



LIFESTYLE MODIFICATION PROTOCOL

Lifestyle modification involves making positive changes to one's daily habits, routines, and behaviors to improve overall health and well-being. Panchakarma and Ayurveda, traditional Indian systems of medicine, can play a significant role in supporting lifestyle modifications.

- 1. Consultation with an Ayurvedic practitioner:** Start by consulting with a qualified Ayurvedic practitioner who will assess your unique constitution and health concerns. They will provide personalized recommendations based on your specific needs.
- 2. Diet and Nutrition:** Follow a balanced and suitable diet according to your individual constitution (Doshik). Incorporate fresh, organic, and seasonal fruits, vegetables, whole grains, and legumes into your meals (**Pathyakar Ahara**). Avoid processed, spicy and junk foods. The Ayurvedic consultant may suggest specific dietary guidelines (**Pathya- Apathyas**) based on your Doshik constitution.
- 3. Panchakarma therapy:** Panchakarma is a detoxification and rejuvenation therapy in Ayurveda. Under the guidance of a trained practitioner, consider undergoing specific panchakarma therapies tailored to your needs. These therapies may include massage (**Abhyanga**), steam therapy (**Swedana**), herbal remedies for emesis and purgation (**Vamana** and **Virechana**), and enemas (**Basti**) to eliminate toxins from the body and restore balance.
- 4. Daily routine (Dinacharya):** Establish a regular daily routine that includes proper sleep, waking up early in the morning, and practicing self-care activities, such as oil massage (**Abhyanga**), head massage (**Shiroabhyanga**), ear care treatments (**Karnapurana**), nasal cleansing (**Nasya**), gargaling (**Kawal, Gandush**) and tongue scraping (**Jihwa nirlekhana**).
- 5. Exercise:** Incorporate regular physical activity into your routine. Ayurveda recommends gentle exercises like **yoga, walking, and swimming**, based on your Doshik constitution. Regular exercise can improve circulation, digestion, and overall well-being.
- 6. Stress management:** Practice stress management techniques like meditation, deep breathing exercises (**Pranayam** and **Omkar**), and mindfulness. Engage in activities that help you relax and find joy, such as listening to calming music, reading books, spending time in nature, or pursuing hobbies.
- 7. Ayurvedic medications and supplements:** Ayurvedic practitioners may recommend specific herbs, kalpas or supplements to support your health goals and provide additional nourishment to your body. The selection of herbs will depend on your Dosha and individual needs.

8. Self-awareness and mindfulness: Cultivate self-awareness by paying attention to your body's signals and understanding its needs. Practice mindful eating, mindful breathing, and mindful living to develop a deeper connection with yourself and your surroundings.

9. Regular follow-ups: Stay connected with your Ayurvedic consultant for regular check-ups and reassessment of your progress. They can monitor your health, make any necessary adjustments to your protocol, and provide ongoing guidance and support.

10. Prevention and Rejuvenation: Along with Dincharya and Diet, Exercise, Seasonal Panchkarmas are advised regularly as per the season. Vasantic vaman, Shardi Virechana and Varsha Rutu Basti camps are regularly conducted for it.

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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

Panchkarma Awareness camp details from 2018 to 2023

Sr no.	Name of Activity	Date	No. of Patients	Location
1.	Panchkarma peripheral camp	08/02/2019	54	Odha
2.	Panchkarma peripheral Camp	06/02/2020	20	Grampanchayat, Odha
3.	Health Awareness Program	10/03/2022	24	Mhasrul, Nashik
4.	Rural health camp	27/3/2022	10	Dahewdi, Trambakeshwar
5.	Health check up Camp	02/12/2022	143	Bidi Kamgar Nagar, Nashik
6.	Ayurvedic massage therapy & vividh Aushadi samupdeshan shibir	20/12/2022	56	Dept. of Panchkarma, SSAM&H, Nashik
7.	Panchakarma Camp for Sant Nivruttinath Yatra	16/01/2023 & 17/01/2023	167	Panchayataniakhada, Prayag teertha, Trimbakeshwar, Nashik.
8.	Health check up camp	17/05/2023	88	MGV's Pharmacy college, Nashik
9.	Sthoulya Nidan va Panchakarma Chikitsa Shibir	24/04/2023	72	Panchakarma OPD And Nidan Pathological Lab, SSAM&H, Nashik

Manjusha

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8.1.3

Promotion of seasonal Panchakarma and
implementation of lifestyle modifications
including Kaumarapanchakarma

Awareness Program

2023



SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

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CAMP REPORT

Title of Program	Panchakarma Camp for Sant Nivruttinath Yatra
Objective of Program	1. Examination of Patients. 2. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	16/01/2023 and 17/01/2023 (09am - 6pm) Number of Hours (duration): 9 hours
Venue of the program/event	Panchayataniakhada, Prayag teertha, Trimbakeshwar, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravindra Phadol, Dr Anupama Patil
Supporting staff member	Mrs Sangita Salee , Mr Sushil Chaporkar
Vote of thanks presented by	1) Vd. Akanksha Kadu 2) Vd. Prachi Rasal
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes (Geo-Tagged)
Number of participants (attended program/event)	Total Patients- 167
Brief about the Program (Activity/Event details)	<p>The Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik and Sadguru Vishwanath Maharaj Rukadikar trust Kolhapur had organized a Tow-days Panchakarma camp, which included distribution of Ayurveda medicines with Opd Basis Panchkarma, on 16th and 17th Jan 2023, at the Trimbakeshwar, Nashik.</p> <p>The program was followed by registration and screening, and personal consultation of the public. About 167 people utilized the benefits of the camp.</p> <p>Most of the Patients were found to have leg Cramps, Joint Pain, Muscular Pain, Heel Pain, Lumber Pain. Small and quick</p>

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Panchakarma Therapies like Snehan, Nadi Swedan, Agnikarma, Vidha Karma, Raktmokshan, Viddhakarma, Wax-bath Therapy proved to be very quick and effective for patients in pilgrimage.

Also promotion of seasonal panchkarma was done and the importance of Lifestyle modification was underlined in diseased and swastha condition.

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 Nashik



WHV3+J22, Ghoti Trimbak Rd, Trimbak, Maharashtra 422212, India

Trimbak
Maharashtra
India

23°C
73°F

2023-01-17(Tue) 11:23(am)



SHRI SAMBHUDRI AYURVED MAHAVIDYALAYA, Trimbak, Maharashtra, 422212, India

Trimbak
Maharashtra
India

25°C
77°F

2023-01-17(Tue) 12:04(pm)



WHV2+Q75, Trimbak, Maharashtra 422212, India

Latitude 19.9446414° Longitude 73.55057207°

Local 11:01:14 AM Altitude 649.29 meters
GMT 05:31:14 AM Tuesday, 17-01-2023



WHV2+Q75, Trimbak, Maharashtra 422212, India

Trimbak
Maharashtra
India

23°C
73°F

2023-01-17(Tue) 11:25(am)

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CAMP REPORT

Title of Program	Sthoulya Nidan va Panchakarma Chikitsa Shibir
Objective of Program	1. Examination of Patients having Excessive amount of body fats. 2. Screening of patients according to Karada's Scale 3. Awareness of life style management in Obesity through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	24/04/2023 (9am - 4pm) Number of Hours (duration): 7 hours
Venue of the program/event	Panchakarma OPD And Nidan Pathological Lab
Program Organized by (Department/Committee/Unit)	Department of Panchakarma and Department of Rognidan Vikrutividnyan
Program in-charge	Dr. Manjusha More , Dr. Sucheta Wagh,
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravi Phadol, Dr. Anupama Patil Dr Renu Ganorkar , Dr. Vishal Dusane
Supporting staff member	Mrs Manisha Thakare, Mr Rajendra Ghule Mrs sangeeta Salee, MR Sushil Chaporkar
Vote of thanks presented by	Dr. Daxal Kavadi, Dr. Shivani Kshirsagar
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes
Number of participants (attended program/event)	Total Patients 72
Brief about the Program (Activity/Event details)	In this Camp all the Patients were examined and screened as per Karada's scale. Diagnosed Obese Patients were advised Proper Diet, Yoga therapy, Exercise, Panchakarma treatments And Oral Ayurvedic Medicines as per Obesity Gradation. Pillot study of Udvardan were planned for the PG students. Also patients were appointed for the upcoming Varsha Rutu Basti Shibir 2023.

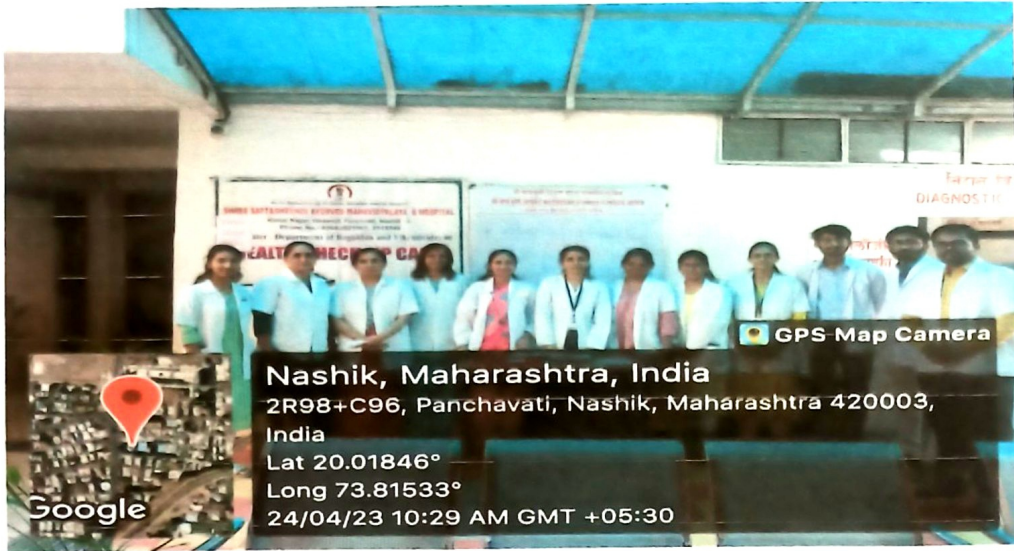
Title of Program - Sthoulya Nidan va Panchakarma Chikitsa Shibir

Date -24/04/2023


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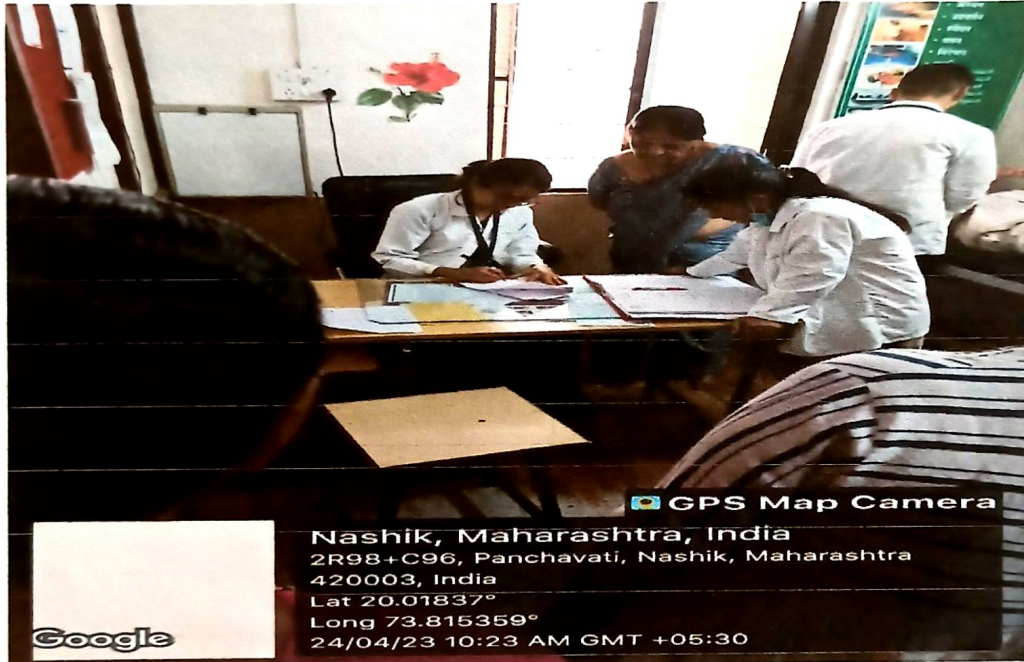
Registration for camp

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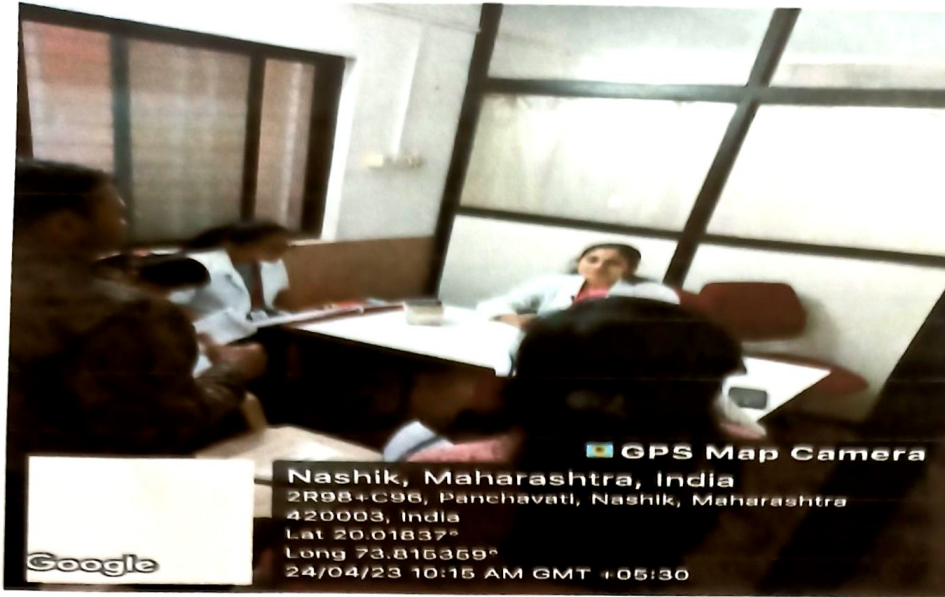
Counseling of Patients



Explanation of Panchakarma treatment

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GPS Map Camera
 Nashik, Maharashtra, India
 2R98+C96, Panchavati, Nashik, Maharashtra
 420003, India
 Lat 20.01837°
 Long 73.816369°
 24/04/23 10:16 AM GMT +05:30

SHREE SAPTASHRUNGI SHIKSHAN SANSTHA SHREE SAPTASHRUNGI AYURVED Kamal Nagar, Hirawadi, Panchavati, Health Camp				NASHIK SANCHALIT MAHAVIDYALAY & HOSPITAL, NASHIK. Nashik - 422 003. ☎ [0253] 2621565 Register			
Dr. No.	Name of Patient	Age	Sex	Address	Phone No./ Mobile No.	Diagnosis	Remarks
	24/04/2023			(Monday)	G.I		
	स्योव निदान करून त्पयना गरी				G.II		
	सिद्धिमान कर्णारे Kaeada's scale नुसार				G.III		
	व्यायाम, योगासने व परंपरा विविक्त्या						
1	Mangal Thakur	62	F	Hanuman nagar			
2	Chaya chaudhary	34	F				
3	Jasvinderanayak vyankatesh Naidu.	61	M.	Nashik road	9211001120		
4	Kandya Ananda chudhani	40	M	Amrutdham	7219771010		
5	Jata Sanganthar melane	62	F	Sonoli Nagar	921172200		
6	Pannam nana thakare	40	F	Teevala nagar	9211001101		
7	Rakesh Sudhakar jadhav.	46	M	SSD Nagar	9211001100		
8	Shobha Bhauwalab. Gakumbe	84	F	Hirawadi.	9211001100		
9	Chitara Divesh Pingla	56	F	Hirawadi.	9211001100		
10	Mansu omprabhu Agarkhatri	67	F	Amrutdham			
11	Ashwini gopal Govasara	80	F	Hirawadi.	9211001105		
12	Sushil Sanjay Kestane	52	F	Hirawadi.			
13	Bhakti Jagde Hary	30	F	Pabhan Linde	9211001100		
14	Bhakti Vijay Badiger	60	F	Tamboli nagar	9211001100		
15	Alka Suni Badiger	66	F	Mahalaxshimangra	9211001100		
16	Mangal sunand Sarp	72	M	Panchavati	9211001100		
17	Sharda Daga Aher	55	M	Chandori, Nashik	9211001100		
18	Badhika - Ayera Madhav	38	F	Hirawadi	9211001100		

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CAMP REPORT

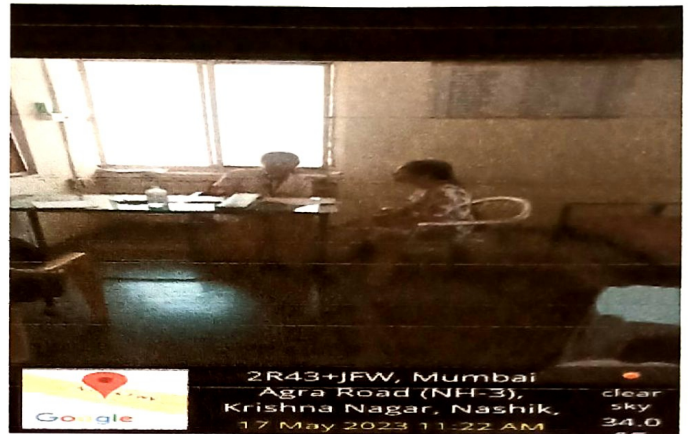
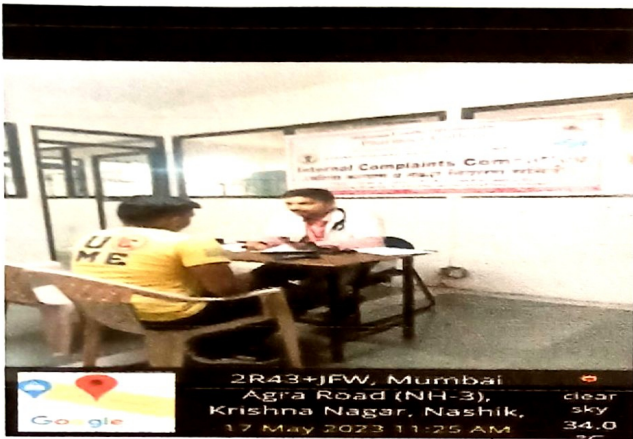
Title of Program	HEALTH CHECK-UP CAMP (PERIPHERAL CAMP)
Objective of Program	1.To create awareness of Panchkarma 2.To educate young students about healthy lifestyle 3.Counceling of students for stress and mental health
Participant Type (Tick applicable)	UG B.Pharm Students and Faculty members PG Students of Panchakarma
Date and Duration of Program	Date : 17/5/2023 From ; 9:00 am To; 5:00 pm Number of Hours(duration) -8 hrs
Venue of the program / event	Mahatma Gandhi Vidyamandir's Pharmacy college,Nashik
Program Organized by (Department/Committee/Unit)	Department of PanchKarma SSAM and H,I, Hirawadi, Nashik
Program in-charge	Dr.Manjusha More (HOD/ Prof. Panchkarma)
Name of Faculty/ Guest Speaker	Vd.Dipali Sonawane (Prof. Panchkarma) Vd.Ravindra Phadol (Asso. Prof.Panchkarma)
Supporting staff member	Vd.Rajashree Jahagirdar (Pre-MD student) Vd.Rishikesh Deshmukh (Pre-MD student)
Vote of thanks presented by	Dr. Suvarna Katti
Geo-tagged photos (tick applicable)	Soft copy ;Yes Hard Copy: Yes
Number of participants (attended program/event)	88
Brief about the Program (Activity/Event details)	The program was conducted by Pharmacy college where all B Pharm students were counseled for health, general check up done, lab investigations were advised, medicines prescribed, awareness of daily regimen and seasonal regimen for good health was created for proper lifestyle management, female students were given knowledge about PCOD and Anaemia, Importance of Panchkarma explained for good and long term health.

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SHREE SAPTASHRUNGI SHIKSHAN SANSTHA SHREE SAPTASHRUNGI AYURVED Kamal Nagar, Hirawadi, Panchavati, Health Camp				NASHIK SANCHALIT MAHAVIDYALAY & HOSPITAL, NASHIK Nashik - 422 003. ☎ [0253] 2621665 Register			
Sr. No.	Name of Patient	Age	Sex	Address	Phone No./ Mobile No.	Diagnosis	Remarks
		17/15/2023	Western	Soy			
	Health - Check-up Camp (Pari phrasa Camp) Organiser - Department of Panchakarma Time - 9am to 5pm Location - Mahatma Gandhi, Vidya Mandir's Pharmacy College Beneficiaries who attended camp - UG B Pharmacy students Content - General health check - Advice for life-style management - Counselling for seasonal Panchakarma procedures - Guidelines about healthy diet						
1)	Aditi Somnath Bodke	20	f	4th/5 chitr apartment	982377950	PCOP	
2)	Hanshali Anuraj Bhide	17	f	House no. 18 Hirawadiham	876897528	PCOP	
3)	Saloni Kumard	18	f	7-A dwarkh prade. apt	770281346	PCOP	
4)	Anjana Anil Khase	18	f	no. post Masandi bridge	935686275	PCOP	
5)	Vidanti Anant Thakar	19	f	Ganesh palace, Hirawadi	982047872	PCOP	

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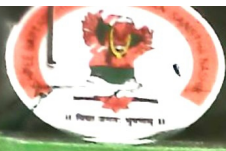


8.1.3

Promotion of seasonal Panchakarma and
implementation of lifestyle modifications
including Kaumarapanchakarma

Awareness Program

2022



CAMP REPORT

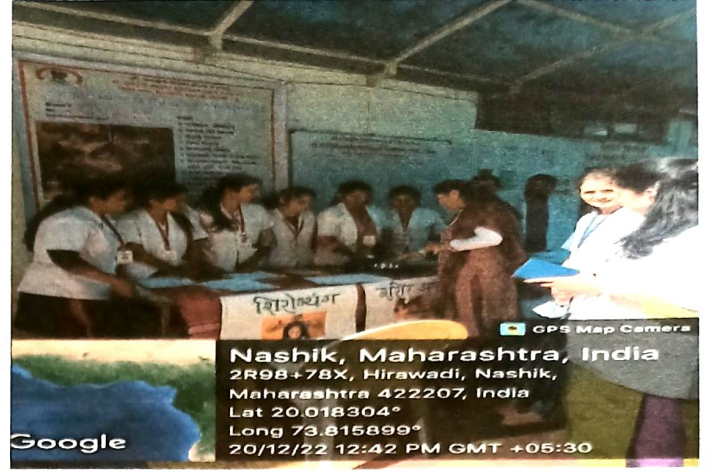
Title of Program	Ayurvedic massage therapy & vividh Aushadi samupdeshan shibir
Objective of Program	1. Examination of Patients. 2. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	20/12/2022 (9am - 4pm) Number of Hours (duration): 7 hours
Venue of the program/event	Panchkarma OPD, SSAM&H, Nashik Residents of Periphery of campus
Program Organized by (Department/Committee/Unit)	Department of Panchakarma
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravindra Phadol, Dr Anupama Patil
Supporting staff member	Mrs Sangita Salee, Mr Kunal More
Vote of thanks presented by	1) Vd. Akanksha Kadu 2) Vd. Prachi Rasal 3) Vd. Pallavi Deulkar
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes (Geo-Tagged)
Number of participants (attended program/event)	Total Patients-56
Brief about the Program (Activity/Event details)	<p>Ayurvedic Massage therapy Shibir -2022 was organised by department of Panchakarma for the residents of periphery of campus</p> <ul style="list-style-type: none">➤ General health check-up of residents and also to make aware of various Panchakarma Procedures➤ Details of Patients contacts were noted for further communication.➤ All the patients were counselled about their disease and indicated Panchakarma procedures.➤ Various Sthanik Massage like Shiroabhyanga, Padaabhyanga etc were done. <p>Registration for Seasonal Panchkarma like Vasantik Vaman Shibir 2023 was done. Also promotion of seasonal panchkarma was done and the importance of Lifestyle modification was underlined in diseased and swartha condition.</p>

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List of camp Patients

SHREE SAPTASHRUNGI SHIKSHAN SANSTHA SHREE SAPTASHRUNGI AYURVED Kamal Nagar, Hirawadi, Panchavati, Health Camp				NASHIK SANCHALIT MAHAVIDYALAY & RUGNALAY, NASHIK. Nashik - 422 003. ☎ (0253) 2621565 Register		
Sr. No.	Name of Patient	Age	Sex	Address	Diagnosis	Remark
1	Sudhakar Kedar Raundal	55	M			9423118970
2	Sharda Sunil Ghuge	40	F		Manyasheel	9689137442
3	Aarati Parasuram Sonawane	56	F		Padadam	9322946698
4	Amit Vijay Kale	26	M		HastPadshheel	7218614900
5	Maniben Kuwariji Naksrani	71	F	दाकी नगर, हिरावाडी		8421403543
6	Bebi Balu Waghchaurse	48	F			
7	Ravindra Rangao Deshmukh	50	M	R.T.O. colony	Katgatvata	3595441544
8	Bhumika Gedam		F			9405233348
9	Kuvarji shyamaji Naksrani	73	M	Hirawadi	Sandhigatvat	9360281310
10	Devraj shridhar Yeyale	66	M	shiv Nagar, Nashik		
11	Vaishali Yogesh Ahire	32	F	Bali mandir, Nashik	AyabahuK	7709151318
12	Yashoda Deviraj Kokate	60	F	Hirawadi	Janugatvat	9422243589
13	Prakash Dawlat Patil	64	M	Kamal Nagar, Hirawadi	Janugatvat	9890596836
14	Sonika Madhay Myama	38	F	Hirawadi, Nashik	Mansagalvat	9146565304
15	Ashadevi Devidas Ingole	57	F	Hirawadi, Nashik	Sandhigatvat	9390220231
16	Dhanjay Kumar Shelakhe	40	M	Men, Nashik	Manyasgalvat	8005775899
17	Motiram Sitaram Mahajan	69	M	Hirawadi, Nashik	AyabahuK	9226374301
18	Punam Rakesh Sonawane	30	F	Panchavati, Nashik		8375204552
19	Rita Uttam Andhale	45	F	Datta Nagar, Nashik	Manyogvat	7020171452
20	Sunil Raosaheb Tardile	49	M	Panchavati, Nashik	AyabahuK	9426095206
21	Madhuri Uttam Andhale	28	F	Pethroad, Nashik	Demunak	9511699422
22	Lata Govind Jadhav	57	F	Hirawadi, Nashik	Katgatvata	
23	Hemlata Dattatray Gole	49	F	Panchavati	Kanthshoola	7709599630
24	Pranali Nandkumar Suryuse	21	F	shivkrupa Nagar		9325144330

Tolkenjasha

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CAMP REPORT

Title of Program	Health check up Camp
Objective of Program	1. Examination of Patients. 2. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	02/12/2022 (9am - 1pm) Number of Hours (duration): 4 hours
Venue of the program/event	Dahewdi, Trambakeshwar, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravindra Phadol, Dr Anupama Patil
Supporting staff member	Mrs Sangita Salee , Mr Kunal More
Vote of thanks presented by	1) Vd. Akanksha Kadu 2) Vd. Prachi Rasal
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes (Geo-Tagged)
Number of participants (attended program/event)	Total Patients-143
Brief about the Program (Activity/Event details)	<p>The Department of Kayachikitsa, Shree Saptashrungi Ayurved Mahavidyalaya & Hospital, Nashik, had organized a one-day general health checkup camp, which included distribution of Ayurvedic medicines, on 2 December 2022, at the Chiranjeev Dakshin Mukhi Hanuman Mandir, Bidi Kamgar Nagar, Nashik.</p> <p>The program was followed by registration and screening, and personal consultation of the public. About 143 people utilized the benefits of the camp. Most of the complaints were related to low back pain, joint pains, skin diseases, gastrointestinal problems, headache, viral fever and common cold.</p> <p>The team of consultants included Dr. Somadatta Kulkarni.</p>

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MD, Professor & HOD, Dept. of Kayachikitsa, Dr. P. V. Jagtap, Dept. of Kayachikitsa. Dr Ashish Hastak MS Dept of Shalya Tantra, Dr. Yogesh Surase MD Dept. of Balrog, Dr. Ravindra Phadol MD, Dept of Panchakarma. Dr. Visave md dept. of Swstha and Dr. v. Khandre md Dept. of Kriya Sharir. The camp was supported by PG scholars, Interns, and hospital staff.

The patients and Mr. Kurhe Baba (coordinator of the camp) expressed their gratitude to the institution, doctors, and students for their service. The coordinators of the camp requested the organizers to conduct more such camps in the future.

Also promotion of seasonal panchkarma was done and the importance of Lifestyle modification was underlined in diseased and swartha condition.

Toranjusha

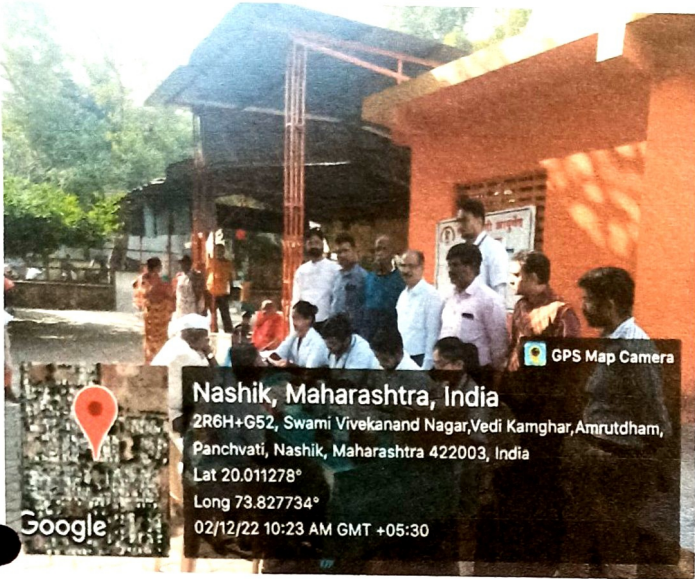
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Babarao Aware
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SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA & HOSPITAL

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CAMP REPORT

Title of Program	Rural Health Camp
Objective of Program	1. Examination of Patients. 2. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	27/03/2022 (11am - 4pm) Number of Hours (duration): 5 hours
Venue of the program/event	Dahewdi, Trambakeshwar, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr Poonam Jadhav, Dr. Ravindra Phadol,
Supporting staff member	Mrs Sushma , Mr Kunal More
Vote of thanks presented by	1) Vd. Akanksha Kadu 2) Vd. Prachi Rasal
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes (Geo-Tagged)
Number of participants (attended program/event)	Total Patients- 10
Brief about the Program (Activity/Event details)	<p>Panchkarma Dept. organized Rural Health Camp, were Examinations of 10 patients and counseling was done also procedure of Snehana, Swedana And Vamana etc. were explained.</p> <p>Also promotion of seasonal panchkarma was done and the importance of Lifestyle modification was underlined in diseased and swartha condition.</p>

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Take Harsha, Maharashtra, India
 Take Harsha, Maharashtra, India
 Lat 19.891406°
 Long 73.45393°
 27/03/22 12:18 PM



Trimbak, Maharashtra, India
 VCRV+88G, Trimbak, Maharashtra 422212, India
 Lat 19.891405°
 Long 73.44405°
 27/03/22 12:21 PM

List of Patients:

Rural Health Camp Trambak (Dahalevadi) 27/3/22

SHREE SAPTASHRUNGI AYURVED MAHAVIDYALAYA AND HOSPITAL, NASHIK

SR. NO.	PT. NAME	AGE	SEX	ADDRESS	PHONE NO.	DM	HTN	DIAGNOSIS	REMARK
1	लोनाली भाऊराव पाटील	30	F	दहलेवाडी	9823041143			दुर्लभपित्त	
2	रमबाई लक्ष्मण फोड	58	F	दहलेवाडी				शुष्कता वात	वृत्ती
3	मंगरा रमेश गोवंत	05	M	तळगाव				मृत्तुवायु	
4	काशी भावेश रायगाने	38	F	दहलेवाडी				शुष्कता वात	
5	गंगा सताष माते	10	M	दहलेवाडी				मृत्तुवायु	
6	खानेबाबू रमेश ठोड	52	M	दहलेवाडी				शुष्कता वात	
7	रमबाई देव	42	F	तळगाव				शुष्कता वात	
8	गोविंदी बाबू गेकरे	60	F	दहलेवाडी				शुष्कता वात	
9	राजु लक्ष्मण पाटील	58	M	दहलेवाडी				शुष्कता वात	दंतमादन
10	दावलाहेब कृष्णा बाकिने	50	M	तळगाव				शुष्कता वात	

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CAMP REPORT

Title of Program	Health Awareness Program
Objective of Program	1. Examination of Patients. 2. Screening of patients for diagnosis 3. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	10/03/2020 (9am - 1pm) Number of Hours (duration): 4 hours
Venue of the program/event	Mhasrul, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr Poonam Jadhav, Dr. Ravindra Phadol,
Supporting staff member	Mrs Sangita Salee, Mr Kunal More
Vote of thanks presented by	1) Vd. Akanksha Kadu 2) Vd. Prachi Rasal 3) Vd. Pallavi Deulkar
Geo-tagged photos (tick applicable)	Soft copy: Yes Hard Copy: Yes (Geo-Tagged)
Number of participants (attended program/event)	Total Patients-24
Brief about the Program (Activity/Event details)	In this Camp all the Patients were examined. Patients were advised Proper Diet, Exercise, Panchakarma treatments And Oral Ayurvedic Medicines as per requirement. Also promotion of seasonal panchkarma was done and the importance of Lifestyle modification was underlined in diseased and swartha condition.

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8.1.3

Promotion of seasonal Panchakarma and implementation of lifestyle modifications including Kaumarapanchakarma

Awareness Program

2019-2020



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CAMP REPORT

Title of Program	Panchkarma peripheral camp
Objective of Program	1. Examination of Patients. 2. Screening of patients for diagnosis 3. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	06/02/2020 (9am - 4pm) Number of Hours (duration): 7 hours
Venue of the program/event	Grampanchayat, Odha, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma and NSS
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravindra Phadol, Dr Poonam Jadhav
Supporting staff member	Mr Sushil Chaporkar, Mrs Sangita Salee
Vote of thanks presented by	Dr. Harshala Behere, Dr. Vaidehi Deokar
Geo-tagged photos (tick applicable)	Soft copy: No Hard Copy: Yes (Not Geo-Tagged)
Number of participants (attended program/event)	Total Patients-20
Brief about the Program (Activity/Event details)	In this Camp all the Patients were examined and screened. Diagnosed Patients were advised Proper Diet, Yoga therapy, Exercise, Panchakarma treatments And Oral Ayurvedic Medicines as per Protocol. Swastha patients also included in camp for next Vaman shibir promotion and Lifestyle modification advised as per requirement.

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CAMP REPORT

Title of Program	Panchkarma peripheral camp
Objective of Program	1. Examination of Patients. 2. Screening of patients for diagnosis 3. Awareness of life style management in different disease conditions through Ayurveda 4. Importance of Panchakarma in Ayurveda
Participant Type (tick applicable)	<input checked="" type="checkbox"/> Faculty Members <input checked="" type="checkbox"/> Patients <input checked="" type="checkbox"/> Students (U.G., P.G., Interns) <input checked="" type="checkbox"/> Paramedical staff
Date and Duration of Program	08/02/2019 (9am - 4pm) Number of Hours (duration): 7 hours
Venue of the program/event	Odha, Nashik
Program Organized by (Department/Committee/Unit)	Department of Panchakarma and
Program in-charge	Dr. Manjusha More
Name of Faculty/ Guest Speaker	Dr. Dipali Chavan, Dr. Ravindra Phadol, Dr Poonam Jadhav
Supporting staff member	Mr Sushil Chaporkar, Mrs Sangita Salee
Vote of thanks presented by	Dr. Anupam Patil, Dr. Ruchika Baphana
Geo-tagged photos (tick applicable)	Soft copy: No Hard Copy: Yes (Not Geo-Tagged)
Number of participants (attended program/event)	Total Patients-54
Brief about the Program (Activity/Event details)	In this Camp all the Patients were examined and screened. Diagnosed Patients were advised Proper Diet, Yoga therapy, Exercise, Panchakarma treatments And Oral Ayurvedic Medicines as per Protocol. Swastha patients also included in camp for next Vaman shibir promotion and if needed Lifestyle modification advised as per requirement.

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