

World Hearing Day

Date: 6" March 2026

Venue: Jay Jalaram Ayurvedic Medical College attached with Smt Damayantiben patel Ayurvedic Hospital

Department: Shalakya Tantra

Introduction

World Hearing Day is observed every year on 3" March to raise awareness about hearing loss and promote ear and hearing care worldwide. his initiative is organized by the World Health Organization (WHO) to encourage early detection and prevention of hearing problems

On this occasion, the Shalakya Tantra Department of Jay Jalaram Ayurvedic Medical college organized an awareness program on 6" March 2026 to educate patients, students, and staff about the importance of ear health.

Objectives

To spread awareness about hearing health

To educate people about prevention of hearing loss

To promote early diagnosis and treatment of ear diseases.

To encourage proper ear hygiene and care.

Activities Conducted

1. Importance of Hearing

Hearing allows us to understand speech and communicate effectively with others, It helps us participate in conversations, express ideas, and build relationships

2. Awareness Session/Poster presentation

An awareness session was conducted for patients and students where information about causes of hearing loss, preventive measures, and the importance of early diagnosis was explained

3. Health Education

Information regarding hearing care, common ear disorders, their symptoms, and preventive measures were explained to patients and students.

Importance of Early Detection

Early detection of hearing problems plays a vital role in preventing permanent hearing loss. Regular ear check-ups, avoiding excessive noise exposure, and maintaining ear hygiene can help protect hearing health.

Conclusion

The celebration of World Hearing Day successfully spread awareness about hearing health among patients, students, and hospital staff. The program emphasized the importance of prevention, early detection, and proper management of ear diseases.

The Beneficiaries of the event were 3 " year Bams (Batch 2021-2022) Students

Consultants: The World Hearing Day celebration was conducted under the guidance of the following consultants of the Shalakya Tantra Department:

Dr.Tarak Bhagora

Dr. Akshya Yagnik

Dr. Ravina Baria



Date- 11/03/2026

International Women's Day Celebration

The International Women's Day was celebrated with great enthusiasm at Jay Jalaram Ayurvedic Medical College, Shivpuri, from 2:00 PM onwards. The event was organized by the Department of Prasuti Tantra and Stree Roga to honor the strength, dedication, and contributions of women in society and the healthcare field.

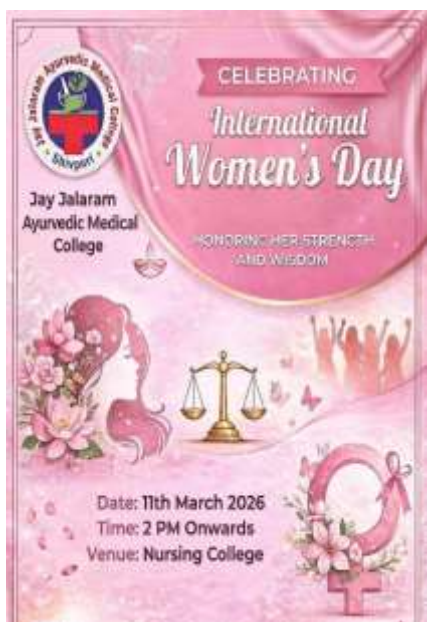
The program began with a warm welcome to all dignitaries, faculty members, hospital staff, and students. On this special occasion, gifts were distributed to all women faculties, hospital staff, and workers as a token of appreciation for their invaluable service and commitment.

Various engaging activities were conducted as part of the celebration. A poster presentation was organized where students creatively expressed themes related to women's empowerment and health awareness. The cultural segment included a song performance by students, which added joy and vibrancy to the event.

The event was further enriched by inspiring speeches delivered by Principal Dr. Siba Prasad Sir and, Dr. Sanjay Kamble Sir who highlighted the importance of women's empowerment, equality, and respect in all aspects of life. Their words motivated everyone to contribute towards building a supportive and inclusive environment.

To make the celebration more interactive and enjoyable, fun games for women were arranged, encouraging active participation and creating a lively atmosphere.

The celebration concluded on a happy and memorable note, leaving everyone inspired and appreciated. Overall, the program was a great success and effectively conveyed the message of honoring women's strength and wisdom.



World Glaucoma Week 2026



Introduction

World Glaucoma Week is a global awareness campaign organized by the World Glaucoma Association to spread awareness about Glaucoma and encourage early detection to prevent blindness.

In 2026, World Glaucoma Week was observed from 8 March to 14 March 2026. On this occasion, students of Jay Jalaram Ayurvedic Medical College actively participated in awareness activities conducted at Smt. Damayantiben Patel Ayurvedic Hospital under the Department of Shalaky Tantra

About Glaucoma

Glaucoma is a group of eye diseases that damage the optic nerve, usually due to increased intraocular pressure (IOP). It is commonly known as the "silent thief of sight" because vision loss occurs gradually and often without early symptoms.

Importance of Early Detection

Glaucoma may progress without noticeable symptoms until significant vision loss occurs. Early detection through regular eye examinations and timely treatment can help prevent permanent damage to vision. Therefore, public awareness and regular screening are essential for protecting eye health.

Activities Conducted

During world Glaucoma Week (8-14 March 2026), the following awareness activities were organized.

Poster Presentation

Poster presentations were organized to educate students and the public about glaucoma, its causes, symptoms, and prevention.

Poster Topics

Glaucoma -The Silent Thief of Sight

Eye Pressure (Glaucoma) Awareness

Understanding Glaucoma

Protect your vision- Prevent Glaucoma



Paper Presentation

Students presented papers on topics related to glaucoma and eye health to increase academic knowledge

Student and Public Awareness Activity

Information about glaucoma and its prevention was explained to students, patients, and visitors through ppt presentation.

Free Eye Check-Up Camp

In our hospital OPD No. 4 a Glaucoma Screening will be organized to create awareness and promote early detection of glaucoma. During the screening opd, experienced doctors will provide free eye examinations, glaucoma screening, consultation, and guidance on eye care. Patients with symptoms such as eye pain, blurred vision, headache, or family history of glaucoma are encouraged to attend.



Rangoli Preparation

Students prepared rangoli based on the theme of glaucoma awareness to spread knowledge creatively among patients and visitors.

This rangoli helps draw public attention and encourages everyone to take care of their eye health and undergo regular eye check-ups, especially for glaucoma, which often sows no early symptoms.

Guidance

These activities were conducted under the guidance of

Dr Tarak Bhagora., Dr. Ravina Baria, Dr. Akshaya Yagnik

Conclusion

World Glaucoma Week plays an important role in spreading awareness about glaucoma and preventing blindness. Through activities such as poster presentation, paper presentation, rangoli preparation, and public awareness programs, valuable knowledge about glaucoma and the importance of regular eye examinations and early detection of glaucoma and its treatment Was shared.

WORLD ORAL HEALTH DAY -2026

BY-DEPARTMENT OF SHALAKYA TANTRA, JAY JALARAM AYURVEDIC MEDICAL COLLEGE, SHIVPURI



Theme-" A Happy Mouth is a Happy Life.

Venue:- seminar hall, Jay Jalaram Ayurvedic Medical College, shivpuri

Date:- 20 March 2026

Time: 1.00 pm to 2:30 pm

Topic - Celebration of World Oral Health Day

Every year 20th of March is celebrated as world oral health day. This day is marked with the knowledge, tools, and confidence to secure good oral health the aim to empower people. In 2021, FDI launched a three-year campaign theme: Be Proud of Your Mouth. Oral health diseases can be painful and distressing to the patients, while, can also be linked to various systemic diseases. The Department of Shalakya tantra celebrated World Oral Health Day by first educating the gathering about the diverse aspects of oral health and diseases. A special program was organized at the institution on 20th March to spread awareness about the importance of oral hygiene and dental care. The 2026 theme is "A Happy Mouth is a Happy

Life," focusing on how good oral health-including having 20 natural teeth in old age or 20 milk teeth in children -is vital for overall well-being

The conduction was met with great enthusiasm and commendable participation from all students and faculty



Topics covered in this session were.

1: Spread Awareness About Oral Health:

Many people neglect their oral hygiene, which can lead to problems such as dental caries, gum diseases, bad breath, oral infections, and even oral cancer. This day helps educate people about proper brushing, flossing, and regular dental check-ups

2: Promote Preventive Dental Care:

The main aim is to encourage people to prevent oral diseases rather than treating them later. Preventive habits include Brushing teeth twice daily Using fluoride toothpaste Reducing sugar intake Visiting a dentist regularly

3: Highlight the Link Between Oral Health and General Health:

Maintaining oral hygiene is essential for overall health and quality of life. Poor oral health is connected with many systemic diseases such as

Diabetes

Heart diseases

Respiratory infections



4: Encourage Global Action:

The day is organized by the FDI World Dental Federation and involves

Dental camps

Awareness programs

School education campaigns

Free dental check-ups

These activities help communities understand the importance of healthy teeth and gums

5: Importance in Public Health

Oral diseases affect billions of people worldwide, but most of them are preventable with proper care. World Oral Health Day reminds everyone that a healthy mouth leads to a healthy body and confident smile

The event began with :-

Dipa-pragatya which was done by our all teacher faculties. Then, a welcome speech highlighting the significance of maintaining good oral health by Nachiketa Maheta(TY junior).After that the informative speech was given by two students of (TY junior) by Jiya Mehta and Mohit Devada. Students and participants were educated about proper brushing techniques, the importance of regular dental check-ups, and the prevention of common dental problems such as cavities and gum diseases, brushing method by Sunil Baria (TY junior)



Various activities like poster presentations were given by our intern doctors:

- 1) Oral Cavity as Mirror of Systematic Health - by Dr.Honey
- 2) Ayurvedic Concept of Mukhroga-Dr.Sakshee
- 3) Dinacharya for Oral health -Dr.Ganesh
- 4) Integrated management of Common Oral Diseases-Dr.Kripal

Guest lecture is Dr. Sandeep Dahilekar on Bodhyanitantra. He also gave information about various tongue appearances in various strotogata diseases. our guest speaker Dr. Sandeep sir was facilitate with certificate by Dr. Tarak sir and Dr. Akshaya mam.

And lastly Vote of thanks was given

Faculties.

Dr.Tarak Bhagora

Dr. Akshaya Yagnik

INTERNATIONAL DAY OF FORESTS & WORLD PLANTATION DAY CELEBRATION

Date: 21st March

Venue: Seminar hall and Botanical garden of Jay Jalaram Ayurvedic Medical College & Hospital, Shivpuri, Godhra

Organized by: Dravyaguna department of Jay Jalaram Ayurvedic Medical College

Organizer: Dr Swati dabhi & Dr. Bansari Patel

Introduction

Jay Jalaram Ayurvedic Medical College & Hospital celebrated International Day of Forests and World Plantation Day on 21st March with the objective of creating awareness among students and staff regarding the importance of forests, medicinal plants, biodiversity conservation, and environmental sustainability. The programme emphasized the close relationship between Ayurveda, medicinal plants, human health, and ecological balance.

The programme commenced with an introductory session highlighting the significance of forests and their contribution to maintaining ecological balance. Students were sensitized to the importance of conserving natural resources and protecting medicinal plant diversity, which forms an essential foundation of Ayurvedic healthcare.

A plantation activity was organized within the college campus. Faculty members and students actively participated in planting medicinal and other useful plants. The activity promoted the concept of "Plant for Health, Plant for Future" and encouraged students to develop a sense of responsibility towards environmental conservation.

To make the celebration more engaging and creative, students participated in clay art and poster/drawing competitions based on themes such as forest conservation, medicinal plants, biodiversity, environmental protection, and sustainable living. The competitions provided students with an opportunity to express their ideas creatively while strengthening their understanding of the importance of nature conservation.

Faculty members guided the students throughout the activities and emphasized the Ayurvedic concept of living in harmony with nature. The medicinal garden and plantation activities were particularly highlighted as practical approaches for conserving plant resources and promoting awareness of traditional medicinal knowledge.

Outcome and Conclusion

The celebration witnessed enthusiastic participation from students and faculty members. The combination of plantation, motivational speeches, awareness drama, quiz, poster/drawing, and clay art competitions made the programme educational, interactive, and engaging.

The programme successfully reinforced the message that conservation of forests and medicinal plants is essential for ecological balance, human health, and the preservation of Ayurveda for future generations.