

A report on “Namma Nadige Aroghyadege” - Trekking to Chamundi Hill

Place: Chamundi Hill, Mysuru

Date: 12th September 2024

The month of September is observed as World Alzheimer's Month and various activities are organized throughout the month to bring awareness and to help the concerned.

Women's cell and NSS of ATMECE have been supporting the activities organized by Alzheimer's and Related Disorders Society of India (ARDSI) Mysore Chapter, a registered NGO under the Karnataka Societies Registration Act and the only specialized Dementia organization in the whole of Mysore and surrounding districts.

It was organised by Alzheimer's & Related Disorders Society of India (ARDSI) and the trek commenced from the foothill and culminated at the hill top. There was also a memory and health screening for the participants.



Alzheimer's disease was the most common dementia and accounts for 50 per cent to 60 per cent of all cases caused by abnormal brain tissue changes. A majority of the people with dementia have been living in the developing countries and account for 60 per cent of the cases and this was likely to increase to 71 per cent by 2040, according to ARDSI.

The ARDSI organised the event to create greater public awareness of this disease. The programme was held in association with various organisations Hanumanthachar Joshi, principal, Sarada Vilas College of Pharmacy, and president, ARDSI Mysuru chapter, presided.

Around 60 students of ATMECE have participated in the event “Namma Nadige Aroghyadedege”- Trekking to Chamundi Hill on 12th September 2024.



The programme was inaugurated by Sri.Amshi Prasanna Kumar, Executive Director, Kannada Prabha and Smt. Pallavi Arun, President, Inner Wheel, Mysuru.

Dr. Sandhya, Regional Director, VTU, Mysuru, Dr. Lakshmi Narayana Shenoy, Asst.Director, Govt. Ayurvedic Research Centre, Dr Hanumanthachar Joshi, President, ARDSI, Principal, Sharadavilas College of Pharmacy, Mysuru graced the occasion.

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