing tree plantation and Ayurvedic health check-up activities.

Program outline: The event included tree plantation by students and faculty, along with free Ayurvedic health check-ups focusing on basic medical assessments and preventive care.

Program outcomes: Students gained a deeper understanding of the critical role trees play in maintaining environmental balance. They learned about how tree plantation helps combat climate change, enhances air quality, and supports biodiversity.

Purpose of Organizing the Event:

- To promote environmental conservation by planting trees.
- To raise environmental awareness among students on the occasion of the 10th Foundation Day of Diwaliba Polytechnic College.
- To provide medical treatment based on Ayurvedic principles for specific health conditions..
- To introduce students to various Ayurvedic therapies and treatments.
- To enhance students' understanding of Ayurvedic medicine and its principles.

Brief Report:

A Tree Plantation Program was organized on July 18, 2024, at Matiya Patidar Ayurvedic Hospital through the National Service Scheme (NSS) Unit, in celebration of the 10th Foundation Day of Diwaliba Polytechnic College. In which Uka Tarsadia University Vice President, Principal, Dept HOD's, faculty, NSS Volunteers and all students actively participated in the programme for free health checkup and also done tree plantation.

The faculty provided insights into the importance of tree plantation, explaining the environmental benefits of trees. Our faculty had also explained about the trees and the importance of tree plantation. At the end of programme there was a photo session with Principal, faculty and students. All were happy and experience proud after the tree plantation event was finished, because it really feels great to do positive for the nature.

Additionally, on June 18, 2024, a free health check-up was conducted at Matiya Patidar Ayurvedic Hospital as part of the Foundation Day of Diwaliba polytechnic. This check-up included basic medical assessments such as height, weight, and blood pressure measurements, as well as screenings for vision and dental health. The purpose was to promote student wellness and address any emerging health concerns. Around 25 boys and 15 girls benefited from this Ayurvedic treatment.

The students departed from Diwaliba Polytechnic at 1:30 PM and reached the hospital at 1:45 PM. Mr. Vijay Shah and the staff from Matiya Patidar Ayurvedic College welcomed the students and provided an overview of the significance of Ayurveda in maintaining health.

Key activities included:

1. Comprehensive health assessments by Ayurvedic doctors.
2. Follow-up consultations to monitor progress and adjust treatments.
3. Instruction in yoga practices and meditation techniques..
4. Free health check-ups and consultations, which helped identify any underlying health issues.
5. Education on preventive health measures and wellness practices.
6. In-depth knowledge sharing on specific aspects of Ayurveda.

The event was a success, leaving participants feeling positive about contributing to environmental sustainability and gaining valuable health insights.

Photo session of tree plantation





Photo session of free health check up



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