



R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE & HOSPITAL, INDORE DR. A.P.J. ABDUL KALAM UNIVERSITY, INDORE (M.P.)



Final Activity Report

INSTITUTE	R.N.KAPOOR MEMORIAL AYURVEDI CMEDICAL COLLEGE & HOSPITAL, INDORE
ACTIVITYTYPE	Transitional Curriculum
DATE	20/02/2023-10/03/2023
YEAR/CLASS	1 st Year BAMS
DURATION	16 Days
NAME OF ORGANIZATION	APJ ABDUL KALAM UNIVERSITY & R.N.KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE & HOSPITAL, INDORE
NO OF PARTICIPANTS	100
CHIEF COORDINATOR	Dr. Shraddha Nanasaheb Dhundi (Associate Prof. Dept of Rasashastra & Bhaishajya Kalpana)
CONTACTDETAILS	7066183688

Day One (20/02/2023 Monday)

Day Coordinator: Dr Anirudh Pathak (Assistant Prof. Samhita)

Inaugural programme started with worship of Lord Dhanvantari and Saraswati by Chief Guest Dr. Revathi Gupta mam (Academic Dean College of Pharmacy) and Principal Dr. Manisha G Dunghav along with all faculty members and students.



Figure 1 Chief guess & Principal mam woshiping Lord Dhanwantari & Ma Sarasvati

The inaugural programme was conducted by Chief coordinate of Transitional Curriculum Dr. Shraddha Dhundi Associate Prof Dept of Rasashastra & Bhaishajya Kalpana. The chief guest was welcomed by the Principal of Ayurveda College and the Principal of Ayurveda College was welcomed by Dr. Shraddha Dhundi Mam.

Dr Revathi Gupta mam addressed newly joint students and faculties guiding them to study well and be a torchbearer for future generations and speared the glory of APJ Abdul Kalam University all over.



Figure 2 Revathi Mam guiding New Batch

Dr Manisha Dhundgav Principal Mam welcomed the students and explained the importance Transitional Curriculum to all.



Figure 3 Principal Mam welcoming new students

Dr Anjana Pathak madam was nominated as a class teacher for the new batch of BAMS first year and she introduced basic rules and regulations of college to the students newly joint. After his introduction Dr Anirudh Pathak introduced all faculty members in detailed.

4 senior students viz. Asmita Sable, Dinesh Tapadiya, Aman Labana and Malay Rai shared their academic and personal experiences with new students making them comfortable and feel at ease in RN Kapoor MAMC.

The programme was then conducted by BAMS first year senior students Khushi Agarwal and Farhan Ansari and pre test was conducted before lunch.

After a 1-hour lunch, all the students were invited by Dr. Ashish Choyal and Dr. Minal Khode for “Know your campus” activity through academic visit to Ayurveda College and hospital.

At the end Dr. Anirudh Pathak coordinator for 1st day of Transitional curriculum thanked & concluded the program; announce sing the closing of the 1st day.

Day two (21/02/2023 Tuesday)

Day Coordinator: Dr Niraj Gole

Lecture 1: Yoga Session by Dr Rinku Chouhan (Asst. Professor of Swasthawritta and

Yoga at RNKMAMC)



Lecturer 2: Orientation Lectures: ASUS (Ayurveda, Siddha, Unani and Sowa: Rigpa) Medical system and their roles in primary health care, public health, and disease prevention taken by Dr. Niraj Gole (Asst. Professor of Department of Rachana Sharir at RNKMAMC) In his lecture he have elaborately explained regarding the role, principles, and importance of each medical systems.



Lecture 3: Orientation Lectures in self learning and collaborative learning by Dr. Prinyanka Solanki (Asst. Professor of Department of Kriya Sharir at RNKMAMC). She have explained the importance, limits and advantages of self-learning process and goals for the same.



Lecture 4: Orientation Lectures on rules and regulations of the campus, code of conduct & dress codes by Dr. Manisha G. Dughav (Principal & Professor HOD Department of Samhitta Siddhanta at RNKMAMC). Madam have elaborately explained the rules and regulation of their campus, disciple, importance of institutional

hygiene, examination rules, subject distributions, code of conducts to be followed in campus, dress code etc.



Lecture 5: A guided tour of university by Dr. Ashish Choyal (Asst Professor Department of Panchakarma at RNKMAMC)



Day three (22/02/2022 Wednesday)

Day Coordinator: Dr Minal Khode

Program started with Dhanvantari Pooja by all guest speakers Mr. Himanshu Chetanani, Mrs Deepti Verma, and Miss Priyanka Jaiswal, Cheif coordinator of program Dr. Shraddha Dhundi, day coordinator Dr. Minal Khode, student sang Dhanvantari Stavan followed by welcoming of all guest speakers. Day's anchoring done by Purva Rathod and Khushboo Anchors.



Lecture 1: Mr. Himanshu Chetanani delivered lecture on Ms Word.



Lecture 2: Mrs Deepti Verma delivered lecture on Ms Excel.



Lecture 3: Miss Priyanka Jaiswal delivered lecture on “Power Point Presentation”



Lecture 4: Mr. Himanshu Chetanani delivered lecture on “Internet Skills” including internet browsing, email, how to convert document etc.

Lecture 5: Miss Priyanka Jaiswal delivered lecture on “Online meeting apps” including zoom, Google meet etc.

Lecture 6: Mrs Deepti Verma delivered lecture on “Safety app installation”. It included 112 India, my safetipin, citizencop, him mat etc.

Lecture 7: Miss Priyanka Jaiswal delivered lecture on “Safety app installation”. It includes Shake 2 safely, Raksha, Smart 24*7.

Principal Dr. Manisha Dhunghav mam felicitated of R.N. Kapoor Memorial Ayurvedic college all guest speaker with certificate of appreciation followed by vote of thanks by Dr Minal Khode.

Day four (23/02/2023 Thursday)

Day coordinator: Dr Anjana Pathak

Lecture 1: “Orientation lecture: Personality development and recreation: soft skills” by Dr. Ajith Krishnan M (Asst. Prof. of Agada Tantra Dept at RNKMAMC) in which he defined skills and qualities able to develop it properly. He explained soft skill in terms of Ayurveda that Vaidyas need to cure patients.



Lecturer 2: “Demonstration of procedures: office related, library related, internet related, leave related, campus behavior, availability of health care facilities” was given by Dr. Niraj Gole (Assit. Prof. Department of Rachana Sharir at RNKMAMC). In his lecture, he have elaborately regarding the rules and principles of College mainly.



Lecture 3: “Motivational Lecture by eminent person of ASU: Scope of Ayurveda (Webinar)” was given by Dr. Bhagawan G. Kulkarni (Professor and Principal, Parul institute of Ayurveda and Research, Parul University, Badodara, Gujrat). He explained Ayurveda in terms of Ahar-Pathya Palana, explained importance of Purusham-Purusham Veekshyam theory, he kept his lecture focused on applied aspect of Ayurveda and motivated all students by his experience.



Lecture 4: “Vadtu Samskritam” delivered by Dr. Mukesh Gupta (Assit. Prof. Department of Samhita Siddhanta RNKMAMC). He displayed Sanskrit videos on screen to enhance understanding and making Sanskrit learning fun. He also explained importance of Sanskrit Language in studying Ayurveda.



Day five (24/02/2023 Friday)

Day Coordinator: Dr Rinku Chauhan

Lecture 1: Orientation lecture on “Personal Health and Hygiene” by Dr. Rohit Parmar (Assistant Professor in Roga Nidana evum Vikriti Vigyana Department at RNKMAMC). In his lecture, he has elaborately explained health from an Ayurvedic and modern perspective, as well as what personal hygiene is and its components. He explained the importance of Dinacharya (daily regimen) in Ayurveda and told about Brahmamuhurt Jagran, Kaval, Gandusha, etc. and their benefits. The importance of diet and sleep was also discussed.



Lecture 2: Lecture on “Personality development” Empathy and respecting conduct, confidence and personal growth, speaking in front of an audience etc., was given by Ansh Rathod (Communication Skill Trainer at Dr. A.P.J. Abdul Kalam University). In his lecture, he gives different examples of how to develop good communication skills. The person's desires for respect, etc., were well explained through the video, and in addition to this, he discussed hand-shaking, body language, and smiling while talking. He also interacted very well with the students.



Lecture 3: “Lecture on Basic Life Support and first Aid; Technique Demonstration” was given by Dr. Priyanka Teva (Assistant Professor in Prasuti Tantra & Stri Roga Department at RNKMAMC). She thoroughly explained the technique of what is "basic life support" through videos and demonstrations, which was extremely beneficial to the students. She explained to the students how to check ABC, which is part of basic life

support and what we should do for that so that we can save a person's life. Information was given about what an AED machine is, how to use it, etc. She focused his lecture on applied aspect of basic life support and explained very well by her experience.



Lecture 4- Lecture on “Vadtu Samskritam” was given by Dr. Mukesh Gupta (Assistant Professor, Department of Samhita Siddhanta RNKMAMC). He displayed Sanskrit videos on screen in singing form to understand that’s by Sanskrit makes easy to learn and spoke about the things used in daily life in Samskrit and practiced them. Apart from this, he explained about Purlinga (masculine) and Strilinga (feminine) etc., used in Sanskrit.



Day Six (25/02/2023 Saturday)

Day Coordinator: Ajith Krishnan M

Lecture 1: Yoga Session taken by Dr Neha Rathore (Asso. Prof. Dept of Swasthawritta and Yoga at RNKMAMC). Madam have included various breathing exercises and Pranayama in the session.



Figure 4 Yoga Session by Dr Neha Rathore

Lecturer 2: Orientation Lectures on Gender sensitization by Dr. Ajith Krishnan. M (Assistant Professor, Department of Agada Tantra evam Vidhi Vaidyaka at RNKMAMC). In his lecture he have elaborately explained regarding the importance, principles and need of Gender sensitization. His lecture have helped the students in creating awareness of Gender equality.



Figure 5- Dr Ajith Krishnan M- Gender Sensitization

Lecture 3: Motivational Lecture on Role and Impact of Ayurveda Physicians in the society (Webiar) taken by Dr. Mahesh Gokulchand Birla, Ayurveda Physician, International Speaker, Director Ojus Ayurveda Hospital, Jalgaon, Maharashtra. Sir have shared his clinical experiences and thoughts regarding Ayurveda and motivated the students regarding the importance of clinical Practice in Ayurved.



Lecture 4: “Vadadu Sanskritham” lecture (Webinar) by Mr. Jay K Padh, Asst. Prof, Sanskrit at Dr. Vasannth Parikh Ayurveda Medical College, Vadnagar. Sir has explained the values and importance of Sanskrit language and the need of knowledge of Sanskrit in learning Ayurveda.

Lecture 5: Last lecture was a guide tour of university campus taken by Dr. Minal Khode (Asst. Prof. Department of Kayachikitsa at RNKMAMC)



Dr Ajith Krishnan M thanked all speakers as a day coordinator and concluded the day.



Day Seven (27/02/2022 Monday)

Day coordinator: Dr Priyanka Teva

Program starts with Dhanvantari Poojan & Vandana by faculties Dr. Ganesh Mate sir, Dr. Minal Khode, Dr. Alka Chauhan, Chief co-ordinator of programm Dr. Shradha Dhundi, Day of co-ordinator Dr. Priyanka Teva followed by Dhanwantari

Lecture 1: Was Yoga session by Dr. Rinku Chauhan (Assist Prof Dept Of Swasthvrutta & Yoga) wherein she took Sukshma Vyayams, breathing exercises and relaxation techniques.



Lecture 2: Prof. Ganesh Mate sir (Dept. of Sharir Rachana) delivered a motivational lecture on ASU: Pedagogy.



Lecture 3: Was motivational lecture on the topic of "Career opportunities in the field of Ayurveda", delivered by Dr. Naveen Khede sir, manager scientific services Himalaya wellness company. Sir guided students for varied degrees to be done after BAMS for further exploration of career possibilities in pharmaceutical, research and marketing industry. Boosted student's moral; explaining goal setting for future prospects and offered support and further guidance on behalf of Himalaya group. Sir was felicitated by Chief coordinator Dr. Shradhha Dhundi madam on behalf of RN Kapoor MAMC Indore, MP.



Lecture 4: Webinar on Vadatu Sanskritam delivered Jay Padh sir wherein sir tough further in communicating better in Sanskrit. Say few words about ourselves and singular and plurals in Sanskrit.



Lecture 5: Delivered by Dr. Shraddha Dhundi Madam (Associate Prof. Dept of Rasashastra & Bhaishajya Kalpana) on the topic of "Personality development and recreation- Team building activities" Mam explained the definition of Personality and development. Explained terms giving examples of Shivaji Maharaj, Netaji Subhash Chandra Bose and Sachine Tendulkar respectively. Mam gave 10 pointers in personality development contributing to help develop students gradually. She explained Freud theory and five factor model in details explaining about how personality works. Mam further explained SWOT analysis and ended up explaining about recreation activities and showed some recreational activities executed in RN Kapoor MAMC Indore MP last year.



Senior Students Malay Rai and Adnan Shaikh did anchoring for the day. Dr Priyanka Teva presented vote of thanks to all the speakers and concluded the day as a day coordinator.

Day Eight (28/02/2023 Tuesday)

Day coordinator: Dr Ashish Choyal

Lecture 1: Yoga Session taken by Dr Rinku Chouhan (Assit Professor, Dept of Swasthawritta and yoga at RNKMAMC). Madam have included various breathing exercises and Pranayama in the session.

Lecturer2: Motivational Lecture on Uniqueness of Ayurveda taken by Dr. APS Chouhan (Professor, Government Autonomous Ashtang Ayurveda College, Indore). In his lecture he have elaborately explained regarding the definition of Swastha and its uniqueness in Ayurveda, Preventive aspect of Ayurveda and its importance in covid purview, how Ayurveda is eternal with Guru-Shishya Parampara. He further explained principle of Loka Purush Satmya, Pinda Bramhand Nyaya, Concept of Prakruti, Methods of examination and its wideness, Concept of diet, Pathya and need of Shodhan with unique “Panchakarma” Ayurveda have. He further explained the Rasagunas and concept of Ojas and finally addressed students about developing themselves and exploring uniqueness of Ayurveda one by one.



Lecture 3: Motivational Lecture on Biodiversity in Ayurveda was delivered by Dr. Shirish Srivastav (Assit. Professor Government Autonomous Ashtang Ayurveda College, Indore). Sir have shared his clinical experiences and thoughts regarding Ayurveda and motivated the students regarding the importance of Ayurved. Sir started with challenging new students with respect to technology forecasting. Later sir shared that disease milestones are appearing early due to sedentary lifestyle, lack of sleep and not following daily and seasonal regimen leading to non communicable diseases. Sir further emphasized on focusing on basics of life viz. Ahar, Nidra & Bramhacharya. Sir declared your education must add in your decision making and not only earning. He brought everyone’s focus on eating locally grown fruits and vegetables, eat essential and eat variety. Sir gave list of summer coolers and sleep inducers too. Sir explained to practice prayers, meditation and helping others daily and finally told to love oneself by taking good care of health to speared Ayurveda Worldwide.



Lecture 4: “Vadatu Sanskritham” lecture (Webinar mode) by Mr. Jay K Padh, Asst. Prof,

Sanskrit at Dr. Vasanth Parikh Ayurveda Medical College, Vadnagar. Sir has explained the values and importance of Sanskrit language and the need of Sanskrit in learning Ayurveda.

Lecture 5: Orientation lectures on Regulatory / Governing Bodies (Ministry of Ayush NCISM, affiliated university State Commissioner ate /Directorate, etc.) and introduction of their heads delivered by Dr. Suresh Saini (Professor & HOD, Department of Dravyaguna). Sir started with ISM & H established in 1995. First national health policy was started in 1983. Central council of Indian Medicine was established in 1971 and Central council of Homeopathy in 1973. National institute of Ayurveda was established in 1976 in Jaipur Rajathan. National commission for Indian System of Medicine (NCISM) was established on 11th June 2021. Sir further explained about CCRAS and its functioning and About AYUSH ministry theirs ministers and ended the informative session.

Day Nine (01/03/2023 Wednesday)

Day Coordinator: Dr Rohit Permar

Day started with Dhanwantari Vandana



Lecture 1: First Lecture was a Yoga session conducted by Rinku Chouhan (Assistant Professor in Swathavritta Department at RNKMAMC). Mam explained what is the importance of Sukshma Vyayam and how to perform them. The students were made to exercise for elbow joint, wrist joint and movements of finger, chest exercise, Pranayam (Anulom Vilom & Shitali.)



Lecture 2: Webinar on “Personality Development & Recreation: (Webinar) Stress management, including yoga and meditation, relaxation techniques was executed by Dr. Jayasheela M Goni (Professor PTSR KLE University Karnataka) Mam explained how to manage stress through yoga and meditation and also relaxation techniques. She got executed many exercise for brain and body relaxation, like Hand Starching, breathing exercise and Om chanting, Online session of Shitali and Shitakari with Brahmi Pranayam trilled the newly joint students and faculty members too.



Lecture 3: “Lecture on First Aid; Theoretical explanation & Practical Demonstration was delivered by Dr. Priyanka Teva (Assistant Professor in Prasuti Tantra & Stri Roga Department at RNKMAMC). She explained about the introductory part , objective and principles of first Aid. She also explained how to manage shock, wound, Hemorrhage, Fracture, Seizure, Frost Bite, Stroke, Burns, Poisoning, Bites and Stings etc. She showed video of CPR and took practical rehearsal of it with senior students for better understanding for new ones.



Lecture 4: Orientation Lectures on “An Overview of the BAMS curriculum and the subjects, including highlights of the Minimum Standards of Education 2021. Was delivered by Dr. Niraj Gole (Assistant Professor, Department of Rachana Sharir at RNKMAMC) He explained what is full form of BAMS and what are the opportunity of Ayurvedic doctors after completion of BAMS. Explained how many subjects in BAMS and gave briefly introduction of each subject.



Lecture 5- Lecture on “Vadtu Samskritam” was given by Dr Jay Padh sir (Assistant Professor, Department of Samhita Siddhanta Vадnagar Ayurvedic College). He



displayed Sanskrit picture on screen for making Sanskrit sentence and spoke about the things used in daily life in Sanskrit and practiced them. Apart from this, he explained about Vibhaktis used in Sanskrit.

Day Ten, (02/03/2023 Thursday)

Day Coordinator: Dr Khushbu Shukla

Day started with prayers to Lord Dhanwantari in presence of faculty members and students.



Figure 6 Dhanwantari Vandana by faculty members and students

Lecture 1: Practical Yoga Session was taken by Dr. Neha Rathore (Associate Professor in Swasthvit Department at RNKMAMC where she took breathing exercises, complete body worm up exercises and Asans followed by Pranayama.



Figure 7 Dr Neha Rathore -Yoga Session

Lecturer 2: Motivational Lecture by Dr. Rohit Gupta and Dr. Shubham Gholap of “Sewaankur Bharat Sanstha”. They have given inspirational speech in the terms of slogans “One Week for Nation and One Year After Graduation”. They explain the main Moto of The Organization to help and work for Tribal Community. After completion of the session vote of thanks was given by Dr. Khushbu Shukl (Assistant Prof RS & BK)



Figure 8 Dr Rohit Gupta -Sevankur

Lecture 3: “Personality Development & Recreation: Team Building Activities” lecture was executed successfully by Dr. Priyanka Solanki (Assistant Professor

in Kriya Sharir Department at RNKMAMC) in which mam explained about different dimensions of personality and scope of its development. Mam carried out many enjoyable team building activities which students enjoyed a lot.



Figure 9 Dr Priyanka Solanky -Team building activity

Lecture 4: Lecture on “Vadtu Samskritam” was given by Dr. Mukesh Gupta (Assistant Professor, Department of Samhita) he focused his lecture to Learn Counting in Sanskrit.



Figure 10 Vadatu Ssanskrit -Dr Mukesh Gupta

Day Eleven, (03/03/2023 Friday)

Day Coordinator: Dr Aalka Chauhan

Programme started with Dhanvantari Stavan by all faculty members and students.



Felicitation of Respected Principal mam by

Lecture 1: Dr. Rinku Chouhan delivered a lecture on Yoga in which she practiced Yoga Asanas and relaxation techniques.



Lecture 2: Prof. Manisha Dughav, respected principal mam delivered second lecture on “How to set Goals” from in which mam explained the importance of setting goals, categories of goals, different types of goals and at the end students filled a form of how to set goals individually on Google form and kept for further records.



Lecture 3: Dr. Aniruddha Pathak assistant professor of department of Samhita & Siddhant delivered 3rd lecture on “Personality Development and recreations activities” in which he explained how to develop personality gradually and showed some recreational activities too.



Lecture 4: After lunch break Dr. Mukesh Gupta delivered last lecture on “Vadantu Sanskritam” followed by vote of thanks by day coordinator Dr Alka Chauhan

Day Twelve, (04/03/2023 Saturday)
Day Coordinator: Dr Priyanka Solanky

Lecture 1: Lecture on ‘Personality development and recreation: Team Building Activities’ was given by Dr. Priyanka Solanki (Assistant Professor in Kriya Sharir Department at RNKMAMC). She conducted Games in which there was interaction among fellow Team mates. She explained about communication, problem solving, and trust and support their fellow team mates.



Figure 11 Team building activities

Lecturer 2: Lecture on “Personality development and recreation: Team Building Activities & Group Discussion” was given by Dr. Alka Chauhan Dr Khushbu Shukla (Assistant Professor, Department of Bal Roga & Dept of RS & BK at RNKMAMC). In her lecture, she have explained about Advantages and importance of team building and also explained short term Memory. She also organized some interesting games and group discussion.



Figure 12 Team building activities

Lecture 3: “Personality development and recreation: Team Building Activities” was given by Dr. Aparna Dixit (Assistant Professor in Dravya Guna Department at RNKMAMC). She explained about Human resources, Indian Economy, Nation Youth and Smart thinking.



Figure 13 Personality development

Lecture 4: Lecture on “Vadtu Samskritam” was given by Dr. Jay Padh sir. He displayed Samskrit videos on screen in singing form to understand that’s by samskrit makes easy to learn. He also explained importance of Samskrit Language in Ayurveda learning.

Lecture 5: In this lecture there was a ‘Visit to Botanical Garden’ was given by Dr, Aparna Dixit (Assistant Professor in Dravya Guna Department at RNKMAMC). She explained about Ayurveda Drugs and their identification, properties, function and their use.

Day Thirteenth, (06/03/2023 Monday)
Day Coordinator: Dr Aparna Dixit

Lecture 1- Lecture on “Personality development and recreation: communication skill and critical mthinking” was given by Dr. Shraddha Dhundi (Associate Professor in Department of Rasa Shastra evam Bhaishajya Kalpna at RNKMAMC) in which she told about importance of communication skill in effective personality and how to improve it. She also explained the process of critical thinking and its benefit in decision making process and developing emotional intelligence and problem solving caliber.



Lecturer 2– Lecture on “Orientation Lectures: Ayurveda’s national and international reach, Higher education in Ayurveda, job opportunities, entrepreneurship” was given by Dr. Aniruddha Pathak (Assistant Professor, Department of Samhita and Siddhant at RNKMAMC). In his lecture, he explained about leading institutions of Ayurveda in India and international platform, societies and institutions in foreign countries established for Ayurveda.



Lecture 3-Lecture on “Orientation Lectures: Role of Ayush in COVID-19 management and its scientific outcomes” was given by Dr. Minal Khode (Assistant Professor in Department of Kayachikitsa at RNKMAMC). She explained about origin and spread COVID-19, its symptoms and management; and approach of AYUSH

Department towards its management.



Lecture 4- Same lecture continued on Orientation Lectures: Ayurveda's national and international reach, Higher education in Ayurveda, job opportunities, entrepreneurship" was given by Dr. Aniruddha Pathak (Assistant Professor, Department of Samhita and Siddhant at RNKMAMC). In this lecture he told the students about more than 8 opportunities, their rate of success and their drawbacks.



Lecture 5- Lecture on National Health Status , Goals and Policies was delivered by Dr. Khushbu Shukla ((Assistant Professor in Department of Rasa Shastra evam Bhaishajya Kalpna at RNKMAMC) in which she told the approach of Indian Govt. towards community health via various health programmes and its strategies for achieving the goal of health for all.

Day fourteenth, (07/03/2023 Tuesday)

Day Coordinator : Dr Jayashree Mate

Lecture 1: Orientation Lectures on different medicinal system taken by Dr Aparna Dixit Madam (Assistant. Professor, Dept of Dravyaguna at RNKMAMC). Madam have included various medical system with their characteristics and their inter-relation between them.



Lecturer 2: Orientation Lectures on institutional officials and hierarchy taken by Dr. Anjana Pathak Madam (Assistant Professor, Department of Sanskrit Samhita dept at RNKMAMC). In his lecture he has elaborately explained regarding the importance, principles, and need of institutional officials. Her lecture has helped the students in creating awareness of hierarchy in the institute.



Lecture 3: Demonstration Lecture on first Aid taken by Dr. Meenal Khode Madam Assistant Professor Department of Kayachikitsa at RNKMAMC) along with the Drama theme carried out by first year old students mam shared clinical experiences and thoughts regarding critical emergencies.



Lecture 4: "Orientation Lecture on instruments used in Panchakarma and OT taken by Dr. Ashish Choyal Sir (Assistant Professor, Department of Panchakarma dept at RNKMAMC). In his lecture he has elaborately explained regarding the importance, principles, and need of various instruments. Her lecture have helped the students in

creating interest regarding clinical processes.



Lecture 5: Orientation Lecture on life-long learning and time management taken by Dr. Anirudhha Pathak Sir (Assistant Professor, Department of Sanskrit Samhita dept at RNKMAMC). Sir have shared valuable motivational thoughts for the students with strategies of exam preparations.



Lecture 6: Final Session was a guide tour of university campus taken by Dr. Minal Khode (Assistant Professor Department of Kayachikitsa at RNKMAMC)

Day fifteenth: **(08/03/2023 Wednesday)**

Day Coordinator : Dr Ganesh Mate

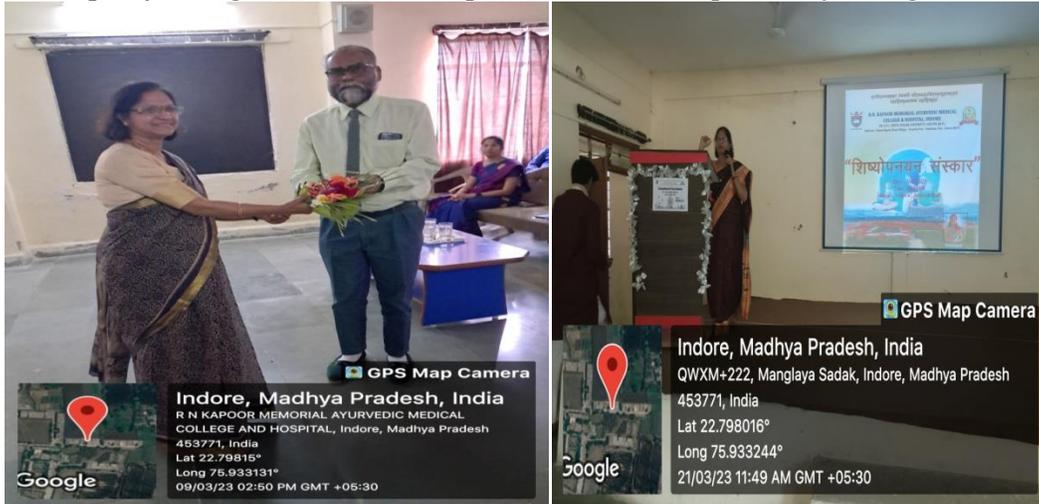
Lecture 1: Orientation Lecture on Role of Yoga in health taken by Dr. Jyoti Jagtap (Professor , Dept of Swasthawritta and yoga at RNKMAMC). Madam have included importance of regular breathing exercises Asanas and Pranayama in the session.

Lecturer 2: Post- test and Feedback has been taken by Dr. Anjana Pathak Madam (Assistant Professor, Department of Sanskrit Samhita dept at RNKMAMC).

Lecture 3: Motivational Lecture on Personality Development and recreation : health awareness, fitness and hygiene taken by Dr. Alka Chauhan (Assistant Professor, Department of Balroga at RNKMAMC).

Lecture 4: Lecture on International Women's Day by Dr. Revati Gupta Madam (Dean, pharmacy college). Valedictory function, and Prize distribution and felicitation of

coordinators by Dr. Rajiv Vishwakarma Sir (Hon.V.C.), Dr.Vinodkumar Vimal (Dean, Homiopathy college), Dr. Revati Gupta Madam (Dean, pharmacy college).



Day sixteenth: (10/03/2023 Friday)

Day Coordinator: Dr Shraddha Dhundi

Lecture 1: Dr Jyoti Jagtap: HOD and Professor dept of Swasthavitta delivered lecture on Ayurveda Diet Importance awareness in which mam initially explained about Ayurvedic concept of die and explained in details about importance of diet its shadrasatmak composition and pathya kalpana.



Lecture 2: Dr Jayshree Mate: Associate prof dept of Krisya Sharir delivered a lecture on theory of Dosha, Dhatu and Mala. In which mam explained about three Doshas, Sapta Dhatus and three malas. Their location in body. Sub type of each Dsha its natural and malfunctioning, their normal functioning etc.



Lecture 3: Dr Shraddha Dhundi associate prof Dept of Rasashastra and Bhaishjya Kalpana delivered a motivational lecture on introduction to AYUSH ministry, CCRAS, NCISM and all national institutes including NAI, JAMNAGAR, BHU & RAV. Mam further gave a detailed information on current trends in Ayurveda Carrier including possibilities in carrier development in pharmaceutical industry.



Lecture 4: Vadatu Sanskritam by Dr Mukesh Mukta sir Assi. Prof dept of Samhita took a last lecture on Vadatu Sanskritam which was a two way question answer communicative lecture on overall rehearsal.



Shishopanayan Samskar: A wonderful cultural programme followed by Shishpanayan was celebrated by New batch, faculty members and Senior batch.



Initially Principal mam explained importance of Shishopanayan and Dr Niral Gole; class teacher of new batch gave Charak Oath to every student. Letter Tilak ceremony with tread tying and giving sweets to everyone was celebrated as a ritual.

New students performed different cultural programmers and then interactive session

between junior and senior batch was carried out in presence of class teachers.



