

AYUVRUT

Celebrating Wisdom of Ayurved



10 February , 2025



From the Vice – Chancellor's Desk

Ayurved's Global Presence

As we move forward into 2025, Ayurved is no longer just an ancient Indian tradition—it is gaining recognition and acceptance worldwide. More than ever, people are turning to holistic healing, and Ayurved is emerging as a trusted and effective healthcare approach across different cultures.

In recent years, the world has shown greater openness to traditional medicine, integrating it with modern healthcare systems. Ayurved's principles of preventive care, natural healing, and personalized wellness are being appreciated for their effectiveness in managing lifestyle disorders and promoting long-term well-being. The increasing presence of Ayurved research, educational collaborations, and wellness tourism highlights this growing global interest.

With the world embracing integrative medicine, it is crucial for Ayurved institutions like Gujarat Ayurved University to take the lead in advancing research, refining education, and strengthening global outreach. Our role is not just to preserve Ayurved's rich heritage but to ensure its continued relevance in modern healthcare practices.

The journey ahead is promising. Ayurved is crossing borders, bridging traditions, and making an impact worldwide. As we continue this momentum, let us commit to scientific excellence, deeper research, and a broader exchange of knowledge, making Ayurved a truly global system of healing.

Dr. Mukul Patel
Vice-Chancellor
Gujarat Ayurved University

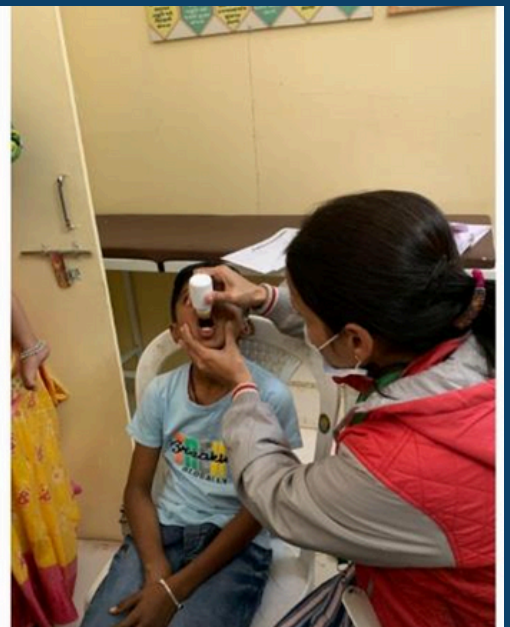
Suvarnaprashan Camp Organized at Kaumar Bhritya OPD on Pushya Nakshatra

Rajkot, January 15, 2025 – In alignment with Ayurvedic traditions, a Suvarnaprashan camp was organized at the Kaumar Bhritya OPD on the auspicious occasion of Pushya Nakshatra. This special initiative aimed at boosting immunity and overall health in children witnessed enthusiastic participation, benefiting a total of 69 children.

Under the supervision of Dr. Seema Gokani, along with intern doctors, children received Suvarnaprashan Sanskar, an ancient Ayurvedic practice known to enhance cognitive abilities, immunity, and physical strength. Additionally, a regular health check-up was conducted to assess their well-being and provide necessary medical guidance.

Pushya Nakshatra is considered an ideal time for administering Suvarnaprashan, as it is believed to maximize its health benefits. The camp reinforced the importance of Ayurvedic pediatric care, ensuring that children receive holistic and preventive healthcare from an early age.

With such initiatives, Gujarat Ayurved University continues to promote evidence-based Ayurvedic interventions, making traditional healthcare practices more accessible and beneficial to the community.



IIARH Conducts a Series of Health Check-up Camps to Promote Community Wellness



Rajkot, January 2025 – In a continued effort to provide accessible healthcare and promote preventive wellness, the Indian Institute of Ayurved Research & Hospital (IIARH) organized a series of free health check-up camps across different locations in Rajkot throughout January 2025. These camps aimed to bring Ayurvedic healthcare closer to the community, ensuring that individuals received timely diagnosis, medical guidance, and necessary treatments.

The initiative began with a New Year health camp on January 1, 2025, at Ramdevpir Mandir, Haripar Pal, Rajkot, where over 50 patients benefited from free consultations and personalized medication plans. The medical team, led by Dr. Abhisek Kagathara and Dr. Pooja Sutaria, along with five intern doctors, worked diligently to provide expert care.

Continuing this commitment, another health check-up camp was conducted on January 29, 2025, at Lodhika GIDC, Metoda, Rajkot, benefiting over 30 patients. The camp was successfully managed by Dr. Abhisek Kagathara and Dr. Jyothi, supported by eight intern doctors, ensuring that patients received comprehensive Ayurvedic consultations.



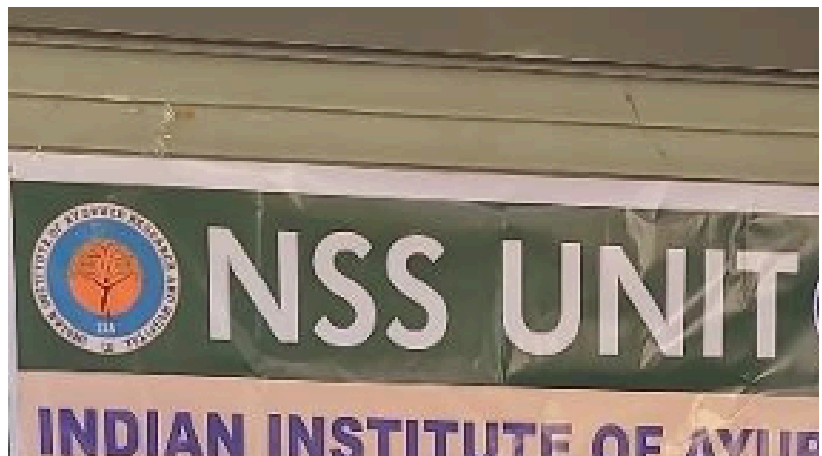
IIARH Conducts a Series of Health Check-up Camps to Promote Community Wellness - Continue from previous page

The month concluded with a final health camp on January 31, 2025, once again at Ramdevpir Mandir, Haripar Pal, Rajkot. This session catered to 40+ patients, providing essential check-ups and treatments. Dr. Abhisek Kagathara and Dr. Seema Gokani, assisted by four intern doctors, offered their expertise and medical support to the community.

Regular health check-ups play a vital role in disease prevention and early detection, helping individuals monitor their vital parameters, address nutritional deficiencies, and prevent chronic illnesses such as diabetes, hypertension, and cardiovascular diseases. Ayurveda emphasizes preventive healthcare and lifestyle modifications, making these camps crucial in educating individuals about personalized wellness approaches.

By organizing these camps, IIARH reinforces the importance of regular health assessments, which help detect potential health issues at an early stage, leading to timely treatment and improved quality of life. Preventive healthcare is the cornerstone of Ayurveda, emphasizing a proactive rather than reactive approach to well-being. Such initiatives also foster a stronger connection between communities and Ayurvedic healthcare, encouraging individuals to seek natural and sustainable healing methods.

Through these continuous community outreach efforts, IIARH remains dedicated to integrating Ayurveda into modern healthcare, ensuring that holistic wellness becomes a way of life rather than just a treatment method. By making Ayurvedic healthcare more accessible, affordable, and awareness-driven, these health check-up camps serve as a stepping stone toward a healthier society.



Field Visit Enhances Learning for BAMS Students at Dr. Vasant Parikh Ayurvedic Medical College

Vadnagar, January 3, 2025 – The Department of Rachana Sharir at Dr. Vasant Parikh Ayurvedic Medical College organized an educational field visit for First Professional BAMS students (Batch 2023-24) to the Anatomy Department of GMERS Medical College, Vadnagar. This visit aimed to provide students with practical exposure to human anatomy, complementing their theoretical studies.

Accompanied by faculty members Dr. Aneesh T and Dr. Bhavya Rathava, the students explored various anatomical learning resources, gaining hands-on experience in human body structures, dissection techniques, and specimen analysis. The Anatomy Museum was a major highlight, offering a detailed display of human anatomical specimens, models, and charts, allowing students to visualize and understand the intricate details of the human body.

Such field visits play a crucial role in bridging the gap between theoretical knowledge and real-world application, reinforcing Ayurvedic and modern medical education. The experience provided students with a deeper understanding of anatomical variations, clinical relevance, and surgical landmarks, which are essential in both Ayurvedic and contemporary medical practice.

Dr. Aneesh T emphasized the importance of experiential learning in anatomy, stating that direct interaction with specimens significantly enhances retention and comprehension. Similarly, Dr. Bhavya Rathava encouraged students to apply this knowledge in their Ayurvedic studies, particularly in areas related to Marma science and therapeutic applications.

By organizing such interactive learning experiences, Dr. Vasant Parikh Ayurvedic Medical College continues to uphold its commitment to excellence in Ayurvedic education, ensuring that students receive a well-rounded and immersive learning experience.



Dr. Vasant Parikh Ayurvedic Medical College Hosts Basic Life Support (BLS) Training Program

Vadnagar, February 3-8, 2025 – Understanding the importance of emergency response and first aid, Dr. Vasant Parikh Ayurvedic Medical College, Vadnagar, organized a Basic Life Support (BLS) Training Program from February 3 to February 8, 2025.

Basic Life Support (BLS) is a critical emergency medical training that equips healthcare professionals and students with essential lifesaving skills, including CPR (Cardiopulmonary Resuscitation), airway management, and handling medical emergencies like cardiac arrest, choking, and shock. The training aims to prepare participants to respond swiftly and effectively during life-threatening situations, ensuring patient safety before advanced medical care arrives.

This program provided hands-on experience and simulation-based learning, allowing students to develop confidence and competence in emergency response. By integrating such skill-based training into their curriculum, Dr. Vasant Parikh Ayurvedic Medical College continues to emphasize the need for blending traditional Ayurvedic knowledge with modern medical practices, ensuring its students are well-equipped to serve in diverse healthcare settings.

The initiative reflects the institution's commitment to comprehensive medical education, ensuring that future Ayurvedic practitioners are not only skilled in holistic healing but also prepared for critical medical interventions when needed.



AYURVEDIC MEDICAL COLLEGE

BASIC LIFE SUPPORT CLASS

FREE CPR TRAINING AND CERTIFICATION

AT DR VASANT PARIKH AYURVEDIC MEDICAL COLLEGE AND HOSPITAL

FEBRUARY 3 - 8 2025