



PRAKRITI ASSESSMENT CAMP



For Women Staff

Prakriti is your unique mind-body constitution influenced by three Doshas: Vata Pitta Kapha.

Knowing your Prakriti helps you choose

**Diet, lifestyle and habits for
your body**

Stay balanced

Prevent illness

Know your Prakriti !!!



Date / Time:

**13/04/2026, Monday
10.00 am to 1.00 pm**

Who can Attend?

Women aged between 40-65 years.

Venue:

K.S.Building, Ground Floor, Reception.

Organized by :

Department of Clinical Pharmacology, ACTREC-TMC

in collaboration with

Central Ayurveda Research Institute , Mumbai.

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