

LIST OF ARTICLES PUBLISHED BY FACULTY

Issue No.	Name of Magazine	Month and Year	Name of Article	Article by
34	DAV Ayurveda for Holistic Health	January- February 2019	Lotus Beneficial From Tip to Toe	Dr. Rajni Thakur
			9 Herbs to control blood sugar level	Dr. Rohit Johari
			30 Health Benefits of Peppers	Dr. Amandeep Sangar
			Yoga A Boon for Asthma	Dr. Gagan Thakur
			Ayurvedic Solutions for Premature Graying of Hair	Dr. Sanjeev Sood
			Ayurvedic Cure of Hyperacidity	Dr. Nishu Raina
			Ayurvedic Solutions are best for anal fissure	Dr. Namrata Sharma
			Ayurvedic Management of Obsessive Compulsive Disorder	Dr. Rajni Thakur & Miss Roshni
			9 Woman Friendly Food	Dr. Binu Sharma & Miss Navneet Kaur
35	DAV Ayurveda for Holistic Health	June-July 2019	Sulphur A Golden Mineral for Health	Dr. Rajni Thakur
			15 Health Benefits of Ginger	Dr. Chander Shekhar Sharma
			Rose for Love & Healing	Dr. Sanjeev Sood
			High Blood Pressure and Its Ayurvedic Management	Dr. Raj Kumar Sharma
			Guava Packed with Health Benefits	Dr. Nishu Raina
36	DAV Ayurveda for Holistic Health	December- January 2020	Intermittent fasting A Natural way to keep oneself healthy	Dr. Rajni Thakur
			Hepatic Health with Herbal Wealth	Dr. Gagan Thakur
			Eye Care with Ayurveda	Dr. Anjali
			Charismatic Cloves	Dr. Sanjeev Sood
			Swarna Prashana for Immunity & Intellect	Dr. Parikshit Sharma
			Osteoarthritis myths & facts	Dr. Neeraj Kumar
			Know about polycystic ovarian syndrome	Dr. Renu Bala
			All the parents need to know Anxiety in Kids	Dr. Nishu Raina
37	DAV Ayurveda for Holistic Health	October- November 2020	5 Rice Recipes from Ayurvedic Dietetics	Dr. Rajni Thakur
			Pomegranate Red Jewel For Health	Dr. Riya
			Goat Milk = Safer Milk No Lactose Allergy	Dr. Rajni Thakur
			Leech Therapy miracle of Ayurveda	Dr. Anjali
			Vasa Godsend Herb For Lungs	Dr. Sanjeev Sood
			Ayurvedic Care of Health	Dr. Gagan Thakur
			Millet's Low Glycemic Index Grains	Dr. Megha
			Ayurvedic Management of Bronchial Asthma	Dr. Nishu Raina
			Hadjod for Joining Bones	Dr. Namrata Sharma
			Shatavari For Women Wellness	Dr. Sunaina
			Keep The Love Flowing	Mr. Simranjeet Singh

38	DAV Ayurveda for Holistic Health	May-June 2021	8 Ayurvedic Principles of Diet	Dr. Neeraj Kumar
			Ayurvedic Management of Parkinson's diseases	Dr. Nishu Raina
			15 Health benefits of Sesame	Dr. Renu Bala & Mehak Saini
			Chyavanprash	Dr. Gagan Thakur
			Seven wonders of Ginseng	Dr. Rohit Johari
			Tomatoes for Health	Dr. Neha Bhardwaj
			Role of Vitamin D in Covid-19	Dr. Deeksha Rana
			Tejpatta an Ayurvedic spice	Dr. Sanjeev Sood
			Brahmi (An Ayurvedic Herb that grows in Australia)	Dr. Raj Kumar Sharma
			Aromatherapy	Dr. Rajni Thakur & Parul
			Iron Rich Foods	Dr. Diksha Chopra
			Kanji probiotic drink from kitchen	Dr. Niranjana Kumar Sharma
			10 Herbs for Gout	Marriyam
39	DAV Ayurveda for Holistic Health	March-April 2022	Calcium an essential nutrient	Dr. Gayathri M Prakash
			Potential of Ayurveda in Cancer	Dr. Pooja, Dr. Himani Sagar, Dr. Geetanjali
			Moringa Super food	Dr. Amandeep Sanger
			6 Health benefits of Citrus Fruits	Dr. Deepak Verma
			Shikakai for healthy Hair	Dr. Harshita Rana
			Black Cardamom boon from Himalayas	Dr. Sanjeev Sood
			Ayurvedic Management of Cervical Spondylitis	Dr. Namrata Sharma
			Positive Thinking key to success	Dr. Shilpy Jetly
			Ayurvedic solutions of Nasal Allergy	Dr. Rajni Thakur
			Ayurvedic Management of Prostate Enlargement	Dr. Gagan Thakur
			Castor Oil	Dr. R. Vatsyayan
			Ayurvedic Massage	Dr. Nivedita

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