

## Abhilashi Ayurvedic College & Research Institute

### Activities - 2023

**1. Educational tour:** Abhilashi Ayurvedic college and Research Institute BAMS 4<sup>th</sup> Prof. educational tour was conducted from 13 March to 20 March 2023. The students visited National Institute Of Ayurveda, Jaipur and Madan Mohan Malviya Ayurvedic college, Udaipur.



**2. Transitional Curriculum:** In accordance with the guidelines provided by NCISM, Abhilashi Ayurvedic College and Research Institute organized 15 days (90 Hours) Transitional Curriculum for First Professional BAMS in Month of March-April from 15-03-2023 to 01-04-2023. Objectives of Transitional Curriculum were orientation of: College facilities, various medical systems, regulatory bodies, overview of the BAMS curriculum, Sanskrit Language orientation, Goal setting, Basic Life Support (BSL) Training, Basic Computer Skills, Personality development, hygiene etc.



**3. Swachhata Abhiyan:** Abhilashi Ayurvedic College organized Cleanliness Drives on dated 24.01.2023, 14.02.2023, 22.02.2023, 17. 03.2023 and 21. 03.2023 at Village Nougauran. Dr. Sukhwinder, Dr. Vishal, Dr. Nitin, Dr. Perna & Dr. Manoj guided the students. The main purpose of this programme was to create awareness among the student regarding cleanliness and its benefits. Under this programme all the students participated.





**4. Fresher Party - Shubham Bhuyat:** On 3<sup>rd</sup> April 2023 in the Abhilashi University Auditorium a fresher party was organized for B.A.M.S. 1<sup>st</sup> Year students. The title for this party was "Shubham Bhuyat". Hon'ble Chancellor Abhilashi University Dr. R.K. Abhilashi inaugurated the function. Hon'ble Chancellor blessed and guided the students with his valuable words. Anmol was awarded as Mr. Personality, Kritika was awarded as Miss Personality. Mr. Fresher awarded to Abhishek and Karsang became the Miss Fresher of this year.



**5. Medical Camps:** Medical Health Camps were organized at Abhilashi Ayurvedic College & Hospital, Chailchowk Distt Mandi HP on dated 25.04.2023, 24.05.23. & 22.06.23. Dr. Chetan Sharma Dy. M.S. and his team did a thorough general health check-ups. Relevant investigations were done and medicines prescribed and dispensed free. Further any patient who required further work up was asked to follow up at Abhilashi Ayurvedic Hospital.



**6. Village Health Awareness Camp:** Purpose of these visits were to do Medical Health Check-ups of the residents of villages. The teams explained about the Hygiene condition and also explained the diseases condition and their side effect and Treatment. People were advised them to come and visit Abhilashi Ayurvedic Hospital for medical Treatment.





**7. World No Tobacco Day:** Abhilashi Ayurvedic college and Research Institute celebrated World No Tobacco Day on 31 May 2023 at Abhilashi University. All The faculty and Students of Ayurveda Department attended the event. Dr. Vinod, Dr. Vishal Delivered awareness lectures on the harmful effects of tobacco. All the participants pledge to stay away from tobacco and make awareness in society about the dangers of consuming tobacco.



**8. 9<sup>th</sup> International Day of Yoga:** Abhilashi Ayurvedic college and Research Institute celebrated 9<sup>th</sup> IDY on 21<sup>th</sup> June, 2023 according to general protocol as directed by NCISM and UGC. The thrust of the IDY observation this year is '*Harmonious Mass Yoga Demonstrations*' and the theme for this year is "Yoga for Vasudhaiva Kutumbakam" or "Yoga for the Welfare of All as One World-One Family". The Domestic tagline for IDY '23 is "Har Ghar Har Aangan Yog" being propagated to bring Yoga to every household at the grassroot level.



**9. CPR Workshop:** A workshop was conducted on 5<sup>th</sup> Aug 2023 at Mandav Hospital Mandi by Dr. Kunal Mahajan in which students of 4<sup>th</sup> year joined and learnt about importance of C.P.R in medical emergencies, Techniques of C.P.R as well as indications and contraindications of C.P.R. The technique was also followed on Dummy models.

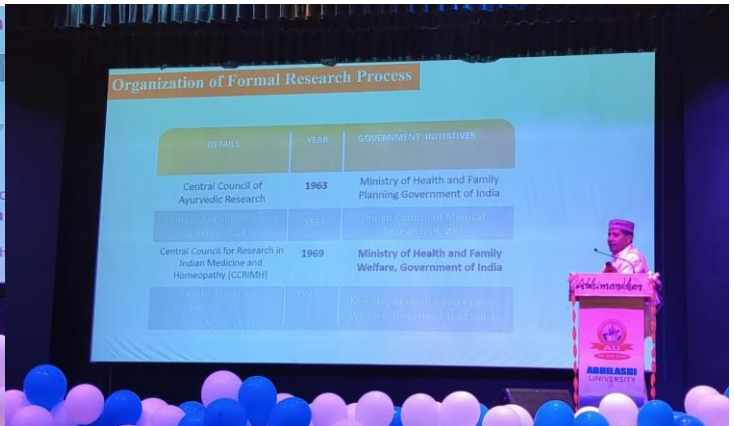
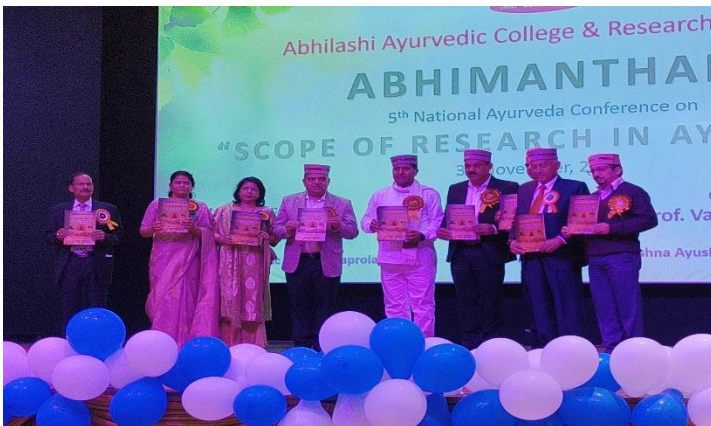




**10. Charaka Jayanti 21 Aug 2023:** Maharishi Charaka Jayanti was celebrated in conference hall of Ayurveda block. Lectures regarding Acharya Charaka teaching and his beautiful Samhita book was delivered by students of 1<sup>st</sup> ,2<sup>nd</sup> ,3<sup>rd</sup> and 4<sup>th</sup> year students along with that poster presentation was also conducted. Students for best lectures and poster presentation were felicitated.



**11. ABHIMANTHAN - 5<sup>th</sup> National Ayurveda Conference:** On dated 03 Nov, 2023, 5<sup>th</sup> National Ayurveda Conference “ABHIMANTHAN” was held whose theme was “Scope of Research in Ayurveda”. Chief guest and key note speaker Prof. Vd. Kartar Singh Dhiman (Vice Chancellor Shri Krishna Ayush University, Kurukshetra, Haryana) motivated students towards research and also explain ayurvedic medicines and their role during COVID-19. They also explained about working of CCRAS. Guest of Honour Prof. Vijay Chaudhary (Principal, RGGPG Ayurvedic College Paprola) explained about scope of research and values of research.



**12. National Ayurveda Day:** On dated 10 Nov, 2023 Dhanwantri Jyanti was celebrated with great enthusiasm. On this day Statue of lord Dhanwantri was installed. Oath taking ceremony was conducted for newly admitted students. All students and faculty of Ayurveda were present.

