

## **“Stress Management”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL</b>  AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	Webinar- Concentration, Stress Management  Webinar- Stress Physiology & stress Management
<b>MONTH</b>	April-2021
<b>DATE OF THE EVENT</b>	01-04-2021 & 03-04-2021
<b>DURATION</b>	At : 01:45 PM & At : 11:00 AM
<b>PLACE</b>	Through Zoom Meet
<b>GUEST SPEAKERS</b>	Brahmakumari Arunaben (Incharge, At- Sevakendra, Kalol)  Dr. Deepa Rajesh Kale (Professor & H.O.D. of Kriya Sharir Department, Dr. G.D. Pol foundations, YMT Ayurved College, Navi Mumbai)
<b>CO-ORDINATORS</b>	Dr. Navin Banarase Dr. Sonali P. Ladhi Dr. Tejal J. Ganvit

### **Objective of the event:**

Stress management is essential for good physical health, and it's especially important right now as our world addresses the COVID-19 pandemic & Cases of COVID-19 are increases day by day again.

Normal and understandable that people are experiencing fear in the context of the Faced with realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.”

Students were asked to report their demographic information, academic workload, separation from school, fears of contagion, perceived stress, and health. The results of this study showed that academic workload; separation from school, and fears of contagion had negative effects on college students' health via perceived stress. In the COVID-19 crisis, multiple prevention and control measures focusing on students may lead them to have different degrees of stress and health problems;

So these Webinar were organized by Aarihant Ayurvedic Medical College & Research Institute of Swarnnim Startup and Innovation University for dealing with this situation & getting stress reliever techniques.

### **Flow of the event: mention the flow / schedule of the event in detail**

#### **❖ Webinar- Concentration, Stress Management**

The webinar on 1<sup>st</sup> April 2021, started at 01:45pm with Prayer by Brahmakumari Arunaben. Informative, Motivation and Spiritual speech given by Brahmakumari Arunaben. She gave her valuable guidance about how to deal with anxiety and stress & gain concentration, after that vote of thanks for Swarnnim University given by Sevakendra, Kalol. Session was concluded with thanks giving speech by Dr. Navin Banarase (I/P).

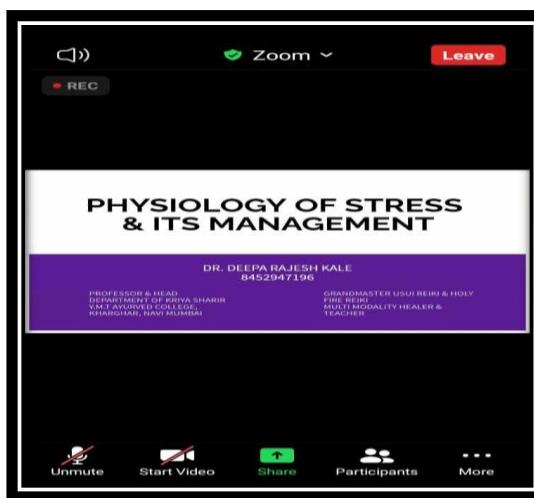
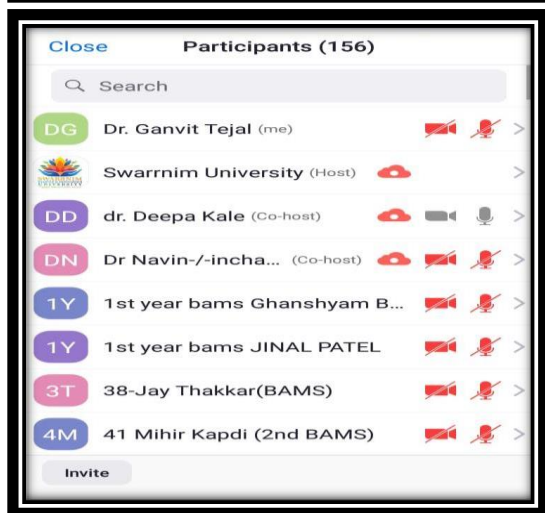
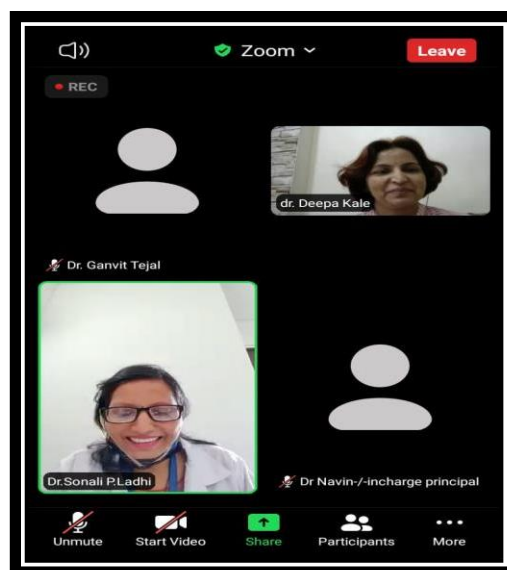
#### **❖ Webinar- Stress Physiology & stress Management**

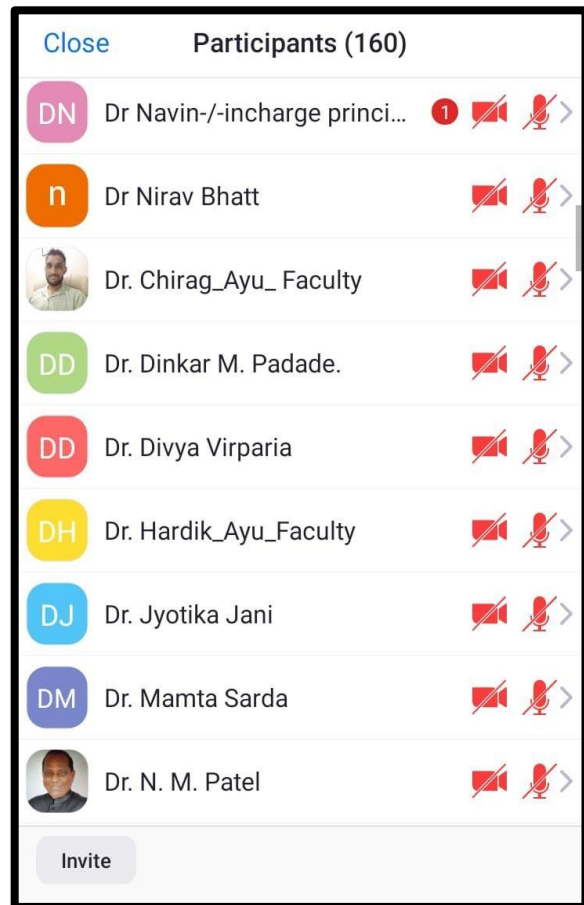
The webinar on 3<sup>rd</sup> April 2021, started at 11:00 AM, welcome speech & small introduction of Dr. Deepa Rajesh Kale is given by Dr. Navin Banarase (I/P). About Why Mental Health is Important?; What is Stress?; what is stress response? Speech given by Dr. Deepa Rajesh Kale. She also gave her valuable knowledge about The Fight or Flight Response; Resistance Reaction, Stress Management. In the end of session she talked about Benefits of Breathing Exercise &

Meditation, after that the session was get prepared for five min Reki. The session was concluded by Dr. Sonali P. Ladhi with giving the vote of thanks.

### Significance / Outcome:

On 1<sup>st</sup> April 2021, More than 163 members were attended Webinar on Concentration, Stress management. On 3<sup>rd</sup> April 2021, around 160 member were attended Webinar on Stress Management and its Management. Students learn how to live healthy life and concentrate on study. They also learn How to deal every situation. Overall this session was very helpful to handle the stress in this covid situation.





## **“7<sup>th</sup> April, World Health Day”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL</b>  AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	7 <sup>th</sup> April, World Health day
<b>MONTH</b>	April-2021
<b>DATE OF THE EVENT</b>	07-04-2021
<b>DURATION</b>	At :- 09:30 AM onwards
<b>PLACE</b>	Campus of Swarnim University
<b>GUEST SPEAKERS</b>	Dr. Karishma Jagad (Physiotherapy Consultant)  Dr. Gaurang Joshi (Ayurved Consultant)
<b>CO-ORDINATORS</b>	Dr. Sonali P. Ladhi Dr. Sagar Ital Mrs. Nilesa Jani Dr. Mahipat Chavda Dr. Shila Malivad Dr. Tejal J. Ganvit

## **Objective of the event:**

World Health Day is celebrated every year on April 7 since 1950. This day is aimed at creating awareness of a specific health theme and also to highlight a priority area of concern for the World Health Organization (WHO). Other aim of this day is to acknowledge the efforts of healthcare workers and the success of the WHO. The focus of this year's World Health Day is to ensure equitable access to healthcare facilities around the globe. The World Health Day is celebrated every year to spread awareness about a specific health problem & this year it's about covid19.

The event was organized by Aarohant Ayurvedic Medical College & Research Institute of Swarnim Startup and Innovation University.

## **Flow of the event: mention the flow / schedule of the event in detail**

The event was started around 9:30am with the Dhanvantari Vandana & lamp lighting by Dr. Navin Banarse (IP) & Dr. Dinakar Padade. On the occasion of world health day speech was given Dr. Sagar Ital. after that Yoga & Meditation session was instructed by Dr. Sonali P. Ladhi and demonstrated by Dr. Tejal J. Ganvit, students of BAMS were participated.

Around 10:30am rally was started from college premises with covid19 guidelines, 1<sup>st</sup> year BAMS, 2<sup>nd</sup> Year BAMS, Faculties & Hospital Staff were joined rally.

Webinar was organized by Health Science Department on the topic of Maintaining Health in Current Pandemic Situation, At- 11:00 AM; Guest Speakers were Dr. Karishma Jagad (Physiotherapy Consultant), Dr Gaurang Joshi (Ayurveda Consultant) & students of Health Science Department delivered their speech on this topic. Dr. Karishma Jagad gave speech on importance of exercise in covid19 pandemic & Dr. Gaurang Joshi has talked about importance of Diet in routine life & pandemic situation.

## **Significance / Outcome:**

Event was mainly focused on Maintaining Health in Current Pandemic Situation, how to live healthy life in this covid19 pandemic, Mental health, Diet Chart, Exercise. Rally was about spread awareness in community.

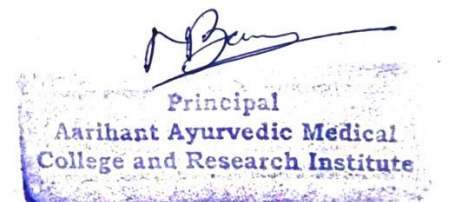








**Dr. Navin B.**



## **“9<sup>th</sup> May, World Thalassemia Day”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL</b>  AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	9 <sup>th</sup> May, World Thalassemia day
<b>MONTH</b>	May -2021
<b>DATE OF THE EVENT</b>	09-05-2021
<b>DURATION</b>	At :- 11:00 AM onwards
<b>PLACE</b>	Google meet
<b>GUEST SPEAKERS</b>	Dr. Bhabisha Sheladiya ( Assistant Professor/ Consultant)
<b>CO-ORDINATORS</b>	Dr. Binal Gondalia

## Objective of the event:

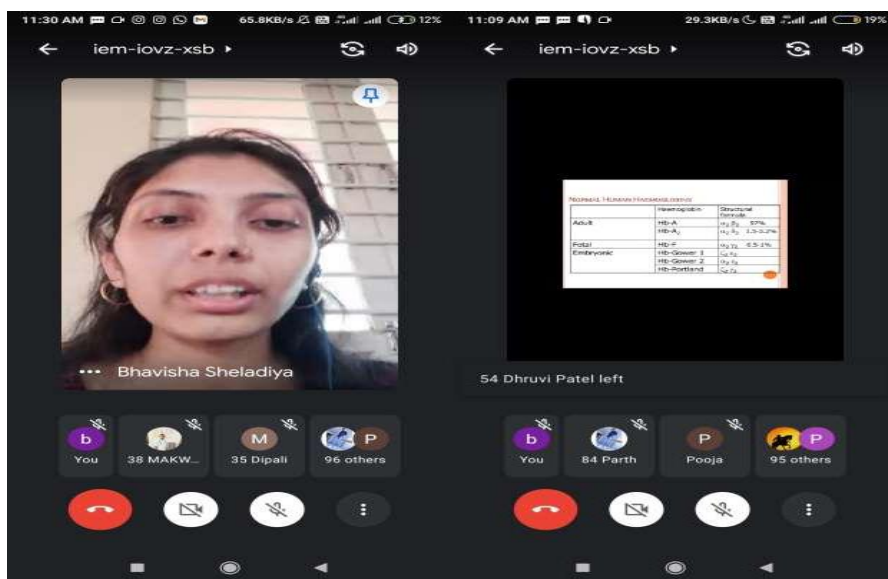
9th May is celebrated as World Thalassemia Day for making the people become aware of Thalassemia disease. In world thalassemia day people comes together to know about all the preventive measures, cure and also to avoid its spread from one person to another person. So The event was organized by Aarihant Ayurvedic Medical College & Research Institute of Swarnnim Startup and Innovation University.

## Flow of the event: mention the flow / schedule of the event in detail

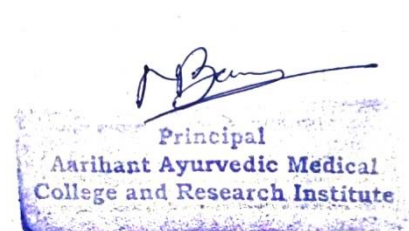
The event was started around 11:00 am with the introductory speech by Dr. Bin Gondalia. After that speech was given by Dr. Bhavisha Sheladiya. Dr Bhavisha gave very usefull information about thalassemia like Pathophysiology, Sign , Symptoms of the thalassemia. Ayurvedic approach in thalassemia was also given by Dr. Bhavisha. Students of 1st year BAMS, 2<sup>nd</sup> Year BAMS, Faculties & Hospital Staff attended this webinar.

## Significance / Outcome:

Event was mainly focused on to give some knowledge about thalassemia to all students. Approximately 105 students and facilities had taken benifit of this webinar.



Dr. Navin B.





**Aarihant Ayurvedic Medical College and Research Institute**

**At - Bhoyan Rathod, Gandhinagar**



## **“31st May, World No Tobacco Day”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE, AARIHANT AYURVEDIC HOSPITAL</b>  <b>AT - BHOYAN RATHOD , GANDHINAGAR</b>
<b>ACTIVITY NAME / EVENT NAME</b>	31st may World NO Tobacco Day
<b>MONTH</b>	May -2021
<b>DATE OF THE EVENT</b>	31-05-2021
<b>DUTRATION</b>	At :- 3:00 PM onwards
<b>PLACE</b>	Zoom meeting
<b>GUEST SPEAKERS</b>	Dr. Pankaj Kolambe ( Associate Professor)
<b>CO-ORDINATORS</b>	Dr. Dharmisha Kahdoliya

**Objective of the event:**

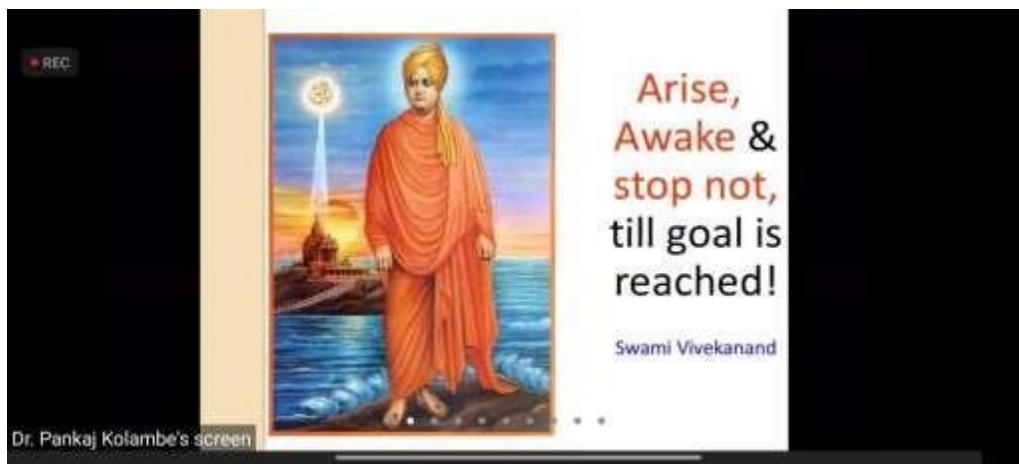
31st May is celebrated as World No Tobacco Day to inform the people on the dangers of using tobacco. The day created by WHO in 1987, aim to sensitise people about the hazardous disease that can be caused by smoking and So The event was organized by Aarohant Ayurvedic Medical College & Research Institute of Swarnim Startup and Innovation University.

**Flow of the event: mention the flow / schedule of the event in detail**

The event was started around 3:00 pm with the introductory speech by Dr. Dharmisha Kahdoliya. After that speech was given by Dr. Pankaj Kolambe. When was 1st World No Tobacco day celebrated, what is Tobacco & what are the Hazards, And most importantly quit Tobacco with 10 steps educated by Dr. Pankaj Kolambe. He gave very useful information. Students of 1st year BAMS, 2<sup>nd</sup> Year BAMS, Faculties & Hospital Staff attended this webinar.

**Significance / Outcome:**

Event was mainly focused on to give some knowledge about hazards of tobacco and smoking and 10 steps to quit tobacco. Approximately 144 students and faculties had taken benefit of this webinar.



Step 9— Take Control your thoughts



Dr. Pankaj Kolambe's screen

3:04 PM


75% 100%



Dr. Dharmisha

**Dr. Navin B.**



  
Principal  
Aarihant Ayurvedic Medical  
College and Research Institute

**At - Bhoyan Rathod, Gandhinagar**

---

**“3<sup>rd</sup> NATIONAL PHARMACOVIGILANCE WEEK:  
17 TO 23 SEPTEMBER 2023”**

**“Theme – Boosting Public Confidence in  
Pharmacovigilance ”**

<b>Institute and Department</b>	Aarihant Ayurvedic Medical College & Research Institute, Health Science Department  At - Bhoyan Rathod ,Gandhinagar
<b>Activity Name / Event Name</b>	Seminar - Pharmacovigilance in Ayurved: Concepts & Regulation
<b>Month</b>	September - 2023
<b>Date of the event</b>	29.9.2023
<b>Duration</b>	10:00 am onwards
<b>Place</b>	Seminar hall, SSIU
<b>Speaker</b>	1.Dr. Vrushani Vyas (Assistant Professor, Department of Rasashastra evum Bhaishajya Kalpana) 2.Dr. Manasi Jagtap (Assistant Professor, Department of Rasashastra evum Bhaishajya Kalpana)
<b>Host</b>	Dr. Namdev Vangnekar (Associate Professor, Department of Rasashastra evum Bhaishajya Kalpana)

<b>Media &amp; Publicity Committee</b>	Dr. Binal Gondalia MD (ayu) Dr. Hardik Parmar MS (ayu) Dr. Tejal Ganvit MD (ayu)
--	--

### **Objective of the event:**

On occasion of **3<sup>rd</sup> National Pharmacovigilance week: 17 to 23 september, 2023**, Department of Rasashastra evum Bhaishajya Kalpana, AAMCRI had organised seminar on **PHARMACOVIGILANCE IN AYURVED: CONCEPTS & REGULATION**. 17 to 23 septmber is marked as National Pharmacovigilance week in September 2023 with theme of **Boosting Public Confidence in Pharmacovigilance** for current year. The theme is to encourage its awareness for layman, public who use social media and suffering some pop-up advertisement to consume medication which is made by protocol or proprietary medicine and get some adverse reactions. Concepts of Ayurved i.e, Viruddha Ahar, Panchkarm Vyapad etc discussed with regulations or National Pharmacovigilance programme has explained as who can apply, where have you complain, what is the signal, main, intermittent and peripheral centres were discussed. This seminar was organised on 29<sup>th</sup> septmber 2023 by Rasashastra evum Bhaishajya Kalpana dept of AAMCRI, which is constituent of Swarnim Start-up and Innovation University.

### **Flow of the event:**

Seminar was started at 10:00 am , hosted by Dr. Namdev Vangnekar (Associate Professor, Department of Rasashastra evum Bhaishajya Kalpana , he has given the introduction of Speaker & introduction of Seminar.

Dr. Vrushani Vyas (Assistant Professor, RSBK Dept.) and Dr. Manasi Jagtap (Assistant Professor, RSBK Dept.) have given informative & knowledgeable speech on Pharmacovigilance in Ayurveda: Concepts & Regulations, what are the causative factors, what is the need why, what is the history, who is emphasize for Ayurveda in which year, govt. of Bharat individual body of Ayush sector how it works in different centers, where you can report and format of report also discussed. After that Dr. Yogeshkumar Gite (Professor & HOD dept. of Kayachikitsa), Dr. Manik Godbole (Professor & HOD dept. of Rognidan), Dr. V.P.Aralikatti (Professor & HOD dept. Of Dravyaguna), Dr.Navin Banarase

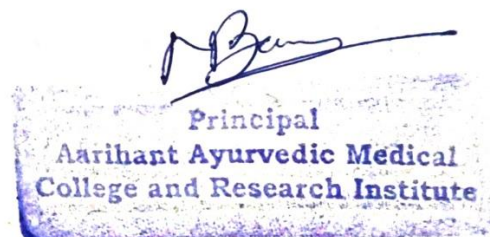
working as Principal, (Professor & HOD, dept. of Rachnasharir) had also share their valuable experience and views on this topic. At the last, our Director sir Dr. Rakesh Salve (Professor & HOD, Dept. of Rasashastra evum Bhaishajya Kalpana) has share their 3 year of experience regarding Pharmacovigilance earlier in his carrier. After that Vote of thanks was given by Dr. Namdev Vangnekar & certificate was given by Dr.Rakesh Salve sir to Dr. Vrushani Vyas Ma'am & Dr.Navin Banarase sir to Dr. Manasi Jagtap Ma'am. At the end, we conclude our seminar with National anthem. Jay Bharat.

**Significance/Outcome:**

Teaching Faculties, Consultants and Students of AAMC&RI had attended the seminar.







## **“Blood Donation Camp & Balaroga Nidana & Suvarnaprashana Camp”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>AARIHANT AYURVEDIC HOSPITAL</b>  AT - BHOYAN RATHOD , GANDHINAGAR
<b>MONTH</b>	June-2021
<b>DATE OF THE EVENT</b>	14/06/2021

<b>Event Name</b>	<b>Time</b>	<b>Place</b>	<b>Organizers</b>	<b>Doctors Name</b>
Blood Donation Camp	9:30 am to 01:30 pm	Aarihant Ayurvedic Hospital	Dr. Navin Banarase (Superintendent ) Dr. Mamta Sarda (Dy. Superintendent)	Collaboration with Red Cross Society, Ahmedabad
Balaroga Nidana & Suvarnaprashana Camp	10.00 am to 1:00 pm	Shertha	Aarihant Ayurvedic Hospital	Dr Kavita Ugale (Consultant) Dr. Mamta Ahir (MO) Mrs. Ranjanben Raval Mr. Rahul Parmar

## **Objective of the event:**

On the 14 June of every Year is celebrated as World Blood Donation Day since 2004. June 14 was selected to mark the day as it is on this day that Nobel laureate Karl Landsteiner was born in 1868. Landsteiner was awarded the Nobel Prize for his discovery of the ABO blood group system. This Year's theme is "Give blood and keep the world beating". This year's campaign will place a specific emphasis on the role of youngsters in ensuring a healthy blood supply. Young people have been at the forefront of numerous efforts and projects aimed at establishing safe blood supplies via voluntary, unpaid blood donations in various countries. For this Aarihant Ayurvedic Hospital made efforts to contribute with collaboration with Red Cross Society Ahmedabad.

Suvarnaprasana boosts immune system and makes kids healthier, thus prevents children from falling ill very often. It Increases physical strength, general growth of the baby and improves the stamina of the child. Balaroga Nidana & Suvarnaprashana Camp held at Shertha.

Both camps are organized by Aarihant Ayurveda Hospital which is constituent of Swarnim Startup and Innovation University had organized Ayurveda health Camp.

## **Flow of the event: mention the flow / schedule of the event in detail**

### **❖ Blood Donation Camp:- 9:30 am to 01:30 pm**

The programme was started around 9:30 am with Lamp lightening and Dhanvantari Poojan by Dr. Navin Banarase and Dr. Mamata Sarda. After that with help of Red Cross Society members' process of blood donation started.

### **❖ Balaroga Nidana & Suvarnaprashana Camp :- 9:30 am to 01:00 pm**

The camp was started around 10:30 am with Dhanvantari Poojan by Dr. Kavita Ugale (Balaroga Specialist). After that camp was started & Suvarnaprasana drops given to the kids by Dr. Kavita Ugale, and Dr. Mamata Ahir (Medical Officer).

## **Significance / Outcome:**

20 volunteers of SSIU participate for blood donation. Approximately 68 Childs had taken benefit of Suvarnaprashana.



## **“7<sup>th</sup> International Day of Yoga, 2021”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>SWASTHAVRITTA &amp; YOGA DEPARTMENT</b>  AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE & AARIHANT AYURVEDIC HOSPITAL  AT - BHOYAN RATHOD , GANDHINAGAR
<b>ACTIVITY NAME / EVENT NAME</b>	7 <sup>th</sup> INTERNATIONAL DAY OF YOGA CELEBRATION
<b>MONTH</b>	JUNE-2021
<b>DATE OF THE EVENT</b>	21/06/2021
<b>DUTRATION</b>	9.30 am to 10:30am
<b>PLACE</b>	2 <sup>nd</sup> Floor, Health Science Seminar Hall.
<b>GUESTS</b>	<ul style="list-style-type: none"> <li>- Dr. NavinBanarase</li> <li>- Dr. Amita Peters</li> <li>- Mr. AmitVyas</li> <li>- Mr. ShashvatTrivedi</li> <li>- Mr. KirtanSanghavi</li> </ul>
<b>CO-ORDINATOR</b>	<ul style="list-style-type: none"> <li>- Dr. Sonali P. Ladhi</li> </ul>
<b>DEMONSTRATORS</b>	<ul style="list-style-type: none"> <li>- Dr. Tejal J. Ganvit</li> <li>- Dr. ChiragVaghela</li> <li>- Dr. BhavishaSheladiya</li> </ul>
<b>COMMITTEE MEMBERS</b>	<ul style="list-style-type: none"> <li>▪ <b>STAGE COMMITTEE</b> <ul style="list-style-type: none"> <li>- Dr. ShilaMalivad</li> <li>- Dr. ChiragVaghela</li> <li>- Dr. BhavishaSheladiya</li> <li>- Dr. Tejal J. Ganvit</li> <li>- Dr. Ajay Rangvani</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>▪ <b>SITTING ARRANGEMENT</b> <ul style="list-style-type: none"> <li>- Dr. PankajKolambe</li> <li>- Dr. KavitaUgale</li> <li>- Dr. HardikParmar</li> <li>- Dr. Sunita Patel</li> </ul> </li> <li>▪ <b>MASK &amp; S.O.P. COMMITTEE</b> <ul style="list-style-type: none"> <li>- Dr. PankajKolambe</li> <li>- Dr. MukeshBorase</li> <li>- Dr. MahipatsinhChavda</li> </ul> </li> <li>▪ <b>REFRESHMENT COMMITTEE</b> <ul style="list-style-type: none"> <li>- Dr. DharmishaKahdoliya</li> <li>- Dr. AlaknandaKolwadawala</li> <li>- Dr. JyotikaJani</li> <li>- Dr. DivyaVirparia</li> </ul> </li> <li>▪ <b>PHOTOS &amp; MEDIA</b> <ul style="list-style-type: none"> <li>- Dr. Sagar Ital</li> <li>- Dr. Mathew Josheph</li> <li>- Dr. HardikParmar</li> <li>- Dr. BinalGondalia</li> <li>- Dr. Tejal J. Ganvit</li> </ul> </li> <li>▪ <b>ADMIN STAFF</b> <ul style="list-style-type: none"> <li>- Mrs. SitaNakum</li> <li>- Mrs. RanjanRaval</li> <li>- Mrs. Tamanna</li> <li>- Mrs. SaritaParmar</li> <li>- Mr. Rahul Parmar</li> </ul> </li> </ul>
--	--

### **Objective of the event:**

The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic

approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being. Let us work towards adopting an International Yoga Day.

7<sup>th</sup> International Day of Yoga celebration was organized by Department of Swasthavritta & Yoga, Aarohant Ayurvedic Medical College & Research Institute, which is constitute of Swarnim Startup and Innovation University.

### **Flow of the event: mention the flow / schedule of the event in detail**

Welcome speech was given by Dr. Tejal J. Ganvit.

The programme was started at 9:30 am with Lamp lightening and Dhanvantari Poojan by Dr. Navin Banarase, Dr. Amita Peters, Mr. Amit Vyas, Mr. Shashvat Trivedi, Mr. Kirtan Sanghavi and Dr. Sonali P. Ladhi on 21<sup>st</sup> June, 2021.

Oath taken by all the participants, after that celebration of International Day of Yoga was started with Information of Yoga, and instructions regarding to steps of Yoga instructed by Dr. Sonali P. Ladhi & Demonstrated by Dr. Tejal J. Ganvit, Dr. Chirag Vaghela & Dr. Bhavisha Sheladiya. According to Common Protocol yoga was started with Om-Kara, Standing Asana – Vrikshasana, Trikonasana; Sitting Asanas- Shashankasana, Ardha Ushtrasana, Prone Asanas- Bhujangasana, Shalabhasana; Supine Asanas- Pawanmuktasana, Setu Bandhasana, Shavasana, Kapalbhati, Pranayama & Dhyanawere very well performed by the participants. Meditations had been taken for peace of mind for 2-3 minutes and Yoga Session was ended by Om-Kara. The session was concluded with Vote of thanks by Dr. Priyadarshini. Event ended with National anthem.

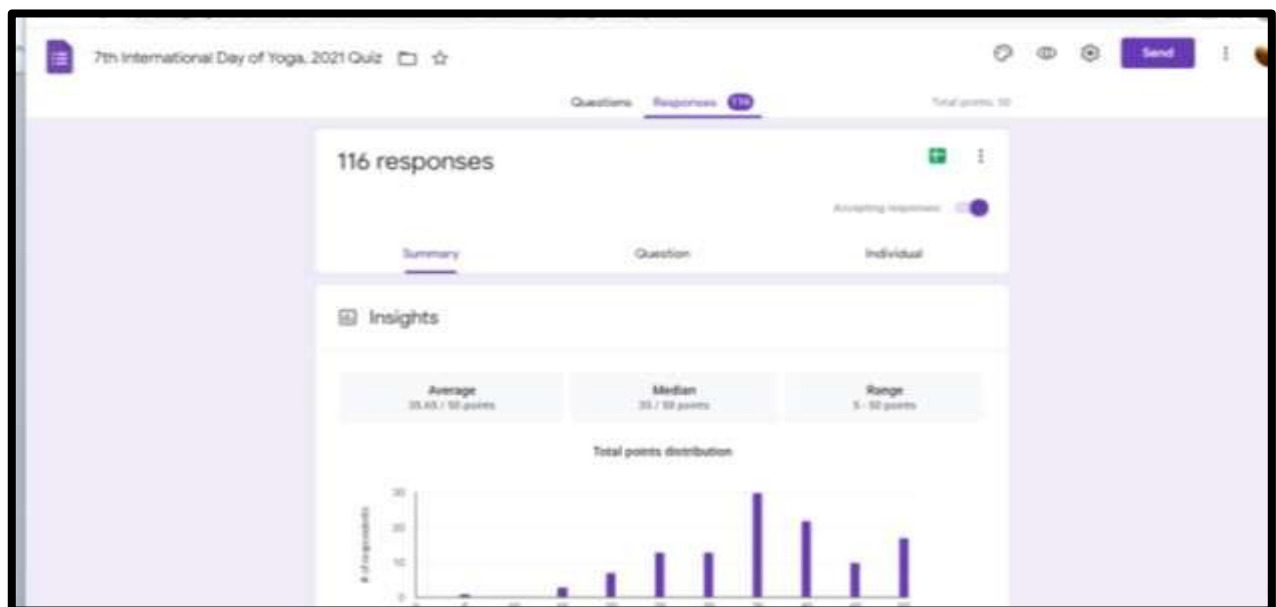
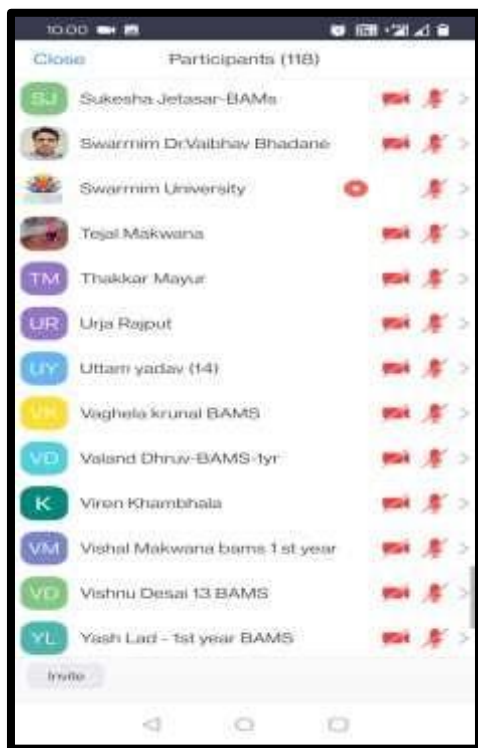
This year's theme is – “Be with Yoga, Be at Home”.

For this event of 7th International Day of Yoga, Quiz, and Collage of Asanas Postures, Offline and online yoga session organized by Swasthavritta department of AAMCRI.

### **Significance / Outcome:**

Approximately 62 Participants had taken part in Offline Yoga Sessions, 120 Swarnim members participated in online benefits, 115 members participated in quiz, 10 students had participated in Collage of Asanas Pastures, 1 video made by student on the theme of 2021.







## Swarnnim Startup & Innovation University Activity Report 2020

<b>Institute and Department</b>	<b>Venue:</b> Swarnnim institute of Health sciences, Gandhinagar; <b>Organized by:</b> Intermediary Pharmacovigilance Centre for Ayurveda, Institute of Teaching and Research in Ayurveda, Jamnagar. (Institute of National Importance), Ministry of AYUSH, Govt. of India.
<b>Activity Name / Event Name</b>	Webinar: Awareness programme on Pharmacovigilance For ASU&H drugs.
<b>Date of the event</b>	05/01/2021
<b>Duration</b>	2 hrs (11:00 AM onwards)
<b>Semester</b>	For all faculties/staff/students of Swarnnim institute of health sciences and Aarihant pharmacy college Gandhinagar.
<b>Expert Details</b>	Dr. Rabinarayan Acharya (Coordinator, IPvC, Jamnagar & Dean, ITRA, Jamnagar, Ministry of AYUSH, Govt. of India )
<b>Faculty Coordinator Details (Name, Designation, Contact Details)</b>	Dr. Dattatray Sarvade; Assistant professor, Aarihant Ayurvedic Medical College and Research Institute, Gandhinagar; e-mail: <a href="mailto:dattatray.ayur@swarnnim.edu.in">dattatray.ayur@swarnnim.edu.in</a> ; Mobile: 8849334379
<b>Number of Participants</b>	Total 300 registered participants.

### Objective of the event: (why this event has organized, Brief about Importance of the event)

To create awareness in all health science faculties, students, nursing, paramedical staff about Pharmcovigilance aspect which includes, adverse drug reactions, adverse drug events, misleading

advertisement etc. And to give training on how and where to report for these unexpected, unwanted adverse drug reactions/events and misleading advertisement.

**Flow of the event: mention the flow / schedule of the event in detail**

11:00 AM TO 11:02 AM: Welcome address by Dr. Dattatray Sarvade

11:02 AM TO 11:07 AM: Opening remarks by Prof. Hiren Kadikar, Chairperson, Webinar

11:10 AM TO 12:00 PM: Lecture of Prof. Rabinarayan Acharya

12:05 PM TO 12:20 PM: Discussion

12:30 PM TO 04:00 PM: Link to be provided for submitting feedback & suggestion form of the participants.

**Significance/Outcome:**

**(Include questions and answer session with expert and students, what students learn from this event, include examples shared by expert faculties during the talk etc.)**

All faculties/ Consultants/Medical officers/nursing/paramedical staff/students have been got updated about pharmacovigilance aspect of ASU & H drugs. They have become well acquaint with adverse drug reactions/events, misleading advertisements, their foul play in human health. All gets updated with Pharmacovigilance network, How to detect, and where to report these pharmacovigilance related aspects, All faculties/ staff/students learned about documentation and reporting mechanism of Pharmacovigilance related aspects. Also got updated about the essential components needed to setup a Pharmcovigilance centre at the college level. All also got acquaint

with the regulatory mechanism of drugs and and certain official websites which can be used for the effective communication with the centre/concerned authorities, reporting documentation etc. Questions on which are the certificate courses available for faculties/students have been raised, Guest has solved all the queries about certain certificate courses, which are the institutes which can conduct even training programs for faculties/staff/students. Method of approaching to them has also been discussed. Guest has also guided faculties/staff about the procedures to apply for peripheral pharmacovigilance centre at institute level and what documentation have to be done for maintaining the centre. Resource person has also elicited the need of establishing a pharamcovigilance centre at each and every institute as a part of MSR so that effective documentation and reporting could be done on pharmacovigilance related aspect and no adverse drug reaction/ event will be escaped from vigilance of health care workers.

**Pharmacovigilance Programme for ASU&H drugs**

 **MINISTRY OF AYUSH**  
**GOVT. OF INDIA**

**Webinar Series**  
**Awareness programme on**  
**Pharmacovigilance For ASU&H drugs**

**WEBINAR- 13**

**Venue:**  
**Swarnim Institute of Health Sciences, Gandhinagar**

  
**Dr. S. Dattatray**  
Assistant Professor,  
AAMC& RI, Gandhinagar  
Coordinator, Webinar 13



  
**Prof. Hiren Kadikar**  
Academic Director  
SIHS, Gandhinagar  
Chairperson, Webinar 13

**Date : 05.01.2021**  
**Time : 11.00 AM onwards**

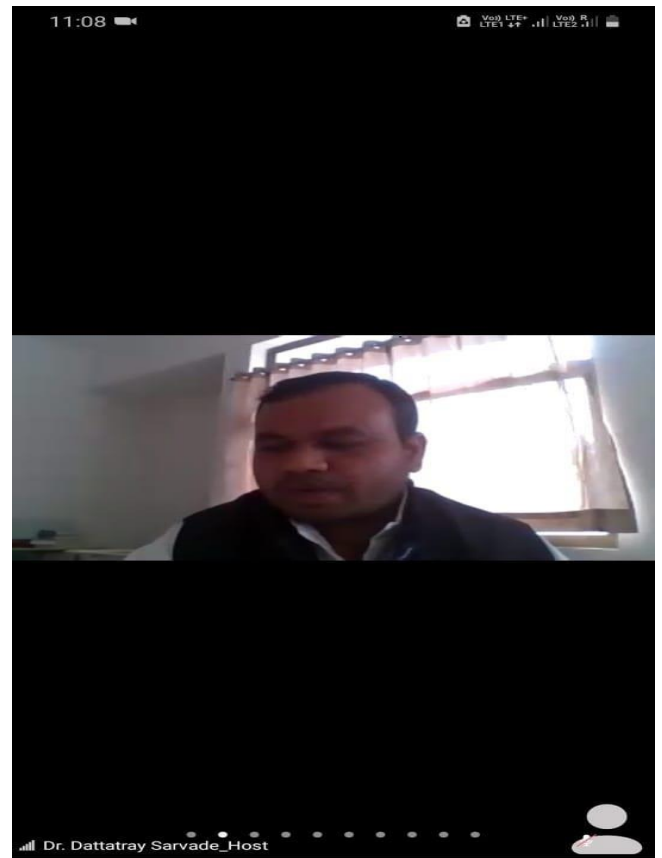
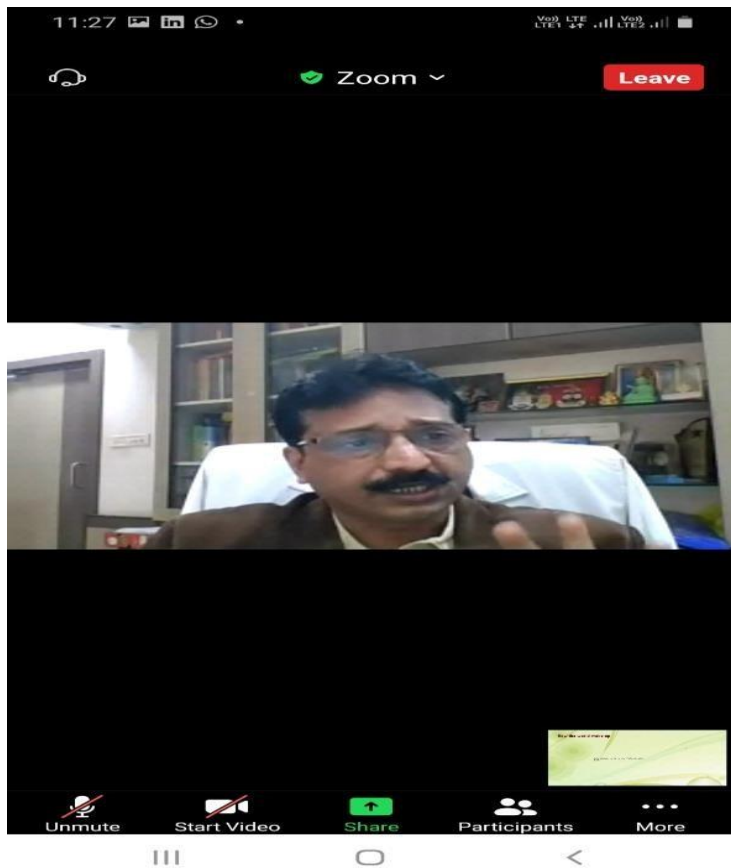
**Resource person:**  
**Vd. Rabinarayan Acharya**  
Coordinator, IPvC, Jamnagar

  **Catch with zoom**

  
गुजरात आयुर्वेद विवि

  
Ayush RAKSHA

**Organized by :**  
**Intermediary Pharmacovigilance Centre for Ayurveda,**  
**Institute of Teaching and Research in Ayurveda, Jamnagar**  
**( Institute of National Importance )**  
**Ministry of AYUSH, Govt. of India**



**Qualification**  
289 responses

Qualification	Percentage
m.pharmacy	51.6%
BAMS	20.4%
MD	12.1%
Diploma in Pharmacy/ Nursing	-
Degree/ PG in Pharmacy/ Nursing	-
BHMS	-
PhD	-
BPT	-

**Have you attended any Lecture series/ Training Programme in Pharmacovigilance previously?**  
289 responses

Response	Percentage
Yes	84.4%
No	15.6%

**Are you aware about Pharmacovigilance Programme for ASU& H drugs in India ?**  
289 responses

Response	Percentage
Yes	53.3%
No	46.7%

**Why you are interested for Pharmacovigilance Awareness/ Training?**  
289 responses

Reason	Percentage
To get knowledge about drug safety	45.7%
To get job in this field	30.8%
To get certificate	21.1%

### **“Academic Visit–Snake Park Visit”**

<b>Institute and Department</b>	Aarihant Ayurvedic Medical College & Research Institute, Health Science Department At-Bhoyan Rathod, Gandhinagar
<b>Activity Name/Event Name</b>	<b>“Snake Park-Academic Visit”</b>
<b>MONTH</b>	September–2023
<b>Date of the event</b>	01.09.2022
<b>Duration</b>	10:00 am Onwards
<b>Place</b>	<b>Sundarvan, Ahmedabad</b>
<b>Faculties</b>	<ol style="list-style-type: none"> <li>1. Dr. Sameeksha Gurav (Professor &amp; HOD) (Agadtantra Evum Vidhi Vaidyak)</li> <li>2. Dr. Pankaj Kolambe (Associate Professor) (Agadtantra Evum Vidhi Vaidyak)</li> <li>3. Dr. Mukesh Borase (Associate Professor, Rognidan)</li> <li>4. Dr. Pooja Kalne (Asst. Professor) (Agadtantra Evum Vidhi Vaidyak)</li> </ol>
<b>Media &amp; Publicity Committee</b>	Dr. Tejal Ganvit MD (ayu) Dr. Hardik Parmar M.S (ayu) Dr. Binal Gondalia MD (ayu)

### **Objective of The Event:**

Department of Agadtantra & Vidhi Vaidyaka, AAMCRI arranged Academic study tour/ site visits for 3<sup>rd</sup>Year BAMS,Students.

### **Flow of The Event:**

As per the curriculum of 3<sup>rd</sup>Year BAMS, A Snake park visit of students was conducted on 01/09/2023 by Agadtantra Evum Vidhi Vaidyak Department at Sundarvan , Ahmedabad.

We started journey at 10:30 AM by Private bus, & reached the center at 11:30 AM, Total 32 km from the college. We were welcome by Sundarvan staff.

After that Dr. Deepbhai had guided students & faculty through his knowledge regarding the Snakes, various types of Venomous & non venomous snake found in India as well as Gujrat like Cobra, Russell's Viper, Common krait, saw scaled Viper, Aandhi chakri, Sand Boa & Rat snake with live demonstration, hissing sound, Dry bite & Wet bite, Characteristics of above Snakes, Signs & Symptoms seen after Snake bite like Ptosis, hemorrhage, paralysis, gangreen, rhabdomyolysis etc, investigation required in Sanke bite, Emergency Treatment with ASV & Myths related to Snake bite. After that Dr. Deepbhai shared his experiences & solved queries of the students. At the end of conference Dr. Pankaj sir had given vote of thanks to Sundarvan staff.

After that, students & faculties enjoy Sundarvan ride.

### **Significance/Outcome:**

Dr. Sameeksha Gurav, Dr. Pankaj Kolambe, Dr. Mukesh Borase & Dr. Pooja Kalne with 64 students of BAMS 3<sup>rd</sup> year had visited the Snake park. The Academic Visit was full of knowledge with live demonstration of various types of Snakes & the doubts & myths related to Snakes were solved by the trainer.



**Aarihant Ayurvedic Medical College and Research Institute**  
**At - Bhoyan Rathod, Gandhinagar**

---

**“NATIONAL DOCTOR’S DAY”**

<b>INSTITUTE &amp; DEPARTMENT</b>	<b>Shalyatantra Department</b> <b>Aarihant Ayurvedic Medical College And</b> <b>Research Institute</b> At - Bhoyan Rathod , Gandhinagar
<b>ACTIVITY NAME / EVENT NAME</b>	1 <sup>st</sup> July, National Doctor’s Day Seminar
<b>DATE OF THE EVENT</b>	04.07.2023
<b>DURATION</b>	At :- 02:00 PM to 04:00PM
<b>PLACE</b>	Seminar Hall, SSIU
<b>EMINENT SPEAKERS</b>	Dr. Abhinav Sonawane (Associate Professor) Dr. Chirag Vaghela (Assistant Professor) Department of Shalyatantra
<b>HOST</b>	Dr. Daivshala Modak (Professor, Shalyatantra Department )
<b>Media &amp; Publicity Committee</b>	Dr. Tejal Ganvit, MD (ayu) Dr. Binal Gondalia, MD(ayu) Dr. Hardik Parmar, MS (ayu)

### **Objective of the event:**

**National Doctors' Day** is a day celebrated to recognize the contributions of physicians to individual lives and communities. All across the country National Doctors' Day is celebrated on July 1 in memory of Dr. Bidhan Chandra Roy, physician and the second Chief Minister of West Bengal.

Shalyatantra department of Aarihant Ayurvedic Medical College and Research Institute has organised seminar for students and faculties.


### **Flow of the event:**

The event was started at 02:00 pm with the introductory speech by Dr. Daivshala Modak, Professor, Shalyatantra Department. **Dr. Abhinav Sonawane** had given the lecture on **Artificial Intelligence in Ayurveda**. Sir has given the information about basics of artificial intelligence and its implementation and uses in Ayurveda. Second topic of seminar was **Ethics in Ayurveda** which was conducted by **Dr. Chirag Vaghela**. After that, Speaker was felicitated with certificate by Director of Ayurveda.

### **Significance / Outcome:**


More than 150 students and faculties had taken benefit of this seminar.






# AARIHANT

AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE





on Occassion of

## 1 JULY WORLD DOCTOR'S DAY



**TOPIC - 1**  
**ETHICS IN AYURVEDA**  
**SPEAKER**  
**DR. CHIRAG B VAGHELA**  
Assistant Professor (DEPT. OF SHALYATANTRA)




**TOPIC - 2**  
**AI AND AYURVEDA**  
**SPEAKER**  
**DR. ABHINAV SONWANE (M.S)**  
Associate Professor (DEPT. OF SHALYATANTRA)


DEPARTMENT OF SHALYATANTRA  
AARIHANT AYURVEDA MEDICAL COLLEGE AND RESEARCH INSTITUTE

**4 JULY 2023 | 02 PM TO 04 PM | SEMINAR HALL, SSIU**

#Experience  
**TheReal**

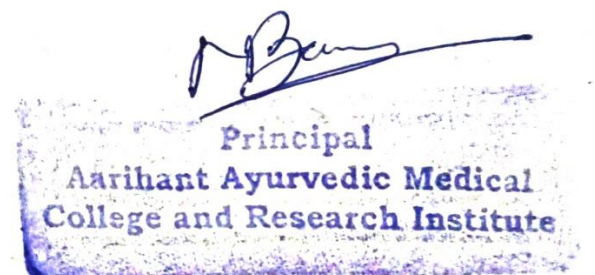
[WWW.SWARNNIM.EDU.IN](http://WWW.SWARNNIM.EDU.IN)





**Dr. Navin B.**



## **“International Women’s Day”**

<b>Institute and Department</b>	Aarihant Ayurvedic Medical College & Research Institute, Health Science Department  At - Bhoyan Rathod ,Gandhinagar
<b>Activity Name / Event Name</b>	<b>“Azadi ka Amrut Mahotsav”</b>  Seminar - Programmes & Policies for Women’s Health
<b>Month</b>	March - 2022
<b>Date of the event</b>	08/03/2022
<b>Duration</b>	02:00 PM onwards
<b>Place</b>	Department of Stree Roga & Prasutitantra
<b>Speaker</b>	Dr. Abhinav Sonawane (Associate Professor, Department of Shalakyatantra )
<b>Host</b>	Dr. Tejal J. Ganvit (Assistant Professor, Department of Swasthavritta & Yoga)
<b>Guest</b>	Dr. Navin Banarase (Principal)
<b>Media &amp; Publicity Committee</b>	Dr. Tejal Ganvit MD (ayu) Dr. Hardik Parmar MS (ayu) Dr. Binal Gondalia MD (ayu)

### **Objective of the event:**

On occasion of **International Women's Day**, Department of Streeroga & Prasutitantra, AAMCRI had organised seminar on **Programmes & Policies for Women's Health**. 8<sup>th</sup> March is marked as International Women's Day celebrating Social, economical, cultural and political achievements of women. This day is for celebrating womanhood. The **theme** of this year is – “**Gender equality today for a sustainable tomorrow**” #**BreaktheBias**. This seminar is considered under the “Azadi ka Amrut Mahotsav” of AAMCRI, which is constituent of Swarnim Start-up and Innovation University.

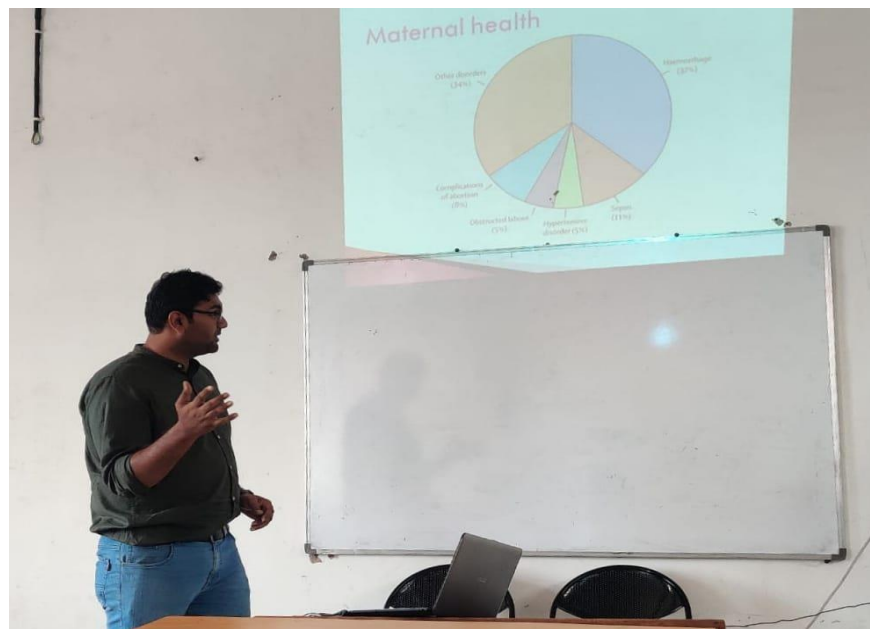
### **Flow of the event:**

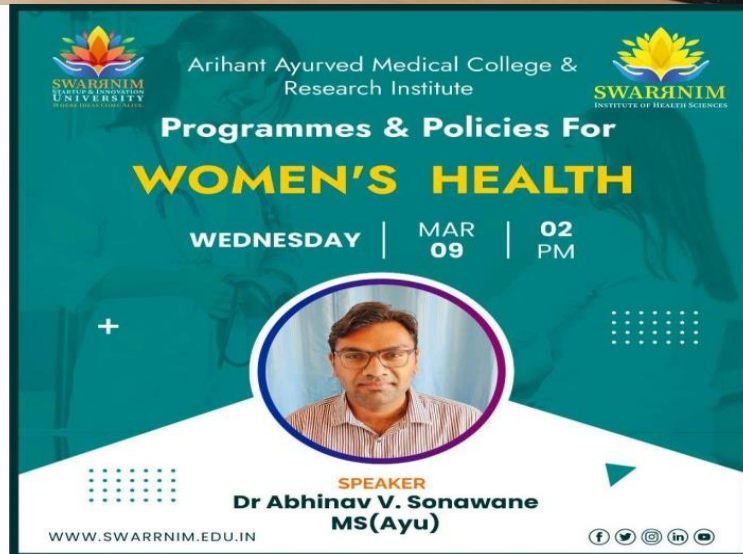
Seminar was started at 02:00pm, hosted by Dr. Tejal J. Ganvit (Assistant Professor, Department of *Swasthavritta & Yoga*). She has given the introduction of Speaker & introduction of Seminar.

Dr. Abhinav Sonawane (Associate Professor, *Shalakyatantra* Dept.) had given informative & knowledgeable speech on Programmes & Policies for women's health. The Thanks of vote was given by Dr. Tejal J. Ganvit & certificate was given by Dr. Navin Banarase (Principal) to Dr. Abhinav Sonavane.

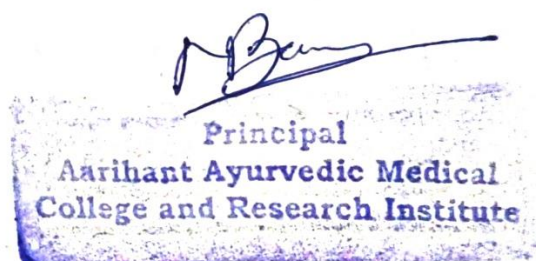
### **Significance/Outcome:**

Teaching Faculties, Consultants, Medical officers and admin staff of AAMCRI had attended the seminar.





**Dr. Navin B.**



**At - Bhoyan Rathod, Gandhinagar**

---

## **“SUICIDE PREVENTION DAY”**

**“Theme – Creating hope through action 2021-2023  
given by Govt. Of Bharat on Suicide prevention  
Awareness ”**

<b>Institute and Department</b>	Aarihant Ayurvedic Medical College & Research Institute, Health Science Department  At - Bhoyan Rathod ,Gandhinagar
<b>Activity Name / Event Name</b>	Seminar - suicide prevention awareness
<b>Month</b>	September - 2023
<b>Date of the event</b>	28.9.2023
<b>Duration</b>	10:00 am onwards
<b>Place</b>	Seminar hall, SSIU
<b>Speaker</b>	Dr. Manik Godbole ( Professor & HOD, Department of Rognidan )
<b>Host</b>	Dr. Vrushani Vyas (Assistant Professor, Department of Rasashastra evum Bhaishajya Kalpana)
<b>Media &amp; Publicity Committee</b>	Dr. Binal GondaliaMD (ayu) Dr. Hardik Parmar MS (ayu) Dr. Tejal Ganvit MD (ayu)

### **Objective of the event:**

On occasion of **suicide prevention day**, Department of Rasashastra evum Bhaishajya Kalpana, AAMCRI had organised seminar on suicide prevention awareness. 10<sup>th</sup> septmber is marked as World suicide prevention day to make less no. Of suicide, to encourage its prevention by tools, working NGOs, Govt. Effort for this task. The **theme** of this year is – **Creating hope through action**. This seminar was organised on 28<sup>th</sup> septmber 2023 by Rasashastra evum Bhaishajya Kalpana dept of AAMCRI, which is constituent of Swarnim Start-up and Innovation University.

### **Flow of the event:**

Seminar was started at 10:00 am , hosted by Dr. Vrushani Vyas (Assistant Professor, Department of Rasashastra evum Bhaishajya Kalpana , She has given the introduction of Speaker & introduction of Seminar.

Dr. Manik Godbole Ma'am (Professor & HOD, *Rognidan* Dept.) had given informative & knowledgeable speech on suicide prevention, what are the reasons, what are the suicidal no. In world, Bharat and also in Gujarat, awareness with different stories and examples, which are the NGOs or Govt. Body working for this and which people make easy of your work regarding awareness or help to suffering people. After that Dr. Navin Banarase working as Principal, Professor & HOD of Rachnasharir dept had also share his views on this topic. Vote of thanks was given by Dr. Vrushani Vyas & certificate was given by Dr. Navin Banarase (Principal sir) to Dr. Manik Godbole Ma'am. At the end, we conclude our seminar with National anthem or Rashtra Geet. Jay Bharat.

### **Significance/Outcome:**

Teaching Faculties, Consultants and Students of AAMC&RI had attended the seminar.

Seminar on

# SUICIDE PREVENTION

Awareness

## Theme

Creating Hope Through Action  
2021-23" By Govt. of Bharat

## Organized by

Department of Rasashastra  
Evam Bhaisajya Kalpana,

**AARIHANT**  
AYURVEDIC MEDICAL COLLEGE & RESEARCH INSTITUTE

**28** Sept. | 10.00 AM  
2023 | Onwards

 **SEMINAR HALL**  
Swarnnim Startup &  
Innovation University

[www.swarnnim.edu.in](http://www.swarnnim.edu.in)



Speaker

**Dr. Manik Godbole**

Professor & HOD Dept. Of Rognidan,  
Aarihant Ayurvedic Medical College and  
Research Institute, Gandhinagar

Host

**Dr. Vrushani Vyas**

Assistant Professor  
Dept. of RSBK





**Dr. Navin B.**

