



# AYUVRUT

Celebrating Wisdom of Ayurved



## From the Vice - Chancellor's Desk

Dear Readers,

As we step into the third edition of Ayuvrut, I am delighted to reflect on the remarkable initiatives undertaken by Gujarat Ayurved University and its affiliated colleges in recent months. Each edition of this newsletter not only highlights our collective achievements but also reinforces our commitment to advancing the principles and practices of Ayurveda.

November was a month of significant health observances, and I am proud to note the enthusiastic participation of our institutions in these important campaigns.

On World Piles Day, observed on November 20, our colleges organized awareness programs and free check-up camps to educate the public about the prevention and treatment of ano-rectal disorders. These events provided an excellent platform to demonstrate the efficacy of Ayurvedic treatments such as Kshara Sutra and other innovative techniques. The impact of these programs was profound, as they addressed the stigma associated with these conditions and encouraged early diagnosis and intervention. Similarly, World Diabetes Day, celebrated on November 14, saw an inspiring level of involvement from our affiliated colleges. With diabetes being one of the most pressing health challenges of our time, the awareness sessions and health camps conducted across Gujarat focused on the Ayurvedic perspective of diabetes management.



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

From herbal remedies to lifestyle modifications rooted in Dinacharya and Ritucharya, our efforts underscored Ayurveda's holistic approach to tackling this modern epidemic.

The success of these events speaks volumes about the dedication of our faculty, students, and staff. Through initiatives like these, we not only honor the rich heritage of Ayurveda but also adapt its principles to meet the health challenges of today.

As we approach the end of this calendar year, I encourage all of us to continue embracing the spirit of innovation and collaboration. Let us persist in our mission to integrate traditional Ayurvedic wisdom with modern scientific advancements, ensuring a healthier and more harmonious future for all.

Wishing you health, happiness, and inspiration as we move forward together.

Warm regards,  
Dr. Mukul Patel  
Vice-Chancellor  
Gujarat Ayurved University

## IIARH Students Begin Their Ayurvedic Journey with Dhanvantari Havan and Sacred Oath



On November 15, 2024, the Indian Institute of Ayurvedic Research and Hospital (IIARH) marked a spiritually enriching milestone as part of the orientation program for the new batch of BAMS students for the academic year 2024-25. The ceremony featured a sacred Dhanvantari Havan and an Oath-Taking Ceremony, symbolizing the students' commitment to the path of Ayurveda and their dedication to becoming compassionate and ethical Vaidyas.

The event was graced by Dr. Sheyash Bhalodiya, Principal of Global Ayurved College, Rajkot, as the Chief Guest. Dr. Bhalodiya led the students in taking the solemn oath to uphold the principles of Ayurveda, serving humanity with humility and integrity.

As part of this sacred ritual, all students were tied with a sacred thread on their wrists, a gesture symbolizing their commitment to Ayurvedic values and their responsibility to preserve its ancient traditions.



The highlight of the event was the Dhanvantari Havan, performed with the chanting of the Dhanvantari Mantra, invoking the blessings of Lord Dhanvantari—the divine physician and patron of Ayurveda. The havan utilized 108 medicinal herbs, whose fumes released healing properties into the air, purifying the atmosphere and reinforcing the timeless wisdom of Ayurvedic rituals. This ceremony provided students with a meaningful and inspiring start to their academic journey, blending spiritual practice with the foundational values of Ayurveda. The event beautifully reflected the institute's dedication to nurturing not only the academic growth of its students but also their holistic development as future healers.

## IIARH Organizes Yoga Shibir for 2nd Year BAMS Students



The Department of Swasthavritta at the Institute of Indian Ayurvedic Research and Hospital (IIARH) successfully conducted a five-day "Yoga Shibir" for 2nd-year BAMS students from November 11 to November 15, 2024. This program was designed to enhance physical and mental well-being while promoting a holistic understanding of health through the principles of Yoga and Naturopathy.

Under the expert guidance of faculty members and skilled instructors, the shibir was conducted in two enriching sessions each day:

- Forenoon Session: Focused on Asanas and Pranayama, combining theoretical knowledge with practical application to promote physical fitness and mental clarity.
- Afternoon Session: Delved into the healing power of Naturopathy, exploring its techniques and applications to achieve a balanced and holistic approach to health.

The program concluded with an examination on the final day, conducted by a panel of esteemed evaluators:

- Dr. Dyuti Pandya, Head of the Department of Swasthavritta.
- Dr. Sanesh P. B., Subject Expert.
- Dr. Ekta Parth Patel, Yoga Instructor.

The Yoga Shibir received active participation and enthusiasm from both students and faculty, who contributed wholeheartedly to its success. By integrating practical training with theoretical insights, the program reinforced the importance of incorporating Yoga and Naturopathy into daily life for holistic well-being.

The Department of Swasthavritta extends heartfelt thanks to all participants, faculty members, and students for their dedication and commitment, making the Yoga Shibir a meaningful and memorable event.



## Orientation and Felicitation Ceremony Marks a Warm Welcome for New Students at IARH



On November 11, 2024, the Institute of Indian Ayurvedic Research and Hospital (IARH), Rajkot, hosted an Orientation and Felicitation Ceremony to welcome students admitted to the first year of the Bachelor of Ayurvedic Medicine and Surgery (BAMS) program for the academic year 2024-2025. The event witnessed the enthusiastic participation of over 100 students and their families, creating an atmosphere of excitement and promise.

The program commenced with a warm welcome extended to students and their families, who were greeted with a traditional Ayurvedic welcome drink prepared by the Rasashastra and Bhaishajya Kalpana Department of the institute. Anchored gracefully by Dr. Bhavna Joshi, the event featured heartfelt words of welcome by Dr. Maitrey and Dr. Rajlakshmi, who set a positive tone for the occasion. The trustees honored all distinguished guests with shawls, floral showers, and mementos. The Vice-Chancellor of Gujarat Ayurved University, Dr. Mukul Patel, addressed the students with an inspiring speech, urging them to stay focused on their goals and explore the vast branches of Ayurveda. He assured them of the university's unwavering support throughout their academic journey and wished them a bright future.

The Chief Guest for the ceremony, Dr. Rakesh Sharma, President of BERISM and NCISM, New Delhi, captivated the audience with a powerful speech beginning with a Sanskrit shloka. He emphasized how Ayurveda spans the entire human lifecycle, from birth to moksha, and urged students to stay updated with innovations like Nadi Pariksha (pulse-based diagnostics) by regularly checking university and NCISM websites.

Adding further encouragement, Dr. B. L. Mehra, a Guest of Honor and NCISM member, motivated students to strive for excellence and achieve recognition in Ayurveda. He provided valuable insights into NCISM's various departments, enriching the audience's understanding.

Dr. Ashok Chavda, Registrar of Gujarat Ayurved University, congratulated the new batch and encouraged them to respect their teachers and embrace the timeless Guru-Shishya Parampara. He emphasized the importance of gaining deep knowledge and learning with humility.

Another Guest of Honor, Dr. Bhanubhai Mehta, Ayurveda District Officer, and a key figure in promoting Ayurveda during the COVID-19 pandemic, inspired students to follow the "3D formula" of Discipline, Dedication, and Determination. He highlighted the importance of connecting with teachers for holistic growth in Ayurveda.

The Managing Director of the institute, Dr. Mehul Rupani, and the Principal, Dr. Leena Shukla, warmly welcomed students and their families, assuring them of the institute's full support in their academic and personal development. They emphasized the importance of fostering overall growth through co-curricular activities and professional excellence.

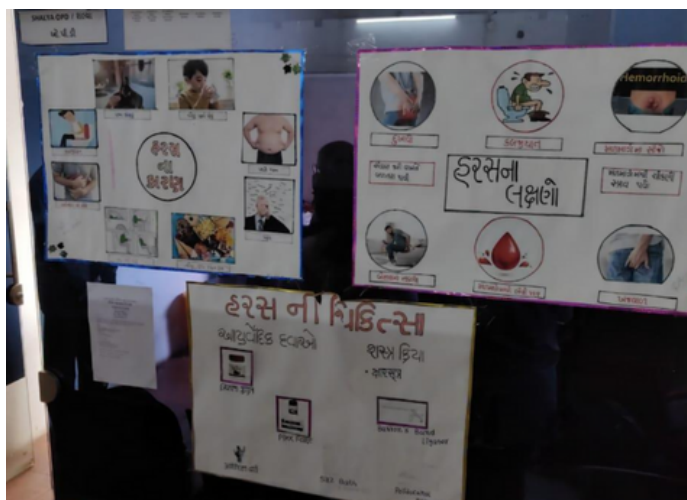
The event was a resounding success, thanks to the dedication of the institute's trustees, faculty, and students, who worked tirelessly to make the day memorable. Here are some glimpses of this joyous occasion, celebrating the beginning of a transformative academic journey for the next generation of Ayurvedic professionals.

## Bhargava Ayurveda College Organizes Two-Day Piles Awareness and Free Check-Up Camp

Dahemi, Anand, November 23, 2024 – To mark World Piles Day, Bhargava Ayurveda College, Dahemi, organized a two-day Piles Awareness and Free Check-Up Camp on November 20 and 21, 2024. The event was conducted under the guidance of Gujarat Ayurved University, aiming to raise awareness about ano-rectal disorders and provide free diagnostic services by blending Ayurvedic therapies with modern medical approaches.

The camp featured interactive sessions to educate attendees about the causes, symptoms, and prevention of piles. Participants were encouraged to prioritize early diagnosis and treatment to avoid complications. Educational materials were also distributed to reinforce preventive healthcare practices. Over the two-day event, 37 patients—20 on the first day and 17 on the second—received free consultations. Each patient underwent thorough evaluations, and treatment plans were crafted using a combination of Ayurvedic and modern approaches, including therapies like Kshara Sutra and advanced diagnostic tools.

This initiative not only addressed the stigma surrounding ano-rectal disorders but also demonstrated Ayurveda's role in holistic and accessible healthcare. Bhargava Ayurveda College's efforts reinforced its commitment to advancing community health and supporting Gujarat Ayurved University's mission.



## JAMC Observes World Piles Day with Awareness Campaigns and Medical Camps

Panchmahal, Gujarat, November 25, 2024 – To mark World Piles Day, Jamnagar Ayurved Medical College (JAMC), managed by Perna Charitable Trust and affiliated with Gujarat Ayurved University, organized medical camps and awareness activities on November 20 and 22, 2024, in Rampura and Mehlol villages in Panchmahal district. The initiative aimed to raise awareness about piles, promote early detection, and encourage preventive measures.

On November 20, a medical camp was held in Rampura village, which has a population of 5,000, where 26 participants sought treatment for piles-related symptoms. On November 22, a larger camp in Mehlol village, with a population of 15,000, attracted 110 participants. The camps were led by faculty members Dr. Janki Pandya and Dr. Vishal Gome, along with intern and second-year students, who conducted consultations, provided lifestyle advice, and educated the community on preventive healthcare.





The participants' symptoms varied based on age, with teenagers experiencing minimal symptoms, adults under 30 displaying mild symptoms manageable through lifestyle changes, and middle-aged individuals presenting moderate symptoms requiring conservative treatment. Elderly participants, over 55 years, had severe symptoms, with many needing surgical intervention.

The campaign emphasized the importance of adopting a healthy lifestyle, including proper hydration and exercise, and seeking early medical intervention if symptoms arise. Public education on prevention and treatment of piles was also highlighted as essential to reducing the burden of the condition. Overall, JAMC's World Piles Day campaign successfully integrated Ayurveda with modern healthcare practices, providing vital services and reinforcing the significance of early intervention and lifestyle modifications.



## Manjushree Research Institute of Ayurvedic Science Celebrates World Piles Day 2024

Gandhinagar, November 22, 2024 – The Department of Shalyatantra at Manjushree Research Institute of Ayurvedic Science (MRIAS) organized a three-day celebration of World Piles Day from November 20 to 22, 2024, with the aim of raising awareness about piles and anorectal disorders.

The event began on November 20 with an inaugural function, including the lighting of the lamp and an awareness lecture. Students participated in an in-house medical camp and a poster-making competition focused on piles prevention.

On Day 2, a lively skit performance by students added energy to the program. A medical camp was also conducted by consultants at Goenka Ayurved Hospital, providing free diagnostic services to the public.

The final day, November 22, saw a free medical camp and an awareness rally organized by students and interns at Balva village, where over 30 patients benefited from the services.

The event's success was led by Dr. Nishad Patil, Head of the Department, and Dr. Pratiksha Patel, Associate Professor, whose dedication ensured the program's smooth execution. The initiative not only educated the community about piles but also directly benefited local residents through free medical services and awareness activities.





## Shishyopanayan Samskar Ceremony Welcomes New BAMS Students at Eva College of Ayurved

Supedi, Dhoraji, Rajkot, November 26, 2024 – Trilok Seva Samiti's Eva College of Ayurved organized the Shishyopanayan Samskar-2024 ceremony to welcome newly admitted BAMS students (Batch 2024-25) in alignment with the new NCISM curriculum. The event was graced by distinguished guests, including Dr. Mukul Patel, Honourable Vice-Chancellor of Gujarat Ayurved University, Dr. Ashok Chavda, Incharge Registrar, and Dr. Sanjay Jivrajani, President of the Gujarat Board of Ayurveda and Unani Systems.

The ceremony began with a Yagya performed in accordance with Indian traditions, where students sought the blessings of Lord Dhanvantari to commence their academic journey. The event was conducted under the able leadership of Dr. Prakash Kumbhar, Principal of Eva College of Ayurved, and Dr. Nashir Parmar, Campus Director.

In his address, Dr. Mukul Patel congratulated the students on choosing a path deeply rooted in India's ancient heritage and emphasized the transformative potential of Ayurvedic knowledge. Dr. Ashok Chavda inspired students to find their unique paths within the vast field of Ayurveda, while Dr. Sanjay Jivrajani encouraged them to aim for excellence by establishing Ayurvedic specialty clinics, echoing the vision of Hon'ble Prime Minister Narendra Modi.

The event saw enthusiastic participation from teachers, staff, and students, marking a memorable start to the academic journey for the new batch. Their collective efforts ensured the event's success, setting a positive tone for the academic year ahead.





## Three-Day Sarva Roga Nidan Camp Organized at Supedi



Supedi, Dhoraji, Rajkot, November 16, 2024 – Trilok Seva Samiti's Eva College of Ayurved, in collaboration with Dhruv Ayurved Hospital, successfully conducted a Three-Day Sarva Roga Nidan Camp from November 14 to 16, 2024. The camp aimed to provide diagnostic and treatment services to the residents of Supedi, Dhoraji, and nearby villages, offering access to quality Ayurvedic healthcare.

Under the leadership of Dr. Prakash Kumbhar, Medical Superintendent of Dhruv Ayurved Hospital, the camp witnessed active participation from consultants and intern students of the hospital. A total of 127 patients attended the camp, benefiting from comprehensive diagnostic evaluations and personalized treatment recommendations.

The camp received an overwhelming response from the community, reflecting the trust and enthusiasm for Ayurvedic healthcare services. Residents appreciated the initiative for making specialized healthcare accessible and for its emphasis on holistic well-being.

This event underscores the commitment of Eva College of Ayurved and Dhruv Ayurved Hospital to serving the community and promoting Ayurveda as a reliable and effective healthcare system.



## Pioneer Ayurvedic College Launches 15-Day Orientation Program for Fresh Batch 2024-2025

Vadodara, November 12, 2024 – Pioneer Ayurvedic College and Hospital inaugurated its 15-day Transitional Curriculum Program (TCP) Shishyaupanyan to welcome the fresh batch of BAMS students for 2024-2025.

The event began with a motivational address by Dr. Mita Mashru, Principal, who encouraged students to embrace holistic development and become compassionate healthcare professionals. The program featured guest lectures from renowned experts on topics such as personality development, group dynamics, and trust in Ayurvedic science.

Highlights included lectures by Prof. Janak Maheta, Dr. Sandip Gordhandas Buddhadev, and Dr. Mona, offering insights into Ayurveda and personal growth. The TCP aims to provide students with a strong foundation in Ayurvedic principles, effective communication, and holistic health practices.

This initiative underscores the college's dedication to equipping students for a successful journey in Ayurvedic education and practice.



## Eva College of Ayurved Marks World Piles Day with Quiz Competition

Rajkot, November 20, 2024 – In observance of World Piles Day, the Department of Shalyatantra at Eva College of Ayurved organized an engaging quiz competition for final-year and intern students. The event, held under the guidance of Dr. Prakash Kumbar, Dr. Amit Mukadam, and Dr. Rushikesh Kangad, aimed to deepen students' understanding of ano-rectal diseases through a dynamic and interactive format.

The competition featured four rounds designed to test knowledge and critical thinking:

1. Multiple Choice Round – Conducted separately for each team.
2. Without Choice Round – Focused on direct-answer questions.
3. Rapid Fire Round – Tested quick recall and problem-solving skills.
4. Photograph Round – Assessed clinical and theoretical knowledge using visual aids.



Students showcased remarkable preparation, enthusiasm, and adherence to competition rules, making the event both educational and spirited. The winners were announced at the conclusion of the quiz and were felicitated with certificates and mementos by Dr. Prakash Kumbar, Principal of Eva College of Ayurved, who lauded their efforts and encouraged them to continue pursuing academic excellence.

The event was highly appreciated by participants, who praised the department's initiative in broadening their knowledge of ano-rectal diseases and creating a vibrant learning experience.

## Pioneer Ayurvedic College & Hospital Celebrates 9th National Ayurveda Day with Week-Long Festivities

Vadodara, Gujarat, October 29, 2024 – Pioneer Ayurvedic College and Hospital marked the 9th National Ayurveda Day with a week-long celebration from October 21 to October 29, 2024. The series of events emphasized the relevance of Ayurveda and natural healing in modern healthcare while fostering awareness about environmental sustainability.

The festivities commenced on October 21 with a lecture on Āyurvediya Āhāra & Innovation by Vd. Vatsas Joshi, highlighting the role of diet in overall well-being and innovative approaches to Ayurvedic cuisine. On October 22, students explored the college's herbal garden under the guidance of Dr. Shweta Vekariya and Dr. Mira Khodifad, gaining insights into over 100 medicinal plant species and their uses.

The "Ek Ped Maa Ke Naam" campaign on October 23 saw students and faculty plant 20 medicinal plants, including Arjun and Sinduri, promoting the value of medicinal plants in healthcare and ecological conservation. On October 24, Dr. Mira Khodifad delivered a lecture on Medicinal Plants for Wellness, highlighting their role in fostering healthy habits.

The week also featured a lecture on October 25 by Dr. Kavan Zankat and Dr. Mukesh Borse, focusing on innovation and entrepreneurship in Ayurveda, bridging traditional practices with modern business models. The celebrations concluded with a Dhanwantari Yadhya on National Ayurveda Day, paying homage to Ayurveda's rich heritage.

Principal Dr. Mita Mashru expressed pride in the institution's dedication to Ayurvedic practices, stating, "Our goal is to raise awareness about Ayurveda and natural healing while inspiring future generations to explore the potential of medicinal plants."





## Shri V.M. Mehta Institute of Ayurved Hosts Seminar on Advancing Careers in Ayurveda

Rajkot, October 21, 2024 – Shri V.M. Mehta Institute of Ayurved, in collaboration with the Gujarat Board of Ayurveda and Unani System of Medicine (GBAU), organized a seminar to educate students about career opportunities and regulatory frameworks in Ayurveda.

The seminar featured distinguished speakers Dr. Sanjay Jeevarajani, Chairman of GBAU and a renowned practitioner specializing in sexology, and Dr. Karishma Narwani, a member of GBAU, CEO of Vedagarbha, and Director of Garbhpanishad Foundation.

Dr. Sanjay Jeevarajani provided valuable insights into the registration processes for GBAU and NCISM, explained the Clinical Establishment Act, and elaborated on the Gujarat Medical Practitioners Act, 1963. He also highlighted opportunities for startups in Ayurveda and discussed the growing scope of the field.

Dr. Karishma Narwani motivated students to advance their careers in Ayurveda, emphasizing the importance of reaching out to communities across the country and making Ayurveda accessible to all.

The seminar was successfully conducted under the leadership of Principal Dr. Giriraj Singh Gohil, with active participation from the faculty and students. It provided attendees with a deeper understanding of the professional landscape in Ayurveda and inspired them to explore its vast potential.



## Shri V.M. Mehta Institute of Ayurved Celebrates World Diabetes Day with Anti-Diabetic Recipe Competition



Rajkot, November 14, 2024 – To mark World Diabetes Day, the Department of Swasthavritta evum Yoga at Shri V.M. Mehta Institute of Ayurved organized an innovative competition titled “Prahaar - Pramehaar Ahaar 2024: Attacking Diabetes with Ayurvedic Diet.”

The event showcased the creative culinary skills of BAMS students, who prepared a variety of anti-diabetic recipes aligned with Ayurvedic principles. Dishes included Diabetic Rotla, Amalakiharidra Juice, Blue Tea, Butterfly Pea Flower Tea, Masala-Free Protein Diet, and Turmeric-Induced Gluten-Free Paratha. Ingredients like methi, ginger, lasun, and ragi, known for their health benefits in diabetes management, were prominently featured.

The competition highlighted the importance of Deepan Pachan Ahaar, which aids in regulating blood sugar, boosting immunity, improving eye health, and promoting weight loss. Faculty members, staff, and students from constituent colleges visited the event, where BAMS participants explained the Ayurvedic perspective on Prameha (diabetes) and the role of Pathya Ahara (therapeutic diet) in improving health conditions.

The event was a resounding success, with the students’ innovative approaches and dedication earning widespread appreciation. It underscored the potential of Ayurvedic dietary practices in managing diabetes and promoting holistic well-being.