

RPPK Punjab Chapter

प्रकृति परिक्षण से जन स्वास्थ्य की ओर

Rashtriya Prakriti Parikshan Karyakram (RPPK), for AYUSH Health and Wellness Centres under AYUSHMAN Bharat Yojana

In Collaboration with

Centre of Excellence (CoE) for Applied Development of Ayurveda *Prakriti* and Genomics, CSIR-IGIB TRISUTRA Ayurgenomics Unit

The RPPK training was imparted to 137 Regular Ayurvedic Medical Officers (AMO's).

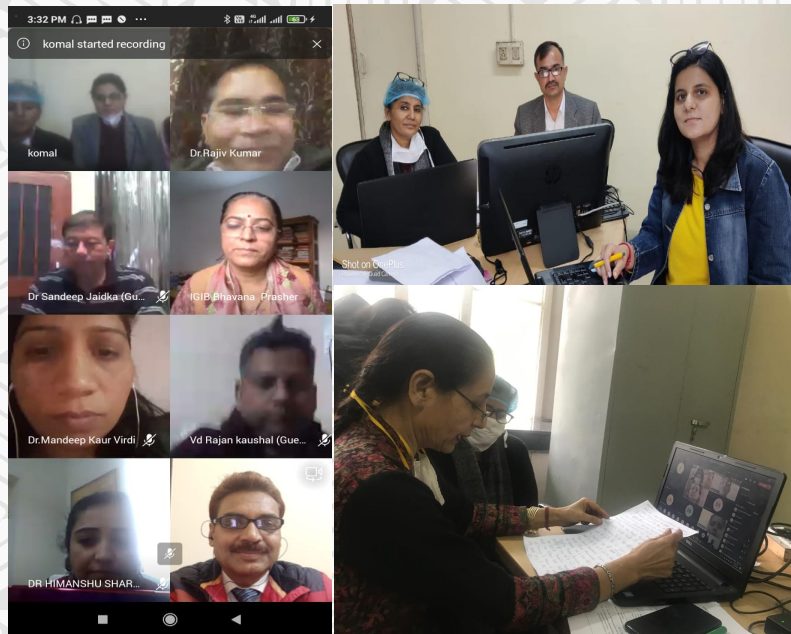
The following themes were covered

- Features of Three *Ekala Tridoshas*
- Prakriti Assessment Methods (Short and Long Questionnaires)
- Prakriti Application in Ayurgenomics
- Lifestyle Assessment and Prakriti based recommendations

PUNJAB

Master Trainers

Dr Rajiv Mehta
Dr Kritika Bhanot
Dr Ashima Sharma
Dr Rajan Kaushal
Dr Himanshu Sharma
Dr Jyoti



A quote from the team

"We are thankful to [Dr Bhavana Prasher](#) and [Dr Mitali Mukerji](#) for enhancing the best in the field of research work in *Prakriti Parikshan*. We are thankful to [Ministry of AYUSH](#) for such innovative projects".

Organiser:

Directorate of Ayurveda Punjab C/o Food & Drug Testing Lab, First floor, Sector 11 D Chandigarh.

Date:

25th-26th November, 2020

Collaborators



IGIB
INSTITUTE OF GENOMICS & INTEGRATIVE BIOLOGY
Genomics Knowledge Partner

Supported by



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MINISTRY OF
AYUSH

