

Shree Swaminarayan Ayurvedic College (AYU0368) Ayurveda Day Celebration	
Name of Event: Medical Camp	
Total number of participants through physical mode	75
Total number of Participants through virtual mode	0
Brief description	As part of the Ayurveda Day celebrations, a Medical Camp was organized to promote holistic health and well-being through Ayurveda. The camp offered free health check-ups, consultations, Prakriti Parikshan and personalized Ayurvedic guidance by expert practitioners. Patients received advice on lifestyle, diet, and herbal remedies tailored to their health concerns. Additionally, yoga and wellness sessions were conducted to enhance overall well-being. The camp aimed to raise awareness about preventive healthcare and the benefits of Ayurveda in managing chronic ailments. With active participation from the community, the event successfully emphasized Ayurveda's role in maintaining a balanced and healthy lifestyle.
Organising Body of the event	Premswarupswami Ayurvedic Multispecialty Hospital
Event Organiser / manager	Dr. Archana Patel, Dr. Sangita Jadhav, Dr. Sneha Suresh and Dr. Suresh Prajapati
Number of visitors (if possible, break up between public and business)	75

Shree Swaminarayan Ayurvedic College (AYU0368) Ayurveda Day Celebration	
Name of Event: Awareness class On Women Health	
Total number of participants through physical mode	100
Total number of Participants through virtual mode	0
Brief description	<p>An Awareness Class on Women's Health_Ayurveda & Yoga : was conducted by Dr. Anita Patel and Dr. Ayana, focusing on holistic well-being through Ayurvedic principles and yogic practices.</p> <p>Dr. Anita Patel provided an insightful session on the Ayurvedic perspective of women's health, emphasizing the importance of balancing doshas, diet, and lifestyle modifications for hormonal well-being, reproductive health, and disease prevention. She highlighted key Ayurvedic practices, herbs, and daily routines that support women's overall health at different life stages.</p> <p>Dr. Ayana led the second part of the session, explaining the benefits of yoga for women's physical and mental well-being. She demonstrated specific yoga asanas, pranayama techniques, and meditation practices that help in stress management, menstrual health, and hormonal balance.</p> <p>The interactive session provided practical takeaways, empowering women with natural and preventive healthcare approaches. Participants actively engaged in discussions and yoga practice, making it a highly informative and enriching experience.</p>
Organising Body of the event	Department of Shalyatantra & Department of Swasthavritta
Event Organiser / manager	Dr. Anita Patel and Dr. Ayana R
Number of visitors (if possible, break up between public and business)	100

Shree Swaminarayan Ayurvedic College (AYU0368) Ayurveda Day Celebration	
Name of Event: Interactive session on Dinacharya	
Total number of participants through physical mode	60
Total number of Participants through virtual mode	0
Brief description	<p>An Interactive Session on Dinacharya was an engaging and insightful discussion focused on the daily regimen as prescribed in Ayurveda. Dinacharya, which translates to "daily routine," is a key concept in Ayurveda that emphasizes the importance of aligning daily activities with natural rhythms for optimal health and well-being.</p> <p>The session covers various aspects of Dinacharya, including waking up early (Brahma Muhurta), oral hygiene, Abhyanga (self-massage), exercise, bathing, meditation, meals, and sleep patterns. Experts explain how following these practices can help maintain balance among the three doshas—Vata, Pitta, and Kapha—enhancing overall physical, mental, and emotional well-being.</p> <p>Participants actively engage in discussions, ask questions, and gain personalized insights into incorporating Ayurvedic routines into their modern lifestyles. Demonstrations of morning rituals, dietary guidelines, and mindfulness practices may also be included to provide a practical understanding.</p>
Organising Body of the event	Department of Kriya Sharir
Event Organiser / manager	Dr. Zalak Patel & Dr. Jil Patel
Number of visitors (if possible, break up between public and business)	60