

SHREERAMAYURVEDICMEDICALCOLLEGEANDHOSPITAL,MEERUT

This is to inform you all that letter received from NCISM Ref.no-SRAMCH/PO/2022/253 In Continuation of NCISM communication in respect to celebrating of **AYURVEDA DAY-2022**, the theme for week i.e **26th September 2022 to 2nd October 2022** is '**AYURVEDAAHARA**'. Shree Ram Ayurvedic College and Hospital is celebrating Day wise activities to be performed are listed and enclosed herewith.

Date	Event	Event by
26-09-2022	Ayurveda Diet for Healthy Progeny-Awareness talks /Programs	Dr.Shikha Camp in Village
27-09-2022	Ayurveda Diet Importance Awareness/Talks	Dr.Sabihain college
28-09-2022	Demo on use of millets in recipes for general public	Dr.Ruby Dahiya at hospital
29-09-2022	Awareness program on Ayurveda Diet for Children, youth & Geriatric	Dr.Varsha at SRS Global School
30-09-2022	Awareness program on Seasonal Ayurveda Diet	Prof.Dr.Raakhi all the Staff
01-10-2022	Ayurveda Diet for common symptoms/ Disease	Dr.Trupti all the students.
02-10-2022	Ayurveda chef competition	Dr.Suchita inter class competition

Dr. Trupti - Gathering
Schedule Dr. Jyoti - Gathering
Projector Dr. Varsha -
Coordinator
Sumit - Photo

Principal

(Shree Ram Ayurvedic Medical College And Hospital, Meerut)

Date	Event 1	Organizedby
26-09-2022	AyurvedaDietforHealthyProgeny-Awarenesstalks /Programs	Dr.Nupur,Dr.Neetu , Dr. DruvCampink uraliVillage

In respect to celebrating of **AYURVEDA DAY-2022**, the theme for week is '**AYURVEDAAHARA-**

ShreeRamAyurvedicMedicalCollegeAndHospitalOrganized a Medical camp at village- kurali, District: Meerut, the medical campwasorganizedwithsupportofgrampradhan.Requiredmedicinesweredistributedtopatients.

TotalnumberofPatients-182



Date	Event 2	Organizedby
27-09-2022	AyurvedaDietImportanceAwareness/Talks	Dr.Sabihaincollege

On 2nd Day of Ayurveda Ahar week - under the 6 week Ayurveda day programme by ministry of Ayush - Dr. Sabiha Bano delivered a Lecture on topic - Awareness on Importance of Ayurveda diet, conducted in Shree Ram Ayurvedic Medical College and Hospital and explained the importance of *Astha Ahara Vidhi Vishesh Ayatana* and Importance of Ahar Vidhi mentioned in Ayurveda to maintain a healthy life style.



Date	Event 3	Organizedby
28-09-2022	Demosonuseofmilletsinrecipesforgeneral public	Dr.RubyDahiyaat hospital

Under **Har din Har ghar Ayurveda** we have conducted lecture on 'Importance and benefits of Millets' and demos of different recipes of Millets. We have prepared Sanwa rice Idli, Multi millet Dosa and Amaranth (Cholai) laddu to create awareness among people to include Millets in their daily diet to be healthy.



Date	Event 4	Organizedby
29-09-2022	AwarenessprogramsonAyurvedaDietforChildren, youth&Geriatric at SRS global school	Dr.Ruby,Dr.Jyoti, Dr. varsha

Under “**Har Din Har Ghar Ayurveda**” We have conducted the awarenessprogramme on Ayurveda diet for children & youth. In this programme we have describe the Aahar Matra, Aahar kaal , Aahar Jirna lakashna, Aahar according toRituCharya& Aaharfor children & youth.



Date	Event 5	Organizedby
30-09-2022	AwarenessprogramsonSeasonalAyurvedaDiet	Prof.Dr.Raakhi alltheStaff

On 5th day of Ayurveda Ahara week under **Jan Sandesh**, **Jan** Bhagidari, and **Jan** Aandolan. Prof. Dr. Raakhi Meharaa delivered a lecture on Importance of Aahar with special reference to Rituchariya and Dinchariya by keeping in mind of running season, Pathya and Apathyas and Vihara to be followed in daily routine for healthy life.



Date	Event 6	Organizedby
01-10-2022	AyurvedaDietforcommonsymbols/Disease	Dr.TruptiAlthe students.

On 6th day of Ayurveda Ahar week, Under **Har din Har ghar**

Ayurveda we have conducted programme on recommendation of ministry of Ayush, lecture on Ayurveda Diet for common Symptoms and Diseases taken by Dr. Trupti Tembhare on 1st oct 2022, metabolic diseases like-DM, HTN and other common diseases like- Amla pitta, masurika etc. As, Ayurveda Diet plays an important role to prevent and cure disease.



Date	Event 7	Organized by
02-10-2022	Ayurvedachefcompetition	Dr.Suchitainter classcompetition

The theme for week (26th September to 3rd October 22) is AyurvedaAahar, Ayurveda chef competition is organised on 3rd October 2022 by DrSuchita Sharma and team. The theme of this competition is Kshirpak Kalpana. Dr. Kangana Yadav, the vice chairman of CERT group of institute and prof. Dr.Raakhi Mehra, the Principal of Shree Ram Ayurvedic Medical College and hospital, Meerut were invited as judges for this competition. As, it was an interclass competition, total 21 students of 7 groups participated in it. All the preparations were decorated lavishly and having good taste. Our judges expressed their views and finalized the result. The results are as follows first winner is group F having preparation Samak kheer, second winner is group E having preparation Arjun Kshirpak and third winner is group D having preparation Sabudana kheer.



Date	Event 8	Organised By
12-10-2022	Mehandi competition	Dr.Nidhi & Dr. Varsha

In continuation to *Har Din Har Ghar Ayurveda*, to mark the Ayurveda Day 2022' Mehendi Competition was Organised at conference hall of SRAMCH. Students were explained about the importance of Mehendi in Sharad Ritu; as pitta dosha gets vitiated *Mehandi* comes to Resort, having all the cooling properties that help keep the pitta dosha in check.

12 students Participated in the inter class competition. All students presented their skills & talents and were awarded with 1st, 2nd & 3rd best entries. In the end our beloved Principal prof. Dr. Raakhi Mehraa shared her valuable words & enlightened the students about the benefits of *Mehandi* application on body & mind.



Date	Event 9	Organized by
14-10-2022	Guest lecture on Deva Vyapashraya Chikitsa by Dr. Gauravv Shuklaa & Dr. Aarti Shuklaa	Dr.Nupur & Dr. Sonu

On 14th October 2022, a Guest Lecture on Deva Vyapashraya Chikitsa by Dr. Gauravv Shukla & Dr. Aarti Shuklaa Under the theme of Ayurveda Day' Har din Har Ghar Ayurveda.

Highlights: 1) They explained theoretical & practical aspects of Deva vyapashraya chikitsa.

2) Research ideas were introduced to faculties and students.

3) Pranic healing concept was introduced .

4) Demonstration of a meditation session i.e. Shreem Beeja Session was introduced.

5) They share their views and testimony of Deva vyapasharaya chikitsa in treatment of HTN, DM, Cervical pain and many other diseases.



Event 10-

Shree Ram Ayurvedic Medical College And Hospital Organized a Medicalcamp at village- ityira, District: Meerut, the medical camp was organized withsupport of gram pradhan. Required medicines were distributed to patients on 10rupee Registration fees for both modern and ayurvedic medicine, in that modernmedicine distributed freely and ayurvedic drugs on sale. Publicity of camp wasdonebyPRO-Rohit in advancein ityira village.

DATE:-15-Oct-2022

Sr.no	Village	Time	population covered	Distance	DUTYOFDOCTORSANDOTHERHELPIN GSTAFF
1	ITAYIRA-PRO- Contectno-8954636417	10:00am to 2:00pm	28 patients	11km	DOCTOR-Dr.Rampal(Dayincharge) Dr. NituInterns- ReshuBhardwaj Princi chaharAkansha chahar Pharmacist:- RomaPeon:- NeerajNurs ingstaff:-Pawan



Medicine Distributed in Camp: 28 patients had given Ayurvedicmedicine
andmordenmedicineon 10rupees registration.

S.no	Ayurveda Medicine- OnSale	Sale	S.no	GeneralMedicine- Free-patient
1	Avipatikarchurna-1kg	130gm	1	PCM-80tab. 22Tabuse
2	Triphalachurna-1kg	60gm	2	Cetirizine-80tab 35Tabuse
3	Ashwagandhachu.-300gm	10gm	3	Diclofenac-20tab 20Tab.use
4	Shitopladiachurna-500gm	90gm	4	Rantac-60tab. 38Tabuse
5	Hingwashtak-200gm	50gm	6	meftalspas-40 tab 06 Tabuse
6	Belchurna			
7	Geloychurna-300gm	20gm		
8	Mahasudarshanachurna			
9	Sanjivanivati-200tab	6tab.		
10	Guduchighanvati-200tab.	12tab.		
11	Chitrakadivati-200tab.	9tab.		
12	Triodashangg.-250 tab.	20tab		
13	Lakshaadig-300Tab.	30tab.		
14	Tribhuvankirtir.-100tab.	9tab.		
15	Laxmivilasras-200tab	19tab.		
16	Mahayograjguggul-200tab	42tab.		
17	Shankhvati			
18	ArshkutharRas			
19	Panchgunatel-50ml-3bot.	3bot.use		
20	Mahabringrajtel			
21	Marichaditel			
22	Krumikutharras			
23	Khadiradivati-300tab.	12tab.		
24	Sarpchandhavati			
25	Arogyaverdinivati-200tab	34tab.		
26	Bhrungrajtel-50ml-3bot.	1bot.use		

- CopyofbillsisattachedwithCampreport.
- Total bill- 1800/- rupees- Eared from Camp andbill slip submitted atreceptionaftercamp.