



Kala Ashram Ayurved Medical College & Hospital

(A Unit of Kala Ashram Foundation)

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AZAADI KE AMRIT MAHOTSAV – HAMARA AYUSH HAMARA SWASTHYA **(Report regarding programs conducted during June 2022)**

The Central Government has launched "Azaadi ke Amrit Mahotsav" to commemorate the 75th year of Independence and started a 75-week countdown to the 75th anniversary of India's Independence till August 2022. In this regard we started conducting various programs from August 15th onwards. The report of the activities conducted since August 15th and in subsequent months has already been sent.



On 1st June 2022, camp is organized for general diseases at Bhutala gaon netawato ki bhagal. Camp was headed by Dr Chhaganlal. Many of patients got advice for general diseases like shwas, kaas, aamvata, bhagandar, parikartika.



On 1st June 2022, world milk day was celebrated at college campus. Qualities and properties of milk explained to the students and staff. Asta ksheer as described by Charakacharya and properties of them was described by Dr Deenanath Tripathi. How to differentiate between pure and impure milk? Common Adulterations which are used in milk were explained.



On 3rd June 2022, camp is organized at Bhadavi guda. Camp was headed by Dr Priyanka. Many of patients got advice for general diseases like shwas, kaas, aamvata, aadhman etc.



On 4th June 2022, Swarnaprashan Camp Was Organized at Gogunda in coordination of Dr. Neetu Singh Siyag balrog department. In This Many of Children Benefitted and administered with swarnaprashan.



On 6th June 2022, camp is organized at Majawadi. Camp was headed by Dr Shikha. Many of patients got advice for general diseases like shwas, kaas, aamvata, aadhman, janusandhishoola etc.





On 6th June 2022, world environment day (which was on 5th June) was celebrated at college campus. Some kand like turmeric is planted, guggulu were also planted. Name tags with briefing of plant were planted nearby plants and tree to identify them easily.



On 7th June 2022, camp is organized at Majawadi. Camp was headed by Dr Abhay. Many of patients got advice for general diseases like shwas, kaas, aamvata, aadhman, janusandhishoola, udarshoola etc.

June 2022, camp is organized at Bagdunda. Camp was headed by Dr Urwashi. Many of patients got advice for general diseases like shwas, kaas, aamvata, aadhman, janusandhishoola, udarshoola etc.



On 9th June 2022, camp is organized at Kachhba. Camp was headed by Dr Anamika. Many of patients got advice for general diseases like shwas, kaas, aamvata, aadhman, janusandhishoola, udarshoola etc.





International yoga day was celebrated for a week. During the week different asnas and pranayam was demonstrated to students.





On 17th of June, Siddha Yoga was demonstrated to the students by Adhyatma Vignyan Satsang Kendra, Jodhpur. Kundilini Shakti Jagran by Siddha Yoga is demonstrated to all the staff and students.





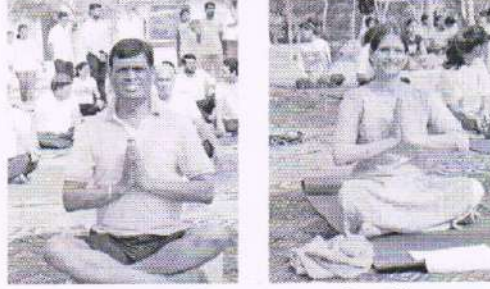
On 21st June at college campus, all the faculties, non teaching staff and students have performed yoga.

Media coverage

निःशुल्क चिकित्सा शिविर

उदयपुर. कला आश्रम आयुर्वेद मेडिकल कॉलेज एंड हॉस्पिटल, गोगुन्दा की ओर से महाविद्यालय परिसर में पौधरोपण किया गया एवं पूर्व में स्थित पादपों की सार संभाल करते हुए पादपों की विशिष्ट पहचान करते हुए नामकरण टैग लगाए गए। वहीं चिकित्सालय द्वारा गांव मजावड़ी में निःशुल्क चिकित्सा शिविर का आयोजन किया गया। चिकित्सा शिविर डॉ. शिखा एवं नर्सिंग स्टाफ का सहयोग रहा। आसपास के ग्रामीण मरीजों ने शिविर का लाभ उठाया। यह जानकारी चिकित्सालय की शिविर प्रभारी डॉ. श्रुति प्रकाश ने प्रदान की।

कला आश्रम फाउण्डेशन में मनाया गया 8वां अन्तर्राष्ट्रीय योग दिवस



उदयपुर। कला आश्रम फाउण्डेशन, उदयपुर एवं इसकी इकाईयों कला आश्रम आयुर्वेद मेडिकल कॉलेज एंड हॉस्पिटल, कला आश्रम आयुर्वेद नर्स/कम्पाउण्डर प्रशिक्षण केन्द्र एवं कला आश्रम कॉलेज ऑफटीचर्स ट्रेनिंग के संयुक्त तत्वाधान में कला आश्रम आयुर्वेद मेडिकल कॉलेज एंड हॉस्पिटल, गोगुन्दा उदयपुर परिसर में आज दिनांक 21 जून 2022, मंगलवार को 8वे 'अन्तर्राष्ट्रीय योग दिवस' के अवसर पर अन्तर्राष्ट्रीय योग दिवस मनाया गया। कार्यक्रम प्रातः 8.30 बजे कला आश्रम फाउण्डेशन के मुख्य प्रबन्धक न्यासी डॉ. दिनेश खत्री के स्वागत उद्घोषण के साथ प्रारम्भ हुआ। कार्यक्रम की विशिष्ट अतिथि कला आश्रम फाउण्डेशन की संरक्षक न्यासी डॉ. सरोज शर्मा थी। स्वागत उद्घोषण पश्चात् प्रातः 8.45 से 9.30 तक स्वस्थवृत् एवं योगा विभाग के प्रो. विष्णु कुमार मित्तल के साथ श्री भूपेन्द्र फैजदार एवं श्री बंशीलाल विश्वासे ने सभी प्रतिभागियों को आयुष मंत्रालय, भारत सरकार द्वारा निर्धारित सामान्य योगाभ्यास करवाया। प्रमोद कुमार शर्मा द्वारा इस वर्ष की योगा थीम "योगा फॉर ह्यूमनिटी" पर अपने विचार रखे, जिसमें प्रो. शर्मा ने व्यक्ति के सम्पूर्ण स्वास्थ्य हेतु योगा के महत्व एवं उपयोगिता पर सारगर्भित व्याख्यान प्रस्तुत किया।

Our students, staff and management has shown enormous energy and commitment in the Azaadi ka amrit mahotsav programme conducted in month of June 2022. We will continue to do the same in coming month also.



[Signature]
01/07/2022
Coordinator