



KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences.

TO WHOM SO EVERIT MAY CONCERN

This is to certify that the information in the attached documents is verified by me and is true to the best of my knowledge.

Chandran



Manassery PO, Mukkam, 673602, Kozhikode, Kerala
☎ 0495-229 4664 ✉ ayurveda@kmct.edu.in
🌐 www.kmctayurvedacollege.org



INNOVATION AND
ENTREPRENEURSHIP
DEVELOPMENT CENTRE





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AYURVEDA MEDICAL COLLEGE

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8.1.14- pathyahara preparation



Arshana
PRINCIPAL
K.M.C.T. AYURVEDA
MEDICAL COLLEGE



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DEPARTMENT OF SWASTHAVRITHA

LIST OF RECIPES

1. Ragimalt
2. Ragi Dosa
3. Ragi Ladoo
4. Kessari
5. Peanut Chikki
6. Carrot Halwa
7. Curd Rice
8. Sesame Ladoo
9. Amla juice
10. Pineapple juice
11. Ashgourd juice
12. Watermelon juice
13. Buttermilk
14. Vegetable salad
15. Fruit salad

Handwritten signature

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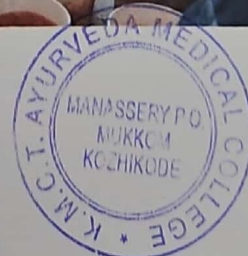
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Amritha

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