

PANCHKARMA DEPARTMENT

1. Vasantik Vaman Camp

Date - 7/2/25

Venue - M.A.Podar Hospital Panchkarma OPD no 7

Rutukalin Vasantik Vaman camp inauguration camp organized by department of panchkarma

In Vasant Ritu (February to April) Department of Panchakarma organized " Vasantik Vamana camp" in every year to helps in seasonal detoxification and disease prevention.

The Vasant Ritu (spring season) is considered the most suitable time for performing Vamana because Kapha dosha naturally becomes liquefied and aggravated during this season. So Vasantik Vaman camp is beneficiary for the patient of bronchial asthma, allergic rhinitis, skin diseases, obesity, and PCOD and metabolic disorders..







2.Varshakalin Basti Camp

Date -9/7/25

Venue - M.A.Podar Hospital Panchkarma OPD no 7

The Varshakalin Basti Camp was organized by the Department of Panchakarma during the Varsha Rutu, a season characterized by aggravation of Vata Dosha and weakening of digestive fire (Agni). During this period, individuals commonly experience joint pain, stiffness, digestive disturbances, and other Vata-dominant disorders. To address these seasonal imbalances, the department conducted a special camp focusing on Basti therapy, which is considered the prime treatment for Vata disorders in Ayurveda. The camp included patient screening, consultation, and administration of appropriate Basti therapies. Such seasonal Panchakarma camps play an important role in maintaining doshic balance, preventing diseases, and promoting overall health.





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📍 near Podar Hospital, B Wing, BDD Chawls Worli, Worli, Mumbai, Maharashtra 400037, India



📷 GPS Map Camera



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3. Ayush Expo

Date -13/8/25

Venue - Nesco, Goregaon

Maha World Expo 2025 – guest lecture taken by faculty

Paper presentation done by PG student

The Department of Panchakarma actively participated in the AYUSH Expo – Maha World Expo 2025 held at NESCO, Goregaon. The event served as a platform for promoting the principles and therapeutic benefits of Ayurveda and other AYUSH systems. During the expo, faculty members delivered a guest lecture highlighting the importance of Panchakarma therapies in preventive and curative healthcare. In addition, a paper presentation was conducted by a postgraduate student, showcasing academic research and clinical insights. Participation in such academic and professional gatherings helps in spreading awareness about Ayurveda and encourages scientific exchange among healthcare professionals.



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Mumbai, Maharashtra, India

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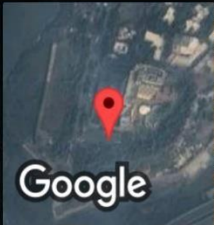
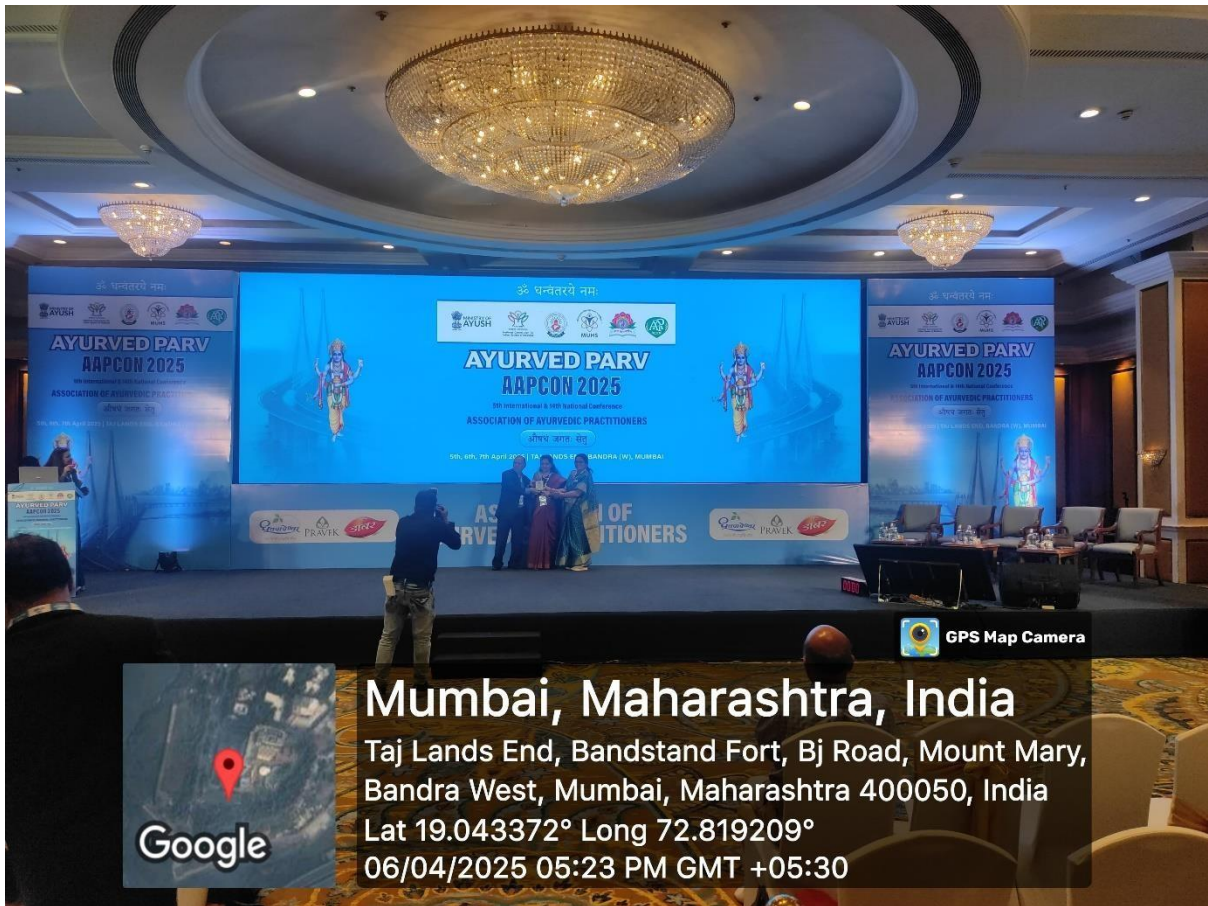




4. Guest lecture at International Conference AAPCON

Date 06/04/25 venue - Place Taj land Bandra

A Guest Lecture was delivered by Dr. Seema Bahatkar mam (HOD & Professor) Department of Panchakarma at the International Conference AAPCON, held at Taj Lands End, Bandra. The conference brought together eminent scholars, researchers, and healthcare professionals from various fields of Ayurveda. The lecture highlighted the clinical relevance of Panchakarma therapies and their role in the management of lifestyle and chronic diseases. Such academic interactions promote knowledge exchange, research advancement, and wider recognition of Ayurvedic therapeutic principles at an international platform.



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AYURVED PARV AAPCON 2025

5th International & 14th National Conference

ASSOCIATION OF AYURVEDIC PRACTITIONERS

औषधं जगतः सेतु

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5)General Health Checkup Camp

Date 07/02/25

VENUE - BDD chawl worli

General health checkup on the occasion of Matoshree ramabai jayanti

The camp aimed to provide accessible healthcare services to the local community and raise awareness about preventive health practices.

Patients were provided with free medical consultation, basic health assessment, and guidance regarding Ayurvedic treatment and lifestyle modifications. Such community health initiatives help in early detection of diseases and promote the importance of Ayurveda in maintaining physical and mental wellbeing.





GPS Map Camera

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6)National Service scheme camp (NSS)

DATE -3//3/25

VENUE - Mahim ,palghar

7 days NSS residential camp organised by R.A.Podar medical college worli Mumbai

National Service Scheme (NSS) Camp was organized by R. A. Podar Medical College, Worli, Mumbai at Mahim, Palghar. The camp aimed to encourage social responsibility and community service among students. Various health awareness activities, medical consultations, and educational programs were conducted for the benefit of the local population. Participation in the NSS camp helped students understand community health needs while promoting the principles of preventive healthcare and social service



7. Free Health Checkup camp

4/4/25 Antop Hill, Mumbai

Free Health Checkup organised by om sai mitramandal

The camp focused on providing free medical consultation, health screening, and basic medicines to the local community. Patients were guided regarding Ayurvedic treatment, diet, and lifestyle practices for maintaining good health. Such outreach programs help in spreading awareness about Ayurveda and ensure that essential healthcare services reach underserved populations.



8. Free Health Checkup camp

Date 8/4/25 venue - Worli Dairy, worli

World Health Day Was celebrated at executive engineer office worli On the occasion of World Health Day, a Free Health Checkup Camp was organized to promote awareness regarding preventive healthcare and holistic wellbeing. The camp aimed to provide accessible medical consultation, basic health screening, and guidance on maintaining a healthy lifestyle. Patients were evaluated and advised appropriate Ayurvedic treatment and dietary modifications for better health management. Such community outreach initiatives help in early detection of diseases, encourage preventive healthcare practices, and spread awareness about the importance of Ayurveda in maintaining overall physical and mental wellbeing.

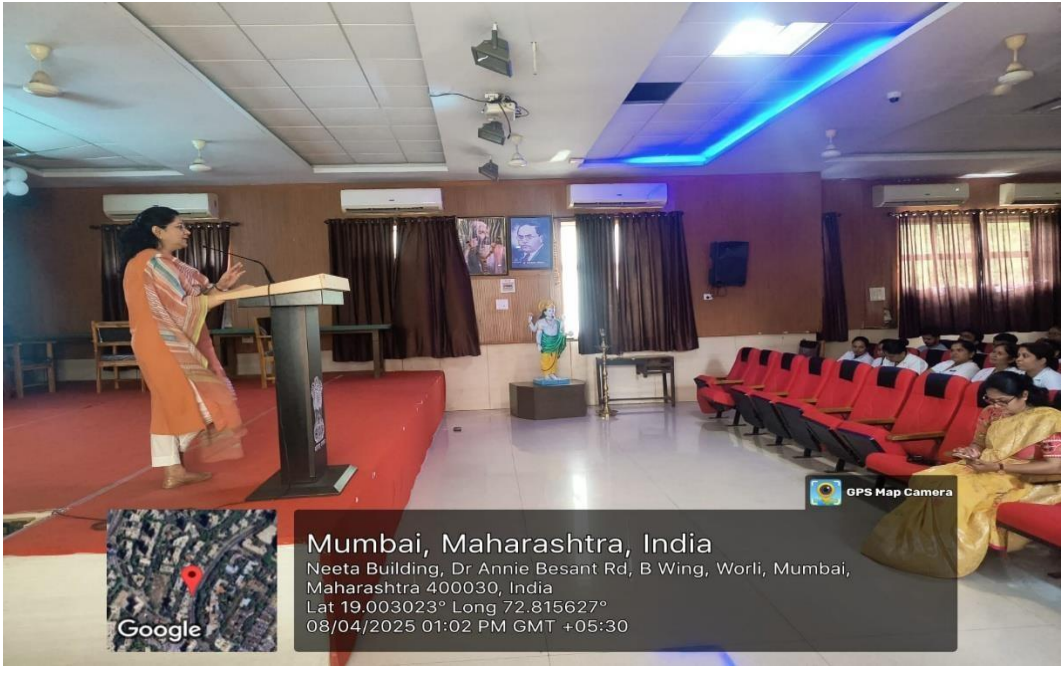


9. Staff nurse training Program

Date -8/4/25

Venue - Golden jubeeeli hall M. A podar hospital, worli mumbai

A Staff Nurse Training Program was conducted to enhance the practical knowledge and clinical skills related to Panchakarma procedures. The session was guided by Dr. Seema Bahatkar Madam and Dr. Sneha Bhaurale Madam, where detailed demonstrations and explanations of Panchakarma therapies were provided. The training focused on improving procedural accuracy, patient care, and safety during Panchakarma treatments. Such educational initiatives play an important role in strengthening clinical competence and ensuring quality healthcare services.



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Maharashtra 400030, India
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10) Shishiksha Interns Training Program

Date – 7/10/25

Venue – golden jublie hall RAPMC worli

The Shishiksha Interns Training Program was organized to provide hands-on learning and clinical exposure to interns. The program focused on enhancing understanding of Panchakarma procedures, patient assessment, and therapeutic applications in various diseases. Through interactive teaching sessions and practical demonstrations, interns were guided to develop confidence and clinical proficiency. Such training programs help bridge the gap between theoretical knowledge and practical clinical practice.



11) Staff nurse training program

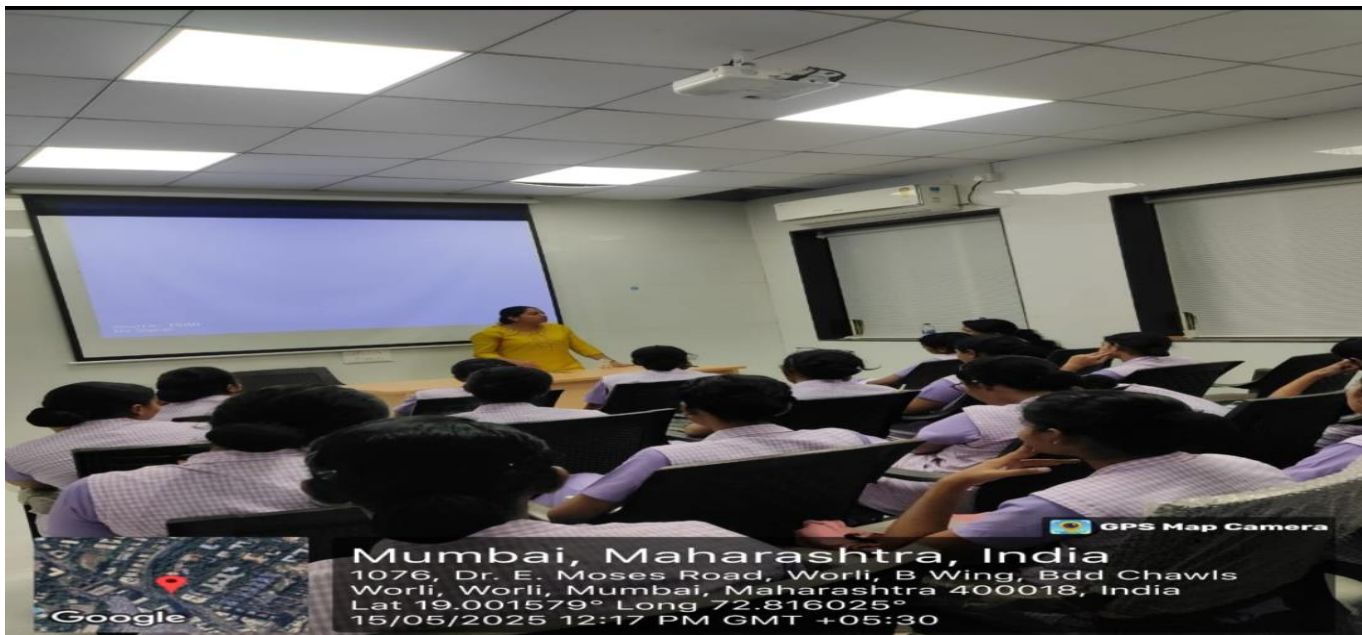
Date - 15/5/25

Venue - V. c. Room first floor M. A. Podar hospital worli, mumbai

Panchkarma procedure training session was conducted

Another Staff Nurse Training Program was organized with the objective of strengthening knowledge and technical skills in Panchakarma procedures. The session included detailed instruction on procedure preparation, patient management, and post-therapy care. The training helped nursing staff understand the importance of proper technique, hygiene, and patient comfort during Panchakarma therapies. Such programs contribute to maintaining high standards of clinical practice and improving patient outcomes.





13.)International Yoga Day celebrations

Date -19/6/25

Venue - Department of Panchkarma,R.A.Podar medical college, worli mumbai

Article presentation and Yogasna performance done with female and male IPD and OPD patients for general wellbeing and prevention of diseases

The Department of Panchakarma celebrated International Yoga Day with enthusiasm to highlight the importance of Yoga in maintaining physical, mental, and spiritual health. The program included article presentations and Yogasana performances conducted with both male and female IPD and OPD patients. The event emphasized the role of Yoga as a preventive and therapeutic practice that complements Ayurvedic principles for achieving holistic wellbeing and disease prevention.





14. International Yoga Day Participation

Date - 21/6/25 venue - National sports club, Mahalaxmi

Participation international yoga Day at national sports club

Faculty and students actively participated in the International Yoga Day celebration held at the National Sports Club, Mahalaxmi. The event aimed to spread awareness about the significance of Yoga in promoting a balanced lifestyle and enhancing overall health. Participation in such large-scale public programs reflects the commitment of the institution towards community health promotion and the integration of Yoga with Ayurvedic healthcare practices.



15.)Free Health Checkup camp

Date 22/6/25 venue - Vaijanath karjat, Raigad

Free health consultation, diagnosis, medicine distribution and referral services were provided.

A Free Health Checkup Camp was organized at Vaijanath, Karjat to provide accessible healthcare services to the local community. During the camp, general health consultation, diagnosis, medicine distribution, and referral services were provided by the medical team. The camp aimed at early detection of diseases, creating awareness regarding preventive healthcare, and promoting Ayurvedic management for common health problems. Such outreach activities help strengthen community health and improve awareness about timely treatment.



16)Osteoporosis Screening Camp

DATE- 6/8/25

VENUE -Goregaon

Organized by CCRAS for Screening of osteoporosis

An Osteoporosis Screening Camp was organized by Central Council for Research in Ayurvedic Sciences to identify individuals at risk of reduced bone mineral density and osteoporosis. Screening was carried out to create awareness regarding bone health, especially among elderly and post-menopausal women. The camp emphasized preventive care, lifestyle advice, dietary guidance, and early intervention for maintaining musculoskeletal health.



17.)Osteoporosis Screening Camp

DATE -7/8/25

VENUE -Sakinaka

Organized by CCRAS for Screening of osteoporosis

A second Osteoporosis Screening Camp was conducted at Sakinaka under the guidance of Central Council for Research in Ayurvedic Sciences. The objective was early identification of osteoporosis and related risk factors. Participants were educated regarding calcium-rich diet, exercise, and preventive Ayurvedic measures for strengthening bones and preventing fractures.



18) Guest lecture

DATE- 22/8/25

VENUE- SK Somaiya college Ghatkopar

Guest lecture on concept of doshas and ahar assessment By Dr. Seema Bahatkar madam HOD Panchkarma department

A guest lecture on Concept of Doshas and Ahar Assessment was delivered by Dr. Seema Bahatkar Madam, HOD and Professor of Panchakarma Department. The lecture focused on the Ayurvedic understanding of Tridosha, the importance of individualized diet assessment, and its role in disease prevention and health promotion.



19) National Ayurveda Day

DATE -22/09/2025

VENUE - Doordarshan kendra ,Worli Mumbai

National Ayurveda Day was celebrated to promote awareness regarding Ayurvedic principles and preventive healthcare. The event highlighted the

importance of Ayurveda in modern lifestyle disorders, seasonal regimens, and Panchakarma therapies. Public awareness activities were conducted to encourage the use of Ayurveda for maintaining physical and mental well-being.



20) Sharadiya virechan shibir

Date -1/10/2025

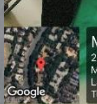
Venue –M.A.Podar hospital.panchkarma opd no.07

Sharadiya Virechan Shibir was organized during Sharad Ritu, the ideal season for Virechana Karma, as Pitta Dosha naturally aggravates during this period. Virechana helps eliminate excess Pitta from the body, improves digestion, purifies blood, and prevents seasonal disorders such as skin diseases, hyperacidity, and liver disorder, hypertension. This camp promoted seasonal Panchakarma as an important preventive healthcare measure.

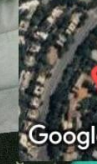




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21) Arogya Tapasani shibir

DATE - 07/11/2025

VENUE- Rotary club of Palghar

Arogya Tapasani Shibir was conducted to provide comprehensive health screening and preventive consultation to the community. General examination, health advice, and Ayurvedic recommendations were provided to participants. The camp aimed at early disease detection, awareness regarding healthy lifestyle, and promotion of Ayurveda-based preventive healthcare.

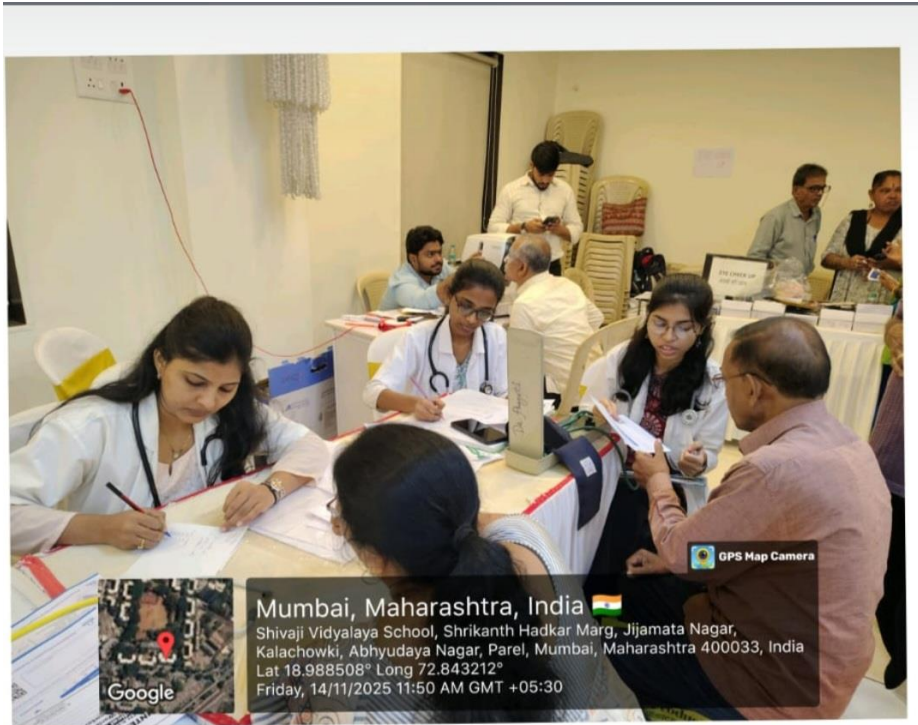


22) Diabetes Day Camp

DATE- 14/11/2025

VENUE -Shivaji Vidyalay School Kalachouki Worli

Diabetes Mellitus is a chronic metabolic disorder characterized by increased blood glucose levels due to deficiency or improper utilization of insulin. In Ayurveda, Diabetes is correlated with **Madhumeha**, which is a type of **Prameha** described in classical texts. Proper awareness, early diagnosis, and Panchkarma lifestyle management are essential to control this disease. A **Diabetes Day Camp** is organized to create awareness among the public regarding prevention, early detection, and Ayurvedic management of diabetes.



23) Mahaparinivaran divas Mofat chikitsa shibir

DATE- 06/12/2025

VENUE -Shivaji Park Dadar Mumbai

Mahaparinirvan Din is observed on **6th December** in remembrance of **Dr. Babasaheb Ambedkar**, the architect of the Indian Constitution and a great social reformer. On this day, various social and medical activities are organized to serve society.

To mark this occasion, Panchkarma department, **MA Podar Hospital Worli Mumbai 18**, organizes a **Free Medical Camp** to provide health services and promote awareness about preventive healthcare among the community.



24) Swastha Nari Sashakta Abhyan camp

DATE- 22/09/2025

VENUE –M.A.Podar hospital,panchkarma,opd no.7

Panchakarma Department obesity camp

Prime Minister Shri Narendra Modi launches 'Swasth Nari, Sashakt Parivar Abhiyaan'

from 17th September to 2nd October 2025 all over country to provide women-centric preventive, promotive, and curative health services at the community level.

It will strengthen screening, early detection, and treatment



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25) DATE – 21/09/2025

VENUE – Doordarshan,worli

Doordarshan Interview Swastha Nari Sashakta Abhiyan

An interview of Respected Dr. Seema Bahatkar Madam (HOD and professor Panchakarma Department) was successfully conducted on Doordarshan channel under the theme “Sashakta Nari, Sashakta Parivar Abhiyan.” During the interview, the faculty shared valuable insights on the role of Panchakarma



in promoting women's health, preventive care, and overall well-being. Emphasis was given to how traditional Ayurvedic therapies help in managing lifestyle disorders, hormonal imbalances, and improving quality of life for women. The discussion also highlighted the importance of empowering women with knowledge of self-care practices, which ultimately contributes to building a healthier and stronger family.

The program served as an effective platform to spread awareness about Ayurveda and Panchakarma among the wider community

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26) National Ayurveda Day

VENUE -R.A Podar Ayurvedic Medical College Worli

DATE - 22/09/2025

The National Ayurveda Day was enthusiastically celebrated at R. A. Podar Government Ayurved College with active participation from the Department of



Panchakarma. The department organized various health camps and awareness

activities aimed at promoting the principles of Ayurveda and preventive healthcare among the community. These camps included Panchakarma consultations, demonstrations of therapeutic procedures, and guidance on seasonal regimens.

An exhibition was also arranged showcasing informative and creative specimens related to Ayurveda. Key highlights included a Diet Scan Tree, illustrating healthy dietary choices; a Dincharya Calendar, emphasizing daily routine practices for maintaining health; and models on Ritu Shodhana, explaining seasonal purification therapies. Additionally, detailed displays of Panchakarma procedures according to different seasons were presented to educate visitors about the importance of timely detoxification and disease prevention.

The celebration served as an effective platform to spread awareness about Ayurvedic lifestyle practices and highlighted the significant role of Panchakarma in maintaining holistic health

27)Pg Activity



27) Departmental Photos of Staff And Batchwise pgs





FINAL YEAR STUDENTS





2ND YEAR STUDENTS



1ST YEAR STUDENTS