

Date: 28/10/2022

To

The Principal,

Y.M.T. Ayurved Medical College,

Kharghar, NaviMumbai.

Respected Sir,

As per your suggestion, I am hereby submitting the report on 'Har Din Har Ghar Ayurved'2022.

All supportive documents are attached herewith.

This is for your kind information.

Yours Sincerely,

Dr. Sheela Pargunde

H.O.D.

Department Of

Rasashastra & Bhaishajya Kalpana

A REPORT

On the programme

TITLE: 'Har Din Har Har Ghar Ayurved' 2022 |AYUSH| 7th Ayurveda Day

INSTITUTE NAME: Y.M.T. Ayurvedic Medical College, Kharghar, NaviMumbai.

DEPARTMENT NAME - Rasashastra & Bhaishajya Kalpana

PLANNING: The program was conducted during the period of 19 Sept.2022 to 23 Oct.2022. The schedule of all activities was decided in departmental meeting with all faculties. Various modes of awareness regarding Ayurveda amongst common people were discussed and following schedule was finalized. (The Schedule is attached herewith. The separate sheet is attached.)

SCHEDULE:

Sr. No.	Date	Weekly Event	Activity	Topic	Faculty Name
1.	19-25 Sept'22	Ayurveda for millennial	A YouTube video was shared.	Shadanga paneeya । षडंग पानीय निर्माण व उपयोग । हर दिन हर घर आयुर्वेद ।	Dr. Ashvini Deshmukh
				Chyavanprash च्यवनप्राश निर्माण व उपयोग । हर दिन हर घर आयुर्वेद ।	Dr. Ashish Punde
2.	26 Sept-02 Oct'22	Ayurveda Aahar	Pathya Kalpana live demo for OPD patients. Pathya Kalpana videos were running on the main screen.	<i>Aushadha siddha Yusha</i>	Dr. Sheela Pargunde
				<i>Krushara</i>	Dr. Ashvini Deshmukh
				<i>Manda, Peya, Vilepi and Yavagu</i>	Dr. Sheela Pargunde
				<i>Takra Kalpana- A YouTube video was shared. ' हर दिन हर घर आयुर्वेद'</i>	Dr. Meenakshi Amrutkar

				<p>यह आयुष मंत्रालय के उपक्रम के अंतर्गत तक्र निर्माण व उपयोग।</p> <p>Alepak- A YouTube video was shared.</p> <p>आहारातील औषध " आर्द्रक" आणि त्यापासून निर्मित आलेपाक. Explained by Dr Ashvini Deshmukh</p>	
3.	03-09 Oct'22	Ayurveda for senior citizens	Public Talk	Guidance & Awareness on general Disorders occurring in Old Age (Joint Pain)	Dr. Vaishali khobragade
4.	1. 10-16 Oct'22	Ayurveda for mental well being	Publication	"Ayurveda for mental well being" (Sent to Sachitra Ayurved-Publication Inprocess)	Dr. Sheela Pargunde
5.	17-22 Oct'22	Ayurveda sharing of experiences	-	-	-