

7.1.10 (QnM) The institution celebrates/organizes national and international commemorative days, events and festivals

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| | | |
|----|---|---|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | Sushruta Jayanti |
| 3 | Nature of the event | Hawan |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 14 July 2022 |
| 6 | Place or online mode | First Floor Hospital 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 | Staff, faculty, scholars and OPD patients |
| 10 | Number of participants | 300 |
| 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 make general public aware about the starting of eye surgery back in the day of 3 BC |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | Hawan is organised on w wide scale to workshop |
| 20 | Activities / Process | An awareness lecture was conducted for the OPD patients |
| 21 | Integrating issue/s | General awareness among masses about hygiene and health |
| 22 | Achieved Outcomes | A number of OPD patients participated in the lecture |
| 23 | Infrastructure utilized | Hospital 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 arrange it in a wider scale to make more and more people aware about the consequences of bad hygiene |
| 27 | Photographs of activities with captions | https://aiia.gov.in/slider/sushruta-jayanti-was-celebrated-on-15th-july-2021-at-aiia-new-delhi-pooja-and-havan-was-organized/ |

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

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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|-----------------------------------|--|
| 28 | Media Coverage | Social Media like facebook and twitter |
| 29 | Report submitted/ sent to | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |

[Handwritten Signature]

Head of the Institution

| | | |
|---|-----------------------------------|---------------------------------|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
|---|-----------------------------------|---------------------------------|

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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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Brief Report on International Nurses Week 2022

AIIA celebrated International Nurses Day at All India Institute of Ayurveda Hospital with great enthusiasm on this year's theme "A Voice to Lead Invest in Nursing and Respect Rights to Secure Global Health" from 04.05.2022 to 13 May 2022

All India Institute of Ayurveda and Nursing department conducted several series of Programme during celebration of International Nurses Day week, which are Patient Awareness programme, skill enhancement & training Programme, Fun activity and Cultural activities.

PATIENT AWARENESS PROGRAMME

| DATE | TOPIC | VENUE | RESOURCE PERSON |
|----------|---|----------------------|-----------------------------|
| 04.05.22 | Street Play & Health Talk On Substance Abuse | Patient waiting Area | Ms. Neetu Rawat & Team |
| 05.05.22 | Role Play & Health Talk On Mental Health Awareness | 3rd Floor Ipd | Mr. Sandeep Kumar & Team |
| 06.05.22 | Health Talk Cum Demonstration On Personal Hygiene | Ground Floor Opd | Ms. Ankita |
| 07.05.22 | Lecture Cum Panel Discussion On Ayurvedic Dinacharya | Ground Floor Opd | Ms. Poonam Hariram |
| 09.05.22 | Role Play & Health Talk On Behavioural Problems In Children | 2nd Floor Opd | Ms. Monika |
| 10.05.22 | Role Play & Health Talk On "Save The Girl Child" | Patient Waiting Area | Ms. Poonam Bhaskar And Team |
| 11.05.22 | Health Talk & Video Show On Diarrhoea Management | Ground Floor Opd | Ms. Poonam Hariram |
| 12.05.22 | Role Play & Health Talk On Maternal Health Awareness | 2nd Floor Opd | Ms. Poonam Bhaskar |

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E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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DAY - 1(04.05.22): STREET PLAY AND HEALTH TALK ON SUBSTANCE ABUSE BY MS. NEETU RAWAT AND TEAM.

International Nurses Day celebration was conducted from 04th May 2022 to 13th May 2022. On first day, the programme started with street play on substance abuse "Nasha Mukta Bharat" by Ms. Neetu Rawat and team from 11am to 12:30 pm. Venue was at ground floor patient waiting area. Dignitaries were Director, All India Institute of Ayurveda, Prof. (Dr.) Tanuja Manoj Nesari, Dean (PhD) Prof. Dr. Mahesh Vyas, Prof. Dr. Pradeep Kumar Prajapati, I/C Medical Superintendent Dr. Rajagopala, Deputy Medical Superintendent Dr. Alka Kapoor, Nursing Superintendent Ms. Sindhu Rajesh and Intensivist Dr. Aditya Dixit.

In this effective session, Street Play depicted the importance of harmful effects of substances or Nasha which hampers the growth of an individual, their families and thereby affecting the growth of the whole nation. After the play, there was a health talk session about substance abuse & withdrawal with its definition, causes, signs and symptoms followed by prevention and nutritional management explained with the help of flash cards by Ms Neetu Rawat, Mr Manas Gandharva and Ms Meenu Lamba. The program was very fruitful. Patients understood the effects of substance abuse mainly affecting our young population. There was active interaction with audiences where they shared their emotional factors which parents are facing with their children who are influenced by wrong practices in the societies or engulfed in anti-social activities like alcoholism, drug abuse etc. In this interactive session parents are being counseled about how to deal with their kids to rectify their misbehavior activities by diverting their attention and activities in terms of spending more time with family, diversional therapies, milieu therapies (drug rehab centre's), reading habits, physical activities etc..

Team members also explained about the social help groups & NGOs where they can seek guidance & help.

A pledge was taken with audience "यह शपथलेताहूँ कि मैं किसी भी प्रकार का नशा नकरता था, न करताहूँ, न भविष्य में करूँगा साथ ही अपने विद्यालय के मित्र, मीहद्वे के साथी, परिवार के सदस्यों एवं समाज के स्वजनों को भी इससे दूर रखूँगा ताकि नशा मुक्त समाज के निर्माण का सच्चा सेवक बन सकूँ"



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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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DAY – 2 (05.05.22): ROLE PLAY & HEALTH TALK ON MENTAL HEALTH AWARENESS BY S/N SANDEEP KUMAR & TEAM

On Second day the programme started with series of role plays and health talk on Mental Health Awareness by Mr. Sandeep Kumar and team at 11 am, venue was third floor IPD, Hospital block. Dignitaries were Deputy Medical Superintendent Dr. Alka Kapoor and Nursing Superintendent Ms. Sindhu Rajesh.

The health talk comprised the knowledge about characteristics of mentally ill & mentally healthy person, various mental health disorders like illusion, hallucination, mania, depression, personality disorders, which are being demonstrated with the help of different role plays and A.V Aids by staff nurses Mr. Sandeep Kumar, Mr. Radhey Shyam Soni and Mr. Harain Bhardwaj. The session was very interactive where patients shared their personal life experiences like OCD, social media addiction etc.

Patients enhanced their knowledge level as they understood how to identify their day to day problems and how to tackle them. Also they gained idea about how to recognize a person with mental health issues.



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E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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Day – 03 (06.05.22): HEALTH TALK CUM DEMONSTRATION ON PERSONEL HYGIENE BY S/N ANKITA

On third day the program started with a health talk on the topic Personal hygiene by Ms. Ankita at ground floor OPD, Hospital Block from 11 am to 12:30 pm. Dignitaries were DMS Dr. Alka Kapoor, Nursing Superintendent Ms. Sindhu Rajesh and ANS Ms. Megha Gupta.

Ms. Ankita explained the consequence of maintaining personal hygiene to lead a healthy life and prevention of many diseases. She discussed about the important aspects to maintain personal hygiene by several methods like definition of hygiene & different steps to maintain individual hygiene like oral hygiene where she briefly explained about brushing practices, healthy & unhealthy foods for teeth, daily bathing, exercise, environmental cleanliness, sleeping habits - why good sleep is necessary, benefits of good sleep, effects of sleep deprivation. She emphasized the importance and practice of hand hygiene and handwashing. The handwashing steps were demonstrated by our Nursing Superintendent Ms. Sindhu Rajesh, Ms. Pooja, Ms. Meenu Lamba

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

E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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and Mr. Manas Gandharya. The session was very productive and projected by the active participation of patients and they demonstrated back the correct steps of handwashing.



Day - 04 (07.05.22): LECTURE CUM PANEL DISCUSSION ON
AYURVEDIC DINCHARYA BY Ms. POONAM HARIRAM

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On fourth day the programme started with health talk on Ayurvedic Dinacharya by Ms. Poonam Hariram, venue was Ground Floor OPD, Hospital Block from 11am to 12:30 pm. The moderator of programme was Ms. Megha Gupta and panelists were Dr. Shivkumar Harti, Dr. Garima Srivastava and Dr. Namrata Raj, faculties from Swasthvrutta Department.

In this lecture she explained what is Ayurvedic Dinacharya, its aims and benefits and practices like rising early in the morning followed by activities such as answering nature call, brushing the teeth, tongue scraping, gargling, gandush, collyrium, Nasya, exercises, abhyang, bathing and appropriate diet. Audience got to know about healthy lifestyle by maintaining proper management of day-to-day activities through Ayurvedic Dinacharya. They were also convinced about the prevention of various life style diseases and to achieve good quality of life through Dinacharya.

The lecture session was followed by panel discussion by our expert panelists on different topics such as Diet, Yoga and meditation, where audience cleared their doubts by asking questions. The session concluded with sitting yoga session by Dr. Namrata Raj, Yoga instructor, AIIA. She demonstrated various techniques like chanting "OM" meditation, nadi shodhan pranayam, bhrumari pranayam, tadasan, deep breathing exercises etc.



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

E-mail: aiiandelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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Day – 05 (09.05.22): ROLE PLAY AND BY HEALTH TALK ON BEHAVIOURAL PROBLEMS IN CHILDREN BY S/N MONIKA AND TEAM

On fifth day the programme started with health talk and role play on Behavioral disorders in children by Ms. Monika and team, venue was second floor OPD. Hospital Block at 11 AM to 12:30 PM. The dignitaries of programme were I/CMS Dr. Rajgopala, DMS Dr. Alka Kapoor and Nursing Superintendent Ms. Sindhu Rajesh. The patients understood the importance of early identification of different behavioral problems in childhood and their management. There was an active communication by the parents and their queries were cleared by I/C MS & HOD of Pediatric department Dr. Rajagopala. After the programme, Balraksha kits were distributed among parents by which individual can enhance the immunity of their children.



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E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

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Day – 08 (12.05.22): ROLE PLAY AND HEALTH TALK ON MATERNAL HEALTH AWARENESS BY S/N POONAM BHASKER

On eight day the programme was continued with health talk and role play on maternal health awareness presented by Mrs. Poonam Bhasker and team, venue was second floor OPD area Hospital Block at 11AM TO 12:30 PM. Dignitaries were Medical Superintendent Dr Rajgopala, deputy Medical Superintendent Dr. Alka Kapoor, Dr. Kamini and Dr. Tejaswani from SRPT department.

Mrs Poonam bhasker presented the topic on Maternal Health Awareness accompanied with role plays demonstrating how to take care of pregnant women. She briefed the ayurvedic nine months calendar for a pregnant women. The session included yoga demonstration during pregnancy by Mr Manas Gandharva showed each yoga steps to be practiced during this period. The patients cleared their doubts and also provided them pamphlets regarding diet and exercise pattern during nine months. The session was really fruitful. Ayurraksha Kits and Giloy Plants were given to all the patients who had attended the programme. The importance of the same were explained to the patients.



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**Day – 06 (10.05.22): ROLE PLAY& HEALTH TALK ON “SAVE THE GIRL CHILD”
BY S/N POONAM BHASKER & TEAM.**

On sixth day the programme started with topic on street play “save the girl child”. Session was covered by Mrs Poonam Bhasker and team Followed by Staff Nurses and Ward Attendant’s of AIIA. Venue was Ground Floor Patient Waiting Area, Hospital Block at 11 AM to 12:30 PM. Dignitaries were Dean Dr. Mahesh Vyas, I/C MS (H.O.D Paediatric) Dr Rajgopala, Nursing Superintendent Ms. Sindhu Rajesh and Intensivist Dr. Aditya,

Three case scenarios i.e. Female foeticide, , education, nutritional & health needs of children without any gender discrimination were presented through role plays which highlighted the importance of understanding that whether the newborn is boy or a girl both are equal as it highlighted the importance of educating a girl child because in a family if a mother is educated the whole family will be educated and lead a good life. Patients enjoyed the theme and few became very emotional, as a parent they did all good to their girl children and today their children are taking very good care of them.



गौतमपुरी, सरिता
Gautampu

E-mail: aiiانewdelhi@gmail.com



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Day - 07 (11.05.22): **HEALTH TALK & VIDEO SHOW ON
DIARRHOEAMANAGEMENTBY S/N POONAM HARIRAM**

On same seventh day there was another programme, health talk was on management of diarrhea by Staff Nurse Ms. Poonam Hariram, venue was ground floor OPD, Hospital Block at 11AM to 12:30 PM. Dignitaries were Dr Santosh Bhatted Panchakarma Department and Nursing Superintendent Ms. Sindhu Rajesh. She explained the term diarrhea and its types. She stressed the importance of identifying the causes and common signs of dehydration. The Importance of correct preparation of ORS at home was demonstrated through a video. Patients enthusiastically participated in the discussion regarding the prevention of diarrhea and had an interactive session with Dr Santosh Bhatted , PK Department who clearly briefed the various liquid items which can be given during the specific seasons. Ayurraksha Kits and Giloy Plants were given to all the patients who had attended the programme. The importance of the same was explained to the patients.



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CONCLUSION:

During international Nurses Week Celebration AIIA conducted various programmes that enhances the knowledge level of all individual. In this part of Patient Awareness Programme various interactive sessions were conducted and after successful session there was quiz programme for audience with appreciation of small token of gifts where audience (general public) took part actively participation to each day till last day as audiences got to know about the schedule of complete nurses week programme. After completion of each session AIIA distributed Giloy plants, Ayur raksha kit and Balraksha kits with explanation of brief description, uses of kits to all audiences. Staff members were the resource person of the programme. There was active participations from nursing department and ward attendants. AIIA Faculties were the panelist during the whole programme.

SKILL ENHANCEMENT AND TEAM BUILDING PROGRAMME

| DATE | TOPIC | VENUE | RESOURCE PERSON |
|-----------|---------------------------------|------------|------------------------------|
| 4.5.2022 | STRESS MANAGEMENT FOR EMPLOYEES | AUDITORIUM | Prof. (Dr.) RAMINDER KALRA, |
| 9.5.2022 | PERSONAL FINANCE FOR EMPLOYEES | AUDITORIUM | MR. VIJEESH VARGHESE |
| 10.5.2022 | MATERIAL MANAGEMENT | AUDITORIUM | MS. SIBY (EXTERNAL EDUCATOR) |

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Phone: 011-29948658

Fax: 011-29948660



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ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
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(10.05.22)SESSION ON MATERIAL MANAGEMENT BY MS. SIBI RIJU (EXTERNAL EDUCATOR)

On another day the programme was started with skill enhancement programme by Ms. Sibi Riju external faculty, she was working as a Associate Professor, College Of Nursing AIIMS, NEW DELHI. Ms. Sibi Riju started the session by definition of Material, then definition of Material management, its Aim, objective, purpose, functions, elements, principle, management technique used like right item, right quantity, right price, right source, value analysis, inventory control, vendor research, operation research. She also told about Material specification, procurement, receipt and inspection. She also taught about inventory control or storage, issue and distribution. In Procurement she also describe the process of purchase through flow chart followed by

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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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For creating a stress free environment and boosting morale within the nursing staff and support staff. Many staff development & confidence building activities have been organized by nursing superintendent Ms. Sindhu Rajesh with supporting members.

The list of committee members were Coordinator Ms. Megha gupta, Co-co-coordinator Mr. Deepu S. followed by Members Ms. Sangeeta pillai, Ms. Nishi Parashar Ms. Meenu lamba, Mr. Harain Bhardwaj Mr. Nishant Kumar. As the part of the celebration following activities where conducted mentioned below.

| |
|--|
| Carom playing increasing focus and improving social skills. |
| Pyramid making symbolizing Teamwork, leadership, coordination and non-verbal communication. |
| Balloon bursting improving Confidence amongst staff. |
| Pass the ring enhancing Social skill development and two-way communication. |
| Needle Thread Race Improving focus and self control. |
| Saree Draping boosting two-way communication and better understanding. |

All these activities were fully enjoyed and participation was utmost among nursing staff and ward attendants which have ultimately helped in the improvement of self-esteem, personal development. For each activity two winners have been chosen and awarded with the prize by the chief guest and chief of honor.

CAROM PLAY

One of the indoor activity where All India Institute of Ayurveda employees actively participated in carom play, on the very first day activity it was inaugurated by Joint Director of AIIA Dr. Umesh Tagde, venue was Administrative C Block at 6th floor indoor Sports activity room. Participants were from different department including Staff Nurses, laboratory technician, ward boy, laundry staff, MTS. As a part of AIIA on a Carrom play participants played as a team where they create ideas to win organizational goal to ensure success. As a indoor game carom help to build team coordination, individually carom also helps to improve analytical analysis, sharpen the minds with quick thinking. All over every individual enjoyed the fun game to increase focus and to decrease stress levels.

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E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076
E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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PASS THE RING

Pass the ring fun game was organized at NTPC area in the evening time. In this game there was Hoop ring having a group to form a circle over two people or couple interacting facing towards each other. This event has group of rounds followed by a random playing of song with limited time duration in which hoop ring has to let down from head to toe and passing the ring to next person immediately. If the couple was unable to pass the ring or got stucked with the ring while song get stopped then player will be eliminated. Last remaining couple will be rewarded as a winner.

This game helps to build social skill development and two-way communication. This Fun game also improve gross motor skills, hand eye coordination, focus and cooperative & coordination.



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E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

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Game started with two male couple where One couple has to help to wear another male given to contestant to wear saree. Male contestants enjoyed the game among audience. 5 minutes was of each male contestant how many pleats were formed, how well and how equally the pleats have been formed. And in the last weather the pleats have been secured at the end with pin.

After successful completion of event male participants shared their views about saree draping fun game. They shared that this experience this event helped them to boost two-way communication and better understanding.



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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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announced the result.

Meanwhile with successful event refreshment was going on with a Shayri on Nurses as a Warrior by Mr. Praful. Audience overwhelmed with the Shayri and it was appreciated by the audience of the event.

As no event is complete without the bollywood dance, so continued with that a group dance was performed by the 2 couples (Ms. Meenu Lamba & Mr. Radhye Shyam Soni) & (Ms. Ruchi Singh & Mr. Sandeep Kumar). The couples didn't disappoint the audience and gave a brilliant eye catchy performance.

Last but not the least, the programme moved on with a funny quiz which was hosted by Mr. Manas Gandhrava which was totally based on the members of AIIA only. The questions were quite brain storming with a great sense of humor. Quiz contest went well with a small token of reward to all the members who gave the answers.

Proceeding with the ending of the function i.e. vote of thanks which was given by Ms. Ankita. She thanked everyone for the co-operation and the team spirit with her lovely words.

HAPPY NURSES DAY



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Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|---|---|
| 1 | Department Name/ Cell / Committee | Kayachikitsa |
| 2 | Title of the event | World Diabetes Day |
| 3 | Nature of the event | Awareness lecture for OPD patients |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional level |
| 5 | Date and Time | 15.11.2021 |
| 6 | Place or online mode | Hospital Block ground floor, patient waiting area |
| 7 | Resource Person(s) / Expert(s)/ Guest(s) | Dr K.R Kohli |
| 8 | About Resource Person(s) / Expert(s)/ Guest(s) | Retired Director of Ayush |
| 9 | Who are Participants | Scholars and Faculty |
| 10 | Number of participants | 100-150 |
| 11 | Under which scheme | Awareness program |
| 12 | Collaborative agency Government / Govt recognized body | - |
| 13 | Sponsoring Agency | All India Institute of Ayurveda |
| 14 | Which Grant utilized | Institutional Grant |
| 15 | Expenditure | 25,000 |
| 16 | Objectives (Expected outcomes) | To spread awareness regarding Prameha and its causes with prevention and care |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | The program started with an awareness lecture by Dr Kundan where he briefly discussed about the diseases and how to curb it if patient is suffering from it. |
| 20 | Activities / Process | Awareness lecture at OPD area for OPD patients and Guest lecture for scholars |
| 21 | Integrating issue/s | Awareness lectures are organized to spread aware awareness among the audience regarding a deadly disease, risk factors and cures. |
| 22 | Achieved Outcomes | The programme included the inauguration, patient's diabetes screening health camp with free blood sugar check-up, awareness lecture for the OPD patients. An online guest lecture by Dr K.R Kohli was scheduled for scholars. Many patients queries regarding diabetes was solved. |
| 23 | Infrastructure utilized | Patient waiting area, Hospital block, ground floor |
| 24 | Certification to participant (Sample) | attached |

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| | | |
|----|--|---|
| 25 | Feedback with Analysis-Graphs | no |
| 26 | Scope of improvement / Future event / plan | Awareness lecture on a vast scale which will benefit more patients. |
| 27 | Photographs of activities with captions |  |
| 28 | Media Coverage | Social Media: Facebook and Twitter |
| 29 | Report submitted/ sent to | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report Committee |

[Signature]
Head Of Institution

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

E-mail: aiiandelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|---|--|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | National Unity Day |
| 3 | Nature of the event | Cultural event |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 31 October 2021 |
| 6 | Place or online mode | Auditorium |
| 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 | Staff, faculty and Scholars |
| 10 | Number of participants | 400 |
| 11 | Under which scheme | The event was under no 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) | It will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country |
| 17 | Is it part of National drive? | Not under any national drive |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | It marks the birth anniversary of Sardar Patel who had a major role in the political integration of India |
| 20 | Activities / Process | Cultural event where staff from different states performed cultural dance |
| 21 | Integrating issue/s | To remember the sacrifices made by Sardar Patel |
| 22 | Achieved Outcomes | These events help in forming a healthy work environment between the AIIA family |
| 23 | Infrastructure utilized | Auditorium, 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 celebrate the event on a greater level which aims harmony between the AIIA family |
| 27 | Photographs of activities with captions | Attached |

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E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|-----------------------------------|--|
| 28 | Media Coverage | Social Media like facebook and twitter |
| 29 | Report submitted/ sent to | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |

[Handwritten Signature]

Head of the Institution

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

E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|---|--|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | Gandhi Jayanti |
| 3 | Nature of the event | Cultural event |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 02 October 2021 |
| 6 | Place or online mode | Auditorium |
| 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 | Staff, faculty and Scholars |
| 10 | Number of participants | 200 |
| 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 sacrifices made by Mahatma Gandhi for our freedom and well-being of our country |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | Gandhi Jayanti is marked by prayer services and tributes all over India, including at Gandhi's memorial, Raj Ghat, in New Delhi where he was cremated. |
| 20 | Activities / Process | Popular activities include prayer meetings, commemorative ceremonies in government institutions. |
| 21 | Integrating issue/s | To remember the sacrifices and teaching of Mahatma Gandhi |
| 22 | Achieved Outcomes | To build stronger student teacher relationship |
| 23 | Infrastructure utilized | Auditorium, 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 | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |

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

E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660

महेश्वर



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| | | |
|----|---|---|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | Sushruta Jayanti |
| 3 | Nature of the event | Hawan |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 14 July 2022 |
| 6 | Place or online mode | First Floor Hospital 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 | Staff, faculty, scholars and OPD patients |
| 10 | Number of participants | 300 |
| 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 make general public aware about the starting of eye surgery back in the day of 3 BC |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | Hawan is organised on w wide scale to workshop |
| 20 | Activities / Process | An awareness lecture was conducted for the OPD patients |
| 21 | Integrating issue/s | General awareness among masses about hygiene and health |
| 22 | Achieved Outcomes | A number of OPD patients participated in the lecture |
| 23 | Infrastructure utilized | Hospital 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 arrange it in a wider scale to make more and more people aware about the consequences of bad hygiene |
| 27 | Photographs of activities with captions | https://aiia.gov.in/slider/sushruta-jayanti-was-celebrated-on-15th-july-2021-at-aiia-new-delhi-pooja-and-havan-was-organized/ |

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E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-299-2860



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|----|-----------------------------------|--|
| 28 | Media Coverage | Social Media like facebook and twitter |
| 29 | Report submitted/ sent to | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |

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Phone: 011-29948658

Fax: 011-29948660



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F. NO. – Z-50/104/2021-AIIA

Date: 24.06.2021

REPORT

Subject: Event report of International Day of Yoga, 2021

This report is in regard to the celebration of 7th 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:

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

गौतमपुरी, िसरता िवहार, मथुरा रोड, नई िदल्ली-110076
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076
E-mail: aiiانewdelhi@gmail.com Phone: 011-29948658 Fax: 011-29948660

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Department of Swasthavritta

International Day of Yoga, 2021 Program Report

International Day of Yoga has been celebrated globally on 21st 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 27th 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 Samsthan* 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 7th 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 but on National Level so, public on macroscale can participate. Following are some pictures which we used for the Promotional activities for IDY, 2021.



Activities under IDY, 2021

1. Curtain Raiser Program for IDY, 2021:

On 1st June, 2021 All India Institute of Ayurveda organised the Curtain Raiser for the 7th 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 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

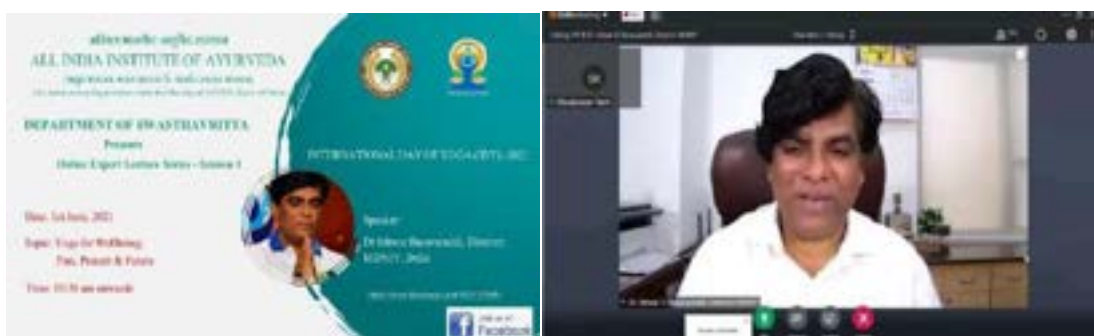
was very high spirited and was concluded by Prof. Medha Kulkarni ma'am, the respected Head, Department of Swasthavritta.



2. Online Expert Lecture Series:

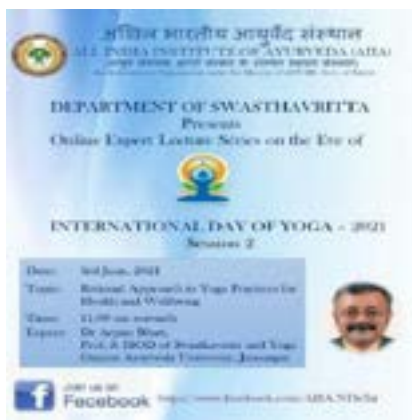
To mark the 7th International Day of Yoga celebration, All India Institute of Ayurveda organised Online Expert Lecture Series for the Scholars, Faculty members and the general public through their social media platform. There were five guest Expert speakers who honoured us with their erudite lectures.

The first lecture was conducted on **1st 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.



The second guest lecture was scheduled on **3rd June, 2021**, admired **Professor Dr Arpan Bhatt, H.O.D of Swasthavritta & Yoga, Gujarat Ayurveda University, Jamnagar** was the guest speaker. The topic of his lecture was **‘Rational Approach of Yoga Practises for Health and Wellbeing’**. Dr Arpan Bhatt discussed about the eight limbs of Yoga and their importance in our

everyday life and how we can make these practises more effective with the changing living conditions. More than 170 people participated in this virtual lecture the session was made Live on Facebook page of AIIA for the public so that everyone can gain maximum out of this well informed lecture.

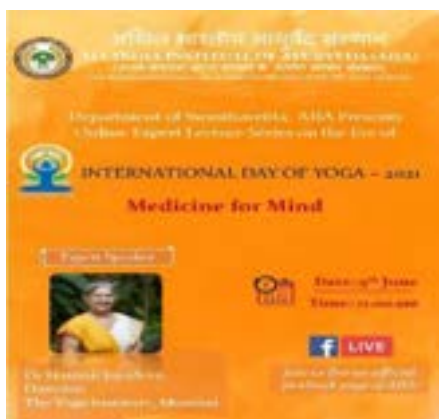


The third Expert lecture was coordinated on **7th June, 2021** by the eminent **Vice Chancellor, Dr Sunil Kumar Joshi, Uttarakhand Ayurveda University, Dehradun**. Dr Sunil Kumar Joshi sir is an Expert of Marma Therapy so he spoke about the ‘**Scope of Marma and Yoga in different diseases**’. Through his scholarly lecture Dr Joshi made sure that people understand the concept of Marma and how Yoga and Marma together can help to overcome the diseases. The lecture was made live for the general public through Facebook and more than 170 participants joined virtually for this vital lecture.

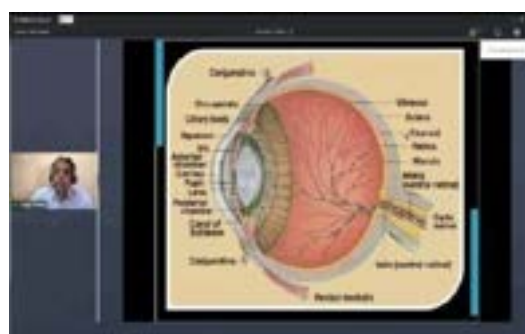


The fourth expert lecture was scheduled on **9th June, 2021** and was presented by the very distinguished personality **Dr Hansaji Jayadeva, The Honourable Director of The Yoga Institute, Mumbai**. The topic for Dr Hansaji madam’s lecture was ‘**Medicine for mind**’ and she extraordinarily elaborated about the different branches of Yoga, the Psychology of Yoga and

how to overcome from situations with the help of Yoga practises. There for over to 290 people who participated in this virtual lecture and the general public joined the live session through the official Facebook page of AIIA.



The closing expert lecture was scheduled on **15th June, 2021** and the guest lecturer was **Dr Satish Kumar Pathak, Assistant Director, Scientific Research Dept., Kaivalyadham, Lonavala**. The topic for Dr Pathak's lecture was '**Scientific basis of Yoga**'. In his lecture Dr Pathak explained the science behind Chakra's and the scientific reasoning of the Yogic Shatkriya, the lecture was very valuable from a scientific point of view as it described about the science behind Yoga. Over 190 people participated in the lecture virtually and the general public was able to observe the lecture through Facebook live from official page of AIIA.



3. Yoga Awareness Speech in Vaccination Drive:

Covid-19 vaccination drive is underway and All India Institute of Ayurveda is now one of the centre allotted by the Government for the vaccination of citizens of Delhi/NCR. The MD scholars from Department of Swasthavritta have been giving small educational speeches on benefits & different aspects of

Yoga & Ayurveda at the vaccination site initiated by Department of Swasthavritta, AIIA since 11th May, 2021.



4. Protocol Training for IDY, 2021:

The training of Common Yoga Protocol was conducted by Mr. Ashish Mishra, Yoga Expert of All India Institute of Ayurveda, physically for the Scholars following social distancing and virtually for the Faculty and Staff members of AIIA. The training of CYP commenced on 10th June, 2021 and was continued till 20th June, 2021. More than 200 participants took part in the virtual training every day. The objective of teaching CYP is to orient one towards comprehensive health for an individual and the community.



5. Online Yoga Sessions:

Other than the Common Yoga Protocol training, online Yoga sessions were taken every morning beginning from 15th June, 2021 and continued till 20th June, 2021 by Mr. Ashish Mishra, the Yoga Expert of AIIA. The purpose of conducting these session was to promote self-healing, enhance individual mental power, increase self-awareness and help each individual to stay away from numerous health issues. The participants were also inspired to join these sessions with their family members, specially their kids. These sessions were

arranged for AIIA Faculty, Staff and the Scholars and over 180 participants joined on regular basis.



Competitions under IDY, 2021

1. Online Yoga Quiz Competition:

An Online Yoga Quiz Competition was administered by All India Institute of Ayurveda through online mode for 10 days, starting from 1st June, 2021 to 10th June, 2021. We are proud to mention that more than 150 candidates participated in this quiz competition from all over the country. On 21st June, 2021 the candidates who scored more than 60% in the Yoga Quiz were presented by an E-certificate.

2. Poster Making Competition:

The Topics for Poster Making Competition were-

- a. Science behind Yogic Shatkriya
- b. Stay home, Stay healthy and happy with Yoga
- c. Finding inner strength through Yoga amid outer crises

There were over 65 candidates who participated in the Poster making competition from all over the country and on 21st June, 2021 the winners were declared, chosen by the Judging Committee and the winners are mentioned below.

- I. Shruti, SS; BS Ayurvedic Medical College, Karnataka
Pankaj Sharma, Ayurvedic Medical College, Himachal Pradesh
- II. Allena Gauri, All India Institute of Ayurveda, New Delhi
Sumedha Joshi, All India Institute of Ayurveda, New Delhi
- III. Kumar Arejeet Mishra, DAV Public School, Orissa
Amita Tripathi, SC; PM, Ayurvedic Medical College, Lucknow
Simran, BHMS



3. Essay Writing Competition:

The Topics for Essay Writing Competition were-

- Science behind Yogic Shatkriya
- Stay home, Stay healthy and happy with Yoga
- Finding inner strength through Yoga amid outer crises

In the Essay Writing Competition more than 25 experts and scholars participated nationwide. By the deciding Judging Committee, the winners were chosen and declared on 21st June, 2021 main event of AIIA. The winners are mentioned below.

- Deepansha Joba, Rishikul Ayurvedic Medical College, Haridwar
- Ekansha Singhla, Govt. Ayurvedic College, Patiala
- Gagan Gorekh Patil



All India Institute of Ayurveda feel very delighted to have experts & scholars participated in their competitions from all around the Country and from some Prime Institutions of India. All the winners of above mentioned competitions were awarded with Certificates and Cash Prize for their achievement and also to keep them encouraged to participate in more competitions like these as they help to intensify their character and knowledge.

Celebration of International Day of Yoga on 21st June 2021

In view of the Covid-19 pandemic the practice of Common Yoga Protocol for International Day of Yoga on 21st June, 2021 took place virtually. The CYP practice started at 07:00 hrs, led by Mr Ashish Mishra, Yoga Expert, AIIA as per the guidelines of Ministry of AYUSH, Govt. of India. The Hon'ble Director, AIIA, Faculties, Staff members and Scholars from different departments joined in the online practice with their family members. The CYP practice was also made available to the general public through the Live streaming of CYP on the social media page of AIIA by the Department of Swasthavritta. The Hon'ble Director, AIIA addressed the participants and their family after the practice to encourage them to practice Yogic lifestyle more often. This practice event was closed by respected Prof. Medha Kulkarni, Head, Dept. of Swasthavritta with her beautiful concluding speech.



The Second segment of the 7th International Day of Yoga event was set up in the Auditorium of All India Institute of Ayurveda with 50% capacity for the Faculties and Staff members. The event started with the inauguration of the physical unit which was developed by the Department of Swasthavritta of AIIA. The Lamp lighting ceremony took place afterward in the Auditorium by the Honourable Director and Respected Senior Faculty members of a AIIA. Once the lamps were lighted the MD Scholars of Department of Swasthavritta exhibited a beautiful Yoga Fusion. Thereupon, the Director, AIIA addressed the gathering and explained in the simplistic way that why it is necessary to do Yoga and what are the many benefits of it to attain healthy and harmonious life.



In the later phase of the event announcement of winners for the different Competitions, which were initiated by AIIA and Prize distribution ceremony was conducted. The participants were presented with the T-shirt and Yoga mat. There were over 200 people who attended the event and made it a success. At the end of the event the announcement regarding the availability of the Swasthya Rakshak kit was also made and subsequently, the event was concluded by Dr Shiva Kumar Harthi, Associate Professor, Department of Swasthavritta with words of gratitude towards each and every one, who made 7th International Day of Yoga an outstanding event. After the event the arrangement of High Tea was also done for the attendees.



Needless to say, people are now inclining more towards Yogic and Ayurvedic Lifestyle. Regular Yoga practice creates mental clarity and calmness, increases

awareness, relieves chronic stress patterns, relaxes the mind, centres attention and sharpen concentration. When we are more aware we witness all the processes happening in the body and mind. Awareness is considered a base for both physical and psychological wellbeing and Yoga is a tool to achieve that awareness. Yoga also helps to deal with the adversities of life with peace and patience, you would be gentler and kind towards your own self and towards others as well. I'm confident, with growing scope of Yoga we will see more participants or public coming forward to promote and encourage the world to practice Yoga.



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.- B-11003/3/1/2016-AIIA

Date: 25.06.2021

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 7th International Day of Yoga are enclosed herewith.

Thanking You

Your Faithfully

Dr Medha Kulkarni
Prof. & Head
Department of Swasthavritta

Head of the Institution

गौतमपुरी, िसरता िवहार, मथुरा रोड, नई िदल्ली-110076
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076
E-mail: aiiandelhi@gmail.com Phone: 011-29948658 Fax: 011-29948660



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

| | | |
|----|---|--|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | World Hand Hygiene Day |
| 3 | Nature of the event | Awareness lecture |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 15 May 2021 |
| 6 | Place or online mode | Hospital 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 | OPD patients |
| 10 | Number of participants | 200 |
| 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 make general public aware regarding the hand hygiene |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | To prioritize clean hands in health facilities, people at all levels need to believe in the importance of hand hygiene and IPC to save lives, by acting as key players in achieving the appropriate behaviours and attitudes towards |
| 20 | Activities / Process | An awareness lecture was conducted for the OPD patients |
| 21 | Integrating issue/s | General awareness among masses about hygiene and health |
| 22 | Achieved Outcomes | A number of OPD patients participated in the lecture |
| 23 | Infrastructure utilized | Hospital 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 arrange it in a wider scale to make more and more people aware about the consequences of bad hygiene |

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

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


E-mail: aii anewdelhi@gmail.com

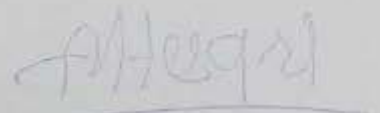
Phone: 011-29948658

Fax: 011-29948660



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| | | |
|----|---|---|
| 27 | Photographs of activities with captions |  Patient awareness lecture at OPD area |
| 28 | Media Coverage | Social Media like facebook and twitter |
| 29 | Report submitted/ sent to | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |


Head of the Institution

गौतमपुरी, सरिता विहार, मथुरा रोड, नई दिल्ली -110076
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(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

| | | |
|----|---|--|
| 1 | Department Name/ Cell / Committee | All India Institute of Ayurveda |
| 2 | Title of the event | Gandhi Jayanti |
| 3 | Nature of the event | Cultural event |
| 4 | Level (Institutional/university/ inter-university/ state/national/ international) | Institutional |
| 5 | Date and Time | 02 October 2020 |
| 6 | Place or online mode | Auditorium |
| 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 | Staff, faculty and Scholars |
| 10 | Number of participants | 200 |
| 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 sacrifices made by Mahatma Gandhi for our freedom and well-being of our country |
| 17 | Is it part of National drive? | No |
| 18 | Number of sessions | 1 |
| 19 | Content of the event | Gandhi Jayanti is marked by prayer services and tributes all over India, including at Gandhi's memorial, Raj Ghat, in New Delhi where he was cremated. |
| 20 | Activities / Process | Popular activities include prayer meetings, commemorative ceremonies in government institutions. |
| 21 | Integrating issue/s | To remember the sacrifices and teaching of Mahatma Gandhi |
| 22 | Achieved Outcomes | To build stronger student teacher relationship |
| 23 | Infrastructure utilized | Auditorium, 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 | Annual Report Committee |
| 30 | Award / Recognition for the event | In Annual Report |

Head of Institution

गौतमपुरी, सरिता विहार, मथुरा रोड, नई दिल्ली - 110076
Gautampuri, Sarita Vihar, Mathura road, NEW DELHI-110076
E-mail: aii anewdelhi@gmail.com
Phone: 011-29948658
Fax: 011-29948660

DHANVANTARI RATH - PROJECT AYURAKSHA

INTRODUCTION:

All India Institute of Ayurveda (AIIA) is an autonomous institute under the aegis of Ministry of AYUSH, Govt of India and offers postgraduate courses in various disciplines of ayurveda. Institute has 200 bed referral hospital for facilitating clinical research. Institute has successfully provided health care services through medical camps in Delhi-NCR region in the past.

BACKGROUND:

During pandemic of COVID 19 disease AIIA came forward with support of ministry of AYUSH and Delhi police to serve the frontline warriors of Delhi police personnel with a project named **“AYURAKHSA-Corona se jung, Delhi police ke sang”** in which immunity booster kits as proposed by ministry of AYUSH were distributed to around 80000 police personnel who are working against all odds of society and extreme weather conditions.

Need was also felt bilaterally by Delhi Police and AIIA to extend Ayurveda health promotion facilities to the families of Delhi police personnel at designated Police wellness centers (PWC) located at various police residential colonies in Delhi namely:

1. Shalimar Bagh
2. Model Town
3. Hauz khas
4. Jagatpuri
5. Jyotinagar

SERVICES:

Services offered include Consultation by team of Ayurvedic doctors From AIIA with free distribution of medicine. Services started with a grand innauagral ceremony at Delhi police headquarters on 18 Aug 2020. Total 156 health camps have been organized in which 5420 beneficiaries have availed services till 31st

March 2020. A very positive feedback has been received from police personnel and their families. Based on the response It is proposed to start services at new police wellness centre “KONDLI” (Delhi) soon.



[Team AIIA and Delhi Police Officials with Dhanvantari Rath]



Waiving of Flag to Start Dhanvantari Rath by Shri P. K. Pathak, Special Secretary, Ministry of Ayush and Commissioner of Police Shri S. N Srivastava

[Prof Tanuja Manoj Nesari, Director, AIIA and Sp CP Smt. Sundari Nanda Shairing the stage]



Exchange of MoU between Delhi Police and Ministry of Ayush



[Dr. Meena Deogade]

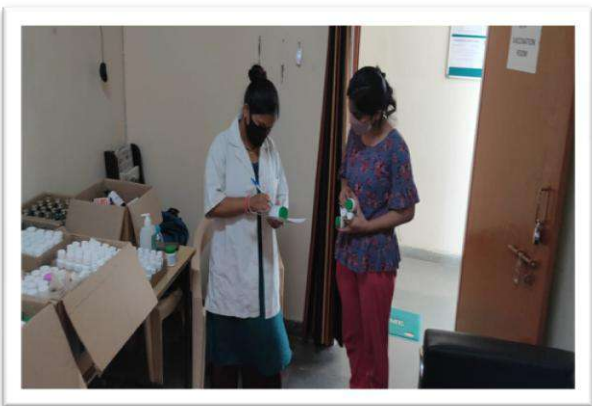
Dhnavantari Rath
Kumar]

[Capt (Dr) Ashish

PHOTOGRAPHS OF SERVICES PROVIDED BY DHANVANTARI RATH



PHOTOGRAPHS OF SERVICES PROVIDED BY DHANVANTARI RATH

**Head of the Institution**

ALL INDIA INSTITUTE OF AYURVEDA

| | | |
|----|---|--|
| 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 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 |

| | | |
|----|--|--|
| 24 | Infrastructure utilized | Yoga Hall, |
| 25 | Certification to participant (Sample) | Attached |
| 26 | Feedback with Analysis-Graphs | No |
| 27 | 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. |
| 28 | Photographs of activities with captions | Report attached |
| 29 | Media Coverage | No |
| 30 | Report submitted/ sent to | Director's Office |
| 31 | Award / Recognition for the event | No |

Signature of Event In-charge

वैद्य शिवकुमार हर्षणी / Vd. Shivakumar Harthi
 पंजी.सं./Regd.No.KAUP-15330
 सहयोगी प्राध्यापक / Associate Professor
 स्वस्थवृत्त विभाग / Deptt. of Swasthvrta
 अखिल भारतीय आयुर्वेद संस्थान
 All India Institute of Ayurveda
 (भारत सरकार, आयुष मंत्रालय)
 (Govt. of India, Ministry of AYUSH)
 गौतमपुरी, सरिता विहार / Gautampuri, Sarita Vihar,
 नई दिल्ली-110076 / New Delhi-110076

Signature of Head
 विभागाध्यक्ष, स्वस्थवृत्त विभाग / Head, Deptt. of Swasthvrta
 अखिल भारतीय आयुर्वेद संस्थान
 All India Institute of Ayurveda
 (भारत सरकार, आयुष मंत्रालय)
 (Govt. of India, Ministry of AYUSH)
 गौतमपुरी, सरिता विहार / Gautampuri, Sarita Vihar,
 नई दिल्ली-110076 / New Delhi-110076
 (MON/TUE/WED/THU/FRI/SAT)

अहमद

Republic Day Celebration: 26 Jan. 2020

On the occasion of 71st Republic Day celebrations, Flag Hoisting followed by felicitation of star performers in different categories was done to promote the habit to strive and work continuously for excellence. Cultural programs marked with the theme of republic day and nationalism made the event a memorable and colourful one.



Flag hoisting with AHA family on Republic Day Celebrations



Felicitation of the Star performers on the occasion of Republic Day celebrations

Head of the Institution

Children's Day Celebrations 2019

Department of Kaumarabhritya, AIIA, New Delhi celebrated Children's Day on 14th November, 2019. Various competitions such as colouring, painting etc. were arranged for children in different age categories. Programme was inaugurated by Director, AIIA and Children below 16 years of age actively participated in the event.



A handwritten signature in black ink, appearing to be in Devanagari script, with a horizontal line underneath.

Head of the Institution

Ayurveda Day Celebration 2019

Dhanwantari Jayanti was celebrated at Hospital Wing, AIIA on 25th October, 2019 with a number of programs. Patients, attendants and staff enthusiastically participated in the programs. Hospital Administration, AIIA organised a Diya Decoration Competition for patients and staff of AIIA.



The event was followed by prize distribution for the winners in each category. There was a good response from the entire staff of AIIA in participating in the Diya decoration competition. A special Hawan and Dhanwantari Pooja was organised at Dhanwantari Vatika in the presence of the Director, Dean, Senior Faculty members, students, staff and patients followed by Prasad distribution. This was followed by a variety of cultural programs by staff like poem recitation & short play on pollution free Diwali by team of Panchakarma Technicians. During the auspicious occasion, the Director, Dean and MS of AIIA extended their Diwali wishes to staff and student of AIIA and appreciated the efforts taken by the entire hospital team in organising such program for the patients and staff. The Director, AIIA also distributed gifts as a token of appreciation to the hospital staff who contributed in organising the program. The program ended with a vote of thanks by DMS, AIIA.

Some Glimpses of the Event



Head of the Institution



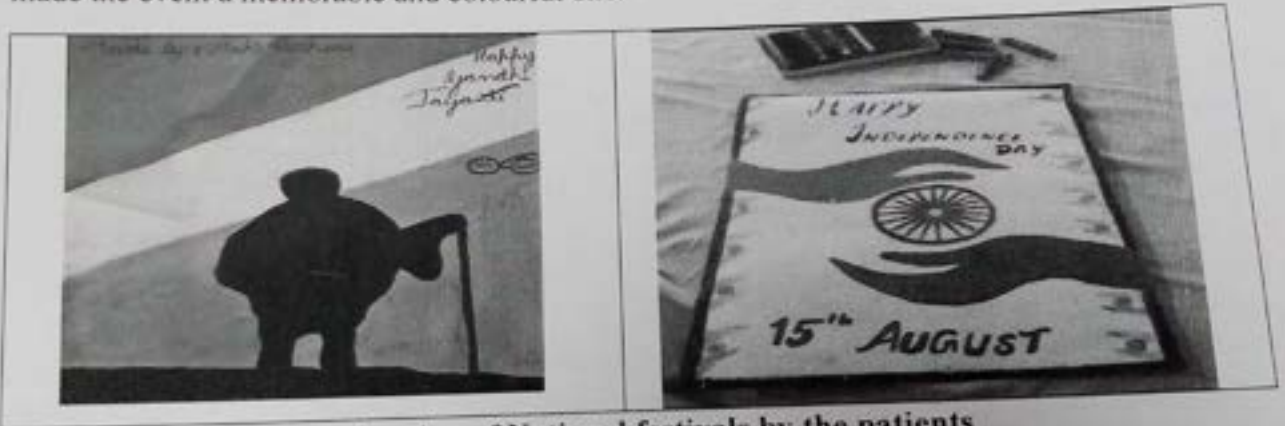
अखिल भारतीय आयुर्वेद संस्थान
ALL INDIA INSTITUTE OF AYURVEDA (AIIA)
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(An Autonomous Organization under the Ministry of AYUSH, Govt. of India)

Independence Day Celebration

15.8.2019

Independence Day Celebration is a public holiday in India, when the country marks and celebrates the Independence from the British rule. The day also marks the transition of India from an autonomous Commonwealth realm with British Monarch as nominal head of the Indian Dominion, to a fully sovereign republic in the Commonwealth of Nations with the President of India as the nominal head of the Indian Union.

All India Institute of Ayurveda celebrated Independence Day Celebration with the entire nation. The event was started with the national Flag Hoisting by Honourable Director Dr Tanuja Manoj Nesari. The event was later on followed by felicitation of star performers in different categories was done to promote the habit to strive and work continuously for excellence. Cultural programs were staffs from different states showcased their traditional cultures through different performances marked with the theme of republic day and nationalism made the event a memorable and colourful one.



Celebration of National festivals by the patients



AHUBH

Head of Institution

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

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

E-mail: aiianewdelhi@gmail.com

Phone: 011-29948658

Fax: 011-29948660

International Yoga Day (IDY) - 2019

Date of Event: 21st June, 2019

Location of Event: AIIA, New Delhi

IDY was conducted on 21st June 2019 at AIIA Campus. More than 500 people gathered to practice Yoga at the event. Event was coordinated by the Department of Swasthavritta. Dr. Reddy and R K Sharma from Delhi Municipal corporation attended as chief guest for the event.



A handwritten signature in black ink, appearing to be "A. H. S. R.", is written on a white background.

Head of the Institution

Nursing Week Celebration, AIIA (13th - 17th May, 2019)

AIIA celebrated Nurses Week to observe International Nurses Day. Inauguration of the week was done by Prof. (Dr.) Tanuja Manoj Nesari, Director, AIIA in the presence of Dr. Sanjay Gupta, MS, Dr. Rajagopala S., AMS, Dr. Umesh Tagade, Joint Director, Dr. Alka Kapoor, DMS and Ms. Sindhu Rajesh, NS, which is followed by 5-day Patient Awareness Programme from 13th May, 2019 to 17th May, 2019. The whole event was conducted by the Department of Nursing and was coordinated by Ms. Sindhu Rajesh, NS. Following are the topics of Patient Awareness Programme:

Day-1: “Diseases due to weather change and its management” by Ms. Rajasree Sur, Staff Nurse, AIIA

Day-2: “Diarrhea and its Management” by Ms. Threshna Pillai, Staff Nurse, AIIA

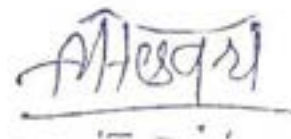
Day-3: “Different Stages of women’s life” by Ms. Megha Gupta, Staff Nurse, AIIA

Day-4: Two lectures were conducted on the following topics: i. “Lifestyle Diseases” by Ms. Shanmugha Priya (Staff Nurse, AIIA) & ii. “Management of Emergency Conditions” - Role play by Staff Nurses, AIIA

Day-5: Valedictory ceremony was conducted in the gracious presence of Chief Guest Dr. Daisy Thomas, Registrar, Delhi Nursing Council. Moreover, it was blessed with the presence of Prof. (Dr.) Tanuja Manoj Nesari, Director, Dr. Sanjay Gupta, MS, Dr. Rajagopala, AMS, Dr. Alka Kapoor, DMS and Ms. Sindhu Rajesh, NS. The event also included various cultural activities by Staff Nurses



Director, AIIA addressing the patients on the inaugural of patient awareness lectures

A handwritten signature in blue ink, appearing to be 'A. H. B. S.', written over a horizontal line.

Head of the Institution



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)

Republic Day Celebration

26.1.2019

Republic Day is a public holiday in India, when the country marks and celebrates the date on which the Constitution of India came into effect on 26 January 1950, replacing the Government of India Act 1935 as the governing document of India and thus, turning the nation into a newly formed republic.[1] The day also marks the transition of India from an autonomous Commonwealth realm with British Monarch as nominal head of the Indian Dominion, to a fully sovereign republic in the Commonwealth of Nations with the President of India as the nominal head of the Indian Union.

On the occasion of 71st Republic Day celebrations, All India Institute of Ayurveda celebrated Republic Day with the entire nation. The event was started with the national Flag Hoisting by Honourable Director Dr Tanuja Manoj Nesari. The event was later on followed by felicitation of star performers in different categories was done to promote the habit to strive and work continuously for excellence. Cultural programs were staffs from different states showcased their traditional cultures through different performances marked with the theme of republic day and nationalism made the event a memorable and colourful one.



A. H. V. S.

Head of Institution

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Children's day 2018

Children's day celebrations 2018: Department of Kaumarabhritya, All India Institute of Ayurveda (AIIA), New Delhi Celebrated Children's day on 14th November 2018. In continuation of the activities of 3rd 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. The details are as follows: -

| Age group | Theme |
|--------------------------|--|
| Group A (up to 05 years) | Colouring |
| Group B (06 to 09 years) | Drawing Natural Scenery |
| Group C (13 to 16 years) | Drawing "Pollution free Delhi" or "Importance of Medicinal Plants" |

The details of participants are as follows: -

| Age group | Total Number of Participants |
|--------------------------|-------------------------------------|
| Group A (upto 05 years) | 25 |
| Group B (06 to 09 years) | 21 |
| Group C (13 to 16 years) | 18 |
| TOTAL | 64 |

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 Manoj Nesari, Director, AIIA and Prof. Mahesh Vyas, Dean-Research. The event was coordinated by Dr. Arunkumar Mahapatra, Assistant Professor, Department of Kaumarabhritya.





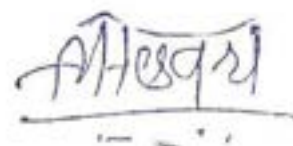
Photo gallery of Children day Celebrations – 14th November, 2018:

Head of the Institution

World Environment Day

On the occasion of World Environment Day, a plantation drive was organized by Department of Dravyaguna, All India Institute of Ayurveda (AIIA), New Delhi on 5th June, 2018. Around 50 saplings of medicinal and environment friendly plants i.e. Amaltasa, Bakul, Kanchnara, Neem and Karanja were planted during the event. It was also announced by Honourable Director Madam that many more sapling will be planted during rainy season to make the campus green and conducive to Ayurveda. The event was concluded by gifting the saplings of Nagdaman, Aloe vera and Tulsi to all AIIA family members participated during the plantation drive, as a token of appreciations for joining hands in green initiative drive.

| | |
|---|--|
|  |  |
| <p>Director Madam, senior faculty members, Prof. V.D Agrawal and other faculty members planting the sapling of Bakul plant</p> | <p>Plantation being done by AIIA scholars</p> |
|  |  |
| <p>Director Madam and coordinator of event Dr. Shivani Ghildiyal gifting the sapling of Nagdaman to AIIA faculty and scholars.</p> | <p>Director Madam gifting the sapling of N Aloe Vera n to AIIA faculty and scholars</p> |



Head of Institution

Piles Day Celebration on 20th November 2018

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

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



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

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

Around 100 patients participated.

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

The successful programme ended at around 5:00 PM with vote of thanks by Prof. (Dr.) S. K. Gupta.

The whole day programme was very informative and provided the participants with enormous knowledge on various aspects of Piles.






Head of the Institution

| | | |
|----|---|---|
| 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 | 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 | Ministry of Ayush |
| 13 | Government / Govt recognized body | |
| 14 | Sponsoring Agency | AIIA, Ministry of Ayush |
| 15 | Which Grant utilized | Institutional Grant |
| 16 | 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 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) | Attached |
| 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 Yiga |



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

| | | |
|----|--|---|
| 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 |
| 30 | Award / Recognition for the event | No |

Signature of Event In-charge

वेद शिवकुमार हर्षी / Vd. Shivalkumar Harti
रजि.नं./Regd.No.KAUP-15330

Date प्राध्यापक / Associate Professor

स्वास्थ्य विभाग / Deptt. of Swasthivitta

अखिल भारतीय आयुर्वेद संस्थान

All India Institute of Ayurveda

(भारत सरकार, आयुष मंत्रालय)

(Govt. of India, Ministry of AYUSH)

पता:

Signature of Head

विभागाध्यक्ष, स्वास्थ्य विभाग / Head, Deptt. of S
अखिल भारतीय आयुर्वेद संस्थान

Stamp India Institute of Ayurveda

(भारत सरकार, आयुष मंत्रालय)

(Govt. of India, Ministry of AYUSH)

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नई दिल्ली-110076 / New Delhi-110076

(MON/TUE/WED/THU)

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

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

E-mail: aiiانewdelhi@gmail.com

Phone: 011-29948658

Fax: 068-2994