



ASIAN MEDICAL STUDENTS' ASSOCIATION INDIA



CERTIFICATE

» *of Achievement* «

This is to certify that **AEDHA N** of BOWRING AND LADY CURZON MEDICAL COLLEGE, KARNATAKA secured 1st position in an online Poster Making Competition: How to Build Immunity on 13th June 2020.

ROUNAK VERMA
GENERAL SECRETARY
AMSA-INDIA

PRIYANSH NATHANI
REGIONAL CHAIRPERSON
AMSA-INDIA

DR. AVI SINGH
VICE OVERALL CHAIRPERSON INTERNAL
AMSA-INDIA

How To

BUILD IMMUNITY

Exercise Regularly



Get a good rest at night

Minimise Stress



Quit smoking & Limit your alcohol intake

Take a balanced diet



Stay Positive



Keep a pet



Look into supplements



BUILD YOUR IMMUNITY

BE SAFER

LIVE LONGER!!!