



AYUVRUT

Celebrating Wisdom of Ayurved



From the Vice - Chancellor's Desk

As we step into the new year, carrying the warmth and glow of Diwali, it's my pleasure to extend heartfelt wishes to our students, faculty, and staff throughout our network of affiliated colleges. This second edition of Ayuvrut reflects our commitment to sharing knowledge, celebrating achievements, and building a vibrant, interconnected Ayurvedic community. May the brightness of this season continue to inspire us, guided by the wisdom of Ayurveda toward happiness, health, and collective well-being.

In this spirit, we honor Lord Dhanvantari, the divine physician and the source of Ayurveda. Revered especially during Dhanteras, Lord Dhanvantari represents the very foundation of health and healing. His wisdom reminds us that true well-being encompasses physical, mental, and spiritual harmony. By aligning with these principles, Ayuvrut seeks to be a platform that fosters this holistic approach, connecting our Ayurvedic community in the pursuit of wellness and knowledge.

As we move forward, may the blessings of Lord Dhanvantari fill our lives with wisdom, health, and purpose. Together, let's embrace this new year with hope and determination, keeping the ideals of Ayurveda alive in all that we do. Wishing everyone a year brimming with harmony, progress, and joy.



**Dr. Mukul Patel, Vice - Chancellor
Gujarat Ayurved University**

Murlidhar Ayurved College Celebrates 9th Ayurveda Day with Traditional Dhanvantari Pooja



Rajkot, October 29, 2024 - Murlidhar Ayurved College marked the 9th Ayurveda Day with a celebratory event under the theme, "Ayurveda Innovation for Global Health." The event included a traditional Dhanvantari Pooja, led by the management trustees, and was attended by faculty, interns, and staff members.

With over 70 participants, the ceremony began with the rituals of Dhanvantari Pooja, honoring the deity of Ayurveda, symbolizing health and well-being. Principal Dr. Alpesh Sorathiya extended his warm wishes for Dhanvantari Jayanti, emphasizing the importance of Ayurveda's contribution to health on a global scale. He greeted the assembled staff and students, encouraging them to continue fostering Ayurvedic traditions and advancements.

This celebration highlighted the college's commitment to promoting Ayurveda and innovation in the field, aligning with the nationwide observance of Ayurveda Day, which aims to integrate traditional health practices into modern healthcare approaches.



Eva College of Ayurved Marks Dhanteras with Sacred Dhanwantari Hawan

Rajkot, November 1, 2024 - In celebration of Dhanteras, a sacred Dhanwantari Hawan was conducted at Eva College of Ayurved, creating a spiritually uplifting and serene atmosphere on campus. The hawan, led by Principal Dr. Prakash Kumbar, saw enthusiastic participation from faculty members and students alike, all joining in reverence to seek the blessings of Lord Dhanwantari, the deity associated with health and healing.

The ritual was a heartfelt gathering, bringing together the college community in prayer and gratitude for health, prosperity, and wisdom. "It was truly special to be part of this sacred occasion, feeling the collective blessings of Lord Dhanwantari around us," Dr. Kumbar shared, reflecting on the significance of the event.

The ceremony on this auspicious day was a reminder of the college's commitment to traditional Ayurvedic values, hoping that the divine blessings of Dhanwantari will continue to guide and protect the community. Wishing all a blessed and prosperous Dhanteras!



Eva College of Ayurved Celebrates 9th Ayurved Day with Medicinal Herb Plantation Drive



Rajkot, October 25, 2024 – Marking the 9th annual celebration of Ayurved Day, Eva College of Ayurved organized a special “Medicinal Herb Plantation” program on campus, held under the initiative "Ek Ped Ma Ke Naam." This event aimed to promote the importance of medicinal plants and honor the legacy of Ayurveda by encouraging sustainability and environmental awareness.

Faculty members, students, and staff actively participated in the plantation drive, working together to plant various medicinal herbs around the campus grounds. The event not only symbolized a commitment to preserving Ayurvedic traditions but also served as an educational experience for students, highlighting the essential role of natural herbs in holistic health.

The college remains dedicated to fostering an understanding of Ayurvedic values, and events like these reinforce its mission to integrate tradition with environmental responsibility.



Eva College of Ayurved Celebrates Trustee Dr. Sanjay Khanapara's Birthday with Joy and Gratitude

Rajkot, November 5, 2024 – Today, Eva College of Ayurved came together to celebrate the birthday of its esteemed trustee, Dr. Sanjay Khanapara. The event was marked by a warm gathering of students, faculty, and staff, all eager to honor Dr. Khanapara's invaluable contributions to the institution and his positive influence on the college community.

A special cake-cutting ceremony highlighted the celebration, where students and faculty shared their heartfelt appreciation for Dr. Khanapara's commitment to fostering an environment of excellence, integrity, and compassion. The event also featured spirited performances by various student groups, showcasing the diverse talents and vibrant energy of the college.

Principal Dr. Alpesh Sorathiya, along with teaching and non-teaching staff, extended their best wishes, reflecting the deep respect and admiration felt for Dr. Khanapara. "We are inspired by his leadership and dedication, and we look forward to upholding the values he instills in us," said one faculty member.

The celebration was a memorable tribute to a leader who continues to inspire both students and staff, strengthening their commitment to the college's mission. On behalf of the entire Eva College of Ayurved family, they extended their warmest wishes to Dr. Khanapara, hoping for many more years of his impactful guidance.



GAU Vice-Chancellor Attends AYUSH Insurance Policy and Hospital Empanelment Meeting in Chennai



In a continuing effort to enhance accessibility and integration of holistic healthcare, Vice-Chancellor Dr. Mukul Patel of Gujarat Ayurved University (GAU) participated in a pivotal meeting at the National Institute of Siddha (NIS) in Chennai. The meeting focused on establishing AYUSH insurance policies and the empanelment of AYUSH hospitals, bringing together industry leaders, policy advocates, and healthcare experts to discuss making AYUSH treatments more accessible through expanded insurance coverage.

Dr. Patel's involvement underscores GAU's dedication to furthering AYUSH healthcare integration into mainstream insurance frameworks, aiming to make Ayurvedic treatments more affordable and accepted across India. His participation highlights the university's mission to align traditional health practices with modern healthcare policies, ensuring these holistic solutions are accessible to a broader public.

This meeting marks a significant step forward in GAU's ongoing commitment to integrating Ayurveda within national health policy, empowering practitioners and patients alike. Dr. Patel's presence reinforces GAU's goal to promote the benefits of Ayurveda, supporting a future where traditional practices play a more central role in the healthcare system.

Indian Institute of Ayurved Research and Hospital organized a guest lecture : GBAU & NCISM Registration Acts and the Future of Ayurveda

On October 21, 2024, the Indian Institute of Ayurved Research and Hospital was honored to welcome Dr. Sanjay Jivrajani, President of the Gujarat Board of Ayurveda and Unani System of Medicine, and Dr. Karishma Narwani, a distinguished member of the same board, for an enlightening guest lecture on "GBAU & NCISM Registration Acts and The Future of Ayurveda."

The lecture covered several crucial topics, such as the integration of traditional Ayurvedic knowledge with modern scientific practices, the vast potential of Ayurveda in preventive healthcare, and the role of technology in advancing Ayurvedic research. Dr. Jivrajani and Dr. Narwani also delved into Garbh Sanskar practices and discussed Ayurvedic approaches to treating infertility, underscoring Ayurveda's relevance in addressing contemporary health challenges. We extend our sincere thanks to Dr. Jivrajani and Dr. Narwani for sharing their expertise and inspiring our students and faculty with their forward-looking vision for the field of Ayurveda.



IIARH Hosts CME Session on Cervical Cancer Prevention for 9th Ayurveda Day Celebrations

On October 17, 2024, the Institute of Indian Ayurvedic Research and Hospital (IIARH) in Rajkot marked the 9th Ayurveda Day by hosting a Continuing Medical Education (CME) session focused on cervical cancer prevention. This insightful event featured Dr. Sweta Trivedi, a distinguished Consultant Obstetrician and Gynecologist, who emphasized the critical importance of cervical cancer awareness and prevention strategies.

Dr. Trivedi's session offered in-depth insights into proactive prevention, education's role in community health, and strategies to empower healthcare providers in their approach to cervical cancer prevention. Her presentation sparked valuable discussions and engagement among attendees, reinforcing the importance of proactive healthcare.

Our heartfelt appreciation goes to Dr. Sweta Trivedi for her enlightening contributions and to everyone who made this event a success. Below are glimpses from the day's events.



GAU Vice-Chancellor Dr. Mukul Patel Inspires Students and Faculty During Visit to IIARH



On October 17, 2024, Gujarat Ayurved University's Honorable Vice-Chancellor, Dr. Mukul Patel, visited the Institute of Indian Ayurvedic Research and Hospital (IIARH). During his visit, Dr. Patel engaged with students, sharing insights on the promising future of Ayurveda and encouraging them to embrace the field's potential. He also met with faculty members, discussing innovative ideas to enhance the institute's educational approaches and emphasizing the importance of research in advancing Ayurvedic knowledge.

Dr. Patel's visit left a profound impact, motivating both students and faculty to strive for academic excellence and to explore research opportunities in Ayurveda. His inspiring words have invigorated the institute's commitment to its mission of promoting traditional knowledge through modern approaches.

Workshop on Standardization Techniques for Herbal Medicinal Plants Conducted by Dravyaguna Department at IARH

On October 18, 2024, the Department of Dravyaguna at the Institute of Indian Ayurvedic Research and Hospital (IARH) organized a one-day workshop on "Standardization Techniques for Herbal Medicinal Plants." The session was conducted by Dr. Nasir Vadia, a distinguished professor from Marwadi University, Rajkot, and aimed to enhance the participants' expertise in the field of herbal medicine quality control.

The workshop was designed to equip attendees with crucial knowledge in standardization techniques essential for maintaining quality and efficacy in herbal medicinal products. Key topics covered during the workshop included:

- **Importance of Standardization:** Emphasizing the need for consistency and reliability in herbal formulations.
- **Regulatory Frameworks:** Addressing national and international standards in herbal medicine.
- **Quality Control Parameters:** Discussion on macroscopic and microscopic characterization, physicochemical properties (like ash value and moisture content), and advanced chromatographic methods such as HPLC (High-Performance Liquid Chromatography) and TLC (Thin Layer Chromatography).
- **Standardization Techniques:** Detailed methods on extraction (including solvent extraction and Soxhlet apparatus), purification through column chromatography, and analysis of marker compounds to ensure product integrity.

Additionally, the workshop featured hands-on training where participants actively engaged in practical demonstrations of standardization methods, allowing them to gain valuable firsthand experience.

The session was well-received, providing students with in-depth insights and skills essential for the field of herbal medicine.



Special Guest Lecture on Women's Health at IARH Marks 9th Ayurveda Day Celebrations

In honor of the 9th Ayurveda Day, celebrated on October 16, 2024, the Department of Prasuti Tantra and Stree Roga (PTSR) at the Institute of Indian Ayurvedic Research and Hospital (IARH) organized a special guest lecture centered on the theme "Ayurveda for Women's Health." The session featured the esteemed Ayurvedic expert Dr. Amit Tanna, who delivered an insightful presentation titled "Care for Her."

Dr. Tanna's lecture delved into the unique health needs of women and highlighted Ayurvedic approaches to women's wellness. His session covered a range of topics, from traditional practices that support reproductive health to natural remedies for hormonal balance and overall well-being. The lecture emphasized the importance of preventive care and holistic practices in fostering long-term health for women.

This engaging event offered students, faculty, and attendees valuable insights into how Ayurveda can play a vital role in enhancing women's health, aligning with the broader objectives of Ayurveda Day to promote holistic and accessible healthcare.

