



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 August 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 of August, charak jayanti celebration started. We programmed many competitions under the name of 'Charak Pratispardha'.



On day 1 that is **1st of August**, Rangoli Competition, slogan and poetry competition organized. Theme of those is swasthya ke liye ayurved, charak prashansa and ayurved and charakopasana respectively. Then shlok recitation competition held afterwards.



On day 2, that is 2nd August, started with samuhik charak samhita pathan by all teachers and students. Then painting competition held. Theme was ayurved avtaran and guru shishya prarampara. After that, quiz was planned based on charak, sushrut, vagbhatt samhita and current affairs. Program is concluded by our Principal sir with announcement of winner of competitions. Prize distribution scheduled for 15th of august.



Medical camp for specific diseases by shalyatantra department was conducted on 2nd of August under Dr Chhaganlal sankala, shalyatantra dept. In this many of patients were benefitted and got advice for diseases like bhagandar, parikartika, arsha, vrana, kadar etc. some of them undergone for ksharsutra procedure. Jaloka awcharan is done on one of dusta vrana patient.



On 5th of august school activities were conducted at rajkiya uchha madhyamik vidyalaya, jhadoli by our doctors, Dr Neetu and Dr Vasundhara. Lecture on Ayush system and ayurved avataran and importance of ayurved in current scenario has been given by Dr vasundhara to class 11 and 12th in presence of teaching staffs and principal Girish Vyas. After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. Activity was concluded by plantation at school premises by our staff and their staffs and students.



On 6th of August school activities were conducted at kasturba Gandhi awasiya balika vidyalay, Gogunda by our doctors, Dr Abhay and Dr Priyanka Kumari. Lecture on Ayush system, varsha ritu charya and importance of ayurved in current scenario has been given by Dr Abhay to class 11 and 12th in presence of teaching staffs and principal Lalita ji. After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. A camp was

organized at school for staffs and students by stree prasuti rog visesagya Dr Priyanka and assistant Dr Suman. General check up and consultation has been done at free of cost for them. Activity was concluded by plantation at school premises by our staff and their staffs and students.



On 6th August under breastfeeding awareness week awareness camp was arranged by stree rog prasuti tantra dept at Gogunda. Where mothers were educated and importance of breast milk was described by Dr Priyanka Kumari.



On 8th August, dental check up camp was organized by dental medical college at kala ashram for all students, patients and staffs.



On 8th of august school activities were conducted at rajkiya uchha madhyamik vidyalaya, Bhadavi Guda by our Dr Urvashi Sharma. Lecture on Ayush system, varsha ritu charya and importance of ayurved in current scenario has been given to students in presence of teaching staffs and principal. After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. Activity was concluded by plantation at school premises by our staff and their staffs and students.



On 10th of august school activities were conducted at rajkiya uchha madhyamik vidyalaya, Vijay Bavdi by Dr Anamika Vyas. Lecture on Ayush system, varsha ritu charya and importance of ayurved in current scenario has been given to students in presence of teaching staffs and principal.

After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. Plantation done at school premises by our staff, their staffs and students. Activity was concluded by Har Ghar Tiranga rally by our staff and students.



On 12th of august school activities were conducted at rajkiya uchha prathmik vidyalaya, Rana by Dr Hemant Nagar. Lecture on Ayush system, varsha ritu charya and importance of ayurved in current scenario has been given to students in presence of teaching staffs and principal. After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. Activity was concluded by plantation at school premises by our staff and their staffs and students.



On 13th of august school activities were conducted at mahatma Gandhi English medium school, kachhba, Gogunda by Dr Anamika Vyas. Lecture on Ayush system, varsha ritu charya and importance of ayurved in current scenario has been given to students in presence of teaching staffs

and principal. After that importance and benefits of yoga and suryanamskar explained to the students and preformed basic yog asanas to them. Plantation done at school premises by our staff, their staffs and students. Activity was concluded by Har Ghar Tiranga rally by our staff and students.



On 13th August under har ghar tiranga campaign a rally was organized at Gogunda. All staff and students participated in this.

On 15th August, flag hosting done at premises. All staff and students were present. Also prize for charak pratispardha winner were distributed on same day.

