

Programme Activities

Vaidyaratnam Ayurveda College, Ollur

Department Of Kayachikitsa

Name of Department / Organisation

Department of Kayachikitsa
Vaidyaratnam Ayurveda College
Thaikkattussery, Ollur, Thrissur

Name of Work

Community Outreach and Health Awareness Programmes Conducted by the Department of Kayachikitsa

Basic Details

Administrative Sanction

The programme activities were conducted by the Department of Kayachikitsa, Vaidyaratnam Ayurveda College activities and community outreach programmes. Some activities were organised in collaboration with local organisations such as the Driver's Welfare Trust, Kodali and the CPIM 23rd Ward Committee, Elamthuruthy.

Technical Sanction

The programmes were organised under the academic supervision of the Department of Kayachikitsa, with participation of faculty members, postgraduate scholars, and students.

Financial Sanction

The activities were conducted as community service initiatives, providing free consultation, medicines, and health awareness programmes.

Start Date: 01 January 2025

Completion Date: 31 December 2025

Description (in brief)

The Department of Kayachikitsa organised a series of community-oriented programmes to promote awareness of Ayurveda and provide accessible healthcare services to the public. The programmes included free Ayurvedic medical camps and health awareness classes conducted in nearby communities and within the hospital premises.

These programmes focused on disease prevention, early diagnosis, and management of common chronic conditions through Ayurvedic principles.

Details of Facilities

The following facilities were provided through these programme activities:

- Free Ayurvedic medical consultation
- Clinical examination and diagnosis
- Distribution of Ayurvedic medicines
- Health awareness sessions
- Lifestyle and dietary counseling
- Participation of faculty members, postgraduate scholars, and students

The programmes helped increase awareness regarding preventive healthcare and the role of Ayurveda in managing chronic diseases.

Service Delivery Details

The programmes were conducted by faculty members, postgraduate scholars, and students, including:

Faculty Members

- Dr. T. C. Marikutty
- Dr. Aneesh M S
- Dr. Navaneeth Krishnan N
- Dr. Nikhil Neelakhandhan E U

Postgraduate Scholars and Students

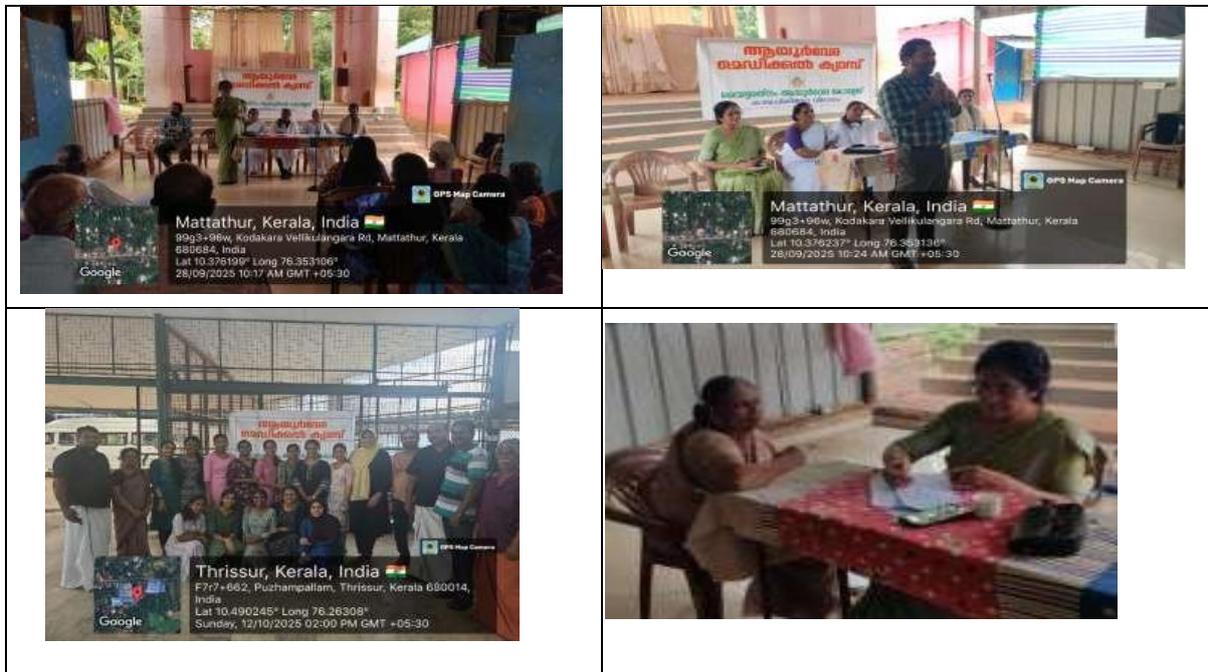
- Dr. Ajithkumar S V
- Dr. Silpa M R
- Dr. Savitha C B
- Dr. Aswathy Sunny
- Dr. Priyanka E
- Dr. Sruthy M G
- Dr. Rehana Rajan
- Dr. Shifana P M
- Bhageerath S Prasad
- Muhammed Yaseen
- Gokul Das
- Renoy A J
- Blaisy Mariya George
- Gayathri Shajimon
- Suhana Anchikkaden
- Alfia N R
- Aleesha Anwar

- Aleesha Elsa Abraham
- Anjana Balakrishnan
- Anakha Bhasi
- Anakha P M
- Athira E S
- Navya K R
- Fathima Ujjina

Total Beneficiaries: 622

Photographs

Photographs documenting the programme activities including medical consultation, awareness sessions, and medicine distribution are attached.



Department of Dravyaguna Vijnanam

Name of Department:

Dravyaguna Vijnanam

Name of Work:

Installation of Smart Herbal Garden Information Boards

Basic Details**Administrative Sanction:**

Administrative sanction was obtained from the Head of the Institution.

Technical Sanction:

Provided by the Department of Dravyaguna Vijnanam.

Financial Sanction:

The first 100 boards were sponsored by the PTA (2024–25), Vaidyaratnam Ayurveda College. The next 100 boards are being installed with financial support from the institution.

Start Date:

01/02/2025

Completion Date:

The first phase was completed in September 2025. The second phase is underway.

Description (in brief)

As part of strengthening academic learning and enhancing public outreach, Smart Herbal Garden Information Boards have been installed in the herbal garden. This initiative integrates traditional Ayurvedic knowledge with digital accessibility, enabling students, researchers, and visitors to easily access authentic information about medicinal plants through digital platforms.

Details of Facilities

Each smart information board provides detailed information about the plant, including:

- Botanical name
- Family
- Useful parts
- Morphological description
- Medicinal properties
- Important therapeutic uses in Ayurveda
- A clear photograph of the plant

Visitors can scan the digital code on the board using a mobile device to instantly access detailed information related to the plant.

Service Delivery Details

The smart information boards were designed and prepared by Kerala Ayurveda, a non-governmental organization engaged in the promotion and dissemination of Ayurvedic knowledge.

Photographs (4 NO s):



Department of Shalakyathantra

Name of Department / Organisation:

Shalakyathantra Department, Vaidyaratnam Ayurveda College

Name of Work:

Upgradation of Shalakyathantra OP with Advanced Ophthalmic Diagnostic Facilities

Basic Details

Start Date:

07 July 2025

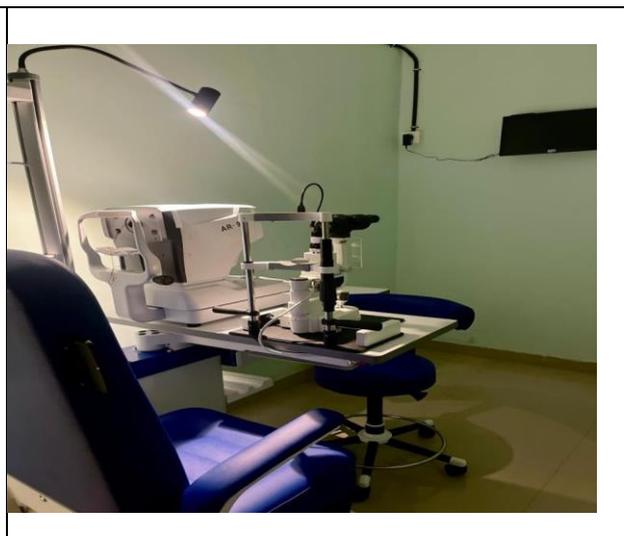
Description (in brief)

The Shalakyathantra OP has been upgraded with improved consultation and examination facilities for patients. Advanced ophthalmic diagnostic instruments, such as the Auto Refractometer (AR) and Slit Lamp, have been installed to enhance the quality of eye examinations and diagnoses.

The Auto Refractometer (AR) is used to measure the refractive errors of the eye, such as myopia, hypermetropia and astigmatism. It helps estimate the approximate spectacle power by analysing how light is focused within the eye.

The Slit Lamp is a specialised binocular microscope used for detailed examination of the anterior structures of the eye, including eyelids, conjunctiva, cornea, anterior chamber, iris and lens. It assists in diagnosing various ocular conditions with better magnification and illumination.

With the installation of these facilities, the department can provide improved diagnostic services and better patient care in the field of Shalakyathantra.





Department of Kaumarabrithyam

Description:

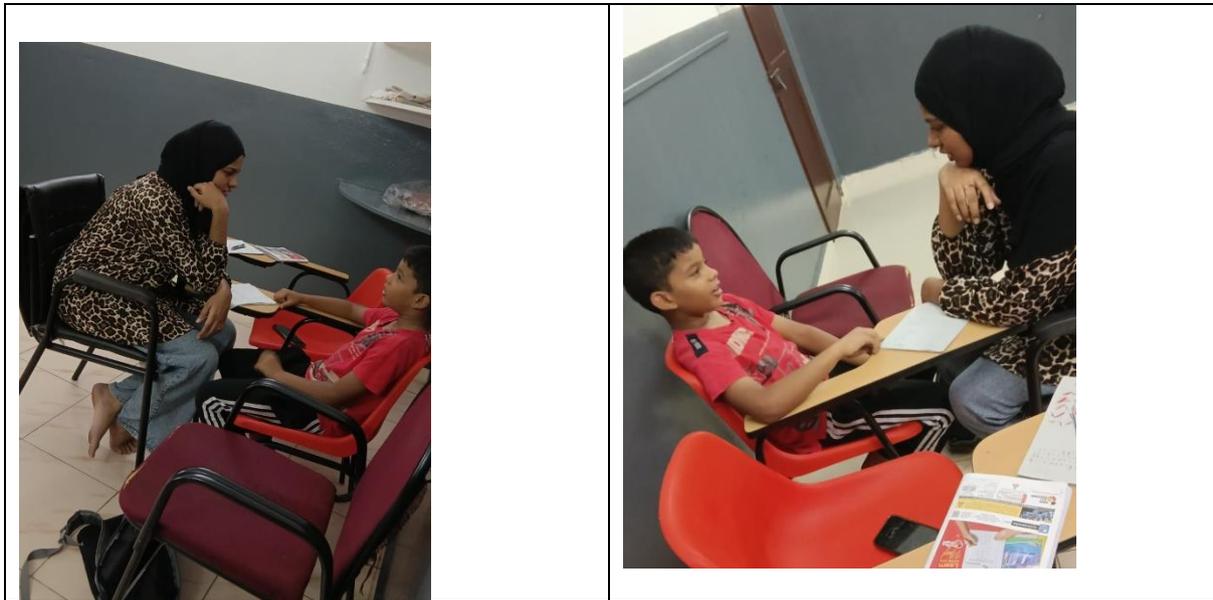
Dept of Kaumarabrithyam has initiated facilities for clinical child psychology consultation. Qualified clinical child psychologists visit the hospital periodically to provide care to children in need of special care and their parents.

Details of facilities:

Clinical child psychology consultation

Service delivery details:

Remedial classes, Behavioural therapy, counselling, parental education



Department of Swasthavritta and Yoga]

Name of department

Swasthavritta and Yoga

Name of work

Regular yoga training for differently-abled children

Administrative sanction

Vaidyaratnam Ayurveda College

Technical sanction

Principal and Department of Swasthavritta and Yoga

Financial sanction

Vaidyaratnam Ayurveda College

Start date - 21/6/ 2026

Completion date - Going on

Details of facility - Yoga classes, Awareness classes

Service of details

Monthly training by a yoga instructor of Vaidyaratnam Ayurveda College at John Ukken school. Regular monitoring by the teachers of their institute.





NSS Unit, Vaidyaratnam Ayurveda College

Name of the Organisation :

NSS Unit, Vaidyaratnam Ayurveda College, Ollur, Thrissur

Name of Work:

Health Awareness classes, Free Ayurvedic Medical Camps and Medicine distribution, Focused awareness programmes for Housewives-Students, etc., Free medical checkups, Health Surveys, and actions based on the survey results.

Basic details:

Administrative Sanction- allowed/ instructed by

- The Principal, Vaidyaratnam Ayurveda College, Ollur, Thrissur;
- NSS Cell at KUHS, Thrissur &

Technical Sanction: Grama Panchayath, Avinissery, Thrissur

They have provided the community hall, vessels, space for demonstrations and awareness sessions; publicity to programme and given sanction to conduct surveys etc directly

Financial Sanction:

1. The Principal, Vaidyaratnam Ayurveda College, Ollur, Thrissur;
2. NSS Cell at KUHS, Thrissur &

Date: 22/07/2024-28/07/2024

Description:

Details of facilities -

At Ground:

1. Survey for assessment of health status & PAMPHLETDISTRIBUTION: A dedicated team of 15 volunteers travelled to Avinissery and dispersed throughout the village to engage with over 320 individuals, for the same.

At Community Hall:

2. Demonstrations and classes on YOGA AND PRANAYAMA, to the public.
3. Awareness class on INTRODUCTION TO AYURVEDIC FORMULATIONS, PANCHAKARMA, KARKIDAKA MASA, RAINY SEASONAL ROGAS AND AYURVEDIC REMEDIES, Specialised treatments in Ayurveda, FOOD EXHIBITION AND DESCRIPTION OF HEALTHY FOOD AND DIETS
4. OUSHADHA KANJI DISTRIBUTION to 200 plus people
5. CLEANING OF SELECTED AREA AT AVINISSERY PANCHAYATH
6. Free Medical camp

Service Delivery details:

INAUGURATION CEREMONY The Ayurgrama 2.0 campaign officially commenced on July 22, 2024, with a grand inauguration held at the Cheruvathery Community Hall in Avinissery. Despite the challenges posed by heavy rainfall, which affected overall attendance, the event witnessed enthusiastic participation and strong community engagement.

Pamphlet Distribution: Our dedicated team distributed pamphlets to approximately 120 households, promoting the campaign and its events. The villagers exhibited notable interest in the upcoming medical camp scheduled for July 28, 2024, appreciating its potential to address local health concerns effectively.

Ranga Pooja and Prayer: The inauguration began with a traditional Ranga Pooja, conducted by our students, followed by a prayer session that set a serene and auspicious tone for the day's activities.

Welcome Speech and Inauguration: The formal proceedings began with a welcome speech, followed by the ceremonial inauguration, which featured a symbolic lamp-lighting ceremony. This was attended by esteemed delegates, including Principal Dr V. N. Prasanna, Gram Panchayat Head Sri. Hari C. Narendran and Campaign Team Head Fathima Shifa. The event was further enriched by a welcoming address from Vice Principal Dr Anju K.P and the Head of the Agadatantra Department, who outlined the benefits of Ayurveda and detailed the schedule for the seven-day program.

Presidential Address and Felicitations: The Avinissery Panchayat President delivered an inspiring address, underscoring the campaign's role in educating villagers about monsoon-related health issues and traditional Ayurvedic remedies. A felicitation ceremony honoured key individuals for their significant contributions to Ayurveda and community health.

Cultural and Culinary Highlights:

The event showcased cultural diversity through vibrant traditional dance performances by our team members. Ayurvedic snacks, including Aval prepared with ghee, jaggery, and bananas, were distributed, highlighting Kerala's rich culinary heritage and its health benefits.

Preparation and Exhibition: Prior to the event, our team meticulously prepared the community hall, setting up engaging exhibition displays featuring charts, models, and posters that illustrated Ayurvedic principles and practices.

Despite the adverse weather conditions, the first day of Ayurgrama 2.0 was a resounding success, characterised by community enthusiasm and active participation. The program laid a strong foundation for educating villagers about Ayurveda, promoting health awareness, and fostering cultural exchange. We eagerly anticipate the continuation of the campaign throughout the week, which will feature practical workshops, educational seminars, and holistic wellness practices, reinforcing our commitment to traditional medicine and community well-being.

YOGA SESSION "Yoga is the journey of the self, through the self, to the self."

The Yoga sessions were scheduled daily from 8:00 AM to 9:30 AM, running from the second day of the camp (July 23, 2024) through the final day (July 28, 2024). Each session was meticulously conducted, with our team members rotating responsibilities to lead the classes. Initially, attendance was modest, but interest grew steadily over the week.

Every session began with a prayer, setting a serene tone for the practice. Participants engaged in various stretches and rotations, including those for the neck, shoulders, ankles, and hips, before progressing to basic asanas. We provided detailed explanations of the indications and contraindications for each asana, allowing participants to tailor their practice to their individual health conditions.

The sessions also incorporated Pranayama, which is known for its benefits in reducing stress and enhancing respiratory function. Participants were informed that Pranayama could help clear airway secretions and strengthen respiratory muscles, potentially reducing asthma attacks and improving overall lung health.

Daily feedback was collected, reflecting high satisfaction and increased participant engagement. Attendees appreciated the guidance on asanas and their cautions, and many committed to practising regularly beyond the camp. The positive feedback affirmed the session's success in delivering relief and relaxation to participants and our team alike.

OUSADHA SIDDHAYAVAGU /KARKIDAKA KANJI During the monsoon season in Kerala, particularly in the month of Karkidakam, the region experiences its highest rainfall. This period is also marked by an increased incidence of rain-related diseases such as fevers, dysentery, stomach flu, and whooping cough. The prevalence of disease-carrying mosquitoes, flies, and various pathogens peaks during this time. Additionally, the risk of indigestion increases due to the damp, humid conditions.

To address these health challenges, the Ayurgrama 2.0 Campaign introduced a special health initiative centred around the traditional Karkidaka Kanji. This medicinal porridge, renowned for its digestive and health-boosting properties, was prepared using a blend of nutrient-rich ingredients and traditional herbs.

Key Ingredients and Benefits: - Navara Rice: Known for its nutritional value and digestive benefits. - Green Gram: Rich in proteins and fiber, aiding indigestion and detoxification. - Fenugreek : Enhances digestion, supports metabolic health, and helps in balancing blood sugar levels. - Ghee: Provides essential fatty acids, supports digestion, and strengthens immunity. - Salt: Essential for maintaining electrolyte balance. - Dashamoola: A combination of ten roots that helps in detoxifying and balancing bodily doshas. - Coconut Milk: Adds a rich source of vitamins and minerals, and aids in digestion.

The preparation of Karkidaka Kanji involves cooking these ingredients into a nutrient-dense porridge that supports digestion, detoxification, and overall health. Consuming this Kanji for a minimum of seven consecutive days is believed to alleviate Vata dosha imbalances and enhance Jatharagni (digestive fire).

The Karkidaka Kanji was distributed daily to participants attending yoga sessions at 9:30 AM. The initial response was modest, but the popularity of the Kanji quickly grew as word spread

about its health benefits. Consequently, the quantity of Kanji prepared was increased daily to meet the rising demand.

Different teams were assigned to the preparation of Kanji each day, ensuring a fresh and consistent supply. Participants brought their own vessels to collect the Kanji, which became a daily highlight of their yoga experience.

Feedback from the participants was overwhelmingly positive. Many reported significant improvements in their digestion, overall well-being, and immunity. The distribution of Karkidaka Kanji emerged as a crucial element of the campaign's success, underscoring its effectiveness in promoting health during the challenging monsoon season. The initiative not only provided nutritional support but also fostered a greater appreciation for traditional remedies. The increasing number of participants each day reflected the growing recognition of the Kanji's benefits.

The Ayurgrama 2.0 Campaign's Karkidaka Kanji initiative successfully addressed seasonal health challenges by integrating traditional wisdom with modern wellness practices. The positive feedback and high participation rates validate the efficacy of this approach, making it a significant contributor to the campaign's success. Moving forward, similar initiatives could be considered for broader application, reinforcing the value of traditional health practices in contemporary wellness strategies.

EXHIBITION

The Ayurgrama 2.0 exhibition, held from July 22nd to July 28th, was a centerpiece of the campaign, designed to offer an in-depth look at Ayurveda through interactive displays and educational charts. Key features of the exhibition included:

- Panchakarma Models: Detailed models and charts illustrating Panchakarma procedures such as Nasyam, Shirovirechanam, and Vasti.
- Dravyaguna Charts: Information on medicinal plants, their properties, tastes, potency, and post-digestive effects.
- Medicinal Plant Displays: An array of medicinal plants with explanations of their uses and benefits.
- Swasthavritta Models: Guidance on seasonal and daily regimens, dietary recommendations, and health tips.

The exhibition aimed to educate students, healthcare professionals, and the general public about Ayurvedic principles and practices. Guided tours, expert explanations, and informative handouts enhanced visitor engagement, making the exhibition a dynamic educational experience.

The Ayurgramam 2.0 campaign successfully achieved its goals of educating the community about Ayurveda, promoting health awareness, and fostering cultural exchange. Through well-received yoga sessions, the introduction of beneficial traditional remedies like Oushadha Siddha Yavagu, and an engaging exhibition, the campaign made a significant impact. The positive feedback and growing participant numbers throughout the week underscore the campaign's success in enhancing community health and awareness. We look forward to future initiatives that continue to support and promote traditional medicine and holistic wellness.

INTRODUCTION TO AYURVEDIC FORMULATIONS

The first-class session on Ayurvedic Formulations commenced on July 23, 2024, the second day of the Ayurgrama 2.0 camp. This session aimed to familiarise participants with the preparation of various Ayurvedic formulations, including Kashaya, Arishta, Churnam, Lehya, Lepa, Rasayana, Varti, Thailam, Kuzhambu, and Anjana. The session, which began at 10:30 AM, was introduced by Yukthalakshmy and expertly conducted by Dr SajithKumar, Associate Professor of Rasasastra and Bhaishajyakalpana.

Dr Sajith Kumar provided an in-depth explanation of the basic ingredients and preparation methods for these formulations, highlighting the key differences between them. He also discussed the ideal consumption practices and shelf life of each formulation. Modern advancements, such as Ayurvedic capsules, ointments, and tablets, were also introduced. The relevance of Karkidaka Kanji for the current monsoon season was emphasised, and interactive discussions, including live sessions for clearing doubts, engaged the villagers. The session received excellent feedback, reflecting strong community interest and understanding.

CONCEPT OF DINACHARYA AND RITUCHARYA

Recognising the importance of Dinacharya (daily routines) and Ritucharya (seasonal practices) for maintaining health, we arranged a session on these topics on July 23, 2024, following the lunch break at 2:30 PM. The session was introduced by Angel Joseph and conducted by Dr Reshma, Associate Professor of Swastavritta, and Dr Nimmi, Associate Professor of Dravyaguna.

The session covered daily routines essential for a healthy life, including the benefits of Padabhyanga (foot massage) for managing insomnia, Nasya (nasal treatments), Pratimarsha Nasya (daily nasal applications), and Pranayama (breathing exercises) for the mind-body connection. The importance of Ushajalapana (drinking warm water) and adjustments to dietary practices according to seasonal changes were also discussed. Practical demonstrations of Yoga Asanas were included to enhance understanding of how Ritucharya and Yoga contribute to overall well-being. Villagers' questions were addressed comprehensively, and the feedback highlighted the session's effectiveness in reinforcing healthy practices.

INTRODUCTION TO PANCHAKARMA AND SUBSIDIARY KRIYAKARMA IN AYURVEDA

Panchakarma, a cornerstone of Ayurvedic treatment, was the focus of a session on July 24, 2024, introduced by FarisaKat at 10:30 AM and led by Dr Rahul, Assistant Professor of the Panchakarma Department. This enlightening session detailed the five main Panchakarma procedures: Vamana (therapeutic vomiting), Virechana (purgation therapy), Nasyam (nasal administration of medicaments), Rakthamoksham (bloodletting therapy), and Vasti (medicated enema).

Dr Rahul explored the specific therapeutic benefits and applications of each procedure, explaining how they help in purifying the body, balancing doshas, and preventing diseases. The detailed breakdown of each procedure helped attendees gain a deeper understanding of

Panchakarma. The session concluded with a robust Q&A segment, leaving participants well-informed and appreciative of the therapeutic potential of Panchakarma.

SCOPE OF SURGERY IN AYURVEDA To address common misconceptions about Ayurvedic surgery, a session titled “Surgery in Ayurveda” was held on July 24, 2024, the third day of the Ayurgrama 2.0 Camp. This session, introduced by Fathima Shifa, was conducted by Dr. Sreeja S, Assistant Professor of the Shalyatantra Department. Dr. Sreeja provided a comprehensive overview of Shalyatantra, the branch of Ayurveda dedicated to surgical procedures.

The session covered traditional Ayurvedic surgical approaches, including treatments for fractures, hip replacements, and other common conditions. Dr. Sreeja elaborated on the principles of Ayurvedic surgery, emphasising natural healing processes and the use of herbal preparations to aid recovery. Historical context was enriched through references to ancient texts and the contributions of Acharya Sushruta, revered as the father of ancient Indian surgery.

Active participation from the villagers led to discussions about Ayurvedic treatments for conditions such as anal fistulas and piles. The effectiveness of these traditional methods was showcased, leading to greater appreciation and understanding of Ayurvedic surgical practices. The session concluded with renewed confidence in Ayurveda's potential, as participants expressed positive feedback and interest in exploring Ayurvedic solutions further.

Overall, the session successfully illuminated the scope and efficacy of Ayurvedic surgery, bridging gaps in understanding and encouraging a shift towards traditional methods. The positive responses from attendees and the subsequent increase in consultations at the Ayurvedic outpatient department underscored the session's success in promoting Ayurveda's role in contemporary healthcare.

AWARENESS ON MONSOON SEASON DISEASES AND AYURVEDIC REMEDIES

On the third day of the Ayurgrama 2.0 camp, July 24, 2024, we focused on educating the community about monsoon-related diseases and Ayurvedic remedies. The session, held post-lunch at 2:15 PM, was introduced by Nima M S and conducted by Dr. Abdul Ravoof PK, Professor of Rogavijnana and Vikritivijnana.

Dr. Ravoof delivered a comprehensive overview of prevalent diseases during the rainy season, such as dengue, malaria, and viral infections, which are particularly common in the district. He emphasised the importance of preventive measures and provided practical Ayurvedic remedies tailored for this season. The session featured the distribution of traditional remedies, including dry ginger coffee and Aval Vilayichathu, to help villagers effectively manage and mitigate these conditions.

Dr. Ravoof also offered valuable suggestions for future sessions, recommending the use of presentations and emphasising the health benefits of dry ginger, coffee, and Aval Vilayichathu. The interactive nature of the session allowed villagers to share their experiences and concerns, fostering a rich exchange of knowledge. The feedback from attendees was overwhelmingly

positive, with many expressing newfound understanding and appreciation for Ayurvedic preventive measures.

NETRAROGAS AND ITS MANAGEMENT

On July 24, 2024, at 3:00 PM, a focused session on diseases known as Nethra Rogas was held as part of the Ayurgrama 2.0 Camp. The session, introduced by Merlin M Jose and facilitated by Dr. Adarsh Varma, Assistant Professor of the Shalakya Tantra Department, provided a comprehensive exploration of Ayurvedic approaches to eye health. Merlin M Jose set the stage for Dr. Adarsh Varma, who led the discussion on managing eye health through Ayurvedic principles.

Dr. Varma highlighted holistic strategies for eye care, including dietary recommendations and specific Ayurvedic treatments. Emphasis was placed on preventive measures and treatments that align with Ayurvedic principles, reinforcing the importance of maintaining eye health for overall well-being.

The session was highly engaging, with villagers actively participating and seeking clarification on eye conditions and available treatments. Dr. Varma addressed queries about the ophthalmology department and outlined practices for better eye care.

The session received enthusiastic feedback, with many villagers expressing appreciation for the clarity and relevance of the information. Participants expressed their intention to visit the outpatient department for further consultations, indicating the session had a successful impact. Remarks such as "These sessions made our day" highlighted the sessions' effectiveness in raising awareness and providing valuable insights into eye health.

The Ayurgrama 2.0 campaign effectively met its goals of enhancing community health awareness and promoting traditional Ayurvedic practices. Through detailed sessions on seasonal diseases, eye health, and practical remedies, the campaign empowered villagers with essential knowledge and tools for better health management. The positive engagement and feedback from the community underscore the campaign's success in reinforcing the benefits of Ayurveda and its relevance in daily life. Future initiatives will continue to support and educate the community on holistic health practices, building on the success of these informative sessions.

MATRUSHISHUAROGYA On July 25, 2024, our team arrived at the Anganwadi at 10:15 AM to conduct the Maatru Shishu Aarogya session. Our activities commenced with measuring the weight and height of the children present, followed by calculating their BMI. The session attracted a diverse group, including mothers, pregnant women, and new mothers from the locality.

The session commenced with an introduction by Vismaya and was led by Dr. Navaneeth Krishna, Assistant Professor in the Kayachikitsa Department, and Dr. Linet Rose, Assistant Professor in the Kaumarbhritya Department. The focus was on pregnancy and postpartum care, addressing key issues such as managing stress and anxiety during pregnancy, preconception preparation, and the responsibilities expected of expectant mothers.

The session emphasised the importance of personal hygiene and cleanliness during pregnancy. The doctors recommended counselling for managing mental stress and mood swings due to hormonal changes. Nutritional needs were also highlighted, stressing a diet rich in calcium, folic acid, and other essential vitamins both before and after pregnancy. The importance of breastfeeding exclusively for the first six months and continuing until the child is two years old was underscored, with complementary feeding options like Ragi and broken wheat recommended post six months.

Medicinal recommendations included Rajanyadi Churna to boost immunity and Ashta Churna to enhance appetite. The session was interactive, addressing numerous queries from mothers and pregnant women. During the class, Oushadha Kanji was distributed to mothers, and sweetened Laaja was given to the children, who were delighted with the treat, while the mothers appreciated the nutritious meal.

The session effectively provided valuable information and support to the participants, fostering a greater understanding of maternal and child health.

STREEAROGYA

Our team arrived at St. Joseph's Higher Secondary School at 2:00 PM, using the first 30 minutes to liaise with school authorities and set up for the session. The event banner was displayed, and seating arrangements were made for the participants.

At 2:30 PM, Vaishnavi PS introduced the session, which featured Smt. Rashmi, Associate Professor of Sanskrit and Samhita, and Dr. Amal Rose, Assistant Professor of Prasuti Tantra Evam Stri Roga. Smt. Rashmi provided an engaging welcome address, explaining Ayurveda, its modern relevance, and the importance of Sanskrit in Ayurvedic practice.

Dr AmalRose then took over, delving into the physiological aspects of male and female bodies and the changes experienced during puberty. The concept of Artavakala (menstrual cycle) was explained clearly, with an emphasis on raising awareness of menstrual health and hormonal changes among adolescents.

The session included targeted classes on menstrual hygiene for girls. Topics covered included the menstrual cycle, recognising abnormal symptoms, and using menstrual cups and pads. Proper menstrual hygiene practices were stressed, along with methods for managing menstrual pain. Students were advised to seek medical consultation for any adverse symptoms.

The session was well-received, with positive feedback from participants who valued the practical advice and clear explanations. The program successfully highlighted the importance of menstrual hygiene and Ayurveda's role in supporting women's health.

The Ayurgrama2.0 campaign effectively addressed critical aspects of maternal and women's health through comprehensive, informative sessions. The initiatives provided valuable insights into pregnancy care, postpartum nutrition, and menstrual health, empowering the community with practical knowledge and Ayurvedic wisdom. The enthusiastic participation and positive feedback reflect the campaign's success in promoting holistic health practices and enhancing community well-being.

HEALTH AWARENESS SESSION

A health awareness session was conducted on 26 July 2024 at 11:00 AM at St. Joseph's School, Avinissery, as part of the Ayurgrama 2.0 campaign. The session was led by Dr Arun B. Warriar, Assistant Professor, Department of Kaumarabhritya.

The programme focused on promoting healthy daily routines, personal hygiene, dental care, exercise, and a balanced diet among school students. An interactive questionnaire was used to assess students' knowledge and encourage participation. Key topics discussed included twice-daily tooth brushing, regular exercise, proper hygiene practices, yoga, and healthy dietary habits.

Students actively participated in discussions and expressed interest in adopting healthy lifestyle practices. The session concluded with an interaction and the distribution of small tokens, and the programme successfully enhanced students' awareness of healthy habits.

Wall Painting Programme

A wall painting initiative on "Say No to Drugs" was conducted on 26 July 2024 at 2:00 PM at St. Joseph's HSS, Avinissery.

The activity was coordinated by Dr. Vishnu Damodar (Department of Rachana Shareera) and Dr. Amrutha Elammon (Department of Kriya Shareera). A mural conveying an anti-drug message was created in a prominent area of the school.

The activity aimed to raise awareness among adolescents about the dangers of drug abuse. Students actively observed the painting process and engaged in discussions about maintaining a drug-free lifestyle. The mural now serves as a permanent educational tool promoting health awareness.

Herbal Garden Preparation

As part of the Ayurgrama 2.0 campaign, a herbal garden containing 15 medicinal plants was established to promote Ayurvedic knowledge and conservation of medicinal plants.

The garden was inaugurated by Dr. Vishnu Damodar and Dr. Amrutha Elammon. The plants cultivated included Haritaki, Bamboo, Amalaki, Jati, Tulasi, Ponkoranti, Nimba, Haridra, Vacha, Nagara, Mandukaparni, Brahmi, Shankhapushpi, Vasa, and Daruharidra.

The herbal garden serves as a living educational resource for students and the community, promoting awareness of medicinal plants and supporting learning in Dravyaguna (Ayurvedic pharmacology).

Session on Home Remedies in Ayurveda

An awareness session on "Ottamooli and Gruha Vaidyam (Ayurvedic Home Remedies)" was conducted on 27 July 2024 at 10:30 AM.

The session was delivered by Dr. Nandalal, Head of the Department of Roganidana. The talk focused on traditional remedies for common conditions using easily available ingredients such as ginger, garlic, coconut, lemon, and green gram.

The programme also addressed topics such as dietary practices, millet consumption, effects of fast food, and simple remedies for common ailments, including gastritis, constipation, conjunctivitis, and tonsillitis. The interactive session generated considerable interest among participants.

Food Exhibition

A food exhibition highlighting Ayurvedic diet and nutrition was conducted on 27 July 2024 at 2:00 PM under the guidance of Dr. Minu R., Assistant Professor, Department of Shalyatantra.

The exhibition showcased various Ayurvedic food preparations with medicinal value, including:

- Thaleesadi Laddu
- Thilagulam
- Kharjura Laddu
- Payasam
- Ayu Salad
- Coriander Drink
- Laja Kanji
- Nimbu Panakam
- Laja Modakam
- Beetroot Kichadi
- Aval Upma
- Mudga Soup

The exhibition aimed to promote healthy dietary practices based on Ayurvedic principles, and received positive feedback from participants.

Medical Camp

A free medical camp was conducted on 28 July 2024, inaugurated by Health Education Standing Committee Chairman Johnson and coordinated by Dr. Bimal K. N.

The camp provided free consultation, health screening, and Ayurvedic medicines, including churnas, kashayas, arishtas, and asavas. Patients underwent registration, assessment of vital parameters, medical consultation, and medication distribution.

More than 130 beneficiaries attended the camp and received Ayurvedic treatment and health advice. The camp concluded at 1:30 PM with positive community feedback.

Cultural Activities

Various cultural programmes were conducted throughout the seven-day Ayurgrama 2.0 campaign (22–28 July 2024) to promote community participation and awareness about Ayurveda.

Major activities included:

- Inaugural ceremony with Ranga Pooja and prayer (22 July 2024)
- Cinematic dance performance (23 July 2024)
- Cinematic song performance (24 July 2024)
- Children’s cultural activities and games (25 July 2024)
- Dance and quiz competition based on health awareness session (26 July 2024)
- Folk songs and food exhibition activities (27 July 2024)
- Educational skit on Dinacharya and Ritu Charya (28 July 2024)

These activities helped strengthen community engagement and effectively communicated Ayurvedic health concepts.

Charaka Jayanti Procession

A Charaka Jayanti procession was organised on 28 July 2024 at 3:15 PM, led by Coordinator Dr Bimal.

Participants carried the Charaka Samhita along with posters and banners illustrating important Ayurvedic concepts. The procession moved through the village to spread awareness about Ayurveda among the public.

The programme concluded with a valedictory session, marking the successful completion of the Ayurgrama 2.0 campaign.

Sample Photographs:



Pharmacovigilance Awareness Programme

Name of the Department:

Rasashastra & Bhaishajya Kalpana, Pharmacovigilance Cell

Basic details of

Administrative Sanction:

Yes, Principal, Vaidyaratnam Ayurveda College

Technical Sanction:

Yes, Principal, Vaidyaratnam Ayurveda College

Financial Sanction:

Yes, Administrator, Vaidyaratnam Ayurveda College

Start Date: 15-06-2024

Completion Date: 30-01-2026

Description in brief:

The Pharmacovigilance cell of Vaidyaratnam Ayurveda College, Ollur, arranged a programme on Pharmacovigilance and ADR reporting in association with Peripheral Pharmacovigilance Centre, Tripunithura, on 30-01-2026 for the staff and students of Vaidyaratnam Ayurveda College, Ollur. The class was presented by Dr Rakhy, JRF, Government Ayurveda College, Tripunithura. More than 100 participants attended the programme.

Details of facilities:

The Pharmacovigilance Cell is working in the Department of Rasashastra & Bhaishajya Kalpana. Separate registers are maintained.

Service delivery details:

Reporting ADR in the College Hospital



Thalore, Kerala, India 🇮🇳

F67r+frr, Thaikkattussery, Thalore, Kerala 680306, India

Lat 10.463789° Long 76.241698°

Friday, 30/01/2026 02:55 PM GMT +05:30

Google

GPS Map Camera



Thalore, Kerala, India 🇮🇳

F67r+frr, Thaikkattussery, Thalore, Kerala 680306, India

Lat 10.4638° Long 76.241689°

Friday, 30/01/2026 02:51 PM GMT +05:30

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