



**SWAMINARAYAN
UNIVERSITY**
THE RESERVOIR OF ALL KNOWLEDGE

शिष्योपनयन



**FACULTY OF AYURVEDA
SWAMINARAYAN UNIVERSITY**

SHREE SWAMINARAYAN VISHVAMANGAL GURUKUL AHMEDABAD-MEHSANA HIGHWAY
AT & PO- SAIJ, TAL, GJ SH 41, G.I.D.C. Estate, Kalol, Gujarat 382725

“SHISHYOPANAYANA 2022-2023”



Shishyopanayana is a ritual practiced before the beginning of any formal course of study for students. This was a practice among numerous other rituals of our rich culture where every major event in a human life is given importance. In Indian System of Education, the students are inducted for learning various branches of knowledge in the Gurukul under the supervision of certain Gurus. For this the *Upanayana* ceremony was organised and the *shishyas* or disciples were admitted to the Gurukul till the completion of education.



The official inauguration ceremony got started with Dhanvanthari Prayer by our B.A.M.S first year students. The ceremony began in the auspicious presence of His Holiness Shree Shastri Swami Premswarupdasji, Honourable Managing Trustee of Shree Swaminarayan Vishvamangal Gurukul, Kalol along with Shree Swami Bhaktha Vatsaldasji, Hon'ble Vice Chancellor (Prof) Dr. M S Rao and Registrar Gunjan Shah, lighting the lamp and blessed the occasion with their graceful presence. The inaugural address was delivered by Prof. Dr. Rohit Gokarn (Principal, S.S.A.C). The chief guest for the function, Hon'ble Vice Chancellor (Prof) Dr. M S Rao addressed the students explaining the diverse scope of learning Ayurveda. His Holiness Shree Shastri Swami Premswarupdasji showered his blessing with some inspiring and motivating tales and spoke on how the morality, spirituality and the importance of our culture with its utilities helping us to lead a diseases free life. Other dignitaries Dr. Gunjan Shah and Dr. Bankim Shah also gave motivating speeches and urged the students to extract maximum knowledge during their academics. The program was concluded with vote of thanks by Dr. Visakh Sakthidharan for making the inaugural event a real success.



	Diksha Vidhi
	<p>Diksha ritual was followed where Gurus tied a sacred induction thread on the wrist of newly joined students to auspiciously accept them as their <i>shishyas</i>.</p>
	Dhanvantari Havan
	<p>The official Induction ceremony for our newly joined under graduate students of Ayurveda was conducted on 13th February 2023. The event began with a Dhanvantari Havan early in the morning which invoked blessings of Lord Dhanvantari and Shree Swaminarayan Bhagawan. New students accompanied by their family members participated in the entire function.</p>

History, Philosophy and concepts of Ayurveda

Ayurveda being an ancient science with its roots traced back to centuries have a rich heritage and time-tested philosophies hence a session was dedicated for introducing our new aspirants of Ayurveda to the **History, Philosophy and concepts of Ayurveda**.

Dr. Hemal Bhatt



Know Your Regulatory Bodies and Major AYUSH Institutions

Eminent speaker conducted a session on **“Know Your Regulatory Bodies and Major AYUSH Institutions”** to give an awareness about AYUSH systems.

Dr. Haridra Dave



VadatuSanskritam

As Ayurvedic classical texts are written in Sanskrit language and to acquire the true essence of knowledge about Ayurveda it is important and necessary to have an in depth knowledge of Sanskrit. So a session on **“VadatuSanskritam”** was conducted to acquaint students with Sanskrit language who are new to this ancient language.

Mr. Jitendra Jani



Know your Institution

Introduced our students to the various departments of 1st and 2nd BAMS to make them familiar with all departments as well as Institute.

Dr. Sarin, Dr. Shanti, Dr. Manasi



Dr. Rohit Gokarn



Rules and Regulations of the Institution

Being a well-organized institution who takes a lot of pride in overall development of students in a disciplined manner a session was dedicated for acquainting them to the **“Rules and Regulations of the Institution”**

Dr. Saurabh



Recent Advances in ASU

A session on **“Recent Advances in ASU”** was taken to new students.

Mr. Jitendra Jani

Took a continuation session on **“VadatuSanskritam”**

Dr. Aarth



Introduction to Ashtanga Ayurveda

Conducted sessions on **“Introduction to Ashtanga Ayurveda”**

Dr. Sarin, Dr. Shanti, Dr. Manasi



Know your Institution

Introduced our students to the various departments of Final year to make them familiar with all departments as well as Institute.

Career opportunities*Dr. Chandramouli*

Having a fulfilling career is an important part of your well-being. By this session new students were given the guidance regarding the different opportunities of Ayurveda and how to achieve it.

**Anti-Ragging & Gender Sensitization***Dr. Priyadarshini Nambiar*

An awareness session on the topic "**Anti Ragging & Gender Sensitization**" was conducted to highlight the rights and responsibilities of students.

Mr. Jitendra Jani

Took a continuation session on "**VadatuSanskritam**"

**Motivational Speech***Dr. Hiten Vaja*

An eminent speaker, a visionary and a well-known physician from the Ayurveda fraternity gave a motivational speech to our new aspirants of Ayurveda to uplift Ayurveda on a bigger platform and bring laurels in our field. The session was followed with an interaction between speaker and the students which was well appreciated by the students.

**Know your Institution***Dr. Sarin, Dr. Shanti, Dr. Manasi*

Introduced our students to the various departments of hospital to make them familiar with all departments as well as Institute.



Dr. Vishal Solanki



Clinical Exposure

Session conducted on **“Clinical Exposure”**
Students were given a formal introduction about the Ayurvedic treatment modalities and its importance in current scenario

Mr. Jitendra Jani

Took a continuation session on **“VadatuSanskritam”**

Dr. Jamunadevi Chandramouli



Understanding the Method of Self Learning and Collaborative Learning

An interactive session was conducted for **“Understanding the Method of Self Learning and Collaborative Learning”** to emphasise the importance of both self-study as well as group study.

Dr. Zalak Patel



Basic principles of Ayurveda and Prakriti Pareeksha

A session conducted on **“Basic principles of Ayurveda and Prakriti Pareeksha”** which is an integral part in determination of body constitution as well as diagnosis of diseases were emphasized.

Dr. Hiral Jadav



Basic Life Support (BLS) and First Aid

An introductory class was conducted on **“Skills in Basic Life Support (BLS) and First Aid”**

Health Awareness, fitness & Hygiene

As a Doctor it's important to maintain health and promote hygiene. A Session was conducted on "**Health Awareness, fitness & Hygiene**".

Mr. Jitendra Jani

Took a continuation session on "**VadatuSanskritam**"

Dr. Priya Deshpande



Uniqueness of Ayurveda

A session on "**Uniqueness of Ayurveda Compared to other system of medicines**" was conducted.

Dr. Suresh Prajapati



Basic principles of Ayurveda and Prakriti Pareeksha

A session conducted on "**Basic principles of Ayurveda and Prakriti Pareeksha**" which is an integral part in determination of body constitution as well as diagnosis of diseases were emphasized.

Dr. Jil Patel



Skill - Basic Life Support and First Aid

A workshop was conducted under the guidance of Red Cross Society, Kalol to educate students about the "**Basic Life Support and First Aid**" as it is an integral part of our profession and a need in emergency conditions.

Mr. Dilip Dave



Dr. Sarin T



Vrukshayurveda and Mrigayurveda

Various other old sciences coexisted in our country along with Ayurveda which were even concerning about the life science of plants and animals. But very few of us know about its existence and its merits. So a session was organized on the topic "**Vrukshayurveda and Mrigayurveda**" to give a glimpse of these Life sciences and its importance in present era.

Dr. Shanti R Nair



Professional Medical Ethics

Ayurveda medical system being a noble profession brings a lot of responsibility towards humanity and being a part of its fraternity, a physician is considered as a reputed personality in the community hence an interactive class was organized on "**Professional Medical Ethics**" to educate student's about moral values of the Ayurveda physician.

Dr. Merin, Dr. Anagha



Games & Team Building Activities

Students were engaged in various Games and Sports where separate groups were made and tasks were given to entertain them.

Vd. Tapan Kumar



Motivational Speech

An eminent speaker, a visionary and a well-known physician from the Ayurveda fraternity gave a motivational speech to our new aspirants of Ayurveda to uplift Ayurveda on a bigger platform and bring laurels in our field. The session was followed with an interaction between speaker and the students which was well appreciated by the students.

Communication skills*Dr. Supriya Kallianpur*

Communication is very important in medical profession. So Conducted session on “**Communication skills & app installations**” to emphasize the importance of English language & technical knowledge in our professional life.

**Biodiversity and ASU***Dr. Anita Ratnawat*

An awareness session was organized on the topic “**Biodiversity and ASU**”

**Computer skills & Computer basics (MS Office)***Dr. Merin Jose*

A session conducted on **Computer skills & Computer basics (MS Office)** for our new aspirant of Ayurved.

**Yoga & Meditation***Dr. Ayana R*

A session on “**Yoga & Meditation**” was conducted. Owing to the current life style stress has become an integral part of our life hence to cope up the impact of stress on body and mind, students were introduced to Yoga practice and Relaxation Techniques.

Dr. Akshatha & Dr. Arathy Menon

Conducted “**Recreational Activities & Talent Shows**” among the students.



Dr. Visakh Sakhidharan

Communicative English



Conducted sessions on "**Communicative English**" to emphasize the importance of English language in our professional life.

Dr. Visakh, Dr. Hemal & Dr. Zalak

Mr. Jitendra Jani

HODs of all the Departments of First year gave a brief introduction about "**The 1st year syllabus**".

Took a continuation session on "**VadatuSanskritam**".

Dr. Ayana R

Yoga & Meditation



A continuation session on "**Yoga & Meditation**" was conducted.

Dr. Hitendra Gohil

Motivational Speech



An eminent speaker, a visionary and a well-known physician from the Ayurveda fraternity gave a **motivational speech** to our new aspirants of Ayurveda to uplift Ayurveda on a bigger platform and bring laurels in our field.

National Health Status, Goals and Policies

Dr. Mansi P S

A session was conducted on topic “**National Health Status, Goals and Policies**” to emphasize the policies of national health mission.



Stress management and Capacity Building

Vd. Bhavdeep Ganatra

The current lifestyle has changed over the period of time in such a way that stress has become an inevitable part of our daily routine. Hence a session was dedicated by Eminent speaker “**Stress management and Capacity Building**” so that students are empowered to manage the stress which they may encounter.



Mr. Jitendra Jani

Took a continuation session on “**VadatuSanskritam**”



Videos related to AYUSH

Dr. Akshatha

To introduce the new aspirants of Ayurveda towards the Department of AYUSH which encompasses various traditional systems of medicine clubbed under a single umbrella, a video session was organized to “**Display videos related to AYUSH and its functioning in various fields**”.



Dr. Anil Avhad



Motivational Speech

An eminent speaker and a renowned Personality of Ayurveda who is enriched with his clinical skill & research in ayurveda to new aspirant of Ayurved

Mr. Jitendra Jani

Took a continuation session on **“VadatuSanskritam”**

Dr. Seema Dhabaliya



Time management

For any student to have success in their academics, managing time efficiently is of utmost importance. Hence a session was arranged to highlight **“The importance of time management”**.

Dr. Amol Koshti



Biomedical Waste Management

Waste generated from hospitals is highly infectious and its improper disposal may cause health issues to individual as well as community. Hence its sanitary disposal according to the norms of biomedical waste management is mandatory. As a medical student it is essential to have knowledge about **“Biomedical Waste Management”** for which a session was dedicated Biomedical waste management

Dr. Anita Patel



Role & impact of physician in the society

Physicians have to play a pivotal role to increase the life expectancy and improved well-being in our society. They deliver their expertise in performing many humanitarian works ranging from medical emergency as well as to volunteer in a natural calamity. As an Ayurvedic scholar one must need to understand the pulse of the society as this is considered as the noblest service. So this session was conducted to highlight the importance of a physician and how he can make an impact in the society with his service.

The importance of diet in Ayurveda

Dr. Sruthi Mohan

Ayurveda identifies diet as a major factor which plays a

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session was dedicated to highlight "The importance of diet in Ayurveda".

Mr. Jitendra Jani

Took a continuation session on "VadatuSanskritam"



Dinacharya

Dr. Rajat Patel

Ayurveda has always given priority on prevention of diseases and preservation of health through the practices of *dinacharya* and *sadvritta*. Hence a session was organized to accentuate the importance of "Personal Health and Hygiene" for promotion of health



Games and team building Activities

Dr. Sruthi & Dr. Anagha

Students were engaged in various Games and Sports where separate groups were made and tasks were given to entertain them



Dr. Sneha Suresh



Concept of Surgery in Ayurveda

Acharya Susruta is said to be the father of Surgery. So a session is conducted to make students know the importance of surgery and the methods of surgery that are done in Ayurveda.

Dr. Darshana Ramole



Group Learning and Group Dynamics

A session was organized on the topic **“Understanding the Process of Group Learning and Group Dynamics”** to promote the importance of group studying in their academics.

Dr. Amol Koshti



Biomedical Waste Management

Waste generated from hospitals is highly infectious and its improper disposal may cause health issues to individual as well as community. Hence its sanitary disposal according to the norms of biomedical waste management is mandatory. As a medical student it is essential to have knowledge about **“Biomedical Waste Management”** for which a session was dedicated Biomedical waste management

Mr. Jitendra Jani

Took a continuation session on **“VadatuSanskritam”**

Dr. Akshatha & Dr. Arathy Menon

Conducted **“Recreational Activities & Talent Shows”** among the students.

Evidence based medicines*Dr. Anagha Narayanan*

An awareness session was organized on the topic “**Evidence based medicines**” to enrich the knowledge.



Mr. Jitendra Jani

Took a continuation session on “**VadatuSanskritam**”

**Discussion, debate and tasks***Dr. Hemal, Dr. Zalak & Dr. Sruthi*

To make students more interactive and improve their skills of debate and discussion a dedicated session was arranged where students were divided into groups and different topics were given for Discussion and Debate.

**Computer Skills***Dr. Amol Koshti*

Students were introduced to the student's portal of our University Management System and Learning Management System.

Dr. Sangita Jada



Globalization of Ayurveda

A session was conducted on the topic “**Globalization of Ayurveda**” to spread awareness regarding acceptance of Ayurveda across the globe.

Dr. Krishnendu Nambiar



Goal setting

A session was organized on the topic “**Goal Setting**” to promote the students how to set a goal for their future career and how to achieve it.

Feedback from students

A Google form was circulated among the students to collect the overall Feedback from them to evaluate the whole program and to collect valuable suggestions to improve in future.