

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



**5.1.2**

## **Student Progression**

**E-Copy of attached documents**



# अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

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## A. Soft skill development

### 1. JIVANEEYAM 2020

1	Department Name/ Cell / Committee	Dean Office
2	Title of the event	Workshop “JIVANEEYAM 2020”: Workshop for the preparation of Integrative Management Protocol for Cancer
3	Nature of the event	Soft skill development
4	Level (Institutional/university/ inter- university/ state/national/ international)	International
5	Date and Time	12th and 13th February, 2020
6	Place or online mode	Scope complex, New Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	Shri Sripad Yesso Naik, Vd. Rajesh Kotecha, Dr. Bhushan Pathwardhan, Prof. Shalini Singh , (Dr.) Tanuja Manoj Nesari Shri Pramod Kumar Pathak Shri Dharmendra S. Gangwar
8	About Resource Person(s) / Expert(s)/ Guest(s)	Shri Sripad Yesso Naik(Hon’ble Minister of State
9	Who are Participants	AIIA Students & faculty
10	Number of participants	184
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Ministry of AYUSH
13	Sponsoring Agency	IEC, Deptt. of Ministry of AYUSH, Government of India
14	Which Grant utilized	AIIA



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15	Expenditure	NA
16	Objectives (Expected outcomes)	1. Preparing specialized cancer management integrative of ayurveda & conventional medicine. 2. Knowledge sharing by experts in Cancer Care & management with their clinical experience & success stories supported with evidence. 3. Creating public awareness about the prevention & management
17	Is it part of National drive?	Yes
18	Number of sessions	6
19	Content of the event	unravel the knowledge of Ayurveda, expand the knowledge of health, healthcare, and quality of life and to establish a link between Ayurveda and Modern health science,
20	Activities / Process	the release of booklet, "ARBUDA" which included Ayurvedic as well as Allopathic aspects of Lung and Cervical cancer followed by release of Souvenir and IEC materials.
21	Integrating issue/s	-
22	Achieved Outcomes	Training program was very informative as per the input of participants
23	Infrastructure utilized	-
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	More such future events to be organized
27	Photographs of activities with captions	Attached
28	Media Coverage	Social Media: Facebook and Twitter
29	Report submitted/ sent to	Director office



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30	Award / Recognition for the event	In Annual Report Committee
----	-----------------------------------	----------------------------

Signature of Event In-charge

Date

Signature of Dean

Stamp



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## JIVANEEYAM 2020

National Seminar on Approach towards Integrative management of cancer- “Jivaneeyam”

12th - 13th February, 2020

JIVANEEYAM 2020 was organised by Center for Integrative Oncology, AIIA, New Delhi. A 2-day National Seminar was conducted during 12<sup>th</sup> and 13<sup>th</sup> February, 2020 at Scope complex, New Delhi. Event was sponsored by IEC, Deptt. of Ministry of AYUSH, Government of India. The Seminar was aimed to unravel the knowledge of Ayurveda, expand the knowledge of health, healthcare, and quality of life and to establish a link between Ayurveda and Modern health science, evidenced by more than 275 delegates from all over the country.

**On Day-1**, following events were there-

Lord Dhanwantari Vandana, lighting of lamp and welcome of guests.

Welcome address and opening remarks by Prof Tanuja Nesari, Director, All India Institute of Ayurveda, New Delhi.

Summary of workshop by Dr V G Huddar, Chief Organizing Secretary, Jivaneeyam 2020.

**Address by** Dr Shalini Singh, Director, ICMR-NICPR, Noida, UP.

Dr Bhushan Patawardhan, Vice- Chairman, University Grants Commission (UGC), New Delhi.

Vd. Rajesh Kotecha, Secretary, Ministry of AYUSH, New Delhi.

Release of Booklet and IEC materials.

Presidential address by Shri Shripad Yesso Naik ( Hon'ble Minister of State (Independent Charge), Ministry of AYUSH & Minister of State for Defence, Government of India.

Vote of Thanks by Dr Mahesh Vyas, Dean, PhD studies, AIIA, New Delhi.

2 Scientific sessions were held on day 1 as follows:

**Session 1 was about Scope of Integration in Cancer Management with Ayurveda.**

**Session 1 covered following lectures along with their respective speakers-**

**1.Lecture 1** on Potential areas and scope of integration in cancer management with Ayurveda

By Dr. Anurag Shrivastava Prof & Head, Dept of Surgery, AIIMS, New Delhi.





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2. **Lecture 2** on Working Model of Integrative Management of Cancer at TATA Cancer Hospital, Mumbai by Dr Shripad Banavali Prof. & Head, Dept. of Medical & Pediatric Oncology, Tata Memorial Hospital, Mumbai, Maharashtra.

3. **Lecture 3** on Sharing Clinical experience in integrative approaches towards management of cancer By Prof Sadanand Sardeshmukh Integrated Cancer treatment & Research center, Wagholi, Pune, Maharashtra.

4. **Lecture 4** on Spectrum of Integration in Oncology by Dr Pankaj Wanjarkhedekar Consultant, Deenanath Mangeshkar Hospital & Research Centre, Pune, Maharashtra.

After all these lectures, 6 papers were presented.

**Session 2 was about Lead and Integration with Basic sciences and Ayurveda which covered following lectures along with their respective speakers-**

1. **Lecture 1** on Ayurvedic herbal extracts and their integration in Myeloma management by Prof. Alpana Sharma Department of Biochemistry, AIIMS, New Delhi.

2. **Lecture 2** on Characterization of proteins from medicinal plant and scope in management of cancer by Prof. Savita Yadav Department of Biophysics, AIIMS, New Delhi.

3. **Lecture 3** on Integrative impact of genomics, epigenomics and personalized physical activity on the quality of life in breast cancer" by Dr. Showket Hussain Scientist D, Division of Molecular Oncology and Head, Division of Cellular and Molecular Diagnostics, NICPR-ICMR, Noida.

After all these lectures, 5 papers were presented.

**On Day 2**, four sessions were held as follows-

**Session 3 was about Updates and scope of research in Integrative Oncology which covered following lectures along with their respective speakers-**

**Lecture 1** on Importance of research in integrative management of cancer. Scope at national and International forum by Prof Ravi Mehrotra CEO, ICRC-ICMR, New Delhi, Former Director, ICMR-NICPR-Noida.

**Lecture 2** on Research on medicinal plants in cancer care – An evidence based approach by Dr Dilip Ghosh Director, Nutriconnect, Sydney. Adjunct-Industry Fellow, NICM, Western Sydney University.

**Lecture 3** on Potential areas and scope of integrative research in Ovarian cancer management by Dr. Ashok Sharma Associate Professor, Department of Biochemistry, AIIMS, New Delhi.



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**Lecture 4** on Updates about activities taken up by CCRAS in the field of cancer management and research by Dr Manohar Gundeti Research Officer In-charge, (RRAP) Central Ayurveda Research Institute for Cancer, CCRAS, Mumbai, Maharashtra.

6 paper presentations were done after all these lectures.

**Session 4 was about Evidenced based clinical practice – Role of Herbal/Herbo-mineral preparations and Shodhana chikitsa in prevention & management of cancer which covered following lectures along with their respective speakers-**

**Lecture 1** on Prevention of pancreatic cancer by managing chronic pancreatitis through Rasa Chikitsa by Vd. Balendu Prakash Founder Director, VCP Cancer research foundation, Uttarakhand.

**Lecture 2** on Clinical experiences with case stories in management of cancer through Ayurveda by Dr Dilip Gadgil Consultant, Niramaya Ayurvedic Research & Consultancy Pvt Ltd. Pune, Maharashtra.

**Lecture 3** on Role of Rasoushadhis in cancer practice with clinical evidences by Dr Gopikrishna Maddikera Professor & HOD, Dept of Rasashastra & Bhaishajya Kalpana, S.J.G Ayurvedic Medical College & P.G Centre, Koppal, Karnataka.

5 paper presentations were done after all these lectures.

**Session 5 was about Summary of Pre seminar workshop.**

**Session 6 was about Public awareness and traditional practices in cancer management Public interaction with experts which included-**

Sharing experiences from traditional practitioner – Shri Shri Krishnanand Swamiji – Krishnagiri, Basareddypalli village, Telangana.

Sharing experiences from traditional practitioner – Mr Hamsaraj Choudhary – Rajasthan

Interaction with public/Comments by Chair/Co-chairperson.



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## National Seminar on Approach towards Integrative management of cancer-

### “Jivaneeyam”- A SHORT SUMMARY

JIVANEYAM 2020 was organised by Center for Integrative Oncology, AIIA, New Delhi. A 2-day National Seminar was conducted during 12th and 13th February, 2020 at Scope complex, New Delhi. Event was sponsored by IEC, Deptt. of Ministry of AYUSH, Government of India. The Seminar was aimed to unravel the knowledge of Ayurveda, expand the knowledge of health, healthcare, and quality of life and to establish a link between Ayurveda and Modern health science, evidenced by more than 275 delegates from all over the country. Seminar was inaugurated by Hon'ble Minister of State (Independent Charge), Ministry of AYUSH, Shri Sripad Yesso Naik in the august presence of Secretary, Ministry of AYUSH, Padmashree Vd. Rajesh Kotecha, Vice-Chairman UGC, Dr. Bhushan Pathwardhan, Director ICMR-NICPR, Prof. Shalini Singh and Director, AIIA, Prof. (Dr.) Tanuja Manoj Nesari. Inaugural address was given by the Director, AIIA who welcomed everyone. Dr. V. G. Huddar, Chief Organising Secretary gave a brief summary of two days workshop conducted at AIIA. Hon'ble Minister of State (Independent Charge), Ministry of AYUSH & Minister of State for Defense, Government of India delivered the Presidential address. This occasion was marked by the release of booklet, “ARBUDA” which included Ayurvedic as well as Allopathic aspects of Lung and Cervical cancer followed by release of Souvenir and IEC materials. Vote of Thanks was proposed by Dr. Mahesh Vyas, AIIA, New Delhi. Six sessions were done collectively on Day-1 and Day-2 followed by paper presentations and panel discussion and way forward. All the experts expressed their gratitude, appreciated the efforts of the AIIA team and congratulated the organising team in organising the workshop successfully with an imperative lead of National or International multidisciplinary integration for the treatment of different cancers. Valedictory session was done in the presence of the Chief Guest, Shri Pramod Kumar Pathak, Additional Secretary, Ministry of AYUSH and Guest of Honour, Shri Dharmendra S. Gangwar, Additional Secretary & Finance Advisor, MoHFW, Government of India. The prize distribution for paper/poster presentations was followed by Vote of Thanks by Prof Sujata Kadam, Dean (PG), AIIA, New Delhi. The program was winded up with the National anthem.



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Workshop "JIVANEYAM 2020": Workshop for the preparation of Integrative Management Protocol for Cancer			
S.No.	Name to Scholars	Department	Attendance
1	Geetika Pahuja	Dravyaguna	P
2	Shalini	Dravyaguna	P
3	Yashika Bidhuri	Dravyaguna	P
4	Subhasmita Jena	Dravyaguna	P
5	Kshyamamayee Priyadarsini Jati	Kaumarbhritya	P
6	Manisha Agrawal	Kaumarbhritya	P
7	Praveen Kumar Sharma	Kaumarbhritya	P
8	Monika	Kaumarbhritya	P
9	Abhishek Anand	Kaumarbhritya	P
10	Sonam	Kaumarbhritya	P
11	Soniya Gupta	Kayachikitsa	P
12	Abhay Kumar Prajapati	Kayachikitsa	P
13	Shikha Chaudhary	Kayachikitsa	P
14	Rashmi Tokas Rana	Kayachikitsa	
15	Nasreen Ahmed	Kayachikitsa	P
16	Swarnima Mishra	Kayachikitsa	P
17	Jitendra Gauttam	Panchkarma	P
18	Ramanuj Soni	Panchkarma	P
19	Ram Lakhan Meena	Panchkarma	P
20	Aosemba Jamir	Panchkarma	P
21	Hanumant Nirmal	Panchkarma	P
22	Jitender Kumar	Panchkarma	P
23	Neha Sharma	SRPT	P
24	Bushra Khanam	SRPT	P
25	Garima	SRPT	P
26	Sudha Dansana	SRPT	P
27	Soniya	SRPT	P
28	Shibani Dash	SRPT	P
29	Shalini Gupta	Roga Nidan	P
30	Swati Chauhan	Roga Nidan	P
31	Varnika Rani	Roga Nidan	P
32	Madhu Bhardwaj	Roga Nidan	P
33	Himanshu Sharma	Rasashastra	P
34	Niladri Bhattacharjya	Rasashastra	
35	Poonam Gulati	Rasashastra	P
36	Paritosh Jha	Rasashastra	P
37	Santosh Kumari	Rasashastra	P
38	Anu Ruhila	Rasashastra	P
39	Jitendra Kaur	Samhita Siddhanta	P
40	Pragya Sharma	Samhita Siddhanta	P
41	Kirti Aggarwal	Samhita Siddhanta	P
42	Nikita Sharma	Samhita Siddhanta	P
43	Chinmayee Choudhury	Shalakya Tantra	P
44	Neeraj Dubey	Shalakya Tantra	P
45	Priti	Shalakya Tantra	P
46	Poonam Dhruv	Shalakya Tantra	P



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47	Radha Kumari	Shalaky Tantra	P
48	Sombir Sheoran	Shalya Tantra	P
49	Utkarsh Soni	Shalya Tantra	P
50	Priyanka Meena	Shalya Tantra	P
51	Deeksha Kushawaha	Shalya Tantra	P
52	Saroj Meena	Shalya Tantra	P
53	Pradeep Kumar	Shalya Tantra	P
54	Prajna Paramita Panda	Swastha Varitta	P
55	Sapna	Swastha Varitta	P
56	Mukta	Swastha Varitta	P
57	Pratigya Chauhan	S&S	
58	Neha Awasthi	S&S	P
59	Durgesh Senthia	S&S	P
60	Arti Rai	S&S	P
61	Kiran Maruti Rao Jadhav	Dravyaguna Vigyan	P
62	Vishal Kumar	Dravyaguna Vigyan	P
63	Pratibha	Dravyaguna Vigyan	P
64	Prashant Kumar	Dravyaguna Vigyan	P
65	Neha Yadav	Kaumarbhritya	P
66	Seema Gupta	KB- Bala Roga	P
67	Masooda	KB- Bala Roga	P
68	Jinendra Kumar Acharya	KB- Bala Roga	P
69	Sharmila Patil	KB- Bala Roga	P
70	Upasana Sonker	KB- Bala Roga	P
71	Bhavana Mawar	Kayachikitsa	P
72	Pooja	Kayachikitsa	
73	Asha Malviya	Kayachikitsa	P
74	Dimpal Gill	Kayachikitsa	P
75	Jyoti Rani	Kayachikitsa	P
76	Shinsha P	Kayachikitsa	P
77	Latika	Panchakarma	P
78	Naveen Bansal	Panchakarma	P
79	Uttamram Yadav	Panchakarma	P
80	Neelam Kaalia	Panchakarma	P
81	Poonam Verma	Panchakarma	P
82	Ajaya Kumar Meher	Panchakarma	P
83	Anjali Sharma	SRPT	P
84	Nida Qamar	SRPT	P
85	Nidhi Bajpai	SRPT	P





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97	Siddharth Kumar	RNVV	P
98	Shelly Tyagi	Shalakya	P
99	Akanksha Thakur	Shalakya	P
100	Mukhtar Alam	Shalakya	P
101	Nidhi Verma	Shalakya	P
102	Smita Gajananand Barode	Shalya	P
103	Monika Seale	Shalya	P
104	Bhawna Dutt	Shalya	P
105	Akash Kumar Gupta	Shalya	P
106	Manisha	Shalya	P
107	Khushboo	Shalya	P
108	Monika	Swastha Vritta	P
109	Suman Gohar	Swastha Vritta	P
110	Priti Tomar	Swastha Vritta	P
111	Dr. Parmeshwar Patel	Shalakya Tantra	P
112	BIHAGYASHRI ARUN CHAKOLE	S & S	P
113	PRIYANSHU CHAUHAN	S & S	P
114	POOJA VASHIST	S & S	P
115	LIJISHREE MEHER	S & S	P
116	LAXMI KATHORE	S & S	P
117	DILANANJAY KUMAR	S & S	P
118	SHAYNAM CHAUDHARY	Dravyaguna Vigyana	P
119	BAI VFER KAUR	Dravyaguna Vigyana	P
120	HIMANSHU GAUTAM	Dravyaguna Vigyana	P
121	SALMAN HASHMI	Dravyaguna Vigyana	P
122	SMRUTIRI/KHA NAYAK	Dravyaguna Vigyana	P
123	MANISHA CHAURASIA	Dravyaguna Vigyana	P
124	SWATI YADAV	Dravyaguna Vigyana	P
125	HARSHA RANJAN	KB- Bala Roga	P
126	SHWETA BHANDARI	KB- Bala Roga	P
127	KANIKA BHATIA	KB- Bala Roga	P
128	VANDANA SHARMA	KB- Bala Roga	P
129	IQRA KHAN	KB- Bala Roga	P
130	VIJAY KUMAR VAID	KB- Bala Roga	P
131	AKSHAY KUMAR	Kayachikitsa	P
132	HEMANT YADAV	Kayachikitsa	P
133	KIRTI SINGHAL	Kayachikitsa	P
134	RAHUL N	Kayachikitsa	P
135	ANJU S RAJ	Kayachikitsa	P
136	SRISHTI KALRA	Kayachikitsa	P
137	JITENDAR MEENA	Kayachikitsa	P
138	GUPTESWAR MISHRA	Kayachikitsa	P
139	DIMPLE MEENA	Kayachikitsa	P
140	VANDANA YADAV	Kriya Sharira	P
141	DIPTI KABADWAL	Kriya Sharira	P
142	DURGA RANI	Kriya Sharira	P
143	RAKSHA SHARMA	Kriya Sharira	P
144	DEEPANKAR RAHUL	Kriya Sharira	P
145	RAHUL JAIN	Kriya Sharira	P
146	ABHIJEET DAHIYA	Panchakarma	P



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(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

147	PRIYANKA SHARMA	Panchakarma	P
148	TARANNUM JAHAN	Panchakarma	P
149	HARSHALI ARUN SHENDE	Panchakarma	P
150	HEMENDRA KUMAR SINGH	Panchakarma	P
151	KARISHMA SHARMA	Panchakarma	P
152	ALFIA SALEEM	Panchakarma	P
153	JYOTI	SRPT	P
154	KUMKUM SINGH	SRPT	P
155	POONAM	SRPT	P
156	SANDHYA RANI PADHI	SRPT	P
157	ATHIRA K	SRPT	P
158	LIYA C K	SRPT	P
159	SONAM RANGNATH DUBEY	RSBK	P
160	SHRIYA DHANAJI BHOSALE	RSBK	P
161	MOHD SUHAIL	RSBK	P
162	BALWANT KUMAR	RSBK	P
163	PRIYANKA	RSBK	P
164	MOHD ASHFAK	RSBK	P
165	PUSHAPENDRA SHEHRIA	RNVV	P
166	PRATIMA RAGHUNATH GAIKWAD	RNVV	P
167	SHAMIYA PARVEEN	RNVV	P
168	MOHD AMIR MAQSOOD	RNVV	P
169	SWATI BHANDARI	RNVV	P
170	KAVITA SINGARIYA	RNVV	P
171	PRIYANKA	Shalakyas	P
172	VANDNA	Shalakyas	P
173	HIMANI SHARMA	Shalakyas	P
174	NIITISH KUMAR	Shalakyas	P
175	RAHUL BISHT	Shalakyas	P
176	ANUPAM	Shalakyas	P
177	PRABI K P	Shalakyas	P
178	BIHANUJA SINGH	Shalya	P
179	NEHA KASHYAP	Shalya	P
180	SATENDRA SINGH	Shalya	P
181	RAVINDER	Shalya	P
182	DEEPAK KHUNDIA	Shalya	P
183	FAVESH MATHNIA	Shalya	P
184	SONIA	Swasthavritta	P
185	ANJANA ROY	Swasthavritta	P
186	TANU DHAMA	Swasthavritta	P
187	PRATIBHA	Swasthavritta	P
188	GEETA	Swasthavritta	P
189	SRUTHI MADUGULA	Swasthavritta	P





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## 2. Hands –on training program on Techniques of HPTLC Analysis

1	Department Name/ Cell / Committee	Department of RSBK
2	Title of the event	Hands –on training program on Techniques of HPTLC Analysis
3	Nature of the event	Soft skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	5th – 7th June, 2018
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Mr. Shahrukh Bharucha
8	About Resource Person(s) / Expert(s)/ Guest(s)	Sr. Lab Manager, ANCHROM
9	Who are Participants	Faculty members & PG scholars
10	Number of participants	25
11	Under which scheme	Attached
12	Collaborative agency Government / Govt recognized body	-
13	Sponsoring Agency	-
14	Which Grant utilized	All India Institute of Ayurveda
15	Expenditure	-
16	Objectives (Expected outcomes)	standardization and quality control of Ayurvedic single drug and polyherbal formulations
17	Is it part of National drive?	Attached
18	Number of sessions	3
19	Content of the event	Information & hands on training related to familiarization & calibration of HPTLC



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20	Activities / Process	Familiarization & calibration of HPTLC, Analysis of Thesis Drug samples, Quantification of gallic acid in samples of Amalaki Churna was carried out.
21	Integrating issue/s	-
22	Achieved Outcomes	Training program was very informative as per the inputs from the participants
23	Infrastructure utilized	-
24	Certification to participant (Sample)	QC lab, AIIA
25	Feedback with Analysis-Graphs	Attached
26	Scope of improvement / Future event / plan	More such future events to be organized
27	Photographs of activities with captions	Attached
28	Media Coverage	Social Media: Facebook and Twitter
29	Report submitted/ sent to	Director office
30	Award / Recognition for the event	In Annual Report Committee

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Hands –on training program on Techniques of HPTLC Analysis

Adulteration and substitution of herbal drugs has crept in due to more inclination towards herbal practices in absence or scarcity of raw materials. Therefore, standardization and quality control of Ayurvedic single drug and polyherbal formulations has gained much importance in present era. Newer tools and techniques are available now a day that felicitate the analyst / researcher in ascertaining the genuineness and authenticity of a marketed drug. Amongst them, the foremost is HPTLC analysis. Therefore, a need was felt in the Department of RSBK to train the faculty members and PG scholars in order to acquaint them with know-how's of HPTLC analysis by organizing a "Hands –on training program on Techniques of HPTLC Analysis" from 5th – 7 th June, 2018. M/s ANCHROM Pvt. Ltd had provided the set up of HPTLC instrument for QC lab, AIIA. Mr. Shahrukh Bharucha, Sr. Lab Manager, ANCHROM was the expert for the three days conference. Day 01 was dedicated to familiarization & calibration of HPTLC. It started with a detailed description on principles and methodology of HPTLC by a power point presentation made by Mr. Shahrukh Bharucha. It was followed by calibration and IQ/OC (installation qualification and operational qualification). Calibration certificate for the same was issued and has been documented for future reference. Initially calibration was done using caffeine as a standard for 3 times. Second day was fully utilized for providing hands-on training. Day 03 was dedicated to Analysis of Thesis Drug samples. Quantification of gallic acid in samples of Amalaki Churna was carried out.

Faculty members, Expert and trainee scholars





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## Hands on Training program on Techniques of HPTLC Analysis 2018-2019

### STUDENT ATTENDANCE SHEET

15

SNo	NAME OF THE SCHOLAR	DAY 1	DAY 2	DAY 3
1	Himanshu Sharma	P	P	P
2	Niladri Bhattacharjya	P		P
3	Poonam Gulati	P	P	P
4	Paritosh Jha	P	P	P
5	Santosh Kumari	P		P
6	Anu Ruhila		P	P
7	Rohit Singh	P	P	P
8	Shreshtha Kaushik		P	P
9	Anubha Yadav	P		P
10	Punam Aggarwal	P	P	P
11	Manohar Bajiya	P		P



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## B. Language and communication skills development

### 1. Hindi Pakhwada 2019-2020

1	Department Name/ Cell / Committee	An Official Language Implementation Committee
2	Title of the event	Hindi Pakhawada
3	Nature of the event	Language and communication skills development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	14 <sup>th</sup> -30 <sup>th</sup> September 2019 from 2.00 PM to 5.00 PM
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Shri. Vinod Sandlesh
8	About Resource Person(s) / Expert(s)/ Guest(s)	Joint Director, Central Translation Bureau, Official Languages department, Ministry of Home Affairs
9	Who are Participants	P.G Scholar and Laboratory staff of AIIA
10	Number of participants	74
11	Attendance sheet	Attached
12	Under which scheme	Language and communication skills development
13	Collaborative agency Government / Govt recognized body	None- Institutional
14	Sponsoring Agency	AIIA
15	Which Grant utilized	Institutional
16	Expenditure	NA
17	Objectives (Expected outcomes)	To celebrate the importance of Hindi language along with creating awareness about its usage while performing Official work
18	Is it part of National drive?	-
19	Number of sessions	1



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20	Content of the event	Various Hindi programs and competitions were organized.
21	Activities / Process	-
22	Integrating issue/s	-
23	Achieved Outcomes	Increase progressive use of Official Language Hindi. Issues and subjects related with Ayurveda and official language dominated the theme of most of these events
24	Infrastructure utilized	All India Institute of Ayurveda
25	Certification to participant (Sample)	-
26	Feedback with Analysis-Graphs	-
27	Scope of improvement / Future event / plan	More such future events to be organized
28	Photographs of activities with captions	-
29	Media Coverage	Not done
30	Report submitted/ sent to	Dean office
31	Award / Recognition for the event	-

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Hindi Pakhwada 2019-2020

Sustained efforts were made in AIIA to ensure proper compliance of the Official Language Policy of the Union as enshrined in the Constitution of India, the Official Languages Act, 1963 (As amended, 1967), the Official Language Rules, 1976 (as amended 1987, 2007 & 2011), the Annual Program and orders issued by the Govt. of India from time to time. Continuous efforts were made for propagation of Hindi & fulfillment of various obligations under the policy in the year 2019-20. The letters received in Hindi and representations/ appeals signed in Hindi were replied to in Hindi. An Official Language Implementation Committee (OLIC) has been constituted under the Chairmanship of Director in the Institute and during the year in every quarter a meeting of the committee was organised with heads of all the Departments to review the status of progressive use of Hindi in the Institute. Hindi was used as a primary mode of communication in most of the seminars/meetings organised in the Institute.

Hindi Pakhwada was observed during 14<sup>th</sup> - 30<sup>th</sup> September, 2019 in which various Hindi programs and competitions were organised. Hindi workshops were organised for the officers and staff to enable them to carry out their day-to-day work in Hindi. Officials were trained to type in Hindi with the help of Unicode so that they may do their work originally in Hindi. As per the decision taken during OLIC meeting, more than 75% of Medical Prescriptions by the Doctors were written in Hindi during the year.



**Inaugural ceremony**



**Valedictory ceremony**

Hindi fortnight was organised in AIIA from 14.09.2019 to 30.09.2019 to promote the use of official language in its functioning. During this period various Hindi competitions like Hindi Dictation competition (For non- Hindi Speaking Officials); Creative writing competition (For





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Faculty); Hindi Gyan Pratiyogita (For all Officials); Hindi Debate competition (For Post Graduate Students) were organised. The aim was to increase progressive use of Official Language Hindi. Issues and subjects related with Ayurveda and official language dominated the theme of most of these events. Officials, Employees and Students of the institute participated enthusiastically in these competitions.

The motto of the programmes organised during this period was to celebrate the importance of Hindi language along with creating awareness about its usage while performing Official work. A hindi workshop was also organised during this period. Shri. Vinod Sandlesh, Joint Director, Central Translation Bureau, Official Languages department, Ministry of Home Affairs was invited as an expert. He urged everyone to feel proud of National Language Hindi, as language and culture of any country plays an important role in making people connect with each other and helps in making a strong nation. The workshop concluded with an interactive discussion with all the participants.

Prof. Avanish Kumar, Chairman, Commission for Scientific and Technical Terminology, Ministry of Human Resource Development graced the occasion of closing ceremony and valedictory function of Hindi Pakhwada. Chief Guest Prof. Avanish Kumar said that the Commission for Scientific and Technical Terminology, the vocabulary of Hindi and Indian languages is available to the education world in many subjects including Ayurveda. He further informed that all the publications of the Commission are available as an e-book on the publication website of the Commission, which has increased the reach of people to other people. He congratulated Director, AIIA, Prof. (Dr.) Tanuja Manoj Nesari; Dean (PG), Dr. Sujata D. Kadam; Dean (Ph.D.), Dr. Mahesh Vyas; Medical Superintendent (MS), Dr. S. K. Gupta; Joint Director Dr. Umesh Tagde; all the Officials, Faculty members present during the occasion for their continuous efforts in the field of Official Languages. Speaking on the occasion, Dr. (Prof.) Tanuja Manoj Nesari, Director, AIIA, said Hindi is the language which can be spoken across the country. She emphasised on the simplicity, mellowness and power of Hindi as a language and urged all to make Hindi a part of their daily office routine. She congratulated all the participant and winners of the competition. The winners of the competition were awarded with cash prizes and certificate of participation. Hindi Pakhawada was organised by Ms. Richa Adhikari, Hindi Officer.





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**Inaugural ceremony**



**Conduction of training**



**Valedictory ceremony**



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HINDI PAKHWADA 2019-2020

STUDENT ATTENDANCE SHEET

74

S No	NAME OF THE SCHOLAR	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
1	Geetika Pahuja						
2	Shalini	P					
3	Yashika Bidhuri						
4	Subhasmitra Jena						
5	Kshyamamayee Priyadarsini Jati					P	
6	Manisha Agrawal	P		P			
7	Praveen Kumar Sharma						
8	Monika						
9	Abhishek Anand						
10	Sonam						
11	Soniya Gupta				P		P
12	Abhay Kumar Prajapati						
13	Shikha Chaudhary						
14	Rashmi Tokas Rana	P		P			
15	Nasreen Ahmed						
16	Swarnima Mishra					P	
17	Jitendra Gauttam						
18	Ramanuj Soni		P		P		
19	Ram Lakhan Meena						
20	Aosemba Jamir						
21	Hanumant Nirmal						
22	Neha Sharma						
23	Bushra Khanam					P	
24	Garima		P		P		P
25	Sudha Dansana						
26	Soniya	P					
27	Shibani Dash						P
28	Shalini Gupta						
29	Swati Chauhan						
30	Varnika Rani		P				
31	Madhu Bhardwaj						
32	Hlmanshu Sharma					P	
33	Niladri Bhattacharjya						P



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No							
34							
35	Poonam Gulati						
36	Paritosh Jha						
37	Santosh Kumari						
38	Anu Ruhila						
39	Jitendra Kaur	P					
40	Pragya Sharma					P	
41	Kriti Aggarwal			P			
42	Nikita Sharma						
43	Chinmayee Choudhary						
44	Neeraj Dubey	P					
45	Priti						
46	Poonam Dhruv					P	
47	Radha Kumari						
48	Sombir Sheoran			P			
49	Utkarsh Soni						P
50	Priyanka Meena						
51	Deeksha Kushawaha						
52	Saroj Meena						
53	Pradeep Kumar	P				P	
54	Prajna Paramita Panda						
55	Sapna						
56	Mukta						
57	Pratiya Chauhan					P	
58	Neha Awasthi						
59	Durgesh Senthia						
60	Arti Rai	P					P
61	Kiran Maruti Rao Jadhav						
62	Vishal Kumar						
63	Pratibha						
64	Prashant Kumar			P			
65	Neha Yadav						
66	Seema Gupta						
67	Masooda						
68	Jitendra kumar Acharya						P
69	Sharmila Patil						
70	Upasana Sonker	P					
71	Bhavana Mawar						
72	Pooja						
	Asha Malviya						





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73	Dimpal Gill					
74	Jyoti Rani					
75	Shunsha P					
76	Latika					
77	Naveen Bansal	P				
78	Uttamram Yadav					
79	Neelam Kaalia					
80	Ajaya Kumar Mehar					
81	Anjali Sharma					
82	Nida Qamar			P		
83	Nidhi Bajpai					
84	Neha Dixit					
85	Anita		P			
86	Stuti Sharma					
87	Rohit Singh					P
88	Shreshtha Kaushik					
89	Anubha Yadav					
90	Punam Aggarwal					
91	Manohar Bajiya					
92	Sunita Meena			P		
93	Shashi Bala Meena					
94	Sachitra Singh					
95	Siddharth Kumar	P				
96	Shelly Tyagi					
97	Akanksha Thakur				P	
98	Mukhtar Alam					
99	Nidhi Verma					
100	Smita Gajanand Barode					
101	Monika Sode					
102	Bhawna Dutt					
103	Akash Kumar Gupta					
104	Manisha			P		
105	Khushboo					
106	Monika					
107	Suman Gihar					
108	Priti Tomar					
109	Dr. Parmeshwar Patel		P			P
110	Yaman Kumar Sharma					
111	Rahul Kumar Buroolia					



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112	Sheetal						
113	Itishree Dasimohapatra						
114	Aishwarya Ashish Joglekar						
115	Kalpana Yadav						
116	Anoop Chaturvedi						
117	Devika Singh						
118	Vaibhav Vivek Kakde	P					
119	Sumedh Sanjay Joshi						
120	Karthik K P						
121	Vijay Kumar Pathak						
122	Mahesh Chand				P		
123	Pankaj Sharma						
124	Satyajit Behera						
125	Kundan Sushilkumar Wasnik						
126	Darshan Mohan Mahulkar					P	
127	Reetu						
128	Archana Shukla						
129	Swati Dhiryan	P					
130	Nishant Malhotra						
131	Chanchal Aggarwal						
132	Bhawna						
133	Harshal Purushottam Bramhanwade				P		
134	Diksha Nitin Kabra						
135	Preeti Patel						
136	Divyamol MD	P					
137	Poonam Pandurang Goud						
138	Neelam Marodia						
139	Ekta Sharma						
140	Amreen Saifi						
141	Shivani Sharma						
142	Sakshi Badyal				P		
143	Ganesh Ananda Tambe						
144	Aleena Gauri						
145	Sheetal Sharma						
146	Archana						
147	Priyanka Mishra	P					
148	Vivek						P
149	Neetu Sharma						
150	Rohit						



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151	Medha Chandrakant Lakkawar						
152	Ankita Sunil Pawar						
153	Sonia						
154	Navya Pavithran			P			
155	Kavita Sharma						
156	Taj Baby						
157	Fauzia Khan					P	
158	Sreya Raj S R						
159	Sanket Chandrashekhar Rawekar	P					
160	Akhil C Suresh						
161	Abha Sharma						
162	Preeti Singh			P			
163	Preeti Paliwal						
164	Sapna Kumari						
165	Mitanjali Behera						
166	Rinku Chouhan						P



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## 2. Workshop on Research Methodology & Scientific Writing

1	Department Name/ Cell / Committee	Dean Office
2	Title of the event	Workshop on Research Methodology & Scientific Writing
3	Nature of the event	Analytical skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	7th - 8th May 2018
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Girish Tillu Dr. Supriya Bhalerao
8	About Resource Person(s) / Expert(s)/ Guest(s)	Team members, Centre for Complementary & Integrative Health
9	Who are Participants	FACULTY, SCHOLARS
10	Number of participants	124
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional grant
15	Expenditure	-
16	Objectives (Expected outcomes)	helping participants to understand basics of research methodology with special focus on writing a research proposal and scientific writing of articles, case reports etc.
17	Is it part of National drive?	No





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18	Number of sessions	2
19	Content of the event	Lectures on basics of research methodology, scientific writing of articles, case reports etc.
20	Activities / Process	Lectures on basics of research methodology, scientific writing of articles, case reports etc.
21	Integrating issue/s	-
22	Achieved Outcomes	-
23	Infrastructure utilized	AIIA
24	Certification to participant (Sample)	Certificate was not given
25	Feedback with Analysis-Graphs	Feedback graphs were not required
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media like facebook and twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Signature of Dean

Date

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(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

## Workshop on Research Methodology & Scientific Writing

A two days capacity building workshop focused on “Research methodology & Scientific writing” was conducted on 7<sup>th</sup> and 8<sup>th</sup> May, 2018.

This workshop was organized keeping in view the dilemma that many students face to carry out a research in a more systematic manner because of lack of understanding of fundamentals of research. The workshop basically focused on helping participants to understand basics of research methodology with special focus on writing a research proposal and scientific writing of articles, case reports etc.

Experts: Dr. Girish Tillu & Dr. Supriya Bhalerao (Team members, Centre for Complementary & Integrative Health).



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## Workshop on Research Methodology & Scientific Writing

### ATTENDANCE - SHEET

S.No.	NAME OF THE SCHOLAR	ATTENDANCE
1	BHAGYASHRI ARUN CHAKOLE	
2	PRIYANSHU CHAUHAN	P
3	POOJA VASHIST	P
4	LILISHREE MEHER	P
5	LAXMI RATHORE	P
6	DHANANJAY KUMAR	
7	SHAVNAM CHAUDHARY	P
8	BALVEER KAUR	P
9	HIMANSHU GAUTAM	
10	SALMAN HASHMI	P
11	SMRUTIREKHA NAYAK	
12	MANISHA CHAURASIA	P
13	SWATI YADAV	
14	HARSHA RANJAN	P
15	SHWETA BHANDARI	P
16	KANIKA BHATIA	P
17	VANDANA SHARMA	P
18	IQRA KHAN	
19	VIJAY KUMAR VAID	P
20	AKSHAY KUMAR	P
21	HEMANT YADAV	P
22	KIRTI SINGHAL	
23	RAHUL N	P
24	ANJU S RAJ	P
25	SRISHTI KALRA	P
26	JITENDAR MEENA	P
27	GUPTESWAR MISHRA	P
28	DIMPLE MEENA	P
29	VANDANA YADAV	P
30	DIPTI KABADWAL	P
31	DURGA RANI	



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32	RAKSHA SHARMA	P
33	DEEPANKAR RAHUL	P
34	RAHUL JAIN	P
35	ABHIJEET DAHIYA	
36	PRIYANKA SHARMA	P
37	TARANNUM JAHAN	P
38	HARSHALI ARUN SHENDE	
39	HEMENDRA KUMAR SINGH	
40	KARISHMA SHARMA	
41	ALFIA SALEEM	
42	JYOTI	
43	KUMKUM SINGH	
44	POONAM	
45	SANDHYA RANI PADHI	
46	ATHIRA K	
47	LIYA C K	
48	SONAM RANGNATH DUBEY	
49	SHREYA DHANAJI BHOSALE	
50	MOHD SUHAIL	P
51	BALWANT KUMAR	P
52	PRIYANKA	
53	MOHD ASHFAK	P
54	PUSHAPENDRA SHEHRIA	P
55	PRATIMA RAGHUNATH GAIKWAD	P
56	SHAMIYA PARVEEN	P
57	MOHD AMIR MAQSOOD	P
58	SWATI BHANDARI	P
59	KAVITA SINGARIYA	
60	PRIYANKA	P
61	VANDNA	
62	HIMANI SHARMA	
63	NITISH KUMAR	P
64	RAHUL BISHT	P
65	ANUPAM	
66	PRABI K P	
67	BHANUJA SINGH	



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68	NEHA KASHYAP	P
69	SATENDRA SINGH	P
70	RAVINDER	
71	DEEPAK KHUNDIA	P
72	FAVESH MATHNIA	P
73	SONIA	P
74	ANJANA ROY	P
75	TANU DHAMA	
76	PRATIBHA	P
77	GEETA	P
78	SRUTHI MADUGULA	
79	Nikita Sharma	P
80	Anjali Goyal	
81	Jitendra Kaur	P
82	Vikash Kuma	
83	Dr. Shalini Varshney	P
84	Vishal Kumar	
85	Geetika Pahuja	P
86	Shifa Shetty P	P
87	Sonam	P
88	Neha Yadav	P
89	Masooda	P
90	Abhay Kumar Prajapati	
91	Shabnam Bano	
92	Punam Namdeo Khobarkar	
93	Kartar Singh Bansal	P
94	Dr. Alka Kapoor	P
95	Ankur Kumar Tanwar	
96	Rahul Anand	P
97	Arun Lal K	P
98	Dr. Shekhar Uikey	P
100	Yoshitha C N	P
101	Latika	
102	Dr. Manoj Kumar Shamkuwar	P
103	Anita	
104	Prajitha. P.K	



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105	Dr. Tejashwini Buchade	P
106	Shreshtha Kaushik	P
107	Manish Kumar Saini	P
108	Niladri Bhattacharjya	
109	Dr. Neelam Gupta	P
110	Pratik Sharma	P
111	Manjusha P	P
112	Siddharth Kumar	P
113	Dr. Sudipa Saha	
114	Kapil Mehar	
115	Dhanisha B K	P
116	Jinoop P	P
117	Deepak A S	
118	Monika Kumari	P
119	Kalanidhi Hota	P
120	Dr. Pankaj Kundal	
121	Jayakrishnan K	P
122	Divya Gupta	
123	Ashish Mishra	P
124	Dr. Shilpa Walkikar	P





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## 3. Charaka Saptah 2018

1	Department Name/ Cell / Committee	Samhita Department
2	Title of the event	Charaka Saptah
3	Nature of the event	Language and communication skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	(17th -23thAug 2018)
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	-
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Scholars of AIIA
10	Number of participants	-
11	Attendance sheet	Attached
12	Under which scheme	-
13	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
14	Sponsoring Agency	All India Institute of Ayurveda
15	Which Grant utilized	Institutional Grant
16	Expenditure	-
17	Objectives (Expected outcomes)	to enable the participants to have a thorough understanding of the language
18	Is it part of National drive?	No
19	Number of sessions	5
20	Content of the event	Samhita Pathan from Charak Samhita with proper reading & understanding of concepts.
21	Activities / Process	-Charaka samhita Pathan in the morning.



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		-Lecture series on different Sthanas of Charaka Samhita in the post lunch session by faculty, AIIA.
22	Integrating issue/s	-
23	Achieved Outcomes	Detailed learning & understanding of charak samhita
24	Infrastructure utilized	-
25	Certification to participant (Sample)	-
26	Feedback with Analysis-Graphs	Feedback graphs were not required
27	Scope of improvement / Future event / plan	More such future events to be organized
28	Photographs of activities with captions	Attached
29	Media Coverage	Social Media like facebook and twitter
30	Repot submitted/ sent to	Director office
31	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Workshop on Charaka Saptah – An Expedition to Samhita learning

This year charaka Jayanti was on 15th Aug, 2018. As envisioned by director Prof. Tanuja Nesari, the Department of Samhita siddhanta was entrusted for the celebration of “Charaka Saptah – an Expedition to Samhita learning” from 17th-23rd Aug, 2018. The activities incorporated during these days was Charaka samhita Pathan in the morning and lecture series on different Sthanas of Charaka Samhita in the post lunch session by faculty, AIIA.







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Charaka Saptah 2018-2019

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## STUDENT ATTENDANCE SHEET

S No	NAME OF THE SCHOLAR	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
1	Geetika Pahuja	P					P
2	Shalini		P				
3	Yashika Bidhuri						
4	Subhasmitra Jena				P		P
5	Kshyamamayee Priyadarsini Jati						
6	Manisha Agrawal		P			P	
7	Praveen Kumar Sharma						
8	Monika						
9	Abhishek Anand						
10	Sonam						P
11	Soniya Gupta						
12	Abhay Kumar Prajapati						
13	Shikha Chaudhary		P				
14	Rashmi Tokas Rana				P		
15	Nasreen Ahmed						
16	Swarnima Mishra		P			P	
17	Jitendra Gauttam						
18	Ramanuj Soni						
19	Ram Lakhan Meena				P		
20	Aosemba Jamir						
21	Hanumant Nirmal					P	P
22	Neha Sharma						
23	Bushra Khanam						
24	Garima		P				
25	Sudha Dansana				P	P	
26	Soniya						
27	Shibani Dash						
28	Shalini Gupta	P					
29	Swati Chauhan						P
30	Varnika Rani				P		
31	Madhu Bhardwaj						
32	Hlmanshu Sharma	P					
33	Niladri Bhattacharjya						



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34	Poonam Gulati	P			P		
35	Paritosh Jha						
36	Santosh Kumari		P				P
37	Anu Ruhila						
38	Jitendra Kaur						
39	Pragya Sharma					P	
40	Kriti Aggarwal	P					
41	Nikita Sharma						
42	Chinmayee Choudhary						
43	Neeraj Dubey		P				
44	Priti						
45	Poonam Dhruv				P		
46	Radha Kumari						
47	Sombir Sheoran					P	P
48	Utkarsh Soni					P	
49	Priyanka Meena						
50	Deeksha Kushawaha					P	
51	Saroj Meena						
52	Pradeep Kumar						
53	Prajna Paramita Panda						
54	Sapna	P				P	
55	Mukta						
56	Pratiya Chauhan		P				
57	Neha Awasthi						
58	Durgesh Senthia						
59	Arti Rai				P		P
60	Kiran Maruti Rao Jadhav						P
61	Vishal Kumar	P					
62	Pratibha						
63	Prashant Kumar					P	
64	Neha Yadav						
65	Seema Gupta						
66	Masooda		P				
67	Jitendra kumar Acharya						P
68	Sharmila Patil						P
69	Upasana Sonker	P			I		
70	Bhavana Mawar						
71	Pooja						
72	Asha Malviya						



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73	Dimpal Gill	P				P
74	Jyoti Rani					
75	Shinsha P					
76	Latika					
77	Naveen Bansal					
78	Uttamram Yadav					
79	Neelam Kaalia					
80	Ajaya Kumar Mehar					
81	Anjali Sharma					
82	Nida Qamar					
83	Nidhi Bajpai					
84	Neha Dixit					
85	Anita					
86	Stuti Sharma					
87	Rohit Singh					
88	Shreshtha Kaushik		P		P	A
89	Anubha Yadav					
90	Punam Aggarwal	P				
91	Manohar Bajiya					
92	Sunita Meena					
93	Shashi Bala Meena					
94	Sachitra Singh				A	
95	Siddharth Kumar					
96	Shelly Tyagi					
97	Akanksha Thakur					
98	Mukhtar Alam					
99	Nidhi Verma					A
100	Smita Gajanand Barode					
101	Monika Sode					
102	Bhawna Dutt					
103	Akash Kumar Gupta					
104	Manisha					
105	Khushboo					
106	Monika					
107	Suman Gihar					
108	Priti Tomar					
109	Dr. Parmeshwar Patel	P				



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## 4. Basics of learning Sanskrit-2018

1	Department Name/ Cell / Committee	Samhita & Siddhant
2	Title of the event	Workshop on Basics of learning Sanskrit
3	Nature of the event	Language and communication skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	(16th – 23rd April, 2018)
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Shri Acharya Vasudev Chamoli
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	Scholars and staff of AIIA.
10	Number of participants	72
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional grant
15	Expenditure	--
16	Objectives (Expected outcomes)	to enable the participants to have a basic understanding of the language and have sufficient exposure to make small sentences and develop a keen interest in the language
17	Is it part of National drive?	No
18	Number of sessions	7





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19	Content of the event	Samhita Pathan from various Samhitas with proper reading & understanding of Sanskrit language.
20	Activities / Process	Shloka recitation, Paragraph Reading from Ashtang Samgraha Sutra Sthana Chapters 11 – 15 – The paragraphs from these chapters randomly were asked to read with proper Sandhi Vighraha and pronunciations.
21	Integrating issue/s	-
22	Achieved Outcomes	Fluent reading & knowledge of Sanskrit language.
23	Infrastructure utilized	AIIA
24	Certification to participant (Sample)	-
25	Feedback with Analysis-Graphs	Feedback graphs were not required
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media like facebook and twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Workshop on “Basics of learning Sanskrit”

A seven days Sanskrit workshop “Basics of Learning Sanskrit” was held from 16<sup>th</sup> – 23<sup>rd</sup> April, 2018 for the students, scholars and staff of AIIA.

The aim of this workshop was to enable the participants to have a basic understanding of the language and have sufficient exposure to make small sentences and develop a keen interest in the language. The intention was to motivate the students to develop not only an additional skill but also to make them experience the depth and the beauty of the language and thereby the Ayurveda texts written in Sanskrit.

Resource person: Shri Acharya Vasudev Chamoli.



Charaka Samhita Pathanam, Siddhi Sthana



Charaka Prashnottari (Panel Discussion)





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## Charaka Genius Quiz



## Shlokakshari



## Caraka Samhita Pathanam – Sharira Sthana & Indriya Sthana



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Workshop on "Basics of learning Sanskrit" 2018-2019

GT.

## STUDENT ATTENDANCE SHEET

S No	NAME OF THE SCHOLAR	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
1	Geetika Pahuja						
2	Shalini						
3	Yashika Bidhuri		P	P		P	
4	Subhasmita Jena						P
5	Kshyamamayee Priyadarshini Jati	P					
6	Manisha Agrawal						
7	Praveen Kumar Sharma				P		
8	Monika						
9	Abhishek Anand						
10	Sonam						
11	Sonrya Gupta						
12	Abhay Kumar Prajapati						
13	Shikha Chaudhary						
14	Rashmi Tokas Rana						
15	Nasreen Ahmed						
16	Swarnima Mishra					P	P
17	Jitendra Gauttam	P	P				
18	Ramanuj Soni				P		
19	Ram Lakhan Meena						
20	Aosemha Jamir						
21	Hanumant Nirmal						
22	Neha Sharma						
23	Bushra Khanam		P	P			
24	Garima						
25	Sudha Dansana	P					
26	Soniya						
27	Shibani Dash				P	P	
28	Shalini Gupta		P				
29	Swati Chauhan						
30	Varnika Rani	P		P			
31	Madhu Bhardwaj						
32	Himanshu Sharma						P
33	Niladri Bhattacharjya						



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34	Poonam Gulati						
35	Paritosh Jha	P					
36	Santosh Kumari			P		P	
37	Anu Rithila						
38	Jitendra Kaur				P		P
39	Pragya Sharma						
40	Kriti Aggarwal	P	P				
41	Nikita Sharma						
42	Chinmayee Choudhary						
43	Neeraj Dubey						
44	Priti	P					
45	Poonam Dhruv						
46	Radha Kumari						
47	Sombir Sheoran						
48	Utkarsh Soni						
49	Priyanka Meena				P	P	
50	Deeksha Kushawaha	P					
51	Saroj Meena						
52	Pradeep Kumar			P			
53	Prajna Paramita Panda						P
54	Sapna						
55	Mukta	P					
56	Pratiya Chauhan						
57	Neha Awasthi						
58	Durgesh Senthya					P	
59	Arti Rai	P					
60	Klran Maruti Rao Jadhav				P		
61	Vishal Kumar						
62	Pratibha						P
63	Prashant Kumar	P	P				
64	Neha Yadav						
65	Seema Gupta						
66	Masooda						
67	Jitendra kumar Acharya						
68	Sharmila Patil	P					
69	Upasana Sonker				P	P	
70	Bhavana Mawar						
71	Pooja						P
72	Asha Malviya						



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## 5. Sanskrit & Teachers Day Celebration

1	Department Name/ Cell / Committee	Department of Samhita Siddhanta
2	Title of the event	Sanskrit & Teachers Day Celebration -
3	Nature of the event	Language and communication skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	5th September, 2018
6	Place or online mode	Conference Hall, Ground floor, Academic Block, AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr Tanuja Manoj Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director
9	Who are Participants	FACULTY, SCHOLARS
10	Number of participants	109
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional Grant
15	Expenditure	-
16	Objectives (Expected outcomes)	To honour the hard-work of faculties & to build the budding new generation of AYUSH doctors
17	Is it part of National drive?	No
18	Number of sessions	1
19	Content of the event	Shloka recitation, Cultural Dance and Competitions.



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20	Activities / Process	Teachers were felicitated with flowers and a cultural program was organised by scholars.
21	Integrating issue/s	To promote the togetherness among the entire AIIA family
22	Achieved Outcomes	To build stronger student teacher relationship.
23	Infrastructure utilized	Conference Hall, Ground floor, Academic Block, AIIA
24	Certification to participant (Sample)	Certificate was not given
25	Feedback with Analysis-Graphs	Feedback graphs were not required
26	Scope of improvement / Future event / plan	To create harmony between teacher student relationship
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media like facebook and twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Date

Signature of Dean

Stamp





# अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

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## Sanskrit & Teachers Day Celebration

Sanskrit Diwas is celebrated every year by All India Institute of Ayurveda on Shravana Purnima. This year Sanskrit Day was on 26th Aug, 2018. Thus, envisioned by director Prof. Tanuja Nesari, the Department of Samhita siddhanta was entrusted for the celebration of “Sanskrit Day” on 5th Sep, 2018. in this regards, “Sanskrit Competition” for scholars was held on 5th Sep, 2018 at 3.00 Pm Conference Hall, Ground floor, Academic Block, AIIA. The details are as under:

1. Shloka recitation (श्लोक पठन) from Ashtang Hridaya Sutra Sthana Chapter 11 - The shlokas have to be learnt from this chapter and were asked to recite it without seeing with proper pronunciations 2. Paragraph Reading (गद्यांश पठन) from Ashtang Samgraha Sutra Sthana Chapters 11 – 15 – The paragraphs from these chapters randomly were asked to read with proper Sandhi Vighraha and pronunciations.

Further, it was also planned to celebrate Teacher’s Day also after the completion of the Sanskrit Competition. And it was planned to felicitate senior teachers from Ayurveda fraternity in the same venue, for which Prof. S.K.Khandel, Ex-Prof., Deptt of Roga Nidana Vikriti Vigyan, National Institute of Ayurveda, Jaipur and Prof. (Dr.) S.K.Mishra, Ex Advisor, GOI, were the Teachers for felicitation. Also, Prof. Dr. Chand Kiran Suleja, Director-Academics of Sanskrit Promotion Foundation was also invited. Prof S. K. Khandel, Ex Prof, Deptt of Roga Nidana, NIA, Jaipur delivered a Guest lecture on “Ayurvedic concept of Manas Roga in Contemporary Scenario”. This was followed by Book Release of “Ashtang Hridaya” from Sanskrit Promotion Foundation by Prof. (Dr.) Chand Kiran Suleja, who also gave the brief note about the book and explained the significance of learning Sanskrit and Ayurveda in its originality. Prof. S.K.Khandel, Prof. S.K.Mishraji and Prof. Chand Kiran Suleja were felicitated by hands of Director, AIIA for their long standing contribution in the field of Teaching.



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Sanskrit Day 2018

STUDENT ATTENDANCE SHEET

S No	NAME OF THE SCHOLAR	ATTENDANCE
1	Geetika Pahuja	P
2	Shalini	P
3	Yashika Bidhuri	
4	Subhasmitra Jena	P
5	Kshyamamayee Priyadarsini Jati	
6	Manisha Aggrawal	P
7	Praveen Kumar Sharma	
8	Monika	P
9	Abhishek Anand	
10	Sonam	
11	Soniya Gupta	P
12	Abhay Kumar Prajapati	
13	Shikha Chaudhary	
14	Rashmi Tokas Rana	P
15	Nasreen Ahmed	
16	Swamima Mishra	P
17	Jitendra Gauttam	
18	Ramanuj Soni	
19	Ram Lakhan Meena	P
20	Aosemba Jamir	
21	Hanumant Nirmal	
22	Neha Sharma	P
23	Bushra Khanam	
24	Garima	P
25	Sudha Dansana	
26	Soniya	
27	Shibani Dash	P
28	Shalini Gupta	
29	Swati Chauhan	P
30	Varnika Rani	P
31	Madhu Bhardwaj	P
32	Hlmanshu Sharma	
33	Niladri Bhattacharjya	P
34	Poonam Gulati	



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35	Paritosh Jha	
36	Santosh Kumari	P
37	Ana Ruhila	
38	Jitendra Kaur	P
39	Pragya Sharma	
40	Kriti Aggarwal	
41	Nikita Sharma	P
42	Chinmayee Choudhary	
43	Neeraj Dubey	
44	Priti	P
45	Poonam Dhruv	
46	Radha Kumari	P
47	Sombir Sheoran	
48	Utkarsh Soni	P
49	Priyanka Meena	
50	Deeksha Kushawaha	P
51	Saroj Meena	
52	Pradeep Kumar	
53	Prajna Paramita Panda	P
54	Sapna	
55	Mukta	P
56	Pratiya Chauhan	
57	Neha Awasthi	P
58	Durgesh Senthia	
59	Arti Rai	P
60	Klran Maruti Rao Jadhav	
61	Vishal Kumar	
62	Pratibha	P
63	Prashant Kumar	
64	Neha Yadav	P
65	Seema Gupta	
66	Masooda	P
67	Jitendra kumar Acharya	
68	Sharmila Patil	P
69	Upasana Sonker	
70	Bhavana Mawar	P
71	Pooja	
72	Asha Malviya	P
73	Dimpal Gill	



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## C. Yoga and Wellness

### 1. International Yoga Day

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	International Yoga Day
3	Nature of the event	Online lecture series and Online Yoga sessions
4	Level (Institutional/university/ inter-university/ state/national/ international)	National level
5	Date and Time	2021 -22
6	Place or online mode	Online
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. I.V Basavaraddi Dr Arpan Bhat Dr Sunil Kumar Joshi Dr Satish Kumar Pathak
8	About Resource Person(s) / Expert(s)/ Guest(s)	Dr. I.V Basavaraddi: Director, MDNIY Dr Arpan Bhat, HoD of Swasthavritta & Yoga Dr Sunil Kumar Joshi: Uttarakhan Ayurveda Ayurveda university Dr Satish Kumar Pathak: Assistant Director, Scientifica Research dept.
9	Who are Participants	Scholars and Faculty
10	Number of participants	More than 200
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt recognized body	No
13	Sponsoring Agency	AIIA
14	Which Grant utilized	Institutional Grant
15	Expenditure	



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16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	4 Guest lectures
19	Content of the event	Online Yoga Quiz competition Poster Making Competition Essay writing Competition
20	Activities / Process	Conducted online guest lecture series to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people 150 candidates participated in online Yoga Quiz Competition 65 candidates who participated in poster making competition 25 experts and scholars participated nationwide essay writing competition
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis- Graphs	No
26	Scope of improvement / Future event / plan	As the pandemic was on verge during this Yoga day, in future we would like to celebrate Yoga day on a huge level by organizing it on a historical place.
27	Photographs of activities with captions	Report attached





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28	Media Coverage	No
29	Report submitted/ sent to	Director's Office
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

Stamp



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Department of Swasthavritta

## International Day of Yoga, 2021 Program Report

International Day of Yoga has been celebrated globally on 21<sup>st</sup> June every year, after announcement made by the United Nations General Assembly in the year 2014, on proposal of Hon'ble Indian Prime Minister Shri Narendra Modi during his speech on 27<sup>th</sup> September, 2014. Since 2015, the world and so is the All India Institute of Ayurveda, New Delhi (An autonomous body under Ministry of AYUSH, Govt. of India) has been celebrating International Day of Yoga with an intention of promoting Yoga and to achieve global health and wellness. We as an *Ayurveda Samithi* believes in '*Vasudhaiva Kutumbakam*' means the world is one big family and '*Sarve Bhavantu Sukhinah, Sarve Santu Niramaya*' means may all be at peace, may no one suffer from illness and this goal of health can only be achieved by understanding core strength of Yoga.

As the pandemic situation still continues to emerge at large in India, the approach towards IDY, 2021 was to be more cautious and to keep following the Covid protocols. By urging people to be at home and to be a part of IDY, 2021 as well, the Ministry of AYUSH, Govt. of India came up with the Theme 'Be with Yoga, Be at Home'. With a little deviation from the earlier approach, the Ministry of AYUSH encouraged people to practice Yoga at Home and with their Family by using digital media platforms for different engagements and All India Institute of Ayurveda successfully followed all the necessary guidelines and used various digital media platforms like Facebook, Go To meetings, Teams, Google Meet, etc. and conducted virtual Lectures, competitions and sessions. Following are the activities through which we promoted and celebrated IDY, 2021.

### Promotional activities for IDY, 2021

All India Institute of Ayurveda promoted the 7<sup>th</sup> International Day of Yoga, 2021 and its activities on various digital platforms like AIIA website, Facebook, E-mails, WhatsApp, etc. and through posters/banners outside AIIA premises. The idea was to aware maximal number of people about the activities initiated by us not just on Regional



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F. No. - 230/104/2021-AIIA/455-

Date: 24/06/2021

## REPORT

Subject: Event report of International Day of Yoga, 2021

This report is in regard to the celebration of 7<sup>th</sup> International Day of Yoga. On the occasion of IDY, 2021 All India Institute of Ayurveda conducted various competitions and activities in its premises and virtually with the Theme 'Be with Yoga, Be at Home' as per the guidelines of Ministry of AYUSH, Govt. of India. Many experts and scholars participated in these competitions, not only from India but from South Asian continent with eagerness. As the pandemic situation continues to loom large, the intent of this year's Theme slogan was to generate consciousness among the citizens of India and people worldwide to act responsibly and to encourage them to follow COVID appropriate behaviour. Therefore, the use of various social media platforms was encouraged with objective of reminding people about the countless benefits of practicing Yoga. In this context, enclosed herewith, an event report of International Day of Yoga, 2021.

Prof. Tanuja Manoj Nesari

(Director)

Copy to:

1. PS to Secretary, Ministry of AYUSH, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi-110023
2. PS to Addl. Secretary, Ministry of AYUSH, AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi-110023
3. NI Section

गौतमपुरी, सिराहा विहार, मथुरा रोड, नई दिल्ली-110076  
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076  
E-mail: aiiaindelhi@gmail.com Phone: 011-29948058 Fax: 011-29948600



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T. NO. B-11803/1/2019-AIIA/455

Date: 23.06.2021

To,  
The Director  
All India Institute of Ayurveda  
Gautampuri, Sarita Vihar  
New Delhi-110044

Subject: Submission of event report of International Day of Yoga, 2021

Respected ma'am,

With reference to the subject cited above, hereby submitting the event report of International Day of Yoga, 2021. All the necessary data and pictures of all the activities, which took place in the celebration of 7<sup>th</sup> International Day of Yoga are enclosed herewith.

Thanking You

Your Faithfully

Dr Medha Kulkarni  
Prof. & Head  
Department of Swasthavritta

गौतमपुरी, सिरिता विहार, मथुरा रोड, नई दिल्ली-110076  
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076  
E mail: aiiarenewdelhi@gmail.com Phone: 011-29948555 Fax: 011-29948660



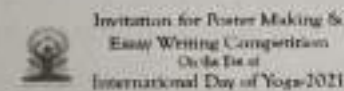
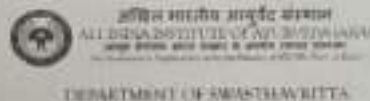
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but on National Level so, public on macroscale can participate. Following are some pictures which we used for the Promotional activities for IDY, 2021.



Instructions for Poster Making & Essay Writing Competition

- Send us your poster/essay in PDF format and save it as IDY 2021
- Send it along with your Name, Age, Institute and Contact Details
- Last date for submission will be 17th June 2021
- Winner will be announced on 21st June 2021

For more queries contact: [ayush@aiia.ac.in](mailto:ayush@aiia.ac.in)

## Activities under IDY, 2021

### 1. Curtain Raiser Program for IDY, 2021:

On 1<sup>st</sup> June, 2021 All India Institute of Ayurveda organised the Curtain Raiser for the 7<sup>th</sup> International Day of Yoga and laid the first stone for the IDY, 2021 activities. The Curtain Raiser was conducted virtually between the AIIA Faculty, Staff and Scholars and made accessible to the general public through Facebook Live on AIIA Facebook page. There were over 250 AIIA members who joined





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this virtual event and Prof. Tanuja Manoj Nesari ma'am, the Hon'ble Director, AIIA addressed those in attendance with her exhilarating and well informing talk on Yoga and it's many benefits. The pronouncement of the Competitions was also made by the Hon'ble Director, AIIA. The whole event was very high spirited and was concluded by Prof. Medha Kulkarni, ma'am, the respected Head, Department of Swasthavrita.



## 2. Online Expert Lecture Series:

To mark the 7<sup>th</sup> International Day of Yoga celebration, All India Institute of Ayurveda organised Online Expert Lecture Series for the Scholars, Faculty members and the general public through their social media platform. There were five guest Expert speakers who honoured us with their erudite lectures.

The first lecture was conducted on 1<sup>st</sup> June, 2021, the guest speaker was the Honourable Director, Dr Ishwar V. Basavaraddi of Morarji Desai National Institute of Yoga, New Delhi. The topic for his Expert lecture was 'Yoga for wellbeing: Past, Present and Future'. In his lecture he beautifully explained about the Philosophy of Yoga and how Yoga Philosophy can be a part of our modern day Lifestyle. The lecture was very informative and over 250 people joined the session and for the general public the session was made live through the official Facebook page of AIIA.





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## INTERNATIONAL YOGA DAY 2021-2022

### STUDENT ATTENDANCE SHEET

S.NO.	NAME OF SCHOLAR	ATTENDANCE
1	Dr. Nisha Aggarwal	P
2	Dr. Lokesh Sharma	P
3	Dr. Sadaf Khan	P
4	Dr. Anita Chaudhary	P
5	Dr. Annu Rani	
6	Dr. Atul Kumar	P
7	Dr. Kajal	
8	Dr. Niranjana Ram	
9	Dr. Arshath Jyothi PS	P
10	Dr. Gunjan Patheja	P
11	Dr. Gunjan Patheja	
12	Dr. Mithlesh Meena	P
13	Dr. Mythri H S	
14	Dr. Shimmi	P
15	Dr. Aparna Dileep	
16	Dr. Bhimrao Lalaji Meshram	
17	Dr. Alok Kumar Meher	P
18	Dr. Kavita Kumari	
19	Dr. Manish Dhima	P
20	Dr. Parwat	P
21	Dr. Pratik D. Bahutes	P
22	Dr. Swarnakant Jena	P
23	Dr. Charu Sharma	
24	Dr. Nidhi Tahlan	
25	Dr. Pragati Walla	
26	Dr. Priyanka Patidar	
27	Dr. Rekha Solanki	P
28	Dr. Sadaf Anjum	
29	Dr. Kiran Kumari	
30	Dr. Neelam	
31	Dr. Preeti	P
32	Dr. Robin Badal	



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33	Dr. Smrutimayee Sahoo	P
34	Dr. Anshu Sharma	P
35	Dr. Bhavana Sharma	
36	Dr. Meenakshi Sharma	
37	Dr. Shagufta Raahat	P
38	Dr. Anjali Dabas	P
39	Dr. Deenadayal Deyarajan	
40	Dr. Mahima Gujral	P
41	Dr. Sarita Sathian M.	
42	Dr. Aishwarya K.	P
43	Dr. Kulsoom Farheen	
44	Dr. Nasreen Hanifa	P
45	Dr. Sreenadh P.	
46	Dr. Ankita	P
47	Dr. Gunjan Sabarwal	
48	Dr. Sadaf Nasim	P
49	Dr. Gunjan Sharma	
50	YAMAN KUMAR SHARMA	P
51	RAHUL KUMAR BURDIA	
52	SHEETAL	
53	ITISHREE DASMOHAPATRA	P
54	AISHWARYA ASHISH JOGLEKAR	
55	KALPANA YADAV	
56	ANOOB CHATURVEDI	P
57	DEVIKA SINGH	
58	VAIBHAV VIVEK KAKDE	P
59	SUMEDH SANJAY JOSHI	
60	KARTHIK K P	P
61	VIJAY KUMAR PATHAK	
62	MAHESH CHAND	P
63	Pankaj Sharma	
64	SATYAJIT BEHERA	P
65	KUNDAN SUSHILKUMAR WASNIK	
66	DARSHAN MOHAN MAHULKAR	P
67	REETU	
68	ARCHANA SHUKLA	



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69	SWATI DHIRYAN	P
70	NISHANT MALHOTRA	
71	CHANCHAL AGGARWAL	P
72	BHAWNA	
73	HARSHAL PURUSHOTTAM BRAMHANWADE	P
74	DIKSHA NITIN KABRA	
75	PREETI PATEL	P
76	DIVYAMOL MD	P
77	POONAM PANDURANG GOUD	P
78	NEELAM MARODIA	P
79	EKTA SHARMA	
80	AMREEN SAIFI	
81	ANJALI MEENA	
82	SHIVANI SHARMA	
83	SAKSHI BADYAL	P
84	GANESH ANANDA TAMBE	
85	ALEENA GAURI	P
86	Sheetal Sharma	P
87	ARCHANA	P
88	PRIYANKA MISHRA	
89	VIVEK	P
90	NEETU SHARMA	
91	ROHIT	P
92	MEDHA CHANDRAKANT LAKKAWAR	P
93	ANKITA SUNIL PAWAR	
94	SONIA	P
95	NAVYA PAVITHRAN	P
96	KAVITA SHARMA	
97	TAJ BABY	P
98	FALIZIA KHAN	
99	SREYA RAJ S.R	P
100	SANKET CHANDRASHEKHAR RAWEKAR	P
101	AKHIL C SURESH	
102	ABHA SHARMA	
103	PREETI SINGH	
104	PREETI Paliwal	





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105	SAPNA KUMARI	P
106	MITANJALI BEHERA	P
107	RINKU CHOUHAN	P
108	BHAGYASHRI ARUN CHAKOLE	
109	PRIYANSHU CHAUHAN	
110	POOJA VASHIST	P
111	LILISHREE MEHER	P
112	LAXMI RATHORE	
113	DHANANJAY KUMAR	P
114	SHAVNAM CHAUDHARY	
115	BALVEER KAUR	P
116	HIMANSHU GALITAM	
117	SALMAN HASHMI	P
118	SMRUTIREKHA NAYAK	
119	MANISHA CHAURASIA	P
120	SWATI YADAV	
121	HARSHA RANJAN	P
122	SHWETA BHANDARI	
123	KANIKA BHATIA	P
124	VANDANA SHARMA	P
125	IQRA KHAN	P
126	VIJAY KUMAR VAID	
127	AKSHAY KUMAR	P
128	HEMANT YADAV	P
129	KIRTI SINGHAL	
130	RAHUL N	P
131	ANJU S RAJ	
132	SRISHTI KALRA	P
133	JITENDAR MEENA	
134	GUPTESWAR MISHRA	P
135	DIMPLE MEENA	
136	VANDANA YADAV	P
137	DIPTI KABADWAL	P
138	DURGA RANI	P
139	RAKSHA SHARMA	P
140	DEEPANKAR RAHUL	





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141	RAHUL JAIN	P
142	ABHJEET DAHIYA	
143	PRIYANKA SHARMA	P
144	TARANNUM JAHAN	P
145	HARSHALI ARUN SHENDE	P
146	HEMENDRA KUMAR SINGH	P
147	KARISHMA SHARMA	
148	ALFIA SALEEM	P
149	JYOTI	P
150	KUMKUM SINGH	
151	POONAM	P
152	SANDHYA RANI PADHI	P
153	ATHIRA K	
154	LIYA C K	P
155	SONAM RANGNATH DUBEY	
156	SHIREYA DHANAJI BHOSALE	
157	MOHD SUHAIL	
158	BALWANT KUMAR	
159	PRIYANKA	
160	MOHD ASHFAK	P
161	PUSHAPENDRA SHEHRIA	
162	PRATIMA RAGHUNATH GAIKWAD	
163	SHAMIYA PARVEEN	
164	MOHD AMIR MAQSOOD	
165	SWATI BHANDARI	P
166	KAVITA SINGARIYA	
167	PRIYANKA	
168	VANDNA	
169	HIMANI SHARMA	
170	NITISH KUMAR	P
171	RAHUL BISHT	
172	ANUPAM	
173	PRABI K P	P
174	BHANUJA SINGH	
175	NEHA KASHYAP	
176	SATENDRA SINGH	



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177	RAVINDER	P
178	DEEPAK KHUNDIA	
179	FAVESH MATHNIA	
180	SONIA	P
181	ANJANA ROY	
182	TANU DHAMA	
183	PRATIBHA	
184	GEETA	
185	SRUTHI MADUGULA	
186	Nikita Sharma	
187	Anjali Goyal	
188	Jitendra Kaur	
189	Vikash Kuma	
190	Dr. Shalini Varshney	P
191	Vishal Kumar	
192	Geetika Pahuja	P
193	Shifa Shetty P	P
194	Sonam	P
195	Neha Yadav	P
196	Masooda	
197	Abhay Kumar Prajapati	
198	Shabnam Bano	
199	Punam Namdeo Khobarkar	
200	Kartar Singh Bansal	
201	Dr. Alka Kapoor	P
202	Ankur Kumar Tanwar	P
203	Rahul Anand	
204	Arun Lal K	
205	Dr. Shekhar Ukey	P
206	Yoshitha C N	
207	Latika	
208	Dr. Manoj Kumar Shamkuwar	
209	Anita	P
210	Prajitha. P.K	
211	Dr. Tejashwini Buchade	
212	Shreshtha Kaushik	



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186	Nikita Sharma	
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188	Jitendra Kaur	
189	Vikash Kuma	
190	Dr. Shalini Varshney	P
191	Vishal Kumar	
192	Geetika Pahuja	P
193	Shifa Shetty P	P
194	Sonam	P
195	Neha Yadav	P
196	Masooda	
197	Abhay Kumar Prajapati	
198	Shabnam Bano	
199	Punam Namdeo Khobarkar	
200	Kartar Singh Bansal	
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202	Ankur Kumar Tanwar	P
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213	Manish Kumar Saini	P
214	Niladri Bhattacharjya	P
215	Dr. Neelam Gupta	P
216	Pratik Sharma	P
217	Manjusha P	
218	Siddharth Kumar	
219	Dr. Sudipa Saha	P
220	Kapil Mehar	P
221	Dhanisha B K	P
222	Jinoop P	
223	Deepak A S	P
224	Monika Kumari	
225	Kalanidhi Hota	P
226	Dr. Pankaj Kundal	P
227	Jayakrishnan K	
228	Divya Gupta	
229	Ashish Mishra	P
230	Dr. Shiipa Walkikar	



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## 2. Poshan Maah

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Poshan Maah
3	Nature of the event	Cleanliness drive & Quiz competition
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	2020 - 21
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Smt Smriti Zubin Irani Dr Munjapara Mahendrabhai Dr Rajesh Kotecha
8	About Resource Person(s) / Expert(s)/ Guest(s)	Smt Smriti Zubin Irani: Minister of Women and Child Development Dr Munjapara Mahendrabhai: Minister of State, Ministry of Ayush. Dr Rajesh Kotecha: Secretary, Ministry of Ayush. Ms Shraddha Marathe, Chief Dietician Dr Rashmi Sharma, Associate Professor, SPC Govt College
9	Who are Participants	Scholars and faculty
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	2 guest lecture





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		1 workshop on Nutrient Analysis
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	To enhance the country's knowledge towards the problem of malnutrition and aims to bring the healthy lifestyle around the country
23	Infrastructure utilized	All India Institute of Ayurveda
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	No Graph analysis was given
26	Scope of improvement / Future event / plan	program to improve nutritional outcomes for children, adolescents, pregnant women and lactating mothers by leveraging technology, a targeted approach and convergence
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Yes
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## POSHAN MAAH REPORT – 2021

DEPARTMENT OF SWASTHAVRITTA

ALL INDIA INSTITUTE OF AYURVEDA, NEW DELHI

The National Nutrition Mission is the Government of India's flagship programme to improve nutritional outcomes for children, pregnant women and lactating mothers launched by Honorable Prime Minister, Shri. Narendra Modi on the occasion of International Women's Day March 8, 2018. The POSHAN (Prime Minister's Overarching Scheme for Holistic Nourishment) Abhiyan, which is also known as National Nutrition Mission, directs the attention of the country towards the problem of malnutrition and addresses it in a mission mode. Since 2018, every year, the month of September is celebrated as POSHAN Maah under the POSHAN Abhiyaan.

### Motto of POSHAN Maah - 2021

The Women and Child Development (WCD) Ministry on August 29, 2021, announced to celebrate 4th POSHAN Maah as 'Thematic POSHAN Maah' across India throughout September 2021.

Every year, a unique theme is chosen to celebrate POSHAN Maah and this year as India celebrates the "Azadi ka Amrit Mahotsav" to ensure speedy and intensive outreach, the entire month has been subdivided into weekly themes for a focused and assimilated approach towards improving holistic Nutrition.

### POSHAN MAAH 2021 ACTIVITIES AT AIIA.

#### Inauguration

The POSHAN Maah activities of AIIA led by the Department of Swasthavritta, was officially inaugurated by Smt. Smriti Zubin Irani, Honorable Minister of Women and Child Development, Govt. of India on 1<sup>st</sup> of September, 2021. The event marked the opening of month-long series of programs on nutritional awareness for the staff of AIIA and also for the general public. The program was graced by the presence of Dr. Munjapara Mahendrabhai, Minister of State, Ministry of Ayush, Govt. of India and Dr. Rajesh Kotecha, Secretary, Ministry of Ayush. The Department of Swasthavritta hosted an exhibition of various healthy traditional recipes from different parts of India that can be utilized to promote holistic nutrition.



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The validatory function held at the Conference Hall of AIIA, presided over by Dr. Rajagopala S., Medical Superintendent -in charge, felicitated the eminent speakers of the workshop, organizers and later on distributed the certificates among the participants. Many participants shared their experiences and positive feedback of the workshop on this occasion.

This function marked the successful completion of Poshan Maah 2021.





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The workshop gave the opportunity for the scholars to on the various topics like Oil extraction by Soxhlet's Apparatus, Moisture estimation by hot air oven, Ash content estimation by muffle furnace, components of HPLC and its applications, Kjeldahl apparatus, CNHS Analyzer for protein estimation. The workshop concluded with the discussion and doubt clearance session in which the scholars actively participated.





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The inauguration was followed by an introductory class by Mr. Ankur Kumar in the conference hall detailing the apparatus and equipment to be used in the workshop along with the procedures. This session was followed by hands-on training at the labs of RRDR, AIIA, and the Department of Dravyaguna, AIIA.







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## Workshop for Ph.D. and PG scholars

Department of Swasthavritta and the Department of Rasashastra & Bhaishajyakalpana organized a three-day workshop on 'Nutrient analysis of food articles' in collaboration with the NIFTEM (National Institute of Food Technology Entrepreneurship and Management), Sonapat, Haryana. The workshop encompassed hands on training on techniques like basic nutrient analysis techniques and high-end techniques like HPLC. Smt. Nidhi Kaushik, Quality Manager, CFRA, NIFTEM and Shri. Ankur Kumar, Lab-in Charge, Central Instrumentation Laboratory at NIFTEM were in charge of the training.

The workshop was inaugurated by Dr. Tanuja Nesari, Director, AIIA; and both the PG and Ph.D. deans graced the occasion. The Director stated the need for inter-disciplinary collaboration to bring forward new research ideas for exploring Ayurveda models for undernutrition. Smt. Nidhi explained the basics of food technology and Shri Ankur detailed the topics that will be discussed and on the three-day hands-on training.





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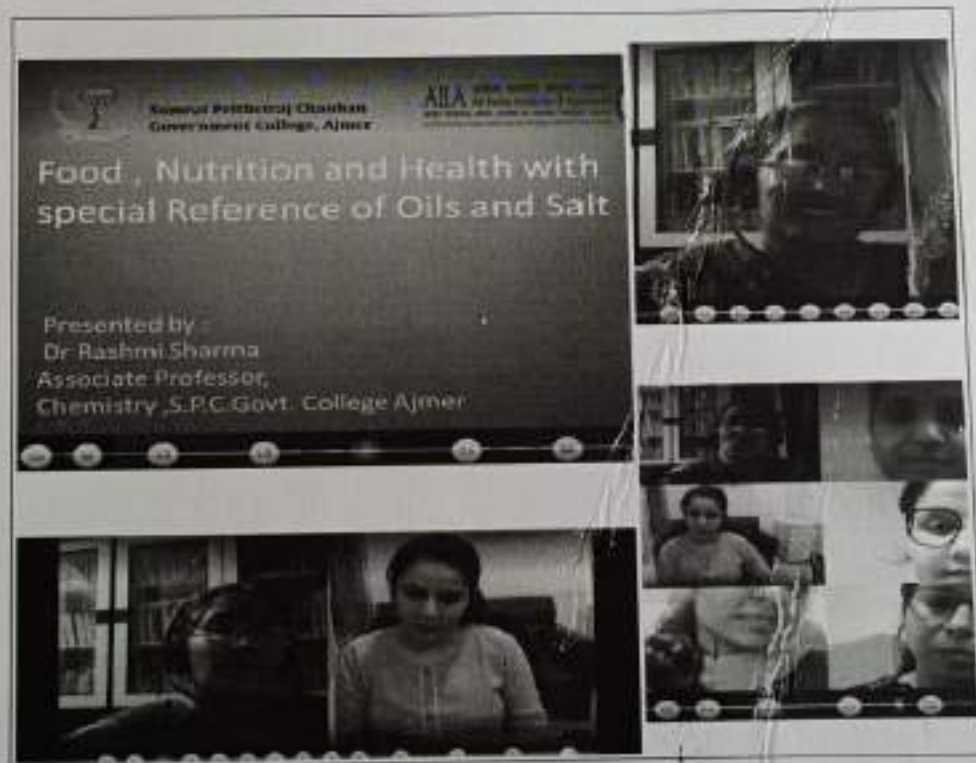
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## Academic Activities:

The academic programs involved online guest lectures by eminent scientists in the field of nutrition. The topics were chosen based on POSHAN maah theme and areas of contemporary relevance.

The first guest lecture was delivered by Ms. Shraddha Marathe, Chief Dietitian, Medienne Women's Clinic, Delhi on 07/09/2021. The topic of the lecture was "Nutritional Practices through Cultural aspects and Traditional Wisdom". The speaker gave in-depth detail about the diverse traditional foods originating from the diverse cultures of the Indian sub-continent. Also, the speaker highlighted the potential of these age-old traditional foods in balancing the nutrition requirements at different phases of an individual.

The second guest lecture was organized on 16/09/2021 on the topic "Food, nutrition and Health with special reference of Oils and salt" by Dr Rashmi Sharma, Associate professor, Department of Chemistry, S P C Govt. College, Ajmer. Speaking of the importance of using indigenous sources of oils, Dr. Sharma underlined the influence of new age marketing strategies on the change in Indian food habits.





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## Awareness lectures and quiz for OPD patients.

Daily lectures based on the weekly themes were conducted by the scholars of Department of Swasthavritta at the OPD premises. PG scholars explained the importance of nutrition and various methods for tackling malnutrition to the patients visiting from Delhi and other parts of North India. The lectures were followed by a short quiz with questions related to nutrition. The patients and the bystanders actively participated in these events.







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## POSHAN MAAH 2021-2022 STUDENT ATTENDANCE SHEET

68

S.NO.	NAME OF SCHOLAR	ATTENDANCE
1	Dr. Nisha Aggarwal	P
2	Dr. Lokesh Sharma	
3	Dr. Sadaf Khan	
4	Dr. Anita Chaudhary	P
5	Dr. Annu Rani	
6	Dr. Atul Kumar	
7	Dr. Kajal	
8	Dr. Niranjani Ram	P
9	Dr. Arshath Jyothi PS	
10	Dr. Gunjan Patheja	
11	Dr. Gunjan Patheja	
12	Dr. Mithlesh Meena	
13	Dr. Mythri H S	P
14	Dr. Shimmi	
15	Dr. Aparna Dileep	
16	Dr. Bhimrao Lalaji Meshram	P
17	Dr. Alok Kumar Meher	
18	Dr. Kavita Kumari	
19	Dr. Manish Dhima	P
20	Dr. Parwat	
21	Dr. Pratik D. Bahutes	
22	Dr. Swarnakant Jena	
23	Dr. Charu Sharma	P
24	Dr. Nidhi Tahlan	
25	Dr. Pragati Walia	
26	Dr. Priyanka Patidar	
27	Dr. Rekha Solanki	P
28	Dr. Sadaf Anjum	
29	Dr. Kiran Kumari	
30	Dr. Neelam	
31	Dr. Preeti	P
32	Dr. Robin Badal	





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33	Dr. Smrutimayee Sahoo	P
34	Dr. Anshu Sharma	P
35	Dr. Bhavana Sharma	
36	Dr. Meenakshi Sharma	P
37	Dr. Shagufta Raahat	
38	Dr. Anjali Dabas	
39	Dr. Deenadayal Deyarajan	
40	Dr. Mahima Gujral	
41	Dr. Sarita Sathian M.	P
42	Dr. Aishwarya K.	
43	Dr. Kulsoom Farheen	
44	Dr. Nasreen Hanifa	
45	Dr. Sreenadh P.	P
46	Dr. Ankita	
47	Dr. Gunjan Sabarwal	
48	Dr. Sadaf Nasim	P
49	Dr. Gunjan Sharma	
50	YAMAN KUMAR SHARMA	
51	RAHUL KUMAR BUIROLIA	P
52	SHEETAL	
53	ITISHREE DASMOHAPATRA	
54	AISHWARYA ASHISH JOGLEKAR	P
55	KALPANA YADAV	
56	ANOOPI CHATURVEDI	
57	DEVIKA SINGH	
58	VAIBHAV VIVEK KAKDE	P
59	SUMEDH SANJAY JOSHI	
60	KARTHIK K P	
61	VUJAY KUMAR PATHAK	P
62	MAHESH CHAND	
63	Pankaj Sharma	
64	SATYAJIT BEHERA	P
65	KUNDAN SUSHILKUMAR WASNIK	
66	DARSHAN MOHAN MAHULKAR	
67	REETU	P
68	ARCHANA SHUKLA	



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69	SWATI DHIRYAN	P
70	NISHANT MALHOTRA	
71	CHANCHAL AGGARWAL	P
72	BHAWNA	
73	HARSHAL PURUSHOTTAM BRAMHANWADE	
74	DIKSHA NITIN KABRA	P
75	PREETI PATEL	
76	DIVYAMOL MD	
77	POONAM PANDURANG GOUD	
78	NEELAM MARODIA	P
79	EKTA SHARMA	
80	AMREEN SAIFI	
81	ANJALI MEENA	P
82	SHIVANI SHARMA	
83	SAKSHI BADYAL	
84	GANESH ANANDA TAMBE	P
85	ALEENA GAURI	
86	Sheetal Sharma	
87	ARCHANA	
88	PRIYANKA MISHRA	P
89	VIVEK	
90	NEETU SHARMA	
91	ROHIT	P
92	MEDHA CHANDRAKANT LAKKAWAR	
93	ANKITA SUNIL PAWAR	
94	SONIA	
95	NAVYA PAVITHRAN	P
96	KAVITA SHARMA	
97	TAJ BABY	
98	FALIZIA KHAN	P
99	SREYA RAJ S.R	
100	SANKET CHANDRASHEKHAR RAWEKAR	
101	AKHIL C SURESH	P
102	ABHA SHARMA	
103	PREETI SINGH	P
104	PREETI Paliwal	



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105	SAPNA KUMARI	P
106	MITANJALI BEHERA	
107	RINKU CHOUHAN	
108	BHAGYASHRI ARUN CHAKOLE	P
109	PRIYANSHU CHAUHAN	
110	POOJA VASHIST	
111	LILISHREE MEHER	
112	LAXMI RATHORE	P
113	DHANANJAY KUMAR	
114	SHAVNAM CHAUDHARY	
115	BALVEER KAUR	
116	HIMANSHU GAUTAM	P
117	SALMAN HASHMI	
118	SMRUTIREKHA NAYAK	
119	MANISHA CHAURASIA	P
120	SWATI YADAV	
121	HARSHA RANJAN	
122	SHWETA BHANDARI	
123	KANIKA BHATIA	P
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130	RAHUL N	
131	ANJU S RAJ	†
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160	MOHD ASHFAK	
161	PUSHAPENDRA SHEHRIA	
162	PRATIMA RAGHUNATH GAIKWAD	
163	SHAMIYA PARVEEN	P
164	MOHD AMIR MAQSOOD	
165	SWATI BHANDARI	P
167	KAVITA SINGARIYA	
168	PRIYANKA	
169	VANDNA	
170	HIMANI SHARMA	
171	NITISH KUMAR	P
172	RAHUL BISHT	
173	ANUPAM	
174	PRABI K P	
175	BHANUJA SINGH	P
176	NEHA KASHYAP	
177	SATENDRA SINGH	





# अखिल भारतीय आयुर्वेद संस्थान

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178	RAVINDER	P
179	DEEPAK KHINDIA	
180	FAVESH MATHNIA	P
181	SEHNA	
182	ANJANA ROY	P
183	YANU DHAMA	
184	PRATIBHA	
185	GEETA	P
186	SRUTHI MADUGULA	
187	Nikita Sharma	
188	Anjali Goyal	
189	Itendra Kaur	P
190	Vikash Kuma	
191	Dr. Shalini Varshney	
192	Vishal Kumar	
193	Geetika Pahuja	
194	Shifa Shetty P	P
195	Sonam	
196	Neha Yadav	
197	Masooda	
198	Abhay Kumar Prajapati	P
199	Shabnam Bano	
200	Punam Namdeo Khobarkar	
201	Kartar Singh Bansal	
202	Dr. Alka Kapoor	P
203	Ankur Kumar Tanwar	
204	Rahul Anand	
205	Arun Lal K	
206	Dr. Shekhar Ukey	P
207	Yoshitha C N	
208	Latika	
209	Dr. Manoj Kumar Shamkuwar	P
210	Anita	
211	Prajitha. P. K	
212	Dr. Tejashwini Buchade	P
213	Shreshtha Kaushik	





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214	Manish Kumar Saini	P
215	Niladri Bhattacharjya	
216	Dr. Neelam Gupta	
217	Pratik Sharma	P
218	Manjusha P	P
219	Siddharth Kumar	
220	Dr. Sudipa Saha	P
221	Kapil Mehar	
222	Dhanisha B K	
223	Jinoop P	
224	Deepak A S	P
225	Monika Kumari	
226	Kalanidhi Hota	
227	Dr. Pankaj Kundal	P
228	Jayakrishnan K	
229	Divya Gupta	
230	Ashish Mishra	P
231	Dr. Shilpa Walkikar	



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## 3. Nutrient Analysis of Food Articles

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Nutrient Analysis of Food Articles
3	Nature of the event	Workshop for Scholars
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional level
5	Date and Time	18 <sup>th</sup> , 25 <sup>th</sup> and 12 <sup>th</sup> September, 2021
6	Place or online mode	Offline
7	Resource Person(s) / Expert(s)/ Guest(s)	Smt Nidhi Kausik Mr Ankur Kumar
8	About Resource Person(s) / Expert(s)/ Guest(s)	Smt Nidhi Kausik, Quality Manager, CFRA, NIFTEM Mr Ankur Kumar Lab-In-Charge, Central instrumental Laboratory at NIFTEM
9	Who are Participants	MD Scholars
10	Number of participants	35
11	Under which scheme	Poshan Maah
12	Collaborative agency Government / Govt recognized body	NIFTEM
13	Sponsoring Agency	AIIA, Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	1,00,000
16	Objectives (Expected outcomes)	To bring forward new research ideas for exploring Ayurveda models for undernutrition.
17	Is it part of National drive?	no
18	Number of sessions	3
19	Content of the event	Hands-on Training at the labs of RRDR, AIIA
20	Activities / Process	Oil extraction by soxlet's Apparatus, Moisture estimation by hot air oven, ash content estimation



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		by muffle furnace, components of HPLC and its application
21	Integrating issue/s	
22	Achieved Outcomes	to enhance scholar's knowledge on hands on training techniques like basic nutrient analysis techniques and high-end techniques like HPLC.
23	Infrastructure utilized	Laboratory of RRDR, Department of Dravyaguna
24	Certification to participant (Sample)	attached
25	Feedback with Analysis-Graphs	no
26	Scope of improvement / Future event / plan	Inter-disciplinary collaboration brings forward new research ideas for exploring Ayurveda models for undernutrition.
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	yes
30	Award / Recognition for the event	no

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Nutrient Analysis of Food Articles

1. The Department of Swasthavritta organised Online Guest Lecture series as a part of academic activities. There were two guest lectures conducted in the month of September.
  - Guest Talk by Dr Shraddha Bharate, Dietitian, Deen Dayal Research Institute, Delhi on the topic “Nutritional Practices through Cultural aspects & Traditional wisdom” on 9th September, 2021.
  - By Dr Rashmi Sharma, Associate Prof, Dept of Chemistry, Samrat Prithviraj Chauhan Government College, Ajmer on the topic “Food, Nutrition and Health with special references of oils and salts” on 16<sup>th</sup> September, 2021.
  - Dr M.B Kavita, Associate Professor, SDM college on “Lifestyle Modification protocols for Lifestyle diseases.” in departmental seminar room on 25.2.2022
  - Dr Manjunatha N.S, Principal, Prof. Dept of Swasthavriita, Shri Babu Singh Jay Singh Ayurvedic Medical College & Hospital delivered a guest lecture on “Importance of Lifestyle Modification during COVID-19 pandemic” in departmental seminar room on 25.2.2022.



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## WORKSHOP ON 'NUTRIENT ANALYSIS OF FOOD ARTICLES'

### Workshop for Ph.D. and PG scholars

Department of Swasthavrittha and the Department of Rasashastra & Bhaishajyakalpana organized a three-day workshop on 'Nutrient analysis of food articles' in collaboration with the NIFTEM (National Institute of Food Technology Entrepreneurship and Management), Sonapat, Haryana. The workshop encompassed hands on training on techniques like basic nutrient analysis techniques and high-end techniques like HPLC. Smt. Nidhi Kaushik, Quality Manager, CFRA, NIFTEM and Shri. Ankur Kumar, Lab-in Charge, Central Instrumentation Laboratory at NIFTEM were in charge of the training.

The workshop was inaugurated by Dr. Tanuja Nesari, Director, AIIA; and both the PG and Ph.D. deans graced the occasion. The Director stated the need for inter-disciplinary collaboration to bring forward new research ideas for exploring Ayurveda models for undernutrition. Smt. Nidhi explained the basics of food technology and Shri Ankur detailed the topics that will be discussed and on the three-day hands-on training.







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The inauguration was followed by an introductory class by Mr. Ankur Kumar in the conference hall detailing the apparatus and equipment to be used in the workshop along with the procedures. This session was followed by hands-on training at the labs of RRDR, AIIA, and the Department of Dravyaguna, AIIA.





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## Workshop on Nutrient Analysis 2021-2022

### STUDENT ATTENDANCE SHEET

58

S.NO.	NAME OF SCHOLAR	ATTENDANCE
1	Dr. Nisha Aggarwal	
2	Dr. Lokesh Sharma	P
3	Dr. Sadaf Khan	
4	Dr. Anita Chaudhary	P
5	Dr. Annu Rani	
6	Dr. Atul Kumar	
7	Dr. Kajal	
8	Dr. Niranjana Ram	
9	Dr. Arshath Jyothi PS	P
10	Dr. Gunjan Patheja	
11	Dr. Gunjan Patheja	
12	Dr. Mithlesh Meena	
13	Dr. Mythi H S	
14	Dr. Shimmi	
15	Dr. Aparna Dileep	
16	Dr. Bhimrao Lalaji Meshram	P
17	Dr. Alok Kumar Meher	
18	Dr. Kavita Kumari	
19	Dr. Manish Dhima	P
20	Dr. Parwat	
21	Dr. Pratik D. Bahutes	
22	Dr. Swarnakanti Jena	
23	Dr. Charu Sharma	P
24	Dr. Nidhi Tahlan	
25	Dr. Pragati Walla	
26	Dr. Priyanka Patidar	
27	Dr. Reekha Solanki	
28	Dr. Sadaf Anjum	
29	Dr. Kiran Kumari	
30	Dr. Neelam	P



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31	Dr. Preeti	
32	Dr. Robin Baidi	
33	Dr. Smrutimayee Sahoo	P
34	Dr. Anshu Sharma	
35	Dr. Bhavna Sharma	
36	Dr. Meenakshi Sharma	
37	Dr. Shagufta Rasool	P
38	Dr. Anjali Dattas	
39	Dr. Deenadayal Devrajani	
40	Dr. Mahanta Gujal	
41	Dr. Sarita Sathian M.	
42	Dr. Aishwarya K.	P
43	Dr. Kulsoom Fatheen	
44	Dr. Nasreen Hanifa	
45	Dr. Sreenadha P.	
46	Dr. Ankita	
47	Dr. Gunjan Saharwal	
48	Dr. Sadaf Nasim	
49	Dr. Gunjan Sharma	P
50	YAMAN KUMAR SHARMA	
51	RAHUL KUMAR BURIOLA	
52	SHEETAL	
53	ITISHREE DASMOHAPATRA	P
54	ASHWARYA ASHISH JOGLEKAR	
55	KALPANA YADAV	
56	ANCOOP CHATURVEDI	
57	DEVIKA SINGH	
58	VAIBHAV VIVEK KAKDE	P
59	SUMEDH SANJAY JOSHI	
60	KARTHIK K P	
61	VIJAY KUMAR PATHAK	
62	MAHESH CHAND	P
63	Pankaj Sharma	
64	SATYAJIT BEHERA	P
65	KUNDAN SUSHILKUMAR WASNIK	
66	DARSHAN MOHAN MAHULKAR	P



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67	BEETU	
68	ARCHANA SHUKLA	
69	SWATI DHIRYAN	P
70	NISHANT MALHOTRA	
71	CHANCHAL AGGARWAL	
72	BHAWNA	
73	HARSHAL PURUSHOTTAM BRAMHANWADE	P
74	DIKSHA NITIN KABRA	
75	PREETI PATEL	P
76	DIVYAMOL MD	
77	POONAM PANDURANG GUD	
78	NEELAM MARODIA	
79	EKTA SHARMA	P
80	AMREEN SAIFI	
81	ANJALI MEENA	P
82	SHIVANI SHARMA	
83	SAKSHI BADYAL	
84	GANESH ANANDA TAMBE	
85	ALEENA GAURI	
86	Sheetal Sharma	P
87	ARCHANA	
88	PRIYANKA MISHRA	
89	VIVEK	P
90	NEETU SHARMA	
91	ROHIT	
92	MEDHA CHANDRAKANT LAKKAWAR	
93	ANKITA SUNIL PAWAR	P
94	SONIA	
95	NAVYA PAVITHRAN	
96	KAVITA SHARMA	P
97	TAJ BABY	
98	FAUZIA KHAN	
99	SREYA RAJ S.R	
100	SANKET CHANDRASHEKHAR RAWSEKAR	
101	AKHIL C SURESH	P
102	ABHA SHARMA	



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103	PREETI SINGH	
104	PREETI Pathwal	
105	SAPNA KUMARI	
106	MITANJALI BEHERA	
107	RINKU CHOUHAN	P
108	BHAGYASHRI ARUN CHAKOLE	
109	PRIYANSHU CHAUHAN	
110	POOJA VASHIST	
111	ULUSHREE MEHER	P
112	LAXMI RATHORE	
113	DHANANJAY KUMAR	
114	SHAVNAM CHAUDHARY	P
115	SALVEER KALUR	
116	HIMANSHU GAUTAM	
117	SALMAN HASHMI	
118	SMRUTIREKHA NAYAK	
119	MANISHA CHAUBASIA	P
120	SWATI YADAV	
121	HARSHA RANJAN	
122	SHIWETA BHANDARI	
123	KANIKA BHATIA	
124	VANDANA SHARMA	P
125	IQRA KHAN	
126	VIJAY KUMAR VAID	
127	AKSHAY KUMAR	
128	HEMANT YADAV	
129	KIRTI SINGHAE	P
130	RAHUL N	
131	ANJU S RAJ	
132	SRISHTI KALRA	
133	JITENDAR MEENA	P
134	GUPTESWAR MISHRA	
135	DIMPLE MEENA	
136	VANDANA YADAV	
137	DIPTI KABADWAL	
138	DURGA RANI	P





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139	PAKSHA SHARMA	
140	DEEPANKAR RAHUL	
141	RAHUL JAIN	
142	ABHIJEET DASHYA	
143	PREYANKA SHAHMA	P
144	TARANNUM JAHAN	
145	MARSHALI ARUN SHENDI	
146	HEMENDRA KUMAR SINGH	
147	KARISHMA SHARMA	
148	ALFA SALEEM	
149	JYOTI	
150	KUMKUM SINGH	P
151	POONAM	
152	SANDHYA RANI PADHI	
153	ATHIRA K	P
154	LIYA C K	
155	SONAM RANGNATH DUBEY	
156	SHREYA DHANAJI BHOSALE	
157	MOHD SUHAIL	P
158	BALWANT KUMAR	
159	PREYANKA	
160	MOHD ASHFAK	
161	PUSHAPENDRA SHENRI	
162	PRATIMA RAGHUNATH GAIKWAD	P
163	SHAMIYA PARVEEN	
164	MOHD AMIR MAQSOOD	
165	SWATI BHANDARI	
166	KAVITA SINGARIYA	P
167	PREYANKA	
168	VANDNA	
169	HIMANI SHARMA	
170	NITISH KUMAR	P
171	RAHUL BISHT	
172	ANUPAM	
173	PRABI K P	P
174	BHANUJA SINGH	



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175	NEHA KASHYAP	
176	SATENDRA SINGH	
177	RAVINDER	
178	DEEPA KHUNDIA	P
179	PAVESH MATHNIA	
180	SONIA	
181	ANJANA ROY	
182	TANU DHAMA	
183	PRATIBHA	P
184	GEETA	
185	SRUTHI MADUGULA	
186	Nikita Sharma	
187	Anjali Goyal	
188	Jitendra Kaur	P
189	Vikash Kuma	
190	Dr. Shalini Varshney	
191	Vishal Kumar	P
192	Geetika Pahuja	
193	Shifa Shetty P	
194	Sonam	
195	Neha Yadav	
196	Masooda	
197	Abhay Kumar Prasad	P
198	Shabnam Bano	
199	Punam Namdeo Khobarkar	
200	Kartar Singh Bansal	P
201	Dr. Alka Kapoor	
202	Ankur Kumar Tanwar	
203	Rahul Anand	
204	Arun Lal K	P
205	Dr. Shekhar Dikey	
206	Yashitha C N	
207	Latika	P
208	Dr. Manoj Kumar Shamsuwar	
209	Anita	
210	Prajitha P.K	P



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211	Dr. Tejashwini Burchade	
212	Shreshtha Kaushik	P
213	Manish Kumar Saini	
214	Niladri Bhattacharyya	
215	Dr. Neelam Gupta	P
216	Pratik Sharma	
217	Manjusha P	
218	Siddharth Kumar	P
219	Dr. Sudipa Saha	
220	Kapil Mehar	
221	Dhanisha B K	P
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224	Monika Kumari	
225	Kalanidhi Hota	P
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## 4. International Yoga Day

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	International Yoga Day
3	Nature of the event	Online Yoga & Asaan competitions
4	Level (Institutional/university/ inter-university/ state/national/ international)	National level
5	Date and Time	2020
6	Place or online mode	Online
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 200
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt recognized body	No
13	Sponsoring Agency	AIIA
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Protocol Training for staff Online yoga competition



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		Asan competition Poster making competition
20	Activities / Process	Conducted Asan competition and Online yoga competition to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people 150 candidates participated in online Yoga Quiz Competition 65 candidates who participated in poster making competition 25 experts and scholars participated nationwide Article writing competition
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	As the pandemic was on verge during this Yoga day, in future we would like to celebrate Yoga day on a huge level by organizing it on a historical place.
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Director's Office
30	Award / Recognition for the event	No





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Signature of Event In-charge

Signature of Dean

Date

Stamp



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## 5. Swach Bharat Abhiyaan

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



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(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

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

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## CLEANLINESS DRIVE

All the members of AIIA, have participated in Cleanliness drive & Sanitation work covering the OPD blocks & Quarantine centres (NTPC quarters) of AIIA for four days 24<sup>th</sup> Oct to 27<sup>th</sup> Oct 2020.



## PLANTATION DRIVE

On 20<sup>th</sup> Oct 2020, a Green Initiative drive/plantation drive was arranged as a part of Samskarta Pakhwada activities at All India Institute of Ayurveda, New Delhi. All Faculty members, staff and PG scholars joined hands for this noble event.

Faculty and staff were then invited to take part in plantation drive. Every individual was encouraged to plant a sapling and were motivated to care it after the plantation too. Various plants having medicinal as well as air pollution combating properties viz. Neem, Karanj, Karbudar, Guduchi, Saptaparna, Putranjeevak, Bakul etc were planted at the AIIA premises.





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## 6. International Yoga Day

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	International Yoga Day
3	Nature of the event	Quiz on yoga competitions
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional level
5	Date and Time	2019
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 112
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt. recognized body	Ministry of Ayush
13	Sponsoring Agency	AIIA, Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Yoga Training for staff







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		yoga Quiz for patients
20	Activities / Process	Conducted yoga Quiz and yoga competition to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	no
25	Feedback with Analysis- Graphs	No
26	Scope of improvement / Future event / plan	To celebrate yoga day on a wider scale to aware the common people regarding the benefits of Yoga
27	Photographs of activities with captions	 




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28	Media Coverage	No
29	Report submitted/ sent to	Yes
30	Award / Recognition for the event	No



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## 7. SWACH BHARAT ABHIYAAN

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Swach Bharat Abhiyaan
3	Nature of the event	Cleanliness Drive, essay competition, painting competition, slogan and quiz competition
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	Oct 16 <sup>th</sup> to 31 <sup>st</sup> Oct, 2019
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	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	
16	Objectives (Expected outcomes)	To spread awareness regarding biomedical waste management
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Cleanliness Drive, sanitation work biomedical waste management 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



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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, short movie clip competition, quiz competition
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
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Yes
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

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## 8.POSHAN MAAH

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**ALL INDIA INSTITUTE OF AYURVEDA**

1	Department Name/ Cell / Committee	Swaasthyaartha
2	Title of the event	Poshan Maah
3	Name of the event	Awareness Lecture & Quiz competition
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	2019
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Director Mission inaugurated the event
8	About Resource Person(s) / Expert(s)/ Guest(s)	
9	Who are Participants	Scholars, staff and faculty
10	Number of participants	
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	4
19	Content of the event	Awareness lecture series were conducted
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 issues	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	The activities conducted in the month enhances the knowledge
23	Infrastructure utilized	All India Institute of Ayurveda
24	Certification to participant (Sample)	Yes
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	To encourage the population towards healthy dietary habits.
27	Photographs of activities with captions	Report Attached
28	Media Coverage	No
29	Report submitted/ sent to	yes
30	Award / Recognition for the event	No

Signature of Event In-charge:

Signature of Head:

Date:

Stamp:

गौतमपुरी, सरीत विहार, मथुरा रोड, नई दिल्ली - 110074  
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110074  
Phone: 011-29949658 Fax: 011-29948660





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ALL INDIA INSTITUTE OF AYURVEDA

1	Department Name/ Cell / Committee	Swachhavrta
2	Title of the event	International Yoga Day
3	Nature of the event	Quiz on yoga competitions
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional level
5	Date and Time	2018
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 112
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	AIIA, Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Yoga Training for staff yoga Quiz for patients
20	Activities / Process	Conducted yoga Quiz and yoga competition to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	no
25	Feedback with Analysis-Graphs	No

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Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076  
E-mail: aiiainewdelhi@gmail.com Phone: 011-29948658 Fax: 011-29948660



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26. Scope of improvisement / Future event / plan	To celebrate yoga day on a wider scale to aware the common people regarding the benefits of Yoga
27. Photographs of activities with captions	  
28. Media Coverage	No
29. Report submitted/ sent to	Yes
30. Award / Recognition for the event	No

Signature of Event In-charge

Dr. Deepika Singh / Dr. Shikha Singh  
 सचिव/प्रमुख आयुर्वेद संस्थान  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख

Date

Signature of Head

Dr. Deepika Singh / Dr. Shikha Singh  
 सचिव/प्रमुख आयुर्वेद संस्थान  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख  
 आयुर्वेद संस्थान / आयुर्वेद प्रमुख

Stamp

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 Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: aiia@delhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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## 9. International Yoga Day

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	International Yoga Day
3	Nature of the event	Yoga camp
4	Level (Institutional/university/ inter-university/ state/national/ international)	National level
5	Date and Time	2018
6	Place or online mode	
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. I.V Basavaraddi Dr Arpan Bhat Dr Sunil Kumar Joshi Dr Satish Kumar Pathak
8	About Resource Person(s) / Expert(s)/ Guest(s)	Dr. I.V Basavaraddi: Director, MDNIY Dr Arpan Bhat, HoD of Swasthavritta & Yoga Dr Sunil Kumar Joshi: Uttarakhan Ayurveda Ayurveda university Dr Satish Kumar Pathak: Assistant Director, Scientifica Research dept.
9	Who are Participants	Scholars and Faculty
10	Number of participants	More than 200
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt recognized body	No
13	Sponsoring Agency	AIIA
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and



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		encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	1
19	Content of the event	Online Yoga Quiz competition Poster Making Competition Essay writing Competition
20	Activities / Process	Conducted online guest lecture series to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people 150 candidates participated in online Yoga Quiz Competition 65 candidates who participated in poster making competition 25 experts and scholars participated nationwide essay writing competition
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	As the pandemic was on verge during this Yoga day, in future we would like to celebrate Yoga day on a huge level by organizing it on a historical place.
27	Photographs of activities with captions	Report attached
28	Media Coverage	No



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29	Report submitted/ sent to	Director's Office
30	Award / Recognition for the event	No

Signature of Event In-charge

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## International Yoga Day

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, Jahnvi

**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.

**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



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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.

## Inauguration of Yoga Day by the Guests



## Yoga Demonstrations by school students and MD scholars of AIIA



## Prize distribution for the prize winners



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## 10.Poshaan Maah

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Poshaan Maah
3	Nature of the event	Cleanliness drive & Quiz competition
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	2018
6	Place or online mode	All India Institute of Ayurveda
7	Resource Person(s) / Expert(s)/ Guest(s)	Director Madam inaugurated the event
8	About Resource Person(s) / Expert(s)/ Guest(s)	
9	Who are Participants	Scholars and faculty
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	2 guest lecture 1 workshop on Nutrient Analysis
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.



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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	
23	Infrastructure utilized	
24	Certification to participant (Sample)	
25	Feedback with Analysis-Graphs	
26	Scope of improvement / Future event / plan	
27	Photographs of activities with captions	
28	Media Coverage	
29	Report submitted/ sent to	
30	Award / Recognition for the event	

Signature of Event In-charge

Signature of Dean

Date

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# अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

## 11. National nutritional week

### National Nutrition Week - 1<sup>st</sup> to 7<sup>th</sup> September 2018

Every year National Nutrition Week is celebrated from 1<sup>st</sup> to 7<sup>th</sup> September 2018. India is a country with large population. The nutritional deficiency is very common especially in the poor community and most commonly affects women and child health. Further, the lack of awareness adds on to the problem. Hence, to create awareness among the population so as to tackle the problem at grass root level Nutritional Week was celebrated.

#### Events Organised

1. Continuous display of nutritional awareness related issues on the LCD screens in the waiting lounge of AIIA, hospital.
2. Anaemia Screening Campaign jointly by Dept. of Kaumara Bhritya and Roga Nidan and Vikriti Vigyana
3. Data collection under progress on the *Rasayana* (Rejuvenating) diet in practice by Dept. of Swasthavritta regarding *Rasayana* diet in practice among the population in and around Delhi, NCR
4. Nutritional Awareness Lectures for patients throughout the month for the patients
5. Guest lectures by experts for students and staff.
6. Promotional activities like patient quiz, Paper presentation competition, Supanaipunya- Cooking Competition for students' staff were held to enhance their interest in nutrition and its practical aspects.

#### Details of the events organized:

**Continuous display of nutritional awareness material on the LCD screens in the waiting lounge of AIIA, hospital.**

##### Topics:

1. Diet and Ayurvedic management of Anaemia
2. Diabetes and Nutrition
3. Nutritional aspect in skin disorders
4. Digestive tract disorders and nutrition
5. Nutrition in Arthritis

Anaemia Screening Campaign jointly by Dept. of Kaumara Bhritya and Roga Nidan and Vikriti Vigyana from 1<sup>st</sup> to 7<sup>th</sup> September 2018. Data collection under progress on the *Rasayana* diet in practice by Dept. of Swasthavritta.

**Title of the study:** 'Cross- sectional survey study to know the *Rasayana* diet in practice among the population in and around Delhi, NCR'.



#### Nutritional Awareness Lecture for patients

1. Prevention of Nutritional deficiency disorders, by Dr. Abhishek, Dept. of Kaumara Bhritya on 4<sup>th</sup> September 2018



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2. Nutrition and Hygiene, Dr. Monika, by Department of Swasthavritta, 5<sup>th</sup> September 2018
3. Importance of Balanced Diet in health promotion, by Dr. Prajna Paramita Panda, Department of Swasthavritta, on 6<sup>th</sup> September 2018



**Daily Quiz for patients on common nutritional aspects from 4<sup>th</sup> to 6<sup>th</sup> September 2018**

Winner: Kritika Bharadwaj

**Lectures on nutrition for Post Graduate students and teachers held on 6<sup>th</sup> September 2018 at conference room, AIIA**

1. Geriatric Nutrition by Dr. Shivakumar Harti, Dept. of Swasthavritta
2. Nutrition in women by Dr. Meenakshi Pandey
3. Nutrition in Ocular Health by Prof. Manjusha Rajagopala



**Paper presentation competition for students on the topic 'Health Hazards of Processed food and stale food' held on 6<sup>th</sup> September 2018 at conference room, AIIA**

Totally 8 participants from various departments participated in the event







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Prize winners:

- I Prize: Dr. Rashmi Tokas, Dept. of Kayachikitsa and Dr. Rohit Singh, Dept. of Rasa Shastra
- II Prize: Monika, Dept. of Swasthavritta
- III Prize: Swati Chauhan, Dept. Roga Nidana and Vikriti Vigyana

## Extempore presentation held on 6<sup>th</sup> September 2018 at conference room, AIIA:

Totally 11 participants from various departments participated in the event. Different topics like *Sanskara* (Processing), *Nitya Sevaniya Ahara* (Diet to be taken regularly), *Vegetables (Shakavarga)*, *Shukadhanya* (Cereals), *Dadhi and Takra* (Curd and Butter milk), *Ikshuvarga* (Sugarcane products), *Pathya* (Wholesome food), *Shamidhanya* (Pulses), *Fruits (Phalavarga)*, *Ajasrika Rasayana* (Rejuvenating diet), *Role of fats and oils*. They presented in the perspective of Ayurveda, Nutrition and research about the above mentioned topics.



## Prize Winners

- I Prize: Dr. Monika, Dept. of Kaumara Bhritya
- II Prize: Dr. Mukta, Dept. of Swasthavritta
- III Prize: Dr. Seema Gupta, Dept. of Kaumara Bhritya

Prof. P K Prajapati, Dean, AIIA concluded the programme with his final remarks emphasising the nutrition in health promotion along with importance of Ayurvedic Pathyapathya. He also declared the names of the winners. The programme ended with the vote of thanks by Dr. Mangalagowri V Rao, Associate Professor, Dept. of Swasthavritta and organizing secretary of Nutrition Week 2018.

Valedictory function of the event took place on 26<sup>th</sup> September 2018 along with the Foundation laying ceremony of II Phase construction of AIIA in the premises of AIIA. Around 600 people had assembled for the mega event. Dias was graced by Shri Sripad Yesso Naik, Minister of State, Independent Charge, Ministry of AYUSH, Vaidya Rajesh Kotecha, Secretary, Ministry of AYUSH, Shri Narendra Chawla, Mayor, SDMC, Shri Ramesh Bidhuri, Local MP.



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The report of events organized in 'Poshana Maah' was presented by Dr. Mangalagowri V Rao, Head, Department of Swasthavritta. The Prize Distribution for various events conducted as a part of Poshan Maah was also done.

The release of a booklet "Healing recipes from Ayurveda" was also done on the occasion, which was co-ordinated by Dr. Shivani Ghildiyal. The event also witnessed the presence of Joint Secretary Ministry of AYUSH, Sh. P.N. Ranjit Kumar, Prof. M.S. Baghel, Prof. Sanjay Jachak, Shri. Raman Gupta, Head, Contracts, NPCC and others. The Vote of thanks was proposed by Prof. Mahesh Kumar Vyas, HOD, Deptt. of Samhita and Siddhanta. The program was compered by Dr. Pramod. R. Yadav and Vd. Shalini Rai.



Address by Minister of AYUSH



Address by Secretary, Ministry of  
AYUSH



Release of IEC material



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## 12.Swach Bharat Abhiyaan

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Swach Bharat Abhiyaan
3	Nature of the event	Cleanliness Drive, Nukad Natak and sanitation work
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	Oct 16 <sup>th</sup> to 30 <sup>th</sup> Oct, 2018
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	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 spread awareness regarding biomedical waste management
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Cleanliness Drive, sanitation work biomedical waste management 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





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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, short movie clip competition, quiz competition
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
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Yes
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

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## 13.National conference on 'Dinacharya and Ritucharya

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	National conference on Dinacharya and Ritucharya
3	Nature of the event	National Conference
4	Level (Institutional/university/ inter-university/ state/national/ international)	National
5	Date and Time	10 <sup>th</sup> and 11 <sup>th</sup> December 2018
6	Place or online mode	At All India Institute of Ayurveda, New Delhi in offline mode
7	Resource Person(s) / Expert(s)/ Guest(s)	Vaidya Devendra Triguna Dr Balraj Lal Gupta Dr Gyaneshwar Mulay Dr Baldev Kumar Dhiman
8	About Resource Person(s) / Expert(s)/ Guest(s)	Padma Bhushan padamshree Vaidya Devendra Triguna Dr Balraj Lal Gupta Dr Gyaneshwar Mulay: Secretary (CPV & OIA), Ministry of external affairs Dr Baldev Kumar Dhiman: Vice Chancellor, Kurukshetra University
9	Who are Participants	Academicians, Research officers and PG Scholars from all over country
10	Number of participants	159
11	Under which scheme	Public Health Promotion
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	



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16	Objectives (Expected outcomes)	During AYUSHCHARYA Vivechana Samaroha, Dinacharya Booklet, Ritucharya Calendar, Lifestyle clinic IEC materials and Dinacharya Chalisa were released
17	Is it part of National drive?	yes
18	Number of sessions	120 podium presentations
19	Content of the event	The conference witnessed 120 podium presentations in ten different scientific sessions. There were key note speakers and paper presentations from Academicians, Research officers and PG Scholars in every scientific session
20	Activities / Process	Guest lectures by Prof Mihir Hazarnavis, Dr Unnikrishnan, Dr Sangita Salve, Dr Kashinath Samagandi
21	Integrating issue/s	Critical analysis of Ritucharya with special mention of the effect of availability of all fruits and vegetables in all seasons
22	Achieved Outcomes	Dinacharya Booklet, Ritucharya Calendar, Lifestyle clinic IEC materials and Dinacharya Chalisa were released
23	Infrastructure utilized	Vigyan Bhawan
24	Certification to participant (Sample)	attached
25	Feedback with Analysis- Graphs	No
26	Scope of improvement / Future event / plan	To promote healthy lifestyle and enhance knowledge about seasonal food.
27	Photographs of activities with captions	Live telecast on official YouTube channel of AIIA
28	Media Coverage	<a href="https://www.gstimes.in/gstime/national-conference-ayushcharya-on-dinacharya-and-ritucharya-for-public-health-promotion/">https://www.gstimes.in/gstime/national-conference-ayushcharya-on-dinacharya-and-ritucharya-for-public-health-promotion/</a>
29	Report submitted/ sent to	yes
30	Award / Recognition for the event	



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Signature of Event In-charge

Signature of Dean

Date

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## Conference 'AYUSHCHARYA' On Dinacharya And Ritucharya For Public Health Promotion

December 12, 2018 Admin Leave A Comment

- All India Institute of Ayurveda, New Delhi organized a National conference 'AYUSHCHARYA' on Dinacharya (Daily Regimen) and Ritucharya (Seasonal Regimen) for public health promotion on 10th and 11th of December, 2018.
- About 200 academicians, physicians, scientists and researchers from all over country attended the Conference.
- The Minister of State for AYUSH Shri Shripad Yesso Naik delivered the valedictory address at the Conference and released the Dinacharya booklet and AYUSHCHARYA Calendar 2019.
- The 3rd Ayurveda Day was dedicated to public health under which series of programmes were organized and the present conference was part of it.
- While addressing the Minister said that his Ministry is striving for publicizing Ayurveda for betterment of the human health and public welfare through different activities all over the world. The Minister said Ritucharya (Seasonal Regimen) calendar prepared by All India Institute of Ayurveda has elaborate description of Dinacharya, Ritucharya and Ahari-Vihar in a particular weather. To make the calendar & booklet easy to understand, number of photographs has been used tastefully.
- On first day of the conference Director AIIA Prof Tanuja Nisari gave the inaugural address to the conference by introducing a new term AYUSHCHARYA and cited scientific basis of Dinacharya, Ritucharya and Ritucharya. In her address Dr Nisari also emphasised its role in prevention and promotion of health.
- This was followed by address delivered by Padma Bhushan Padmashree Vaidya Devendra Triguna who stressed on YUGANJURYA-modified dinacharya practice in accordance to the present epoch.
- The gathering was addressed by Dr Balraj Lal Gupta with his magnificent experience encountered with a Nadi Vaidya's way back in 1978. He also punctuated on the grass root concepts of Ayurveda like hitabhuik- mila bhuk - ritu bhuk, favoured food-confined food and seasonal food.
- Dr Gyaneshwar Mulay accentuated on holistic approach of Ayurveda by calling it the BRAHMASTRA to have healthy and sound society.
- Dr Baldev Kumar Dhiman spoke about making Ayurveda the national health care system. He also remarked various references in classical texts about daily regimen and seasonal regimen.

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Journal of Ayurveda and Integrative Medicine 18 (2008) 230–231

Contents lists available at ScienceDirect

## Journal of Ayurveda and Integrative Medicine

journal homepage: <http://elsevier.com/locate/jaim>

### Conference Report

## AYUSHCHARYA 2018 – 'A National Conference on Dinacharya and Ritucharya for public health promotion'

Lifestyle disorders owes for more than half of the deaths annually worldwide. The leading global risks for mortality in the world are high blood pressure (13% deaths globally), high blood glucose (6%), physical inactivity (6%) and overweight and obesity (5%) [1]. Faulty lifestyle has also been found to be associated with life threatening diseases like cancer. Due to deviation from the ideal lifestyle, people are spending more years living with illness and disability. The prevalence of lifestyle disorders has reached alarming levels among Indians in the recent years. Increasing westernization of lifestyle being one of the main reasons for the disorders [2]. Correction of faulty lifestyle to control diseases and adoption of ideal lifestyle for prevention is an economic and comprehensive way to fight the burden, caused by the lifestyle disorders. Ayurveda mentions the ideal lifestyle in the form of ideal daily regimen "Dinacharya" and seasonal regimen "Ritucharya". One should eat, act and think for the happiness [3] and Dinacharya and Ritucharya gives all the methods to accomplish this.

Central theme for the 3<sup>rd</sup> Ayurveda Day as declared by the Ministry of AYUSH was "Ayurveda for public health". Keeping in mind the importance of Dinacharya and Ritucharya in disease control and prevention at community level, the need of these measures to fight the burden. All India Institute of Ayurveda, New Delhi organised AYUSHCHARYA 2018 (10<sup>th</sup> and 11<sup>th</sup> Dec) – A National Conference on Dinacharya and Ritucharya for public health promotion.

The conference was inaugurated by the Chief Guest Dr. Bajrang Lal Gupta, renowned philosopher and economist in the presence of Padma Bhushan, Padma Shri Vaideya Devendra Triguna, Shri Baldev Kumar Dhimian, Vice Chancellor, Kurukshetra University and Dr. Dayaneshwar Mulay, Secretary (CPV & OIA), Ministry of external affairs.

Prof. Tanuja Manoj Nesari, Director, AIIA, in the welcome speech conveyed about the theme and aim of AYUSHCHARYA, highlighting Ayurvedic Dinacharya and Ritucharya as a need of the hour for prevention of lifestyle disorders like diabetes, hypertension etc. Dr. Mangalagowni V. Rao, program coordinator briefed about the various activities planned for the two days and acknowledged Ministry of AYUSH, Government of India for the support.

In his inaugural address, Dr. Bajrang Lal Gupta highlighted the importance of "Hita Bhukta, Hita Bhakta and Hita Bhukto" to remain healthy. Hita Ahara (right food with respect to the Prakriti and physical condition of the person) everyday [3], Muryukta Ahara (eating in right amount) [4] and Ahara according to Ritu are the important

factors to prevent the lifestyle diseases. Dr. Dayaneshwar Mulay pointed out that the holistic approach of Ayurveda is the only way to move from illness to wellness.

Prof Vinod Kumar, a renowned Chrono-biologist discussed about the biological clock and time intervals. All organisms use time-of-day and time-of-year information to organize their biological activities at the most profitable within each day and within each year. The appreciation of the role of clocks has gained in almost all walks of life viz. metabolism, diseases, sleep, and psychiatric disorders as basic chronobiology related mechanisms lies at the root of all these diseases.

Prof. Sajitha discussed about the importance of Ritucharya in Swasthya. Ritucharya increases the strength and hastes [5]. The vitiated Dosha eliminated during Ritu-Shoshana process do not get vitiated again [3], thereby preventing the recurrence of the diseases.

Prof Mihir Hazare spoke extensively on the customized dietary pattern and life-style for various occupational hazards like occupations that require long hours of seating should eat light food and avoid day sleep, night shift workers on the other hand can sleep in the day after taking light meal but should sleep only for half duration of the waking hours. He emphasized on sedentary life-style, significance of 2 meals a day [4] and avoidance of extra meals as recommended by Yogasankara [5] and Acharya Charaka. People involved in physical labor or field work should have their meals every 6 hours based on their occupation [3].

Dr. Unnikrishnan spoke about the changes in the environment with the change in season or "Ritu" and modifications of diet and lifestyle accordingly. In Northern India, the winters are long and the rains arrive late, whereas in Southern India rains arrive much earlier than the Northern part [6]. Ritu Lokshana can be assessed by Mana, Keshi and Swarna [6]. Ushna and Sheetta Guna in the environment are the deciding factors for Dosha Guna and Prakriti. If the Ushna guna combines with the Raksha Guna Vata Dosha gets Samhita and if the Sheetta guna combines with Raksha guna, Vata Dosha gets Prokopa [6].

Dr. Sangita Salve spoke on air pollution and its hazards and increased mortality and morbidity with increased air pollution [7]. She enlisted various herbs that act as air purifiers like Tulsi. She also explained the reason behind keeping Tulsi in the verandah. For indoor pollution, she recommended fenugreek and various ornamental plants. She also recommended the use of Tulsi, Amritaki, Ashwagandha for immune-modulation and as antioxidant. Regarding noise pollution, she emphasized on regular Karpurajala with immune-modulators like Ashwagandha.

Peer review under responsibility of Turanaz University, Bangalore.

ISSN 2228-3559/2019/0000-0000-0000  
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Conference Report / Journal of Ayurveda and Integrative Medicine 19 (2018) 230–231

Dr. Kashinath Samagandi spoke on the modifications in Dinacharya that suit to present scenario, a real need of hour. He said Dinacharya is one of the primordial prevention for lifestyle disorders. He spoke about Samsa and Visham Swasthyartha and emphasized waking up according to ones Prakriti followed by other practices for the strength and vitality and in order to achieve all Jambhathi Chetushthaya. His address included the dietary corrections like the salad that is to be taken before a meal and should include carrots, radish, turnip and other vegetables that grow below the ground.

Dr. Manoj Nesari and Dr. D. C. Katoch, Advisors, Ministry of AYUSH, Govt. of India, Prof. Basavaraddi, Director, MDNIY, Prof. Tanuja Nesari, Director, AIIA, Dr. Sajitha K and Dr. Mangalagowri V. Rao, AIIA were the experts during panel discussions. While addressing the question from the audience Dr. D. C. Katoch discussed about the 'Ayushman Bharat scheme' and 'Pradhanmantri Jan Arogya Yojana' and efforts AYUSH ministry is putting to incorporate AYUSH component in augmenting the outcomes of the scheme. Dr. Manoj Nesari spoke on importance of inclusion of Ayurvedic management modalities for wellness in insurance sector as a large part of population is taking help from Ayurveda for preventing diseases and also insurance companies can gain from the same. Prof. Basavaraddi put forth his expert view on 'the role of yoga in Dinacharya' emphasized that regular yogic practices in daily routine would help to prevent and manage the lifestyle disorders. Prof. Tanuja Nesari, Director AIIA highlighted the importance of Anu Shodhana in healthy (Cheer) and Kheero (Milk) that are used on daily basis has an effect as Rasayana and hence these are appraised as Ayurika Rasayana. Dr. Sajitha K. highlighted the importance of Anu Shodhana in healthy for prevention of diseases. Dr. Mangalagowri V. Rao stressed upon the need of modification of Dinacharya to suit the present needs based on Ayurvedic principles.

The conference witnessed 120 podium presentations in ten different scientific sessions. There were key note speakers and paper presentations from Academicians, Research officers and PG Scholars in every scientific session. Sessions were divided on the basis of various subsections i.e. Ritucharya, Skin and Beauty Care, Dinacharya for prevention of NCDs, Dinacharya for health Promotion, Cancer and anorectal care, ENT and Ocular care, Panchakarma, Geriatric health care and other procedures, Women's health/Herbs for health promotion and common ailments etc. Best papers awards were given to a few papers with interesting findings like, the effect of specific Dinacharya on Quality of life of geriatric population using EQ-5D; the relation between various Dinacharya practices and health which was found positive; Critical analysis of Ritucharya with special mention of the effect of availability of all fruits and vegetables in all seasons.

During AYUSHCHARYA, Virechana Samamala, Dinacharya Booklet, Ritucharya Calendar, Lifestyle clinic IEC materials and Dinacharya Chakras were released by Shri. Shripad Yesso Naik, Hon'ble Minister of State (Independent charge), AYUSH, Govt. of India in the presence of Vd. Rajesh Kotedia, Hon'ble secretary, Ministry of

AYUSH, Govt. of India. Hon'ble Minister gave his view on the national conference and concluded that AYUSHCHARYA brought the practitioners, academicians, researchers, post graduate scholars together on common platform to discuss the various updates in the specialty and the outcome would help in the future policy planning.

The conference ended with the vote of thanks by Dr. Shrikumar S. Harti Assistant professor, Department of Swasthyartha followed by the cultural program that included a skit highlighting the effects of environment change on the seasons. The videos are available on AIIA youtube channel (<https://www.youtube.com/aiaaahdellia>).

## Funding

This conference was funded by Ministry of AYUSH, Government of India (Grant No. 5-11012/53/2018-JEC).

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Mangalagowri V. Rao, Shivakumar Harti  
Department of Swasthyartha, All India Institute of Ayurveda, New Delhi, India  
Shivani Chidhaya  
Department of Dravyaguna, All India Institute of Ayurveda, New Delhi, India  
Shalini Rai  
Department of Roga Nidana and Vikriti Vigyan, All India Institute of Ayurveda, New Delhi, India

\* Corresponding author.  
E-mail address: [shivakumarharti@gmail.com](mailto:shivakumarharti@gmail.com) (S. Harti).

28 December 2018  
Available online 12 September 2019





# अखिल भारतीय आयुर्वेद संस्थान

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(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

(National conference on 'Dinacharya and Ritucharya) Attendance			
Sl.No.	Name of the Scholars	Department	Attendance
1	Geetika Pahuja	Dravyaguna	A
2	Shalini	Dravyaguna	P
3	Yashika Bidhuri	Dravyaguna	P
4	Subhasmita Jena	Dravyaguna	P
5	Kshyamamayee Priyadarsini Jati	Kaumarbhritya	P
6	Manisha Agrawal	Kaumarbhritya	P
7	Praveen Kumar Sharma	Kaumarbhritya	P
8	Monika	Kaumarbhritya	P
9	Abhishek Anand	Kaumarbhritya	P
10	Sonam	Kaumarbhritya	P
11	Soniya Gupta	Kayachikitsa	P
12	Abhay Kumar Prajapati	Kayachikitsa	P
13	Shikha Chaudhary	Kayachikitsa	P
14	Rashmi Tokas Rana	Kayachikitsa	P
15	Nasreen Ahmed	Kayachikitsa	P
16	Swarnima Mishra	Kayachikitsa	P
17	Jitendra Gauttam	Panchkarma	P
18	Ramanuj Soni	Panchkarma	P
19	Ram Lakhan Meena	Panchkarma	P
20	Aosemba Jamir	Panchkarma	P
21	Hanumant Nirmal	Panchkarma	P
22	Jitender Kumar	Panchkarma	P
23	Neha Sharma	Stri Roga evam Prasuti Tantra	P
24	Bushra Khanam	Stri Roga evam Prasuti Tantra	P
25	Garima	Stri Roga evam Prasuti Tantra	P
26	Sudha Dansana	Stri Roga evam Prasuti Tantra	P
27	Soniya	Stri Roga evam Prasuti Tantra	P
28	Shibani Dash	Stri Roga evam Prasuti Tantra	P
29	Shalini Gupta	Roga Nidan	P
30	Swati Chauhan	Roga Nidan	P
31	Varnika Rani	Roga Nidan	P
32	Madhu Bhardwaj	Roga Nidan	P
33	Himanshu Sharma	Rasashastra	P
34	Niladri Bhattacharjya	Rasashastra	P
35	Poonam Gulati	Rasashastra	P
36	Paritosh Jha	Rasashastra	P
37	Santosh Kumari	Rasashastra	P
38	Anu Ruhila	Rasashastra	P
39	Jitendra Kaur	Samhita Siddhanta	P
40	Pragya Sharma	Samhita Siddhanta	P
41	Kirti Aggarwal	Samhita Siddhanta	P
42	Nikita Sharma	Samhita Siddhanta	P
43	Chinmayee Choudhury	Shalakya Tantra	P
44	Neeraj Dubey	Shalakya Tantra	P



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45	Priti	Shalaky Tantra	P
46	Poonam Dhruv	Shalaky Tantra	P
47	Radha Kumari	Shalaky Tantra	P
48	Sombir Sheoran	Shalya Tantra	P
49	Utkarsh Soni	Shalya Tantra	P
50	Priyanka Meena	Shalya Tantra	P
51	Deeksha Kushawaha	Shalya Tantra	P
52	Saroj Meena	Shalya Tantra	P
53	Pradeep Kumar	Shalya Tantra	P
54	Prajna Paramita Panda	Swastha Varitta	P
55	Sapna	Swastha Varitta	P
56	Mukta	Swastha Varitta	P
57	Pratigya Chauhan	Ayurveda Samhita & Siddant	P
58	Neha Awasthi	Ayurveda Samhita & Siddant	P
59	Durgesh Senthia	Ayurveda Samhita & Siddant	P
60	Arti Rai	Ayurveda Samhita & Siddant	P
61	Kiran Maruti Rao Jadhav	Dravyaguna Vigyan	P
62	Vishal Kumar	Dravyaguna Vigyan	P
63	Pratibha	Dravyaguna Vigyan	P
64	Prashant Kumar	Dravyaguna Vigyan	P
65	Neha Yadav	Kaumarbhritya	P
66	Seema Gupta	Kaumarbhritya (Bal Roga)	P
67	Masooda	Kaumarbhritya (Bal Roga)	P
68	Jitendra Kumar Acharya	Kaumarbhritya (Bal Roga)	P
69	Sharmila Patil	Kaumarbhritya (Bal Roga)	P
70	Upasana Sonker	Kaumarbhritya (Bal Roga)	P
71	Bhavana Mawar	Kayachikitsa	P
72	Pooja	Kayachikitsa	P
73	Asha Malviya	Kayachikitsa	P
74	Dimpal Gill	Kayachikitsa	P
75	Jyoti Rani	Kayachikitsa	P
76	Shinsha P	Kayachikitsa	P
77	Latika	Panchakarma	P
78	Naveen Bansal	Panchakarma	P
79	Uttamram Yadav	Panchakarma	P
80	Neelam Kaalia	Panchakarma	P
81	Poonam Verma	Panchakarma	P
82	Ajaya Kumar Meher	Panchakarma	P
83	Anjali Sharma	Prasuti & Stri Roga	P
84	Nida Qamar	Prasuti & Stri Roga	P
85	Nidhi Bajpai	Prasuti & Stri Roga	P
86	Neha Dixit	Prasuti & Stri Roga	P
87	Anita	Prasuti & Stri Roga	P
88	Stuti Sharma	Prasuti & Stri Roga	P
89	Rohit Singh	Rasa Shastra & Bhaishajya Kalpana	P
90	Shreshtha Kaushik	Rasa Shastra & Bhaishajya Kalpana	P
91	Anubha Yadav	Rasa Shastra & Bhaishajya Kalpana	P





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92	Punam Aggarwal	Rasa Shastra & Bhaishajya Kalpana	P P
93	Manohar Bajiya	Rasa Shastra & Bhaishajya Kalpana	P P
94	Sunita Meena	Roga Nidan & Vikrit Vigyan	P P
95	Shashi Bala Meena	Roga Nidan & Vikrit Vigyan	P P
96	Sachitra Singh	Roga Nidan & Vikrit Vigyan	P P
97	Siddharth Kumar	Roga Nidan & Vikrit Vigyan	P P
98	Shelly Tyagi	Shalakya	P P
99	Akanksha Thakur	Shalakya	P P
100	Mukhtar Alam	Shalakya	P P
101	Nidhi Verma	Shalakya	P P
102	Smita Gajanand Barode	Shalya	P P
103	Monika Sode	Shalya	P P
104	Bhawna Dutt	Shalya	P P
105	Akash Kumar Gupta	Shalya	P P
106	Manisha	Shalya	P P
107	Khushboo	Shalya	P P
108	Monika	Swastha Vritta	P P
109	Suman Gihar	Swastha Vritta	P P
110	Priti Tomar	Swastha Vritta	P P
111	Dr. Parmeshwar Patel	Shalakya Tantra	P P
112	Dr. Nisha Aggarwal	Ayurved Samhita and Sidhanta	P P
113	Dr. Lokesh Sharma	Ayurved Samhita and Sidhanta	P P
114	Dr. Sadaf Khan	Ayurved Samhita and Sidhanta	P P
115	Dr. Anita Chaudhary	Ayurved Samhita and Sidhanta	P P
116	Dr. Annu Rani	Dravyaguna Vigyan	P P
117	Dr. Atul Kumar	Dravyaguna Vigyan	P P
118	Dr. Kajal	Dravyaguna Vigyan	P P
119	Dr. Niranjana Ram	Dravyaguna Vigyan	P P
120	Dr. Arshath Jyothi PS	Kayachikitsa	P P
121	Dr. Gunjan Patheja	Kayachikitsa	P P
122	Dr. Mithlesh Meena	Kayachikitsa	P P
123	Dr. Mythri H S	Kayachikitsa	P P
124	Dr. Shimmi	Kayachikitsa	P P
125	Dr. Aparna Dileep	Kaumarabhritya - Bala Roga	P P
126	Dr. Bhimrao Lalaji Meshram	Kaumarabhritya - Bala Roga	P P
127	Dr. Alok Kumar Meher	Panchakarma	P P
128	Dr. Kavita Kumari	Panchakarma	P P
129	Dr. Manish Dhiman	Panchakarma	P P
130	Dr. Parwati	Panchakarma	P P
131	Dr. Pratik D. Bahute	Panchakarma	P P
132	Dr. Swarnakant Jena	Panchakarma	P P
133	Dr. Charu Sharma	Prasuti Tantra evam Stri Roga	P P
134	Dr. Nidhi Tahlan	Prasuti Tantra evam Stri Roga	P P
135	Dr. Pragati Walia	Prasuti Tantra evam Stri Roga	P P
136	Dr. Priyanka Patidar	Prasuti Tantra evam Stri Roga	P P
137	Dr. Rekha Solanki	Prasuti Tantra evam Stri Roga	P P
138	Dr. Sadaf Anjum	Prasuti Tantra evam Stri Roga	P P





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139	Dr. Kiran Kumari	Rasashastra evam bhaishjya Kalpana	P
140	Dr. Neelam	Rasashastra evam bhaishjya Kalpana	P
141	D. Preeti	Rasashastra evam bhaishjya Kalpana	P
142	Dr. Robin Badal	Rasashastra evam bhaishjya Kalpana	P
143	Dr. Smrutimayee Sahoo	Rasashastra evam bhaishjya Kalpana	P
144	Dr. Anshu Sharma	Roga Nidan evam Vikriti Vigyan	P
145	Dr. Bhavana Sharma	Roga Nidan evam Vikriti Vigyan	P
146	Dr. Meenakshi Sharma	Roga Nidan evam Vikriti Vigyan	P
147	Dr. Shagufta Raahat	Roga Nidan evam Vikriti Vigyan	P
148	Dr. Anjali Dabas	Shalakya Tantra	P
149	Dr. Deenadayal Deyarajan	Shalakya Tantra	P
150	Dr. Mahima Gujral	Shalakya Tantra	P
151	Dr. Sarita Sathian M.	Shalakya Tantra	P
152	Dr. Aishwarya K.	Shalya Tantra	P
153	Dr. Kulsoom Farheen	Shalya Tantra	P
154	Dr. Nasreen Hanifa	Shalya Tantra	P
155	Dr. Sreenadh P.	Shalya Tantra	P
156	Dr. Ankita	Swasthavritta	P
157	Dr. Gunjan Sabarwal	Swasthavritta	P
158	Dr. Sadaf Nasimi	Swasthavritta	P
159	Dr. Gunjan Sharma	Shalakya Tantra	P



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## 14.INTERNATIONAL YOGA DAY

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	International Yoga Day
3	Nature of the event	Quiz on yoga competitions
4	Level (Institutional/university/ inter-university/ state/national/ international)	institutionallevel
5	Date and Time	2017
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 112
11	Under which scheme	International Day of Yoga
12	Collaborative agency Government / Govt recognized body	Ministry of Ayush
13	Sponsoring Agency	AIIA, Ministry of Ayush
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To generate consciousness among the citizens of India and people worldwide to act responsibly and encourage them with an objective of reminding people about countless benefits of Yoga
17	Is it part of National drive?	Yes
18	Number of sessions	5
19	Content of the event	Yoga Training for staff yoga Quiz for patients yoga Quiz for panchakarma patients



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		Poster making competition
20	Activities / Process	Conducted yoga Quiz and yoga competition to enhance scholar's knowledge regarding Ayurveda and Yoga. Organized several competition related to yoga
21	Integrating issue/s	Enhancing knowledge regarding Ayurveda and Yoga
22	Achieved Outcomes	A huge number of audience participated in morning yoga sessions which benefited the health and mind of the people
23	Infrastructure utilized	Yoga Hall,
24	Certification to participant (Sample)	No
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	To celebrate yoga day on a wider scale to aware the common people regarding the benefits of Yoga
27	Photographs of activities with captions	
28	Media Coverage	No
29	Report submitted/ sent to	Yes, Mrs Shiela Tirkey, Under Secretary to Govt. of India
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

Stamp



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अखिल भारतीय आयुर्वेद संस्थान  
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F. No. B-11003/3/1/2016-AIIA/ 977

dated: 06/07/17

To,

Mrs. Shiela Turkey,  
Under Secretary to the Govt. of India,  
Ministry of AYUSH  
B-Block, GPO Complex,  
INA, New Delhi-110023

Subject: Event Report of International Yoga Day 2017- regarding

Madam,

It is to inform that on the occasion of International Yoga Day 2017, the various activities were held in the Institute with great success and huge participation, which was to create awareness and promote interest about yoga with the motto of health promotion and disease prevention amongst the students, staff and general public. In this context, enclosed find herewith an Event Report of International Yoga Day 2017 held on 21<sup>st</sup> June, 2017 in the Institute.

Yours faithfully,

(Prof. Dr. Abhimanyu Kumar)  
Director

Encl: a/a



गौतमपुरा, मंगला विहार, मथुरा रोड, नई दिल्ली - 110076

Gautampur, Mangla Vihar, Mathura road, NEW DELHI-110076

E-mail: aiiainewdelhi@gmail.com

Phone: 011-29143655

Fax: 011-29143650





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## EVENT REPORT OF INTERNATIONAL YOGA DAY 2017

On the occasion of International Day of Yoga 2017, the various activities were held in the institute with great success and huge participation, which was to create awareness and promote interest about yoga with the motto of health promotion and disease prevention among the students, staff and general public

### 1. Yoga Training for staff and students of the Institute

A 15 days Yoga training was conducted on the eve of IDY 2017, to create awareness and promote interest about yoga with the motto of health promotion and disease prevention among the students, staff from 6<sup>th</sup> to 20<sup>th</sup> June 2017. About 75 members participated in this programme and benefited by the activity.

### 2. Quiz On Yoga For Patients

Daily Quiz competition was held for patients to create awareness and interest about Yoga among general public from 15<sup>th</sup> to 17<sup>th</sup> June 2017. Mr. Dharmendra Tripathi, Mrs. Jarsa roy and Mr. Amalnath V.G. were winners for this contest.

### 3. Quiz On Yoga For Ayurveda PG Scholars

The Quiz competition was held in the institute for Ayurveda PG Scholars on 15<sup>th</sup> June 2017 to promote interest about the contemporary, scientific as well as classical aspects of Yoga.

It was a team event and 4 teams participated in this competition. Dr Garima, Dr Neha Sharma won the first prize and Dr Varnika and Dr Rashmi won the second prize in the event.

### 4. Quiz On Yoga For Panchkarma Technician Students

The Quiz competition was held in the institute for the Panchakarma technician students on 19<sup>th</sup> June 2017 to promote interest among these students. This was a team event and 4 teams participated in the event. Mr. Utsav raghav, Miss. Jyoti Singh Lodhi, Miss. Poonam won the first prize and Miss. Garima, Mr. Ravinder kumar and Mr. Vinod kumar won the second prize.

### 5. Essay Competition on the topic "Yoga for Holistic Health" for the students

The PG Scholars Dr. Geetika Pahuja and Dr. Nitika Sharma won the first and Second Prize respectively in this competition.

### 6. On the International Yoga Day, 21<sup>st</sup> June 2017, a colourful function was organised

The inauguration was done by the Prof. Abhimanyu Kumar, honourable Director, AIIA.



On the occasion Prof. P K Prajapati, Dean, Incharge Translation Research wing Prof. Tanuja Nesari, all the faculty members actively participated. The Yoga session was conducted for the staff and students by Dr. Namrata Raj, Yoga Instructor, AIIA.





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7. Separate Yoga session for common public was conducted from 9.00 am to 10.00 am for bringing about awareness. About 112 people actively participated in this event and highly benefitted by the Yoga practice.





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## 15. Yoga foundation Course

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Yoga foundation Course
3	Nature of the event	Yoga Training
4	Level (Institutional/university/ inter-university/ state/national/ international)	institutional
5	Date and Time	2017
6	Place or online mode	All India Institute of Ayurveda
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	30
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Monarji Desai National Institute of Yoga & AIIA
13	Sponsoring Agency	Monarji Desai National Institute of Yoga & AIIA
14	Which Grant utilized	Institutional Grant
15	Expenditure	
16	Objectives (Expected outcomes)	To focus yogic practices
17	Is it part of National drive?	No
18	Number of sessions	1 month diploma course
19	Content of the event	Regular classes for the enrolled participants
20	Activities / Process	Training program which includes suryanamaskar, yoga asanas, jal neti and sutra neti
21	Integrating issue/s	regular yoga practice is known to reduce stress levels and inflammation around the body.
22	Achieved Outcomes	Yoga can also bring down high blood pressure and help you lose excess weight, which are two major contributors to heart disease
23	Infrastructure utilized	Yoga hall, AIIA
24	Certification to participant (Sample)	yes
25	Feedback with Analysis-Graphs	no
26	Scope of improvement / Future event / plan	Started another batch of foundation course in March 2022



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27	Photographs of activities with captions	Report attached
28	Media Coverage	no
29	Report submitted/ sent to	no
30	Award / Recognition for the event	no

Signature of Event In-charge

Signature of Dean

Date

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## Report On Foundation Course

### Yoga Science For Wellness 2017

All India Institute of Ayurveda in collaboration with Morarji Desai National Institute of Yoga has conducted Foundation course in Yoga science for wellness in the month of November 2017. It was a one month programme comprising of two batches morning and evening in which 41 students participated. Fee amount Rs 1500 /participants were collected and submitted in office account. A yoga teacher were also hired for the program and paid emoluments from office. The programme started from 1<sup>st</sup> November to ended on 30<sup>th</sup> November 2017. Valedictory function was conducted in December 2017 in which students were awarded participation certificates signed jointly by Director AIIA and Director MDNIY.







# अखिल भारतीय आयुर्वेद संस्थान

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## 16.Swachchata Pakhwada

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	Feb 1 to 15 <sup>th</sup> Feb, 2017
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)	Ensuring adequate cleaning/washing of labs, office storage places, passage and toilets. Ensuring zero water leakage to avoid spreading of mosquitoes, bad odor in the premises
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



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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, short movie clip competition, quiz competition
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
27	Photographs of activities with captions	Report attached
28	Media Coverage	No
29	Report submitted/ sent to	Yes
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## A REPORT ON SWACCHATA PAKHWADA FEB 1<sup>st</sup> to Feb 15<sup>th</sup> 2017

Swacchata Pakhwada was observed at All India Institute of Ayurveda, New Delhi from Feb 1<sup>st</sup> to Feb 15<sup>th</sup> 2017, as a part of Prime Minister's initiative for clean India. The activities conducted during this fortnight included cleaning of Hospital premises and Administrative block by the faculties, students and staff of the institute, Quiz competition for students on Biomedical Waste Management, Essay Competition on "The Cleanliness is next to godliness" in Hindi and English, Slogan Competition on Personal Hygiene and Health in Hindi and English along with Awareness programme for patients about Personal and social hygiene and Health.

### SCRIPT FOR NUKKAD NATAK

Further the programme was made effective with Nukkad Natak by students for patient awareness.

Nukkad Natak – HandWashing

#### Opening scene

Chorus- Suno, suno, suno suno .....bhaiyo behno suno .....

#### Scene 1

Character 1(child)- mummy mummy ...mere pet me dard h bahut zada .....

Character 2 (mummy )- chalo chalet hai doctor k paas .....wo hi ab karenge is roz roz k pet dard ka ilaaz.

#### Scene 2- in clinic

Mother- roz roz hota hai iske pet me dard ..... please bataye iska marz

Doctor- kya ye khel k aake hath dhota h?....kya khane se pehle hath dhota hai?

Mother – nahi

Doctor- hath dhoria hai zaruri action.... jisse dur hoga ye infection

Chorus-- Suno, suno, suno suno .....bhaiyo behno suno .....



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## Scene 3

Two patients in hospital

Patient one- spits

Patient 2 – cleans his nose and touches the wall

Character (common man)- arreyy bhai ye kya tum karto ho,,,, hospital parivar ko hi ganda karti ho?

Tumhari bimari dusro ko faili jayegi....kaha se batao fir swasthita aayegi?

Patient 1- maaf karna bhai , ab nahi hogi aisi galti..... swachhata hai swasthita ki kunji

Chorus- Suno, suno, suno suno .....bhaiyo behno suno .....

Narrator- aaiye Ab hum seekhate hai aapko hath dhona ka tarika.... jisme saare kitanuo ko hatho par saane se roka

Handwashing demonstration with dance







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ESSAY COMPETITION



CLEANLINESS DRIVE





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## Quiz Competition



CONDUCTIO



CONDUCTIO



WINNERS



WINNERS



# अखिल भारतीय आयुर्वेद संस्थान

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## VALEDICTORY

The Valedictory function was held on 15th of February 2017 under the presidency of Prof. Abhimanyu Kumar, Director, All India Institute of Ayurveda where he stressed upon importance of hygiene in health to prevent diseases. Dean Vd. Prof. P K Prajapati welcomed the gathering. Medical Superintendent Prof. S K Gupta highlighted the importance of conducting such public awareness programmes regularly. Programme coordinator Dr. Mangalagowni V Rao gave the brief report and proposed vote of thanks. Prof. Tanuja Nesari, Prof. Manjusha, Prof. V D Agarwal sir, Dr. Rajagopal, gave their valuable suggestions to improve the health through hygiene and public awareness.



INAUGURAL ADDRESS BY PROF DR S K GUPTA



CONCLUDARY REMARKS BY VD. P K PRAJAPATI



*Handwritten signature and text:*  
Prof. Abhimanyu Kumar  
Coordinator  
Swachh Mission  
All India Institute of  
Ayurveda  
New Delhi



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## D. Analytical skill development

### 1. First round- Plagiarism checker Turnitin/ iThenticate User ONLINE Training -reg

I/1503/2022

File No.I-23/2/2021-AIIA

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F.No. I-23/2/2021-AIIA

Dated

### Circular

Subject: Plagiarism checker Turnitin/ iThenticate User ONLINE Training -reg

The institute has subscribed online plagiarism checker Turnitin/ iThenticate :Folder-based Originality Checking for Research and Academics activities. The **online training** for Turnitin/iThenticate is schedules on 27.01.2022 from 2.30 PM to 4.00PM.

All the faculty are requested to join above online Turnitin/iThenticate training.

The online Training link is as follows: -

Day and Date: Thursday, January 27th, 2022.

Time: 02.30 pm

Zoom Training Link :<https://turnitin.zoom.us/j/97611411717>

This issues with approval of the competent authority.

(Dr Umesh Tagade)

Joint Director

To,

1- All The Head of Departments for necessary action

2- All the faculty

3- PPS to The Director for Information

गौतमपुरी, सरिताविहार, मथुरा रोड, नई दिल्ली - 110076

Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: [director@aia.gov.in](mailto:director@aia.gov.in)

Phone: 011-25948658

Fax: 011-25948658



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## 2.Second round- Plagiarism checker Turnitin/ iThenticate User ONLINE Training -reg

I/1534/2022

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F.No. I-23/2/2021-AIIA

Dated:

Circular

Subject: 2<sup>nd</sup> Round Plagiarism checker Turnitin/ iThenticate User ONLINE Training -reg

The institute has subscribed online plagiarism checker Turnitin/ iThenticate Folder-based Originality Checking for Research and Academics activities. The 2<sup>nd</sup> Round online training for Turnitin/ iThenticate is scheduled on 01.01.2022 from 2.30 PM to 4.00PM.

All the faculty are requested to join above online Turnitin/ iThenticate training.

The online Training link is as follows: -

Day and Date: Tue Feb 1, 2022

Time: 2:30pm - 3:30pm (IST).

Zoom Training Link: <https://turnitin.zoom.us/j/96380882033>

This issues with approval of the competent authority.

(Dr Umesh Tagade)  
Joint Director

To,

- 1- All The Head of Departments for necessary action
- 2- All the faculty
- 3- PPS to The Director for Information

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Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: director@aiia.gov.in

Phone: 011-25948654

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## 3. Workshop on Research Methodology & Scientific Writing

1	Department Name/ Cell / Committee	Dean Office
2	Title of the event	Workshop on Research Methodology & Scientific Writing
3	Nature of the event	Analytical skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	7th - 8th May 2018
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Girish Tillu Dr. Supriya Bhalerao
8	About Resource Person(s) / Expert(s)/ Guest(s)	Team members, Centre for Complementary & Integrative Health
9	Who are Participants	FACULTY, SCHOLARS
10	Number of participants	124
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional grant
15	Expenditure	-
16	Objectives (Expected outcomes)	helping participants to understand basics of research methodology with special focus on writing a research proposal and scientific



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		writing of articles, case reports etc.
17	Is it part of National drive?	No
18	Number of sessions	2
19	Content of the event	Lectures on basics of research methodology, scientific writing of articles, case reports etc.
20	Activities / Process	Lectures on basics of research methodology, scientific writing of articles, case reports etc.
21	Integrating issue/s	-
22	Achieved Outcomes	-
23	Infrastructure utilized	AIIA
24	Certification to participant (Sample)	Certificate was not given
25	Feedback with Analysis-Graphs	Feedback graphs were not required
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media like facebook and twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Workshop on Research Methodology & Scientific Writing

A two days capacity building workshop focused on “Research methodology & Scientific writing” was conducted on 7<sup>th</sup> and 8<sup>th</sup> May, 2018.

This workshop was organized keeping in view the dilemma that many students face to carry out a research in a more systematic manner because of lack of understanding of fundamentals of research. The workshop basically focused on helping participants to understand basics of research methodology with special focus on writing a research proposal and scientific writing of articles, case reports etc.

Experts: Dr. Girish Tillu & Dr. Supriya Bhalerao (Team members, Centre for Complementary & Integrative Health).



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## Workshop on Research Methodology & Scientific Writing

### ATTENDANCE - SHEET

S.No.	NAME OF THE SCHOLAR	ATTENDANCE
1	BHAGYASHRI ARUN CHAKOLE	
2	PRIYANSHU CHAUHAN	P
3	POOJA VASHIST	P
4	LILISHREE MEHER	P
5	LAXMI RATHORE	P
6	DHANANJAY KUMAR	
7	SHAVNAM CHAUDHARY	P
8	BALVEER KAUR	P
9	HIMANSHU GAUTAM	
10	SALMAN HASHMI	P
11	SMRUTIREKHA NAYAK	
12	MANISHA CHAURASIA	P
13	SWATI YADAV	
14	HARSHA RANJAN	P
15	SHWETA BHANDARI	P
16	KANIKA BHATIA	P
17	VANDANA SHARMA	
18	IQRA KHAN	P
19	VIJAY KUMAR VAID	P
20	AKSHAY KUMAR	P
21	HEMANT YADAV	P
22	KIRTI SINGHAL	
23	RAHUL N	P
24	ANJU S RAJ	P
25	SRISHTI KALRA	
26	JITENDAR MEENA	P
27	GUPTESWAR MISHRA	P
28	DIMPLE MEENA	P
29	VANDANA YADAV	P
30	DIPTI KABADWAL	P
31	DURGA RANI	



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32	RAKSHA SHARMA	P
33	DEEPANKAR RAHUL	P
34	RAHUL JAIN	P
35	ABHIJEET DAHIYA	
36	PRIYANKA SHARMA	P
37	TARANNUM JAHAN	P
38	HARSHALI ARUN SHENDE	
39	HEMENDRA KUMAR SINGH	
40	KARISHMA SHARMA	
41	ALFIA SALEEM	
42	JYOTI	
43	KUMKUM SINGH	
44	POONAM	
45	SANDHYA RANI PADHI	
46	ATHIRA K	
47	LIYA C K	
48	SONAM RANGNATH DUBEY	
49	SHREYA DHANAJI BHOSALE	
50	MOHD SUHAIL	P
51	BALWANT KUMAR	P
52	PRIYANKA	
53	MOHD ASHFAK	P
54	PUSHAPENDRA SHEHRIA	P
55	PRATIMA RAGHUNATH GAIKWAD	P
56	SHAMIYA PARVEEN	P
57	MOHD AMIR MAQSOOD	P
58	SWATI BHANDARI	P
59	KAVITA SINGARIYA	
60	PRIYANKA	P
61	VANDNA	
62	HIMANI SHARMA	
63	NITISH KUMAR	P
64	RAHUL BISHT	P
65	ANUPAM	
66	PRABI K P	
67	BHANUJA SINGH	





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68	NEHA KASHYAP	P
69	SATENDRA SINGH	P
70	RAVINDER	
71	DEEPAK KHUNDIA	P
72	FAVESH MATHNIA	P
73	SONIA	P
74	ANJANA ROY	P
75	TANU DHAMA	
76	PRATIBHA	P
77	GEETA	P
78	SRUTHI MADUGULA	
79	Nikita Sharma	P
80	Anjali Goyal	
81	Jitendra Kaur	P
82	Vikash Kuma	
83	Dr. Shalini Varshney	P
84	Vishal Kumar	
85	Geetika Pahuja	P
86	Shifa Shetty P	P
87	Sonam	P
88	Neha Yadav	P
89	Masooda	P
90	Abhay Kumar Prajapati	
91	Shabnam Bano	
92	Punam Namdeo Khobarkar	
93	Kartar Singh Bansal	P
94	Dr. Alka Kapoor	
95	Ankur Kumar Tanwar	P
96	Rahul Anand	
97	Arun Lal K	P
98	Dr. Shekhar Uikey	P
100	Yoshitha C N	P
101	Latika	
102	Dr. Manoj Kumar Shamkuwar	P
103	Anita	
104	Prajitha. P.K	



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105	Dr. Tejashwini Buchade	P
106	Shreshtha Kaushik	P
107	Manish Kumar Saini	P
108	Niladri Bhattacharjya	
109	Dr. Neelam Gupta	P
110	Pratik Sharma	P
111	Manjusha P	P
112	Siddharth Kumar	P
113	Dr. Sudipa Saha	
114	Kapil Mehar	
115	Dhanisha B K	P
116	Jinoop P	P
117	Deepak A S	
118	Monika Kumari	P
119	Kalanidhi Hota	P
120	Dr. Pankaj Kundal	
121	Jayakrishnan K	P
122	Divya Gupta	
123	Ashish Mishra	P
124	Dr. Shilpa Walkikar	P



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## E.Personality and Professional development

### 1. Integrated Hospital Management System (IHMS) OPD Modules user training 2021

2021

FILE NO. I-12/2/2021-AIIA

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F.No. I-12/2/2021-AIIA

Dated

### Circular

Subject: Integrated Hospital Management System (IHMS) User Training -reg

The institute is in the process of implementation of IHMS. All IHMS Modules are developed and deployed at AIIA Server. The **online training for IHMS** modules are schedules form 17.05.2021 from 2.30 Pm to 4.00PM as per attached schedule.

All the faculty/officer/staff are required to join above online IHMS training and instruct their Ph.d/PG/ scholar and concern staff to join the same.

This issues with approval of the competent authority.

(Dr Umesh Tagade)  
Joint Director

Encl:

- 1- Detailed Training Schedule

To,

- 1- I/c Medical Superintendent for necessary action
- 2- All The Head of Departments for necessary action
- 3- PPS to Director for Information for information

गौतमपुरी, सरिता विहार, मथुरा रोड, नई दिल्ली -110076

Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: director@aia.gov.in

Phone: 011-29348658

Fax: 011-29948860



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## 2. Integrated Hospital Management System (IHMS) OPD Modules user training 2019

File No. I-12/2/2021-AIIA

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I/294/2021



अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

F.No. I-12/2/2021-AIIA/446

Dated 28/05/2021

### Office Order

Subject: 2<sup>nd</sup> round Integrated Hospital Management System (IHMS) User Training -reg

The institute is in the process of implementation of Integrated Hospital Management System (IHMS) soon, in view of above first round training was conducted from 17.05.2021 to 27.05.2021.

The 2<sup>nd</sup> round online training for IHMS modules is scheduled from 01.06.2021 from 2.30 Pm to 4.00PM as per attached schedule.

All the faculty/officer/ PhD scholar /PG (All three batch) scholar/ concerned staff must join above online IHMS training.

All the HoD/Section Head are requested to instruct their faculty/officer/ PhD scholar /PG (All three batch) scholar/ concerned staff for above online IHMS training.

For smooth and proper use of IHMS, the online IHMS training from 01.06.2021 from 2.30 Pm to 4.00PM is compulsory for All the faculty/officer/ PhD scholar /PG (All three batch) scholar/ concerned staff.

This issues with approval of the competent authority.

(Dr Umesh Tagade)  
Joint Director

Encl:

1- Detailed Training Schedule

To,

- 1- I/c Medical Superintendent for necessary action.
- 2- All The Head of Departments for necessary action.
- 3- PPS to Director for Information.

गौतमपुरी, सरिताविहार, मधुरा रोड, नई दिल्ली - 110076

Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: [director@aiaa.gov.in](mailto:director@aiaa.gov.in)

Phone: 011-25348528

Fax: 011-25348529



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## 3.Smart India Hackathon

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Smart India Hackathon
3	Nature of the event	nationwide initiative to provide students a platform to solve some of pressing problems we face in our daily lives, and thus inculcate a culture of product innovation and a mindset of problem solving.
4	Level (Institutional/university/ inter-university/ state/national/ international)	National Level
5	Date and Time	12 <sup>th</sup> July, 2019
6	Place or online mode	offline
7	Resource Person(s) / Expert(s)/ Guest(s)	Jury member included DR Shivakumar Harti, Dr Arun, Dr V.G Huddar, Dr Galib, Dr Pramod, Dr Shalini, Dr Prasanth
8	About Resource Person(s) / Expert(s)/ Guest(s)	Faculty of AIIA
9	Who are Participants	A no of 372 teams participated in the program
10	Number of participants	Around 1 lakh students participated in the event
11	Under which scheme	SIH
12	Collaborative agency Government / Govt recognized body	I4c, My Gov, Persistent System, NASSCOM and Rambhau Mhalgi
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Allocated for Smart India Hackathon
15	Expenditure	Rs. 50,00,000
16	Objectives (Expected outcomes)	To build a multi-platform integrated solutions that makes Ayurveda and other traditional medicines more accessible to the common man





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17	Is it part of National drive?	Yes
18	Number of sessions	3
19	Content of the event	Ayurveda Pharmacovigilance, Epidemiological survey, portal/app for transfer of vital data from patient to community worker, Chat bots. Each topic is provided with their solutions.
20	Activities / Process	A unique open innovation model for identifying new and disruptive technology innovation to solve the challenges. Competition based on software and Hardware related problem statements
21	Integrating issue/s	Harness creativity & expertise of students Spark Institute –level hackathon Build funnel for Startup India campaign
22	Achieved Outcomes	The web-app, android app and chatbot have been successfully prototyped and demoed.
23	Infrastructure utilized	IIT & PSIT college of Engineering
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	no
26	Scope of improvement / Future event / plan	To create a multi-platform product for conversion of ancient units to modern units, and improve accessibility of traditional medicine in general.
27	Photographs of activities with captions	Report attached
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

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Smart India Hackathon 2019

### Introduction

Innovation and entrepreneurship are at the peak in India. In order to make development a comprehensive mass movement and innovate on all fronts, MHRD, AICTE, IIT and Persistent Systems have come together to organize Smart India Hackathon (SIH) 2019 - a unique Open Innovation Model for identifying new and disruptive technology innovations to solve the challenges faced in our country. It's a non-stop product development competition, where problem statements are posed to technology students for innovative solutions. It can help to:

- Harness creativity & expertise of students
- Spark institute-level hackathon
- Build funnel for 'Startup India' campaign
- Crowdsourcing solutions for improving governance and quality of life
- Provide opportunity to citizens to provide innovative solutions to India's daunting problems

Ministry of AYUSH is a premiere partner in this initiative. Prof. Tarunja Nesari is the nodal officer for the event on behalf of Ministry of AYUSH.

A committee constituting of following members was formed by the competent authority to find out the software and hardware related problems faced by the Ministry at various levels.

1. Dr Shivakumar Harti, AIIA
2. Dr Arunkumar Mahapatra, AIIA
3. Dr Pramod Yadav, AIIA
4. Dr Prasanth D, AIIA
5. Dr Shalini Rai, AIIA
6. Dr Shivani Ghildiyal AIIA
7. Ms. Vineeta Negi, AIIA

The following problem statements along with probable solutions were proposed by the constituted committee for Smart India Hackathon 2019

### SOFTWARE RELATED PROBLEM STATEMENTS

1. **Ayurveda pharmacovigilance – portal (web & app)** - Increasing vigilance towards ASU drug is a matter of concern as well as an opportunity to provide data related to safety of ASU drugs. At present, it is cumbersome and difficult to convey the information obtained from primary PV center to secondary and tertiary centers. Ultimately this information needs to be conveyed to National PV resource center.

**Solution:** An APP & web based portal can be developed for recording all the necessary information of reported cases of ADRs and a snapshot of prescription can be taken and all the data can be sent to further centers in real time.

2. **Epidemiological survey app** - Ayurvedic clinical studies warrant epidemiological data on their morbidities. Survey proforma incorporating all the necessary demographic and etiological data etc. may many times extend up to 10 pages. As such, if survey needs to be carried out in field or in large sample size, may lead to wastage of paper and resources. Even after gathering all the information, the surveyor finds it difficult to analyze the data and apply suitable statistical tests and represent the data in suitable form in order to draw definite conclusions.



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Solution: An APP may be developed so that the recording of data from individual cases may be stored and it may also be having the facility of statistical analysis and consolidating the information in form of charts and graphs.

3. **Portal/app for transfer of vital data from patient to community worker** - The roles and activities of community health workers (CIWs) are tailored to meet the unique needs of the communities they serve. Critically ill patients (Geriatrics, Low Birth weight babies) needs real time monitoring of vital parameters like Temperature monitoring, Oxygen saturation, Blood pressure, Heart rate, blood sugar level. A app is required which can transmit data to remotely situated Health facility/Health Worker/ASHA worker for follow up monitoring and recognising danger signs at the earliest. The app should have provision for stream videos at low band width for helping in early intervention.

4. **Chat bots** - A chatbot is often described as one of the most advanced and promising expressions of interaction between humans and machines.

There are a myriad of health related queries and questions that honestly do not need the attention and time of a physician. These questions can't be left unanswered as well as they may result in concerned people feeling nervous and clueless. An intelligent chatbot can guide the concerned parents or patients by understanding and assessing the symptoms that the patient is experiencing and identify the care that they need. With the help of a medical chatbot, patients can receive immediate assistance at the touch of their fingertips.

Solution: Development of Chat bots for AYUSH hospitals.

Solution needed: Thus decoction preparation and vending machines such as tea/coffee vending machine in which we can use standard method of preparation, standard temperature of preparation and dispense of required quantity is the need of hour.

## WINNERS OF SOFTWARE EDITION -

The grand finale of the problem statements proposed on behalf of Ministry of AYUSH related to Software edition was held on 2<sup>nd</sup> and 3<sup>rd</sup> March 2019 at PSIT College of Engineering, Kanpur.

Based on the evaluation criteria, the following teams were selected as winners for each problem statement.

Team name	Problem Statement
Hack 'O' Holics	Ayurveda Pharma-covigilance Portal(Web & App)
Bug 2 Debug	Epidemiological survey app
GREENENGINEERS	Portal/app for transfer of vital data from patient to community worker
Tech Dhronas	Chatbots

The problem statements were of simple. Hence, the winners were awarded Rs 50,000/- Cash prize each.





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## HARDWARE RELATED PROBLEM STATEMENTS

5. **Non-invasive method of blood glucose monitoring** - Diabetes mellitus (DM) is a very common disease which, if a good glycemic control is not achieved, can lead to serious chronic complications such as cardiovascular disease, retinopathy, nephropathy and neuropathy. Self-monitoring of blood glucose is a fundamental tool for the proper adjustment of the treatment of diabetes and, at present, it is based mainly on capillary blood obtained by finger-prick (the classical glucometers). Since this method is painful and the strips are expensive, investigators have been attracted by the idea of using a non-invasive device for determining blood glucose which would permit more frequent testing and a tighter control of diabetes. The non-invasive measurement of blood glucose is based on the ability of the glucose molecule to interact with various chemical or physical methods. Nevertheless, in spite of some encouraging results and the efforts made over the past 30-40 years, there is no device available at present for use in clinical practice.

Solution: Development of non-invasive smart equipment for monitoring blood glucose levels

6. **Audio guide for patient regarding doctor prescription**- Routinely patients are advised orally health cares like diet, lifestyle and medication dosage and frequency in the patient doctor visit, which is often very difficult for a patient to remember after he goes home.

Solution: Doctor's advice (Audio) to be converted to QR Code and QR code to be pasted on the patient's prescription. A patient can scan the QR code and listen the health care advised by the doctor through mobile app.

7. **DECOCTION VENDING MACHINE** - Statement of the Problem: Decoction is the most considerable and extensively used dosage form in Ayurveda. The standard procedure mentioned in Ayurveda for decoction preparation requires that the plant material be boiled with water in a specific proportion until the original volume is reduced to desired quantity provided the heat is moderate. At present due to busy lifestyle preparation of decoction as per the Ayurvedic method became difficult.

After 3 rounds of selection, the no of teams selected for the grand finale were two for each problem statement.

The teams are as follows:

Ministry of AYUSH	SH5	BioEnGene OneKiss	Kumar Virbhadr	kumar.virbhadr3@gmail.com	8233690892
Ministry of AYUSH	SH5	ELECTROB OOM	PRITHIVIRAJAN S	licsadhaviam@gmail.com	9442442947
Ministry of AYUSH	SH6	The Lost Minds	Sahil Vora	sahil.vora@spit.ac.in	9920224588
Ministry of AYUSH	SH6	CoderArray	PRAVASH KUMAR BEHERA	pravashbehera2@gmail.com	9658884153
Ministry of AYUSH	SH7	Terminators%	Ambuz Shukla	ambuzshukla1999@gmail.com	9461545859
Ministry of AYUSH	SH7	TRONIX THUNDER	Chandan Kumar Prajapati	chandank.kumar995@gmail.com	7611801379



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The teams were mentored by the following faculty for 3 months.

Problem statement	Evaluator and Mentors
Decoction vending machine	Dr Shivani and Dr Pramod
Audio guide for patient regarding doctor prescription	Dr Shivakumar Harti & Dr Arunkumar Mahapatra
Non Invasive Glucometer	Dr Shalini & Dr Prasanth D

The grand finale of the problem statements related to Hardware was held at Indian Institute of Technology, Delhi from July 8th to July 12th 2019.

The jury members for the grand finale from AIIA were as follows:

1. Dr Shivakumar Harti
2. Dr Arunkumar Mahapatra
3. Dr V G Huddar
4. Dr Galib
5. Dr Pramod Yadav
6. Dr Shalini Rai
7. Dr Prasanth D

Along with these, the technical juries from IIT, Delhi were also nominated as Juries.

The schedule of the event is annexed.

At the end of 1st, 2nd and 3rd of Judging on 9th, 10th and 11th July respectively, power judging was held on 12th July.

The following were the winners for each problem statement.

Team	Problem statement	Team Leader	Email Id	Mobile No	Prize amount (INR)
ELECTROB ODM	Non-Invasive Glucometer	PRITHIVIRAJAN S	hcsodhiviraj@gmail.com	9442442947	75000
CoderArray	Patient Audio Guide	PRAVASH KUMAR BEHERA	pravashbehera20@gmail.com	9638884153	50000
TRONIX THUNDER	Decoction vending machine	CHANDAN KUMAR PRAJAPATI	chandankumar995@gmail.com	7611801379	50000

The Nodal officer from the Ministry of AYUSH- Prof Tanuja Manoj Nesari, Director, AIIA presided over the Valedictory function of SIH 2019 held on 12th July 2019. The winners were given certificates and Mementos.

Dr Shivakumar S Harti

Dr Arunkumar Mahapatra





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2nd and 3rd Round of Judging



Jury Panel



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## 4.State Level Ayurveda Youth Festival Delhi – NCR as a part of celebration of 4th Ayurveda Day

### 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 lighting 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*)
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)"



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3. Poster competition (Theme: Ayurveda for Longevity)
4. Mascot designing competition

## Glimpses of the event







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## F. Employability skill Development

### 1. Introduction to Basics of Flow Cytometry and it's clinical and research applications"

Report format for events

Name of Institute

1	Department Name/ Cell / Committee	Rognidan Eum Vikriti Vigyan
2	Title of the event	Instruction to Basic of Flow cytometer and Its Clinical and Research Applications
3	Nature of the event	Offline
4	Level (institutional/university/ inter-university/ state/national/ international)	Departmental
5	Date and Time	20 to 21 September 2021
6	Place or online mode	RNVV Department, 3 <sup>rd</sup> floor, Offline
7	Resource Person(s) / Expert(s)/ Guest(s)	
8	About Resource Person(s) / Expert(s)/ Guest(s)	Dr. Vinay Gupta (Ph.D Biochemistry, AIIMS)
9	Who are Participants	Faculty and Scholars
10	Number of participants	32
11	Under which scheme	CME & training
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	AIIA
14	Which Grant utilized	AIIA General
15	Expenditure	40 thousand
16	Objectives (Expected outcomes)	Introduction to basics of flow cytometry
17	Is it part of National drive?	Yes
18	Number of sessions	02
19	Content of the event	Flow cytometry basics and clinical and research application
20	Activities / Process	CME
21	Integrating issue/s	New technology
22	Achieved Outcomes	Medical education and training
23	Infrastructure utilized	AIIA Lecture Hall & Audio-visual aids
24	Certification to participant (Sample)	Yes
25	Feedback with Analysis-Graphs	
26	Scope of improvement / Future event / plan	Further detailed event
27	Photographs of activities with captions	Attached
28	Media Coverage	No
29	Report submitted/ sent to	Attached (Also sent to Annual Report)
30	Award / Recognition for the event	Submitted in Annual Report

Signature of Event in-charge

Date

Signature of Head

Stamp





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A 2 days CME for the teachers, Ph.D. and

PG scholars of Rognidana department on "Introduction to Basics of Flow Cytometry and it's clinical and research applications" was organized by Department of Roga Nidana Avum Vikriti Vigyana at All India Institute of Ayurveda, New Delhi,

Date: 20<sup>th</sup> and 21<sup>th</sup> September 2021.

Guest speaker :Dr. Vinay Gupta (PH. D. Biochemistry, AIIMS)

Venue: Department of Roga Nidana Avum Vikriti Vigyana, All India institute of Ayurveda

Timing: from 2.00pm to 5.00pm

## Day 1

Day started with the inauguration of the Program, done in the presence of respected Director madam Dr. Tanuja Nesari, Dr. Prajapati sir (HOD.RSBK Dept.), Dr. More sir (HOD RNVV Dept.), Dr. Shalini Rai madam ( Assistant professor RNVV dept.)

CME was mainly focused on two parts which are-

1.Basics of flow cytometry, basics of Fluorescence-activated cell sorting (FACS)

2.Clinical and research application of flow cytometry.

On the 1<sup>st</sup> day of CME Sir has guided the attendees on basics of flow cytometry and FACS

Different points covered during the lectures were

- Principle of flow cytometry,
- Details of flow cytometry instrument,
- Functions,
- Interpretations of the different graphical results,
- Specialized flow cytometry technique i.e, FACS it,s principle, function and working.

Flow cytometry is a technology that provides rapid multi parametric analysis of single cells in solution. Flow cytometers utilize lasers as light source to produce both scattered and fluorescent light signals that are read by detectors such as photodiodes or photomultiplier tubes.



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Cell populations can be analyzed and/or purified based on their fluorescent or light scattering characteristics. 2 types of scattering- Forward: size of the cell and

Side scattering: complexity of the cell.

Sheath fluid around the solution helps in passing the single cell through the cytometer when the cell comes in contact with the light beam it scatters the light in forward direction and also to different sides.

Analysis of the result done by electronic signals which produces standardized graphs on computers.

Different graphs we get from the computerized system like forward scatter vs cell count, side scatter vs. cell count, forward scatter vs side scatter. From this we can get the information about the sample.

- Specialized type of flow cytometry (FACS)  
FACS is used to sort the cells of having specific protein of interest. An antibody specific for a particular cell surface protein is associated to a fluorescent molecule and then added to a mixture of cells. For fluorescence when specific cells pass through a laser beam they are monitored. Droplets containing single cells are given a positive or negative charge, based on whether the cells has limited the fluorescently-tagged antibody or not. Droplets containing a single cell are then detected by an electric field into collection tubes according to their charge. After having tea break lecture was ended with these basics concept of flow cytometry and FACS.

## DAY 2

Second day starts with the warm welcome of the sir. Second day, sir has given the brief description on applicability of flow cytometry, it's clinical applicability and use in different aspects of research. Flow cytometry is a tool that has various applications

1. Molecular Biology
2. Bacteriology
3. Virology
4. Cancer biology
5. Infectious disease monitoring
6. Hematology study



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After lecture presenter was felicitated with a memento and certificate was distributed to the faculty members and students.





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"Introduction to Basics of Flow Cytometry and it's clinical and research applications"

ATTENDANCE - SHEET

S.NO.	NAME OF SCHOLAR	ATTENDANCE
1.	Dr. Nisha Aggarwal	P
2.	Dr. Lokesh Sharma	P
3.	Dr. Sadaf Khan	P
4.	Dr. Anza Chaudhary	P
5.	Dr. Annu Rani	P
6.	Dr. Anu Kumar	P
7.	Dr. Kajal	P
8.	Dr. Nirajan Ram	P
9.	Dr. Arshabh Jyothi PS	P
10.	Dr. Gunjan Pathoja	P
11.	Dr. Gunjan Pathoja	P
12.	Dr. Mahlesh Meena	P
13.	Dr. Mythri H S	P
14.	Dr. Shweta	P
15.	Dr. Aparna Dileep	P
16.	Dr. Bhimrao Lalaji Medhram	P
17.	Dr. Alok Kumar Meher	P
18.	Dr. Kavita Kumari	P
19.	Dr. Manish Sharma	P
20.	Dr. Parwati	P
21.	Dr. Pratik D. Bhalukar	P
22.	Dr. Swarnakant Jena	P
23.	Dr. Chaitu Sharma	P
24.	Dr. Nidhi Tadhari	P
25.	Dr. Pragati Wadia	P
26.	Dr. Priyanka Potdar	P
27.	Dr. Resha Solanki	P
28.	Dr. Sateef Anjari	P
29.	Dr. Ritesh Kumari	P
30.	Dr. Neelam	P





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31	Dr. Preethi	P
32	Dr. Robin Baidal	P
33	Dr. Sanjaykumar Sankar	P
34	Dr. Anshu Sharma	P
35	Dr. Bhavana Sharma	P
36	Dr. Meenakshi Sharma	P
37	Dr. Shagunika Bhatnagar	P
38	Dr. Anjali Datta	P
39	Dr. Deenadayal Dewrajani	P
40	Dr. Mohana Gajal	P
41	Dr. Smita Soman M.	P
42	Dr. Anilakrishna K.	P
43	Dr. Kalyan Karmali	P
44	Dr. Nazreen Hanifa	P
45	Dr. Sneha P.	P
46	Dr. Anika	P
47	Dr. Gaurav Salunke	P
48	Dr. Sadaf Nazim	P
49	Dr. Garjan Sharma	P
50	YASWAN KUMARI SHARMA	P
51	RAHUL KUMAR BUDOLIA	P
52	SHEETAL	P
53	ITISHREE DASMOHAPATRA	P
54	ANSHWARYA ASHISH JOGLEKAR	P
55	KALPANA YADAV	P
56	ANAND CHATURVEDI	P
57	DEVIKA SINGH	P
58	VAIBHAV VIVEK KAKDE	P
59	SURMEDH SANJAY JOSHI	P
60	KARTHIK K.P.	P
61	VILAY KUMAR PATHAK	P
62	MAHESH CHAND	P
63	Parika Sharma	P
64	SATYAJIT BEHERA	P
65	KUNDAN SUSHILKUMAR WASNIK	P
66	DARSHAN MOHAN MAHILKAR	P



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67	REETU	P
68	ARCHANA SHUKLA	P
69	SWATI DHIRYAN	P
70	NISHANT MALHOTRA	P
71	CHANCHAL AGGARWAL	P
72	BHAWNA	P
73	HARSHAL PURUSHOTTAM BRAMHANWADE	P
74	DIKSHA NITIN KABRA	P
75	PREETI PATEL	P
76	DIVYAMOL MD	P
77	POONAM PANDURANG GOUD	P
78	NEELAM MARODIA	P
79	EKTA SHARMA	P
80	AMREEN SAIFI	P
81	ANJALI MEENA	P
82	SHIVANI SHARMA	P
83	SAKSHI BADYAL	P
84	GANESH ANANDA TAMBE	P
85	ALEENA GAURI	P
86	Sheetal Sharma	P
87	ARCHANA	P
88	PRIYANKA MISHRA	P
89	VIVEK	P
90	NEETU SHARMA	P
91	ROHIT	P
92	MEDHA CHANDRAKANT LAKKAWAR	P
93	ANKITA SUNIL PAWAR	P
94	SONIA	P
95	NAVYA PAVITHRAN	P
96	KAVITA SHARMA	P
97	TAJ BABY	P
98	FAUZIA KHAN	P
99	SREYA RAJ S.R	P
100	SANKET CHANDRASHEKHAR RAWEKAR	P
101	AKHIL C SURESH	P
102	ABHA SHARMA	P



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103	PREETI SINGH	P
104	PREETI Paliwal	
105	SAPNA KUMARI	P
106	MITANJALI BEHERA	
107	RINKU CHOUHAN	P
108	BHAGYASHRI ARUN CHAKOLE	P
109	PRIYANSHU CHAUHAN	
110	POOJA VASHIST	P
111	LILISHREE MEHER	P
112	LAXMI RATHORE	
113	DHANANJAY KUMAR	P
114	SHAVNAM CHAUDHARY	
115	BALVEER KAUR	
116	HIMANSHU GAUTAM	P
117	SALMAN HASHMI	
118	SMRUTIREKHA NAYAK	P
119	MANISHA CHAURASIA	P
120	SWATI YADAV	
121	HARSHA RANJAN	P
122	SHWETA BHANDARI	
123	KANIKA BHATIA	P
124	VANDANA SHARMA	P
125	IQRA KHAN	
126	VIJAY KUMAR VAID	P
127	AKSHAY KUMAR	P
128	HEMANT YADAV	
129	KIRTI SINGHAL	P
130	RAHUL N	
131	ANJU S RAJ	P
132	SRISHTI KALRA	P
133	JITENDAR MEENA	
134	GUPTESWAR MISHRA	P
135	DIMPLE MEENA	
136	VANDANA YADAV	P
137	DIPTI KABADWAL	P
138	DURGA RANI	



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139	RAKSHA SHARMA	P
140	DEEPANKAR RAHUL	
141	RAHUL JAIN	P
142	ABHIJEET DAHIYA	P
143	PRIYANKA SHARMA	
144	TARANNUM JAHAN	
145	HARSHALI ARUN SHENDE	P
146	HEMENDRA KUMAR SINGH	
147	KARISHMA SHARMA	P
148	ALFIA SALEEM	
149	JYOTI	P
150	KUMKUM SINGH	
151	POONAM	P
152	SANDHYA RANI PADHI	
153	ATHIRA K	P
154	LIYA C K	P
155	SONAM RANGNATH DUBEY	
156	SHREYA DHANAJI BHOSALE	D
157	MOHD SUHAIL	
158	BALWANT KUMAR	P
159	PRIYANKA	
160	MOHD ASHFAK	P
161	PUSHAPENDRA SHEHRIA	P
162	PRATIMA RAGHUNATH GAIKWAD	P
163	SHAMIYA PARVEEN	P
164	MOHD AMIR MAQSOOD	P
165	SWATI BHANDARI	P
166	KAVITA SINGARIYA	P
167	PRIYANKA	P
168	VANDNA	P
169	HIMANI SHARMA	
170	NITISH KUMAR	P
171	RAHUL BISHT	P
172	ANUPAM	
173	PRABI K P	P
174	BHANUJA SINGH	



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175	NEHA KASHYAP	P
176	SATENDRA SINGH	
177	RAVINDER	P
178	DEEPAK KHUNDIA	
179	FAVESH MATHNIA	P
180	SONIA	P
181	ANJANA ROY	
182	TANU DHAMA	P
183	PRATIBHA	P
184	GEETA	
185	SRUTHI MADUGULA	P
186	Nikita Sharma	P
187	Anjali Goyal	
188	Jitendra Kaur	
189	Vikash Kuma	P
190	Dr. Shalini Varshney	
191	Vishal Kumar	P
192	Geetika Pahuja	P
193	Shifa Shetty P	
194	Sonam	
195	Neha Yadav	P
196	Masooda	
197	Abhay Kumar Prajapati	
198	Shabnam Bano	f
199	Punam Namdeo Khobarkar	
200	Kartar Singh Bansal	
201	Dr. Alka Kapoor	P
202	Ankur Kumar Tanwar	
203	Rahul Anand	P
204	Arun Lal K	
205	Dr. Shekhar Ukey	P
206	Yoshitha C N	
207	Latika	
208	Dr. Manoj Kumar Shamkuwar	P
209	Anita	
210	Prajitha. P.K	P





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211	Dr. Tejashwini Buchade	P
212	Shreshtha Kaushik	P
213	Manish Kumar Saini	
214	Niladri Bhattacharjya	P
215	Dr. Neelam Gupta	
216	Pratik Sharma	
217	Manjusha P	P
218	Siddharth Kumar	
219	Dr. Sudipa Saha	P
220	Kapil Mehar	
221	Dhanisha B K	P
222	Jinoop P	
223	Deepak A S	
224	Monika Kumari	P
225	Kalanidhi Hota	
226	Dr. Pankaj Kundal	P
227	Jayakrishnan K	
228	Divya Gupta	P
229	Ashish Mishra	
230	Dr. Shilpa Walkikar	P



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## 2. Basics and Clinical Applications of Radiology

1	Department Name/ Cell / Committee	RNVV
2	Title of the event	Basics and Clinical Applications of Radiology
3	Nature of the event	
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	8-9 OCTOBER 2019
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Abhinav Jain Dr. Ruzina Dr. Aadil Malik Dr. Vishal Goyal Dr. Priyanka Matto Dr. Swati Nayak
8	About Resource Person(s) / Expert(s)/ Guest(s)	-
9	Who are Participants	scholar
10	Number of participants	119
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Hamdard Institute of Medical Science of Research Hamdard Nagar New Delhi
13	Sponsoring Agency	AIIA
14	Which Grant utilized	AIIA General
15	Expenditure	NA
16	Objectives (Expected outcomes)	To know the basic and advance clinical application of radiology.
17	Is it part of National drive?	NA
18	Number of sessions	2 days



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19	Content of the event	2 days Interactive sessions of Basic knowledge of radiology, X-Ray, musculoskeletal radiograph, HSG, PET scan, CT, MRI, Nuclear medicine, with hands on training.
20	Activities / Process	2 days Workshop of hands on training with lecture.
21	Integrating issue/s	NA
22	Achieved Outcomes	For enhancing the knowledge of radiology's clinical utility for diagnosis and scientific evidence of ayurveda.
23	Infrastructure utilized	HIMSR, New Delhi
24	Certification to participant (Sample)	NA
25	Feedback with Analysis-Graphs	NA
26	Scope of improvement / Future event / plan	CME training must be continued for refreshing the knowledge for diagnosis through ayurveda.
27	Photographs of activities with captions	attached
28	Media Coverage	NA
29	Report submitted/ sent to	Director office
30	Award / Recognition for the event	NA

Signature of Event In-charge

Date

Signature of Dean

Stamp



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13/11

1/2021/RNVV

## REPORT ON TWO DAYS CME ON BASICS AND CLINICAL APPLICATIONS OF RADIOLOGY,

8<sup>th</sup> and 9<sup>th</sup> October, 2021, Hamdard Institute of Medical Sciences and Research (HIMSR)

A two days Radiology Continuing Medical Education (CME) on Basics and Clinical Applications of Radiology was conducted on 8th and 9th of October, 2021 for 119 scholars and participants from AIIA in Hamdard Institute of Medical Sciences, Auditorium 1 and 2, First Floor. The session commenced at 9:00 AM on both the days. The details of the lectures and the hands-on sessions on the two days is as follows.

### **Day 1**

Lecture 1, Topic: - Introduction to radiology by Dr. Abhinav Jain, Asso. Prof. and HOD, Department of Radiodiagnosis, HIMSR and HAHC, New Delhi

- Invention of radiology.
- Regulatory body of diagnostic radiology in India.
- Dose limitations of patients as well as working personnel in radiology unit.
- Safety measures taken by the technician before exposure to the radiation.
- Brief description of dosimeter.

Lecture 2, Topic: - Chest radiographs by Dr. Swati Naik, Senior Consultant and HOD, Department of Radiodiagnosis, Batra Hospital, New Delhi

- X ray reading under 3 heads
  1. Pre read covers patient details requires for its authentication.
  2. Quality control parameters determining correctness of the x ray.
  3. Pathological findings and their interpretation.
- Identifying interpretations like consolidation, collapse, nodule etc.

Lecture 3, Topic: - Abdominal radiographs by Dr. Swati Naik, Senior Consultant and HOD, Department of Radiodiagnosis, Batra Hospital, New Delhi

- Different views and their relevance.
- Approach to abdominal Xray.
- Pathological findings and their interpretations.

Lecture 4, Topic: - musculoskeletal radiographs, Dr. Sandeep Kumar, Prof. and HOD, Department of Orthopaedics, HIMSR and HAHC, New Delhi

- Conditions for musculoskeletal X- ray 3T\*.
- Rule of 2
- Differentiating features for tumors.

Lecture 5, Topic: - Hysterosalpingography by Dr. Aruna Nigam, Prof. and HOD, Department of Obstetrics and Gynaecology, HIMSR and HAHC, New Delhi

- Pre-requisites (indications and contraindications) for the procedure.
- Instruments required.
- Pathological findings and their interpretations.



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11/2021/RNVV

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## REPORT ON TWO DAYS CME ON BASICS AND CLINICAL APPLICATIONS OF RADIOLOGY, 8<sup>th</sup> and 9<sup>th</sup> October, 2021, Hamdard Institute of Medical Sciences and Research (HIMSR)

Lecture 6, Topic: - Basics of ultrasound by Dr. Aadil Malik, Senior Resident, Department of Radiodiagnosis, HIMSR and HAHC, New Delhi

- Basic principle of ultrasound
- Different types of transducers and their clinical application.
- Pathological findings and their interpretations.

Lecture 7, Topic: - Cardiovascular imaging X ray by Dr. Ruzina Firdose, Assistant Prof., Department of Radiodiagnosis, HIMSR and HAHC, New Delhi

- Anatomical location of heart.
- Physiological location of different structures of cardiovascular system.
- Pathological findings and their interpretations.

### Day 2

Lecture 1, Topic: Clinical Scenarios and imaging by Dr. Abhinav Jain, Asso. Prof. and HOD, Department of Radiodiagnosis, HIMSR and HAHC, New Delhi

- Basis principles of X Ray - chest
- Difference between CT scan and MRI.
- Normal and pathological interpretation of CT scan abdomen.
- Basics of USG scan in obstetrics
  - 1) Dating scan
  - 2) NT scan
  - 3) level 2 scan
  - 4) Growth scan
  - 5) Doppler and biophysical profile.

Lecture 2, Topic: Basic of CT Scan, Dr. Vishal Goyal, Consultant radiologist, Max Group of Hospitals, Gurugram

- Introduction and Basic principles of CT scan.
- Golden points for CT interpretation
- To differentiate between CT plain and CT contrast and their indications.

Lecture 3, Topic: - CT Head by Dr. Vishal Goyal, Consultant radiologist, Max Group of Hospitals, Gurugram

- Basic principles of CT Head
- Anatomy of Brain in respect to radiology.
- Different pathological interpretation of CT Head.

Lecture 4, Topic: - Basic of nuclear medicine by Dr. Priyanka Mattoo, Asst. Prof. Department of Radiodiagnosis, HIMSR and HAHC, New Delhi

- Introduction, history and basics of nuclear medicines.

2



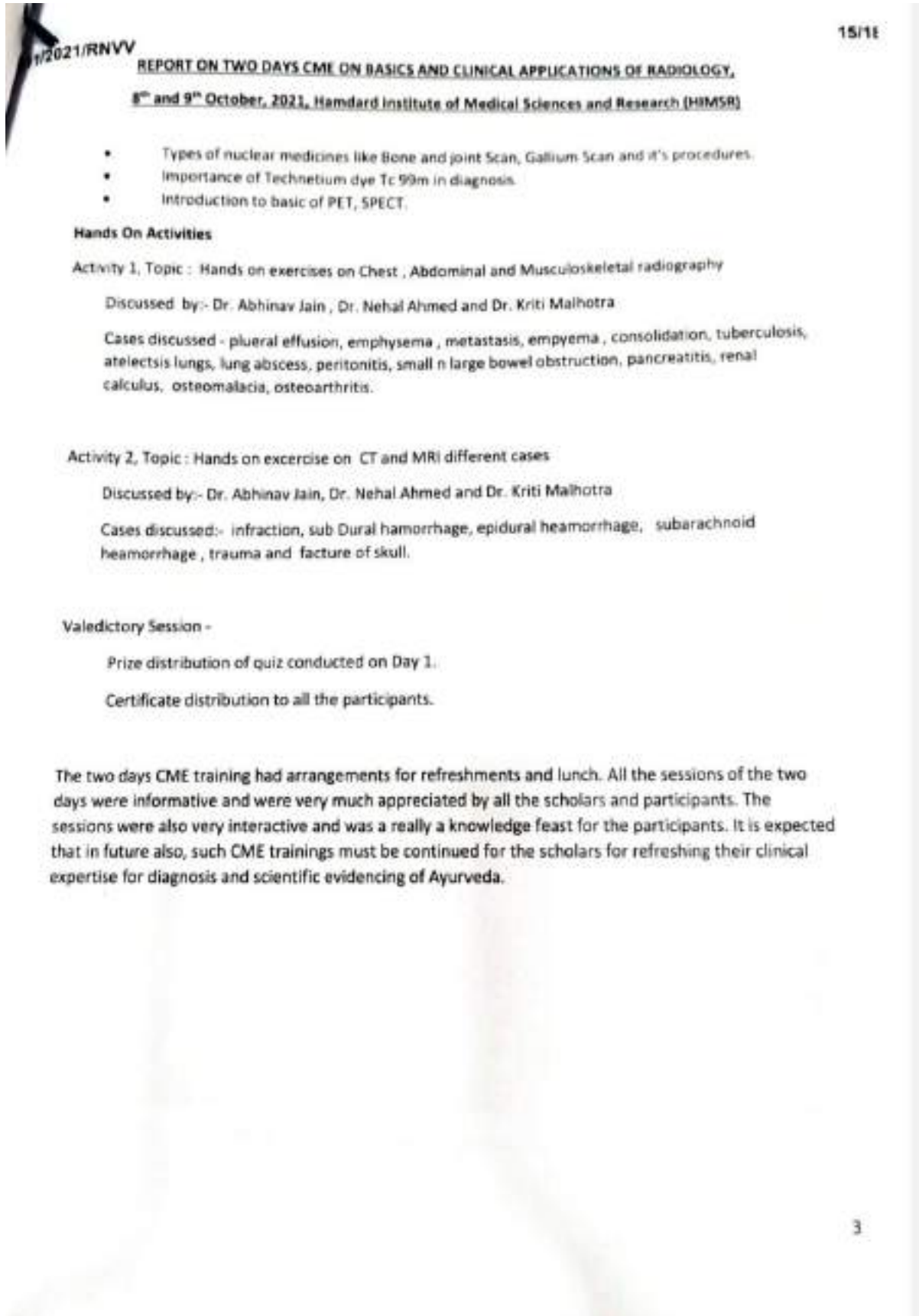


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8<sup>th</sup> and 9<sup>th</sup> October, 2021, Hamdard Institute of Medical Sciences and Research (HIMSR)



The experts and the participants of the CME interacting in the session



The participants listening attentively to the CME lectures



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REPORT ON TWO DAYS CME ON BASICS AND CLINICAL APPLICATIONS OF RADIOLOGY,  
8<sup>th</sup> and 9<sup>th</sup> October, 2021, Hamdard Institute of Medical Sciences and Research (HIMSR)

Glimpses of the two days CME in Photographs –



Welcome of the participants and the faculty members in the CME



The lectures in The CME by the resource person





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6337/2021/RNVV

LIST OF PARTICIPANTS FOR ATTENDING THE 2 DAYS RADIOLOGY CME  
IN JAMIA HUMDARD, NEW DELHI ON 8<sup>TH</sup> AND 9<sup>TH</sup> OCTOBER, 2021

S. No.	Name	Department
1	Dr. Jayakrishnan K	Department Swasthavirtha and Yoga
2	Dr. Gunjan	
3	Dr. Sadaf	
4	Dr. Mitanjali	
5	Dr. Rinku	
6	Dr. Anajana	
7	Dr. Geeta	
8	Dr. Pratibha	
9	Dr. Sonia	
10	Dr. Sruthi	
11	Dr. Ankur Tanwar	Kriya Shareera
12	Dr. Rahul Anand	
13	Dr. Arun Lal K	
14	Dr. Deepankar Rahul	
15	Dr. Dipti Kabadwal	
16	Dr. Vandana Yadav	
17	Dr. Raksha Sharma	
18	Dr. Rahul Jain	
19	Dr. Alka Kapoor	Department of Kayachikitsa
20	Dr. Sabnam Bano	
21	Dr. Kartar S. Bansal	
22	Dr. Abhay K. Prajapati	
23	Dr. Poonam N. Khabarkar	
24	Dr. Arshath Jyothi	
25	Dr. Mythri S. Achar	
26	Dr. Shimmy Warsi	
27	Dr. Gunjan Patheja	
28	Dr. Mithlesh Meena	
29	Dr. Bhagyashri	Department of Samhita Siddhant
30	Dr. Laxmi	
31	Dr. Aishwarya	
32	Dr. Yaman Sharma	
33	Dr. Anita Chaudhary	
34	Dr. Nisha Aggarwal	
35	Dr. Vikas	
36	Dr. Kalpana Yadav	
37	Dr. Rahul B	
38	Dr. Sadaf Khan	
39	Dr. Lokesh Sharma	Department of Kaumarbhritiya
40	Dr. Sheetal	
41	Dr. Neha	
42	Dr. Masooda	Department of Kumarbhartiya
43	Dr. Sonam	
44	Dr. Harsh	Department of Kumarbhartiya



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## LIST OF PARTICIPANTS FOR ATTENDING THE 2 DAYS RADIOLOGY CME IN JAMIA HUMDARD, NEW DELHI ON 8<sup>TH</sup> AND 9<sup>TH</sup> OCTOBER, 2021

45.	Dr. Vandana	Department of Rognidana euam Vikriti Vigyan
46.	Dr. Mahesh	
47.	Dr. Vijay	
48.	Dr. Anand More	
49.	Dr. Shalini Rai	
50.	Dr. Siddarth Kumar	
51.	Dr. Pratik Sharma	
52.	Dr. Manjusha P	
53.	Dr. Anshu Sharma	
54.	Dr. Bhawana Shrama	
55.	Dr. Shagufta Rahaat	
56.	Dr. Vivek	
57.	Dr. Medha	
58.	Dr. Ankita	
59.	Dr. Neetu Sharma	
60.	Dr. Rohit Parmar	
61.	Dr. Pratima	
62.	Dr. Pushpendra	
63.	Dr. Kavita	Department of Dravya Guna
64.	Dr. Swati	
65.	Dr. Sharniya	
66.	Dr. Amir	
67.	Dr Swati	
68.	Dr Manisha	
69.	Dr Himanshu	
70.	Dr Salman	
71.	Dr. Smriti	
72.	Dr Vishal	
73.	Dr Shavanam	Department of Stree Roga and Prasuti Tantra
74.	Dr. Anita PhD Scholar	
75.	Dr. Prajitha PhD Scholar	
76.	Dr. Poonam, PG 1st year	
77.	Dr. Jyoti PG 1st Year	
78.	Dr. Neelam PG 2nd Year	
79.	Dr. Divyamol PG 2nd Year	
80.	Dr Pankaj Kundal	Shalakya department
81.	Dr Dhanisha B	
82.	Dr Kapil Meher,	
83.	Dr Jinnop P,	
84.	Dr Mahima Gujral	
85.	Dr Deendayal D	
86.	Dr Anupam Goswami	
87.	Dr Vandana	
88.	Dr Fauzia	
89.	Dr Sonia	
90.	Dr. Shivani Sharma	Deptt. Of RSBK





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(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

557/2021/RNVV

## LIST OF PARTICIPANTS FOR ATTENDING THE 2 DAYS RADIOLOGY CME IN JAMIA HUMDARD, NEW DELHI ON 8<sup>TH</sup> AND 9<sup>TH</sup> OCTOBER, 2021

91	Dr. Archana	
92	Dr. Sohail	
93	Dr. Balwant	
94	Dr. Smritimayee Sahoo	
95	Dr. Robin Badal	
96	Dr. Kiran kumari	
97	Dr. Preeti	
98	Dr. Neelam	
99	Dr. Shrestha	
100	Yoshitha	
101	Latika	Deptt of PK
102	Swarnakant	
103	Pratik Bahute	
104	Alok Kumar	
105	Chanchal Aggarwal	
106	Harshal	
107	Harshali Shinde	
108	Hemendra	
109	Priyanka	
110	Dr. Kalanidhi (PhD scholar)	Deptt of Shalya Tantra
111	Dr. Kulsoom ( PG scholar final year)	
112	Dr. Sreenadh( PG scholar final year)	
113	Dr. Nasreen( PG scholar final year)	
114	Dr. Abha ( PG scholar second year)	
115	Dr. Sanket ( PG scholar second year)	
116	Dr. Shreya ( PG scholar second year)	
117	Dr. Neha( PG scholar first year)	
118	Dr. Satender( PG scholar first year)	
119	Dr. Ravinder ( PG scholar first year)	



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## 3. An Ayurvedic perspective on diagnostic & treatment of Ankylosing spondylitis"

Report format for events

Name of Institute

1	Department Name/ Cell / Committee	Rognidan Eum Vikriti Vigyan
2	Title of the event	An Ayurvedic Perspective on Diagnostics & Treatment of Ankylosing Spondylitis and Hypertension
3	Nature of the event	Online Mode
4	Level (Institutional/university/ Inter-university/ state/national/ international)	Departmental
5	Date and Time	24 to 25 March 2021, 1:00 pm to 2:30 pm
6	Place or online mode	Online Mode
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Narendra Pandey
8	About Resource Person(s) / Expert(s)/ Guest(s)	Clinical Expert and practitioner Teacher
9	Who are Participants	Faculty and Scholars
10	Number of participants	20
11	Under which scheme	CME Training
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	AIIA
14	Which Grant utilized	General
15	Expenditure	₹ 0.00
16	Objectives (Expected outcomes)	refreshing of knowledge & new learning
17	Is it part of National drive?	No
18	Number of sessions	02
19	Content of the event	Lectures and Clinical experience sharing
20	Activities / Process	CME - online lecture
21	Integrating issue/s	CME
22	Achieved Outcomes	New knowledge & refreshing of previous knowledge
23	Infrastructure utilized	Audio-visual mode
24	Certification to participant (Sample)	Nil
25	Feedback with Analysis-Graphs	1
26	Scope of improvement / Future event / plan	Further continuation CME lectures
27	Photographs of activities with captions	
28	Media Coverage	No
29	Report submitted/ sent to	Nil (Annual Report)
30	Award / Recognition for the event	N/A

Signature of Event in-charge

Date

Signature of Head

Stamp



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## "An Ayurvedic perspective on diagnostic & treatment of Ankylosing spondylitis"

### ATTENDANCE - SHEET

S. No.	NAME OF THE SCHOLAR	ATTENDANCE
1	Geetika Pabuja	
2	Shalini	P
3	Yashika Bidhuri	P
4	Subhasmitra Jena	
5	Kshyamamayee Priyadarsini Jati	
6	Manisha Agrawal	P
7	Praveen Kumar Sharma	
8	Monika	
9	Abhishek Anand	P
10	Sonam	
11	Soniya Gupta	
12	Abhay Kumar Prajapati	
13	Shikha Chaudhary	P
14	Rashmi Tokas Rana	
15	Nasreen Ahmed	
16	Swarnima Mishra	
17	Jitendra Gauttam	
18	Ramanuj Soni	P
19	Ram Lakhan Meena	
20	Aosemba Jamir	
21	Hanumant Nirmal	
22	Neha Sharma	P
23	Bushra Khanam	
24	Garima	
25	Sudha Dansana	
26	Soniya	P
27	Shibani Dash	
28	Shalini Gupta	
29	Swati Chauhan	P
30	Varnika Rani	
31	Madhu Bhardwaj	
32	Himanshu Sharma	



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## 4.Hands-on training on Nasya Karma



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### Report on Hands-on Training on Panchakarma Procedures

Hands-on training of Panchakarma procedures to enhance the clinical skills of the PG and PhD scholars were regularly conducted at different intervals. 7 such programs were conducted in the department by the Faculty members in the year 2021. The classical procedures mentioned in the ancient Ayurvedic texts were demonstrated along with hands-on training to the scholars.

#### Hands-on training on Nasya Karma

Date: 5/08/2021

Time: 12:00-- 1:30 pm

Venue: Male Panchakarma theatre, 2nd floor, All India Institute of Ayurveda.

Target audience: PG and PhD Scholars, Department of Panchakarma, AIIA.

Number of Participants: 20

Resource person: Prof. Dr Anandaraman Sharma

As Nasya karma is one of the five most important Panchakarma procedures, the practical demonstration of the Nasya procedure was done. Generally, it is believed to be a very simple procedure and just the nasal instillation of the drug followed by fomentation is done. In the demonstration, the authentic procedure was done and SOP was made focussing on the concepts of Acharya Vagbhata in the classical Ayurvedic text -Astanga Sangraha. The importance of the Purva karma, such as Mukhabhyanga, Prayogika dhoompana and Swedana of the face by panitapa and the right positioning of the patient on the dromi was emphasised. The wrong practices of Nasya were cleared. Emphasised on the continuous pouring of the drug in the form of dhara by Gokamika or a cotton wick and not to pour it as drop by drop nasal installation through a dropper as it may cause vyapad (complications). The importance of paschat karma was highlighted, such as repeated sudation of the face and spitting till the medicine appears in the mouth. The demonstration was helpful to make the scholars understand the importance of nasya karma and that it is not just the nasal instillation of the medicine but much beyond that.



Figure 1 Practicing Nasya Karma By the Participant

गौतमपुरी, सरिता विहार, मथुरा रोड, नई दिल्ली-110076

Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: aiiawdchennai@gmail.com

Phone: 011-29446558

Fax: 011-29446660





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## 5..Hands-on training on Patra-Pinda Sweda



### Hands on training on Patra Pinda Sweda

Date: 12/08/2021

Time: 2:00 pm

Venue: Male Panchakarma theatre, 2nd floor

Target audience: PG and PhD Scholars, Department of Panchakarma, AIIA.

Number of Participants: 20

Resource person: Prof. Dr Anandaraman Shanna

Hands-on training was done on Patrapinda pottali swedana. The ingredients of the pottali were – chopped leaves (from plants like dhatura, nirgundi, arka, shigru, rasna ), tallam, rasana, methi seeds, sliced lemon, turmeric, rock salt and grated coconut. The leaves were fried with medicated oil by giving proper heat. The mixture prepared was put in a small piece of cloth and tied into pottali. Preparation of pottali focussing on small aspects like binding the cloth, making the proper size of the pottali and the handle, and making a firm pottali was demonstrated. The importance of each ingredient of the pottali was explained. In the end, vyapad or complications which can result due to infected leaves, the loose handle of pottali, etc and other aspects such as the importance of applying the pottalis in tapping motion were demonstrated practically. All the participants were practiced the Patrapinda swedana during the session.



Figure 2- Pottali Prepared by the Participants

प्रो. डॉ. अ. अ. शन्ना  
Prof. Dr. Anandaraman Shanna  
AIIA  
Ministry of AYUSH, Govt. of India  
New Delhi-110076

गौतमपुरी, सरिता विहार, मथुरा रोड, नई दिल्ली-110076

Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076

E-mail: aiiaindian@yahoo.com

Phone: 011-29948155

Fax: 011-29948668

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## 6.Hands-on training on Kukutand Sweda

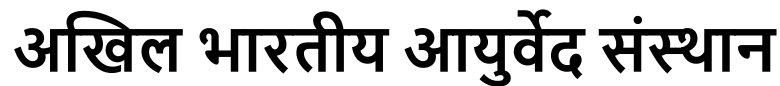
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**Hands-on training on Kukutanda Sweda**

Date: 12/08/2021  
Time: 3:00  
Venue: Male Panchakarma theatre, 2nd floor  
Target audience: PG and PhD Scholars, Department of Panchakarma, AIIA.  
Number of Participants: 20  
Resource person: Prof. Dr Anandaraman Sharma

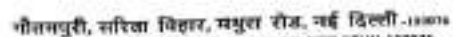
Hands-on Training conducted on the preparation of Kukutanda pinda swedana. Various Methods of preparations were discussed such as, only using egg yolk, or boiling the egg and using powdered yolk etc. Medicated oil was heated in a vessel and then garlic cloves and lemon were added. To this, four eggs were added and fried. Then, the mixture was put in a small piece of cloth and tied into pottali. The importance of the ingredients was explained and the practical utility in the patients with Ardita vata and Bell's palsy was discussed in detail.

  
प्रोफे (डी०) अनंदरामन पी.वी.  
Prof. (Dr.) Anandaraman PV  
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## 7.Hands-on training on Upanaha



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## 8.Hands-on training on Shirobasti

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**Hands-on Training on Shirobasti**

Date: 16/09/2021  
Time: 2:00- 3:30 pm  
Venue: Common Panchakarma theatre, 3rd floor  
Target audience: PG and PhD Scholars, Department of Panchakarma, AIIA.  
Number of Participants: 20  
Resource person: Prof. Dr Anandaraman Sharma

Hands-on Training on the classical procedure of the Shiro Basti organised by the department. For this, an IPD patient who was a known case of Multiple sclerosis was taken as a subject. The patient was seated comfortably on a knee-height armed chair. A strip of cloth smeared with a paste of black gram powder was tied around the head 2 cm above the eyebrows, tight enough to prevent leaking of oil, but not causing any discomfort. Then the Shiro Basti cap was fixed over the strip and another layer of cloth smeared with the paste was applied over the cap. Further, the junctions were sealed with black gram paste so as to avoid any leaking of the oil. Then, the medicated oil heated just above the body temperature was slowly poured inside the cap over the head with the help of the dorum of the dhash. The temperature of the oil was maintained by replacing it with warm oil at regular intervals. The procedure continued for 45 minutes. The importance of the procedure and its practical utility in patients with trigeminal neuralgia, insomnia and other neurological complaints were discussed. The vapour which may result from leaking of the oil and the temperature of the oil was especially emphasised. The demonstration was followed by hands-on experience and doubt clearing session.




Figure 3 Shirobathi done by Participants

मौलामपुरी, सरिता मिश्र, मधुसूत रौड, नई दिल्ली-110076  
Gautamputi, Sarita Mishra, Madhusut Roud, New Delhi-110076  
E-mail: sarasmita@gmail.com Phone: 011-27046658 Fax: 011-27046683

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## 9.Hands-on training on Jambir Pinda Sweda

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Hands-on training on Jambira Pinda Sweda

Date: 12/08/2021  
Time: 4:00- 4:30 pm  
Venue: Male Panchakarma theatre, 2nd floor  
Target audience: PG and PhD Scholars, Department of Panchakarma, AIIA.  
Number of Participants: 20  
Resource person: Prof. Dr Anandaraman Sharma

A hands-on Training session on the preparation of Jambira pinda swedana was conducted. The method of preparation of the pottali was almost similar to that of Patra Pinda Swedana, except that in Jambira pinda swedana, sliced lemon (jambira) was used instead of vatahara leaves. The practical utility of the procedure was discussed in detail. Participants prepared the pottali themselves. The demonstration was followed by a doubt-clearing session in the end.

प्रो. (डी०) अनादरामन एम.पी.टी.  
Prof. (Dr.) Anandaraman M.P.T.  
एम.डी., पंचकर्म, एम.एच.डी.  
M.D., Panchakarma, MCHD  
विभाग प्रमुख, पंचकर्म विभाग  
HOD, Department of Panchakarma  
अखिल भारतीय आयुर्वेद संस्थान, नई दिल्ली-110076  
All India Institute of Ayurveda, New Delhi-110

गौतमपुरी, सरिता विहार, मधुरा रोड, नई दिल्ली-110076  
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076  
Email: aiiawdchennai@gmail.com Phone: 011-29948658 Fax: 011-29948668

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## 10.Smart India Hackathon

1	Department Name/ Cell / Committee	Swasthavritta
2	Title of the event	Smart India Hackathon
3	Nature of the event	nationwide initiative to provide students a platform to solve some of pressing problems we face in our daily lives, and thus inculcate a culture of product innovation and a mindset of problem solving.
4	Level (Institutional/university/ inter-university/ state/national/ international)	National Level
5	Date and Time	12 <sup>th</sup> July, 2019
6	Place or online mode	offline
7	Resource Person(s) / Expert(s)/ Guest(s)	Jury member included DR Shivakumar Harti, Dr Arun, Dr V.G Huddar, Dr Galib, Dr Pramod, Dr Shalini, Dr Prasanth
8	About Resource Person(s) / Expert(s)/ Guest(s)	Faculty of AIIA
9	Who are Participants	A no of 372 teams participated in the program
10	Number of participants	Around 1 lakh students participated in the event
11	Under which scheme	SIH
12	Collaborative agency Government / Govt recognized body	I4c, My Gov, Persistent System, NASSCOM and Rambhau Mhalgi
13	Sponsoring Agency	Ministry of Ayush
14	Which Grant utilized	Allocated for Smart India Hackathon
15	Expenditure	Rs. 50,00,000
16	Objectives (Expected outcomes)	To build a multi-platform integrated solutions that makes Ayurveda and other traditional medicines more accessible to the common man
17	Is it part of National drive?	Yes
18	Number of sessions	3





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19	Content of the event	Ayurveda Pharmacovigilance, Epidemiological survey, portal/app for transfer of vital data from patient to community worker, Chat bots. Each topic is provided with their solutions.
20	Activities / Process	A unique open innovation model for identifying new and disruptive technology innovation to solve the challenges. Competition based on software and Hardware related problem statements
21	Integrating issue/s	Harness creativity & expertise of students Spark Institute –level hackathon Build funnel for Startup India campaign
22	Achieved Outcomes	The web-app, android app and chatbot have been successfully prototyped and demoed.
23	Infrastructure utilized	IIT & PSIT college of Engineering
24	Certification to participant (Sample)	Attached
25	Feedback with Analysis-Graphs	no
26	Scope of improvement / Future event / plan	To create a multi-platform product for conversion of ancient units to modern units, and improve accessibility of traditional medicine in general.
27	Photographs of activities with captions	Report attached
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

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Smart India Hackathon 2019

### Introduction

Innovation and entrepreneurship are at the peak in India. In order to make development a comprehensive mass movement and innovate on all fronts, MHRD, AICTE, IIT and Persistent Systems have come together to organize Smart India Hackathon (SIH) 2019 - a unique Open Innovation Model for identifying new and disruptive technology innovations to solve the challenges faced in our country. It's a non-stop product development competition, where problem statements are posed to technology students for innovative solutions. It can help to:

- Harness creativity & expertise of students
- Spark institute-level hackathon
- Build funnel for 'Startup India' campaign
- Crowdsourcing solutions for improving governance and quality of life
- Provide opportunity to citizens to provide innovative solutions to India's daunting problems

Ministry of AYUSH is a premiere partner in this initiative. Prof. Tarunja Nesari is the nodal officer for the event on behalf of Ministry of AYUSH.

A committee constituting of following members was formed by the competent authority to find out the software and hardware related problems faced by the Ministry at various levels.

1. Dr Shivakumar Harti, AIIA
2. Dr Arunkumar Mahapatra, AIIA
3. Dr Pramod Yadav, AIIA
4. Dr Prasanth D, AIIA
5. Dr Shalini Rai, AIIA
6. Dr Shivani Ghildiyal AIIA
7. Ms. Vineeta Negi, AIIA

The following problem statements along with probable solutions were proposed by the constituted committee for Smart India Hackathon 2019

### SOFTWARE RELATED PROBLEM STATEMENTS

1. **Ayurveda pharmacovigilance – portal (web & app)** - Increasing vigilance towards ASU drug is a matter of concern as well as an opportunity to provide data related to safety of ASU drugs. At present, it is cumbersome and difficult to convey the information obtained from primary PV center to secondary and tertiary centers. Ultimately this information needs to be conveyed to National PV resource center.

**Solution:** An APP & web based portal can be developed for recording all the necessary information of reported cases of ADRs and a snapshot of prescription can be taken and all the data can be sent to further centers in real time.

2. **Epidemiological survey app** - Ayurvedic clinical studies warrant epidemiological data on their morbidities. Survey proforma incorporating all the necessary demographic and etiological data etc. may many times extend up to 10 pages. As such, if survey needs to be carried out in field or in large sample size, may lead to wastage of paper and resources. Even after gathering all the information, the surveyor finds it difficult to analyze the data and apply suitable statistical tests and represent the data in suitable form in order to draw definite conclusions.



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Solution: An APP may be developed so that the recording of data from individual cases may be stored and it may also be having the facility of statistical analysis and consolidating the information in form of charts and graphs.

3. **Portal/app for transfer of vital data from patient to community worker** - The roles and activities of community health workers (CIWs) are tailored to meet the unique needs of the communities they serve. Critically ill patients (Geriatrics, Low Birth weight babies) needs real time monitoring of vital parameters like Temperature monitoring, Oxygen saturation, Blood pressure, Heart rate, blood sugar level. A app is required which can transmit data to remotely situated Health facility/Health Worker/ASHA worker for follow up monitoring and recognising danger signs at the earliest. The app should have provision for stream videos at low band width for helping in early intervention.

4. **Chat bots** - A chatbot is often described as one of the most advanced and promising expressions of interaction between humans and machines.

There are a myriad of health related queries and questions that honestly do not need the attention and time of a physician. These questions can't be left unanswered as well as they may result in concerned people feeling nervous and clueless. An intelligent chatbot can guide the concerned parents or patients by understanding and assessing the symptoms that the patient is experiencing and identify the care that they need. With the help of a medical chatbot, patients can receive immediate assistance at the touch of their fingertips.

Solution: Development of Chat bots for AYUSH hospitals.

Solution needed: Thus decoction preparation and vending machines such as tea/coffee vending machine in which we can use standard method of preparation, standard temperature of preparation and dispense of required quantity is the need of hour.

## WINNERS OF SOFTWARE EDITION -

The grand finale of the problem statements proposed on behalf of Ministry of AYUSH related to Software edition was held on 2<sup>nd</sup> and 3<sup>rd</sup> March 2019 at PSIT College of Engineering, Kanpur.

Based on the evaluation criteria, the following teams were selected as winners for each problem statement.

Team name	Problem Statement
Hack 'O' Holics	Ayurveda Pharma-covigilance Portal(Web & App)
Bug 2 Debug	Epidemiological survey app
GREENENGINEERS	Portal/app for transfer of vital data from patient to community worker
Tech Dhronas	Chatbots

The problem statements were of simple. Hence, the winners were awarded Rs 50,000/- Cash prize each.





# अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

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## HARDWARE RELATED PROBLEM STATEMENTS

5. **Non-invasive method of blood glucose monitoring** - Diabetes mellitus (DM) is a very common disease which, if a good glycemic control is not achieved, can lead to serious chronic complications such as cardiovascular disease, retinopathy, nephropathy and neuropathy. Self-monitoring of blood glucose is a fundamental tool for the proper adjustment of the treatment of diabetes and, at present, it is based mainly on capillary blood obtained by finger-prick (the classical glucometers). Since this method is painful and the strips are expensive, investigators have been attracted by the idea of using a non-invasive device for determining blood glucose which would permit more frequent testing and a tighter control of diabetes. The non-invasive measurement of blood glucose is based on the ability of the glucose molecule to interact with various chemical or physical methods. Nevertheless, in spite of some encouraging results and the efforts made over the past 30-40 years, there is no device available at present for use in clinical practice.

Solution: Development of non-invasive smart equipment for monitoring blood glucose levels

6. **Audio guide for patient regarding doctor prescription**- Routinely patients are advised orally health cares like diet, lifestyle and medication dosage and frequency in the patient doctor visit, which is often very difficult for a patient to remember after he goes home.

Solution: Doctor's advice (Audio) to be converted to QR Code and QR code to be pasted on the patient's prescription. A patient can scan the QR code and listen the health care advised by the doctor through mobile app.

7. **DECOCTION VENDING MACHINE** - Statement of the Problem: Decoction is the most considerable and extensively used dosage form in Ayurveda. The standard procedure mentioned in Ayurveda for decoction preparation requires that the plant material be boiled with water in a specific proportion until the original volume is reduced to desired quantity provided the heat is moderate. At present due to busy lifestyle preparation of decoction as per the Ayurvedic method became difficult.

After 3 rounds of selection, the no of teams selected for the grand finale were two for each problem statement.

The teams are as follows:

Ministry of AYUSH	SH5	BioEnGene OneKiss	Kumar Virbhadr	kumar.virbhadr3@gmail.com	8233690892
Ministry of AYUSH	SH5	ELECTROB OOM	PRITHIVIRAJAN S	licsadhaviam@gmail.com	9442442947
Ministry of AYUSH	SH6	The Lost Minds	Sahil Vora	sahil.vora@spit.ac.in	9920224588
Ministry of AYUSH	SH6	CoderArray	PRAVASH KUMAR BEHERA	pravashbehera2@gmail.com	9658884153
Ministry of AYUSH	SH7	Terminators%	Ambuz Shukla	ambuzshukla1999@gmail.com	9461545859
Ministry of AYUSH	SH7	TRONIX THUNDER	Chandan Kumar Prajapati	chandank.kumar995@gmail.com	7611801379



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The teams were mentored by the following faculty for 3 months.

Problem statement	Evaluator and Mentors
Decoction vending machine	Dr Shivani and Dr Pramod
Audio guide for patient regarding doctor prescription	Dr Shivakumar Harti & Dr Arunkumar Mahapatra
Non Invasive Glucometer	Dr Shalini & Dr Prasanth D

The grand finale of the problem statements related to Hardware was held at Indian Institute of Technology, Delhi from July 8th to July 12th 2019.

The jury members for the grand finale from AIIA were as follows:

1. Dr Shivakumar Harti
2. Dr Arunkumar Mahapatra
3. Dr V G Huddar
4. Dr Galib
5. Dr Pramod Yadav
6. Dr Shalini Rai
7. Dr Prasanth D

Along with these, the technical juries from IIT, Delhi were also nominated as Juries.

The schedule of the event is annexed.

At the end of 1st, 2nd and 3rd of Judging on 9th, 10th and 11th July respectively, power judging was held on 12th July.

The following were the winners for each problem statement.

Team	Problem statement	Team Leader	Email Id	Mobile No	Prize amount (INR)
ELECTROB ODM	Non-Invasive Glucometer	PRITHIVIRAJAN S	hcsodhivirajan@gmail.com	9442442947	75000
CoderArray	Patient Audio Guide	PRAVASH KUMAR BEHERA	pravashbehera20@gmail.com	9638884153	50000
TRONIX THUNDER	Decoction vending machine	CHANDAN KUMAR PRAJAPATI	chandankumar995@gmail.com	7611801379	50000

The Nodal officer from the Ministry of AYUSH- Prof Tanuja Manoj Nesari, Director, AIIA presided over the Valedictory function of SIH 2019 held on 12th July 2019. The winners were given certificates and Mementos.

Dr Shivakumar S Harti

Dr Arunkumar Mahapatra





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2nd and 3rd Round of Judging



Jury Panel



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## 11.AYUSH Skill Council Conference

- 1st November 2018 In order to vet the National Syllabus for Panchakarma Technician Course, a conference was organized in association with AYUSH Skill Council sector on 1st November 2018 at AIIA. Dr. SH Acharya, Dr. Santoshkumar Bhatted, Dr. Arun Gupta, Dr. Manoj Shyamkunwar and Dr. Prasanth Dharmarajan participated as experts. Dr. Anshu Aggarwal represented the skill council. The conference was also attended by all the PG scholars of Panchakarma Department and Panchakarma Technician Course students. After vetting, the syllabus was send across country to reputed academicians for validation through AYUSH sector for Skill development



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## G.Human Value Development

### 1. INTERNATIONAL WOMEN'S DAY

1	Department Name/ Cell / Committee	Department of Stree Roga evam Prasuti Tantra
2	Title of the event	International Women's Day
3	Nature of the event	WOMEN HEALTH AWARENESS
4	Level (Institutional /university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	1- 8th Mar 2021
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Prof. (Dr) Tanuja Manoj Nesari, Ms. Pusshp Gupta, Lawyer, Rajesh Nair, PHD (Health Psychology), PGD Health & FW, PGDHRM.
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director of AIIA
9	Who are Participants	Faculty, Scholars and female staff
10	Number of participants	110
11	Under which scheme	Women day
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	AIIA General
15	Expenditure	NA
16	Objectives (Expected outcomes)	To educate women about their health and Talk on Stress Management.
17	Is it part of National drive?	NA
18	Number of sessions	8 DAYS



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19	Content of the event	Women Related Laws at Work Place Talk on Stress Management
20	Activities / Process	free Haemogram and Bone mineral density done of all the female patients visiting AIIA OPD from 1 <sup>st</sup> March-8 <sup>th</sup> March 2021,
21	Integrating issue/s	NA
22	Achieved Outcomes	Training program was very informative as per the input of participants
23	Infrastructure utilized	AIIA
24	Certification to participant (Sample)	NA
25	Feedback with Analysis-Graphs	NA
26	Scope of improvement / Future event / plan	More such events will be organize in future also.
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	NA
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	NA

Signature of Event In-charge

Date

Signature of Dean

Stamp



# अखिल भारतीय आयुर्वेद संस्थान

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## INTERNATIONAL WOMEN'S DAY, 8<sup>th</sup> MARCH 2021

Department of Stree Roga evam Prasuti Tantra organized, “International Women’s Day” on 8<sup>th</sup> March 2021. The celebration was done throughout the week by arranging Health camps for females in AIIA (staff and OPD patients). There was free Haemogram and Bone mineral density done of all the female patients visiting AIIA OPD from 1<sup>st</sup> March-8<sup>th</sup> March 2021.

After this activity, there was a grand celebration done on 8<sup>th</sup> March 2021 from 2pm onwards. The Inauguration programme started with the arrival of Chief guest Prof. (Dr) Tanuja Manoj Nesari, Director of AIIA. The programme began with the welcome of the guests and welcome address by Head Prof. (Dr.) Sujata Kadam. Then a brief report of the whole week was shared by Dr. Meenakshi Pandey, Assistant Professor, SRPT Department, AIIA. The first session began by a talk on the topic “Women Related Laws at Work Place” delivered by Ms. Pusshp Gupta, Lawyer. After her session, second lecture was a “Talk on Stress Management” by Rajesh Nair, PHD (Health Psychology), PGD Health & FW, PGDHRM.



There were many stage performances depicting the different role of Women by Professional and Cultural ramp walk, classical dances and instrumental, all performed by PG scholars, AIIA.

Director Madam then addressed the gathering and shared her views on the theme of Women’s day 2021, “Choose to Challenge”. All the hospital staffs were invited in the celebration and were distributed free samples of Dhatri Lauh, Provit powder and Varnya face pack prepared by the Department of Stri Roga and Prasuti Tantra with the help of Pharmacy, AIIA. At last the programme completed with the vote of thanks by Dr.Tejaswini, Assistant Professor, SRPT Department, AIIA.





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## International Women's Health Day Celebration

### ATTENDANCE - SHEET

S. No.	NAME OF THE SCHOLAR	ATTENDANCE
1	Geetika Pahuja	
2	Shalini	
3	Yashika Bidhuri	P
4	Subhasmitra Jena	P
5	Kshyamamayee Priyadarsini Jati	
6	Manisha Agrawal	P
7	Praveen Kumar Sharma	P
8	Monika	
9	Abhishek Anand	
10	Sonam	P
11	Soniya Gupta	P
12	Abhay Kumar Prajapati	P
13	Shikha Chaudhary	
14	Rashmi Tokas Rana	P
15	Nasreen Ahmed	
16	Swarnima Mishra	P
17	Jitendra Gauttam	P
18	Ramanuj Soni	
19	Ram Lakhan Meena	P
20	Aosemba Jamir	
21	Hanumant Nirmal	
22	Neha Sharma	P
23	Bushra Khanam	
24	Garima	P
25	Sudha Dansana	
26	Soniya	P
27	Shibani Dash	
28	Shalini Gupta	
29	Swati Chauhan	P
30	Varnika Rani	
31	Madhu Bhardwaj	
32	Himanshu Sharma	P
33	Niladri Bhattacharyya	
34	Poonam Gulati	P



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35	Paritosh Jha	P
36	Santosh Kumari	
37	Ana Ruhila	P
38	Jitendra Kaur	P
39	Pragya Sharma	
40	Kriti Aggarwal	P
41	Nikita Sharma	P
42	Chinmayee Choudhary	
43	Neeraj Dubey	P
44	Priiti	P
45	Poonam Dhruv	P
46	Radha Kumari	
47	Sombir Sheoran	
48	Utkarsh Soni	P
49	Priyanka Meena	P
50	Deeksha Kushawaha	
51	Saroj Meena	P
52	Pradeep Kumar	P
53	Prajna Paramita Panda	P
54	Sapna	P
55	Mukta	P
56	Pratigya Chauhan	P
57	Neha Awasthi	
58	Durgesh Senthia	
59	Arti Rai	P
60	Kiran Maruti Rao Jadhav	
61	Vishal Kumar	P
62	Pratibha	
63	Prashant Kumar	P
64	Neha Yadav	
65	Seema Gupta	P
66	Masooda	P
67	Jitendra Kumar Acharya	P
68	Sharmila Patil	P
69	Upasana Sonker	P
70	Bhavana Mawar	P
71	Pooja	P





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72	Asha Malviya	P
73	Dimpal Gill	P
74	Jyoti Rani	P
75	Shinsha P	P
76	Latika	P
77	Naveen Bansal	
78	Uttamram Yadav	P
79	Neelam Kaalia	
80	Poonam Verma	P
81	Ajaya Kumar Meher	
82	Anjali Sharma	P
83	Nida Qamar	P
84	Nidhi Bajpa	
85	Neha Dixit	P
86	Anita	
87	Stuti Sharma	P
88	Rohit Singh	
89	Shreshtha Kaushik	P
90	Anubha Yadav	P
91	Punam Aggarwal	P
92	Manohar Bajiya	
93	Sunita Meena	P
97	Shashi Bala Meena	P
98	Sachitra Singh	P
99	Siddharth Kumar	
100	Shelly Tyagi	P
101	Akanksha Thakur	P
102	Mukhtar Alam	P
103	Nidhi Verma	
104	Smita Gajanand Barode	P
105	Monika Sode	P
106	Bhawna Dutt	P
107	Akash Kumar Gupta	P
108	Manisha	
109	Khushboo	P
110	Monika	P



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## 2. Children's day celebrations

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
10	Number of participants	64
11	Under which scheme	Celebrations of 3- 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





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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.
27	Photographs of activities with captions	



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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 Committee

Signature of Event In-charge

Date

Signature of Dean

Stamp



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## Children's day celebrations

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.





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G-100

## Children's day celebrations

### ATTENDANCE - SHEET

S. No.	NAME OF THE SCHOLAR	ATTENDANCE
1	Geetika Pahuja	P
2	Shalini	P
3	Yashika Bidhuri	P
4	Subhasmitra Jena	P
5	Kshyamamayee Priyadarsini Jati	P
6	Manisha Agrawal	P
7	Praveen Kumar Sharma	P
8	Monika	
9	Abhishek Anand	P
10	Sonam	P
11	Soniya Gupta	
12	Abhay Kumar Prajapati	P
13	Shikha Chaudhary	P
14	Rashmi Tokas Rana	
15	Nasreen Ahmed	P
16	Swarnima Mishra	
17	Jitendra Gauttam	P
18	Ramanuj Soni	P
19	Ram Lakhan Meena	
20	Aosemba Jamir	P
21	Hanumant Nirmal	P
22	Neha Sharma	
23	Bushra Khanam	P
24	Garima	P
25	Sudha Dansana	
26	Soniya	P
27	Shibani Dash	P
28	Shalini Gupta	P
29	Swati Chauhan	
30	Varnika Rani	P
31	Madhu Bhardwaj	P
32	Himanshu Sharma	P
33	Niladri Bhattacharjya	P



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34	Poonam Gulati	P
35	Paritosh Jha	P
36	Santosh Kumari	P
37	Anu Ruhila	P
38	Jitendra Kaur	P
39	Pragya Sharma	
40	Kriti Aggarwal	P
41	Nikita Sharma	P
42	Chinmayee Choudhary	
43	Neeraj Dubey	P
44	Priti	P
45	Poonam Dhruv	P
46	Radha Kumari	
47	Sombir Sheoran	P
48	Utkarsh Soni	P
49	Priyanka Meena	
50	Deeksha Kushawaha	P
51	Saroj Meena	P
52	Pradeep Kumar	
53	Prajna Paramita Panda	P
54	Sapna	P
55	Mukta	
56	Pratigya Chauhan	P
57	Neha Awasthi	P
58	Durgesh Senthia	
59	Arti Rai	P
60	Kiran Maruti Rao Jadhav	P
61	Vishal Kumar	
62	Pratibha	P
63	Prashant Kumar	P
64	Neha Yadav	P
65	Seema Gupta	P
66	Masooda	P
67	Jitendra Kumar Acharya	P
68	Sharmila Patil	P
69	Upasana Sonker	P
70	Bhavana Mawar	P
71	Pooja	P





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72		
73	Asha Malviya	P
74	Dimpal Gill	P
75	Jyoti Rani	P
76	Shinsha P	P
77	Latika	
78	Naveen Bansal	P
79	Uttamram Yadav	P
80	Neelam Kaalia	P
81	Poonam Verma	
82	Ajaya Kumar Meher	P
83	Anjali Sharma	P
84	Nida Qamar	P
85	Nidhi Bajpa	P
86	Neha Dixit	P
87	Anita	P
88	Stuti Sharma	P
89	Rohit Singh	
90	Shreshtha Kaushik	P
91	Anubha Yadav	P
92	Punam Aggarwal	P
93	Manohar Baijiya	P
94	Sunita Meena	P
95	Shashi Bala Meena	P
96	Sachitra Singh	P
97	Siddharth Kumar	P
98	Shelly Tyagi	P
99	Akanksha Thakur	P
100	Mukhtar Alam	P
101	Nidhi Verma	P
102	Smita Gajanand Barode	P
103	Monika Sode	P
104	Bhawna Dutt	P
105	Akash Kumar Gupta	P
106	Manisha	P
107	Khushboo	P
108	Monika	P
109		
110		



# अखिल भारतीय आयुर्वेद संस्थान

ALL INDIA INSTITUTE OF AYURVEDA (AIIA)

(आयुष मंत्रालय, भारत सरकार के अंतर्गत स्वायत्त संस्थान)

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111	Suman Gihar	P
112	Priti Tomar	P
113	Dr. Parmeshwar Patel	P



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## 3. Sanskrit & Teachers Day Celebration

1	Department Name/ Cell / Committee	Department of Samhita Siddhanta
2	Title of the event	Sanskrit & Teachers Day Celebration -
3	Nature of the event	Language and communication skill development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	5th September, 2018
6	Place or online mode	Conference Hall, Ground floor, Academic Block, AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr Tanuja Manoj Nesari
8	About Resource Person(s) / Expert(s)/ Guest(s)	Director
9	Who are Participants	FACULTY, SCHOLARS
10	Number of participants	109
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	Collaborative agency was not involved
13	Sponsoring Agency	All India Institute of Ayurveda
14	Which Grant utilized	Institutional Grant
15	Expenditure	-
16	Objectives (Expected outcomes)	To honour the hard-work of faculties & to build the budding new generation of AYUSH doctors
17	Is it part of National drive?	No
18	Number of sessions	1
19	Content of the event	Shloka recitation, Cultural Dance and Competitions.



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20	Activities / Process	Teachers were felicitated with flowers and a cultural program was organised by scholars.
21	Integrating issue/s	To promote the togetherness among the entire AIIA family
22	Achieved Outcomes	To build stronger student teacher relationship.
23	Infrastructure utilized	Conference Hall, Ground floor, Academic Block, AIIA
24	Certification to participant (Sample)	Certificate was not given
25	Feedback with Analysis-Graphs	Feedback graphs were not required
26	Scope of improvement / Future event / plan	To create harmony between teacher student relationship
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media like facebook and twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	In Annual Report

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Sanskrit & Teachers Day Celebration

Sanskrit Diwas is celebrated every year by All India Institute of Ayurveda on Shravana Purnima. This year Sanskrit Day was on 26th Aug, 2018. Thus, envisioned by director Prof. Tanuja Nesari, the Department of Samhita siddhanta was entrusted for the celebration of “Sanskrit Day” on 5th Sep, 2018. in this regards, “Sanskrit Competition” for scholars was held on 5th Sep, 2018 at 3.00 Pm Conference Hall, Ground floor, Academic Block, AIIA. The details are as under:

1. Shloka recitation (श्लोक पठन) from Ashtang Hridaya Sutra Sthana Chapter 11 - The shlokas have to be learnt from this chapter and were asked to recite it without seeing with proper pronunciations 2. Paragraph Reading (गद्यांश पठन) from Ashtang Samgraha Sutra Sthana Chapters 11 – 15 – The paragraphs from these chapters randomly were asked to read with proper Sandhi Vighraha and pronunciations.

Further, it was also planned to celebrate Teacher’s Day also after the completion of the Sanskrit Competition. And it was planned to felicitate senior teachers from Ayurveda fraternity in the same venue, for which Prof. S.K.Khandel, Ex-Prof., Deptt of Roga Nidana Vikriti Vigyan, National Institute of Ayurveda, Jaipur and Prof. (Dr.) S.K.Mishra, Ex Advisor, GOI, were the Teachers for felicitation. Also, Prof. Dr. Chand Kiran Suleja, Director-Academics of Sanskrit Promotion Foundation was also invited. Prof S. K. Khandel, Ex Prof, Deptt of Roga Nidana, NIA, Jaipur delivered a Guest lecture on “Ayurvedic concept of Manas Roga in Contemporary Scenario”. This was followed by Book Release of “Ashtang Hridaya” from Sanskrit Promotion Foundation by Prof. (Dr.) Chand Kiran Suleja, who also gave the brief note about the book and explained the significance of learning Sanskrit and Ayurveda in its originality. Prof. S.K.Khandel, Prof. S.K.Mishraji and Prof. Chand Kiran Suleja were felicitated by hands of Director, AIIA for their long standing contribution in the field of Teaching.





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Sanskrit Day 2018

45

## STUDENT ATTENDANCE SHEET

S No	NAME OF THE SCHOLAR	ATTENDANCE
1	Geetika Pahuja	P
2	Shalini	P
3	Yashika Bidhuri	
4	Subhasmita Jena	P
5	Kshyamamayee Priyadarsini Jati	
6	Manisha Agrawal	P
7	Praveen Kumar Sharma	
8	Monika	P
9	Abhishek Anand	
10	Sonam	
11	Soniya Gupta	P
12	Abhay Kumar Prajapati	
13	Shikha Chaudhary	
14	Rashmi Tokas Rana	P
15	Nasreen Ahmed	
16	Swarnima Mishra	P
17	Jitendra Gauttam	
18	Ramanuj Soni	
19	Ram Lakhan Meena	P
20	Aosemba Jamir	
21	Hanumant Nirmal	
22	Neha Sharma	P
23	Bushra Khanam	
24	Garima	P
25	Sudha Dansana	
26	Soniya	
27	Shibani Dash	P
28	Shalini Gupta	
29	Swati Chauhan	P
30	Varnika Rani	
31	Madhu Bhardwaj	P
32	HImanshu Sharma	
33	Niladri Bhattacharjya	P
34	Poonam Gulati	



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35	Paritosh Jha	P
36	Santosh Kumari	P
37	Anu Ruhila	P
38	Jitendra Kaur	P
39	Pragya Sharma	P
40	Kriti Aggarwal	P
41	Nikita Sharma	P
42	Chimayee Choudhary	P
43	Neeraj Dubey	P
44	Priti	P
45	Poonam Dhruv	P
46	Radha Kumari	P
47	Sombir Sheoran	P
48	Utkarsh Soni	P
49	Priyanka Meena	P
50	Deeksha Kushawaha	P
51	Saroj Meena	P
52	Pradeep Kumar	P
53	Prajna Paramita Panda	P
54	Sapna	P
55	Mukta	P
56	Pratiya Chauhan	P
57	Neha Awasthi	P
58	Durgesh Senthia	P
59	Arti Rai	P
60	Kiran Maruti Rao Jadhav	P
61	Vishal Kumar	P
62	Pratibha	P
63	Prashant Kumar	P
64	Neha Yadav	P
65	Seema Gupta	P
66	Masooda	P
67	Jitendra kumar Acharya	P
68	Sharmila Patil	P
69	Upasana Sonker	P
70	Bhavana Mawar	P
71	Pooja	P
72	Asha Malviya	P
73	Dimpal Gill	P



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## 4. Rising Star: Two Days programme for women professionals of AYUSH Institutes

1	Department Name/ Cell / Committee	All India Institute of Ayurveda
2	Title of the event	Rising Star: Two days programme for women professionals of AYUSH Institutes
3	Nature of the event	Skills Development training program
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	30th - 31st Oct 2018
6	Place or online mode	Conference room, AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Tanuja Manoj Nesari Mr. Pradeep Multani
8	About Resource Person(s) / Expert(s)/ Guest(s)	Dr. Tanuja Manoj Nesari (Director, AIIA) Mr. Pradeep Multani (Chairman, Multani Pharmaceuticals Ltd.)
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 enhance management skills of women executives in premier AYUSH organization
17	Is it part of National drive?	Yes



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18	Number of sessions	2
19	Content of the event	Various lectures were held on issues pertaining to gaining self-awareness, strategies in leading teams.
20	Activities / Process	Sessions where they discussed topics like shaping future considering the changing world, decision making skills were discussed.
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
24	Certification to participant (Sample)	Yes
25	Feedback with Analysis-Graphs	No
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	Attached
28	Media Coverage	No
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	No

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## **Rising Star: Two days programme for women professionals of AYUSH Institutes**

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.







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## Rising Star: Two Days programme for women professionals of AYUSH Institutes

### ATTENDANCE - SHEET

S. No.	NAME OF THE SCHOLAR	DAY 1	DAY 2
1	Geetika Pahuja		P
2	Shalini	P	
3	Yashika Bidhuri		P
4	Subhasmitra Jena	P	P
5	Kshyamamayee Priyadarsini Jati	P	
6	Manisha Agrawal		P
7	Praveen Kumar Sharma	P	P
8	Monika		
9	Abhishek Anand	P	
10	Sonam		P
11	Soniya Gupta	P	P
12	Abhay Kumar Prajapati	P	
13	Shikha Chaudhary		P
14	Rashmi Tokas Rana	P	
15	Nasreen Ahmed	P	P
16	Swarnima Mishra		
17	Jitendra Gauttam	P	P
18	Ramanuj Soni		
19	Ram Lakhan Meena	P	P
20	Aosemba Jamir		P
21	Hanumant Nirmal	P	
22	Neha Sharma	P	P
23	Bushra Khanam		P
24	Garima	P	
25	Sudha Dansana		P
26	Soniya		P
27	Shibani Dash	P	P
28	Shalini Gupta		
29	Swati Chauhan	P	P
30	Varnika Rani		
31	Madhu Bhardwaj	P	P



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32	Himanshu Sharma	P	
33	Niladri Bhattacharjya		P
34	Poonam Gulati	P	
35	Paritosh Jha	P	P
36	Santosh Kumari		P
37	Anu Ruhila	P	
38	Jitendra Kaur	P	P
39	Pragya Sharma	P	
40	Kriti Aggarwal		P
41	Nikita Sharma	P	P
42	Chinmayee Choudhary	P	
43	Neeraj Dubey	P	P
44	Priti		
45	Poonam Dhruv	P	P
46	Radha Kumari		P
47	Sombir Sheoran	P	P
48	Utkarsh Soni	P	P
49	Priyanka Meena		
50	Deeksha Kushawaha	P	P
51	Saroj Meena	P	P
52	Pradeep Kumar		
53	Prajna Paramita Panda	P	P
54	Sapna		
55	Mukta	P	P
56	Pratigya Chauhan		P
57	Neha Awasthi	P	
58	Durgesh Senthia	P	P
59	Arti Rai		
60	Kiran Maruti Rao Jadhav	P	P
61	Vishal Kumar		P
62	Pratibha	P	P
63	Prashant Kumar		
64	Neha Yadav	P	P
65	Seema Gupta	P	
66	Masooda		P
67	Jitendra Kumar Acharya		P
68	Sharmila Patil	P	
69	Upasana Sonker		P



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70	Bhavana Mawar	P	P
71	Pooja		P
72	Asha Malviya	P	P
73	Dimpal Gill	P	P
74	Jyoti Rani		
75	Shinsha P	P	P
76	Latika		P
77	Naveen Bansal	P	
78	Uttamram Yadav		P
79	Neelam Kaalia	P	
80	Poonam Verma		P
81	Ajaya Kumar Meher	P	P
82	Anjali Sharma	P	P
83	Nida Qamar		P
84	Nidhi Bajpa	P	P
85	Neha Dixit	P	
86	Anita	P	P
87	Stuti Sharma		
88	Rohit Singh	P	P
89	Shreshtha Kaushik	P	
90	Anubha Yadav	P	P
91	Punam Aggarwal	P	
92	Manohar Bajiya		P
93	Sunita Meena	P	P
97	Shashi Bala Meena	P	
98	Sachitra Singh	P	P
99	Siddharth Kumar		
100	Shelly Tyagi	P	P
101	Akanksha Thakur	P	
102	Mukhtar Alam		P
103	Nidhi Verma	P	
104	Smita Gajanand Barode	P	
105	Monika Sode		P
106	Bhawna Dutt	P	
107	Akash Kumar Gupta	P	P
108	Manisha		P



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109	Khushboo	P	P
110	Monika	P	
111	Suman Gihar		P
112	Priti Tomar		P
113	Dr. Parmeshwar Patel	P	



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## 5. International Women's Day Women Empowerment Program

1	Department Name/ Cell / Committee	Dean Office
2	Title of the event	International Women's Day Women Empowerment Program
3	Nature of the event	Human value development
4	Level (Institutional/university/ inter-university/ state/national/ international)	Institutional
5	Date and Time	8th Mar 2018
6	Place or online mode	All India Institute of Ayurveda, New Delhi
7	Resource Person(s) / Expert(s)/ Guest(s)	Dr. Alka Mohan Smt. Anuradha Prasad Dr. K.S. Sethi
8	About Resource Person(s) / Expert(s)/ Guest(s)	Dr. Alka Mohan, chief Dietitian, AIIMS, New Delhi; Smt. Anuradha Prasad, Chairperson and Managing Director, News24 Channel; Dr. K.S. Sethi (Homeopathy)
9	Who are Participants	
10	Number of participants	27
11	Under which scheme	International Women's Day
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	AYUSH Ministry
14	Which Grant utilized	Institutional Grant
15	Expenditure	-
16	Objectives (Expected outcomes)	to celebrate and empower Womanhood
17	Is it part of National drive?	yes
18	Number of sessions	2





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19	Content of the event	Empowered talk on Women's Rights and Security. Annapurna Contest was held and 3 prizes (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> ) were distributed in each category.
20	Activities / Process	1. Annapurna Contest 2. Women Empowerment Program.
21	Integrating issue/s	
22	Achieved Outcomes	Program was very delightful as per the input of participants
23	Infrastructure utilized	-
24	Certification to participant (Sample)	-
25	Feedback with Analysis-Graphs	-
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	Attached
28	Media Coverage	NA
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	

Signature of Event In-charge

Date

Signature of Dean

Stamp



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## International Women's Day

Envisioned by: Shri P N Ranjit Kumar, Joint Secretary, Ministry of AYUSH

Organized & Guided by: Prof. Tanuja Nesari- Director, AIIA

Co-ordinators –Dr. Meera Bhojani-Asst. Professor, AIIA & Ms.Jyoti Arora-Chief Dietitian,AIIA

### INTRODUCTION:

International Women's Day is celebrated in the world over, every year on the 8<sup>th</sup> day of march. International Women's Day is many things – a cause for celebration, a reason to pause and re-evaluate, a remembrance, an inspiration, a time to honor loved and admired ones. This day provides a unique and global opportunity to reignite, inspire and channel women's energy and equality. With this motto, AYUSH Ministry envisioned to Celebrate "Women Empowerment" on International Women's Day on 8<sup>th</sup> March 2018 at All India Institute of Ayurveda, New Delhi.

### OBJECTIVE:

The objective was to celebrate and empower Womanhood and pay tribute to the indomitable spirit of Women across the Ayurvedic and Medical Fraternity and in the society as whole.

In view of the above objectives, following events were planned:

1. Annapurna Contest
2. Women Empowerment Program

### EVENT A: ANNAPURNA CONTEST

The Annapurna Contest comprising of demonstration of the recipes was planned under two themes:

- Herbal Tea
- Ethnic healthy Indian Recipes

The objective behind the Annapurna contest was to revive the interest in various ethnic food practices as healthy, sustainable alternatives and nutritional security of ecosystems and simultaneously to promote the Herbal Tea for its great taste, medicinal properties and therapeutic virtues that improve health beyond refreshment.



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For Annapurna Contest, the information Brochure was circulated among the health fraternities through AYUSH Ministry, CCRAS, CCIM, CGHS, MCDs, ESI, other Colleges A & U Tibbia College, Chaudhary Brahma Prakash Ayurveda college, various organizations like NASYA, Nirog Street etc.

Encouraging response was achieved from diverse backgrounds and cultures ranging from Rajasthani, Haryanavi to South Indian Cuisine. Various Ethnic Recipes having therapeutic values as well like Elayappam, Bajra Khichri, Black carrot Kaanji, Ragi chhaach, Vata, Pitta & Kapha shamak tea, Shatoxy tea etc. were received. Out of the total entries, 27 were shortlisted to be invited to display the recipes.

The details of the Event are as follows:

Venue: 6<sup>th</sup> Floor, Yoga Hall, Academic Block, AIIA

Judges: Dr. Krishna Dalal, Research Advisor, AIIA

Prof. Sujata Kadam, HOD, Deptt of Strirog & Prasuti Tantra, AIIA

Prof. Manjusha S. Rajagopala, Deptt. of Shalakya, AIIA

Dr. Alka Mohan, Chief Dietitian, AIIMS

Participants: 27

## EVENT B: WOMEN EMPOWERMENT PROGRAM

This program commenced with welcoming of the guests by Director, Prof. Tanuja Nesari Madam, who gave a welcome speech and background of the celebration. For this program, 3 eminent guests were invited of different fields. Dr. Alka Mohan, chief Dietitian, AIIMS, New Delhi, enlightened about the critical aspect of health especially role of nutrition of Women in different stages of life. Smt. Anuradha Prasad, Chairperson and Managing Director, News24 Channel, who gave an empowered talk on Women's Rights and Security. On the occasion, Dr. K.S. Sethi (Homeopathy) shared the views on role of fitness to empower women to 244ulfil responsibilities.

During the program, prize distribution ceremony, for the Annapurna Contest was held and 3 prizes (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>) were distributed in each category i.e. Herbal Tea and Ethnic Healthy Indian Recipe.



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PRIZES IN THE HERBAL TEA CATEGORY	PRIZES IN THE ETHNIC RECIPE CATEGORY
<ol style="list-style-type: none"> <li>1. First Prize – “Khajuradi Panak” by Dr. Seema Gupta</li> <li>2. Second Prize – “Vata, Pitta &amp; Kapha shamak tea” by Dr. Latika, Dr. Neelam &amp; Dr. Poonam</li> <li>3. Third Prize – “Shatoxy Tea” by Dr. Pratigya Chauhan</li> </ol>	<ol style="list-style-type: none"> <li>1. First Prize – “Elayappam” by Sindhu Rajesh</li> <li>2. Second Prize – “Sweet potato halwa with Alsi laddoo” by Miss Monika Rani</li> <li>3. Third Prize – “Tiranga chilla” by Dr. Preeti Chhabra</li> </ol>

This was followed by honor of the panel of judges, felicitation of eminent guests and felicitation of every woman present in the gathering. The program ended with vote of thanks and National Anthem.



Address of Gathering by Eminent Guests



Welcome of Guests



# अखिल भारतीय आयुर्वेद संस्थान

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Judgement of Annapurna Contest



Prize Distribution





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## International Women's Day (Women Empowerment prOgram)

### ATTENDANCE - SHEET

S. No.	NAME OF THE SCHOLAR	DAY 1
1	Geetika Pahuja	P
2	Shalini	P
3	Yashika Bidhuri	
4	Subhasmitra Jena	P
5	Kshyamamayee Priyadarsini Jati	P
6	Manisha Agrawal	
7	Praveen Kumar Sharma	P
8	Monika	P
9	Abhishek Anand	P
10	Sonam	P
11	Soniya Gupta	
12	Abhay Kumar Prajapati	P
13	Shikha Chaudhary	P
14	Rashmi Tokas Rana	
15	Nasreen Ahmed	P
16	Swarnima Mishra	P
17	Jitendra Gauttam	P
18	Ramanuj Soni	P
19	Ram Lakhan Meena	
20	Aosemba Jamir	P
21	Hanumant Nirmal	P
22	Neha Sharma	P
23	Bushra Khanam	P
24	Garima	P
25	Sudha Dansana	P
26	Soniya	P
27	Shibani Dash	P
28	Shalini Gupta	
29	Swati Chauhan	P
30	Varnika Rani	P
31	Madhu Bhardwaj	
32	Hlmanshu Sharma	P
33	Niladri Bhattacharjya	P



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34	Poonam Gulati	
35	Paritosh Jha	
36	Santosh Kumari	P
37	Anu Ruhila	P
38	Jitendra Kaur	P
39	Pragya Sharma	
40	Kriti Aggarwal	P
41	Nikita Sharma	P
42	Chinmayee Choudhary	P
43	Neeraj Dubey	
44	Priti	P
45	Poonam Dhruv	P
46	Radha Kumari	P
47	Sombir Sheoran	
48	Utkarsh Soni	P
49	Priyanka Meena	
50	Deeksha Kushawaha	P
51	Saroj Meena	P
52	Pradeep Kumar	
53	Prajna Paramita Panda	P
54	Sapna	P
55	Mukta	
56	Pratigya Chauhan	P
57	Neha Awasthi	
58	Durgesh Senthia	P
59	Arti Rai	P
60	Kiran Maruti Rao Jadhav	
61	Vishal Kumar	P
62	Pratibha	
63	Prashant Kumar	P
64	Neha Yadav	P
65	Seema Gupta	P
66	Masooda	
67	Jitendra Kumar Acharya	P
68	Sharmila Patil	P
69	Upasana Sonker	
70	Bhavana Mawar	P
71	Pooja	P



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72	Asha Malviya	P
73	Dimpal Gill	P
74	Jyoti Rani	P
75	Shinsha P	P
76	Latika	P
77	Naveen Bansal	P
78	Uttamram Yadav	P
79	Neelam Kaalia	P
80	Poonam Verma	P
81	Ajaya Kumar Meher	P
82	Anjali Sharma	P
83	Nida Qamar	P
84	Nidhi Bajpa	P
85	Neha Dixit	P
86	Anita	P
87	Stuti Sharma	P
88	Rohit Singh	P
89	Shreshtha Kaushik	P
90	Anubha Yadav	P
91	Punam Aggarwal	P
92	Manohar Bajiya	P
93	Sunita Meena	P
97	Shashi Bala Meena	P
98	Sachitra Singh	P
99	Siddharth Kumar	P
100	Shelly Tyagi	P
101	Akanksha Thakur	P
102	Mukhtar Alam	P
103	Nidhi Verma	P
104	Smita Gajanand Barode	P
105	Monika Sode	P
106	Bhawna Dutt	P
107	Akash Kumar Gupta	P
108	Manisha	P
109	Khushboo	P
110	Monika	P



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111	Suman Gihar	p
112	Priti Tomar	p
113	Dr. Parmeshwar Patel	p



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## 6. Indo-US joint workshop on "Ayurveda on frontiers of Managing Public Health"

1	Department Name/ Cell / Committee	International Cell (Rajagopala S)
2	Title of the event	Indo-US joint workshop on "Ayurveda on frontiers of Managing Public Health"
3	Nature of the event	Human Value Development
4	Level (Institutional/university/ inter-university/ state/national/ international)	International
5	Date and Time	2017-2018 (5th Jan 2018)
6	Place or online mode	AIIA
7	Resource Person(s) / Expert(s)/ Guest(s)	Prof. Sharon Milligan Prof. Tej K Pareek, Prof. Mandel
8	About Resource Person(s) / Expert(s)/ Guest(s)	Sharon Milligan, Dean, Mandel School of Applied Social Sciences. Prof. Tej K Pareek, Sr. Res. Sci. Pediatrics, Case School of Medicine.
9	Who are Participants	Faculty and scholars of AIIA participated in this workshop.
10	Number of participants	More than 20 scholars
11	Under which scheme	-
12	Collaborative agency Government / Govt recognized body	All India Institute of Ayurveda
13	Sponsoring Agency	-
14	Which Grant utilized	-
15	Expenditure	-
16	Objectives (Expected outcomes)	-
17	Is it part of National drive?	-
18	Number of sessions	1





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19	Content of the event	-
20	Activities / Process	
21	Integrating issue/s	-
22	Achieved Outcomes	-
23	Infrastructure utilized	-
24	Certification to participant (Sample)	-
25	Feedback with Analysis-Graphs	-
26	Scope of improvement / Future event / plan	More such future events to be organized.
27	Photographs of activities with captions	ATTACHED
28	Media Coverage	Social Media: Facebook and Twitter
29	Report submitted/ sent to	DIRECTOR OFFICE
30	Award / Recognition for the event	-

Signature of Event In-charge

Signature of Dean

Date

Stamp



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## Indo-US joint workshop on "Ayurveda on frontiers of Managing Public Health"

The Indo-US joint workshop on "Ayurveda on frontiers of Managing Public Health" was organized at All India Institute of Ayurveda, Sarita Vihar, New Delhi on 5<sup>th</sup> January, 2018. A team of 20 students and professors of Public Health, Medicine, Social Work and Management of Case Western Reserve University, Cleveland, OH 44106, USA and Faculty and scholars of AIIA participated in this workshop.

Prof. PK Prajapati, Director (I/c) of AIIA welcomed the gathering and the program was inaugurated by Vaidya Rajesh Kotecha, Hon'ble Secretary, Ministry of AYUSH, Govt. of India. Vaidya Manoj Nesari, Advisor (Ayurveda), Ministry of AYUSH, Govt. of India delivered the plenary lecture on 'Opportunities and challenges of managing public health by Ayurveda'. Prof. Sharon Milligan, Dean, Mandel School of Applied Social Sciences, Case Western Reserve University delivered a lecture on 'Role of Social workers in managing public health' and Prof. Tej K Pareek, Sr. Res. Sci. Pediatrics, Case School of Medicine, Prof. Mandel School of Applied Social Sciences delivered his lecture on 'The idea of Public Health: A US-Indo perspective'.

A total of 3 presentations were made on the theme of workshop. The first presentation was by Dr. Ravinder Singh, Director In-charge, PCIM&H, Ghaziabad, UP on topic 'Observation of Standards in Ayurveda System of Medicines'; followed by Dr. Pramod Yadav, Asst. Professor, AIIA on 'Collaborative Research Activities in Ayurveda', and next by Dr. Shivakumar Harti, Asst. Professor who presented on 'Relevance of Food and Nutrition in the management of good health'. Each lecture was followed by interaction with the participants.

The postgraduate scholars of AIIA had organized a poster presentation session wherein more than 20 scholars participated with eye-catching posters on different aspects of Public health and Ayurveda, which was appreciated well by all. The team also visited the hospital facility of AIIA after the lunch and departed. Dr. Rajagopala S and Dr. Galib, Associate Professors, AIIA coordinated the program.



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Delegates introduction at the Workshop



Address by Vaidya Manoj Nesari, Advisor  
(Ayu.) Ministry of AYUSH



Presentation by faculty members



Poster presentation by PG Scholars



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1	Geetika Pahuja	P
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6	Manisha Agrawal	P
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11	Soniya Gupta	P
12	Abhay Kumar Prajapati	P
13	Shikha Chaudhary	P
14	Rashmi Tokas Rana	P
15	Nasreen Ahmed	P
16	Swarnima Mishra	P
17	Jitendra Gauttam	P
18	Ramanuj Soni	P
19	Ram Lakhan Meena	P
20	Aosemba Jamir	P
21	Hanumant Nirmal	P
22	Neha Sharma	P
23	Bushra Khanam	P
24	Garima	P
25	Sudha Dansana	P
26	Soniya	P
27	Shibani Dash	P
28	Shalini Gupta	P
29	Swati Chauhan	P
30	Varnika Rani	P
31	Madhu Bhardwaj	P



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32	Himanshu Sharma	P
33	Niladri Bhattacharjya	P
34	Poonam Gulati	P
35	Paritosh Jha	P
36	Santosh Kumari	P
37	Anu Ruhila	P
38	Jitendra Kaur	P
39	Pragya Sharma	P
40	Kriti Aggarwal	P
41	Nikita Sharma	P
42	Chinmayee Choudhary	P
43	Neeraj Dubey	P
44	Priti	P
45	Poonam Dhruv	P
46	Radha Kumari	P
47	Sombir Sheoran	P
48	Utkarsh Soni	P
49	Priyanka Meena	P
50	Deeksha Kushawaha	P
51	Saroj Meena	P
52	Pradeep Kumar	P
53	Prajna Paramita Panda	P
54	Sapna	P
55	Mukta	P