

# ANDAMAN SHEEKHA

The True Mirror of A & N Islands

## **Students Explore Medicinal Plants During Ayurveda Day Excursion**

Sri Vijaya Puram, Oct. 23: As a part of celebration of the 10th Ayurveda Day, with a theme- 'Ayurveda for People and Planet', a medicinal plants excursion was organized for the students of Saraswati Sishu Mandir, Pathergudda, at Dweep Agro Echo Walk, Sippighat and CIARI campus, Garacharama today by AYUSH Wing of DHS and A & N State AYUSH Society.

The trip was flagged off from Ayush Hospital, Junglighat by Dr. Suja Antony, Director, DHS. A total of 88 students of Saraswati Sishu Mandir, Pathergudda along with their teachers apart from Medical Officers and Staff from AYUSH hospital enthusiastically took part in the excursion trip.

Dr. Ajit Arun Waman, Sr. Scientist (Spices, Plantation Crops, Medicinal and Aromatic Plants) conducted an interactive session with students, focusing on the identification, characteristics, and therapeutic uses of various medicinal plants. He demonstrated the nursery cultivation of endemic plants in the A&N Islands aiming to conserve rare native species through seed and vegetative propagation techniques.