REPORT ON DEPARTMENTAL ACTIVITIES

(FROM 06.03.2025 TO 20.05.2025)

DEPARTMENT OF AYURVEDA

11. Details of Events / Celebrations / Cultural activities / any other activities

S.NO.	Date	Name of the Event	Report with Photos	VENUE
1	05.03.2025 & 07.03.2025	INTERNATIONAL WOMENS DAY CELEBRATIONS	On the occasion of International Women's Day 2025, the Internal Complaints Committee (ICC) of Sri Jayendra Saraswati Ayurveda College and Hospital organized an exciting indoor sports event on 5/3/25 and Yoga session for girl students on 7/3/25.Both the events were coordinated by Dr. K. P. Roshini, Chairperson, ICC, and Dr. Indushree Susheelan, Member, ICC and yoga session was cordinated by Dr.Bindu.V The atmosphere was filled with enthusiasm as the girls participated in games like chess, carrom, and table tennis, showcasing their skills and sportsmanship. Girl students participated in yoga session with great interest which provided them relaxation and peace of mind by performing various	SJSACH CAMPUS

			asanas The women's day celebration celebration was a resounding success, providing the participants with not just a fun-filled experience but also an opportunity to unwind, bond, and celebrate the strength and resilience of women.	
2	07.03.2025	BASIC LIFE SUPPORT TRINING	As a part of NCISM Curriculum, a BLS training session was arranged for the First year BAMS students at SJSACH, on 07/03/2024 the training was organized by the Department of Kriya Shareera & Rachana Shareera, SJSACH- (Coordinated by Prof. Dr Roshni K P, Dr Indushree C Suseelan & Dr Lakshmi Jayakrishnan). BLS training mainly focused on training the students how to react on site in case of medical emergencies such as cardiac arrest in adults and children, Choking etc. BLS training session included a theoretical demonstration of basic life support techniques followed by hands-on training for the students. The training session was conducted by Mr Arul Kumar R & Mr Lokesh R from a reputed Institute "Cardiac edu '', Nungambakkam, Chennai. The whole session started at 10	SJSACH CAMPUS

			am and concluded by 5 pm.	
3	09.03.2025	MEDICAL CAMP	On March 9, 2025, an informative and engaging awareness talk on menstrual hygiene and women's health was conducted at Muktha Triveni Apartments Thiruverkadu, Chennai . The event commenced at 10:30 a.m. and was well-received by the residents. The awareness session was led by Dr. Swathi, Associate Professor in the Department of PTSR, SJSACH, Chennai, who provided valuable insights on menstrual hygiene practices, emphasizing the importance of maintaining cleanliness and adopting safe sanitary methods. She addressed common myths, shared practical tips for menstrual care, and highlighted preventive measures for related health concerns. Following Dr. Swathi's session, Dr. Amrutha, Assistant Professor in the Department of PTSR, SJSACH, Chennai, conducted an informative talk on recognizing signs that require consulting a gynecologist. She	MUKTHA TRIBVENI APARTMENTS

			elaborated on symptoms such as irregular menstrual cycles, severe pain, and unusual discharge that should prompt medical attention. Her talk aimed to empower women with the knowledge to identify potential health issues early and seek appropriate care. The awareness talks were followed by an interactive session, where residents actively participated by raising queries regarding menstrual health, lifestyle management, and adolescent care. This engaging dialogue helped address various misconceptions and encouraged open communication on sensitive health issues. The department PG scholars, Dr. Pallavi and Dr. Shivani, along with internee Shrejitha, also participated in the event, contributing to the interactive discussions and medical camp. In addition to the awareness program, a free medical camp was organized for the residents. During this camp, 20 individuals availed themselves of medical consultations and check-ups. The medical team ensured personalized attention to each	

			participant, addressing concerns related to general health, gynecological issues, and preventive care. The event was highly appreciated by the residents, who expressed gratitude for the valuable information shared and the medical services provided. The successful initiative not only raised awareness about crucial health topics but also reinforced the importance of regular medical check-ups for overall well-being.	
4	10.03.2025	SWARNAPRASHANA CAMP	The 26thcamp of Swarnaprashana got startedat SJSACH OPD blockon 10.03.25 at 8:00 AM. The consultants were Dr A A N Udaykumar & Dr Anoop A S from the department of Kaumarabhrutya and was assisted by Dr Siva E, Medical Officer and interns from the department of Kaumarabhritya for screening of the patients and medicine administration. Total 64 doses wereadministeredin the camp. Among the beneficiaries 56 were follow up cases and 08 were new cases. There were patients from different places like Nazrathpet, Poonamalle, Tambaram, Anna Nagar, Mangad,	SJSACH CAMPUS

			Chembarampakkam, Avadi,Pattabiram, Kanchipuram etc.The camp at Kanchi Mutt and SCSVMV was coordinated by Dr Sainathan.19kids were benefited with swaranaprashana medicines from both the centres. Overall, from all the three centres a total of 83 children took Swarnaprashana doses and feedback obtained from the parents about Swarnaprashanam was highly positive from all the three centres. There is a gradual decrease in the rate of infections and improvement in overall health in old cases. All the beneficiaries were instructed to come for the 27th camp on 06.04.25 without fail.	
5	12.03.2025	OBSERVATION VISIT BY MGR UNIVERSITY STUDENTS	An Observational Visit for B.Sc and M.Sc Nursing students from Faculty of Nursing, Dr MGR Educational Research Institute (Deemed To Be University) was conducted in our College campus on 12/03/2025. Sessions on basic principles and treatment modalities in Ayurveda were held by our college faculty members 1. Dr Chittaranjan Das, Principal. 2. Dr T Ashok Kumar, Assistant Professor. 3. Dr Vijayarajaa P,	SJSACH CAMPUS

			Assistant Professor. The Faculty members and Students were enlightened about the fundamentals concepts of Ayurveda and its therapeutic implications towards public health.	
6	14.03.2025	HOLI CELEBRATIONS	On the joyous occasion of Holi, Sri Jayendra Saraswathi Ayurveda College and Hospital (SJSACH) hosted a vibrant celebration. The event commenced with a presidential address delivered by Prof. Dr. Pradeep Kumar Moharana, Vice Principal of SJSACH, who also inaugurated the festivities. Following the inauguration, students enthusiastically engaged in the spirit of Holi by playing with colors, dancing, singing, and capturing memorable moments through photographs. The event radiated unity, joy, and vibrant colors, leaving a beautiful and lasting impression on all participants. The event was led by Prof. Dr. Swaminathan, dean of health sciences, SCSVMV, Prof. Dr. Chittaranjan Das, Principal, SJSACH, Prof. Dr.	SJSACH CAMPUS

			Pradeep Kumar Moharana, Vice Principal, SCSVMV. The celebration was a resounding success, reflecting the true essence of Holi	
7	26.03.2025	BLOOD DONATION CAMP	The "Blood donation camp," an initiative aimed at enhancing awareness about natural health and environmental conservation, was conducted successfully by Sri Jayendra Saraswathi Ayurveda College in collaboration with NSS Unit III of SCSVMV. Objectives of the Campaign: - To wipe off the scarcity of blood and to ensure availability of safe and quality blood and other blood components round the clock and throughout the year. - To support patients undergoing surgeries, transplants and treatments for cancer, and blood disorders. - To promote community involvement and social responsibility through voluntary blood. Reach of the Campaign: NSS Unit III of SCSVMV played a pivotal role in the success of the	SJSACH CAMPUS

			campaign. The volunteers tirelessly organized events, coordinated logistics, and ensured smooth execution of all activities. Their unwavering dedication exemplified the spirit of service and reinforced the impact of community-driven initiatives. The Blood Donation Camp yielded remarkable results, with 42 individuals undergoing screening and 22 (comprising 18 males and 4 females) generously donating blood. This collaboration between Sri Jayendra Saraswathi Ayurveda College, Sankara Multi-Specialty Hospital and NSS Unit III of SCSVMV. The campaign has set a benchmark for future initiatives. The whole event was led by Dean (Faculty of Health Sciences) Dr.Swaminathan, Principal Dr.Chittaranjan Das, Vice Principal Dr.GRR Chakravarthy, and NSS Program officer Dr.Vijayarajaa.P.	

8	02.04.2025	SWACCH BHARATH ABHIYAN	Sri Jayendra Saraswathi Ayurveda College and Hospital, Department of Ayurveda of Sri Chandrashekarendra Saraswathi Viswa Mahavidyalaya took part in the 'Swachh Bharat Abhiyan' Campaign on 2nd April 2025- Wednesday. The Event was organized by NSS unit of the esteemed university and total 80 participants attended and took part in cleaning program. The event was inaugurated by Prof.Dr.S.Swaminathan, Dean, Faculty of health sciences, SCSVMV, He addressed the gathering with his motivating speech. Prof. Dr Chittaranjan Das, Principal SJSACH, Prof.Dr GRR Chakravarthy, Vice principal (Admin), Prof Dr Pradeep Kumar Moharana Vice principal (Academics), Prof., Prof. Dr.Usha Patil, and other Respected faculties presided over the program. Prof Dr Pradeep Kumar Moharana distributed the cleaning materials to the NSS volunteers. That was followed by a comprehensive cleaning of different areas of our institution collecting around 8 sacks (20 kgs) of garbage. All	SJSACH CAMPUS

			the members actively took part in the event. The whole Event was coordinated by NSS program officer Dr Vijayarajaa.P.	
9	05.04.2025	BMD MEDICAL CAMP	A free BMD medical camp was conducted by the PG Department of Kayachikitsa, Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai in association with Millenium Herbal Care on 05/04/2025 from 10 am to 2.30 pm at Kayachikitsa OPD, SJSAC & H, Nazarathpet, Chennai. The inaugural ceremony was started by 9.30 am in the presence of Dr.Suvendu Rout ,(Prof & HOH, PG dept. of Kayachikitsa), Dr. P.K. Moharana(Vice Principal-Academics), and the camp commenced by 10 am. The camp was supervised by Dr. Suvendu Rout, Dr. Pradeep Kumar Moharana along with Dr. Vijayarajaa.P, Dr. Saniya K.K and Post Graduate Scholars of Kayachiktsa department. 195 individuals (Males-83, Females- 112) have attended the camp and provided	SJSACH CAMPUS

			free BMD test and medical services. 40 selected subjects were registered for dissertation clinical evaluation. Many attendees were referred to our hospital for further diagnosis & treatment of serious health conditions. The medical camp successfully provided health care services to the community. The feedback was overwhelmingly positive.	
10	06.04.2025	SWARNAPRASHANA CAMP	The 27th camp of Swarnaprashana got started at SJSACH OPD block on 06.04.25 at 8:00 AM. The consultants were Dr A A N Udaykumar & Dr Anoop A S from the department of Kaumarabhrutya and was assisted by Dr Siva E, Medical Officer and interns from the department of Kaumarabhritya for screening of the patients and medicine administration. Total 103 doses were administered in the camp. Among the beneficiaries 97 were follow up cases and 06 were new cases. There were patients from different places like Nazrathpet, Poonamalle, Tambaram, Anna Nagar, Mangad, Chembarampakkam, Avadi, Pattabiram, Kanchipuram etc.The camp was completed by 5pm. The camp at	SJSACH CAMPUS

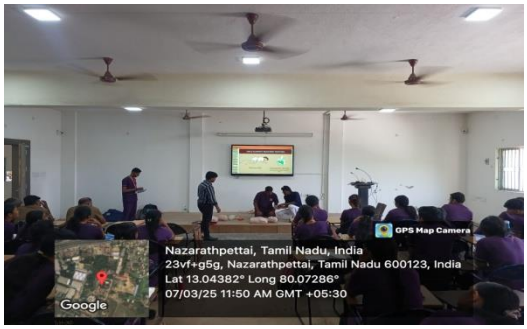
			Kanchi Mutt was coordinated by Dr Hariaumshree S P S Nair. 39 kids were benefited with swaranaprashana medicines at Kanchi Mutt. Overall, from both the centres, a total of 142kids took Swarnaprashana doses and feedback obtained from their parents about Swarnaprashanam was highly positive.There is also a gradual decrease in the rate of infections and improvement in overall health in old cases. All the beneficiaries were instructed to come for the 28th camp on 04.05.25 without fail.	
11	04.05.2025	SWARNAPRASHANA CAMP	The 28th camp of Swarnaprashana got started at SJSACH OPD block on 04.05.25 at 8:00 AM. The consultants were Dr AA N Udaykumar & Dr Anoop A S from the department of Kaumarabhrutya and was assisted byinterns from the department of Kaumarabhritya for screening of the patients and medicine administration. Total 46 doses were administered in the camp. Among the beneficiaries 40 were follow up cases and 06 were new cases. There were patients from different places like Nazrathpet, Poonamalle, Tambaram, Anna	SJSACH CAMPUS

			Nagar, Mangad, Chembarampakkam, Avadi, Pattabiram, Kanchipuram etc.The feedback obtained from their parents about Swarnaprashanam was highly positive.There is also a gradual decrease in the rate of infections and improvement in overall health in old cases. All the beneficiaries were instructed to come for the 29th camp on 27.06.25 without fail.	

PHOTOS:-

1. INTERNATIONAL WOMEN'S DAY – 05 & 07.03.2025

2. BASIC LIFE SUPPORT TRAINING – 07.03.2025



3. MEDICAL CAMP @ MUKTHA TRIVENI APARTMENTS – 09.03.2025

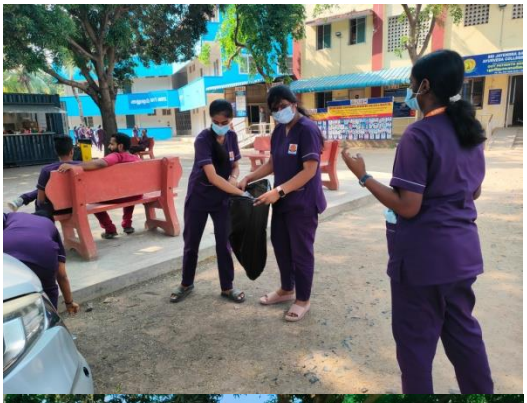
4. SWARNAPRASHANA – 10.03.2025

5. OBSERVATION VISIT BY MGR UNIVERSITY STUDENTS – 12.03.2025

6. HOLI CELEBRATIONS – 14.03.2025

7. BLOOD DONATION CAMP – 26.03.2025

8. SWACCHA BHARATH ABHIYAN – 02.04.2025



9. BMD MEDICAL CAMP – 05.04.2025

10. SWARNAPRASHANA – 06.04.2025

11. SWARNAPRASHANA – 04.05.2025