



AWWA WEBSITE UPDATE : JAN 2025



**NEW YEAR CELEBRATION : COI**



# AWWA WEBSITE UPDATE : JAN 2025



**VIDEO CONFERENCE: ASTC**







# AWWA MEET : ASTC







# STN LADIES MEET : A MESS







# CONFERENCE : ASTC





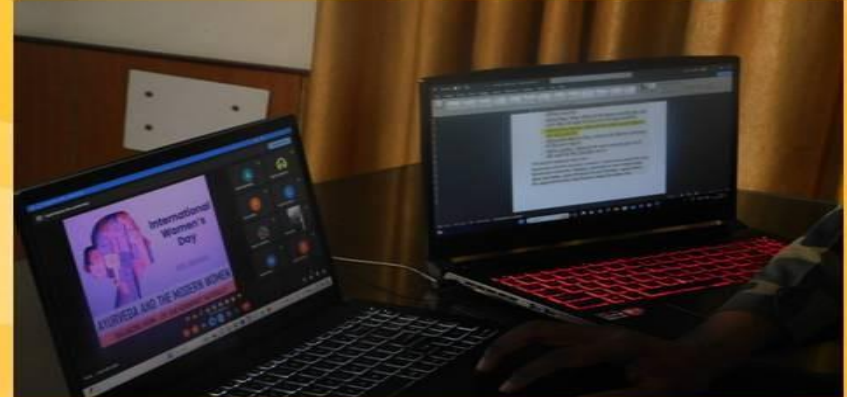


# LADIES MEET : ASTC





# AYURVEDA & IT'S PRACTICE FOR MODERN WOMEN BALANCING WORK,LIFE AND HORMONES NATURALLY:BATHINDA



Meet - myd-adhi-gbd

meet.google.com/myd-adhi-gbd

Sushil Gautam (Presenting)

### AYURVEDIC BODY TYPE CONSTITUTION

VATA (Space & Air)	PITTA (Fire & Water)	KAPHA (Moon & Earth)
<b>VATA</b> (Space & Air)	<b>PITTA</b> (Fire & Water)	<b>KAPHA</b> (Moon & Earth)
Thin, dry, nervous erectile, light, quick, light-headedness, sensitive to cold, active mind, leadership energy, creative, ambitious, enthusiastic	Medium built, hot, athletic, prone to inflammation, intelligent, compassionate, beautiful, hot temper, critical when disagreeing, mean, goal-oriented, sharp intellect	Sturdy build, calm, dear, steady, gains weight easily, heavy sleep, easy-going, fun-loving, trusting, generously gives to materiality, compassionate, affectionate

Sushil Gautam

People

- Bijeta Singha
- Birendra Singh
- Brena Jarbesh Jareesh
- Chikkusen
- Deen Mohammad

11:31 AM | vishnu / ASTC

**AYURVEDA & IT'S PRACTICE FOR MODERN WOMEN**  
**BALANCING WORK,LIFE AND HORMONES**  
**NATURALLY:BATHINDA**





# LECTURE ON GOOGLE MEET AT ASTC FOR LIFE STYLE DISEASES: BATHINDA







# LECTURE ON GOOGLE MEET AT ASTC FOR LIFE STYLE DISEASES: BATHINDA



Shradha Sasi (Presenting)

## CHICKENPOX AND MUMPS: PREVENTION

VARICELLA

M-M-R

Shradha Sasi

World Health Day 11:50

Shradha Sasi (Presenting)

## JUST REMEMBER ABCDE

Making healthy life as easy as ABCDE

- A**void alcohol
- B**eat the blues
- C**hange your diet
- D**on't drink and drive
- E**at healthy

Shradha Sasi

World Health Day 11:46



The following courses/ activities are being run at the Army Skill Training Centre (ASTC) of Bathinda Mil Stn:-

## **TAILORING COURSE & BASIC COMPUTER COURSE**



## **SKATING & ABACUS**

