

Sr.No.	Name of Organization	Date	Name & Summary of the Programme	Place of Programme
1.	R.A Podar Medical College (Ayu) , Worli	12.10.2022	<u>Mental health and Yoga</u> - Rasashastra and Bhaishajya Kalpana Department of R A Podar Medical College (Ayu), Worli, Mumbai organised a lecture cum workshop on "Mental health and Yoga". The session began with defining stress and various reasons for mental instability in todays life. Role of Yoga in curbing stress and maintaining stable mind were discussed and demonstrated. Special emphasis was given on Suryanamaskar, Anuloma-Viloma, Bhrasrika, Ujjayani etc.	Dr Annie Besant Road, Worli
2.	R A Podar Medical College (Ayu)	10.10.2022	<u>Celebrating World Mental Health Day with Ayurveda</u> - On account of World Mental Health Day, awareness programme regarding Mental Health and therapeutic options available in Ayurveda was organized on 10th Oct 2022. This event was organized by Agadtantra Department, R A Podar Medical College (Ayu), Worli, Mumbai. PPT was displayed at M A Podar Hospital OPD registration area. PPT slides had information about psychiatric disorders, ways to improve mental health and therapeutic modalities like [panchakarma, shirodhara etc. Dr Subhashini Lahankar, HOD, Agadtantra gave talk on Mental Health.	M A Podar Hospital, Dr Anni Besant Road, Worli, Mumbai-400018
3.	R A Podar Medical College (Ayu)	26.09.2022	<u>Ayurveda diet importance</u> - Keeping in mind the Ayurvedic diet theme of Har Din Har Ghar Ayurveda our college organised an awareness talk by Dr Jyoti Jagtap, Professor, Swasthavritt Dept, YMT Ayurved College, Khargar. Madam emphasised the importance of balanced and healthy diet. She explained the diet as described in Ayurvedic texts. The ill effects of fast food which is found abundantly today was highlighted. The session was well received by the audience.	Dr Annie Besant Road, Worli
4.	R A Podar Medical College (Ayu)	27.09.2022	<u>Ayurveda diet for healthy progeny</u> - Diet taken by pregnant women plays an important role for the healthy growth of the fetus. Therefore our college organized an awareness talk by Dr Bharat Zinjurke, Assistant Professor, K G Mittal Ayurved College, Mumbai on Ayurveda diet for healthy progeny. He explained the diet to be consumed by the pregnant woman monthwise throughout the pregnancy. Also the diet which is to be avoided was well explained.	R A Podar Medical College (Ayu)

5.	R A Podar Medical College (Ayu)	28.09.2022	<u>Various recipes of millets</u> - In order to highlight the importance of millets in our daily diet our college organised an awareness camp in OPD area of M A Podar Hospital for patients and common public. Various recipes of millets such as wheat, jawar, bajra, ragi, rajgira, kangani were displayed on screen in OPD area. all the patients who came to enquire regarding the recipes were explained well	R A Podar Medical College (Ayu)
6.	R A Podar Medical College (Ayu)	30.09.2022	<u>Seasonal Ayurveda Diet</u> - Samhita department of our college prepared and displayed a slide show on diet to be taken according to various seasons. In Ayurveda six rutus are mentioned. As per these rutus the status of Doshas are varies and therefore diet to be consumed should be varied. The same was demonstrated in the OPD premises of M A Podar Hospital for all the patients and their relatives visiting the hospital that day.	R A Podar Medical College (Ayu)
7.	R A Podar Medical College (Ayu)	01.10.2022	<u>Diet according to diseases</u> - Dr Arti Datye, Assistant Professor of Kayachikitsa Department of our college focused on diet that needs to be amended according to disease suffered. She prepared a slide show and demonstrated to all the patients visiting the OPD premises that day regarding diet changes in diseases such as GIT disturbances, diabetes, obesity, allergic diseases, skin diseases and other lifestyle disorders.	R A Podar Medical College (Ayu)
8.	R A Podar Medical College (Ayu)	14.10.2022	<u>SUCCESS STORIES OF DIFFERENT PATIENTS WITH DIFFERENT AILMENTS MANAGED BY DR. GEETA PARULKAR'S UNIT UNDER KAYACHIKITSA DEPARTMENT</u> -On the occasion of Mental Health Week, Different Patients with Different Ailments were Managed by Nasya, Shirobasti, Shirodhara, etc to relieve Mental Stress, Irritability, Lack of Concentration and Mental Fatigue by Dr. Geeta Parulkar's Unit Under Kayachikitsa Department. The performances were conducted on 14th and 15th Oct, 2022, in Panchkarma Section of M. A. Podar Hospital, Worli, Mumbai-18.	R A Podar Medical College (Ayu) and M A Podar Hospital
9.	R A Podar Medical College (Ayu)	08-10-2022	<u>Health Camp</u> - The event was organized by Dr. Geeta Parulkar, Head and Professor (Kayachikitsa) on behalf of M. A. Podar Hospital (Govt.), Worli, Mumbai- 18. • The camp was co-ordinated by Dr. Mukund Magare, Associate Professor (Kayachikitsa Department), R. A. Podar Medical (Ayu) college,	Dr Annie Besant Road, Worli

			Worli, Mumbai – 18. • 4 MD (Kayachikitsa) students participated in camp. • Facilities given – Physical Examination, BP checking, Diagnosis and advise for line of treatment, Related Medicine • 56 Patients were Screened at camp. • Ayurvedic Medicine for 4 days was provided to patients.	
10.	R A Podar Medical College (Ayu)	17-09-2022	Health Camp - The event was organized by Dr. Geeta Parulkar, Head and Professor (Kayachikitsa) on behalf of M. A. Podar Hospital (Govt.), Worli, Mumbai- 18. • 4 MD (Kayachikitsa) students participated in camp and helped Organiser to examine the persons. • Facilities given – Physical Examination, BP checking, Diagnosis and advise for line of treatment, Related Medicines etc. • 140 Patients were Screened at camp.	Dr Annie Besant Road, Worli
11.	R A Podar Medical College (Ayu)	15-10-2022	Health Camp - The event was organized by Dr. Geeta Parulkar, Head and Professor (Kayachikitsa) • The camp was co-ordinated by Dr.Sunil Bhaskare , Associate professor (Kayachikitsa Department) • 4 MD (Kayachikitsa) students were participated in camp. • Facilities given – Physical Examination, BP checking, Diagnosis and advise for line of treatment, Related Medicines etc.	Dr Annie Besant Road, Worli
12.	R A Podar Medical College (Ayu)	12-10-2022	LECTURE ON THYROID DISORDER - The event was organized by Dr. Aarti Datye, Assistant Professor and Dr. Meenakshi Rewdkar kole, Associate Professor (Kayachikitsa) under R. A. Podar Medical College (Govt.), Worli, Mumbai -18. • Guest Speaker – Dr. Era Dhamdhare, MBBS, MD (Medicine) • Co- Ordinators -Dr. Yogita Pawar, and Dr. Shradhha Assopa, Dr. Karishma karade (MD Sch. 3rd year), R. A. Podar Medical College (Govt.), Worli, Mumbai- 18.	Dr Annie Besant Road, Worli
13.	R A Podar Medical College (Ayu)	19-10-2022	Experience sharing of a patient suffering from Arthritis, treated by Kayachikitsa Department of M. A. Podar Hospital - A Female patient aged 60 years old, with K/C/O Arthritis, severe joint pain, difficulty in walking without support since 3 years underwent treatment with Panchakarma under the guidance of Dr. Geeta Parulkar, HOD, Kayachikitsa Department, M A Podar Hospital, Worli. Patient had severe stiffness in B/L Lower limbs and history of Covid-19 syndrome 15 days before admission exacerbated her symptoms. here treated with Ayurvedic medications & Panchakarmas & including Abhyanga, Pindaswedana, Siravedhana and Virechana. After thorough treatment for 30 days, patient has significantly improved by 80%.	Dr Annie Besant Road, Worli
14.	R A Podar Medical	21-10-2022	Patients interviews regarding successful treatment experiances - A male patient named Mr.Mohsin Siddique, aged 30 years old, with K/C/O Hair Fall and	Dr Annie Besant Road,

	College (Ayu) and M A Podar Hospital, Worli, Mumba		Graying of hairs since 5 years underwent treatment with Panchakarma under the guidance of Dr. Geeta Parulkar, HOD, Kayachikitsa Department, M A Podar Hospital, Worli, Mumbai. he was admitted under our care and was provided Ayurvedic medications with Panchakarma therapies including Abhyanga, Shirodhara, Siravedhana and Virechana. After thorough treatment for 30days, patient have low Hairfall and less Graying of hairs and has significantly improved by 70%. When asked about his experiences, patient is satisfy	Worli
15.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumba	07-10-2022	Breast cancer awareness programme - As per letter from D.S. research center Breast cancer awareness programme conducted by stree roga prasuti department. In accordance with the above directives the details of activity are as follows on date 07/10/2022, Rally conducted in presence of all teaching faculty ,PG ,UG ,Interns Students R.A. Podar college, worli ,Mumbai. Programme conducted by Mr. Amit Gaikwad & team also our teachers Dr Manoj Gaikwad sir ,Dr Amrita Mishra ma'am and PG students of PTSR dept. The programme was inaugurated by Dr. R. Reddy sir Dean (H.O.D. Shalyatantra Dept).	Dr Annie Besant Road, Worli
16.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai	01-06-2022	<u>Exhibition on menstrual hygiene day campaign</u> - As per directions by the Directorate Ayush, via letter no. we were directed to conduct activities under Azaadi Ka Amrut Mahotsav and submit the details of the same. In accordance with the above directives the details of activity are as follows on date 01/06/2022 a exhibition on menstrual hygiene day campaign was conducted in OPD of Streeroga and Prasutitantra at MA Podar Hospital, Worli, Mumbai. 100 Patients were benefitted and conducted by all faculties and PG students of PTSR dept. The Camp was inaugurated by HOD Shalyatantra Dept Dr. K. R. Reddy.	Dr Annie Besant Road, Worli
17.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai	01-06-2022	Lecture on' Breast Feeding And Its Benefits'' –In accordance with the above directives the details of activity are as follows on date 10/08/2022 , A lecture conducted by Dr. Priyanka Gupta (M.S Stirog prasuti) K.G.Mittal Ayurvedic medical college on' Breast Feeding And Its Benefits'' on occasion of World Breastfeeding Week at Hall no.4 , ground floor beside Samhita dept R.A. Podar college, worli ,Mumbai. Lecture conducted by Dr Manoj Gaikwad sir ,Dr Amruta Mishra ma'am and PG students of PTSR dept. The programme was inaugurated by Dr. Govind khati sir (Dean), Dr. R. Reddy sir (H.O.D. Shalyatantra Dept), Dr. Narsu Patil sir	Dr Annie Besant Road, Worli
18.	R A Podar	22-10-2022	<u>Sharing of experiences in balroga Department</u> - In accordance with	Dr Anni

	Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.		Ayurveda day - sharing of successful Ayurveda treatment experiences was conducted by Balroga department at our M A Podar Hospital from 18.10.2022 to 22.10.2022.	Besant Road, Worli, Mumbai-400018
19.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	22-10-2022	<u>Successful Ayurveda treatment experiences</u> - A Female patient named Mrs. Madhuri Vichari aged 53 years old, with Cervical spondylosis, pain with stiffness in cervical region since 1 year underwent treatment under the guidance of Dr. Geeta Parulkar and Dr. Santosh Girbide, M A Podar Hospital, Worli, Mumbai. She was provided Ayurvedic medications with Panchakarma therapy called Manya Basti After thorough treatment for 30 days, all symptoms significantly improved by 80%. Patient is satisfied with the course and would definitely recommend our Hospital for the alike.	Dr Anni Besant Road, Worli, Mumbai-400018
20.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	22-10-2022	<u>Sharing of Patient success story with Ayurveda Treatment</u> - A male patient named Mr. Sandip aged 30 years old, with psoriasis, since 1 month underwent treatment under the guidance of Dr. Geeta Parulkar and Dr. Dilip Wange, M A Podar Hospital, Worli, Mumbai. He was provided Ayurvedic medications with Panchakarma therapy called Virechan followed by raktamokshan After thorough treatment for 15 days, all symptoms significantly improved by 75%. Patient is satisfied with the course and would definitely recommend our Hospital for the alike.	Dr Anni Besant Road, Worli, Mumbai-400018
21.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	22-10-2022	Sharing of successful experiences - On account of Ayurveda Day- Sharing of successful stories were conducted by Kaychikitsa department under Dr Rewdkar Madam from 17.10.2022 to 22.10.2022. Total of 21 patients shared their experiences.	Dr Anni Besant Road, Worli, Mumbai-400018
22.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	13-10-2022	Mental status in cerebral palsy disease - Mental status in cerebral palsy disease activity was organized by Kaimarbhritya department of R A Podar ayurved College at M A Podar Hospital, Balroga OPD on 13.10.2022. Nearly 30 patients with their parents participated in this activity. How to educate the cerebral palsy patients and awareness on their mental and physical activity was the key point of this event.	Dr Anni Besant Road, Worli, Mumbai-400018
23.	R A Podar Medical College (Ayu) , Worli, Mumbai	17-10-2022	<u>Post natal care and importance of Suvarnaprasha</u> - Post natal care and importance of Suvarnaprashan activity was held on 17.10.2022 by department of Kaumarbhritya at M A Podar Hospital in Balroga OPD. In this activity explained post natal care including mother and baby, importance of breast	M A Podar Hospital, Dr Anni Besant Road, Worli,

			feeding, benefits and how to build up immunity by Suvarnaprashan.	Mumbai-18
24.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	22-10-2022	<u>CHART PRESENTATION COMPETITION</u> - The event was organised by Dr. Geeta Parulkar, Head and Professor (Kayachikitsa) under R. A. Podar Medical College (Govt.), Worli, Mumbai- 18. • Dr. Syed Mujahid Ali and Dr. Pramila Ahire, (MD Sch. 2 nd year), R. A. Podar Medical College (Govt.), Worli, Mumbai- 18 were Co-ordinators of this event. • 10 MD (2 nd year) students registered for this competition. • Rules and Regulations for Chart Presentation Competition declared	Dr Anni Besant Road, Worli, Mumbai-400018
25.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	23-10-2022	<u>AYURVEDA DAY 2022 Celebration</u> - On the Ayurveda Day occasion, Dhanvantari poojan was take place. 19 teachers were appreciated and awarded by Naturefit company AND R.A. PODAR COLLGE, Mrs Avneet Bhatia presented her work on AYUSH sector and explained digitalization of Ayurveda through their website. Dr Kohli sir guided the audience on Ayurveda Day Celebration. Dr Reddy sir encourages staff to participate in the activities. Dr Dnyaneshvar Meshram anchored whole programme affectively. Prgramme was started by Dhanvantari Stanvan and ended by Pasayadan sung by Dr Shweta, PG Student of Rachana Sharir.	Dr Anni Besant Road, Worli, Mumbai-400018
26.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	25-10-2022	<u>APJ Abdul Kalam Birth Anniversary celebration</u> - APJ Abdul Kalam Birth Anniversary celebration as wachan prerna din was celebrated on 10.10.2022. Charak Samhita sutrasthan reading in group was carried out on this event. Around 50 UG and 20 PG students with 10 teaching staff participated in this even	Dr Anni Besant Road, Worli, Mumbai-400018
27.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	23-10-2022	AYURVEDA DAY 2022 Celebration - AYURVEDA DAY 2022 Celebration At Golden Jublee Hall R A PODAR MEDICAL (AYU) COLLEGE, WORLI MUMBAI. Time: 11:00 am Sunday In presence of Dr K R reddy Dean of RAPMC Mumbai, Director Of Maharashtra Guest: Dr Kuldeepraj Kohli, Ex Director, Maharashtra Mrs. Avneet Bhatia, CEO, Naturefit.in On the Ayurveda Day occasion, Dhanvantari poojan was take place. 19 teachers were appreciated and awarded by Naturefit company AND R.A. PODAR COLLGE, Mrs Avneet Bhatia presented her work on AYUSH sector and explained digitalization of Ayurveda through their website. Dr Kohli sir guided the audience.	Dr Anni Besant Road, Worli, Mumbai-400018
28.	R A Podar Medical College (Ayu) and M A	20-10-2022	<u>Selfie points to propagate Ayurveda</u> - On the 20/10/2022 Department of Rognidan has arranged selfie points to propagate Ayurveda under the guidance of respected Dean sir of RAPMC, Mumbai and Naturefit company. Selfie point	Dr Anni Besant Road, Worli,

	Podar Hospital, Worli, Mumbai.		was inaugurated in the presence of Prof. Dr K R Reddy, Dean of RAPMC, Prof Dr. S. G. Girbide HOD of Rognidan, Mr Rakesh Chaubey representative of Naturefit. There were more than 20 teaching staff, 50 Intern students, 100+ patients and 100+ non-teaching staff of Podar hospital. All the photos captured at selfie point were published on social media.	Mumbai-400018
29.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	20-10-2022	<u>Patients interview regarding successful treatment experience</u> - A male patient named Mr.Mohsin Siddique, aged 30 years old, with K/C/O Hair Fall and Graying of hairs since 5 years underwent treatment with Panchakarma under the guidance of Dr. Geeta Parulkar, HOD, Kayachikitsa Department, M A Podar Hospital, Worli, Mumbai. he was admitted under our care and was provided Ayurvedic medications with Panchakarma therapies including Abhyanga, Shirodhara, Siravedhana and Virechana. After thorough treatment for 30days, patient have low Hairfall and less Graying of hairs and has significantly improved by 70%. When asked about his experiences, patient is satisfy .	Dr Anni Besant Road, Worli, Mumbai-400018
30.	R A Podar Medical College (Ayu) and M A Podar Hospital, Worli, Mumbai.	21-10-2022	<u>Patients interview regarding successful treatment experience</u> - A Female patient named Mrs. Supriya mene aged 50 years old, with K/C/O Rheumatoid Arthritis, severe joint pain with swelling, difficulty in walkingsince 4 years underwent treatment under the guidance of Dr. Geeta Parulkar, HOD, Kayachikitsa Department, M A Podar Hospital, Worli, Mumbai. She was provided Ayurvedic medications with Panchakarma therapies including Basti, Valuka Pottali Swedana. After thorough treatment for 30 days, all symptoms included joint swelling, pain and restricted movements significantly improved by 75%. Patient is satisfied with the course.	Dr Anni Besant Road, Worli, Mumbai-400018