



## **EXTENSION & OUTREACH ACTIVITIES**

**ALL INDIA INSTITUTE OF AYURVEDA, NEW DELHI**



**अखिल भारतीय आयुर्वेद संस्थान**  
**ALL INDIA INSTITUTE OF AYURVEDA (AIIA)**  
(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)  
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## ASTHMA AWARENESS PROGRAMME, 2017

Health talk for awareness of asthma was given by Dr. P.K. Prajapati Dean of AIIA, Dr. S.K. Gupta, MS AIIA, Dr.V.D. Aggarwal Prof. (Dept of K.C.) AIIA, Dr. R.K. Yadava Asso. Prof (Dept. of K.C.) AIIA, Dr. Mangla Gowri asso. Prof (Dept. of Swasthavrita) AIIA, Dr. Divya Kajaria Asst. Prof (Dept of K.C.)



**Prof. Sanjay Gupta addressing the gathering**



**Dr. Divya Kajaria addressing the gathering**



**Prof. PK Prajapati addressing the gathering**



**Dr. Ramakant Yadava addressing the gathering**

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**SKIT / PLAY:** A skit was played by MD scholars of dept. of Kayachikitsa of AIIA under the guidance of Dr. Divya kajaria asst. prof (dept. of kayachikista) AIIA. The topic of skit was “Awareness of asthma for common public”. It was very informative and attractive depicting the causes and symptoms and steps to avoid the asthma for common public.



PG Scholars enacting a thematic skit



Prize distribution to patients



Prize distribution to patients



Total scholars participated: 98

Total number of teachers participated: 23

*[Signature]*

Signature of Event In-charge

*[Signature]*

Director  
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**Celebration of International Day of Yoga, 2017**

International Day of Yoga, 2017 was conducted by department of Swasthavritta



**All faculty and staff of AIIA celebrating International Day of Yoga on 21<sup>st</sup> June, 2017**

International Day of Yoga is celebrated every year to create awareness and promote interest about Yoga with the motto of health promotion and disease prevention among the people. Month long activities were conducted in the institute to promote Yoga among the students, staff and common public attending the OPD and IPD in All India Institute of Ayurveda.

Total number of Scholars participated: 101

Total number of teachers participated: 25

**Signature of Event In-charge**

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**CELEBRATION OF SWACHCHATA PAKHWADA**

**15<sup>th</sup> September – 2<sup>nd</sup> October, 2017**

Cleanliness Drive and sanitation work the emphasis on swachhta as swachhta leads to healthy and prosperous life. The activities conducted during this fortnight included cleaning of Hospital premises and administrative building. The relationship between cleanliness and better health has been propagated since the inception of the Swachh Bharat Abhiyan.



**PG scholars carrying out Swachhata drive in Academic Block**



**PG scholars along with faculty members carrying out Swachhata drive in Hospital Block**



**Awareness programs for public In the patient waiting area**

The programs conducted were:

1. Cleanliness drive
2. Awareness programs for public

Number of students participated: 101

Number of teachers participated: 20

*[Signature]*

**Signature of Event In-charge**

*[Signature]*

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**CHILDREN'S DAY CELEBRATION, , 2017**

On the occasion of children's day i.e. 14<sup>th</sup> November, 2017, Dept. of Kaumarabhritya, organized a "Drawing and Painting" Competition for children aged between 5 to 16 years. 20 children aged between 8 – 16 years made paintings on the given topic of "Pollution and Health" while 20 children aged between 5 – 8 years were given images for colouring with crayons.



**Director AIIA along with faculty of Kaumarabhritya celebrating Children's Day and awarding winners**

Number of students participated: 25

Number of teachers participated: 10

**Signature of Event In-charge**

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**CELEBRATION OF WORLD DIABETES DAY**

**14<sup>th</sup> November, 2017**

On the occasion of World Diabetes Day 2017, various public awareness programs were organised in order to reach the common public. It included awareness programs themed on Diabetes, which was then evaluated by a panel of Expert Judges.

The program included Patient Awareness Health Check-up Camp, Skit, Rapid Fire Quiz, Presentations & many such events.



**Scholars from department of Kayachikitsa delivering patient awareness lecture on  
World Diabetes Day**

1. Number of Scholars participated: 92
2. Number of teachers participated: 14

**Signature of Event In-charge**

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**CANCER AWARENESS WEEK**

**3 – 9 February, 2018**

One-week program was organized at AIIA campus for the general awareness about cancer in population of Delhi from 3<sup>rd</sup> -9<sup>th</sup> Feb 2018.

During this event various awareness lectures of different faculties was scheduled.



**Director AIIA felicitating Dr. Abhishek (AIIMS) for delivering invited talk during Cancer Awareness Week**



**Faculty members along with winners of Essay Writing and Drawing Competition during Cancer Awareness Week**



**Scholars of AIIA delivering patient awareness classes on cancer**

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1. Number of Scholars participated: 98
2. Number of teachers participated: 18

**Signature of Event In-charge**

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**PLANTATION ACTIVITIES AND GREEN INITIATIVES**

(In association with LEA associates South Asia Pvt. Ltd. )

AIIA and the Department of Dravyaguna regularly organizes various Plantation activities for the faculty, staff, scholars and the patients to enrich the Herbal Garden and emphasize the importance of the plants combating various diseases, pollution around the campus.

1. On the occasion of World's Environment Day, a plantation drive was arranged by the Department of Dravyaguna, AIIA on 5<sup>th</sup> June, 2017



The then Director, AIIA, Prof. Abhimanyu Kumar, Prof. Tanuja Manoj Nesari and all the faculty members and scholars participated in the drive actively by planting one medicinal plant each in a thematic garden.

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2. “Plantation of Saplings” in association with LEA associates South Asia Pvt. Ltd.  
 on 9<sup>th</sup> November, 2017



Plantation drive was conducted in association with LEA associates South Asia Pvt. Ltd. As CSR activity. Dean, Prof. PK Prajapati, Research Advisor Late Dr. Krishna Dalal, Prof. Tanuja Nesari, faculty, staff and scholars participated in order to create Green campus.

1. Number of Scholars participated: 108
2. Number of teachers participated: 22

**Signature of Event In-charge**

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**FREE MEDICAL CAMP**

**20<sup>th</sup> – 21<sup>st</sup> January 2018**

All India Institute of Ayurveda organised Free medical camp and awareness classes in the premises of the Institute for general public from 20<sup>th</sup> – 21<sup>st</sup> January 2018.

In the awareness lecture series, the faculty delivered an awareness about health and Ayurveda. Dr. VD Aggarwal delivered a class on “prevention of diseases through Ayurveda at OPD area.



**Prof. VD Aggarwal addressing during the inauguration of Medical Camp**

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**Dr. Divya Kajaria and PG scholars providing consultation during the medical camp**

1. Number of Scholars participated: 12
2. Number of teachers participated: 5

**Signature of Event In-charge**

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**FREE MEDICAL CAMP**  
**RWA, Vasant Vihar, New Delhi**  
**25<sup>th</sup> March 2018**

All India Institute of Ayurveda organised Free medical camp and awareness classes in association with RWA, Vasant Vihar for general public from on 25<sup>th</sup> March 2018.

In the awareness lecture series, the faculty delivered an awareness about health and Ayurveda.



**Dr. Meenakshi Pathak examining patients at the camp**



**Dr. Sanjay Gupta providing consultation at the camp**

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**Dr. Pankaj Kundal examining patients at the camp**

1. Number of Scholars participated: 11
2. Number of teachers participated: 6

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**Signature of Event In-charge**

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## Children's day celebrations 2018

Department of Kaumarabhritya, All India Institute of Ayurveda (AIIA), New Delhi Celebrated Children's day on 14<sup>th</sup> November 2018. In continuation of the activities of 3<sup>rd</sup> Ayurveda Day, this year a Drawing competition on theme "Public Health through Ayurveda" was organized for children. Programme was inaugurated by Director, AIIA and Children below 16 years of age actively participated in the event. A total of 64 children Participated in the event. Chart Paper, Colouring material was provided to all Participants. Fruits and Juice was distributed to all participants along with certificate of participation. Valedictory ceremony was graced by Prof. Tanuja M Nesari, Director, AIIA and Prof. Mahesh Vyas, Dean-PhD courses. The event was coordinated by Dr. Arunkumar Mahapatra, Assistant Professor, Department of Kaumarabhritya.

1. Number of Scholars participated: 32
2. Number of teachers participated: 11



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**Signature of Event In-charge**

*[Handwritten signature]*

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1	Department Name/ Cell / Committee	Department of Kaumarabhritya
2	Title of the event	Children's day celebrations
3	Nature of the event	Drawing competition on theme "Public Health through Ayurveda"
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	14 <sup>th</sup> November 2018
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr Tanuja Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director
9	Who are Participants	Children and general public
10	Number of participants	64
11	Under which scheme	Celebrations of 3 <sup>rd</sup> Ayurveda day
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	-
16	Objectives (Expected outcomes)	To develop awareness in the society about the strength of Ayurveda
17	Is it part of National drive?	yes
18	Number of sessions	1
19	Content of the event	A total of 64 children Participated in the event. Chart Paper, Colouring material was provided to all Participants. Fruits and Juice was distributed to all participants along with certificate of participation
20	Activities / Process	Drawing competition was held for children in the continuation of Ayurveda Day.
21	Integrating issue/s	To create awareness regarding children about Public Health
22	Achieved Outcomes	Many children came out with brilliant ideas regarding Public health through Ayurveda
23	Infrastructure utilized	Department of Kaumarabhritya
24	Certification to participant (Sample)	yes
25	Feedback with Analysis-Graphs	no
26	Scope of improvement / Future event / plan	There is a severe need to make children aware from the bringing about the benefits of healthy lifestyle through Ayurveda.

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27	Photographs of activities with captions	 
28	Media Coverage	Social Media: Facebook and Twitter
29	Report submitted/ sent to	Annual Report Committee
30	Award / Recognition for the event	In Annual Report Committee



**Signature of Event In-charge**



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## **Piles Day Celebration**

**20<sup>th</sup> November 2018**

Every year, 20th November is celebrated as ‘World Piles day’ with an intention of spreading the awareness about Piles. Piles are one of the most common problems of the rectum, affecting both men and women. Piles also called as Haemorrhoids are troublesome but can be treated. Many people suffer from piles in silence for a long period of time before seeking medical help. Many fear of surgery but majority of the piles issues can be treated without surgery.

“**World’s Piles day**” was celebrated on 20.11.2018 which was organized by Department of Shalya Tantra at our esteemed institute, All India Institute of Ayurveda.

The programme was inaugurated by Honourable Director of AIIA Dr. Tanuja Nesari at 10:00 AM which was followed by the public awareness lecture given by Prof. (Dr.) S. K. Gupta, HOD Department of Shalya Tantra. He gave a magnificent lecture on Etiology, Sign and Symptoms, Prevention and Management of Piles through Ayurveda.



Post Lunch, An interactive CME was conducted. This was addressed by chief guest Dr. Sunil Vasishth. He is a distinguished consultant physician and managing director at Dr. Vasishth’s AyuRemedies, Ahmedabad, Gujarat, India. He gave a brain storming session on Ayurvedic Drug management of “Ano-Rectal Disorders (*Guda Malashaya Rogas*)”

Following this lecture, a keynote address was given by Dr. Tanuja Nesari.

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The programme was accompanied by a free screening medical camp for OPD patients organized by the department of Shalya Tantra in collaboration with the Himalaya Drug Company which lasted till 1:30 PM.

Around 100 patients participated. The programme ended at around 5:00 PM with vote of thanks by Prof. (Dr.) S. K. Gupta. The programme was very informative and provided the participants with enormous knowledge on various aspects of Piles.

1. Number of Scholars participated: 96
2. Number of teachers participated: 15

**Signature of Event In-charge**

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**World Cancer Awareness programme**

**Medical Camp Organized by Department of Kayachikitsa**

The Department of Kayachikitsa organised Cancer Awareness Week from 3 to 9 February 2018. In the awareness lecture series, the faculty delivered an awareness about different types of Cancer like lung cancer, prostate cancer, kidney cancer etc. Dean Madam delivered a lecture of breast cancer at OPD area.



**Medical camp**



**World Cancer Awareness programme (3 to 9 feb 2018).**

- One week programed was organized at AIIA camps for the general awareness about cancer in population of Delhi from 3 to 9 Feb 2018. During this time various lectures of different faculties was scheduled.

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**Patient Awareness Lecture**

- Topic दमा रोग का निदान एवम उपचार Presented by Dr. Divya Kajariya on 05/07/2018
- Topic मधुमेह Presented by Dr. Rashmi Tokas Rana on 01/08/2018
- Topic ऋतू सम्बंधित रोगों से रोकथाम हेतु पथ्य अपथ्य Presented by Dr. Abhay Kumar Prajapati on 30/08/2018
- Topic कैंसर के प्रति जागरूकता Presented by Dr. V.G. Huddar on 24/10/2018
- Topic सन्धिवात Presented by Dr. Soniya Gupta on 19/11/2018
- Topic आमवात Presented by Dr. Bhavana Mawar on 14/01/2019
- Topic खान पान संबंधित सूचना व जनितव्याधियाँ Presented by Dr. Shikha Chudary on 06/03/2019

1. Number of Scholars participated: 106
2. Number of teachers participated: 20

**Signature of Event In-charge**

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**World Environment Day**  
**5<sup>th</sup> June, 2018**

World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world. It has been a platform for raising awareness on environmental issues as marine pollution, overpopulation, global warming, sustainable development and wildlife crime.

World Environment Day: On the occasion of World Environment Day, a plantation drive was organized by Department of Dravyaguna, All India Institute of Ayurveda (AIIA), New Delhi on 5<sup>th</sup> June, 2018. Around 50 saplings of medicinal and environment friendly plants i.e. Amaltasa, Bakul, Kanchnara, Neem and Karanja were planted during the event.

Saplings were distributed to general public in the OPDs. It was also announced by Honourable Director Madam that many more saplings will be planted during rainy season to make the campus green and conducive to Ayurveda. The event was concluded by gifting the saplings of Nagdaman, Aloe vera and Tulsi to all AIIA family members participated during the plantation drive, as a token of appreciation for joining hands in green initiative drive.



**Director Madam, senior faculty members, Prof. V.D Agrawal and other faculty members planting the sapling of Bakul plant**



**Plantation being done by AIIA scholars**

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**Director Madam and coordinator of event Dr. Shivani Ghildiyal gifting the sapling of Nagdaman to AIIA faculty and scholars.**



**Director Madam gifting the sapling of N Aloe Vera n to AIIA faculty and scholars**

1. Number of Scholars participated: 85
2. Number of teachers participated: 23

**Signature of Event In-charge**

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**INAUGURAL CEREMONY OF ACHARYA SUSHRUTA  
 SCULPTURE ON 14<sup>TH</sup> JULY 2018**

The foundation of the Sculpture of “Acharya Sushruta- The Father of Surgery” was laid down on 14<sup>th</sup> July 2018. It was established in OPD Block 1<sup>st</sup> floor, All India Institute of Ayurveda, Gautampuri, Sarita Vihar, New Delhi. The ceremony commenced with the blessings of Acharya Sushruta by the ritual of Pooja Ceremony. This was attended by honourable director of AIIA, Dr. Tanuja Nesari, all the prestigious faculties, staff and PG Scholars of AIIA.



1. Number of scholars participated: 67
2. Number of teachers participated: 11

**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Ceremony of Acharya Sushruta Sculpture
3	Nature of the event	Establishment of Acharya Sushruta Sculpture
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	14th July 2018
6	Place or online mode	First floor, Hospital block
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr Tanuja Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director
9	Who are Participants	Staff, Scholars and faculty
10	Number of participants	100 - 120
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	-
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Sushruta was an ancient Indian physician and world's first surgeon known as "Father of Surgery" for inventing and developing surgical procedures. Hence to honour him a statute was established.
17	Is it part of National drive?	No
18	Number of sessions	1
19	Content of the event	The ceremony commenced with the blessings of Acharya Sushruta by the ritual of Pooja Ceremony
20	Activities / Process	A statue was established to honour Acharya Sushruta, later on the event ended with a Pooja ceremony
21	Integrating issue/s	To honour the great work of Acharya Sushruta
22	Achieved Outcomes	To make people aware of the great works of Acharya
23	Infrastructure utilized	First floor, Hospital block
24	Certification to participant (Sample)	Nil
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Nil

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27	Photographs of activities with captions	 
28	Media Coverage	No
29	Report submitted/ sent to	Department, Annual Report
30	Award / Recognition for the event	No



**Signature of Event In-charge**



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**International Day of Yoga and Associated Events**  
**20<sup>th</sup> May 2018 to 23<sup>rd</sup> May 2018.**

International day of Yoga is celebrated every year to create awareness and promote interest about Yoga with the motto of health promotion and disease prevention among the people. Month long activities were conducted in the institute to promote Yoga among the students, staff and common public attending the OPD and IPD in All India Institute of Ayurveda.

**Activities for students and staff of the institute:** Yoga protocol training sessions were conducted from 3.00 – 4.00 pm at the Yoga Hall, for the staff and students from 20<sup>th</sup> May 2018 to 23<sup>rd</sup> May 2018.

**Quiz on Yoga for MD (Ayu) scholars:** The Quiz competition was held to enhance knowledge related to Yoga and to develop keen interest among the students on 19<sup>th</sup> June 2018. 18 students enthusiastically participated in the event. The quiz was conducted by Dr. Shalini and Dr. Mangalagowri V Rao

**I Prize winners:** Dr. Soniya Gupta, Dr. Monika, Dr. Sudha Dansana

**II Prize winners:** Dr. Bushra Khannam, Dr. Shibani, Dr. Akash

**Yoga Quiz Competition for Panchakarma technician Course:** The Competition was held on 18<sup>th</sup> June 2018. 12 students enthusiastically participated in the event. The Quiz was conducted by Dr. Prajna, Dr. Sapna, Dr. Mukta, and Dr. Monika, MD Scholars of Department of Swasthavritta

**I Prize:** Mr. Yogesh, Mr. Satish, Miss, Jahnavi

**II Prize:** Miss. Preeti, Ashish Maurya, Neeraj Kumar

**Yoga Quiz Competition for common public was held from 13th to 18th June 2018 daily:** Daily quiz competition was held, to create awareness Miss. Purvi Srivastav, Mr. Chandan, Miss Kusum were the winners of the daily quiz contest.



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**Main event on International Day of Yoga:** All India Institute of Ayurveda had organized a mega event with participation of more than **600 people** in the premises of the institute on 21<sup>st</sup> June 2018 from 6.30 am to 8.00 am. The event started by welcome speech by Dr. Mangalagowri V Rao, Associate Professor, HOD dept. of Swasthavritta and Coordinator of IDY 2018. Patanjali Naman was done by the MD Scholars Dr. Shalini, Dr. Suman Gihar. activities included practice of Yoga Protocol, Yoga fusion demonstrations by the MD scholars of Ayurveda, School children and prize distribution for winners of Yoga quiz competition conducted for students and common public during Yoga month held from 23<sup>rd</sup> of May to 21<sup>st</sup> of June 2018.

Yoga Protocol practice was conducted by Dr. Namrata Raj, Yoga Instructor. Yoga Fusion performance by School children: Directed by Dr. Namrata Raj, Yoga Instructor and performed by 30 children, excellently executed by the young children. Yoga Fusion performance by School girls: Directed by Dr. Namrata Raj, Yoga Instructor and performed by 10 school girls, beautiful performance by the school girls.

Mr. B Madhusudhan Reddy, Senior Environmental Engineer in Delhi Pollution Control Committee had graced the occasion as chief Guest. He emphasized the importance of clean environment and Yoga for health. He motivated the public to practice Yoga regularly. Mr. R K Sharma, Environmental Engineer, DPCC will be the Guest of Honour, he also gave a motivational speech for the public. Prof. Dr. Tanuja Manoj Nesari, Director, AIIA presided over the function, she emphasized on the regular use of Yoga and natural means like sun light for health promotion and disease prevention.

1. Number of Scholars participated: 102
2. Number of teachers participated: 23





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**Inauguration of Yoga Day by the Guests**



**Yoga Demonstrations by school students and MD scholars of AIIA and general public**



**Prize distribution for the prize winners**



*[Signature]*

**Signature of Event In-charge**

*[Signature]*

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1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Poshaan Maah
3	Nature of the event	Awareness program on malnutrition
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	September 2018
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Prof. Tanuja Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	General public in OPD
10	Number of participants	35
11	Under which scheme	National Nutrition Mission
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To focus and assimilated approach towards improving holistic Nutrition
17	Is it part of National drive?	National Nutrition Mission
18	Number of sessions	Awareness lectures
19	Content of the event	Hosted an exhibition of various healthy traditional recipes from different parts of India that can be utilized to promote holistic nutrition
20	Activities / Process	The entire month has been sub-divided into weekly themes for a focused and assimilated approach towards improving holistic nutrition.
21	Integrating issue/s	The POSHAN Abhiyan directs the attention of the country towards the problem of malnutrition and aims to address it in a mission-mode.
22	Achieved Outcomes	POSHAN Abhiyaan (National Nutrition Mission) is India's flagship programme, launched in March 2018 to improve nutritional status of children up to 6

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		years, adolescent girls, pregnant women and lactating mothers to achieve specific targets for reduction in low-birth-weight babies, stunting growth, under nutrition and prevalence of anemia over next three years. Awareness among the participants was achieved.
23	Infrastructure utilized	Nil
24	Certification to participant (Sample)	Nil
25	Feedback with Analysis-Graphs	Nil
26	Scope of improvement / Future event / plan	To be celebrated every year
27	Photographs of activities with captions	
28	Media Coverage	Facebook page of AIIA
29	Report submitted/ sent to	AIIA, Office
30	Award / Recognition for the event	Nil



**Signature of Event In-charge**



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1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Swach Bharat Abhiyaan
3	Nature of the event	Cleanliness Drive and sanitation work
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	Oct 16 <sup>th</sup> to 29 <sup>th</sup> Oct, 2020
6	Place or online mode	Offline
7	Resource Person(s) / Expert(s)/ Guest(s)	-
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Scholars and faculty
10	Number of participants	More than 100
11	Under which scheme	Swachh Bharat Mission
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional
15	Expenditure	50,000
16	Objectives (Expected outcomes)	To achieve universal sanitation coverage and to put the focus on sanitation
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Cleanliness Drive and sanitation work the emphasis on swachhta as swachhta leads to healthy and prosperous life
20	Activities / Process	The activities conducted during this fortnight included cleaning of Hospital premises and administrative
21	Integrating issue/s	The relationship between cleanliness and better health has been propagated since the inception of the Swachh Bharat Abhiyan
22	Achieved Outcomes	Awareness lecture, plantation drive
23	Infrastructure utilized	All India Institute of Ayurveda
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	To take this initiative on a wider scale which will improve the sanitation and health of major population

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**अखिल भारतीय आयुर्वेद संस्थान**  
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27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Department, Annual Report
30	Award / Recognition for the event	No

1. Number of Scholars participated: 30
2. Number of teachers participated: 11



**Signature of Event In-charge**



Director  
 ALL INDIA INSTITUTE OF AYURVEDA,  
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1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Swachatha Pakwada 2018
3	Nature of the event	1. Cleanliness Drive and sanitation work 2. Quiz competition was conducted for the patients at OPD of AIIA
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	Oct 16 <sup>th</sup> to 29 <sup>th</sup> Oct, 2020
6	Place or online mode	Offline
7	Resource Person(s) / Expert(s)/ Guest(s)	-
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Scholars, faculty, and general public
10	Number of participants	More than 500
11	Under which scheme	Swachh Bharat Mission
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional
15	Expenditure	50,000
16	Objectives (Expected outcomes)	To achieve universal sanitation coverage and to put the focus on sanitation
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Cleanliness Drive and sanitation work the emphasis on swachhta as swachhta leads to healthy and prosperous life
20	Activities / Process	The activities conducted during this fortnight included cleaning of Hospital premises and administrative
21	Integrating issue/s	The relationship between cleanliness and better health has been propagated since the inception of the Swachh Bharat Abhiyan
22	Achieved Outcomes	Awareness lecture, plantation drive
23	Infrastructure utilized	All India Institute of Ayurveda
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No

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26	Scope of improvement / Future event / plan	To take this initiative on a wider scale which will improve the sanitation and health of major population
27	Photographs of activities with captions	attached
28	Media Coverage	Facebook
29	Report submitted/ sent to	Ministry of Ayush
30	Award / Recognition for the event	No



Cleanliness drive

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Quiz competition for OPD patients

1. Total number of Scholars participated: 98
2. Total number of teachers participated: 25

Signature of Event In-charge

Director  
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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Run for Ayurveda
3	Nature of the event	Marathon
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	5.11.2018
6	Place or online mode	Jawahar Lal Nehru Stadium, New Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	Honourable Minister Shri Shripad Yesso Naik
8	About Resource Person(s) / Expert(s)/ Guest(s)	Union Minister of State (I/C), Ministry of AYUSH (MoA)
9	Who are Participants	Students, Faculty Members, Research Officers, Medical Officers
10	Number of participants	2500
11	Under which scheme	Celebrations of 3 <sup>rd</sup> Ayurveda day
12	Collaborative agency Govt. / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Ministry
15	Expenditure	-
16	Objectives (Expected outcomes)	To encourage the practitioners and students of Ayurveda but also will develop awareness in the society about the strength of Ayurveda.
17	Is it part of National drive?	yes
18	Number of sessions	1
19	Content of the event	Marathon for the promotion of Ayurveda
20	Activities / Process	Marathon
21	Integrating issue/s	To nationalize this system of medicine which can prove to be a cornerstone for its ultimate globalization.
22	Achieved Outcomes	Successfully completed the event
23	Infrastructure utilized	Jawahar Lal Nehru Stadium, New Delhi
24	Certification to participant (Sample)	Yes
25	Feedback with Analysis-Graphs	No

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26	Scope of improvement / Future event / plan	Nil
27	Photographs of activities with captions	Attached
28	Media Coverage	Social Media: Facebook and Twitter
29	Report submitted/ sent to	Annual Report Committee
30	Award / Recognition for the event	In Annual Report Committee

1. Total number of Scholars participated: 95
2. Total number of teachers participated: 30



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*[Signature]*

Signature of Event In-charge

*[Signature]*

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**RIISING STAR: TWO DAYS PROGRAMME FOR WOMEN**  
**PROFESSIONALS OF AYUSH INSTITUTES**  
**30<sup>TH</sup> - 31<sup>ST</sup> OCTOBER, 2018**

All India Institute of Ayurveda, Sarita Vihar, New Delhi under the Ministry of AYUSH is conducting first of its kind training programme for women professionals of AYUSH institutes on 30th & 31st October, 2018 as part of 3<sup>rd</sup> Ayurveda Day celebration. Women face a unique set of challenges in their rise up to the corporate ladder. To make the transition from an employee to a manager and then to a leader requires them to go beyond technical skills that help them excel in their career to managing a team, acquire a strategic perspective and learn how to create influence through networks., The Rising Stars - two days' workshop was done in collaboration with Indian Institute of Management Kozhikode (IIMK) and aimed to enhance management skill of women executives in premier AYUSH organization. In all 30 participants from various AYUSH institutes in Higher position participated in the workshop.

Total number of Scholars participated: 72

Total number of teachers participated: 15



**Signature of Event In-charge**

**Director**  
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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	<b>Rising Star</b>
3	Nature of the event	Training program
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	<u>30<sup>th</sup> - 31<sup>st</sup> October, 2018</u>
6	Place or online mode	Conference room, AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr Tanuja Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director
9	Who are Participants	women professionals of AYUSH institutes
10	Number of participants	30
11	Under which scheme	Ayurveda Day
12	Collaborative agency Government / Govt recognized body	Indian Institute of Management Kozhikode (IIMK)
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional
15	Expenditure	
16	Objectives (Expected outcomes)	To make the transition from an employee to a manager and then to a leader requires them to go beyond technical skills that help them excel in their career to managing a team, acquire a strategic perspective and learn how to create influence through networks
17	Is it part of National drive?	Yes
18	Number of sessions	2
19	Content of the event	aimed to enhance management skill of women executives in premier AYUSH organization
20	Activities / Process	Sessions where they discussed different ideas
21	Integrating issue/s	Women face a unique set of challenges in their rise up to the corporate ladder. Hence, a training program was organised to help them sharpen their ideas of success.
22	Achieved Outcomes	technical skills were development in elaborative sessions
23	Infrastructure utilized	Conference room, Ground floor, AIIA

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24	Certification to participant (Sample)	yes
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	To help women in exceling in their career to managing a team, acquire a strategic perspective
27	Photographs of activities with captions	
28	Media Coverage	Social Media: Facebook and Twitter
29	Repot submitted/ sent to	Annual Report Committee
30	Award / Recognition for the event	In Annual Report Committee



**Signature of Event In-charge**



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**Camps held in year 2018-19**

Date of camp	Place of camp	Type of Camp	No of Students	No Of Beneficiaries
13 <sup>th</sup> April 2018	Lasa Delhi Vasundara Enclave Delhi-96	Free Health Checkup Camp	6	100
12 <sup>th</sup> May 2018	CRPF Public School Rohini Delhi	Free Health Checkup Camp	7	200
9 <sup>th</sup> September 2018	Tajpur Pahadi Badarpur Delhi	Free Health Checkup Camp	11	150
8 <sup>th</sup> October 2018	Police Line Mukherjee Nagar	Free Health Checkup Camp	8	80
26 <sup>th</sup> October 2018	Amity University Noida	Free Health Checkup Camp	12	260
31 <sup>st</sup> October 2018	Electrical Loco Shade	Free Health Checkup Camp	12	83
24 <sup>th</sup> Nov 2018	ITBP New Delhi	Free Health Checkup Camp	10	120
20 <sup>th</sup> Dec. 2018	Lalit Mahajan Public School Vasant Vihar New Delhi	Free Health Checkup Camp	14	265

*[Handwritten Signature]*

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	13.4.2018
6	Place or online mode	Lasa Delhi Vasudara enclave, Delhi-96
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Volunteers
10	Number of participants	100 patients, 12 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	100 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	Lasa Delhi Vasudara enclave, Delhi-96
24	Certification to participant (Sample)	Certificate of participation was not given
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	attached

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28	Media Coverage	Social media: twitter and facebook
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 6

Total number of teachers participated: 6

**Signature of Event In-charge**

Director  
 ALL INDIA INSTITUTE OF AYURVEDA,  
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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	12.5.2018
6	Place or online mode	CRPF Public School Rohini Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	AIIA faculty
9	Who are Participants	Volunteers
10	Number of participants	200 patients, 7 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	200 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	CRPF Public School Rohini Delhi
24	Certification to participant (Sample)	Certificate of participation was not given
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp on wider scale
27	Photographs of activities with captions	N.A

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28	Media Coverage	Social media: Facebook, twitter
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 7

Total number of teachers participated: 2

**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	9.9.2018
6	Place or online mode	Tajpur pahadi Badarpur Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	AIIA Faculty
9	Who are Participants	Volunteers
10	Number of participants	150 patients, 11 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	150 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	CRPF Public School Rohini Delhi
24	Certification to participant (Sample)	Certificate of participation was not given
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	To conduct another medical camp
27	Photographs of activities with captions	Attached

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28	Media Coverage	Social Report: Twitter and facebook
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 11

Total number of teachers participated: 4

**Signature of Event In-charge**

Director  
 ALL INDIA INSTITUTE OF AYURVEDA,  
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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	8.10.2018
6	Place or online mode	Police line mukherjee nagar
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Volunteers
10	Number of participants	80 patients, 8 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	200 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	Police line mukherjee nagar
24	Certification to participant (Sample)	Certificate of participation was not given
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	Attached

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28	Media Coverage	Social media: facebook and twitter
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 8

Total number of teachers participated: 4

**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	26.10.2018
6	Place or online mode	Amity University Noida
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	AIIA faculty
9	Who are Participants	Volunteers
10	Number of participants	260 patients, 12 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	260 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	Amity University Noida
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	attached

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28	Media Coverage	Social media: facebook and twitter
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 12

Total number of teachers participated: 2

**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	31.10.2018
6	Place or online mode	Electrical Loco Shade
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Volunteers
10	Number of participants	83 patients, 12 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	83 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	Electrical Loco Shade
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	N.A
28	Media Coverage	No

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29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 12

Total number of teachers participated: 4



**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	24.11.2018
6	Place or online mode	ITBP New Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Volunteers
10	Number of participants	120 patients, 10 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps
22	Achieved Outcomes	120 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	ITBP New Delhi
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	N.A
28	Media Coverage	No

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29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 10

Total number of teachers participated: 4

**Signature of Event In-charge**

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1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Free medical Check-up Camp
3	Nature of the event	Medical camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	20.12.2018
6	Place or online mode	Lalit Mahajan Public School, Vasant Vihar
7	Resource Person(s) / Expert(s)/ Guest(s)	AIIA Team
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Volunteers
10	Number of participants	265 patients, 14 students
11	Under which scheme	Outreach activity of AIIA
12	Collaborative agency Government / Govt recognized body	None
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional
15	Expenditure	-
16	Objectives (Expected outcomes)	Spread information regarding medical camp and utilization of medical camps
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Blood collection camp was held to benefit the patients.
20	Activities / Process	Screening of patients was done to diagnose the disease better
21	Integrating issue/s	To promote Free check-up and treatment of patients by conducting camps

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22	Achieved Outcomes	265 patients were enrolled for the screening. Spread information regarding disease and free health check up
23	Infrastructure utilized	Lalit Mahajan Public School, Vasant Vihar
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	Another medical camp
27	Photographs of activities with captions	N.A
28	Media Coverage	No
29	Report submitted/ sent to	Annual report committee
30	Award / Recognition for the event	In annual report

Total number of Scholars participated: 14

Total number of teachers participated: 3

**Signature of Event In-charge**

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**Workshop on Management of Diabetes Mellitus & Public Awareness Program**

**14<sup>th</sup> - 15<sup>th</sup> November 2019**

A two-day workshop on management of diabetes mellitus & public awareness program sponsored by the Ministry of AYUSH, was conducted by Dept. of Kayachikitsa, AIIA on 14<sup>th</sup> - 15<sup>th</sup> November, 2019. The aim of the campaign was to raise awareness of the impact that diabetes has on the family and to promote the role of family in the management, care, prevention and education of the condition. To help to achieve these goals, various awareness activities were conducted by AIIA, New Delhi. On 14<sup>th</sup> November, 2019, the inaugural session was chaired by Dr. Jayant Devpujari, President, CCIM, they highlighted the need of differentiation in the terminologies of *Prameha*, *Madhumeha* which are recently used in the context of Diabetes Mellitus. Dr. K R Kohli, Director of Ayurved, Government of Maharashtra being the Guest of Honour. Prof (Dr.) Tanuja Manoj Nesari, Director, AIIA gave opening remarks. Dr. RK Yadava, HoD, Kayachikitsa welcomed the guests and participants and also briefed about the purpose of the workshop and its importance in today's lead. Dr. Raja Ram Mahto, Asst. Prof., Dept. of Kayachikitsa, AIIA shared his experience of the last 3 years in running the Diabetes and Metabolic Care Clinic at AIIA and demonstrated successful case stories. On this occasion, a **comic book** on IEC material was also released.

For the workshop, 20 Ayurvedic Experts some Practitioners, Professors and Researchers working in the field of Diabetes were invited from different parts of the country to deliberate on the subject. Subject Experts delivered their deliberation regarding key aspects of Diabetes Mellitus management as per the following themes:

- Ayurveda Understanding & Management of Diabetes by *Kayachikitsa* and *Madhumeha Upadrava* (Diabetic complications) were discussed during the second session. Management of Diabetes by *Panchakarma* and Gestational Diabetes were discussed in the session.
- Practical Understanding of *Ayurvedic* Concept of *Prameha/ Madhumeha*.
- Practitioners experience in the Management of Diabetes. With this another session was focused on diet and lifestyle interventions for the management of *Prameha*.
- Research Orientation in diabetes.

**Public Awareness Programme:** On the occasion of World Health Day 2019, various public awareness programs were organised in order to reach the common public. It included Poster Presentation (for PG scholars) and Ayurchef Competition (for PG scholars as well as staff) themed on Diabetes, which was then evaluated by a panel of Expert Judges.

**Valedictory function:** Valedictory session was chaired by Chief Guest, Prof. Ravishankar, Guest of Honour and Chief Guest for this session, Dr. Manoj Nesari, Advisor, Ministry of

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AYUSH, Dr. Rakesh Kumar, Director AYUSH, Punjab and Prof. (Dr.) Tanuja Manoj Nesari, Director, AIIA. This was followed by an address by Prof. S H Acharya, explaining about the workshop and conclusive summary of Holistic approach for the management of DM (Type 2). **Success stories** regarding fruitful management of DM by Ayurvedic therapies and a **Technical report** of the last 3 years of Diabetes and Metabolic OPD was released as IEC material. Director, AIIA given the conclusive remark of the workshop.

**Future Plan:** On the basis of inputs and deliberations of the workshops, a proper protocol and guideline will be developed based on the same to understand the disease, its progression and set parameters of understanding for the practitioners, students as well as for the management according to the *Sthula* and *Krishna Pramehi*, which will be incorporated practically.

Total number of Scholars participated: 144

Total number of teachers participated: 5



*[Handwritten Signature]*

**Signature of Event In-charge**

*[Handwritten Signature]*

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**State Level Ayurveda Youth Festival Delhi – NCR as a part of celebration**  
**of 4<sup>th</sup> Ayurveda Day, 2020**  
**15<sup>th</sup> - 16<sup>th</sup> October, 2019**

As part of celebration of 4<sup>th</sup> Ayurveda Day, AIIA, New Delhi organised a 2-day state level intercollegiate Ayurveda Festival “Deerghayu” on 15<sup>th</sup> - 16<sup>th</sup> October, 2019. The theme of the Festival was “Ayurveda for Longevity”. The festival was inaugurated by Prof. (Dr.) Tanuja Manoj Nesari, Director, AIIA on 15<sup>th</sup> October, 2019. Prof. Sujata Kadam, Dean (PG), Prof. Mahesh Vyas, Dean (Ph. D.), Dr. Umesh Tagade, Joint Director, AIIA, all HoDs, Faculty members and Students were present in the ceremony. Guests from CCRAS, Dr. Vinod Lavaniya, Dr. Bharati, Dr. Lalita and IGIB, Dr. Bhavana Prashar were present during the ceremony. Ceremony was inaugurated by lightning of Lamp and Dhanwantari Vandana. Director, AIIA welcome all the teams and their mentors to AIIA. The event was coordinated jointly by Dr. Mahapatra Arun Kumar (Asst. Prof., Dept. of Kaumarabhritya, AIIA) and Dr. Prasanth D. (Asst. Prof., Dept. of Panchakarma, AIIA). Following teams from Delhi NCR were invited to participate in the state level intercollegiate Ayurveda Festival “Deerghayu” AYURFEST 2019:

1. All India Institute of Ayurveda, New Delhi
2. Ch. Brahm Prakash Ayurved Charak Sansthan (CBPACS), Village Khera Dabar, Najafgarh, New Delhi
3. Ayurvedic and Unani Tibbia College, Karol Bagh, New Delhi
4. SGT university, Gurugram
5. Ishan Ayurvedic Medical College and Research Centre, Greater Noida

**Event details :** The event had two types of competitions with Online Events and Campus Events

Details of Campus events

1. Ayurveda Debate competition (Theme: Ayurveda Dinacharya is relevant in the present Era? Yes or No)
2. Ayurveda Extempore speech competition
3. Ayurveda Shloka recitation competition (First five chapters of *Astanga hridaya*, *sutrasthana*)

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4. Ayurveda Rangoli competition (group event)
5. Ayurveda Painting competition
6. Ayurveda Cooking competition (group event)

Details of Online Events

1. Photography competition (Theme: *Amrita* (Tinospora cordifolia) for Longevity)
2. Slogan competition (Theme: Ayurveda for Longevity - दीर्घायुकेलियेआयुर्वेद)"
3. Poster competition (Theme: Ayurveda for Longevity)
4. Mascot designing competition

Total number of Scholars participated: 132

Total number of teachers participated: 35

**Glimpses of the event**



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