



Shri Yashwant Shikshan Prasarak Mandal's Kodoli
YASHWANT AYURVEDIC COLLEGE
POST GRADUATE TRAINING & RESEARCH CENTRE, KODOLI

Tal. Panhala, Dist. Kolhapur, Maharashtra 416 114

- NABH Accredited Hospital • Affiliated to Maharashtra University of Health Sciences, Nashik.
- Recognised by Govt of Maharashtra,
- N.C.I.S.M, & Ministry of AYUSH Govt. of India, New Delhi.

Ref No. yack/ 271 - 12022

Date. 30/03/2022

To
The President, NCISM,


Subject: Regarding the submission of Programme report under "Azadi Ka Amrit Mahotsava".

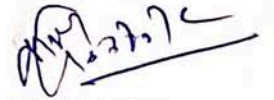
Respected Sir,

As per above cited subject, sending herewith the report of the programs conducted under "Azadi Ka Amrit Mahotsav". Under the Auspicious Umbrella of "AZADI KA AMRIT MAHOTSAVA" our institute Yashwant Ayurvedic College Kodoli have Organized six programs in the month of February 2022 .

The details of the events are given below.
Thanking you.

Coordinators:

1. Dr. S.S. Waghmare 
2. Dr. R. D. Patil



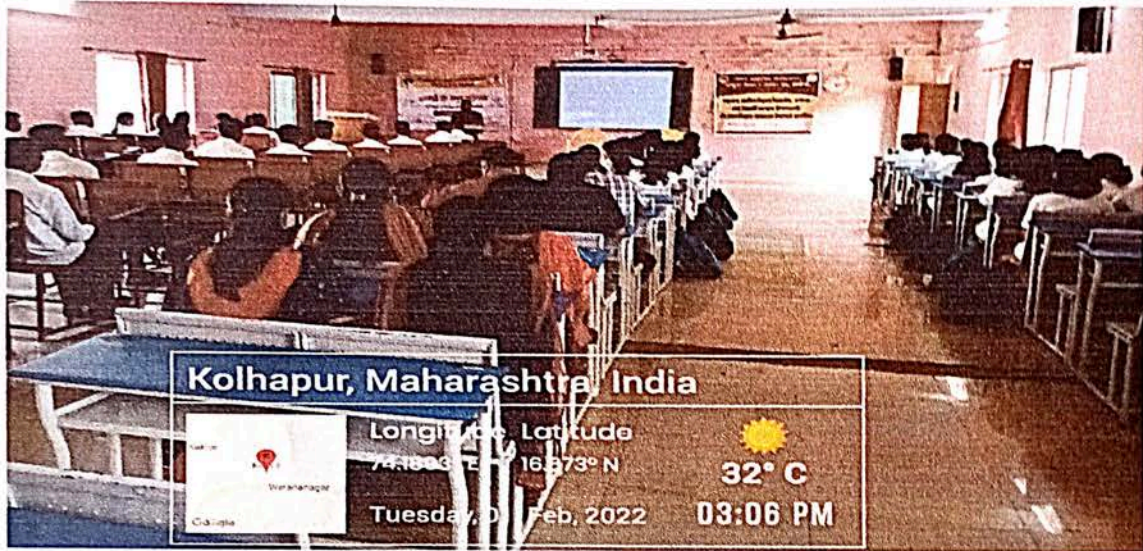
PRINCIPAL
YASHWANT AYURVEDIC COLLEGE, KODOLI,
TAL. Panhala, Dist. Kolhapur

1. Copy to:
2. Social welfare MUHS Nashik,
3. The Nodal officer (Maharashtra)
NSCIM, Maharashtra.



'Guest Lecture on Stress Management'

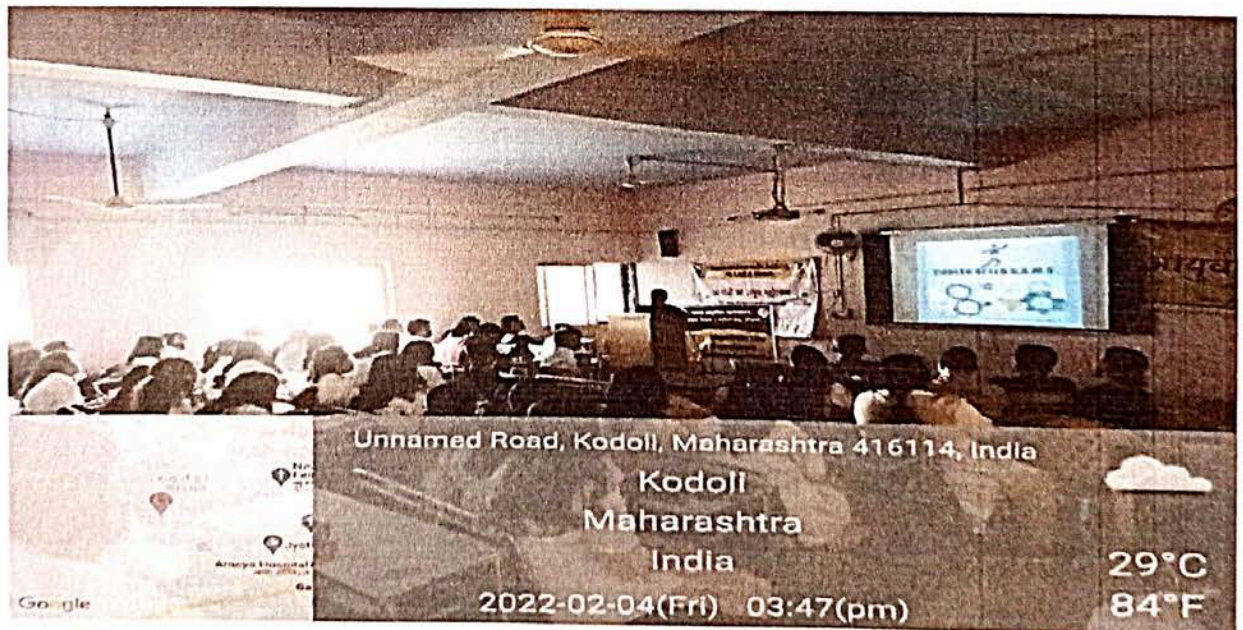
Social Welfare department of Maharashtra University of Health Sciences Nashik in collaboration with the National Social Scheme department of Maharashtra University of Health Sciences Nashik under the glorious umbrella of Azadi Ka Amrut Mahotsav Yashwantrao Ayurvedic College has organized a guest lecture on Stress Management on 01.02.2022. Dr. R.D. Patil Sir was the speaker. He guided about the concept of stress and its management by easy and daily used methods. Total 48 students and 22 staff members benefited with this lecture.



'Guest Lecture on Opportunities after BAMS'



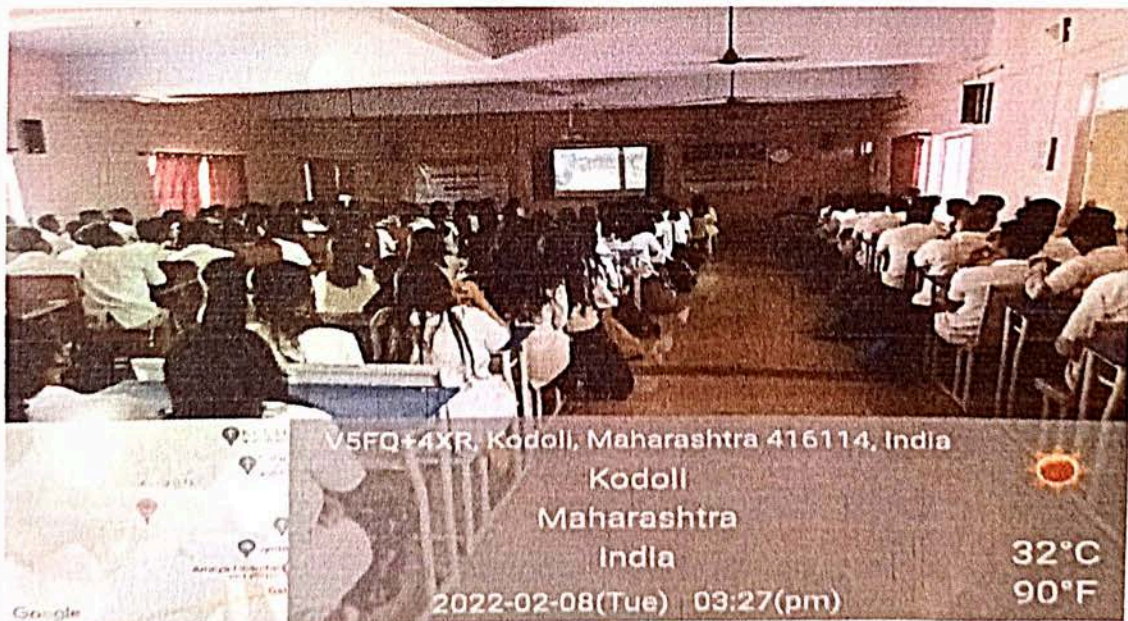
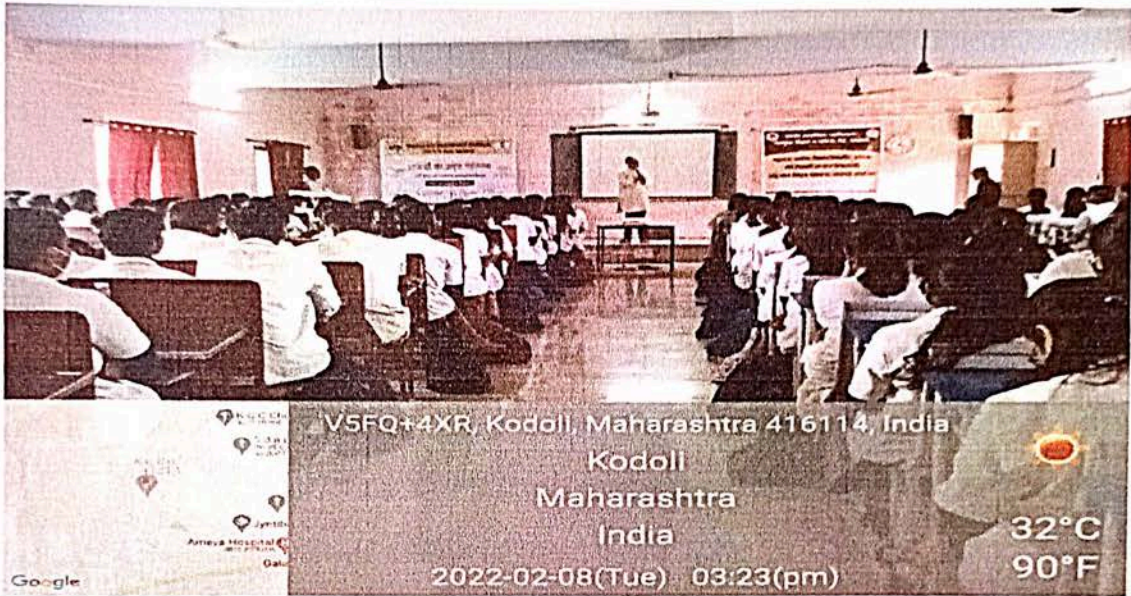
Under the glorious umbrella of Azadi Ka Amrut Mahotsav Yashwant Ayurvedic College has organized a guest lecture on career opportunities after BAMS on 04.02.2022. Dr. Urmila Pitkar was the speaker. She guided about various opportunities after BAMS completion. Various fields of researches and services which are unknown to most of students were introduced by guest madam. Total 120 students and 32 staff members benefited with this lecture.



Guest Lecture on Woman's Empowerment'



Under the glorious umbrella of Azadi Ka Amrut Mahotsav Social welfare department Yashwant Ayurvedic College has organized a guest lecture on Woman's Empowerment on 08.02.2022. Dr. Anmol Kothadia the well-known critic (analyser) of film industry was the speaker. He guided about power of woman through various short films and various encouraging moves taken by Indian Government for woman's empowerment. Dr. L.B Patil Sir gives brief introduction of the guest speaker and class representative Arati Mali expresses gratitude at the end of the program. Total 140 students and 22 staff members benefited with this lecture.



GARBHASANSKAR CAMP

Garbhasanskar is a unique protocol which is advised to the pregnant lady. The purpose is prenatal modeling of the unborn fetus by a particular designed procedures and practices. Fetus can respond to external stimuli like music from 24 weeks onwards maintaining both physical and psychological well being by the mother is very important for the fetal well being and growth with uneventful period till the delivery of foetus.

Garbhasanskar is a method of pregnant lady life style, combined with both ayurvedic and some yogic modules. The dietary protocol, meditation and some yogic postures help in the well being of mother and fetus as well leading to the relaxation of pelvic floor muscles which can promote uneventful vaginal delivery. This protocol is promoted by conducting regular camps and through audio, visual aids, the pregnant ladies.

So Under glorious umbrella of *Azadi Ka Amrut Mahotsav* Yashwant Ayurvedic College has arranged Garbhsanskar Camp on every Saturday in college campus. On the first Friday of this camp that is on 11/02/2022 total 9 pregnant ladies benefited with this camp. Dr. K Vishala madam (H.O.D. of Streerog & Prasututantra department) made awareness regarding Garbhsanskar and explained its importance in normal delivery. All P.G. students and all the staff of department made valuable efforts in the success of Garbhasanskar camp. In the month of February total 23 pregnant woman benefited with this camp





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KOLHAPUR
FRI, 11 FEB 2022



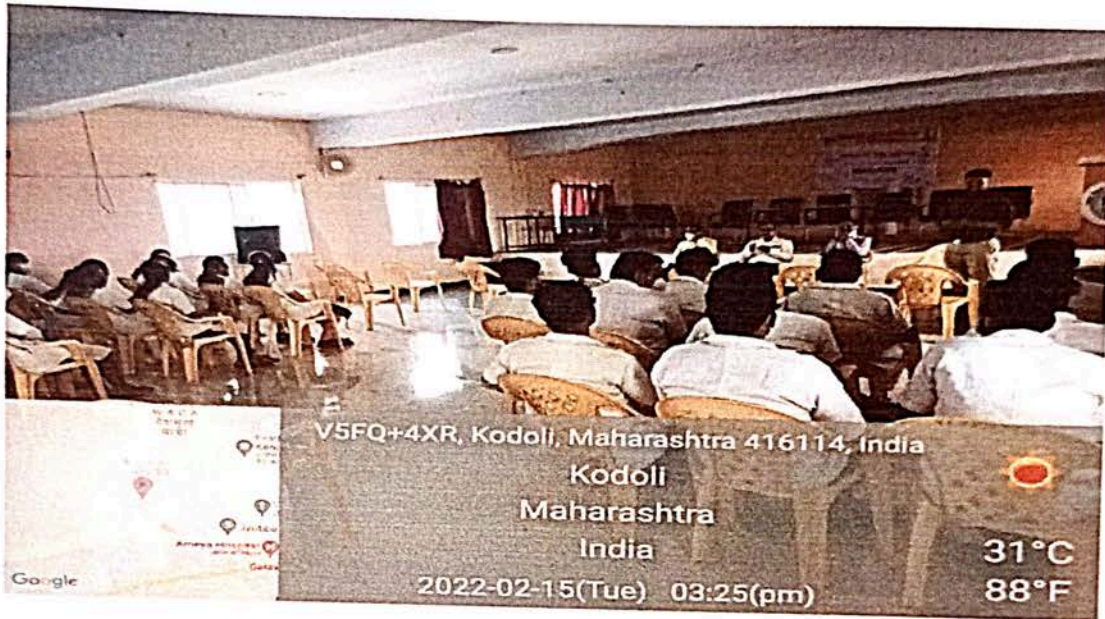
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FRI, 11 FEB 2022

'Guest Lecture on PG Entrance Exam'



Under the glorious umbrella of Azadi Ka Amrut Mahotsav Yashwant Ayurvedic College has organized Guest lecture on PG entrance Exam on 11.02.2022. Dr. M. M. Godbole Sir guided students regarding PG entrance and also announced that college is initiating special coaching classes regarding PG Entrance exam. Internice in charge Dr. Ravi Patil sir well anchored the whole program. Dr Total 50 students and 09 staffs benefited with this lecture.



‘Suvarn Prash Camp’

Under the glorious umbrella of Azadi Ka Amrut Mahotsav Kaumarbhrutya Department of Yashwant Ayurvedic College has organized Suvarnprash Camp on 15.02.2022 at New English Medium School Kodoli. Dr. P.K.Dash Sir HOD of Kaumarbrutya Department planned and well executed the whole camp. Total 150 school children were examined thoroughly and benefited with suvarnprash. All PG students and internees of Kaumarbhrutya Department made special efforts in the success of this camp.

