

Programmes/ Academic activities/Medical camps/Research activities conducted by departments – 2023

Department of Dravyaguna

- Environment day celebrations 2023- class on “Ecological footprints” by Dr Joyce Joy, Assistant professor, St Thomas College Thrissur Publications
- Ayurveda day celebrations- Dept of Dravyaguna conducted a class on Vruksayurveda taken by DrPramilanandakuamr

Department of Kriya sareera

- Department of Kriya Sareera along with 1 st year BAMS students had conducted an awareness class for the In- patients of Vaidyaratnam Ayurveda Hospital on anemia.
- Dr Amrutha Elamon had taken a class for the post graduate students of Kaya Chikitsa on Pain physiology in the Interdepartmental class series in January 2023.
- Dr Amrutha Elamon had taken a class on Prakriti for 1 st year BAMS students of Ashtamgam Ayurveda College, Palakkad in connction with Transitional curriculum

Department of Prasuthitantra

- Awareness classes were conducted in various schools in Thrissur district on topics related to gynaecological health- Irregular menstruation, PCOS, menstrual hygiene etc.
- Medical camps were conducted for various gynaecological diseases like irregular menstruation, PCOS, uterine fibroids etc.
- Antenatal medical camps were conducted in various anganwadis around Ollur for routine antenatal and postnatal care. Awareness classes were also conducted regarding antenatal care and nutrition along with the same.
- On account of PCOS awareness month in September, an awareness class was conducted for IP patients of Vaidyaratnam Ayurveda College Hospital along with the distribution of posters on the same.
- On account of National Ayurveda day, the following programs were conducted in the month of November 2023.
- Awareness class for students of PVS HSS Parappukkara on menstrual irregularities, PCOS, and menstrual hygiene.
- Dr Prasanna V N presented a paper on “Concept of Female Infertility in Ayurveda” at Nangelil Ayurveda Medical College, Kothamangalam on 03-08-23 for Final Year BAMS Students, House surgeons, and Faculties.
- Dr Amal Rose K R Presented a paper on Pre Conceptional care at Ahalia Ayurveda College
- Dr Amal Rose K R Presented a paper on Clinical concept of PCOS – At Sri Sri Ayurveda College, Cuttack, Odisha

- Dr Amal Rose K R Presented a paper on Importance of Manasika Bhavas in Pre Conception Care at Global Ayurveda Festival, Trivandrum
- Dr Amal Rose K R Presented a paper on PCOS – Clinical Concept at Vaidyaratnam Oushadhasala.

Department of Salyatantra

- Conducted invited talk series. Topic: Varicose veins and diabetic foot, by Dr.Vineeth Kumar, Vascular Surgeon at Jubilee Mission Medical College on 25.02.2023 at VAF Hall, Thaikkattussery
- Dr.Muhammed Iqbal , Professor was the guest speaker on the topic; Integrative Ayurveda at Jubilee Mission Medical College & Hospital Thrissur on 15.11.2023
- Dr. Sreeja Sreekumar, Assistant Professor presented a paper on Cancer in AYUSHCAN – National Seminar on Cancer at PNNM Ayurveda Medical College, Cheruthuruthy on 29.04.2023
- Dr.Sreeja Sreekumar, Assistant Professor attended 3 days workshop on Scientific Writing conducted by RAV & CCRAS at Thiruvananthapuram during 19.01.2023 – 21.01.2023
- Dr.Sreeja Sreekumar, Assistant Professor was the key speaker in the CME on GI symptoms and Diagnosis organized by AMAI Thrissur on 19.02.2023
- Dr.Alex Sebastian Chirayath, Professor and Dr.Sreeja Sreekumar, Assistant Professor Participated the prestigious Annual Conference of Plastic Surgeons focussing on “Current Trends in Limb Trauma Management” organized by SUSHRUTHA, Elite Mission Hospital Research Centre at Thrissur on 25.06.2023.
- 3 Days Free Medical Camp for Renal Calculi during 10.04 2023 – 12.04.2023 at VACH, Thaikkattussery. A total of 49 patients attended and benefitted by this camp.
- One Day Free Medical Camp for Varicose veins and Related Diseases focussing on SIRAVEDHAM - 23.11.2023. A total of 51 patients attended and benefitted by this camp.
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Department of Swasthavritha

- A talk on management of lifestyle diseases through yoga in connection with international yoga day
- Swasthya yoga camp-January 2023
- Vikas yoga camp for children- April 2023
- Yoga camp for obesity- June 2023
- yoga camp for PCOD- September 2023
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Department of Kayachikitsa

- YAJNA - National Seminar on Gut Microbiome Online session – 03/05/2023 and 04/05/2023 Offline session – 16/05/2023.
- Journal Club Workshop conducted on 03/03/2023
- Protocol writing workshop conducted for pg first year scholars on 27/07/2023

- 11 medical camps conducted at various places.

Department of Koumarabhruthya

- 9 Medical camps were conducted at various schools and also at OP level for diseases like Gastrointestinal disorders, Respiratory disorders, Developmental delays in children etc.
- Department conducted a free medical camp and an awareness class as a part of National Ayurveda Day for children of GUPS Panamkuttichira on 06/11/2023 Monday from 2pm-4pm.
- Medical camp at OPD wing of kaumarabhruthya as a part of National Ayurveda day on 09/11/2023 second Saturday from 9am to 1pm -39 children participated in the camp
- As a part of children's day 2023- department conducted a free medical camp and an awareness class in association with BRC Mathilakam on 17/11/2023 Friday at Seashore farm, Kakkathuruthy from 10.30am to 3pm -19 children and 11 parents participated in the camp.
- Department conducted training programme for kudumbasree and buds school teachers – February and March.
- Dr Arun delivered a talk in All India Radio on the topic “down syndrome”
- As a part of “World Down Syndrome Day” observance an invited talk was arranged by department for students of first year on the topic “Approach of a medical student towards a differentially abled child”. Class was taken by Dr Parvatheedevi, Medical Superintendent of Govt Ayurveda Research Institute for mental disease Kottakkal on March 21st.
- As a part of VIKAS YOGA, Dr. Linet Rose took an awareness class on 25/04/2023 for children on 25/04/2023 the topic “VENALKALA PARICHARANAM KUTTIKALIL”
- As a part of “AUTISM AWARENESS MONTH”- department conducted a national level short essay competition on the topic “ Role of pathya aharas in the management of Autism spectrum of disorders” -145 students participated in the competition.
- Dr. Arun B took an online class on 05/06/2023 on the Topic “Ayurvedic management of skin lesions in children” Organised by Kottakkal Ayurveda College.
- Dr. Arun B took an awareness class for parents of John ukken memorial special children on “Developmental delays in children” as a part of our social outreach programme organized by department of Kaumarabhruthyam on 22/06/2023
- Dr. Arun B took an online class on the topic “Understanding the concept of nutrition in children through millets” organised by CCRAS, Vijayawada.
- Dr Arun B presented a paper in a webinar organised by AMAI state Vanitha committee. Topic was “Mazhakalavum kuttikalude arogyavum”
- Dr. Arun B has conducted an invited talk on 29/07/2023 at Edappal at Ayurgreen Ayurveda Hospital on the topic “Congenital anomalies in children”.
- Dr. Arun B took an online class on Common GIT disorders in children organized by AMAI Varkala on 02/08/2023.

- Dr. Arun B took an online class on “Vitamin D Deficiency” ARUNIKA- CME conducted by AMAI THRISSUR AREA on 05/09/2023.
- “PRANA- the force of life” -One year project was started by department in association with department of dravyaguna vijnana-Distribution of seeds of medicinal plants as a part of children’s day.
- Dr. Arun B delivered keynote address on the topic “Preventive pediatrics” in Ayurveda at Global Ayurveda festival on 04/12/2023

Department of Agadathantra

- CCRAS SMART project on Psoriasis – Dr Rejitha R Warriar as Principle Investigator and Co- investigator Dr Aravind S.
- Medical camp conducted at Thaikkattussery school for students, parents and teachers.
- Medical camp as a part of NSS camp at GWLP School, Vazhachal.

Department of Rasasastra

- Dr Varghese E F – Guide for CCRAS SPARK Project for the session 2023 – Preliminary physic chemical and pharmacological analysis of vasa arka for the development of dosage form of nebulisation.
- Dr Sajith kumar K P - Guide for CCRAS SPARK Project for the session 2023 – Effect of Abhaya lavana WITH Sharapunka kwatha in the management of Cholilithiasis – A pilot study.

Department of Shalakyatantra

- 24-Jan-2023 Eye Screening Camp for School Students ar ALPS Thaikkattussery
- 20 & 21-Feb-2023- Two days medical camp at College OPD
- 17-March-2023 -Eye Screening camp for school Students at ALPS Thaikkatuserry
- 18-March-2023. Free Glaucoma Screening Camp at College OPD
- 24-March-2023 - One Day Medical Camp at John Ukken Memorial School
- 19-April-2023- One Day Free Medical Camp For Conducted School going Students at College OPD.
- 26- April- 2023. One Day Free medical Camp at John Ukken Memorial School
- 19-May-2023- One Day Medical Camp at College OPD
- 20-JUNE-2023 - One Day for ENT Diseases at College OPD
- 01-AUG-2023- One Day medical Camp for the diseases of Nose at College OPD
- 12-OCT-2023- Eye Screening Camp for School Students at St marys CGHS Ollur
- 06-NOV-2023 - One Day Camp at College OPD.
- Dr Adarsh Varma R has conducted an invited talk on Netra Roga chikitsa in Ashtanga Hridaya for the PG Scholars for KC Department at Vaidyaratnam Ayurveda College on 30&31- May- 2023.
- Dr Adarsh Varma R was the speaker on the topic Hastayurveda;Transitional Curriculum; Vaidyaratnam Ayurveda College Auditorium on 15 -Nov-2023