

WORLD SUICIDE PREVENTION DAY

Date: 10th September

Event: World Suicide Prevention Day Programme

Organizing Department: RSBK, JJAMC

Time: 11:00 AM

Venue: Seminar Hall, JJAMC

World Suicide Prevention Day is observed every year on 10th September to raise awareness about suicide prevention, promote mental wellbeing, and encourage people to seek help during difficult times. To spread awareness about this important issue, a meaningful programme was organized by Department of Rasashastra evam Bhaishajya Kalpana (RSBK), Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra .

The programme began with the auspicious Dhanvantri Puja, seeking the blessings of Lord Dhanvantri, the deity of Ayurveda and healing. The puja created a positive and peaceful beginning to the programme.

Introduction to World Suicide Prevention Day

Following the puja, an introduction to World Suicide Prevention Day was given. The importance of mental health, emotional support, understanding, and timely intervention was highlighted. The students were encouraged to be more attentive towards their own mental well-being as well as that of their friends and peers.

Guest Speech by Eminent Speaker

Prof. Dr. Sandeep Sir, HOD Dept of Roganidana evam Vikriti Vigyana (RNVV) to deliver a speech on the theme topic. Sir gave a very meaningful and thought-provoking speech on suicide prevention. He explained the importance of understanding emotional struggles and supporting individuals during difficult phases of life. He also used relevant examples to make the students understand the seriousness of the issue and the importance of empathy, communication, and seeking help.

Speech by Student: A student from the 2nd yr Junior batch, Devangi Patel, delivered a short speech on suicide prevention. Her speech added a student's perspective to the

programme and conveyed an important message about supporting one another and spreading awareness regarding mental health.

Drama by 1stYear Students

The 1st yr students presented a drama based on the theme of suicide prevention and mental health awareness. The performance effectively portrayed the emotional struggles that a person may experience and emphasized the importance of understanding, listening, and providing support. The drama was appreciated by everyone and conveyed the message in an engaging manner.

Vote of Thanks

At the conclusion of the programme, Dr. Jignesh Sir delivered a heartfelt vote of thanks on behalf of Department of RSBK, JJAMC. He expressed gratitude to all the dignitaries, teachers, students, speakers, and participants who contributed to the successful organization of the event. The programme concluded with a strong and meaningful message that every life is valuable and that no one should have to face their struggles alone. The event successfully created awareness among the students about suicide prevention and the importance of compassion, communication, and timely support. The programme ended on a positive and hopeful note.





Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra

Date: 15/09/2026

Subject: **Celebration of 11th Ayurveda Day and Sanskrit Day**

A grand program was organized on 12th September, 2026 at Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra on the auspicious occasion of the 11th Ayurveda Day and Sanskrit Day.

During this program, the meritorious students of "Gaurav Pariksha" were felicitated with Certificates and Awards for their outstanding performance.

Detailed Outline of the Program:

1. Main Attractions of the Program:

The main attractions of the program were Deep Prajwalan, Dhanvantari Vandana, Welcome Dance, Sanskrit Song, and Gaurav Pariksha Award Distribution.

2. Chief Guests and Dignitaries:

- Dr. Krishnaprasad Niroula - President, Sanskrit Bharati, Gujarat Prant
- Dr. Raghuram Laskari - Minister, Sanskrit Bharati, Gujarat Prant
- Shri Atri Mahoday - Organisation Minister, Sanskrit Bharati, Gujarat Prant

Anchoring:

The entire program was beautifully and systematically anchored by Dr. Chirag HemantKumar Purohit.

4. Vote of Thanks:

At the end of the program, the Vote of Thanks was delivered by Dr. Vidhya Mam, wherein she expressed special gratitude to all faculty members and students. The entire program was successfully organized and concluded by Dr. Bhadresh Patel, Dr. Ajay Malviya Dr. Prarabdha Phating - the Department of Samhita Siddhant & Sanskrit and Sanskrit Club, Jay Jalaram Ayurvedic Medical College, Godhra.





Awareness Talk At AnganWadi

On the occasion of 11th Ayurveda Day

Date: 16/09/2026 Venue: Pipaliya Anganwadi, P.O. Kakanpur Organized by: Department of Prasuti Tantra evum Stri Roga, Jay Jalaram Ayurvedic Medical College (JJAMC)

Theme: “Ayurveda for Healthier Tomorrow”

Introduction

As part of the celebration of the 11th Ayurveda Day the Department of Prasuti Tantra evum Stri Roga, Jay Jalaram Ayurvedic Medical College (JJAMC) organized community-based awareness sessions at Pipaliya Anganwadi, P.O. Kakanpur, on 16th September 2026.



The programme aimed to create awareness among Anganwadi worker, pregnant women, and women from the local community regarding the importance of proper nutrition during pregnancy and the prevention and dietary management of anaemia in females.

Awareness Sessions were delivered by the 3rd year students & Dr. Jyotika Bamania
1. Diet and Nutrition During Pregnancy (Garbhini masanumasik paricharya)

The session focused on the importance of adequate and balanced nutrition during pregnancy. The participants were educated about:

- Importance of a balanced diet during pregnancy
- Essential nutrients required during pregnancy
- Locally available and nutritious food choices
- Importance of adequate protein, iron, calcium, folate and other micronutrients
- Appropriate dietary practices for maintaining maternal and fetal health - Foods that should be included in the daily diet during pregnancy

2. Role of Diet in Anaemia in Females

An awareness session was also conducted on “Role of Diet in Anaemia in Females.” The participants were informed about:



- Common causes and risk factors of anaemia
- Importance of iron-rich foods in the diet
- Dietary sources of iron and other essential nutrients
- Role of Vitamin C in improving iron absorption
- Foods and dietary practices that may reduce iron absorption

- Importance of timely screening and appropriate management of anaemia -
Preventive dietary measures for women of reproductive age

Pregnancy Nutrition – Myths and Facts

A special discussion on “What to Eat During Pregnancy – Myths and Facts” was conducted to address common misconceptions related to pregnancy nutrition.

The participants were encouraged to follow evidence-based dietary practices and seek appropriate medical advice instead of relying on unverified traditional beliefs.

Outcome of the Programme

The awareness sessions provided an opportunity for direct interaction with Anganwadi worker, pregnant women, and community women. The participants actively participated in the discussion and gained practical knowledge regarding:

- Healthy dietary practices during pregnancy
- Prevention and dietary management of anaemia
- Selection of nutritious locally available foods
- Importance of maternal nutrition for healthy fetal growth
- Identification and clarification of common nutritional myths

The programme also highlighted the role of community-level awareness in promoting maternal health, prevention of nutritional deficiencies, and healthier pregnancy outcomes.

Conclusion

The community outreach programme successfully promoted awareness regarding maternal nutrition and prevention of anaemia among women. Through these

educational activities, JJAMC contributed towards improving nutrition awareness among students, Anganwadi worker, pregnant women, and the community.

The programme reflected the theme of the 11th Ayurveda Day – “Ayurveda for Healthier Tomorrow” by emphasizing preventive healthcare, proper nutrition, and healthy lifestyle practices.

Nourish the Mother • Nurture the Baby • Build a Healthier Community

Organizer:

Dr. Jyotika M. Bamania (Assistant Professor) Department of Prasuti Tantra evum Stri Roga Jay Jalaram Ayurvedic Medical College (JJAMC)

E-Poster and Reel-Making Competition

The Department of Agada Tantra and Swasthavritta of Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra, organized an E-Poster Presentation and Reel-Making Competition on the occasion of the 11th Ayurveda Day on 18th September 2026.

The programme commenced with an inauguration ceremony and Dhanvantari Vandana at 10:00 AM in the Seminar Hall, marking the beginning of the academic celebrations.

E-Poster Presentation (10:00 AM – 12:00 PM)

The E-Poster Presentation witnessed enthusiastic participation, with a total of 31 entries across 12 topics related to Ayurveda. Students presented their work on various aspects of Ayurveda, covering preventive healthcare, Rasayana therapy, personalized medicine, nutrition, women's and children's health, lifestyle disorders, and the integration of Ayurveda with modern technology.

The presentations highlighted the importance of classical Ayurvedic principles such as Dinacharya, Ritucharya, Prakriti, and Ahara in promoting health and preventing disease. Students also explored the role of medicinal herbs, yoga, and traditional healthcare practices in contemporary society. Topics related to digital Ayurveda and its globalization provided an opportunity to discuss the expanding scope of traditional knowledge in modern healthcare.

Reel-Making Competition (3:00 PM – 5:00 PM)

The Reel-Making Competition was conducted from 3:00 PM to 5:00 PM, providing students with an engaging platform to showcase their creativity and digital presentation skills. Approximately 25 entries were received, covering diverse topics related to Ayurveda. Participants created short, informative, and creative reels highlighting Ayurvedic principles, medicinal herbs, healthy lifestyle practices, preventive healthcare, and the relevance of Ayurveda in daily life.

The competition encouraged students to communicate Ayurvedic knowledge through innovative digital media and promote awareness of Ayurveda among the wider community.

Evaluation and Judging

Both competitions were evaluated by a panel of three judges: Dr. Nitesh (Associate Professor, Department of Kaumarbhritya), Dr. Satish (Associate Professor, Department of Rasa Shastra and Bhaishajya Kalpana), and Dr. Ankit (Assistant Professor, Department of Kriya Sharir).

The judges assessed the entries based on content and relevance, creativity and originality, visual appeal, clarity, and overall presentation. They also provided valuable academic insights and suggestions, encouraging participants to communicate scientific concepts effectively and enhance their confidence in presenting their ideas before an academic audience.

The events concluded with appreciation for all participants, judges, and faculty members for their valuable contributions, making the celebration of the 11th Ayurveda Day academically enriching, interactive, and successful.





Essay Competition

Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra

Organized by: **Department of Panchakarma**

Date: 21st September 2026

Introduction:

As part of the Ayurveda Day Celebration, the Department of Panchakarma, Jay Jalaram

Ayurvedic Medical College (JJAMC), Shivpuri, Godhra, organized an Essay Competition for BAMS students on 21 September 2026. The competition was conducted to encourage students to explore Ayurvedic principles, develop scientific thinking, and express their understanding of Ayurveda through writing.

Objective:

The main objectives of the competition were:

To enhance students' knowledge and understanding of Ayurveda.

To encourage interest in classical Ayurvedic concepts.

To develop writing, presentation, and critical-thinking skills.

To promote awareness about the relevance of Ayurveda in present-day healthcare.

To encourage students to refer to classical Ayurvedic texts and scientific literature.

Essay Topics:

Students were allowed to select one topic from the following:

Role of Dinacharya and Ritucharya in Disease Prevention

Rasayana Therapy: Promoting Healthy Ageing and Longevity

Ayurveda: From Traditional Knowledge to Evidence-Based Practice

Globalization of Ayurveda: Opportunities, Challenges and Future Perspectives

Panchakarma for Swastha and Atura

Conduct of the Competition:

The competition was organized for BAMS students. Each participant was required to submit an original essay within the prescribed 1000–1500 word limit. Essays could be written in English, Hindi, or Gujarati.

Students were encouraged to support their essays with classical Ayurvedic references and authentic scientific literature. The competition emphasized originality, clear presentation, Ayurvedic authenticity, and proper understanding of the selected topic.

The scheduled time mentioned for the event was 12:15 PM to 12:30 PM on 21 September 2026.

Prizes and Certificates:

The competition included 1st, 2nd and 3rd prizes. A Certificate of Participation was also to be provided to eligible participants.

Outcome:

The essay competition provided BAMS students with an opportunity to connect classical Ayurvedic knowledge with contemporary healthcare perspectives. It also encouraged students to study Ayurvedic literature, communicate their ideas effectively, and appreciate the importance of Ayurveda in preventive and promotive healthcare.

Conclusion:

The Ayurveda Day Essay Competition held at JJAMC on 21 September 2026 was an academic activity aimed at promoting knowledge, creativity, originality, and interest in Ayurveda among BAMS students. The initiative by the Department of Panchakarma contributed to the academic celebration of Ayurveda Day and encouraged students to explore the principles and future scope of Ayurveda.

Organized by:

Department of Panchakarma

Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra



JAY JALARAM AYURVEDIC MEDICAL COLLEGE Shivpuri, Godhra PLANTATION DAY AND WEBINAR

Date: 22nd September 2026

Venue: JJAMC Herbal Garden and Seminar Hall, Jay Jalaram Ayurvedic Medical College

Introduction

On the occasion of the 11th Ayurveda Day, Jay Jalaram Ayurvedic Medical College organized a Plantation Day programme on 22nd September 2026. The programme was conducted with the objective of promoting environmental conservation, awareness of medicinal plants and the development of the college herbal garden. Along with the plantation activity, a webinar on traditional Ayurvedic wisdom and kitchen remedies was also organized by the Department of Dravyaguna.

Plantation Day Activity

As part of the 11th Ayurveda Day celebration, 10 medicinal and useful plants were planted in the JJAMC Herbal Garden. The activity was carried out with the active participation of the college trustee, principal, faculty members and students.

Sr. No.	Name of Plant
1	Parijat
2	Tulsi
3	Parnayavani
4	Parushaka
5	Kadam
6	Nagarvalli
7	Guduchi
8	Asthishrunkhala
9	Krushnakamala
10	Mandukparni

The plantation activity was carried out by Trustee Mr. P. M. Patel Sir, Principal Dr. Sibaprasad Sir, Dr. Anant Sir, Dr. Swati Dabhi Madam and Dr. Bansari Patel Madam. The remaining plants were planted by students with enthusiasm and active participation.

Webinar

As a part of the 11th Ayurveda Day celebration, a webinar was organized by the Department of Dravyaguna, JJAMC, on the theme:

“Traditional Ayurvedic Wisdom for Everyday Health: Kitchen Remedies”

Speaker	Dr. Mira C. Khodifad
Qualification	M.D. (Dravyaguna)
Designation	Assistant Professor, Pioneer Ayurvedic College & Hospital
Date	22nd September 2026
Time	2:00 PM to 3:00 PM
Venue	Seminar Hall, Jay Jalaram Ayurvedic Medical College
Coordinator	Department of Dravyaguna, JJAMC

The webinar focused on traditional Ayurvedic knowledge applicable to everyday health, particularly the use of commonly available kitchen remedies. The session provided students with an opportunity to understand the practical relevance of Ayurvedic principles and household resources in daily life.

Objectives

- To celebrate the 11th Ayurveda Day through meaningful academic and environmental activities.
- To promote the conservation and cultivation of medicinal plants.
- To develop and maintain the JJAMC Herbal Garden as a resource for Ayurvedic education.
- To create awareness among students about the practical application of traditional Ayurvedic wisdom.

To encourage student participation in academic, environmental and Ayurvedic activities.

Conclusion

The Plantation Day and webinar were successfully conducted on 22nd September 2026 as part of the 11th Ayurveda Day celebration at Jay Jalaram Ayurvedic Medical College. The plantation of medicinal plants contributed to the development of the college herbal garden, while the webinar provided valuable academic exposure on traditional Ayurvedic wisdom and kitchen remedies. The combined activities promoted environmental awareness, Ayurvedic learning and active participation among students and faculty members.





CELEBRATION OF 11th AYURVEDA DAY

Jayjalaram Ayurvedic Medical College, Shivpuri, Godhra

On the auspicious occasion of the **11th Ayurveda Day - 23rd sept 2026**, Jayjalaram Ayurvedic

Medical College, Shivpuri, Godhra organized a spiritually significant **1008 Aahuti Yajna** and **Pran Pratishtha** ceremony of Lord Dhanvantari and Jalaram Bappa.

The sacred Yajna was performed with traditional Vedic rituals, with enthusiastic

participation from students, faculty, and staff. The Pran Pratishtha ceremony was conducted under the guidance and auspicious presence of **Trustee Shri P. M. Patel Sir**, who took the initiative for establishing the idols. The ceremony created an atmosphere of devotion, harmony, and positivity, reflecting the values of **Ayurveda, service, compassion, health, and human welfare**. The programme concluded with prayers for the well-being, prosperity, and continued progress of the institution and its entire college community.

Venue: Jayjalaram Ayurvedic Medical College, Shivpuri, Godhra

Occasion: 11th Ayurveda Day

Major Events: 1008 Aahuti Yajna & Pran Pratishtha Ceremony

Idols Installed: Lord Dhanvantari and Jalaram Bappa

Initiated by: Trustee Shri P. M. Patel Sir





Date: 24 September 2026

Venue: Ankleshwar Mahadev Mandir, Godhra

Organized by: Jay Jalaram Ayurvedic Medical College with Bhartiya Vikas

Parishad Introduction:

A Mega Medical Camp was organized on 24th September 2026 at Ankleshwar Mahadev

Mandir, Godhra, by Smt. Damyantiben Patel Ayurvedic Hospital in collaboration with Bhartiya Vikas Parishad. The camp was organized with the aim of providing accessible healthcare services to the local community and creating awareness regarding Ayurvedic approaches to health and disease management.

Objectives:

The main objectives of the medical camp were:

To provide basic healthcare services to the community.

To offer Ayurvedic consultation and treatment.

To provide specialized consultations through different departments.

To identify common health problems among the people attending the camp.

To promote awareness regarding preventive and holistic healthcare.

To encourage people towards appropriate Ayurvedic healthcare practices.

A total of 127 patients attended the medical camp and received consultation and healthcare services from the medical teams.

Departments/OPDs:

The camp provided consultation through multiple specialized OPDs:

Kayachikitsa OPD – Management and consultation for general medical disorders.

Shalya Tantra OPD – Consultation for surgical and related conditions.

Shalakya Tantra OPD – Consultation for disorders related to the eye, ear, nose, throat and other areas of Shalakya.

Kaumarbhritya OPD – Healthcare and consultation for children.

Stri Roga & Prasuti Tantra OPD – Consultation for women's health and obstetric and gynaecological conditions.

Panchakarma OPD – Consultation regarding appropriate Panchakarma procedures and Ayurvedic therapeutic management.

Activities of the Camp:

Patients were registered and assessed by the respective departmental teams. According to their complaints and clinical requirements, patients were directed to

the appropriate OPD for consultation. The doctors and healthcare team provided Ayurvedic advice and guidance regarding treatment, diet, lifestyle and preventive measures.

The availability of multiple OPDs at a single camp allowed patients with different health concerns to receive department-specific consultation conveniently.

Outcome:

The camp successfully provided healthcare consultation to 127 patients. The participation of different specialized departments helped address a wide range of health concerns among the community. The camp also served as an opportunity to increase public awareness about the role of Ayurveda in preventive, promotive and therapeutic healthcare.

Conclusion:

The Mega Medical Camp held on 24th September 2026 at Ankleshwar Mahadev Mandir,

Godhra was a successful community healthcare initiative organized by Smt. Damyantiben Patel Ayurvedic Hospital in collaboration with Bhartiya Vikas Parishad. With 127 patients attending the camp and services provided through six different OPDs, the programme contributed to accessible and comprehensive healthcare for the local community.

The camp reflected the commitment of the organizing institutions towards community service, healthcare awareness and promotion of Ayurveda.









JAY JALARAM AYURVEDIC MEDICAL COLLEGE & HOSPITAL

EVENT REPORT: 11th AYURVEDA DAY CELEBRATION Ayurveda day Rally & School Hygiene Awareness Play

Theme: Ayurveda for a Healthier Tomorrow

Event Name	Ayurveda Awareness Rally & School Hygiene Drama
Occasion & Theme	11th National Ayurveda Day 2026 — 'Ayurveda for a Healthier Tomorrow'
Date of Event	25 September 2026
Organized By	Jay Jalaram Ayurvedic Medical College & Smt. Damyantiben Patel Ayurved Hospital, Shivpuri, Godhra
Participants	JJAMC Students, NSS Volunteers & Faculty Members
Venues	Rampura Village & Rampura Primary School, Taluka Godhra, Dist. Panchmahal
Beneficiaries	Rampura Villagers, Primary School Students & Teaching Staff

1. Objective

To commemorate the 11th National Ayurveda Day under the guidelines of NCISM and the Ministry of Ayush, promoting rural community health, daily preventive regimens (Dinacharya), and practical personal hygiene.

2. Key Activities

- **Ayurveda Awareness Rally (Rampura Village):** College students and NSS volunteers marched through Rampura village holding informative banners and placards, chanting health slogans and educating residents on home remedies and holistic well-being.

- **Hygiene Drama / Play (Rampura Primary School):** Students performed an educational drama (Nukkad Natak) in the school courtyard, teaching children handwashing steps, daily oral care (Danta Dhavana), nail cleanliness, and sanitation.

3. Key Outcomes

- **Community Reach:** Sensitized local villagers and families on preventive healthcare and indigenous herbal remedies.

Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra | Event Report

- **Hygiene Education:** Primary students actively practiced standard handwashing steps and embraced cleanliness habits.
- **Experiential Learning:** BAMS undergraduates developed practical competencies in public health outreach and community interaction.

4. Event Photographs



Photo 1: BAMS students leading the 11th Ayurveda Day Rally



Photo 2: Rally gathering at Rampura Village with faculty & students



Photo 3: Hygiene drama performance at Rampura Primary School



Photo 4: Group photo with primary school faculty

Awareness Talk on Female Disorders and Hygiene

Date: 26/09/2026

Event: 11th Ayurveda Day Celebration

Theme: “Ayurveda for a Healthier Tomorrow”

Topic: Awareness Talk on Female Disorders and Hygiene

Venue: Seminar Hall, Pharmacy College, Rampura, Kakanpur

Organized by: Department of Prasuti Tantra evum Stri Roga, Jay Jalaram Ayurvedic Medical College (JJAMC)

Speaker: Dr. Jyotika Bamania, Assistant Professor, Department of Prasuti Tantra evum Stri Roga, JJAMC

Faculty Present: Dr. Purnima Jadav

As a part of the **11th Ayurveda Day** Celebration under the theme

“Ayurveda for a Healthier Tomorrow” an awareness talk on **“Female Disorders and Hygiene”** was organized on 26 September 2026 at the Seminar Hall, **Pharmacy College, Rampura.**

The awareness session was delivered by **Dr. Jyotika Bamania**, **Assistant Professor, Department of Prasuti Tantra evum Stri Roga, JJAMC**, in the presence of **Dr. Purnima Jadav**. The session focused on creating awareness regarding women’s reproductive health, common menstrual problems, menstrual hygiene, PCOS, nutrition, healthy lifestyle and the importance of timely medical consultation. The participants were sensitized about common menstrual concerns such as dysmenorrhoea, heavy menstrual bleeding, irregular menstruation, amenorrhoea, premenstrual symptoms and abnormal vaginal discharge. The session also explained common features of PCOS, including irregular periods, abnormal ovulation, acne, excess facial/body hair and associated metabolic concerns.



Special emphasis was given to menstrual hygiene practices, including maintaining cleanliness, changing menstrual products regularly, washing hands before and after changing products, safe disposal of used products and avoiding unnecessary douching, harsh antiseptics and strongly perfumed intimate products.

The talk also addressed common myths and misconceptions related to menstruation, encouraging participants to view menstruation as a normal physiological process and to seek professional advice for severe pain, persistent irregular periods, abnormal bleeding or unusual vaginal discharge.

The importance of balanced nutrition, physical activity, adequate sleep, stress management and healthy daily routines was also discussed from an Ayurveda-inspired lifestyle perspective. The session highlighted the principle of **“Swasthasya Swasthya Rakshanam”**—preservation of health—and connected healthy habits with the theme **“Ayurveda for a Healthier Tomorrow.”**

The session concluded with the message that menstruation is natural, hygiene is essential and awareness promotes dignity and better health. Participants were encouraged to discuss women’s health concerns openly and to seek timely professional care whenever symptoms were persistent, severe or unusual.

The awareness programme was successfully conducted as part of the **11th Ayurveda Day Celebration**, contributing to greater awareness about female health, menstrual hygiene and preventive healthcare.



WORLD HEART DAY CAMP AND 11TH AYURVEDA DAY CELEBRATION

Organized by the **Departments of Kayachikitsa, Kaumarbhritya, Shalya Tantra, and Stree Roga evum Prasuti Tantra**

Date: **28th September 2026**

Venue: **Ankaleshwar mahadev mandir, Godhra**

Organized by: **Departments of Kayachikitsa, Kaumarbhritya, Shalya Tantra, and Stree Roga evum Prasuti Tantra, Shreemati Damayantiben Patel Ayurvedic Hospital, Shivpuri, Godhra.**

Occasion: **World Heart Day 2026 and 11th Ayurveda Day Celebration**

Introduction

The Departments of Kayachikitsa, Kaumarbhrutya, Shalya Tantra, and Stree Roga Prasuti Tantra organized **a health awareness camp** on the occasion of **World Heart Day 2026** and the **11th Ayurveda Day Celebration** to promote awareness regarding cardiovascular health, prevention of heart disease, the importance of timely emergency care, and the role of Ayurveda in maintaining health and preventing disease.

The camp included awareness regarding heart health, CPR, blood sugar monitoring, preventive ECG screening, outpatient department (OPD) consultations, treatment of patients, and education on Ayurvedic principles of healthy living, diet, daily routine, and disease prevention.

Objectives of the Camp

- To create awareness regarding cardiovascular diseases and their prevention.



- To promote healthy lifestyle practices.
- To highlight the importance of Ayurveda in preventive healthcare and wellness.
- To provide basic knowledge of CPR and emergency care.
- To conduct basic health check-ups and preventive screening.
- To provide OPD consultations and treatment through the participating departments.

Activities Conducted

1. World Heart Day Awareness Programme

Participants were educated about heart health, healthy diet, regular physical activity, avoidance of tobacco and smoking, stress management, and regular monitoring of blood pressure and blood glucose. Common warning signs of cardiac emergencies were also discussed.

2. 11th Ayurveda Day Celebration

As part of the 11th Ayurveda Day Celebration, participants were informed about the fundamental principles of Ayurveda, the importance of maintaining a balanced lifestyle, seasonal regimens, nutritious diet, yoga, meditation, and preventive healthcare practices. Emphasis was placed on Ayurveda's holistic approach to maintaining physical, mental, and social well-being.

3. CPR Demonstration

A practical CPR demonstration was conducted by the Department of Kayachikitsa. Participants were informed about recognizing cardiac arrest, calling for emergency assistance, and performing chest compressions until medical help arrives.

4. Health Check-up, OPD Consultation, and Preventive Screening

A total of 52 patients were diagnosed and treated during the camp. OPD consultations were conducted by the Departments of Kayachikitsa, Kaumarbhrutya, Shalya Tantra, and Stree Roga Prasuti Tantra, and patients were examined and treated according to their respective health conditions. Random Blood Sugar (RBS) testing was conducted for approximately 7–8 patients. ECG was performed for approximately 2–3 patients as a preventive measure. Prakriti Parikshana was also done.



Participation and Response

The camp received active participation from patients, students, interns and faculty members. Participants showed interest in learning about heart health, CPR, preventive healthcare practices, Ayurvedic lifestyle principles, and the OPD services provided by the participating departments.



Conclusion

The World Heart Day Camp and 11th Ayurveda Day Celebration successfully promoted awareness regarding cardiovascular disease prevention, emergency care, and the role of Ayurveda in maintaining health and preventing disease. OPD consultations were conducted by the Departments of Kayachikitsa, Kaumarbhrutya, Shalya Tantra, and Stree Roga Prasuti Tantra, and patients were diagnosed and treated. A total of **53 patients** were diagnosed and treated, with selected patients undergoing **RBS testing** and preventive **ECG screening**.



Organized by:

Departments of Kayachikitsa, Kaumarbhrutya, Shalya Tantra, and Stree Roga Prasuti Tantra

Shreemati Damayantiben Patel Ayurvedic Hospital Attached with Jay Jalaram Ayurvedic Medical college, Shivpuri, Godhra.

“SHALAKYA 1.0 – SKILL UP WORKSHOP”

From Classical Concepts to Clinical Skills

On the occasion of 11th Ayurveda Day

Date: 29th September 2026

Venue: JJAMC, Shivpuri, Godhra

INTRODUCTION

The Department of **Shalakya Tantra**, Jay Jalaram Ayurvedic Medical College, Shivpuri, Godhra, organized a one-day hands-on skill development workshop titled “**Shalakya 1.0 – Skill Up Workshop**” on 29th September 2026 on the occasion of the **11th Ayurveda Day**.

The workshop was conducted with the objective of connecting classical Ayurvedic concepts with practical clinical skills, particularly in the areas of Netra, Karna, Nasa and Mukha Roga. The programme focused on improving students’ understanding, examination skills and practical knowledge of various Shalakya procedures and Kriyakalpa and Para surgical procedure.

PROGRAMME HIGHLIGHTS

The Shalakya 1.0 – Skill Up Workshop commenced at **10:00 am** with an engaging and wellorganized anchoring session conducted by **Nachiketa Maheta and Drashti Rohit**. The programme commenced with the **inauguration** ceremony, including **Deep Prajwalan** and **Dhanvantari Vandana**, followed by the **welcome of the guests, PM patel sir & faculty members**.



Then A brief address was delivered by the **Akshaya ma'am**, emphasizing the importance of practical learning and skill development in Ayurveda.



Then The **participants** attended poster presentations related to various Shalakyia Tantra topics on **Eye ,ENT and OD** By **Mohit Devda, Jiya mehta, Palak Parmar** Student s of final year. These presentations helped students understand of diseases and its prevention and their clinical applications Related on Shalakyia tantra.



Hands-on Training on Kriyakalpa

The main attraction of the workshop was the hands-on training on Kriyakalpa. Students were given practical demonstrations and training regarding selected Ayurvedic procedures related to Netra, Karna, Nasa and other Shalakyas practices. Different groups of students actively participated in the demonstration of the following procedures:

KRIYAKALPA / PROCEDURE	STUDENTS ASSIGNED
Karnapūrana (कर्णपूरर्)	Chirag, Tushar, Shublush, Karan
Karna Prakshalana (कर्णप्रक्षालन)	Hardidi, Tapasvi, Pravin
Nasya (नस्य)	Arpit, Mandip, Archish
Netra Pariṣeka (नेत्र पररषेक)	Drushti, Prupli, Krishna
Netra Prakṣalan	Harsh, Harshal, Krish
Aschyotana	Nachiket, Mohit, Sunil
Anjana (अञ्जन)	Kimi, Jiya, Riddhi,
Tarpana (तपणर्)	Preetidi, Divyadi, krishbhai
Bidalaka (विडालक)	Palak, Divyani, Mansi
Pindi(वपिंडी)	Unnati, Jagruti, Archna

The practical session provided students with an opportunity to understand the **classical principles, indications, materials, procedural steps and precautions** associated with different Kriyakalpa and Shalakya procedures. Each student group demonstrated their allotted procedure under the guidance of the faculty members. The active participation of students made the session interactive and skill-oriented.

First Session of Kriyakalpa Demonstration

Up to **12:15 PM**, the first session of the Kriyakalpa and other procedure's hands-on demonstration **Karna puran, Karna prakshalan, Nasya, Netra parisheka, Netra prakshalan, Aschyotana Pindi karma** was conducted. Students actively participated in the practical demonstration of the allotted Shalakya procedure. The session focused on understanding the basic principles, materials used, purva karma-Pradhan karma and paschyat karma, procedure's step and precautions of the respective Kriyakalpa and other procedure.





AFTER LUNCH BREAK :- DENTAL HEALTH KNOWLEDGE SESSION

Dr. Krishna Ma'am conducted an informative session on Dental Health and Oral Care. She explained important aspects of oral hygiene, common dental problems, preventive measures and the role of proper dental care in maintaining overall health. The session provided students with useful practical knowledge related to Danta and Mukha Chikitsa.



After the lunch break and the dental health session, the remaining Kriyakalpa **Anjana, Tarpana, Bidalak**, are demonstrations were conducted. The respective student groups demonstrated their allotted procedures, with emphasis on proper technique, patient preparation, procedural steps, precautions and post-procedure care.



PARA SURGICAL PRACTICAL SESSIONS

Following practical demonstrations, the workshop continued with para surgical practical demonstrations of selected Shalakya procedure is performed :

Viddha Karma – Demonstrated by **Vishal Sir**

Rakta mokshana Karma – Demonstrated by **Tarak Sir**

Prachchhana Karma – Demonstrated by **Akshaya ma'am**

Agnikarma – Demonstrated by **Ravina Ma'am**

These sessions provided students with practical exposure to the basic principle, indication, procedural techniques and important precautions associated with these therapeutic procedures.



CLINICAL CASE STUDY SESSION

Following the practical demonstrations, **Akshaya Ma'am** conducted an interactive Clinical Case Study Session. The session focused on clinical reasoning, patient assessment, identification of relevant clinical findings and discussion of appropriate management approaches. Students actively participated and gained practical insight into applying their theoretical knowledge to clinical cases.



VOTE OF THANKS AND VALEDICTORY

The programme concluded at **4:00 PM** with the **vote of thanks** delivered by **Dr. Tarak Sir**. He expressed sincere gratitude to the Principal Sir, faculty members, guest speakers, organizers and students for their valuable contribution and active participation in making the workshop successful.

The programme formally concluded at 4:00 PM with a note of appreciation to all participants.