

Report of the 10th Ayurveda Day Expo

On the occasion of Ayurveda day jay jalaramAyurvedic medical college organized exhibition cum mini expo On the day of **15th September** at **Shree G. D. Shah & J. I. Pandya School** Mahelol village. The expo focused on promoting Ayurveda and its benefits to the local community.



Key highlights of the event included:

- **Mini Expo by the Dravyaguna Department:** A mini exhibition was set up by the Dravyaguna department, showcasing various medicinal plants and their uses. This exhibit attracted a significant number of visitors, with approximately **250** people.
- **Medicinal plant Exhibition** Students delivered knowledge of properties of different herbs and natural remedies of around **200 dry herbal medicine samples, 30 fresh drugs including how to identify and how to use etc.**
- **Students also displayed herbarium sheets and its importance in preservation of medicinal herb.**



Dhanya varga Exhibition

Detailed information regarding **Dhanya varga**(~ Cereals) **Shuka Dhanya** and **Shimbi Dhanya** .(24 samples).



Kitchen herbs Exhibition

2nd year girls explained Medicinal uses of **18** Kitchen spices herbs to visitors. The exhibitions highlight how everyday kitchen herbs and spices are not just for flavor but are powerful medicinal agents.



Ayurveda model Exhibition

Dravyaguna department organize model exhibitions where students present working models and scientific information regarding about this model. 2nd year senior batch exhibits 5 model which represents the important Dravyaguna basic principles in this mini expo .



Sapling Distribution:

As a step towards environmental conservation and promoting the cultivation of medicinal plants, 25 saplings were distributed to attendees. This initiative encouraged people to grow their own herbal gardens and contribute to a healthier environment.



The expo served as an excellent platform for community engagement and education on the principles of Ayurveda, demonstrating the college's commitment to spreading awareness about this traditional system of medicine.

Report on Medical and Wellness Camp for Ayurveda Day Celebration

Introduction:

As part of the Ayurveda Day celebrations, our institution organized a Medical and Wellness Camp to provide healthcare services and promote Ayurvedic principles of preventive and holistic health. The camp aimed at community service, awareness creation, and early detection of diseases.

Camp Details:

- Date & Time: 15/09/2025 10:00am
- Venue: Mehalol
- Organized by: Jay Jalaram Ayurvedic Medical College – Shivpuri (Godhara)
- Beneficiaries: community members, students, and staff

Activities Conducted:

1. General Health Check-up

- Comprehensive health examination by Ayurvedic physicians
- Recording of blood pressure, pulse, weight, and other vitals

2. Specialized Screening

- Diabetes and Hypertension Screening – blood sugar and BP check
- Lifestyle Disorder Consultation – obesity, stress, digestive issues
- Women & Child Health Guidance – dietary and lifestyle tips

3. Free Distribution of Medicines

- Ayurvedic medicines were distributed for common ailments
- Counseling on correct usage and safety of medicines

4. Wellness Activities

- Yoga and Pranayama Session for physical and mental wellbeing
- Diet and Lifestyle Counseling based on Ayurveda
- Guidance on immunity-boosting measures and seasonal regimens

Outcome:

- Large participation from community and students reflected trust in Ayurveda

- Early detection of health issues and timely medical advice provided
- Awareness on adopting Ayurvedic lifestyle practices for long-term wellness
- Positive feedback from beneficiaries regarding free services, yoga session, and health counseling

Conclusion:

The Medical and Wellness Camp organized on Ayurveda Day successfully combined service, awareness, and education. It strengthened community faith in Ayurveda and encouraged individuals to adopt healthier lifestyles through small, practical steps.



Report on Public Awareness Programs for Ayurveda Day

Introduction:

On the occasion of Ayurveda Day, our institution organized public awareness programs to spread authentic knowledge of Ayurveda and promote healthy living. The programs included Health Talks and Street Plays, aiming to educate both the general public and students.

Details of the Programs:

1. Health Talks

Venue: Mehalol

Date & Time: 15/09/2025 10:00am

Resource Persons: Ayurvedic doctors

Topics Covered:

Preventive healthcare through Ayurveda

Daily routine (Dinacharya) and seasonal practices (Ritucharya)

Role of Ayurveda in lifestyle disorders and immunity building

Importance of consulting qualified Ayurvedic practitioners and avoiding misleading advertisements

Beneficiaries: 100 students, and staff

Outcome: Participants received clear and practical guidance on integrating Ayurveda into their lives.

2. Street Plays (Nukkad Natak)

Venue: School

Date & Time: 15/09/2025 10:00am

Themes Presented:

Combating Misleading Advertisements in Ayurveda: Encouraging people to trust only authentic, evidence-based treatment and avoid falling for false claims.

Little Steps to Wellness – Ayurveda Awareness for Students: Simple lifestyle tips for school and college students, such as balanced diet, proper sleep, yoga, pranayama, hand hygiene, and avoiding junk food.

Performers: interns Student and 3rd year students performed short, interactive plays

Beneficiaries: Large audience including residents, shopkeepers, travelers, and students

Outcome: The fact-based plays helped clear misconceptions about Ayurveda and encouraged youth to adopt healthy daily practices.



Report on the 10th Ayurveda Day School/college outreach

Date of Celebration: 23/09/2025. 11:00Am

Venue: Seminar Hall (JJAMC)

Theme: Ayurveda for People and Planet

Organized by: Jay Jalaram Ayurvedic Medical College Shivpuri (Godhra)

Participated School and college: Veganpur Primary school Veganpur, Godhra

and Prerna institute of Nursing Shivpuri, Godhra

Introduction

The 10th Ayurveda Day was celebrated on Dhanvantari Jayanti, the auspicious day dedicated to Lord Dhanvantari, regarded as the divine healer and the father of Ayurveda. On the occasion of **National Ayurveda Day**, Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra, Gujarat, conducted a special **school/college outreach programme** to spread awareness about the principles of Ayurveda, preventive healthcare, and the relevance of traditional systems of medicine in modern life. The initiative aimed at engaging young students and inspiring them to adopt healthy lifestyles rooted in Ayurveda.

Objectives

- To create awareness among students about the significance of Ayurveda in daily life.
- To promote preventive healthcare concepts such as **Dinacharya (daily regimen)** and **Ritucharya (seasonal regimen)**.
- To highlight the role of Ayurveda in holistic well-being and disease prevention.
- To encourage youth participation in preserving and promoting India's traditional healthcare heritage.

Program Highlights

1. Inaugural Session

- The program began with lighting of the lamp and prayer to Lord Dhanvantari.
- Welcome address by Principal sir and faculties.
- Inaugural speech delivered by Principal sir and Faculties

2. Lectures & Talks

- Guest lectures on topics such as "Ayurveda and Lifestyle Disorders," "Role of Ayurveda in Public Health," and "Integration of Ayurveda with Modern Medicine."
- Interactive session for students and faculty.

Institute visitation:

Guided tours were conducted to departments such as *Dravyaguna (Pharmacognosy)*, *Rasashastra (Pharmaceuticals)*, *Kriya Sharir (Physiology)*.

Demonstrations of Ayurvedic medicines, specimen displays, and preparation methods were shown.

Outcome

- Increased awareness about Ayurveda among students, faculty, and public.
- Strengthened commitment to integrating Ayurvedic wisdom into modern health practices.
- Active participation from number of students, faculty, and community members.

Conclusion

The 10th Ayurveda Day celebration at Jay Jalaram Ayurvedic Medical College Shivpuri was a successful and meaningful event. The program served as a platform to spread Ayurveda's timeless knowledge and inspire the younger generation to uphold and promote this ancient science for global well-being.





Summary of the 10th Ayurveda Day Expo

On the day of **15th September, The 10th Ayurveda Day Expo, Shri G.D. Shah and J.I. Pandya Highschool, At Mahelol** held at village, was a successful event organized by Jay Jalaram Ayurvedic Medical College, Shivpuri Godhara. The expo focused on promoting Ayurveda and its benefits to the local community.

Key highlights of the event included:

- **Mini Expo by Rasashastra and Bhaishajya Kalpana Department:-**

A mini exhibition was setup by the Rasashastra & Bhaishajya Kalpana Department, showcasing various medicinal preparations (formulations) containing ingredients and method of preparation and use. This exhibit attracted a significant number of visitors, with approximately **275** people attending to learn about the different formulations and uses. Total **15** *kalpana* (preparation) including ***Churna*** , ***Ghanvati***, ***Mashi Kalpana***, ***Lavana Kalpana*** ***Khanda Kalpana***, ***Malhara Kalpana***, ***Bhasma***, ***Cream*** and Detailed information about preparations along with Modern Dosage forms. Students of 2nd year Senior & Junior batches represented about each formulations in this mini expo . Students also displayed Ancient Equipments of Rasashastra like Porcelain Kharal, stone mortar and pestle.

The expo served as an excellent platform for community engagement and education on the principles of Ayurveda, demonstrating the college's commitment to spreading awareness about this traditional system of medicine.





Summary Report of Student Wellness Programs

Organized by: Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra

Occasion: 10th National Ayurveda Day

Date: 26/09/2025

Place: JJAMC Seminar Hall

Introduction On the occasion of the 10th National Ayurveda Day, Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra, organized **Student Wellness Programs** to promote health, harmony, and holistic living among students. The initiative aimed to integrate Ayurvedic principles into daily lifestyle and foster awareness of preventive healthcare.

Activities Conducted

1. Yoga Sessions

- o Conducted to enhance physical fitness, flexibility, and mental balance.
- o Students practiced various asanas and breathing techniques.

2. Meditation Practices

- o Introduced for stress management, mindfulness, and improving concentration.
- o Provided techniques for maintaining emotional stability.

3. Ayurvedic Diet Demonstrations

- o Practical demonstrations of nutritious Ayurvedic food preparations.
- o Focused on seasonal diet, balance of doshas, and healthy eating habits.

Outcomes

- Students reported improvement in focus, relaxation, and energy levels.
- Increased awareness about the importance of Ayurveda-based lifestyle practices.
- Encouraged integration of yoga, meditation, and Ayurvedic diet into daily routines.

Conclusion

The Student Wellness Programs proved to be a meaningful step toward promoting holistic well-being. The initiative not only improved student health and awareness but also strengthened the college's commitment to spreading the essence of Ayurveda among the younger generation. It is recommended to continue such initiatives periodically for sustained benefits.



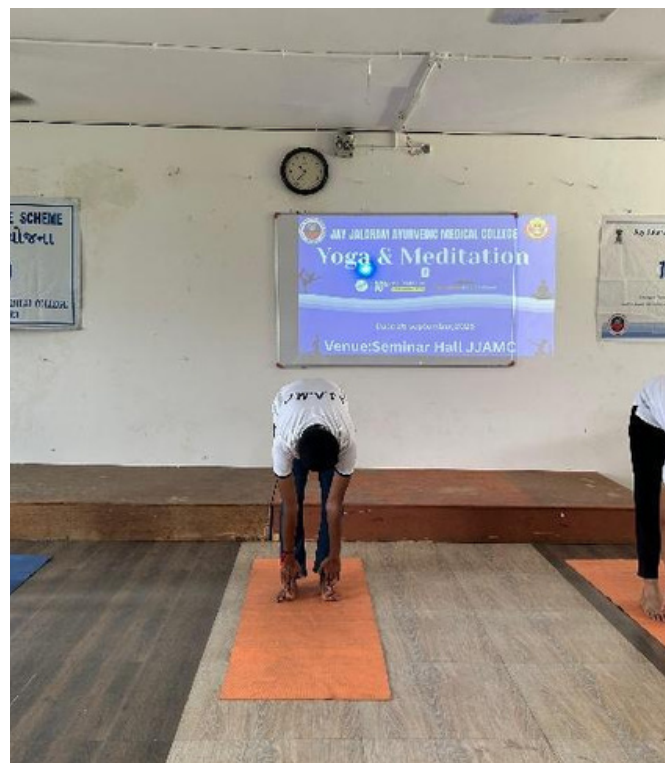




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Report on Teachers' Day Celebration – 5th September 2025

Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra

Teachers' Day was celebrated with great enthusiasm and reverence at **Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra** on **5th September 2025** to commemorate the birth anniversary of **Dr. Sarvepalli Radhakrishnan**, the great philosopher, scholar, and former President of India.

The celebration began with a **lamp-lighting ceremony** by the President, the Principal, teaching faculty, and students, followed by a **floral tribute** to Dr. Radhakrishnan. The Principal delivered an inspiring speech highlighting the invaluable role of teachers in shaping students' lives and nurturing future generations.

Students expressed their gratitude through **songs, speeches, poems, and skits**, showcasing their love and respect for their teachers. The event was coordinated by the **NSS Unit and Cultural Committee** of the college.

As a gesture of appreciation, the students presented **greetings and mementos** to the faculty members. The program concluded with a **vote of thanks** delivered by a student representative, followed by light refreshments. The celebration created an atmosphere of joy, respect, and inspiration, reflecting the strong bond between teachers and students at Jay Jalaram Ayurvedic Medical College.

Prepared by:

NSS & Cultural Committee

Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra.

