

8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Diet chart along with pathya/apathya.



श्री सप्तश्रृंगी आयुर्वेद महाविद्यालय व रुग्णालय, नाशिक

कामला/ काविळ

पथ्य-

- ✦ तांदुळ, गहू (विस्तवावर भाजलेले फुलके)
- ✦ दुधी, पडवड, मूग, मसूर
- ✦ मोसंबी, ऊस, डाळिंब (बी काढून)
- ✦ तूप, दह्याचे पाणी
- ✦ आले, मध, मनुकांचे पाणी
- ✦ विश्राम

अपथ्य-

- ✦ ज्वारी, बाजरी, मका, वरी
- ✦ पालेभाज्या, टमाटे, चिंच, तांबडा भोपळा
- ✦ कुळिथ, उडीद, वाल, मटार, बटाटे, रताळे, साबुदाणा
- ✦ कलिंगड, पेरु, केळी, सिताफळ, जांभुळ, संत्री
- ✦ म्हशीचे दुध, दही, ताक, अतिथंड पाणी
- ✦ तळलेले पदार्थ, काजू, पिस्ता, अक्रोड, मिरची, लोणचे, पापाड, सुपारी
- ✦ मद्यपान
- ✦ मांसाहार

तज्ञ वैद्यांच्या सल्यानुसार पत्रकामध्ये बदल करण्यात येतील.


H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

(स्वास्थ्यरक्षण व योग विभाग), SSAM&H, Nashik



श्री सप्तश्रृंगी आयुर्वेद महाविद्यालय व रुग्णालय, नाशिक

वातव्याधी/ संधिगत वात

पथ्य-

- ✦ सकाळी १ ग्लास कोमट पाणी- मध
- ✦ मूग, हूलगे, उडीद, लालशाली तांदूळ, गहू, ज्वारीची भाकरी
- ✦ पडवळ, वांगी, शेवगा, दूधी भोपळा, गाजर, बीट, भेंडी, मूळा
- ✦ डाळिंब, बोर, द्राक्षे, पपई, संत्री, कोहळा
- ✦ गाईचे दूध, तूप, लोणी, सुंठ टाकून उकळलेले गरम पाणी.
- ✦ लसूण, मेथी, आलं, हळद, कांदा, अहळीव, सुंठ, मीरे, सैधव.
- ✦ जेवणानंतर ओवा व तीळा एकत्र करून खाणे.
- ✦ रात्री २-३ बादाम भिजवून सकाळी खाणे, मोडाच्या मेथ्या, मोडाचे गहू खाण्यात ठेवणे.
- ✦ रात्री झोपतांना १ चमचा एरंड तेल+ १/२ चमचा सुंठ पावडर घेणे.

अपथ्य-

- ✦ वरी, नाचणी, बाजरी, जव यासारखे रुक्ष धान्य.
- ✦ पालेभाज्या, चवळी, मटकी, वाल, वाटाणे, हरभरा.
- ✦ दही, आंबलेले पदार्थ, तेलकट, मसालेदार पदार्थ.
- ✦ मटार, रताळे, साबुदाणा, बटाटे, पोहे.
- ✦ बेकरीचे पदार्थ- ब्रेड, बिस्किट इ.
- ✦ लोणची, पापड, फरसाण, शेव, वेफर्स, भाज्या (सुकलेल्या).
- ✦ फास्ट फूड- पिझ्झा, बर्गर, सँडविच, वडापाव, मिसळ, समोसा.
- ✦ दूध, पनीर, चीज, फ्रुटसलाड, केळीचे शिकरण, मिल्क शेक.
- ✦ सिताफळ, केळ, जांभुळा, अननस.

तज्ञ वैद्यांच्या सल्यानुसार पत्रकामध्ये बदल करण्यात येतील.

(स्वास्थ्यरक्षण व योग विभाग), SSAM&H, Nashik



8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Health surveys followed by health check up camp.



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548

Fax : (0253) 2621638 • E-mail : ssamnsk@gmail.com • website : www.ssam.in

Ref. No.

Date :

Students, along with the National Service Scheme (NSS), conducted health check-up camps to advocate for Swasthviritta practices, encompassing vital routines like Dinacharya, Ritucharya, Achar Rasayana. These activities aimed to enhance overall well-being by harmonizing daily routines, adapting to seasonal changes, and promoting healthy habits. The collaboration between students and NSS in organizing these camps showcased a concerted effort towards holistic health awareness and education within the community, fostering a culture of wellness and preventive care.

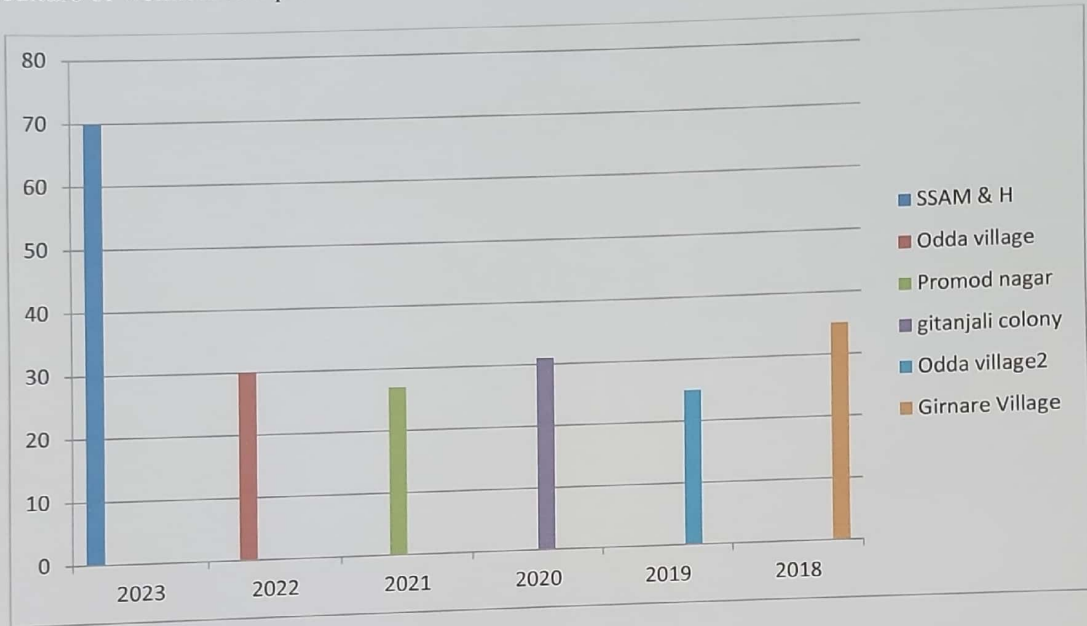


Table represents patients registered under health check up camp to promote swasthviritta activities

year	SSAM & H	Odha village	Promod nagar	Gitanjali colony	Odha village2	Girnare Village
2023	70					
2022		30				
2021			27			
2020				31		
2019					25	
2018						35



Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

H.O.D.
Swasthviritta Dept.
S.S.A.M. & H. Nashik



8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Health surveys followed by health check up camp.

2022-2023



Shree Saptashrungi Shikshan Sanstha's
**Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,
Nashik**

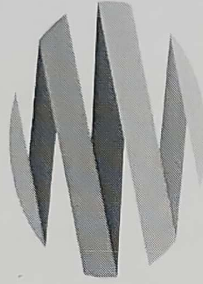
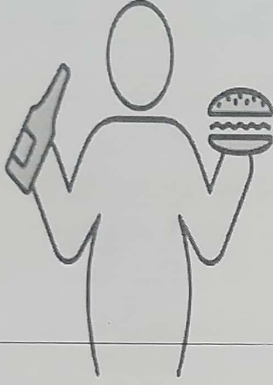
Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003



श्री सप्तश्रुंगी आयुर्वेद महाविद्यालय
व रुग्णालय, नाशिक

विद्यार्थी कल्याण विभाग व NSS

आयोजित



**World
Obesity
Day**



Life of Obesity

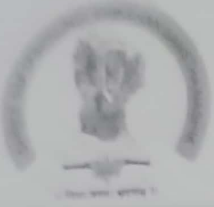
Guest Speaker: Dr.Somadatta Kulkarni

MD Kaychikitisa

Venue:-

Seminar Hall, Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

Date: 4th March 2023; Time: 10am to 12pm



Shree Saptashruni Shikshan Sanstha's
Shree Saptashruni Ayurved Mahavidyalaya & Hospital,
Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Date -03 / 03 / 2023

Invitation letter

To,

Dr. Somdatta Kulkarni Sir

MD, Kayachikitsa

SSAM & H, Nashik

Subject: Invitation as a resource person for Celebration of World Obesity Day organized by NSS Department

Respected sir,

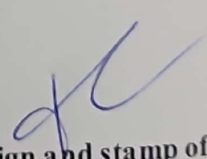
We are inviting you as a resource person or speaker for the "World Obesity Day" conducted by the NSS Department. The participants will be the UG/PG students and faculty members.

The program is schedule on 04/03/2023 at 09.00 am to 01.00 pm

The details of program schedule is attach herewith.

So please do come.

Thanking you


Sign and stamp of HOD
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



Shree Saptashrungi Shikshan Sanstha's
**Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,
Nashik**

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Circular

The Celebration of World Obesity Day will be conducted by NSS Department

This program can be included in capacity enhancement and social awareness.

The program is schedule on 04/03/2023 at 09.00 am to 01.00 pm at Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Kamal Nagar, Hirawadi, Nashik-003

Time	Topic	Faculty/Student
09.00 am	Introduction	Dr. Jaydip Visawe.
09.15 am to 09.45 am	Lectuer on Obesity	Dr. Somdatta Kulkarni Sir
09.45 am to 01.00 pm	Free medical check up	By all Hospital faculty
1.00 pm	Vote of thanks	Vaibhav Junghare

Copy to

- 1) All Departments
- 2) College notice board
- 3) Hospital notice board
- 4) Boys Hostel
- 5) Girls Hostel Mess



Principal

Principal
Vd. Milind Babarao Awar
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik





Shree Saptashrungi Shikshan Sanstha's
Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,
Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

PROGRAM REPORT

Title of Program	Celebration of World Obesity Day
Objective of Program	Aware about Obesity Organized rally to aware people about Obesity. Free Medical Camp. Guidance on Obesity
Participant Type (Tick applicable)	UG students Faculty members
Date and Duration of Program	04/03/2023, 09.00am to 01.00 pm
Venue of the program / event	SSAM & H, Nashik
Program Organized by (Department/Committee/Unit)	NSS Department
Program in-charge	Dr. Vishal Khandre. Dr. Jaydip Visawe
Name of Faculty/ Guest Speaker	Dr. Somdatta Kulkarni Sir MD, Kayachikitsa-SSAM & H, Nashik
Supporting staff member	NSS department
Vote of thanks presented by	Sakshi Jadhav
Geo-tagged photos (tick applicable)	Soft copy ;Ye Hard Copy: Yes
Number of participants (attended program/event)	70
Brief about the Program (Activity/Event details)	This program was to aware people about Obesity.

Prepared by Coordinator
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



Principal

Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik



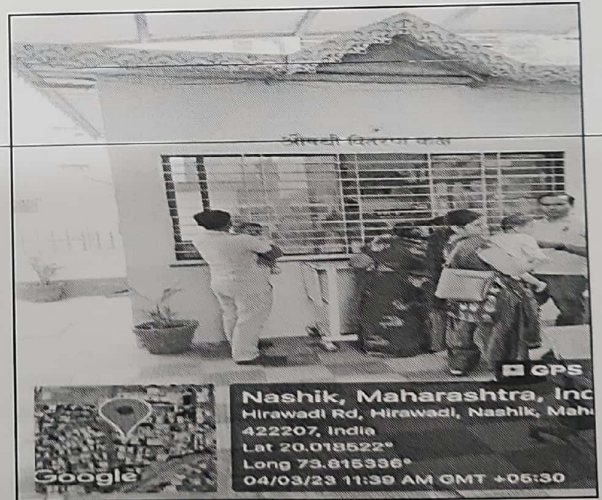
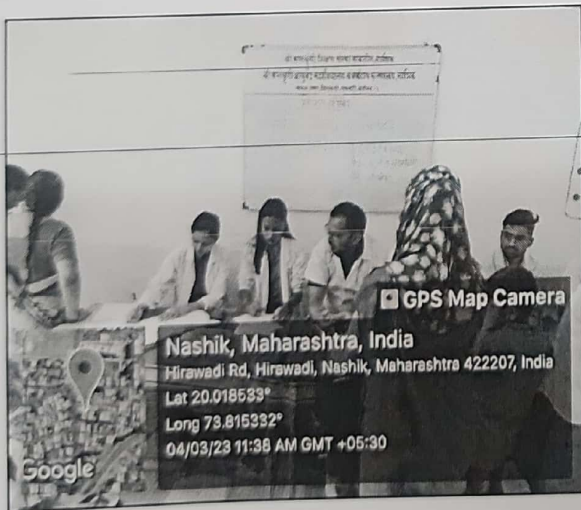
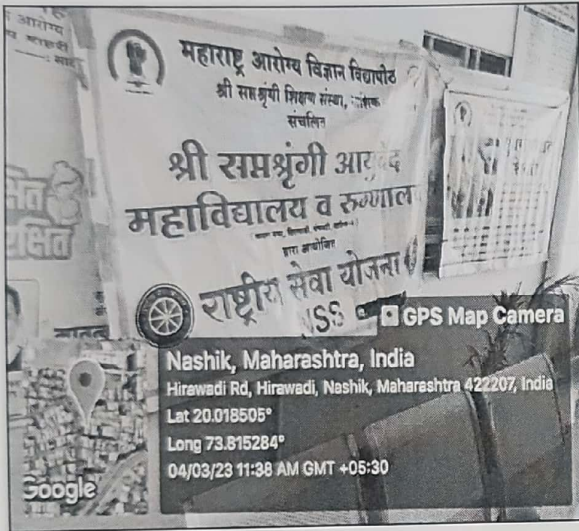


Shree Saptashrungi Shikshan Sanstha's Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Program - Celebration of World Obesity Day

Date of Program: 04th March 2023



Prepared by Coordinator
H.O.D.
Swastha Vritta Dept.
S.S.A.M. & H. Nashik



Principal
Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik

8.1.4

Steps adopted by the institution towards implementation of Swasthviritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadviritta in last five years.

Health surveys followed by health check up camp.

2021-2022

Shree Saptashruni Shikshan Sanstha's
Shree Saptashruni Ayurved Mahavidyalaya & Hospital,
Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Approved by N.C.I.S.M., New Delhi & Govt. of Maharashtra
Affiliated To Maharashtra University of Health Sciences (MUHS) Nashik

Phone No. 0253-2621565 Fax: 0253-2621638

Email ID: ssamaska@gmail.com

Website - www.ssam.in

Ref No:

Date: 31/12/2022

Village Adoption Activity Report for-Odha Village 2022

College Code- 3302

Date of Activity- 1 Jan to 31 Dec 2022

Details of activity conducted: Medical checkup camps, polio camp, plantation and awareness programs in the village

Participants: Shree Saptashruni Ayurved Mahavidyalay & Hospital, Nashik

Date of Activity: 1 Jan to 31 Dec 2022

Place of Activity/ Address: Odha Village, School, Sub-PHC

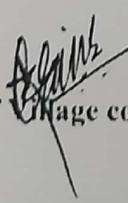
Name of Resource Person: Dr. Jaydip Visave, Dr. Sagar Narode, Dr. Yogesh Vidhate (MO), Mr. Shendve (MPW), Bhagyashree Khode (ANM)

Topic: Various Medical Camps And Awareness Programs

Summary:

- Total No. of Students:- 3rd BAMS/ NSS Students
- Total No. of Staff:- 4
- Other Staff/ Beneficiary:- 2
- Total -

Name of the Team Members: Dr. Jaydip Visave, Dr. Sagar Narode, Dr. Yogesh Surse, Dr. Vishal Khandre

Sign & Name of  Village coordinator




Principal

Shree Saptashruni Ayurved
Mahavidyalaya, Nashik

Shree Saptashrungi Shikshan Sanatha's
Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Approved by N.C.I.S.M., New Delhi & Govt. of Maharashtra

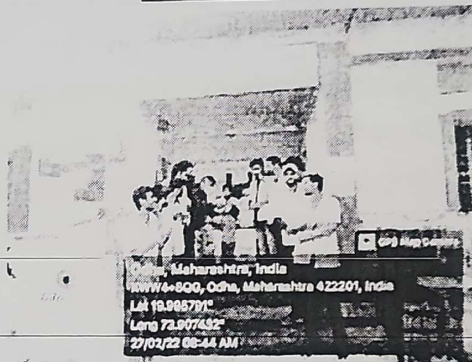
Affiliated To Maharashtra University of Health Sciences (MUHS) Nashik

Phone No. 0253-2621565 Fax: 0253-2621638

Email ID: ssamsk@gmail.com

Website - www.ssam.in

PROGRAMMES ORGANIZED



Maharashtra, India
www.ssam.in, Nashik, Maharashtra 422001, India
Lat 19.985791
Long 72.97432
27/02/22 08:44 AM

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CHC
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Shree Saptashrunji Shikshan Sanstha's
Shree Saptashrunji Ayurved Mahavidyalaya & Hospital, Nashik

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003

Approved by N.C.E.S.M., New Delhi & Govt. of Maharashtra

Affiliated To Maharashtra University of Health Sciences (MHHS) Nashik

Phone No. 0253-2621565 Fax: 0253-2621638

Email ID: ssamnsk@gmail.com

Website - www.ssam.in

Report of Event

Odha village is one of the Adopted village area taken by our institute and the programs continued with the collaboration and permission of Sarpanch and PHC in charge. Awareness program starts with home to home visit with ASHA workers providing IEC materials, pamphlets distribution. The National Immunization Day (Polio program) was successfully taken for which every booth and school, home to home visits taken. General Geriatric health check up Medical camp organized by PHC was assisted by our college team. Diet, Yoga, Dinacharya, laboratory examinations advised.

From January to December 2022, various events organized and assisted by PHC and Shree Saptashrunji Ayurved Mahavidyalaya & Hospital, Nashik time to time. In this program ASHA, MPW worker, Medical officer, Sarpanch and some other people helped us.

Handwritten signature



Principal

Shree Saptashrunji Ayurved
Mahavidyalaya, Nashik



TRUE COPY

Principal

Shree Saptashrunji Ayurved
Mahavidyalaya, Nashik

Handwritten signature
H. O. D.

Swasthavritta Dept.
S.S.A.M. & H. Nashik



8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Health surveys followed by health check up camp.

2020-2021

Shree Saptashrunji Ayurved Mahavidyalaya & Hospital,
(Kamal Nagar, Hirawadi, Panchavati, Nashik - 422003)

Swasthya Raksha Programme

(Pramod Nagar)

Report-2021

With due permission of our Founder Chairman, Dr. Balasaheb Aher sir, we execute to plan Swasthya Raksha Programme. We discussed the schedule with our Principal Dr. Milind Aware sir and NSS committee Head Dr. Sagar Narode sir, Hospital superintendent Dr. Aparna Raut Madam and Swasthvritta Dept Head Dr. Amit Diwakar Sir.

We came to the conclusion and decided to conduct the programme from 1st January 2021 to onwards till 31st December 2021.

Committee Members of Swasthya Rakshan Programme, approached the Nagarsevak of Pramod Nagar Area for permission to held the camps and various Programs in their area. With due permission we started for scheduled programs. We also approached to UPHC center, Doctors, ANM's, ASHA workers for further program management. With the help of Respected Nagarsevak we started free medical health checkup camp was organized on place second Wednesday of Every Month.

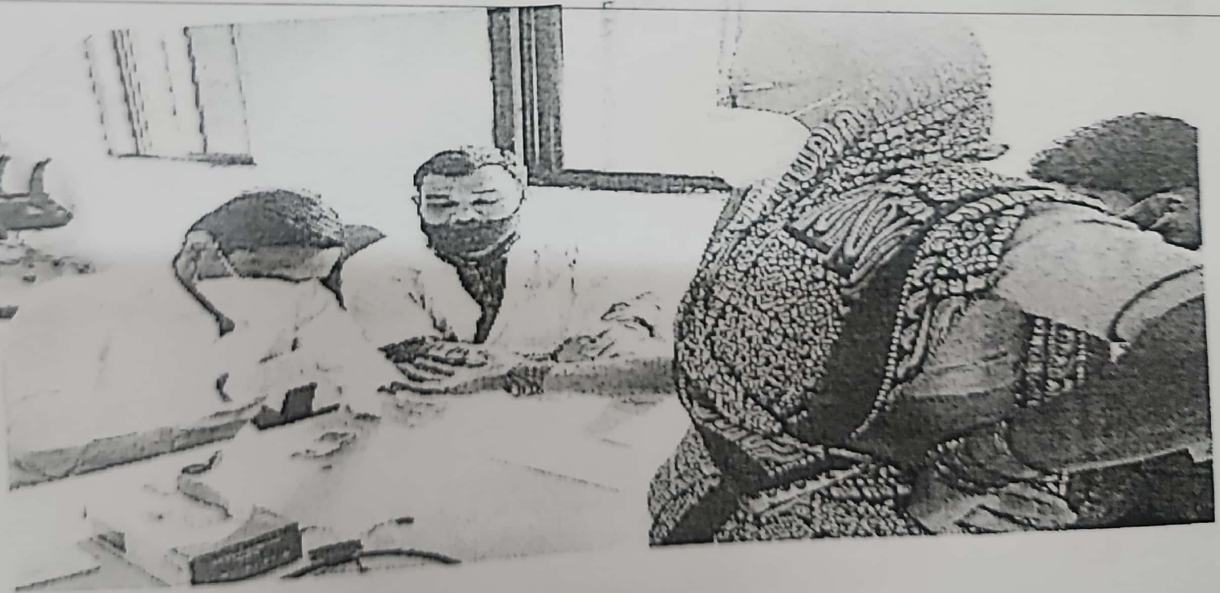


Milind
Principal
Vd. Milind Babarao Aware
Shree Saptashrunji Ayurved
Mahavidyalaya & Hospital, Nashik





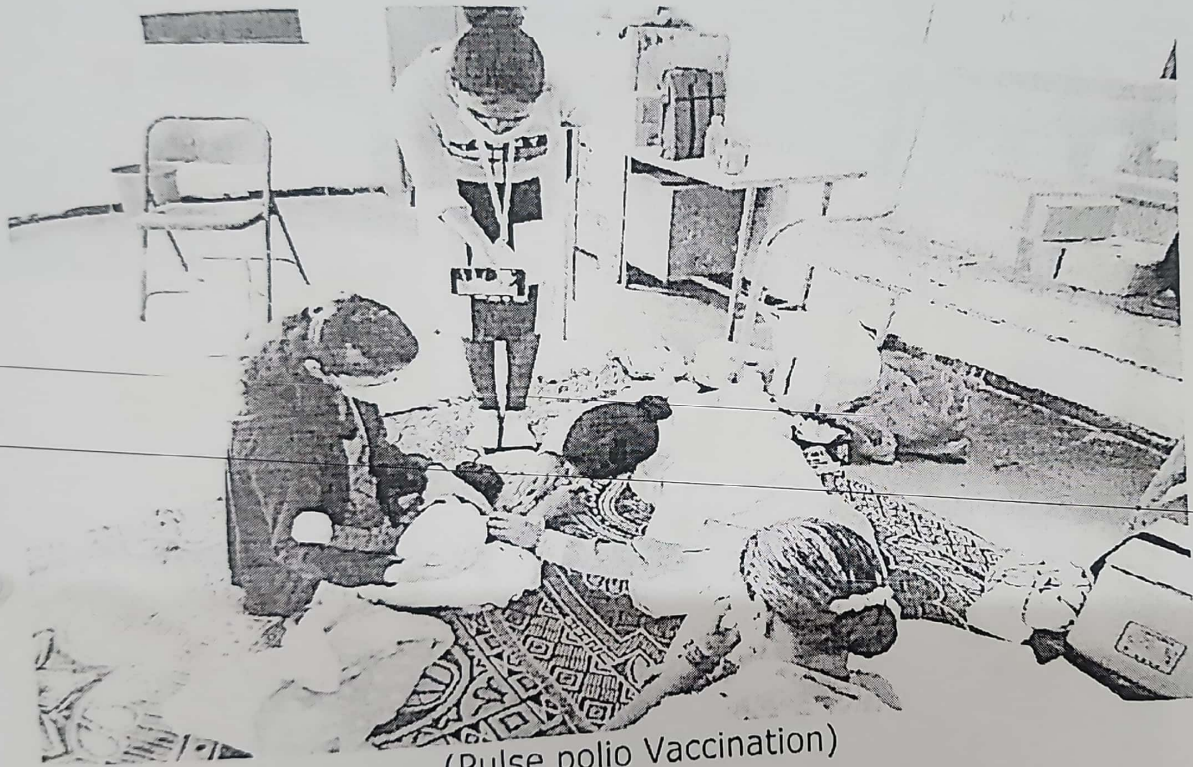
(Swasth Rakshan O.P.D.)



In this camp 10 team members of Hospital including two Physicians, one Gynecologist, Para medical staff and Post Graduate Students of Clinical faculties were present for health checkup.



Patients were observed, examined and treated by Expert Doctors & P.G. students. In this throughout the year patients were seen under Gynecological diseases, Geriatric diseases and General diseases and also Covid-19 positive patients. In this OPD free medical camp on Diabetes by checking BSL was also conducted.



(Pulse polio Vaccination)

Pulse Polio Vaccination program was successfully conducted by UPHC Ramavadi at Pramod Nagar with the help of NSS Unit of Shree Saptashrunji Ayurved Mahavidyalaya & Hospital, Nashik dated 31/01/2021 under the guidance of Medical Officer Dr.Rajashri Patil.

In this program, Four Polio booth centers are arranged at Saptshrunji Mandir, Ayodhya Colony, Dr. Gujarati Akashwani Kendra and Dr. Nampurkar Hospital. So 08 students are divided at each Polio booth center.



In this Program about 95 childrens under the age of 5 Years are thoroughly checked and vaccinated. ANM Mangala Sitaram Bhoys and Asha worker Sunanda Choudhari explained the schedule of Polio Vaccination to students at different Areas. Vaccination starts at 9.00a.m. onwards and ended at 5.00p.m. on 31/01/2021.



(COVID 19 Vaccination Awareness Programme)

In the month of April, Covid 19 Awareness Programme was conducted by PG students with ANM staff members of UPHC. The resource person gave an elaborate description about the importance of Covid 19 Vaccination. In this programme Vaccination awareness was done. Importance of Social distancing and wearing of mask was also well explained by PG students.





(Covid 19 Vaccination Camp)

In the month of April & May, Free Covid Vaccination camp was held at d Nagar UPHC. Peoples firstly tested for covid antigen test and if they negative then they have been vaccinated at this camp. Total 500 is were vaccinated in one month.

Covid 19 testing was done by Pathology Dept. The Programme was ned with awareness of Vaccination. This camp was also rescheduled of July & August.





(Cleanliness of domestic surroundings and environment.)

1. For awareness of "Swacha Bharat Abhiyan" surroundings of Pramod Nagar were cleaned by NSS Volunteers in month of May 2021.



Health & Hygiene awareness Programme was conducted in June. Inauguration of this programme was done by Respected Himgauri Mam & also with UPHC staff members. The Programme was conducted with ANC care, Hygiene during Mestruations, Diet for Pregnant & women.



(Yoga & Meditation Session)

Yoga, meditation and exercise sessions and lectures were delivered by Manjusha More mam and Dr. Jaydip Visave In the month of October. In programme, the role of Yoga & Meditation in the Psycho-social care and abilitation of COVID-19 patients in quarantine and Isolation was explained.



Principal
Shree Saptashringi Ayurved
Mahavidyalava, Nashik

H. B. D.
Swasthavritta Dept.
S.S.A.M & H. Nashik

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Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Health surveys followed by health check up camp.

2019-2020

Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,

(Kamal Nagar, Hirawadi Panchavati, Nashik - 422003)

Swasthya Raksha Programme-Gitanjali colony

Report-2020

With due permission of our Founder Chairman, Dr. Balasaheb Aher sir, we execute to plan Swasthya Raksha Programme.

We discussed the schedule with our Principal Dr. Milind Aware sir and NSS committee Head Dr. Sagar Narode sir, Hospital superintendent Dr. Aparna Raut Madam and Swasthvritta Dept Head Dr. Amit Diwakar Sir.

We came to the conclusion and decided to conduct the programme from 1st January 2020 to onwards till 31st December 2020.

Committee Members of Swasthya Rakshan Programme, approached the Nagarsevak of Gitanjali Colony Area for permission to held the camps and various Programs in their area. With due permission we started for scheduled programs. We also approached to UPHC center, Doctors, ANM's, ASHA workers for further program management.

With the help of Respected Nagarsevak we started Swasth Rakshan O.P.D. at the provided place by them on second Wednesday of Every Month.

1. In this O.P.D. patients were observed, examined and treated by Expert Doctors & P.G. students. In this O.P.D. throughout the year patients were seen under Gynecological diseases, Geriatric diseases and General diseases.
2. In the month of April, Covid 19 Awareness Programme was conducted. Sanitization of colony was done. Importance of Social distancing and wearing of mask was explained by Swasthvritta Dept.
3. In The month of May Hand Hygiene demonstration, Medical camp regarding Covid 19 testing was done by Pathology Dept.



The Programme was concerned with Hygiene maintenance during Covid situations.

For awareness of Hygiene surroundings were cleaned by NSS Volunteers.

4. Immunity Boosting Programme against Covid 19 has been conducted by Kaychikitsa Dept. in the month of June. Importance of Ayurvedic Remedies was explained.
5. In the month of July, Diet Planning Programme regarding Covid 19 was conducted by Dr. Amit Diwakar. He explained importance of vitamins and nutritional food.
6. Yoga, meditation and exercise sessions and lectures were delivered by Dr. Manjusha More madam and Dr. Jaydip Visave in the month of September and October.

The all scheduled programmes were conducted successfully with the outstanding efforts of our team, medical and paramedical hospital Staff. We are thankful for the support, permission and funds provided by our college authorities.



Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,

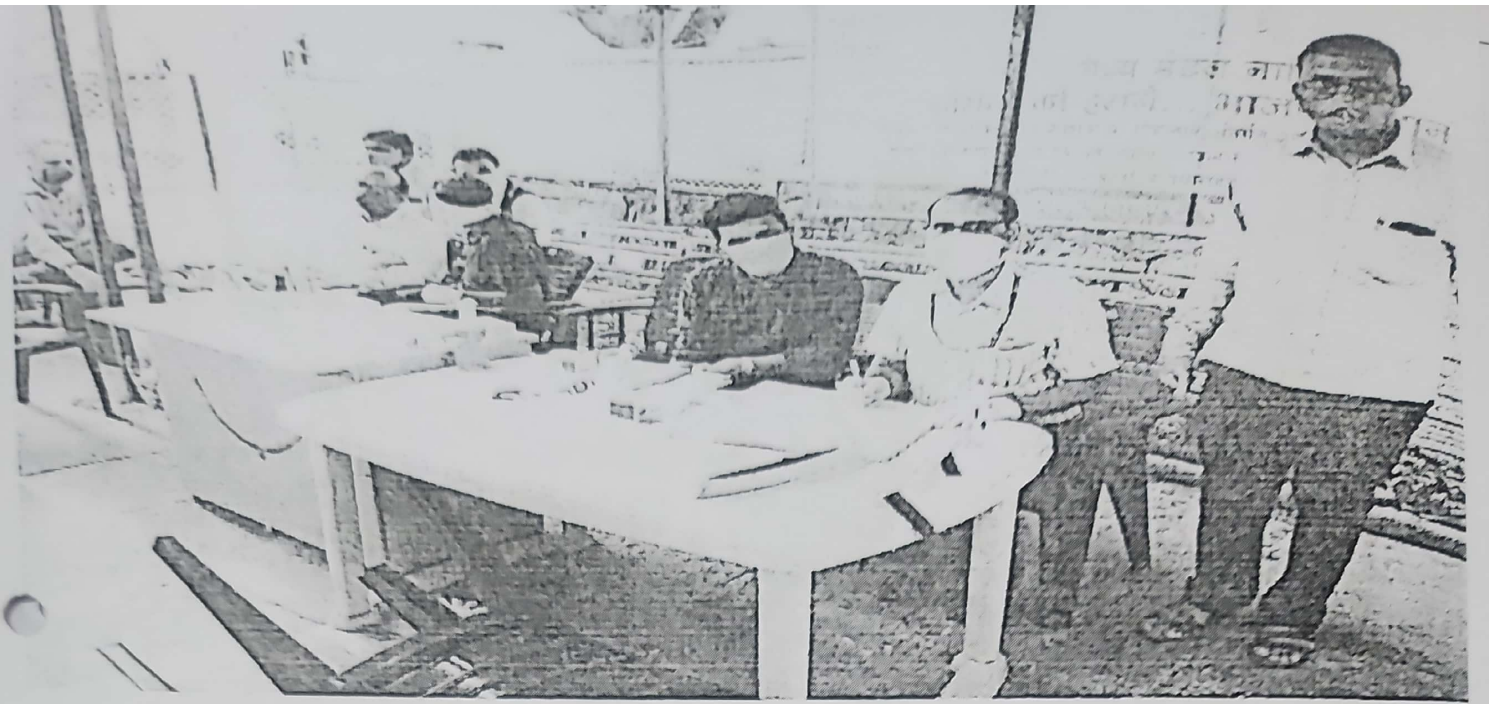
(Kamal Nagar, Hirawadi Panchavati, Nashik - 422003)

***Schedule of the Programme was decided as following -**

Place- Gitanjali colony , Dist.-Nashik (Maharashtra), 422001

Sr. No.	Subject	Date & Time
1.	Swasthya Rakshan OPD	Second Wednesday of every Month
2.	Medical Camps (School teachers health checkup)	Weekly, Every Tuesday
3.	Awareness programmes regarding Covid 19	April
4.	Hand Hygiene Programme	May
5.	Cleanliness program regarding covid 19 situation	June
5.	Diet Planning Programme regarding Covid 19	July
7	Awareness Programme About Pranayam & Yoga	September & October

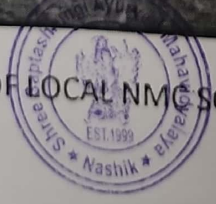




WOMEN HEALTH & HYGIENE AWARENESS PROGRAMME



HEALTH CHECK UP OF TEACHERS OF LOCAL NMC SCHOOL NEAR GITANJALI COLONY (SCHOOL HEALTH CHECKUP CAMP)





LEARNING AND TEACHING PROGRAMME DURING COVID 19 SITUATION BY DR. AMIT DIWAKAR SIR.



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AWAWARENESS PROGRAMMES & DEMONSTRATION OF YOGA SESSION AT GITANJALI COLONY BY DR. JAYDEEP MASAVE SIR.



Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Health surveys followed by health check up camp.

2018-2019

Odha - Nashik, Maharashtra

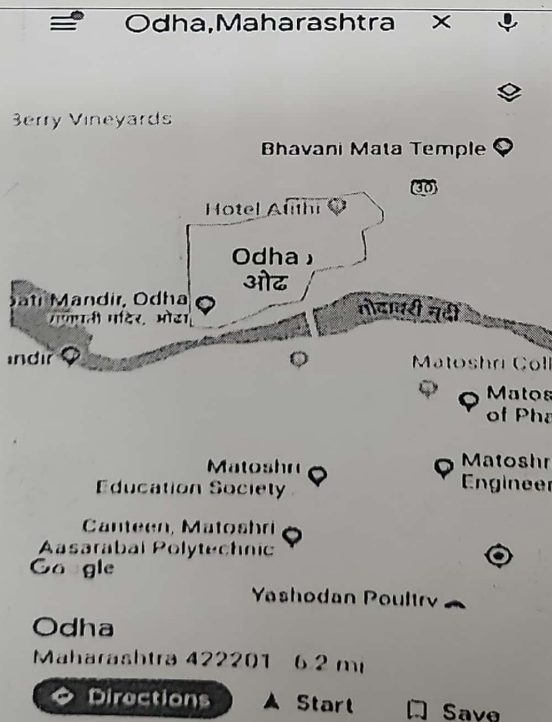
Odha is a large village located in Nashik Taluka of Nashik district, Maharashtra having state code 27 and having the village code 550997 with total 653 families residing. The Odha village has population of 3321 of which 1708 are males while 1613 are females as per Population Census 2011.

Total geographical area of Odha village is 8 km² and it is the 31st biggest village by area in the sub district. Population density of the village is 420 persons per km².

Nearest railway station is Odha which is within the village. Nearest town of the village is Nashik and distance from Odha village to Nashik is 14 km. Nashik is the sub district head quarter and the distance from the village is 14 km. District head quarter of the village is Nashik which is 14 km away.

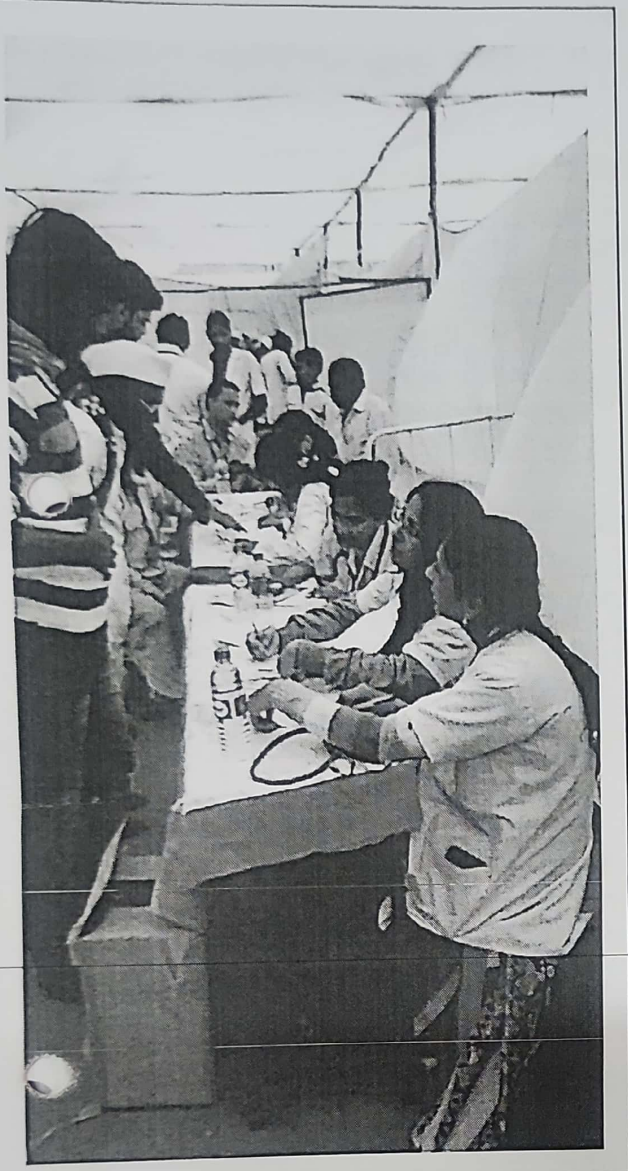
As per constitution of India and Panchyati Raaj Act, Odha village is administrated by Sarpanch (Head of Village) who is elected representative of village.

Odha, Maharashtra



m Sabha





Health Check up Camp



**Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,
Nashik**

Kamal Nagar, Hirawadi, Nashik-422003

VILLEGE ADOPTIION REPORT- 2019

Introduction-

Swasthya Raksha Programme:

The programme was launched by the AYUSH Ministry to promote health and health education in rural villages.

About Swasthya Raksha Programme:

• It was launched by the Union Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) in October 2015.

• The purpose of the programme is to promote health and health education in villages

• The Central Council for Research in Ayurvedic Sciences (CCRAS), the Central Council for Research in Unani Medicine (CCRUM), the Central Council for Research in Homoeopathy (CCRH) and the Central Council for Research in Siddha (CCRS) are implementing the programme.

• The key objectives of the programme are -

1. To organize Swasthya Rakshan OPDs, Swasthya Parikshan Camps and hygiene awareness programmes

2. To create awareness about cleanliness of domestic surroundings and environment

3. To provide medical aid and incidental support in the adopted Colonies and villages

4. To document demographic information, food habits, hygiene conditions, seasons, lifestyle and disease prevalence



to assess health status and propagation of ayurvedic concept of Swasthya and extension of health care services.

In order to achieve the above objectives, the following initiatives were undertaken so far.

Information, education and communication (IEC) material like brochures, posters and handouts were developed in Hindi, English and Marathi regional languages.

Swasthya Rakshan OPDs were organized in each village on weekly basis providing treatment for various disease conditions.

Swasthya Parikshan Camps organized on weekly basis.


A Survey was undertaken in the identified villages to identify prevalent diseases. Individual health screenings of people have been done.

Mass campaigns were organised with a focus on personal, environmental and social hygiene.



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Shree Saptashrungi Ayurved Mahavidyalaya & Hospital,

(Kamal Nagar, Hirawadi Panchavati, Nashik - 422003)

Swasthya Raksha Programme For GIRNARE Village

Report-2018

With due permission of our founder chairman, Dr. Balasaheb Aher sir, we started to plan Swasthya Raksha Programme and its schedule.

We discussed the dates and schedule with our principal Dr. Milind Aware sir and NSS committee, NSS Head Dr Sagar Narode sir, Hospital superintendent Dr. Aparna Raut Madam and Swasthvritta Dept Head Dr. Amit Diwakar Sir.

We came to the conclusion and decided to conduct the programme from 1st January 2018 to onwards till 31st December 2018 and to continue for next year. We began to prepare as early as possible.

We the teachers, students and hospital staff of Shree Saptashrungi Ayurved Mahavidyalaya, approached the Sarpanch of Girnare village for permission to conduct the camps and various Programs in their village and even the Sarpanch of the village gave us the permission and helped by providing us places - to stay, Check up and camps. We also approached to PHC centre, Doctors, ANM's, Dais, ASHA workers for further program management.

On 18th of Feb we departed to the village at 9:15 AM and we reached at 10:10 AM and we began the preparation as scheduled. Conducted the programme as follows according to planning in specific duration mentioned below-



1. The Programme was started with inauguration by Sarpanch and Gram Panchayat members. The inauguration began at 11:15 am and was done by the chief guest the sarpanch of the village and deputy sarpanch on 18th Feb,2018
2. Followed by inauguration we began the plantation, done by the Sarpanch and our college principal Dr. Aware sir and team.
3. After that we began the survey throughout the village in next 3 to 4 days.
4. Along with our hospital superintendent Dr. Aparna Raut mam and the medical staff, we began the medical checkups. The medical checkup included ayurvedic forms of treatment such as Snehana Swedan and Agni karma in Feb,2018
5. All teachers, PG students, UG students went for the health checkup in primary school. Individual student was checked under the guidance of Dr. Surse sir, Dr. Narode sir in the beginning to for screening of malnutrition and other major communicable and non-communicable diseases.
6. For awareness of "Swacha Bharat Abhiyan" streets and surroundings were cleaned by NSS Volunteers in February and Aug, 2018.
7. As a purpose of giving message about cleanliness, hygiene and water conservation - street plays and awareness rally were performed. Dr. Kiran Shinde delivered lecture. Dr. Jaydip Visave highlighted the importance of sanitation and preventive measures of Communicable & Non-communicable diseases.
8. Different health awareness programmes were done, time to time by NSS volunteers regarding various diseases, in the year 2018. For the above said purposes, we developed IEC material (Banners, hoardings, posters, handouts) in Hindi, English and Marathi language.



9. Swasthya Rakshan OPD and Swasthya Parikshan Camps were conducted on every week on Tuesday and Wednesday by Dr. Sagar Narode sir and team.
10. Diet advice regarding Pathya-apathya given to patients as well as other villagers who attended OPD and check up camps.
11. Yoga, meditation and exercise sessions and lectures were delivered by Dr. Manjusha More and Dr. Jaydip Visave in February and on the Yoga occasion of Yoga Day (21st June).

The overall programme was conducted satisfactorily with the outstanding efforts of our team, NSS volunteers- third year BAMS Students, medical and paramedical hospital Staff. The Sarpanch and deputy Sarpanch along with their volunteers also actively took part in each programme session and helped us. Off course it was possible due to support, permission and grants by our college authorities.

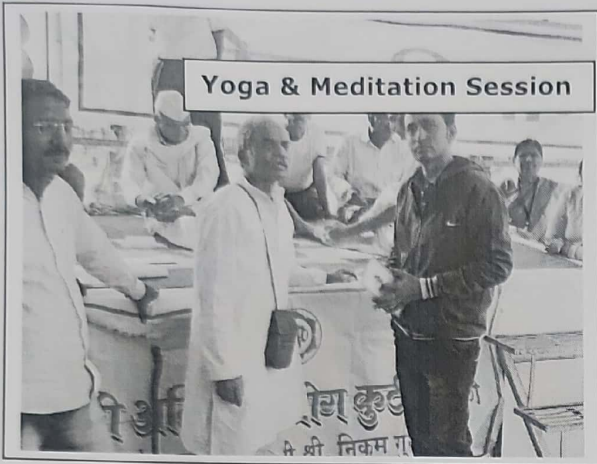


Photograph of Programmes held at Girnare (2018)



Plantation





Yoga & Meditation Session



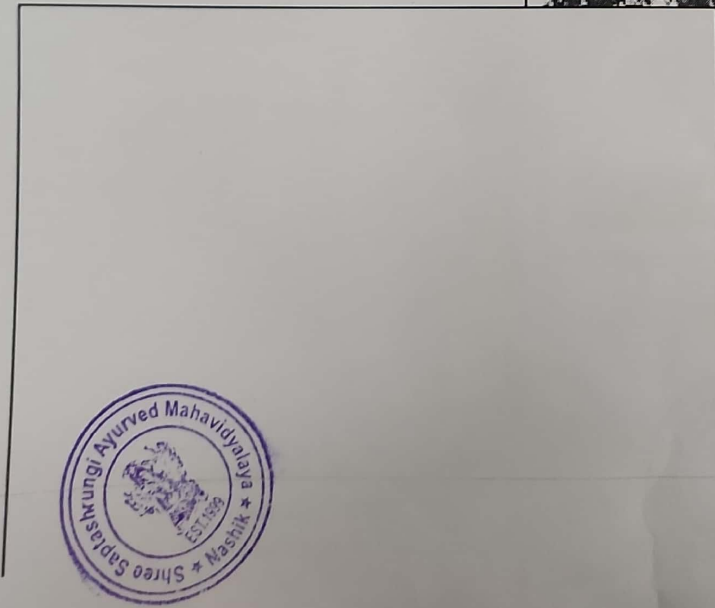
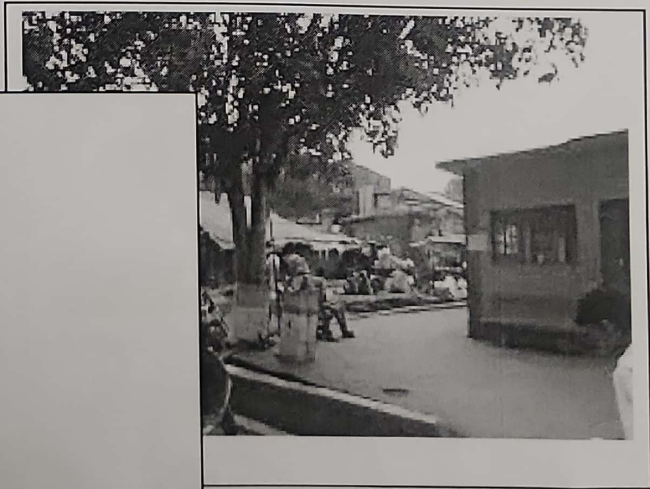
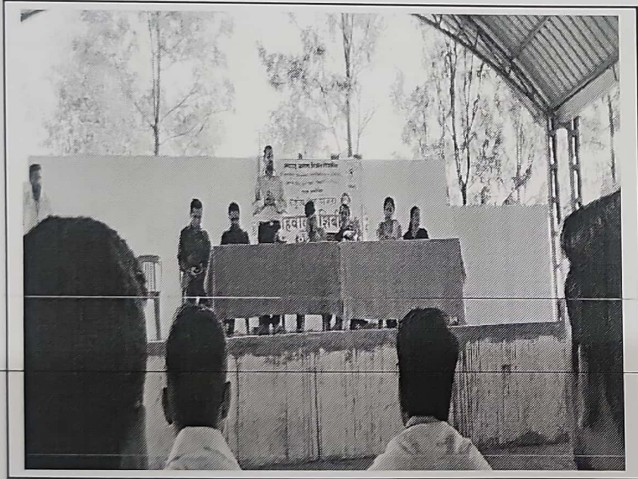
Food Hygiene & Pathya-Apathya

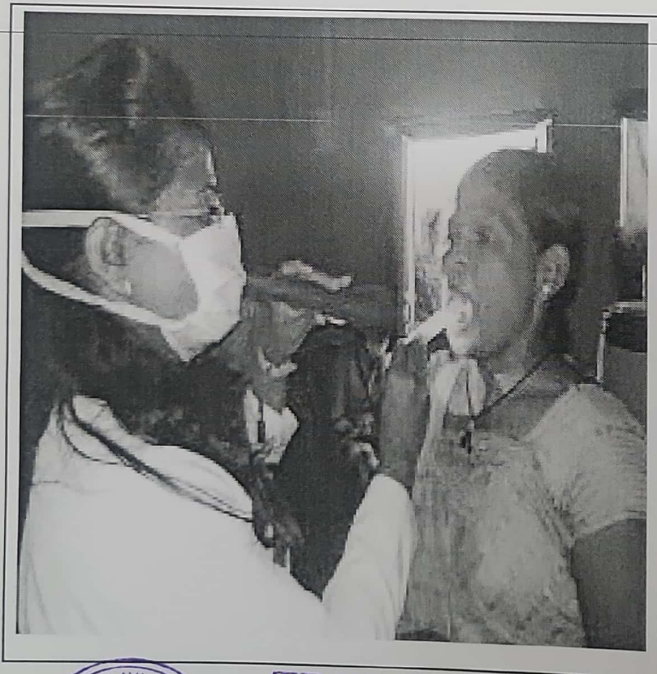
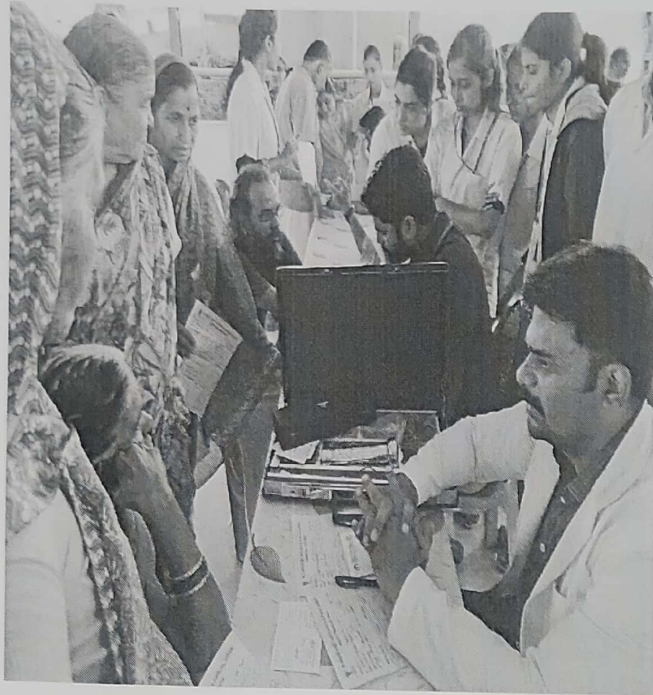


Cleanliness,
Hygiene
Awareness



SCHOOL
CHECKUP





TRUE COPY

Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

[Handwritten Signature]
H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

8.1.4

Steps adopted by the institution towards implementation of Swasthvritta activities such as Dincharya, Ritucharya, Achar Rasayana, Sadvritta in last five years.

Guest lectures, seminars for students, parents and society as an awareness programs.



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

Kamal Nagar, Hirawadi, Panchavati, Nashik - 422 003. | Tel.: (0253) 2621565 (College) | (Hosp.) 2518548

Fax : (0253) 2621638 ● E-mail : ssamnsk@gmail.com ● website : www.ssam.in

Ref. No.

Date :

The Swasthavritta department has taken proactive steps to enhance the understanding and practice of traditional wellness principles among students, parents, and faculty members. Through a series of well-organized seminars and guest lectures, the department aims to educate and promote the significance of Dinacharya (daily routines), Ritucharya (seasonal routines), Achar Rasayana (behavioral rejuvenation), and Sadvritta (healthy habits) for holistic well-being.

These events serve as platforms for experts in the field to share their insights and knowledge, fostering a deeper appreciation for the time-tested practices that contribute to optimal health. By engaging students, parents, and faculty members, the department fosters a collaborative learning environment where the community collectively imbibes these principles into their lifestyles.

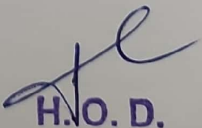
The seminars emphasize the alignment of one's routine with the natural rhythms of the day and the changing seasons. This not only aids physical health but also enhances mental and emotional balance. Guest lectures by renowned practitioners highlight the importance of behavioral discipline and ethical conduct in promoting overall wellness.

Furthermore, the inclusion of parents and faculty members underscores the department's commitment to a comprehensive approach to health education. This initiative is instrumental in cultivating a culture of well-being that extends beyond the individual to influence families and the institution at large.

In a world where modern lifestyles often lead to health imbalances, the Swasthavritta department's efforts play a pivotal role in revitalizing these ancient practices and making them relevant in today's context. Through seminars and guest lectures, they are sowing the seeds of knowledge that have the potential to positively transform lives and communities.




Principal
Vd. Milind Babarao Aware
Shree Saptashrungi Ayurved
Mahavidyalaya & Hospital, Nashik


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Swasthavritta Dept.
S.S.A.M. & H. Nashik



SHREE SAPTASHRUNGI SHIKSHAN SANSTHA NASHIK, SANCHALIT
SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAY & HOSPITAL

Ref. No.- SSAM/SW/05/2022

Date- 17/6/2022

Notice

All students & Staff of Shree Saptashringi Ayurved Mahavidyalaya and Hospital, Nashik are hereby informed that, CME organised by Department of Swasthavritta & Yoga on 18th June 2022, Saturday. For CME attendance of all students is compulsory.

Speaker Name – Dr. Sandip Chincholikar.

Details- BAMS, M.D. MA Yoga, PhD Yoga Sch. MUHS, working as International Yoga Teacher, Practicing Ayurved & Yoga Since 12 yrs in Nashik

Topic- “**Career Guidance on Yoga Therapy**” (education, training & job opportunities).

Venue- Seminar Hall, Shree Saptashringi Ayurved Mahavidyalaya and Hospital, Nashik

Date- 18/06/2022

Day- Saturday

Time- 10.00 am to 11.00 am

For the details please contact the undersigned names –

1. Dr. Rupesh Amle (Asso. Prof.)
2. Dr. Jaydip Visave (Asst. Prof.)
3. Dr. Dnyaneshwar Thorat (Asst. Prof.)


H.O.D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Prof. Dr. Amit Diwakar

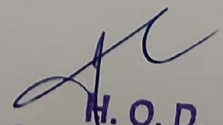


Principal
Vd. Milind Babarao Aware
Shree Saptashringi Ayurved
Mahavidyalaya & Hospital, Nashik



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Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik


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Swasthavritta Dept.
S.S.A.M. & H. Nashik

Shree Saptashrunji Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

CME

State Level CME on

“Career Guidance in Yoga Therapy”

Organised by

Dept. of Swasthavritta & Yoga,

Shree Saptashrunji Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 18/06/2022

Time: 11.00 Am Onwards

Address for correspondence:-

Organizing secretary, CME of Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors/ Students,

- It is our immense pleasure to inform you that we are organizing a State Level CME on **“Career Guidance in Yoga Therapy”** (education, training & job opportunities) - at S.S.A.M. & H, Nashik on 18th June, 2022. The scientific program will comprise of keynote address, guest lectures on – Yoga Therapy.
- We invite all the BAMS and MD, MS students, Interns, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The CME will cover the following topics-

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Career guidance
- Practical approach in Yoga Therapy- education, training.


Topic III : _Final massage, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

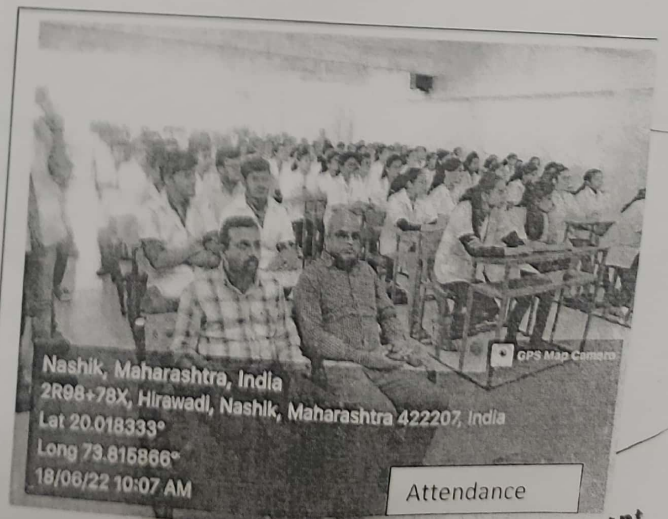
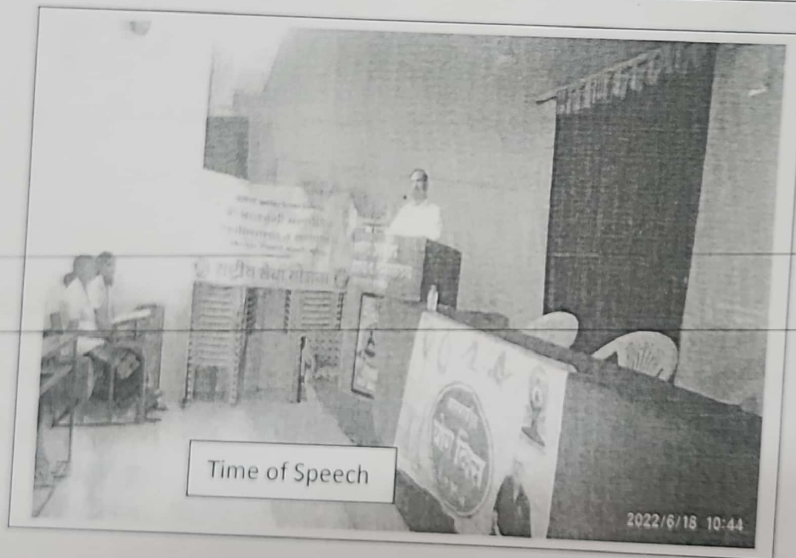
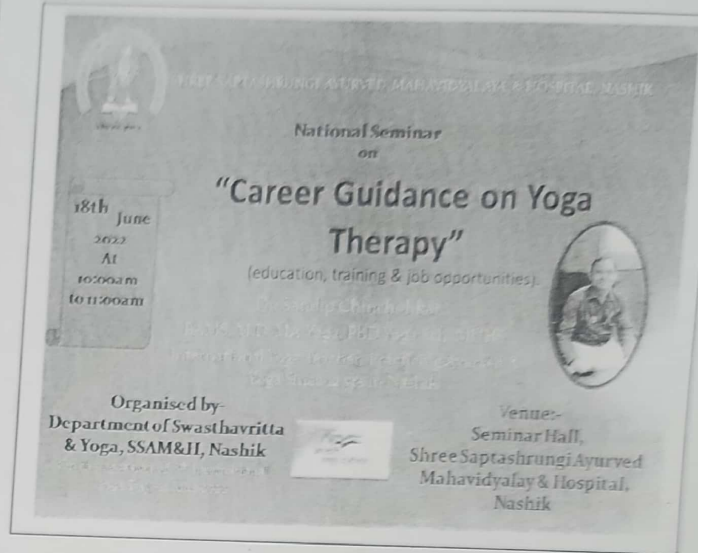
Dr. Sandip Chincholikar

BAMS, M.D. MA Yoga, PhD Yoga Sch. MUHS.




Signature of HOD
Swasthavritta Dept.
S.S.A.M. & H. Nashik

Photograph of Seminar



Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

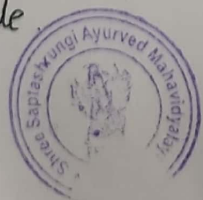
H. O. D. Swasthavritta Dept.
S.A.M. & H. Nashik

NAME	YEAR	SIGN.
Sejal. Ramesh. Ughade	4th yr	<u>Ughade</u>
Manisha. Yesaji. Dalve	4th yr	<u>Dalve</u>
Puapti Manojkumar gupta	4th yr	<u>Gupta</u>
Shreyas vijay Nimkande	4th yr	<u>Nimkande</u>
Shasayu Milind Gulhare	4th yr	<u>Gulhare</u>
Tanri Nitin Mathure	4th year	<u>Mathure</u>
Hiranmayi Umesh Mahajan	4th year	<u>Mahajan</u>
Gayatri Arun Patil	4th year	<u>Patil</u>
Divya Nitin Chaudhari	4th year	<u>Chaudhari</u>
Patiksha Poochhari woyal	4th year	<u>Woyal</u>
Aishwarya Latan Alone.	4th year	<u>Alone</u>
Anushri Sanjay Bagul	4th year	<u>Bagul</u>
Sneha Ashokrao Sakhare	4th year	<u>Sakhare</u>
Tanvi Rajesh Hundekar	4th year	<u>Hundekar</u>
Sakshi Suresh Agrawal	4th year	<u>Agrawal</u>
Mulvir Shraddha Baliram	4th year	<u>Baliram</u>
Shivani Pandurang Bhosale	4th year	<u>Bhosale</u>
Shivani Trimbak Dhumak	4th year	<u>Dhumak</u>
Sakshi Sanjay Nikam	4th year	<u>Nikam</u>
Diksha Mahesh patil	4th year	<u>Patil</u>
snehal Bramhadev Tikare	4th year	<u>Tikare</u>
Puja Karidas Gabhane	4th year	<u>Gabhane</u>
Bhagyashri Jayawant Patil	4th year	<u>Patil</u>
Vaishali Ganitam Jamnik	4th year	<u>Jamnik</u>
Neha Mandawade	4th year	<u>Mandawade</u>
Jaguti Dinkar pawar	4th year	<u>Pawar</u>
Patshi Dilip devang	4th year	<u>Devang</u>
Harshada Ramesh Walke	4th year	<u>Walke</u>
Mitallee Motiram kendre	4th year	<u>Kendre</u>
Prashant Anandrao Mate	4th year	<u>Mate</u>
Bhaverh Ganesh Patil	4th year	<u>Patil</u>
ushilkumar Vithal Shikde	4th year	<u>Shikde</u>

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik
15/11/20

H. O. D.
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S.S.A.M. & H. Nashik

Name	Year	Sign
33) Adesh Gautam Mogale	4 th year	<u>Gammals</u>
34) Harshvardhan Anil patil	4 th year	<u>H. Patil</u>
35) Dheeraj Dinesh Chopada	4 th yr.	<u>Chopada</u>
36) Vaibhav Vitthal Kumbhar	4 th yr	<u>K</u>
37) Vaibhav Dnyaneshwar Sangale	4 th yr.	<u>V.S.</u>
38) Prabhakar Sunadhar patil	4 th yr	<u>P.S.</u>
39) Ansoni Afroz Sabim	4 th year.	<u>A.S.</u>
40) Yugandhar Anant Athavale	4 th year	<u>Yugandhar</u>
41) Mahesh Nandaling Patil	4 th year	<u>M.P.</u>
42) Vipul Uttam Chavan	4 th year	<u>V.C.</u>
43) Vikas Subhash Fadat	4 th yr	<u>V.F.</u>
44) Akshay Vitthal Ingle	4 th yr	<u>A.I.</u>
45) Harshal Devendra Deore	4 th yr	<u>H.D.</u>
46) Himanshu Rajendra Deore	4 th yr	<u>H.R.D.</u>
47) Sunil Gaikwad	4 th yr.	<u>S.G.</u>
48) Ghansham GORE	4 th yr	<u>G.G.</u>
49) Chaitanya Dhenjawar	4 th	<u>Chaitanya</u>
50) Pranav Ozarkar	4 th year	<u>P.O.</u>
51) Prajyot Suryawanshi	4 th year	<u>P.S.</u>
52) Vatsal Jawanjari	4 th yr	<u>V.J.</u>
53) Sowabh. R. Kelode	4 th year.	<u>S.K.</u>
54) Sushil		



II year

18/02/2022

EMP Attendance

Dhakane Suresh Suresh	II
Dharkar sagar satish	II
Sakshi Bhupesh Jadhav	II
Riddhi Vishnu Pachgude	II
Tanvi Balkeushna Ghuge	II
Banjali Rajkumar Shinde	II
Rutuja Vijay Deose	II
Shruti Chandrakant Udhane	II
Ash Shiveji Bhagwat	II
Kakde Shivani Kishanrao	II
Rutuja Vijaykumar Pawar	II
Rutuja Vishnu Misal	II
Rohit Raju Pelker	II
Mrinal Sanjay kokate	II
VAISHAV DATTATRAY JUNGHADE	#
Rutuja Dilip Ghatgine	II
Pratik Ravindra shinde	II
Shruti Vijay Vadnere	II
NAGARE ASHA MADHUKAR	II
Isha yogesh Lathi	II
Sachi	
Anjali Reda Pawara	II
Bichare Nikhil Tukaroom	II
Sayali Bhagwan Devkate	II
Parag Raju kakade	II
Sneha Sudam Vidhate	II
Shinde parvan Anandrao	II
Muskan Mukhtar Shaikh	II
Purgesh Sunil chaudhari	II
Vandana Rakesh Yadav	II
Sakshi Bapurao Patil	II
Nidhi Nilkanth Patil	II
Pratibha dhonduba Gayki	I
Krushna Arvind Sonawane	I
Ankita R. I	
Sonwane Korraj Gopalrao	I
Wakle Mayuri Santosh	I
Jadhav Ashish Vishnu	I
Pagar Roshan Sunil	Ist
Paran Anandrao shinde	II nd
shinde Jeibhav Sampat	I

Chakur
 Sign
 Jadhav
 Pachgude
 Ghuge
 Shinde
 Deose
 Udhane
 Bhagwat
 Shivani
 Pawar
 Misal
 Pelker
 Kokate
 Jungade
 Ghatgine
 Shinde
 Vadnere
 Nagare
 Lathi
 Anjali
 Arpaleare
 Devkate
 Sayali
 Parvan
 Shaikh
 Chaudhari
 Yadav
 Patil
 Patil

Gayki
 Sonawane
 Gopalrao
 Wakle
 Ashish
 Roshan
 Anandrao
 Sampat

H. O. D.
 Swasthavritta Dept
 S.S.A.M. & H. Nashik

Ref. No.-

Date- 11/04/2022

Notice

All students & Staff of Shree Saptashringi Ayurved Mahavidyalaya and Hospital, Nashik are hereby informed that, CME organised by Department of Swasthavritta & Yoga on 12th April 2022, Tuesday. For CME attendance of all students is compulsory.

Speaker Name – Dr. Pranita K. Shinde. (BAMS, M.D. Gold Medalist, PhD Sch.)

Details- BAMS, M.D.,(Gold Medalist), PhD Sch., Assistant Professor, Vidharbha Ayurved College, Amravati.

Topic- “Stress Management Through Bhramary Pranayam”

Venue- Shree Saptashringi Ayurved Mahavidyalaya and Hospital, Nashik

Date- 12/04/2022

Day- Tuesday

Time- 2.00 pm to 3.00 pm

For the details please contact the undersigned names -

1. Dr. Jaydip Visave (Asst. Prof.)

2. Dr. Dnyaneshwar Thorat (Asst. Prof.)

H.O.D.
Dr. Anil Divakar
Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik



PRINCIPAL

Principal
Vd. Milind Babarao Aware
Shree Saptashringi Ayurved
Mahavidyalaya & Hospital, Nashik

H.O.D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

State Level CME on

“Stress Management Through Bhramary Pranayam”

Organised by

Dept. of Swasthavritta & Yoga,

Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 12/04/2022

Time: 12.00 Pm Onwards

Address for correspondence:-

Organizing secretary, CME of Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors/ Students,

- It is our immense pleasure to inform you that we are organizing a State Level CME on **“Stress Management Through Bhramary Pranayam”**- at S.S.A.M. & H, Nashik on 12th April, 2022. The scientific program will comprise of keynote address, guest lectures on – Swasthavritta & Yoga.
- We invite all the BAMS and MD, MS students, Interns, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The CME will cover the following topics-

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Importance of Pranayam
- Practical approach in Stress management & health maintenance.

Topic III :_Final massage, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

Dr Pranita K. Shinde

(BAMS, M.D. Gold Medalist, PhD SCh.)

Assistant Professor, Vidharbha Ayurved College, Amravati.



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Principal

Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

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Signature of HOD
Swasthavritta Dept.
S.S.A.M. & H. Nashik

H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik

CME Report

Dept. of Swasthavritta

Date: 12/04/2022

Time: 12.00 pm onwards

Guest speaker: Dr Pranita K. Shinde

Subject: "Stress Management Through Bhramary Pranayam"

Venue: SSAM & H, Webinar Hall.

WEBINAR Report: The CME was conducted successfully by dept. of Swasthavritta & Yoga, SSAM&H on 12th April. 2022 at 12.00 PM onwards, the guest speaker- Dr Pranita K. Shinde was welcomed by Dr. Kiran Shinde sir, UG Director, SSAM&H, followed by Dhanvanatri Pujan. Introduction of Guest & his topic was done by Dr. Jaydip Visave. After that a brief discussion was conducted with sharing of knowledge between the guest speaker and students. Concept of Bhramary Pranayam and its application in practice of Stress management were briefly explained by speaker. Madam discussed Importance of Pranayam, also experienced to students by actual practice of Bhramary Pranayam.



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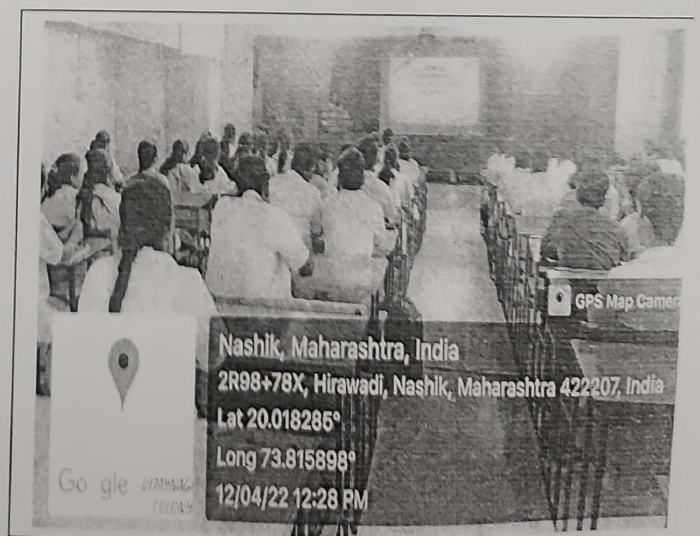
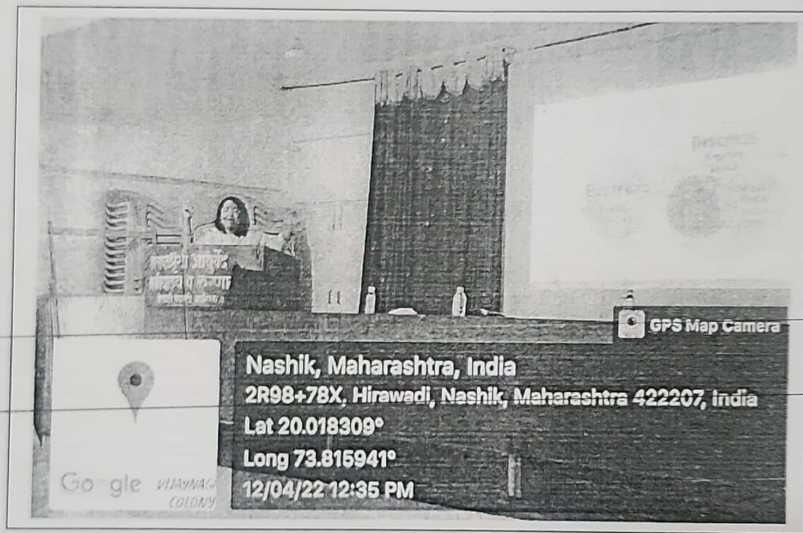
Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

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Swasthavritta Dept.
S.S.A.M. & H. Nashik

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Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

Photograph of Seminar



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Swasthavritta Dept.
S.S.A.M. & H. Nashik

- | | |
|---------------------------------|--------------------|
| 1) Grijja Chouhan | <u>Chouhan</u> |
| 2) Vanita Parab | <u>Parab</u> |
| 3) Aishwarya Zhope | <u>Zhope</u> |
| 4) Rutuja Gadhave | <u>Rutuja</u> |
| 5) Pratiksha Desale | <u>Desale</u> |
| 6) Pragati Shinde | <u>Shinde</u> |
| 7) Anjali Salunke | <u>Salunke</u> |
| 8) Rucha Datar | <u>Datar</u> |
| 9) Sakshi Aher | <u>Aher</u> |
| 10) Shrutika Kapse | <u>Kapse</u> |
| 11) Sonali Wagh | <u>Wagh</u> |
| 12) Nikita Mehe | <u>Mehe</u> |
| 13) Sejal Mahale | <u>Mahale</u> |
| 14) Radhika Patil | <u>Patil</u> |
| 15) Payal Ghatot | <u>Ghatot</u> |
| 16) Roshani Patil | <u>Patil</u> |
| 17) Mindal Khorkhede | <u>Mindal</u> |
| 18) Kalyankar Vaibhav Balajirao | <u>Kalyankar</u> |
| 19) Ansari Faisal | <u>Ansari</u> |
| 20) Sooraj Sudhakar Datar | <u>Sooraj</u> |
| 21) Akshay madhukar chavan | <u>Akshay</u> |
| 2) Prakash Bhaskade | <u>Prakash</u> |
| 3) Kasbe Kanishk | <u>Kasbe</u> |
| 4) Mistry Hiren Bharatkumar | <u>H.B. Mistry</u> |
| 5) Sagari Balu More | <u>Sagari</u> |
| 6) Atish Keshavnarao Kale | <u>Atish</u> |
| 7) Roshan Dhadwad | <u>Dhadwad</u> |
| 8) Kiran Chauhan | <u>Kiran</u> |
| Neha Chaudhari | <u>Neha</u> |

- 30) Tejus kelkar Tejus
31) SUSHIL BAGUL Sushil
32) Siddhesh Thakare Siddhesh
33) Shubham Jadhao Shubham
34) Saloni Shrikant Saloni
35) Himanshu Hingane Himanshu
36) Akshay Suryawanshi Akshay
37) Isha Pathak Isha
38) Pranit Patil Pranit
39) Sudarshan Wadhane Sudarshan
40) Sumit Telega Sumit



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Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

CME

State Level Online CME/ WEBINAR on

“BALANCED DIET AS PER AYURVED PERSPECTIVE”

Organised by

Dept. of Swasthavritta,

Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 25/03/2021

Time: 10.00 Am Onwards

Address for correspondence:-

Organizing secretary, Online WEBINAR of Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors,

- It is our immense pleasure to inform you that we are organizing a State Level Online CME/ WEBINAR on **“BALANCED DIET AS PER AYURVED PERSPECTIVE”**- at S.S.A.M. & H, Nashik on 25th March, 2021. The scientific program will comprise of keynote address, guest lectures on – **“Poshan Ahar for Swasthya”**
- We invite all the BAMS and MD, MS students, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The Online WEBINAR will cover the following topics-

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Importance of Balanced Diet
- Nutrition As per Ayurvedic Perspective

Topic III :_Final massage, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

Dr. Mukund Sabnis (MD, Ayu)


(Founder President – Jeevanrekha Ayurved
Chikitsalaya & Research Center, Aurangabad)


Signature of HOD
H. O. D.

Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Mahavidyalaya, Nashik


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S.S.A.M. & H. Nashik



WEBINAR Report

Dept. of Swasthavritta

Date: 25/03/2021

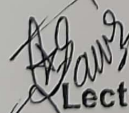
Time: 10.00 am onwards

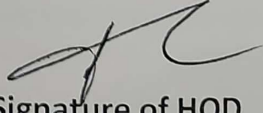
Guest speaker: Dr. Mukund Sabnis (MD, Ayu)

Subject: "BALANCED DIET AS PER AYURVED PERSPECTIVE"

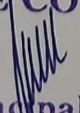
Venue: SSAM & H, Webinar Room.

WEBINAR Report: The Online webinar was conducted successfully by dept. of Swasthavritta & Yoga, SSAM&H on 25th March, 2021 at 10.00 Am onwards, the guest speaker Dr. Mukund Sabnis sir was welcomed by Dr. Jaydip Visave, Assist. Prof. Swasthavritta dept. SSAM&H. Introduction of Guest & his topic was done by Ms. Prapti Gupta 3rd BAMS Student. After that a brief discussion was conducted with sharing of knowledge between the guest speaker and participants. Concept of Diet, Nutrition and Ayurvedic Views, their correlation was briefly explained by sir. He elaborated all the related topics with his sound and thorough knowledge. The Overall experience was outstanding & overwhelming for students, teachers, some patients etc. Sir answered students queries positively.


Lecturer
Swasthavritta Dept.
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Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

Photograph of Online WEBINAR

Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Organized online Webinar on

Topic
Balance Diet As per Ayurved Perspective

On 25th March, At 10.00 AM

For Live go through this link
<https://youtu.be/qXDINXHITNA>

Organized By
Department of Swasthavritta & Yoga
SSAM & H, Nashik

Please Subscribe Our Youtube Channel

Youtube Link

Follow this link-
youtu.be/qXDINXHITNA

Balance Diet As per Ayurved Perspective
www.youtube.com

<https://youtu.be/qXDINXHITNA>

The Time of Speech

10:48 AM 43.9KB/s

Description

Balance Diet As per Ayurved Perspective
Shree Saptashringi Ayurved College
Started streaming 29 minutes ago

Guest Speaker
Dr. Mukund Sabnis
MD (Ayu)
Jeevanrekha Ayurved Chikitsalaya & Research Center, Aurangabad

Organized By
Department of Swasthavritta & Yoga
SSAM & H, Nashik

10:39 AM 61.9KB/s

Live chat
Top chat 109

Delegate Certificate

Official
YouTube
Channel-
**Shree
Saptashringi
Ayurved
College**

Shree Saptashringi Ayurved Mahavidyalaya & Hospital
Kamal Nagar, Hirawadi, Nashik
This certificate is Awarded to

Dr./Vd./ Mr./ Mrs./ Miss. Dr. Jaydip Jagannath Visave, Assistant Professor
from Shree saptashringi Ayurved Mahavidyalaya and Hospital Nashik for participation in

Seminar on
Balanced Diet as per Ayurved Perspective
Organized by Dept. Of Swasthavritta & Yoga,
Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
on 25th March, 2021

Dr. Diwakar Amli
HOD, Professor Dept. Of Swasthavritta & Yoga
Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik

Dr. Nilind B. Aware
Principal
Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik



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Kamal Nagar, Hirawadi, Nashik-422003

CME

State Level CME on

"APPLIED ASPECTS OF SWASTHAVRITTA & YOGA IN PREVENTIVE CARE"

Organised by

Dept. of Swasthavritta & Yoga,

Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 09/12/2021

Time: 9.00 Am Onwards

Address for correspondence:-

Organizing secretary, CME of Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors/ Students,

- It is our immense pleasure to inform you that we are organizing a State Level CME on **"APPLIED ASPECTS OF SWASTHAVRITTA & YOGA IN PREVENTIVE CARE"** - at S.S.A.M. & H, Nashik on 09th Dec, 2021. The scientific program will comprise of keynote address, guest lectures on – Swasthavritta & Yoga.
- We invite all the BAMS and MD, MS students, Interns, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The CME will cover the following topics-

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Importance of Swasthavriita & Yoga
- Practical approach in disease management & health maintenance.

Topic III :_Final massage, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

Dr. M. B. Yerawar, (MD Swasthavritta)

Asst. Prof, DMM Ayu. College,

Yavatmal



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Swasthavritta Dept.
S.S.A.M. & H. Nashik



CME Report

Dept. of Swasthavritta

Date: 09/12/2021

Time: 9.00 am onwards

Guest speaker: Dr. M. B. Yerawar

Subject: "APPLIED ASPECTS OF SWASTHAVRITTA & YOGA IN PREVENTIVE CARE"

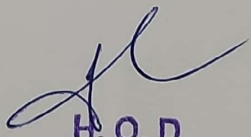
Venue: SSAM & H, Webinar Hall.

WEBINAR Report: The CME was conducted successfully by dept. of Swasthavritta & Yoga, SSAM&H on 09th Dec. 2021 at 9.00 Am onwards, the guest speaker- Dr. M. B. Yerawar was welcomed by Dr. Milind Aware sir, Principal SSAM&H, followed by Dhanvanatri Pujan. Introduction of Guest & his topic was done by Dr. Jaydip Visave. After that a brief discussion was conducted with sharing of knowledge between the guest speaker and participants. Concept of Swasthya Rakshan and its application in practice were briefly explained by speaker. Sir discussed the data collection, management & interpretation techniques used for preventive & social Medicine.



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Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

Photograph of Online CME / WEBINAR



Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-003

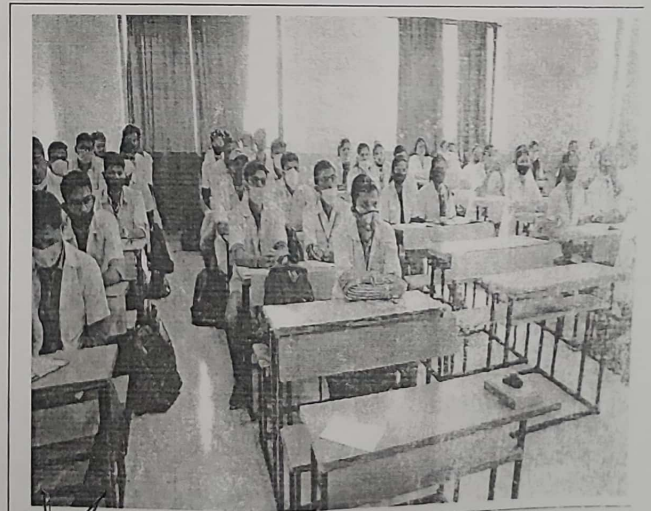
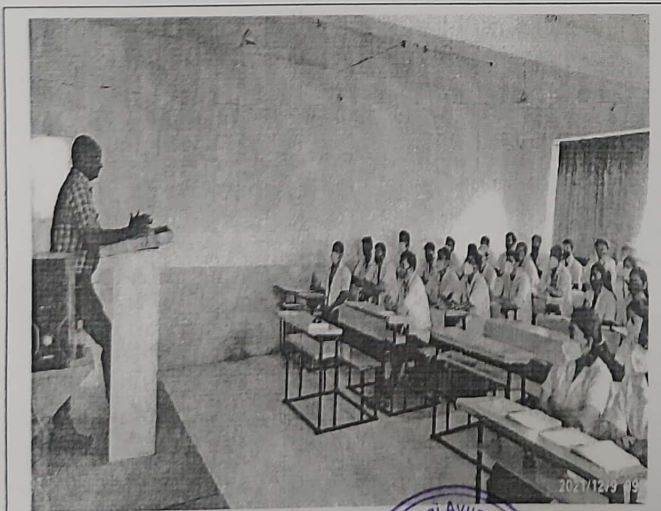
National Seminar on
Applied Aspects of Swasthavritta & Yoga in Preventive care



Guest speaker-
Dr. M. B. Yerawar (MD Swasthavritta)
Asst. Professor, Dept. Of Swasthavritta & Yoga
DMM Ayurved Mahavidyalaya, Yavatmal, MH.

On Thursday 9th
Dec. 2021

Organized by-
Department of Swasthavritta & Yoga, SSAM&H, Nashik



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S.S.A.M. & H, Nashik

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Swasthavritta Dept.
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Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

CME

State Level Online WEBINAR on

"IMMUNITY & NUTRITION"

Organised by

Dept. of Swasthavritta,

Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 19/09/2020

Time: 10.00 Am Onwards

Address for correspondence:-

Organizing secretary, Online WEBINAR of Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors,

- It is our immense pleasure to inform you that we are organizing a State Level Online WEBINAR on **IMMUNITY & NUTRITION**- at S.S.A.M. & H, Nashik on 19th Sep.2020. The scientific program will comprise of keynote address, guest lectures on – "**IMMUNITY THROUGH AYURVEDIC DIET**"
- We invite all the BAMS and MD, MS students, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The Online WEBINAR will cover the following topics

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Importance of IMMUNITY in present Covid-19 Scenario
- Nutrition & Immunity correlation

Topic III : Final message, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

Dr. Kamlesh Mahajan (MD, Swasth.)

Asst. Prof. ASS Nashik.



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Swasthavritta Dept.
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WEBINAR Report

Dept. of Swasthavritta

Date: 19/09/2020

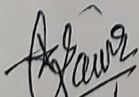
Time: 11.00 am onwards

Guest speaker: Dr. Kamlesh Mahajan (MD, Swasth.)


Subject: IMMUNITY & NUTRITION

Venue: SSAM & H, Webinar Hall.

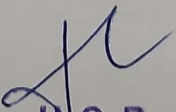
WEBINAR Report : The Online webinar was conducted successfully by dept. of Swasthavritta & Yoga, SSAM&H on 19th sep. 2020 at 11.00 Am onwards, the guest speaker Dr. Kamlesh Mahajan sir was welcomed by Dr. Aware sir, Principal SSAM&H, followed by Dhanvanatri Pujan. Introduction of Guest & his topic was done by Dr. Jaydip Visave. After that a brief discussion was conducted with sharing of knowledge between the guest speaker and participants. Concept of Immunity, Nutrition and their correlation was briefly explained by sir. He elaborated all the related topics with his sound and thorough knowledge, also had great hold on audience and answered their queries positively.

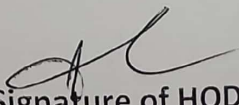

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Photograph of online WEBINAR

SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA, NASHIK
Organize online webinar on

Immunity and Nutrition

Immunity Through Ayurved Diet

Speaker
Dr. Mahesh Kamlesh Shivaram
Assistant professor, Department of Swasthavritta, A.T. Ayurved College, Panchavati, Nashik
14 years of teaching experience

Date
19.09.2020

Schedule
Time
1.30pm to 3.00pm

Dr. Mahesh Kamlesh Shivaram

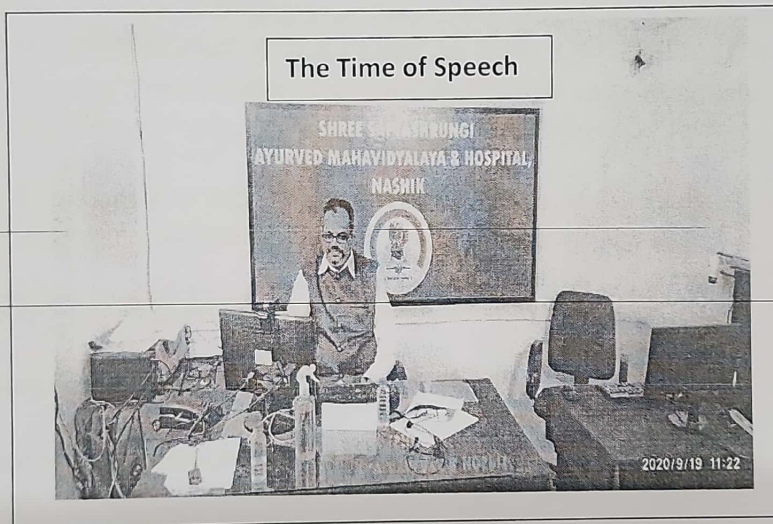
Follow this link - [https://www.zoom.us/j/9201111111](#)

Organized by
Department of Swasthavritta & Yoga, SSAM & H, Nashik

Immunity and Nutrition

Immunity Through Ayurved Diet

Dr. Kamlesh S. Mahajan
Assistant Professor
Dept of Swasthavritta
A.S.S Ayurved Mahavidyalaya, Nashik Maharashtra
9881922218
kamleshmahajan2012@gmail.com



PPT

Need of Immunity through Ayurvedic Nutrition

Constructive Immunity Mechanism

- Balanced Diet
- Water intake/ Fluid intake
- Yogic exercise
- Ayurvedic herb processed foods
- Nutrition guidelines as per

Immunity

A Balanced Diet

Destructive Immunity Mechanism

- Air pollution
- Water pollution
- Soil pollution
- Industrial pollution
- Population Growth and

PPT

Ayurvedic Nutrition

Manda

Paya

Vilepi

Yavagu

Yusha

Jivanya Mahakashaya
Bryhamahakashaya
Balya Mahakashaya
Rudya Mahakashaya
Vishagna Mahakashaya

Diet processed in above dravyas for immunity

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Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

State Level Online CME / WEBINAR on

"PRANAYAM & IT'S CLINICAL APPLICATION"

Organised by

Dept. of Swasthavritta & Yoga,

Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

On

Date: 24/12/2020

Time: 11.00 Am Onwards

Address for correspondence:-

Organizing secretary, Online CME/ WEBINAR of Dept. of Swasthavritta and Yoga
Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors/ Students,

- It is our immense pleasure to inform you that we are organizing a State Level Online CME/ WEBINAR on **"PRANAYAM & IT'S CLINICAL APPLICATION"**- at S.S.A.M. & H, Nashik on 24th Dec. 2020. The scientific program will comprise of keynote address, guest lectures on – Clinical view of Pranayam & Its Application for Various diseases.
- We invite all the BAMS and MD, MS students, Interns, Teachers and Ayurvedic Physicians from all over Maharashtra to join online & make this event a grand success.

The Online CME/ WEBINAR will cover the following topics-

Topic I:

- Welcome note, Introduction of Guest

Topic II:

- Importance of Pranayama and Breathing exercise study in present Covid-19 Scenario
- Application of Pranayama in various diseased conditions.

Topic III : _Final massage, (Conclusion) by speaker & Vote of thanks...

Resource Persons:

Dr. Rachana C. Aware (MD, Swasth.)

Assistant Professor,

SMBT Ayurved. Med. College, Nashik.



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Swasthavritta Dept.
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Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

WEBINAR Report

Dept. of Swasthavritta

Date: 24/12/2020

Time: 11.00 am onwards

Guest speaker: Dr. Rachana C. Aware (MD, Swasth.)

Subject: "PRANAYAM & IT'S CLINICAL APPLICATION"

Venue: SSAM & H, Webinar Hall.

WEBINAR Report: The Online webinar was conducted successfully by dept. of Swasthavritta & Yoga, SSAM&H on 24th Dec. 2020 at 11.00 Am onwards, the guest speaker Dr. Rachana C. Aware madam was Online welcomed by Dr. Milind Aware sir, Principal SSAM&H, followed by Dhanvanatri Pujan. Introduction of Guest & her topic was done by Dr. Jaydip Visave & Payoshni Raut (3rd yr. Student). After that a brief discussion was conducted with sharing of knowledge between the guest speaker and participants. Concept of Yoga, Pranayama and their types was briefly explained by madam. She discussed from the origin of Yoga, streams, types, Pranayam types, techniques and uses in different diseases with his sound and thorough knowledge.



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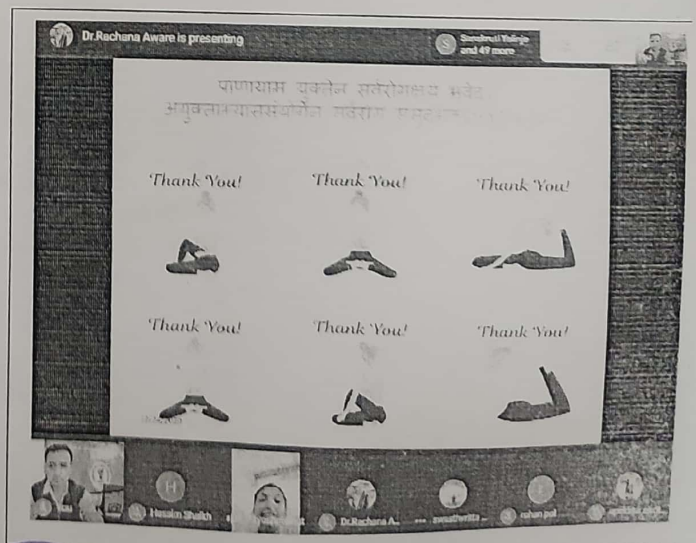
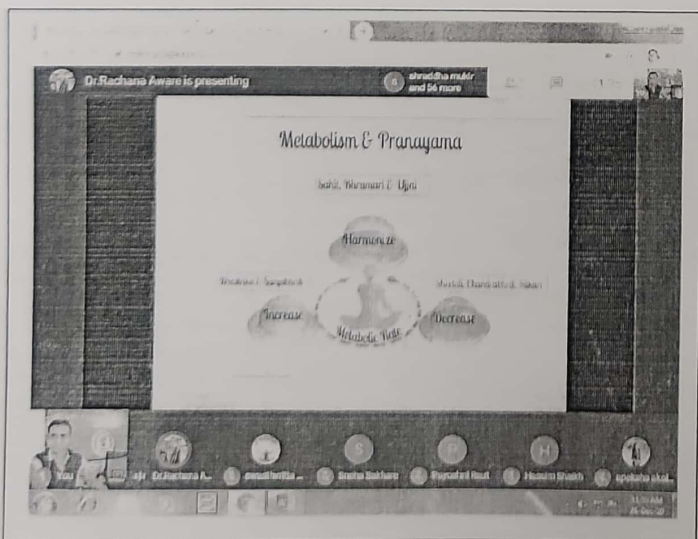
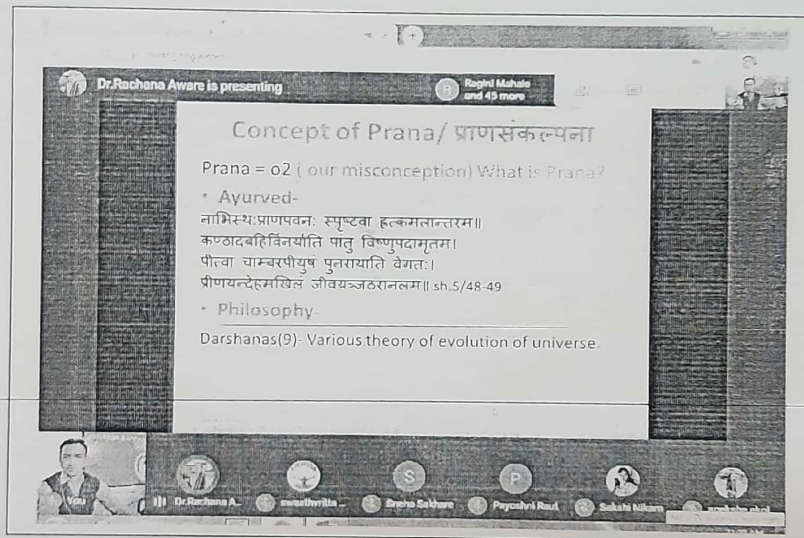
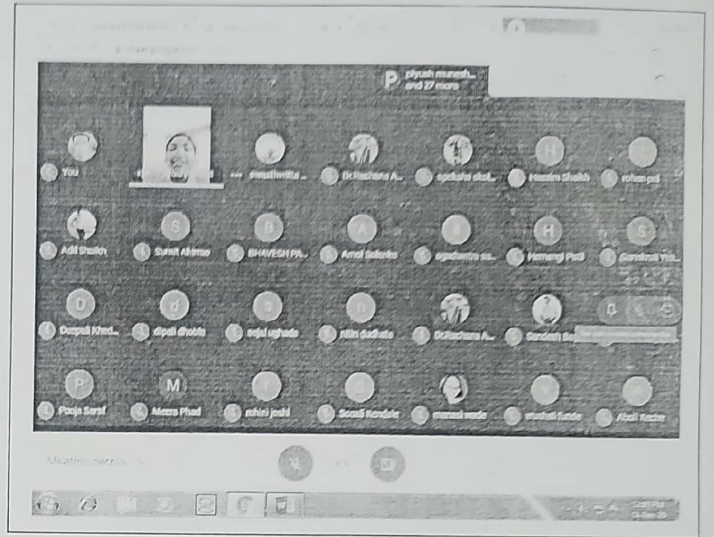
Principal
Shree Saptashringi Ayurved
Mahavidyalaya, Nashik

Signature of HOD
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S.S.A.M. & H. Nashik

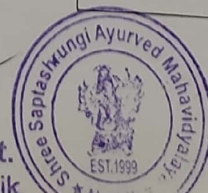
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Second Year

Sr.No	Name of the Student	Sign
18194201	AGRAWAL SAKSHI SURESH	<i>Ssagnawal</i>
18194802	ALONE AISHWARYA RATAN	<i>A.P. Alone</i>
18192803	ANSARI AFROZ SALIM	<i>Ansari</i>
18194404	ATHAVALE YUGANDHAR ANANT	<i>Yugandhar</i>
18190605	BAGUL ANUSHRI SANJAY	<i>Sanjay</i>
18194106	BHOSALE SHIVANI PANDURANG	<i>Shivani</i>
18192007	CHAUDHARI DIVYA NITIN	
18194908	CHOPADA DHEERAJ DINESH	<i>Dheeraj</i>
18192509	DALVE MANISHA YESAJI	<i>Manisha</i>
18190210	DEORE HARSHAL DEVENDRA	<i>Harshal</i>
18195011	DEVANG SAKSHI DILIP	<i>Sakshi</i>
18193012	DHENGALE CHAITANYA SHAHAJI	
18193713	DHUMAK SHIVANI TRIMBAK	<i>Shivani</i>
18191114	FADAT VIKAS SUBHASH	
18190915	GABHANE PUJA HARIDASJI	P. H. Gabhane
18192316	GAIKWAD SUNIL BABASAHEB	<i>Sunil</i>
18195617	GORE GHANSHYAM SAHEBRAO	
18190318	GULHANE SHARAYU MILIND	<i>Sharayu</i>
18192719	GUPTA PRAPTI MANOJKUMAR	<i>Prapti</i>
18191220	HELODE SOURABH RAMESHWAR	
18190821	HUNDEKAR TANVI RAJESH	
18191922	INGLE AKSHAY VITTHAL	
18190723	JAMNIK VAISHALI GAUTAM	<i>Vaishali</i>
18193924	JAWANJAL VATSAL SUNIL	<i>Vatsal</i>
18193325	KENDRE MITALEE MOTIRAM	<i>Mitalee</i>
18194026	KUMBHAR VAIBHAV VITTHAL	<i>V. Kumbhar</i>
18194627	MAHAJAN HIRANMAYI UMESH	

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18190528	MANDAWADE NEHA PANDHARINATH	Mandawade
18195529	MATE PRASHANT ANANDRAO	Matepranath
18190130	MATHURE TANVI NITIN	Mathure
18191431	MOGALE ADESH GAUTAM	Mogale
18191732	MUKIR SHRADDHA BALIRAM	Mukir
18195133	NIKAM PARTH RAJENDRA	Nikam
18195234	NIKAM SAKSHI SANJAY	Nikam
18193135	NIKAM VRUSHALI RAVINDRA	Nikam
18193636	NIMKANDE SHREYAS VIJAY	Nimkande
18195437	PANDEY SACHI JAYPRAKASH	Sachi
18191638	PATIL BHAGYASHRI JAYAWANT	Patil
18192439	PATIL BHAVESH GANESH	
18195740	PATIL DIKSHA MAHESH	Patil
18191041	PATIL GAYATRI ARUN	Patil
18192942	PATIL HARSHAVARDHAN ANIL	Patil
18192643	PATIL PRAFULLA SAMADHAN	Patil
18193244	PAWAR JAGRUTI DINKAR	Pawar
18192245	RAWTALE MAHESH NAWALSING	Rawtale
18191846	SAKHARE SNEHA ASHOKRAO	Sakhare
18194347	SANGLE VAIBHAV DNYANESHWAR	Sangle
18193548	SHINDE GRISHMA MANOHAR	Shinde
18191549	SHINDE SUSHILKUMAR VITTHAL	Shinde
18191350	SHINDE SUYASH SUDARSHAN	Shinde
18194551	SHINGNE ANKITA SAMADHAN	Shingne
18195352	SURYAWANSHI PRAJYOT ARVIND	
18193453	TIKATE SNEHAL BRAMHADEV	Tikate
18190454	UGHADE SEJAL RAMESH	Ughade
18193855	WADE MANASI GIRISH	Wade
18192156	WALKE HARSHADA RAMESH	Walke
18194757	WAYAL PRATIKSHA PANDHARI	Wayal

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Shree Saptashrungi Ayurved Mahavidyalay & Hospital, Nashik - 3
Third Year

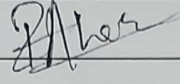
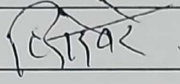
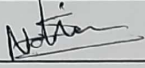
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16179001	AHER KUNAL ASHOK	
16176802	AHER TEJASWINI PRABHAKAR	
16178703	AHIRE DARSHANA NARENDRA	
15166404	AHIRE VAISHNAVI KISHOR	
16178305	BACHHAV HRUSHIKESH SUNIL	
16178806	BASTE AISHWARYA AVINASH	
16175207	BEDRE MANISHA BALIRAM	
16174708	BELPATRE GAURI SADASHIV	
16178009	BHALERAO NIKITA ASHOK	
16175410	BHOSALE SAVITA BALAJI	
14154511	BULBULE RASHMI SHYAM	
15167212	BUMTARIA HEMALI PRAVINBHAI	
16172613	CHAUDHARI SAYALI VILAS	
16178614	CHAVAN KIRAN MURLIDHAR	
16174415	DAREKAR SIDHDESH SUBHASH	
16177116	DESALE BHAGYASHRI BHAIIDAS	
16175717	DESHMUKH RISHIKESH ANANDA	
16179118	DESHMUKH SNEHAL JITENDRA	
16175319	FAIZ AHMAD MOHAMMAD FIROZ SHAH	
16176420	FAIZPURKAR NIKITA MAHENDRA	
16179221	GADHAVE AKSHAY DINESH	
16179322	GIRASE DIPMALA SANJAY	
16177623	JADHAV SAURABH BHAWRAO	
15167324	JADHAV AISHWARYA KAILAS	
16173725	JADHAV PRATIK SANJAY	
16175626	KADAM SHIWANI KISHANRAO	
15166327	KAGANE NAKUL MANOJ	
16178928	KASLIWAL PRERIT SANJAYKUMAR	
16176529	KOLI ASHWINI VIJAY	
16176630	KOLI PALLAVI CHANDRAKANT	
16176031	KURWADE MAITHILI ANIL	
16178132	MAHAJAN KRANTI RUPCHAND	
16175833	NAIK SHUBHAM WAMANRAO	
16177234	PAGAR AKANKSHA SUSHIL	

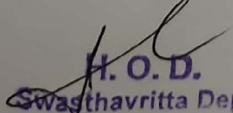
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16

GRN.No	Name of the Candidate	SIGN
16175935	PAIKRAO UMESH ABHIMAN	<i>Umesh</i>
16174636	PANDAV SHWETA RAMDAS	<i>Pandav</i>
16179537	PARBAT SNEHAL DATTATRYA	<i>Parbat</i>
16177538	PATEL SUNNY SHIVKUMAR	<i>Sunny</i>
16171539	PATHAK SHIVANI HEMANT	<i>Shivani</i>
16179440	PATIL BHAVIKA VINAY	<i>Patil</i>
16173841	PATIL HARSHAL DNYANEDEV	<i>Harshal</i>
16176142	PATIL PRIYANKA ANIL	<i>Patil</i>
16177843	PATIL SNEHAL ASHOK	<i>Snehal</i>
14150644	PAWARA MAHENDRA ASHOK	<i>Pawara</i>
16175145	RAJPUROHIT SULOCHANAKUMARI MAHENDRASINGH	<i>Rajpu</i>
16175546	RUNWAL PRATIK NARENDRA	<i>Pratik</i>
16173947	SHELKE PRAJAKTA DNYANOBA	<i>Shelke</i>
16174848	SHELKE SNEHAL DILIP	<i>Snehal</i>
16176249	SHINDE PRAJAKTA RAJPAL	<i>Shinde</i>
16178450	SONAWANE SAMIKSHA SAMPAT	<i>Samiksha</i>
16178551	SURYAWANSHI GOURI BALASAHEB	<i>Surya</i>
16174352	THOKE SAILEE AVINASH	<i>Thoke</i>
16170253	VASANE NAMITA SHAILESH	<i>Vasane</i>
16177454	WANGE YOGA DHANANJAY	<i>Wange</i>
16174155	WANJE SHRADDHA YADAVRAO	<i>Shradha</i>
16175056	YADAV ASHLESHA SHARAD	<i>Yadav</i>

Shree Saptashrunji Ayurved Mahavidyalay & Hospital, Nashik - 3

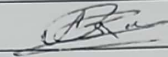

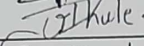
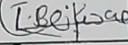

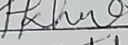
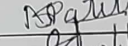
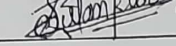
3rd year

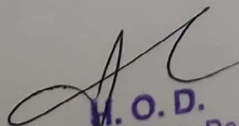
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16177001	AHER RUSHIKESH JAYANT	
14154502	BULBULE RASHMI SHYAM	
16179703	DEORE HIMANSHU RAJENDRA	
15165704	JADHAV NEHA RAVINDRA	
14155705	KHAIRNAR SONALI NANA	
14150606	PAWARA MAHENDRA ASHOK	


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Fourth Year

GRN.No	Name of the Candidate	Sign
14153601	AMBEKAR BHAGYASHRI SANTOSH	
13144902	BHALERAO ALISHA MAKARAND	
15164403	BORSE AKASH RAJENDRA	
14154804	DHULE GAUTAMI RAJARAM	
13145005	GAIKWAD TUSHAR BHIVSAN	
15167906	JUMDE SANKET SANJIV	
15167407	KHAIRNAR HARSHALI POPAT	
14154108	PATIL NIRAJ SURESH	
15167509	WANKHADE SHILPA RAJIV	


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Swasthavritta Dept.
S.S.A.M
Nashik

4th year

Marathe khushbDO

shewale Priyanka R

Priyanka S. Patil

Liita Sapkale

Neha Arun Ozarkar

Janhari Yadav

Endeint fershwarya

Prathmesh R. Gaikwad

Patil Bashant P.

darav Rohit

Sonawane Bhagyshri

pravin girhe.

Neha Pawar

Swadha Aherrao

Mrunmayi Salunke

Karath

Alshewall

Priyanka

Rush

Ozarkar

Madan

Endeint

Patil

Patil

Rohit

Bhagyshri

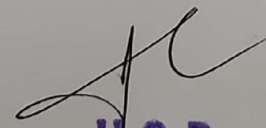
Girhe

Pawar

Aherrao

Salunke

- 1) Dr. Ikkar Renuka P. Ikkar
- 2) Dr. Bhavana Dande B. Dande
- 3) Dr. Apeksha Patil A. Patil
- 4) Kanchan Yeolekar K. Yeolekar
- 5) Dr. Sucheta Wagh S. Wagh
- 6) Dr. Preeti Dasani P. Dasani
- 7) Dr. Rachana Patil R. Patil
- 8) Dr. Amit Dwakar A. Dwakar
- 9) Dr. Jaydip Vibave J. Vibave
- 10) Vd. Ketki Adhav K. Adhav
- 11) Vd. Chandikar Shailaja S. Chandikar
- 12) Vd. Vishal Khondre V. Khondre
- 13) Dr. Nilim Jadhav N. Jadhav
- 14) Dr. Athise Narendra A. Athise
- 15) Dr. Chaitanya Sagan C. Sagan
- 16) Dr. Sunil More S. More
- 17) Dr. Chandikar C. Chandikar
- 18) Dr. Vijay Potkule V. Potkule
- 19)



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S.S.A.M. & H. Nashik

Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

CME

State Level CME
On
'National Vector Borne disease Control Programme'

Organized by
Dept. of Swasthavritta & Yoga
Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Date : 1 Oct. 2019 Time: 9.00 Am to 11.00 Am

Address for correspondence:-

Organising secretary, CME on
Dept. of Swasthavritta and Yoga

Mobile: 9224661541

E-mail: swasthavrittassam@gmail.com

Dear Doctors,

- It is our immense pleasure to inform you that we are organizing a State Level CME on '**National Vector Borne Disease Control Programme**' at S.S.A.M. & H. Nashik on 1/10/19. The scientific program will comprise of keynote address, guest lectures on importance of Yoga in relation to clinical practice.

We invite all the BAMS and MD, MS students, Teachers and Ayurvedic Physicians from all over Maharashtra to make this event a grand success.

The CME will cover the following topics

Session I:

- Introduction to Vector Borne Diseases --- 9.00 Am to 9.45 Am

Session II:

- Breakfast and Tea ---

Session III: National Programmes in relation to Vector borne diseases control --- 10.00 Am to 11.00 Am

Resource Persons:

Dr. Rajendra R. Tryambake

B.A.M.S., MPH

Filaria Officer (CL-1), Nashik



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Mahavidyalaya, Nashik

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S.S.A.M. & H. Nashik

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H. O. D.
Swasthavritta Dept.
S.S.A.M. & H. Nashik



CME Report

Dept. of Swasthavritta

Date: 27/10/19

Time: - 9.00 Am to 11.00 Am

Guest speaker: Dr. Rajendra R. Tryambake

Subject: National Vector Borne Disease Control Programme

Venue: SSAM & H, Seminar Hall.

CME Report: The CME was conducted successfully by dept. of Swasthavritta SSAM&H on- 1st Oct. 2019 between 9.00 Am to 11.00 Am the guest speaker Dr. Rajendra R. Tryambake sir was welcomed by Dr. Aware sir, Principal SSAM&H, followed by Dhanvanatri Pujan. After that a brief discussion was conducted with sharing of knowledge between the guest speaker and students. Control measures, mode of Transmission and treatment in relation to various vector born diseases were also discussed. At last, post lecture question-Answer session was conducted. The students participated actively in whole workshop.



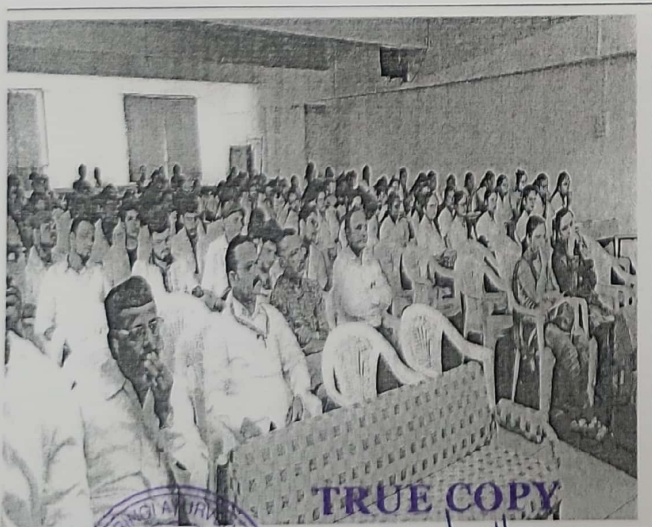
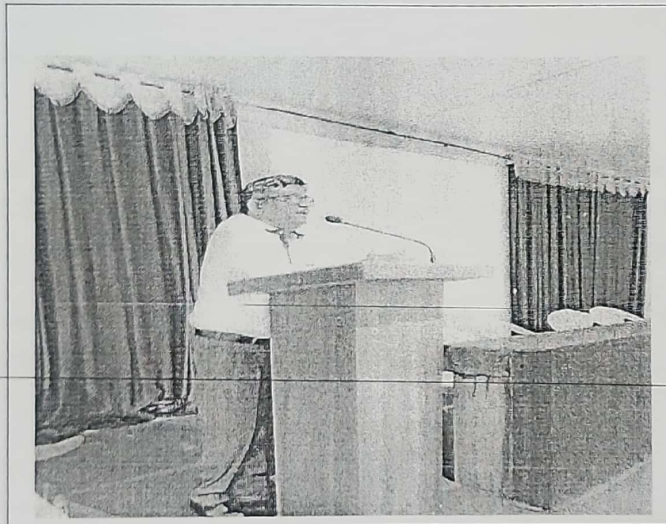
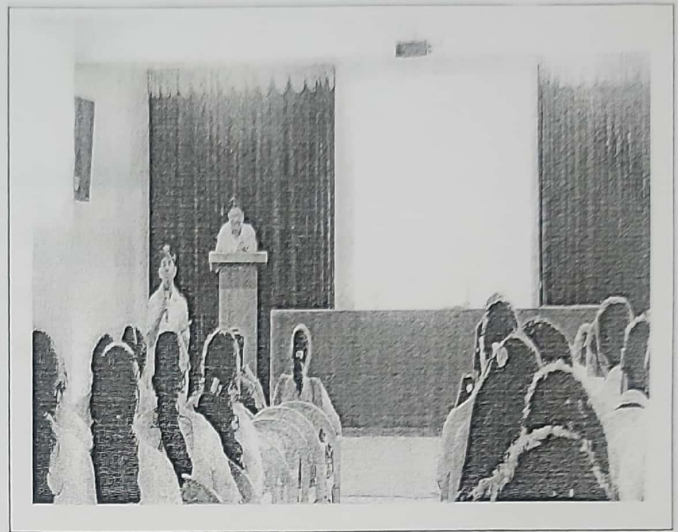
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Mahavidyalaya, Nashik

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Swasthavritta Dept.
S.S.A.M. & H. Nashik

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Photograph of CME



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Mahavidyalaya, Nashik

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Swasthavritta Dept.
SCA
Nashik



Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003



State Level CME on
Yoga and Meditation

Organised by

Dept of Swasthviritta

Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik

Date : 5 June 2018

Time: 9.00 am to 11.00am

Address for correspondence:-

Organising secretary, CME on
Dept. of swasthviritta
E-mail: swasthvirittassam@gmail.com

Mobile: 9224661541

Dear Doctors,

- It is our immense pleasure to inform you that we are organizing a State Level CME on – **Yoga & Meditation** at S.S.A.M. & H. Nashik on 5th June 2018. The scientific program will comprise of keynote address, guest lectures and practical application of meditation

We invite all the BAMS and MD, MS students, Teachers and Ayurvedic Physicians from all over Maharashtra to make this event a grand success.

The CME will cover the following topics

Session I:

- -----introduction to yoga --- 9.00 to 9.45 am

Session II:

- -----breakfast and tea -----

Session III : _____practical experience & meditation Session _10.00 to 11.00 am

Resource Persons:

DR yogesh Gongade MD HOM



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Mahavidyalaya, Nashik

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S.S.A.M. & H. Nashik

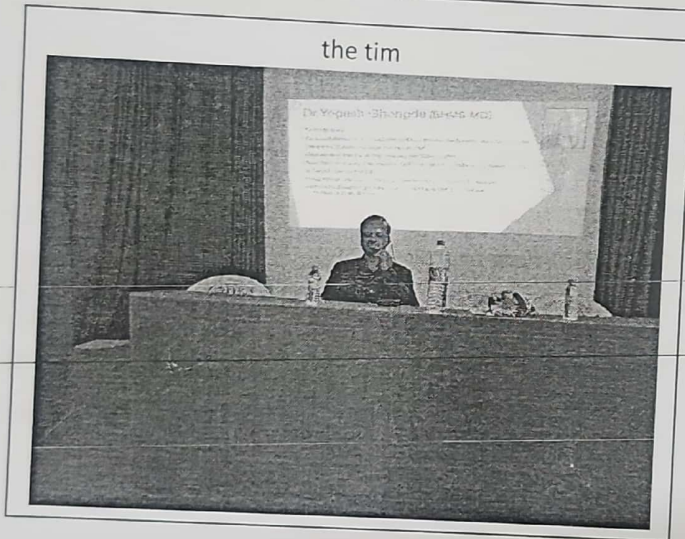
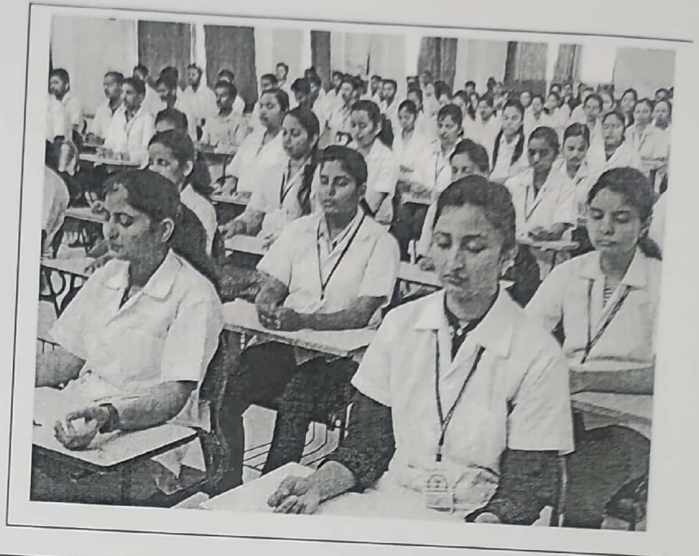
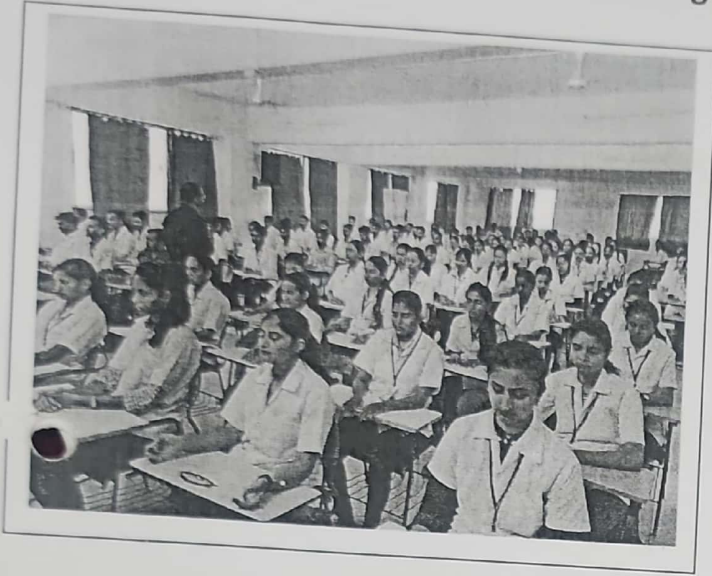
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S.S.A.M. & H. Nashik



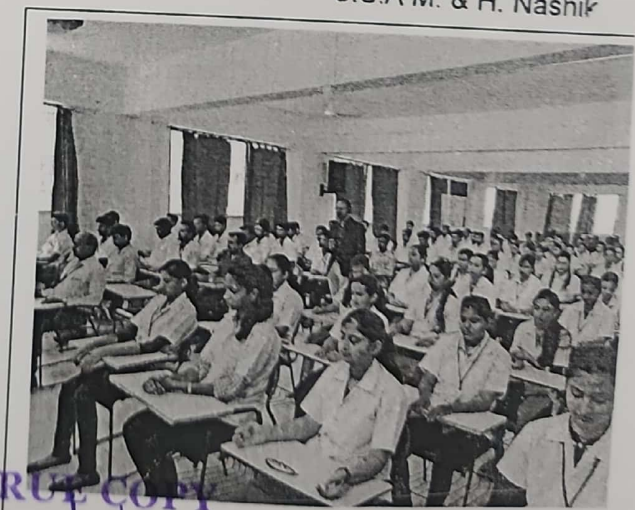
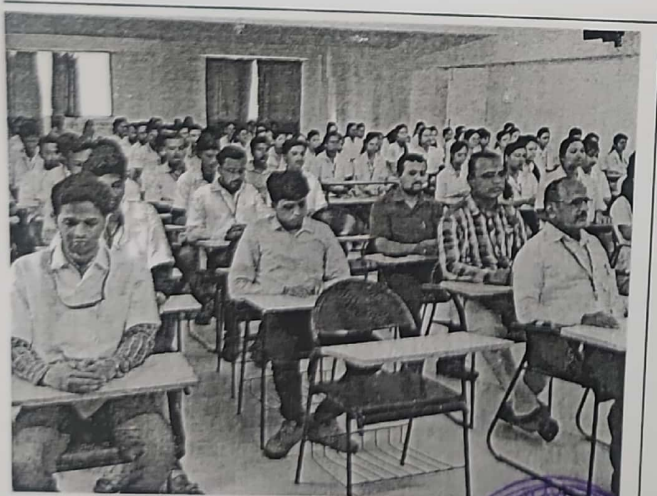


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Kamal Nagar, Hirawadi, Nashik-422003

Photograph of CME



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Swasthavritta Dept.
S.S.A.M. & H. Nashik



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Mahavidyalaya, Nashik



Shree Saptashringi Ayurved Mahavidyalaya & Hospital, Nashik
Kamal Nagar, Hirawadi, Nashik-422003

CME Report

Dept. of swasthvritta

Date: 5th june 2018

Time : 9.00 am to 11.00 am

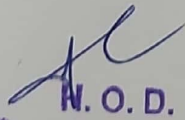
Guest speaker : Dr Yogesh Gongade MD

Subject : yoga & meditation

Venue: SSAM &H seminar hall

CME Report :

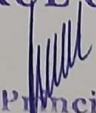
The CME was conducted successfully by dept of Swasthvritta SSAM &H on 5th June 2018 between 9.00am to 11.00 am the guest speaker Dr Yogesh Gogade was welcome by Dr Aware principal SSAM & H followed by Dhanvantari pujan .later a brief discussion was conducted with sharing of knowledge between the students and guest speaker followed by meditation session 30 minutes. The students participated actively in workshop



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Mahavidyalava, Nashik


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S.S.A.M. & H. Nashik



Weekly Clinical Meeting/Symposium (Parisamvad) Report of Month- July 2018

Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik

Sr. No.	Department	Date	Day	Subject	Attendance
1	swasthvirita	18-Jul	wed	yoga in clinical practise	10 Students 02 - staff

Students

- 1) Ashwarya Endreit Endreit
- 2) Chairnaa Harshali Chairnaa
- 3) Swetha Rajendra Ahera
- 4) Harshada R. Khare Khare
- 5) Brade Samad Samad
- 6) Aher Ashish Aher
- 7) chavan Pohnit Chavan
- 8) Girne Pravin Keshad Girne
- 9) Gaikwad Prathmesh. Rajendra Gaikwad
- 10) Bhusken Bawake Bawake



[Signature]
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Swasthavirita Dept.
S.S.A.M. & H. Nashik