

**R.A. PODAR MEDICAL (AYU) COLLEGE WORLI MUMBAI-18**

**DEPARTEMENT-KRIYASHARIR**

# **Prakruti parikshan**

**KONGAO,KALYAN**

**DATED-3<sup>RD</sup> JAN 2025 TO 2<sup>ND</sup> FEB 2025**

- It is a nationwide campaign launched by the Ministry of AYUSH, NCISM, etc., to assess the **prakruti** (body/mind constitution in Ayurveda: combinations of Vata, Pitta, Kapha) of Indian citizens.
- The purpose: to help individuals know their natural constitution so they can adapt lifestyle, diet, preventive health measures accordingly.
- Participants register via an app (“Prakruti Parikshan” app), answer a questionnaire, volunteers help, then receive digital prakruti certificate. we have completed prakruti parikshan of more than 4000 citizens during this period.



GPS Map Camera



Kongaon, Maharashtra, India  
64w4+p7r, Vasudev Patil Nagar, Kongaon,  
Maharashtra 421311, India  
Lat 19.246944° Long 73.105661°  
01/02/25 01:27 PM GMT +05:30



**GPS Map Camera**

Mumbai, Maharashtra, India

7425+c48, Kon, Mumbai, Maharashtra 421302,  
India

Lat 19.251168° Long 73.107738°

30/01/2025 12:30 PM GMT +05:30





**Guest lecture**  
**Nitya vyavsayat aayurved**  
**By Dr.santosh nevpurkar**  
**18/01/2025**



# AYURVED IN GENERAL PRACTICE



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Pune 411 004, Maharashtra  
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Galaxy S21 FE 5G



# **BLOOD DONATION CAMP**

**DATE-25<sup>TH</sup> JAN 2025**

The Department of KRIYASHARIR of R.A. Podar Medical College (Ayurveda), Worli, Mumbai, organized BLOOD DONATION CAMP AT OUR INSTITUTE.







**Guest lecture**  
**Current Ayurveda Reserch Trends**  
**By Dr.Shriram savrikar sir**  
**03/02/2025**





**R.A. PODAR MEDICAL (AYU) COLLEGE WORLI MUMBAI-18**

**DEPARTEMENT-KRIYASHARIR**

# **Prakruti parikshan**

**MASWAN,PALGHAR**

**DATED-21<sup>ST</sup> FEB 2025 TO 28<sup>TH</sup> FEB 2025**

- It is a nationwide campaign launched by the Ministry of AYUSH, NCISM, etc., to assess the **prakruti** (body/mind constitution in Ayurveda: combinations of Vata, Pitta, Kapha) of Indian citizens.
- The purpose: to help individuals know their natural constitution so they can adapt lifestyle, diet, preventive health measures accordingly.
- Participants register via an app (“Prakruti Parikshan” app), answer a questionnaire, volunteers help, then receive digital prakruti certificate. we have completed prakruti parikshan of more than 400 citizens during this period




 GPS Map Camera



Maswan, Maharashtra, India  
Pv24+2mr, Maswan, Maharashtra 401404, India  
Lat 19.700218° Long 72.856387°  
21/02/2025 12:18 PM GMT +05:30





 GPS Map Camera

Maswan, Maharashtra, India  
Pv24+2mr, Maswan, Maharashtra 401404, India  
Lat 19.70022° Long 72.85639°  
21/02/2025 12:18 PM GMT +05:30



**NSS**

**THERAPUETIC CAMP**

**DATE-27<sup>TH</sup> FEB TO 4<sup>TH</sup> MARCH 2025**

The Department of KRIYASHARIR of R.A. Podar Medical College (Ayurveda), Worli, Mumbai, organized THERAPUETIC CAMP AT PALGHAR.





# Health Check Camp at WORLI

- **Organisers:** R. A. Podar Ayurvedic College, kriyasharir department, faculty members, students in collaboration with hospital .
  - **Date & Venue:** 08/06/2025 at the WORLI
  - **Purpose / Objectives:**
    - To offer free health screening for local community
    - Early detection of common ailments (blood pressure, blood sugar, anaemia, etc.)
    - Raise awareness about preventive health and lifestyle changes
  - **Services Offered:**
    - Basic screenings: Blood pressure (BP), Random Blood Sugar (RBS), Hemoglobin (Hb) etc.
    - General physician consultation
    - Advice on diet, lifestyle, yoga / Ayurvedic preventive tips
    - Possibly free medicines or referrals if needed
  - **Participation:**
    - Number of people registered / screened - 100
    - Volunteers involved: faculty, PG/UG students, support staff
  - **Findings / Outcomes:**
    - Key health issues found (e.g. proportion of people with high BP, elevated sugar, low Hb etc.)
    - Number of people referred for further treatment or specialist care
    - Increase in health awareness (feedback, queries during camp)
  - **Logistics / Support:**
    - Screening equipment used
    - Health check stations set up
    - Refreshments / rest area provided
    - Brochures / educational material distributed
  - **Impact / Follow-Up:**
    - Many benefitted from free screening who otherwise might not seek checks
    - Participants encouraged to maintain healthy habits
    - Possible scheduling of future camps.
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# Memory development Yoga programme for school students

A memory development program at **Maratha mandir school** is designed to improve students' ability to retain and recall information. It often includes techniques like visualization, association, mnemonic devices, and mental exercises. These programs aim to boost cognitive skills and help students with focus, concentration, and information processing.

Yoga in schools typically focuses on physical postures (asanas), breathing exercises (pranayama), and mindfulness practices. It helps students improve flexibility, strength, and relaxation while promoting mental clarity, stress reduction, and emotional balance.

Both programs contribute to students' overall well-being, enhancing their ability to concentrate in class and manage stress effectively.





GPS Map Camera



Mumbai, Maharashtra, India

49, B Wing, Ambedkar Nagar Colony, Bdd Chawls  
Worli, Worli, Mumbai, Maharashtra 400018, India  
Lat 19.002403° Long 72.819744°  
17/06/2025 11:04 AM GMT +05:30



# **Aayurved day -Aayurved awareness programme**

**Date-18/09/2025**

**Place- Maratha mandir school ,worli,mumbai**


As an ayurved day programme for aayurved awareness we organised set of programmes for school children at maratha mandir school .which includes 15 mins skit about prakruti nusar aahar - vihar ,a lecture on prakruti nusar aahar .dietitics rules explaine in aayurved.around 70 students and teaching staff were benefited by this programme.



 GPS Map Camera



Google

**Mumbai, Maharashtra, India** 

49, Br Thokle Marg, B Wing, Ambedkar Nagar Colony, Bdd  
Chawls Worli, Worli, Mumbai, Maharashtra 400018, India

Lat 19.002454° Long 72.81977°

18/09/2025 11:12 AM GMT +05:30





GPS Map Camera

Mumbai, Maharashtra, India 🇮🇳

49, Br Thokle Marg, B Wing, Ambedkar Nagar Colony, Bdd Chawls

Worli, Worli, Mumbai, Maharashtra 400018, India


Lat 19.00246° Long 72.819778°

18/09/2025 11:30 AM GMT +05:30

Google



 GPS Map Camera

Mumbai, Maharashtra, India 

Bdd Block No-49, Ground Floor, Near Manchekar Vadapaav Stall,  
Opposite Jambori Maidan, B Wing, Ambedkar Nagar Colony, Bdd  
Chawls Worli, Worli, Mumbai, Maharashtra 400018, India

Lat 19.002531° Long 72.819683°  
18/09/2025 11:35 AM GMT +05:30

Google



