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**Press Release**

**Walkathon held at Thiru. Vi.Ka Park, Shenoy Nagar on the occasion of Ayurveda Day Celebrations**

Chennai Metro Rail Limited in association with Captain Srinivasa Murthy Central Ayurveda Research Institute organized a Walkathon held at Thiru.Vi.Ka. Park, Shenoy Nagar on the occasion of Ayurveda Day Celebrations. Tmt. Rekha Prakash, CGM (Planning & Design), inaugurated and participated in the Walkathon.

In the occasion of the 8<sup>th</sup> Ayurveda Day Celebrations, Captain Srinivasa Murthy Central Ayurvedic Research Institute distributed medicinal plants to the Ayurvedic Medical Camp, the general public, and many government institutions at various places from October 9 to November 10, 2023, with the theme "Ayurveda for One Health - Ayurveda for Everyone on Every Day".

Following this, medicinal plants with various medicinal properties were distributed to the public during the Walkathon.

Dr. R. Elavarasan, Assistant Director and Institutional Incharge, Captain Srinivasa Murthy Central Ayurvedic Research Institute, Thiru. K.R. Thangaraj, DGM (Contract Management), CMRL, senior officials and staff of CMRL and Research Institute were also present during the event.

**Issued By: Joint Director / Public Relations Officer  
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