

### Activity Report

<b>INSTITUTE</b>	<b>R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE &amp; HOSPITAL</b>		
<b>DEPARTMENT</b>	<b>DEPARTMENT OF AYURVEDA SAMHITA SIDDHNATA</b>		
<b>ACTIVITY TYPE</b>	<b>CELEBRATED CHARAK SAPTAH &amp; SHISHYOPNAYAN SAMSKAR ON THE OCCASION OF CHARAK JAYANTI</b>		
<b>DATE</b>	<b>29/07/2022</b>	<b>Duration 29/07/2022 TO 04/08/2022</b>	<b>6 Days</b>
<b>YEAR/CLASS</b>	<b>First year BAMS</b>	<b>No. of Participants</b>	<b>60</b>
<b>FACULTY COORDINATOR</b>	<b>Dr. ANIRUDDHA PATHAK</b>		
<b>FACULTY CONTACT DETAILS</b>	<b>7486060683</b>		

#### Details about the activity:

On the occasion of Charak Jayanti we have celebrated Charak Saptah under the banner 75th of Azadi Ka AmritMahotsav from 29/07/2022 to 04/08/2022.

During this charak saptah we have conducted following

activities. Day 1: 29/7/2022

Charak Samhita Pathan by the students of BAMS 1st year. In this Charak Samhita Sutra Sthan chapter-1 Pathan was done by the students. It was co-ordinated by Dr Anjana Pathak Assistant professor in the department of Ayurved Samhita Siddhanta.

Day 2: 30/07/2022

Webinar was organized on the topic "Charakokta Viruddh Aahar" by the speaker Dr Krishna Rathod Associate Professor Department of Ayurved Samhita and Siddhanta, Noble Ayurved College Junagadh Gujarat. It was an informative session. Speaker has given the introduction about Viruddh Aahar and its ill effects on the body. 55 students got benefited. Session was concluded with thanks given by Dr. Niraj Gole Assistant Professor Department of Rachana Sharir.

Day 3: 01/08/2022

Webinar was organized on the topic "Teaching and Learning Methodology" of Ayurveda by the speaker Dr. Vinay Pawar associate professor in the department of Samhitai Siddhanta D.Y. Patil University, Navi Mumbai, Maharashtra. It was well explained by the speaker regarding teaching and learning methods of Ayurveda. This session was well appreciated by the student and teachers. 58 students got benefited. Session was concluded with thanks given by Dr. Anjana Pathak Assistant Professor Department Ayurveda Samhita and Siddhanta.

Day 4: 02/08/2022

Charak Jayanti and Shishyopanayan Sanskar were performed on the occasion of Charak Jayanti. We worship the photo of Acharya Charak with garland of flowers by the hands of Principal madam Dr Manisha Dunghav. On the same day Dhanvantari havan with chanting of auspicious mantras and Dhanvantari Pujan was done by the Pandit Hariom Prakash Mishra. As a part of Shishyopanayan sanskar. Red color thread tied on the right wrist of the students by teachers considering Guru- Shishya of Ayurved from this day.

Three Samhita were carried out in the rally conducted by the institute in the campus of Dr. APJ Abdul Kalam University. Students participated in really with the slogans of Ayurveda happily which creates the positive energy in the campus.



Day 5: 3/8/20122

Webinar was organized on the topic of "Introduction and importance of Swasth Chatuska" by the speaker Dr. Arun Vaidya, Professor in the Department of Ayurved Samhita and Siddhanta, Parul institute of Ayurveda, Vadodara, Gujarat. Speaker has as highlighted the importance in clinic practice in simple language. It is very well explained and understands by the all 60 students. Session was concluded with thanks given by Dr. Pravin Pawar Assistant Professor Department of Rachana Sharir.

Day 6: 04/08/2022

Webinar was organized on the topic of "Tantra Yukti". By the speaker Dr. Amit Upasani Professor in the department of Ayurveda Samhita and Siddhanta, Parul institute of Ayurveda and Research, Ishwarpura, Vadodara, Gujarat. Speaker has cleared basic Concepts and understanding the all Samhita's unfolded, unopened theories and Sutras very easily all the students got it very simply. Session was concluded with thanks given by Dr. Shrikant Ramteke Assistant Professor Department of Rachana Sharir.

All speakers of webinar had provided the appreciation letter by the institute. Webinar was carried out on zoom appplatform on respective days by the sending meeting link one day prior session.

Thus 6 day program was conducted as Charak Saptah on the occasion of Charak Jayanti under the banner of 75th of Azadi ka Amrit Mahotsav.

Dr. Anirudha Pathak Assistant Professor of the Dept. Ayurveda Samhita and Siddhanta coordinated the event.

**Report by-**

**PRINCIPAL**

**Dr. Anirudha Pathak**

**Dr. Manisha Dunghav**


**Assistant Professor**

**Dept. of Ayurveda Samhita and Siddhanta**

**R.N.Kapoor Memorial Ayurvedic Medical College and Hospital**  
 DR. APJ ABDUL KALAM UNIVERSITY INDORE (M.P.)  
**INVITATION**

*We cordially invite you for the*  
**DHANVANTARI HAVAN**  
 On the auspicious occasion of  
**Charak Jayanti**  
 And  
**Shishyopnayan Samskar**

**Date:** Tuesday, 02 August 2022  
**Time:** 10:30 am onwards  
**Venue:** Seminar Hall, Ground floor  
 I Block, RNKMAMCH



**R.N. Kapoor Memorial Ayurvedic Medical College and Hospital Indore**  
 DR. APJ ABDUL KALAM UNIVERSITY INDORE (M.P.)  
 Celebrating Charak Saptah on the occasion of Charak Jayanti and Shishyopnayan Samskar

**UG Webinar series**

- Dr. Krishna Rathod**  
 Assistant professor  
 Department of Samhita & Siddhant  
 Noble Ayurved College, Rajkot Gujarat  
 Topic: Charakokta viruddha ahar vihar  
 Date: 30/07/2022
- Dr. Vinay pawar**  
 Assistant professor  
 Department of Samhita & Siddhant  
 D.V. Patel University new navi mumbai  
 Topic: Teaching & Learning methods of Ayurveda  
 Date: 01/08/2022
- Dr. Arun vaidya**  
 Professor  
 Department of Samhita & Siddhant  
 Parul University, Vadodara Gujarat  
 Topic: Swasthachutushka and its importance  
 Date: 03/08/2022
- Dr. Amit Upsoni**  
 Professor  
 Department of Samhita & Siddhant  
 Parul University, Vadodara Gujarat  
 Topic: Tansara Yaski  
 Date: 04/08/2022

**Shlok Pathan**  
 Date: 29/07/2022

**Charak Jayanti & Shishyopnayan Samskar**  
 Date: 02/08/2022

**From 29/07/2022 To 04/08/2022**

