

AYUVRUT

Celebrating the wisdom of Ayurved

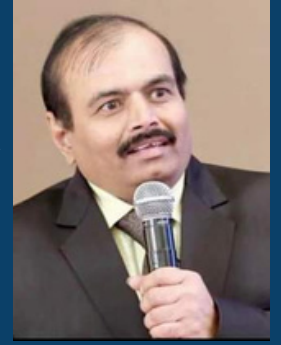


Thursday, 24 October, 2024

www.ayurveduniversity.edu.in



Our Vice-Chancellor, Dr. Mukul Patel, has been instrumental in steering this initiative. His leadership, grounded in the principles of Ayurved, continues to inspire us to stay connected with our heritage while embracing the future.



From the Editor's Desk

A New Chapter in ancient Ayurvedic knowledge

Dear Readers,

It is with immense pleasure and pride that We introduce you to the revival of Ayuvrut, the official newsletter of Gujarat Ayurved University. As we open this new chapter, we are reminded of the rich legacy and timeless relevance of Ayurved, a discipline that has not only shaped the health and wellness of countless individuals but continues to influence global health practices today.

This newsletter marks a significant milestone in our journey of knowledge sharing, offering a dedicated platform to showcase the dynamic activities and innovations taking place within the university and its affiliated colleges. We are thrilled to highlight the efforts of our students, faculty, and researchers,

"Ayuvrut is not just a chronicle of events; it is a reflection of the vibrancy of our Ayurvedic community, a medium to foster collaboration and celebrate collective progress."

— Dr. Mukul Patel, Vice-Chancellor

whose unwavering commitment to Ayurvedic excellence is setting new benchmarks in education, research, and community outreach.

Across the length and breadth of Gujarat, our affiliated institutions have been actively engaging in a multitude of activities, from hosting workshops and seminars to conducting groundbreaking research. Ayuvrut is your window to these events—a space where the achievements of our colleges, the milestones of our students, and the vision of our leadership come to life.

The Anti-Ragging Committee meets every six months to assess the situation in affiliated institutions and ensure compliance with the University Grants Commission's (UGC) strict anti-ragging guidelines.

Jamnagar, October 11, 2024: Gujarat Ayurved University is proud to announce the successful conclusion of its bi-annual Anti-Ragging Committee meeting held on October 11, 2024. In a significant achievement, the committee reported zero ragging cases across all 32 affiliated colleges over the last six months.

The meeting, conducted by the University's Information and Public Relation Department, was attended by the members of the Anti-Ragging Committee, who expressed their satisfaction with the findings. Dr. MukulBhai Patel, Vice Chancellor of Gujarat Ayurved University, expressed his delight over the commendable efforts of the university and its affiliated colleges in maintaining a ragging-free environment.

"The fact that no ragging incidents have been reported from any of our affiliated institutions speaks volumes about the discipline and responsibility that our students uphold," said VC Dr. Patel. "It is a proud moment for all of us to witness the students' growing awareness and respect for the law and order within our university system.

This reflects the strong moral fabric of our campus culture, as well as the collective effort of our affiliated colleges' Principal, staff and management to create a safe and positive academic environment."

The Anti-Ragging Committee meets every six months to assess the situation in affiliated institutions and ensure compliance with the University Grants Commission's (UGC) strict anti-ragging guidelines. This meeting saw unanimous satisfaction from the committee members, with special commendation for the preventive measures and awareness campaigns undertaken by the university and its colleges.

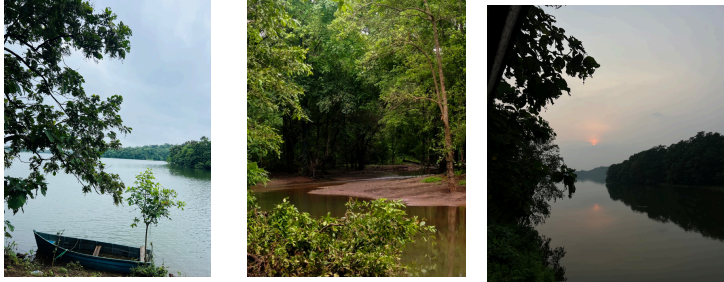
The University remains committed to upholding a zero-tolerance policy against ragging and continues to engage in regular monitoring, awareness sessions, and stringent enforcement of anti-ragging laws to ensure the well-being and safety of all students. The administration is confident that this trend of zero ragging incidents will continue in the future.

**SAY NO TO
RAGGING**



Exploring Nature, Enhancing Knowledge: Gujarat Ayurved University's Trekking Camp

Gujarat Ayurved University organized a thrilling trekking camp for 200 scholars from respective colleges under the University from September 23 to October 2, 2024, under the visionary guidance of Honorable Vice Chancellor, Dr. Mukul Patel. The camp was divided into three batches and held across four breathtaking locations. This unique initiative aimed to foster a deeper connection between nature and Ayurvedic principles. The scholars were treated to enlightening sessions by esteemed guests, who shared their expertise on Dravyaguna (Ayurvedic pharmacology) and its applications in natural environments. Through trekking, camping, and interactive discussions, participants gained hands-on experience in identifying medicinal plants and understanding their properties. This experiential learning opportunity not only enhanced their knowledge but also nurtured teamwork, leadership, and camaraderie. Deep gratitude to our Vice Chancellor, Dr. Mukul Patel and Mr. H.P Jhalla (Director Of Sports Section) the university team for curating an unforgettable experience!"



Workshop on "Pathya Ahara Kalpana" Organized by Gujarat Ayurved University

To maintain a healthy state and to treat ailments more effectively, the right diet plays a crucial role. In both of these situations, the method of cooking the food, along with the ingredients, is essential. Different ways of cooking food are referred to as "Ahara Kalpana" (food preparation methods). With the aim of teaching these food preparation techniques and their significance effectively to Ayurvedic students, and making them accessible to the general public, Gujarat Ayurved University, Jamnagar's Board of Swasthavritta, under the guidance of the university's Vice Chancellor Vaidya Shri Mukul Patel, organized a two-day workshop on "Pathya Ahara Kalpana" on September 21 and 22, 2024, at Padma Dungri with the collaboration of the Forest Department.



The workshop, hosted by Shri O.H. Nazar Ayurved College, Surat, was designed for faculty members of the Swasthavritta (preventive medicine) department from affiliated colleges of the university. During the workshop, various food preparations (dishes) as mentioned in ancient Ayurvedic texts were presented by the faculty members, focusing on maintaining the health of healthy individuals and supporting patients in their recovery process.

Three expert speakers shared detailed insights on food science aspects supported by yoga and Ayurveda. The speakers included Vaidya Arpan Bhatt, Dean of Planning and Development and Head of the Department of Swasthavritta at ITRA, Jamnagar, Vaidya Atish Oswal, Professor and Head of the Swasthavritta Department at Siddhakala Ayurved College, Sangamner, and Vaidya Rahul Jadhav, Associate Professor and Head of the Department of Swasthavritta and Yoga at Parul Institute of Ayurveda

The Registrar of Gujarat Ayurved University, Dr. Ashok Chavda, attended the workshop, encouraging the participants. Principal of the host institution, Shri O.H. Nazar Ayurved College, Vaidya Kirtiben Patel, was present during the inauguration and valedictory ceremonies. A total of 45 participants, including 36 faculty members from 23 affiliated colleges, attended the workshop, where 21 food preparations were presented. Videos of these food preparations will soon be available on the university's YouTube channel in a language accessible to the public.

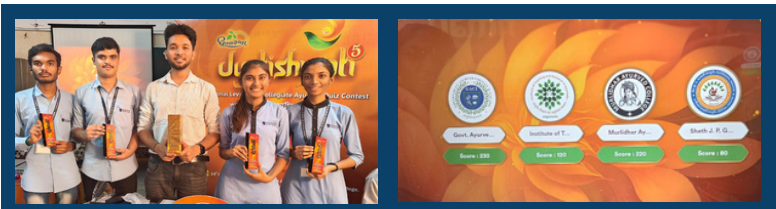
Netra Chikitsa Ayurveda College Shines with Academic and Community Initiatives in 2024



One of our colleges, Netra Chikitsa Ayurveda College and Hospital, Amreli, took initiative for community service activities throughout 2024, demonstrating its commitment to both academic excellence and societal well-being. On August 09, 2024, college celebrated Charak Jayanti, organised by the Samhita Siddhanta Department. Principal Dr. Prasanth R. Krishnan led the ceremony, during which students took the Charaka Oath and participated in Samhita Parayan, conducted by the college's Sanskrit Club. International Yoga Day was celebrated on June 21 with over 150 students participating in yoga demonstrations and a cooking competition. This was followed by World Environment Day, during which 150 saplings were planted on campus, and a pledge for a plastic-free zone was taken by all students and faculty, spearheaded by the NSS unit. In a significant step forward, the college launched a new teaching and learning app, inaugurated by Honorable Minister Shri Parshottam Rupala. The app, designed for student interaction and study, aligns with the institution's vision for digital learning. Additionally, university rankers were honored with awards by Vice-Chancellor Dr. Mukul Patel, while student Brinda Kachhadiya received the CCRAS SPARK Project Award, further solidifying the college's reputation for academic distinction.

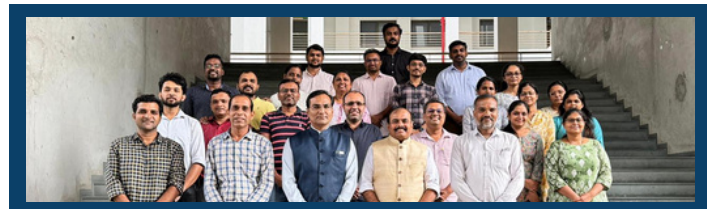


Murlidhar Ayurved College Secures Second Place in Ayurved Quiz Competition



On October 14, 2024, Government Ayurved College, Bhavnagar, organized an Ayurved quiz competition with four shortlisted colleges. Murlidhar Ayurved College was represented by four second-year students, accompanied by a teacher as coordinator. The students showcased their knowledge and secured second place. Dr. Alpesh Sorathiya, Principal of Murlidhar Ayurved College, expressed his pride and joy, stating, "I am immensely happy with this achievement and appreciate the students' efforts. I encourage all students to participate in such competitions in the future." The victory brought great pride to the college.

Honourable VC sir Visits Murlidhar Ayurved College



On August 22, 2024, Murlidhar Ayurved College had the honour of hosting the Vice Chancellor of Gujarat Ayurved University, Prof. Mukul Patel, and Registrar Dr. Ashok Chavda. The guests were welcomed by the management and trustees. Dr. Patel praised the college's infrastructure and hospital, offering valuable guidance and appreciating the faculty's efforts. The visit concluded with a memorable group photo. Principal Dr. Sorathiya thanked the Vice Chancellor sir and Registrar sir for their time and valuable suggestions for the institute's growth.

Tree Plantation Drive Held at Sardar Ayurveda College Under “Ek Ped Maa Ke Naam” Initiative

As part of the Central Government's “Ek Ped Maa Ke Naam” initiative, Sardar Ayurveda College & Hospital, Mehsana, Gujarat, successfully planted 150 trees in its Herbal Garden. The event, jointly organized by the PG Department of Dravyaguna and the NSS Unit, saw the active participation of 95 volunteers, including faculty, non-faculty staff, and students. Principal Dr. Saili Lokare and NSS Coordinator Dr. Lalit Kumar Nagar led the plantation drive, emphasizing the importance of environmental sustainability. The initiative reflects the college's commitment to green practices and community involvement.



Dhanwantari Poojan and Nutrition Awareness Week at Sardar Ayurveda College

From September 20-26, 2024, Sardar Ayurveda College, Mehsana, celebrated National Nutrition Month with a series of events. The program began with a Dhanwantari Poojan led by Principal Dr. Saili Lokare, followed by nutrition-focused activities. On the second and third days, students and professors prepared health drinks. The fourth day featured lectures on nutritional anemia, women's hygiene, and PCOS by Dr. Divya Rajpurohit, and the importance of children's nutrition by Dr. Riddhi Mehta. The event raised awareness of health and nutrition, with active participation from students and staff.



GAU organized a dental camp for Ayurvedic Technique Enables Pain-Free Tooth Extraction

Gujarat Ayurved University, in collaboration with Sandipani Ashram, Porbandar, organized a dental extraction camp using the ancient Ayurvedic technique "Jalandhara Bandha" during Navratri. This method allows for pain-free tooth extraction without anesthesia, benefiting patients with conditions like diabetes and heart disease.

Seventeen students and faculty from 32 Ayurvedic colleges participated under the guidance of Gujarat Ayurvedic University Vice-Chancellor, Dr. Mukul Patel. The camp aimed to promote this effective, lesser-known technique, which minimizes pain and bleeding. Vaidya Saroj Joshi, Harindra Dave, and Shrenik Nahata led the training.



"I extend my heartfelt congratulations on the relaunch of the Ayurveda Newsletter. This platform serves as a vital medium to connect students, faculty, and practitioners, promoting the ancient wisdom of Ayurveda. I am confident that it will inspire continuous learning and innovation in the field. Best wishes for its success and for it to become a beacon of knowledge and growth for the Ayurvedic community."

Dr. Ashok P. Chavda, Registrar, Gujarat Ayurved University