



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 October 2021)

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 month of September has already been sent.

On October 1st we organized **FREE SWARNAPRASHAN CAMP** in which we called the parents whose delivery were conducted earlier in our college along with that of other children. A total of 120 children benefitted from this camp. In the month of October there are two Swarnaprashan camps, the second one been on October 29th.

On October 1st we had conducted **WORLD GERIATRIC DAY** and **WORLD VEGETARIAN DAY** programmes in our campus. Classes were conducted in the seminar hall of our college by Dr. K.M Aggarwal, Professor and HOD Panchakarma, Dr. Dinanath Tripathi - Hospital Deputy Superintendent and Dr. Pramod Bhatra – Professor and HOD Kayachikitsa and Principal, KAAMCH. All students and staff participated in this programme. Dr. K.M Aggarwal concentrated on the importance of Panchakarma in Geriatric Care in detail while Dr. Dinanath Tripathi and Dr. Pramod Bhatra concentrated on the importance of Vegetarian Diet in present era.



DR. CHARU ROAT, LECTURER KOUMARABHRITYA ALONG WITH 3RD YEAR STUDENTS GIVING SWARNAPRASHAN TO CHILDREN ON OCTOBER 1ST



**CLASSES CONDUCTED ON THE OCCASION OF WORLD GERIATRIC DAY AND
WORLD VEGETARIAN DAY**

Main attraction of October month programs is the celebrations of **GANDHI JAYANTI**. On October 2nd in this occasion we at Kala Ashram Ayurved Medical College along with Hindustan Scouts and Guides conducted and **ALL RELIGION PRAYER** and **PUSHPA ARCHANA** on Gandhiji picture. All the students participated in this programme. After the programmes at the prayer hall the college campus was cleaned under **SAFAI ABHIYAN**. All the Students, Staff participated in this programme. Hindustan Scouts State Secretary Shri. Narendra Audichya was present as the chief guest.



ALL RELIGION PRAYER & PUSHP ARCHANA ON OCCASION OF GANDHI JAYANTI

STUDENTS & STAFF REMEMBERING GANDHIJI



After these programmes in the prayer hall all doctors, staff, students were divided into groups and allotted different areas in the campus for cleaning in **SAFAI ABHIYAN PROGRAMME**.



On 2nd October itself students of third year under direction of Dr. Himanshu Jain, Lecturer of Dept of Swasthavritta and Yoga demonstrated **Naturopathic Treatment** procedures.



In the Second week of October, we conducted **SWASTHYA CHARCHA** in our college in which Dr. Shruti Sharma, Lecturer in Roga Nidan and Vikriti Vigyan conducted class on the lifestyle modification needed in day-to-day life to lead a healthy life. Dr. Sanjay.M, Lecturer Panchakarma and Dr. Pramod Kumar Bhatra, Professor and HOD Kayachikitsa took class on **DENGUE AWARENESS, PREVENTION METHODS.**





On October 13th and 14th, a **FREE MEDICAL CAMP** was conducted in the college premises under the guidance of Dr. Sunil Jain and Dr. Dinanath Tripathi on various ailments and the details of the same were covered in newspapers.



On October 15th, on the occasion of **INTERNATIONAL ANATOMY DAY** under the directions of Dr. G. S Indoriya, Prof and HOD Rachana Sharir and Dr. Anish Viswanathan, Lecturer Rachana Sharira an exhibition of Anatomy models was conducted and prizes were distributed to the winners.





निर्देशित कार्यक्रमों का आयोजन करने के निर्देश दिए गए थे। जिसमें माध्यमिक स्तर के 14738 और प्रारंभिक शिक्षा के 14573 स्कूल शामिल थे।

अन्तरराष्ट्रीय एनाटोमी दिवस मनाया

ब्यूरो/नवज्योति, उदयपुर। कला आश्रम आयुर्वेद मेडिकल कॉलेज एण्ड हॉस्पिटल, गोगुन्दा में अन्तरराष्ट्रीय एनाटोमी दिवस मनाया गया। एनाटोमी (शारीर रचना) विभागाध्यक्ष प्रो. जी.एस. इन्दोरिया एवं डॉ. अनिश विश्वनाथन के निर्देशन में बी.ए.एम.एस. प्रथम वर्ष के विद्यार्थियों ने मॉडल्स तैयार किये। इस अवसर पर एनाटोमी म्यूजियम में प्रदर्शनी का आयोजन किया गया। जिसका अवलोकन कला आश्रम फाउण्डेशन के मुख्य प्रबन्ध न्यासी डॉ. दिनेश खर्वा एवं पेट्रोन ट्रस्टी डॉ. सरोज शर्मा द्वारा किया गया। प्रदर्शनी में भाग लेने वाले सभी विद्यार्थियों को पुरस्कार एवं प्रमाण पत्र वितरित किए गए।

On 26th October an awareness **CLASS ON PRAKRITIK AND YOGA CHIKITSA** was conducted at **Mahatma Gandhi Government School, Kachhba** under direction of Dr. Shruti Sharma and Dr. Vasundhara Jaluthariya.



कला आश्रम आयुर्वेद मेडिकल कॉलेज एण्ड हॉस्पिटल द्वारा प्राकृतिक चिकित्सा एवं योग महत्व की कार्यशाला आयोजित

आत्मा की ज्वाला

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उदयपुर। कला आश्रम आयुर्वेद मेडिकल कॉलेज एण्ड हॉस्पिटल, गोगुन्टा उदयपुर द्वारा 'आजकाल का अमृत महोत्सव' के अन्तर्गत दिनांक 26.10.2021 को महात्मा गांधी राजकीय विद्यालय, ग्राम काठबा में प्राकृतिक चिकित्सा एवं योग के बारे में कार्यशाला आयोजित की गई। कार्यशाला प्रभारी डॉ. श्रुति एवं डॉ. वसुंधरा ने बताया कि इस अवसर पर महात्मा गांधी राजकीय विद्यालय के शैक्षणिक स्टाफ की मौजूदगी में विद्यार्थियों को प्राकृतिक चिकित्सा एवं योग के महत्व पर जानकारी प्रदान की है। उन्हें बताया गया कि वर्तमान में बीमारियों के संक्रमण को देखते



हए कैसे प्राकृतिक चिकित्सा एवं योग करके स्वास्थ्य लाभ प्राप्त कर सकते हैं। उन्हें विभिन्न प्रकार के सामान्य योग एवं प्राणायाम करने के साथ इससे होने वाले लाभों के बारे में बताया गया। इसी के साथ विद्यार्थियों

को डेंगू बुखार के कारण, उपचार तथा बचाव के बारे बताया कि सामान्यतः तेज बुखार, जो बिचलाना, सिर दर्द, जोड़ों में दर्द आदि डेंगू के लक्षण है और साथ ही डेंगू बुखार से बचने के लिए आसन धोरेनु उपायों के बारे में

जानकारी प्रदान की गई, साथ ही विद्यार्थियों को औषधियों पीपे जैसे अमलकी, गिलोय, तुलसी आदि के बारे जानकारी प्रदान की और उन्हें इसके उपयोग करने की विधि एवं उसके फायदों के बारे में बताया गया।

On 28th October we conducted **FREE SWARNAPRASHAN CAMP** in the college Premises.

This is the second such camp in the month of October.



On 28th October itself another **CAMP ON DENGUE AWARENESS AND FREE KADA VITARAN** was conducted in the nearby villages by Dr. Vasundhara Jaluthariya, Dr. Himanshu Jain, Dr. Priyanka Bohra and Dr. Sanimol Sunny.

