



## ASHTAMGAM AYURVEDA CHIKITSALAYAM AND VIDYAPEEDHAM

VAVANOOR , KOOTTANAD, PALAKKAD 679533

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### ActivityReport

INSTITUTE	Ashtamgam Ayurveda Chikitsalayam and Vidyapeetham		
DEPARTMENT	Dept of Swasthavritta and Yoga, Kayachikitsa, Prasootitantra and Striropa		
ACTIVITYTYPE	Medical camp(Lifestyle disorders, Vata rogas, Stree rogas)		
DATE	9.01.2025	Duration: 9:00- 2:00 PM	5 HOURS
EXPERT NAME WITH DESIGNATION	Dr.Swathy V, Assistant Professor, Department of Swasthavritta and Yoga Dr. Anusree, Assistant Professor, Department of Kayachikitsa Dr.Dhanya G Nair, Assistant Professor, Department of Prasootitantra and Striropa		
NAME OF ORGANIZATION	Aloor Yuvajana Vayanashala		
EXPERT CONTACT DETAILS	Vayanashala Secretary – V P Jayaprakash		
FACULTY COORDINATOR	Dr.Swathy, Dr.Anusree, Dr. Dhanya G Nair		
FACULTY CONTACT DETAILS	Dr.Swathy-8281135090		
SPONSORING AUTHORITY	Ashtanga Educational Trust	Sponsorship amount:	Rs.3000

### ActivityDetails:

Faculties of Department of Swasthavritta, Dept of Kayachikitsa and Dept. of Prasootitantra and Striropa along with house surgeons of 2019 (12) batch attended the medical camp at Aloor Yuvajana Vayanashala. The camp started at 9.30 am and was inaugurated by Vayanashala president. Basic information about Health, Disease and treatment specialities in Ayurveda, was given by Dr. Anusree and Dr. Dhanya. A brief session on Importance of Yoga along with a simple breathing awareness session was given by Dr. Swathy. A Screening based on each system was taken by the house surgeons and was recorded . Vitals including blood pressure, pulse , weight were also noted .

After screening, detailed treatment was prescribed by the doctors . Appropriate diet and exercise were advised.

### Objectives of the activity :

1. To reach out to the public to identify the prevalent health problems and provide necessary corrections through medicines, diet and lifestyle.

### Details about the activity:

Health awareness class for the public

A brief yoga session



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**Screening of patients**

**General Health check-up**

**Advice on diet**

**Medicine distributed based on disease**

Attended by:

<b>CONSULTANTS (Health awareness &amp; Consultation)</b>	<b>HOUSE SURGEONS (Patient Screening &amp; Assisting consultants)</b>
Dr . Anusree	Ms. Ashalakshmi Biju
Dr. Dhanya G Nair	Ms.Parvathy Anil
Dr. Swathy V	Ms.Sajila Mariam Moosakutty
	Ms.Ayfa Nourin
	Ms.Safna M K
	Ms.Anjana
	Ms. Meera Menon
	Ms.Faheema Kodambi
	Ms.Anagha Raghunath
	Ms.Arsha D
	Ms.Saranya C S
	Ms.Rumaisa Nasrin

### **Outcome of the activity:**

87 elderly patients got benefitted by the camp and necessary medicines were also dispensed. Awareness for public on the importance of healthy diet and yoga practice in daily life were given. There was an interactive class and all were made to do some simple breathing exercise .After the class some of their notion on yoga and Ayurveda has changed.



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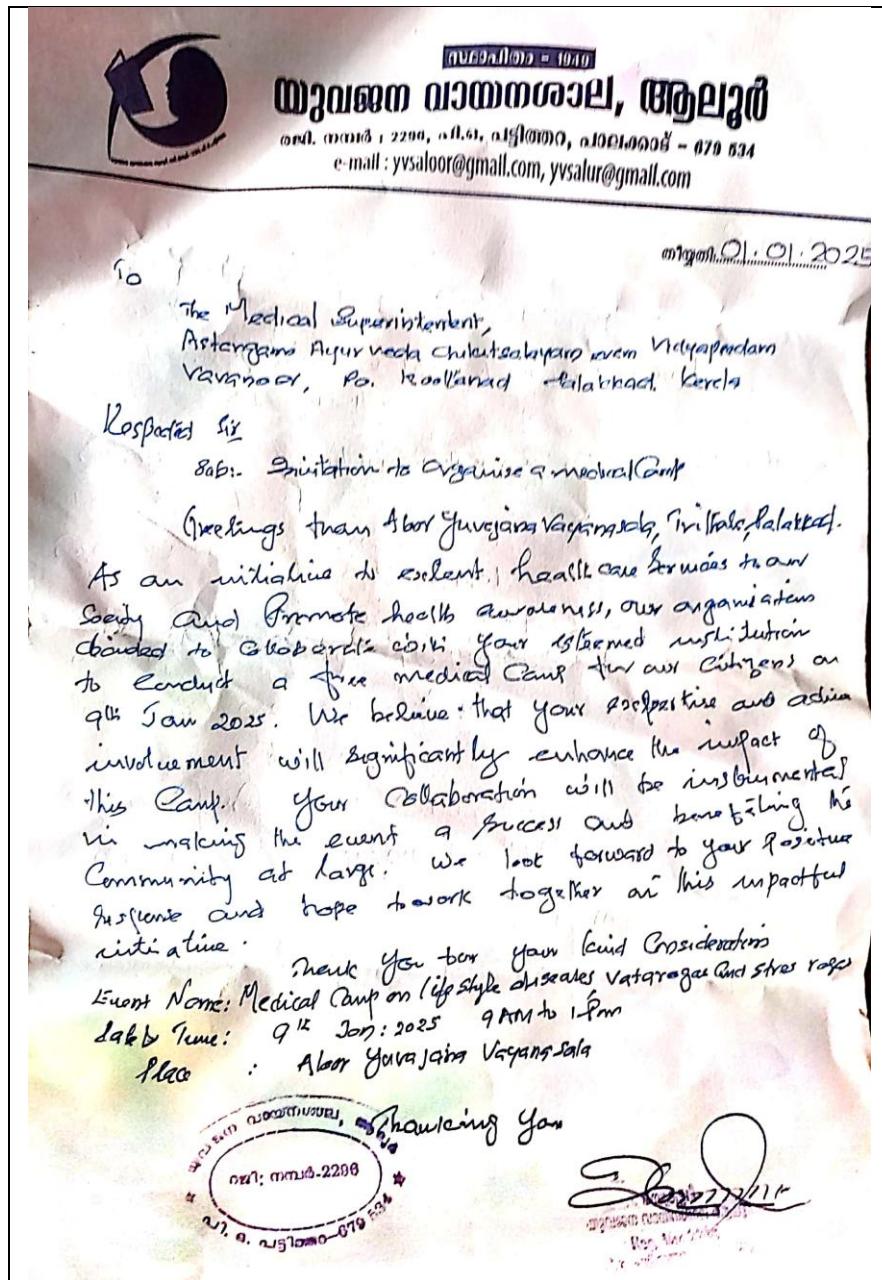
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### ആയുർവേദ മെഡിക്കൽ ക്യാമ്പ്

പട്ടിത്തരം ▶ ആലൂർ യുവജന വായനശാലയും വയ്യോജന വേദിയും വാവനൂർ അഫ്സാംഗ ആയുർവേദ കോളേജും സംയുക്തമായി സഹജന്യ ആയുർവേദ മെഡിക്കൽ ക്യാമ്പ് നടത്തി.

വായനശാലാ സെക്രട്ടറി വി.പി. ജയപ്രകാശ് ഉൾപ്പാടം ചെയ്യും. ഡോ. സ്വാതി, ഡോ. അനൂഗ്രഹി, ഡോ. ധനുജി. നായർ എന്നിവർ കൂസെടുത്തു. വായനശാലാ പ്രസിഡന്റ് എ.പി. കുമാർപ്പു, വയ്യോജനവേദി സെക്രട്ടറി കെ. രാമചന്ദ്രൻ എന്നിവർ സംസാരിച്ചു.

Logistics: Medical supplies (Medicines and diagnostic tools (weighing machine, measuring tape, IR Thermometer,), flyers and pamphlets.

