



Sant Dnyaneshwar Shikshan Sanstha's  
**Hon. Shri. Annasaheb Dange Ayurved Medical College**

A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301

Phone : 02342-241103/241108, Fax – 02342-241110

Website : [www.adamcashta.com](http://www.adamcashta.com) E-mail : [ashta.adamc@gmail.com](mailto:ashta.adamc@gmail.com)

NAME OF DEPARTMENT- SAMHITA SIDDHANT

DATE: 23<sup>rd</sup> August 2021

**EVENT / ACTIVITY REPORT**

**Title of Event / Activity:** SURBHARATI “*charak jayanti & Sanskrit Din samaroh*”

**Venue:** - Auditorium hall & Samhita Department ,Hon. Shri. Annasaheb Dange Ayurved Medical College.

**Objectives of event / activity:**

1. Student able To Read, Write, Pronounce & Understand samhitas Everyday Life.
2. To encourage students for participation in competition.
3. To develop creativity, micro learning & skill of students.

**Event / Activity report:-** SURBHARATI “*charak jayanti & Sanskrit Din samaroh*”

**Description-**

On the occasion of *charak jayanti & Sanskrit din* , the department of *Sanskrit Samhita & Siddhant* yearly conducts various activities under the *Surbharati* program in one week which was conducted, from 13 to 21 August 2021.

Program was scheduled as

Sr no	Date	Program	Place
1	13/08/21	Inogration and samhita puja ,	Dept of samhita
2	13/08/21	International webinar on clinical importance of charak samhita	Auditorium
3	14/08/21	Poster presentation competition	Auditorium
4	17/08/21	Rangoli competition	Dept of samhita
5	18/08/21	Drawing competition	Dept of samhita
6	20/08/21	Shloka recitation competition	Auditorium
7	21/08/21	Guest lecture and price distribution	Auditorium

On first day 13/08/2021 Inauguration and samhita puja done in department of samhita siddhant . International webinar on clinical importance of charak samhita organized by samhita siddhant department of all ayurveda colleges of Maharashtra. Students & faculty were participated in the webinar.

Themes for poster, rangoli & drawing competition were LIFESTYLE DISSORDER, NUTRITIONAL DISSORDER, पंचकर्म, जनपदध्वंस,मानसरोग,प्रमाण, गुण, विरुद्ध आहार,ऋतुचर्या,त्रिसूत्र आयुर्वेद,दिनचर्या,व्याधीक्षमत्व.

On 14/08/2021 Poster presentation competition was held in Auditorium hall.15 students were participated in this competition. on 17/08/2021 Rangoli competition was held in Department of samhita. Six students were participated in this competition .on 18/08/2021 Drawing competition was held in Department of samhita & nine students were participated in this competition .on 20/08/2021 Shloka recitation competition was held in Auditorium hall.20 students were participated in this competition.

On 21/08/2021 occasion of “Sanskrit din” Guest lecture and price distribution ceremony was held in Auditorium hall. Dr Rama Garge was chief guest & speaker of this day.she was guided about importance of Sanskrit literature.our principal dr ashok wali also expressed their thought about Sanskrit and ayurveda. In this program message regarding Sanskrit language from Hon.Prime Minister shri. Narendra Modi was read by Mr.Sougandh Thorat, By the vote of thanks & ekatmata mantra this program was ended.

Outcome of the event- 1)All stake holders inspired by the event.

2) Students gained knowledge about topics given to them.

3) Students recited & pronounced shlokas properly.



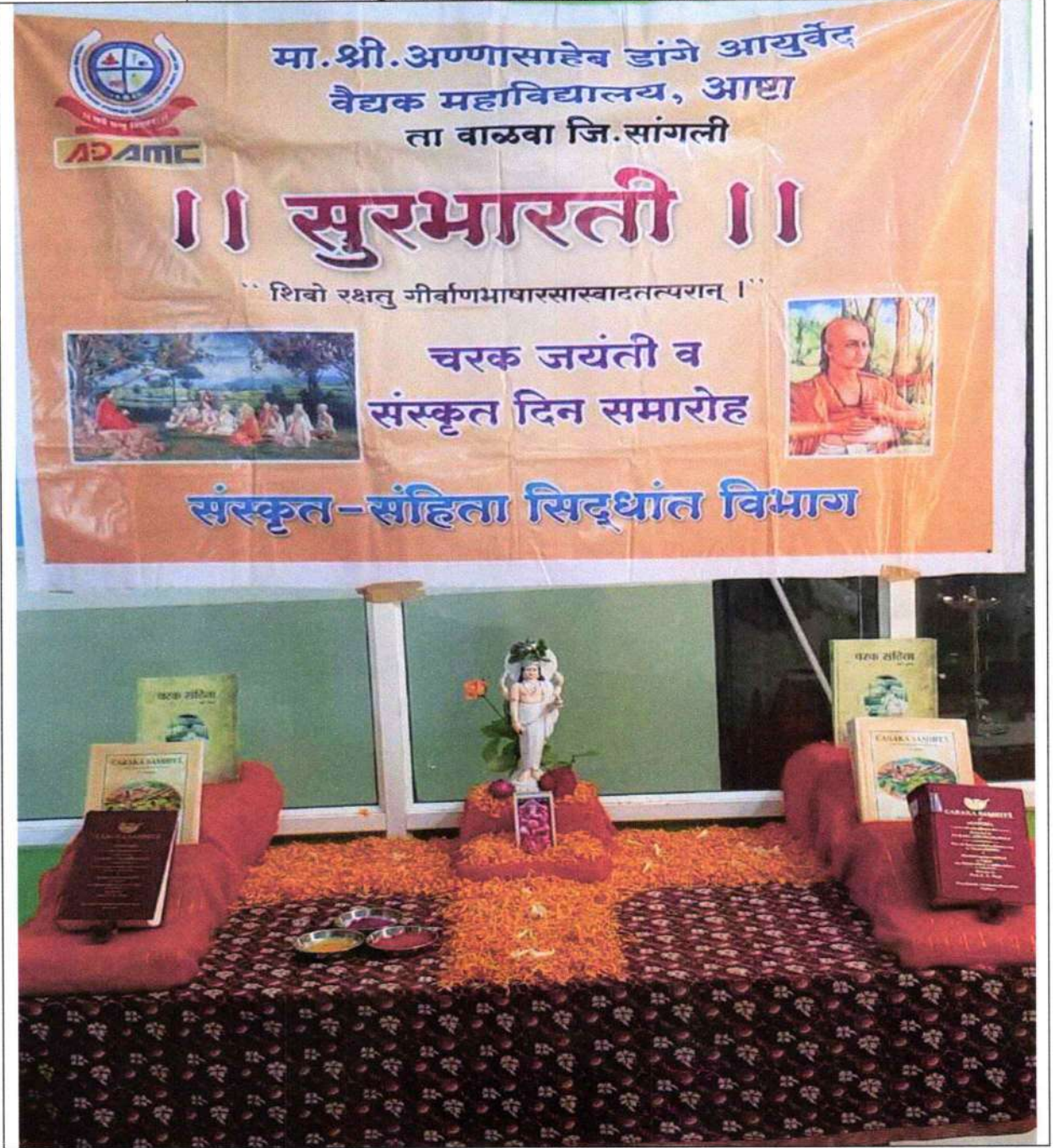
  
**PRINCIPAL**  
Shri. Annasaheb Dange Ayurved Medical  
College, Ashima, Tal. Walwa, Dist. Sangli





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**Inauguration And Samhita Pujan**







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**SANSKRIT DIN, GUEST LECTURE AND PRICE DISTRIBUTION**

















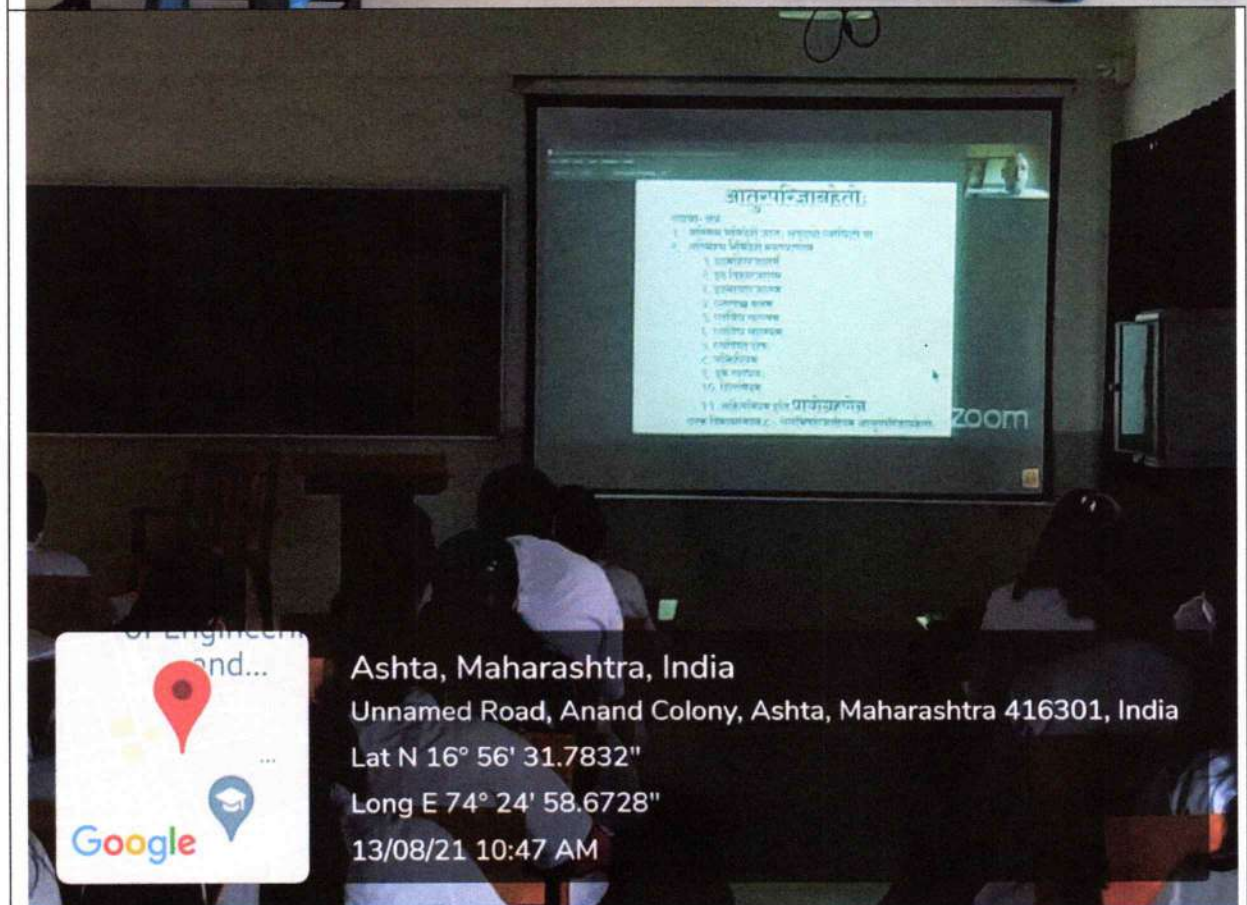
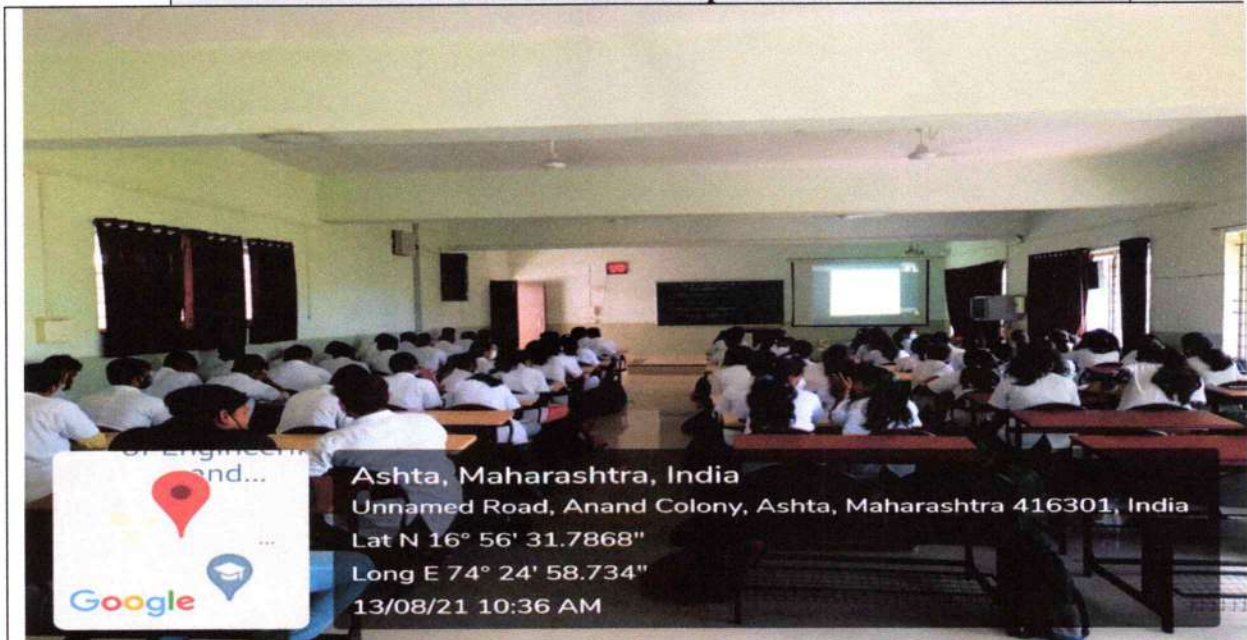






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**International webinar on clinical importance of charak samhita**







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**Poster presentation competition**



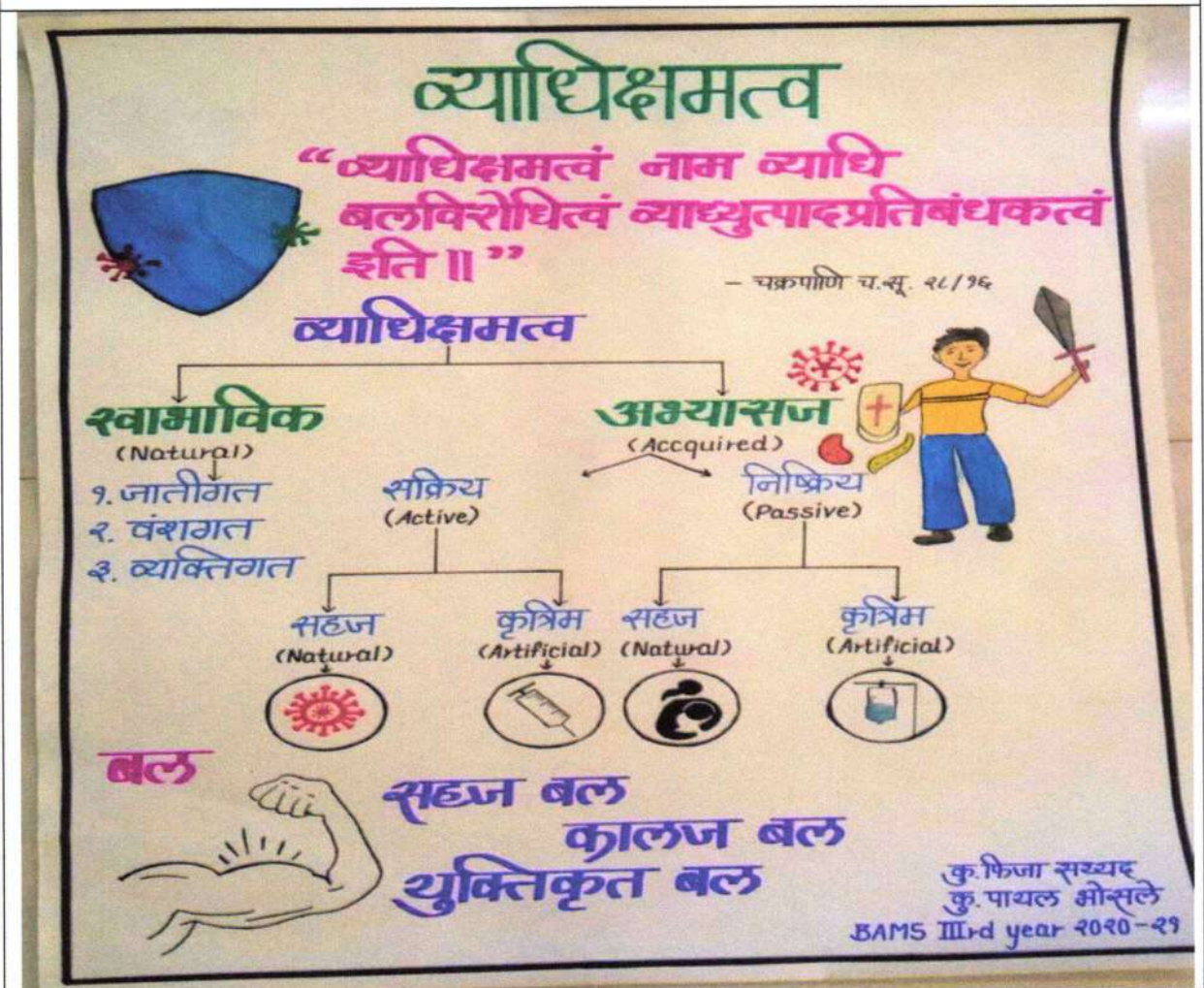














# ATISTHAULYA

AIM - To Study the Ayurvedic Management of Atisthaulya

## ATISTHAULYA...?

- Atisampran
- Gata Maanhar Sevan
- Harsanantyaata
- Anyatay - Anyam
- In Panchanga
- Aachala - Bijawabhad

## SAMPRAPTI

Nidan, Sevan  
↓  
meda, vridhi  
↓  
Stambh  
↓  
Jagranthy in  
Keshha  
↓  
Apaspan  
↓  
Kshatnalmanan  
↓  
Sthauya

## DOSHA

- Ayushya Thak
- Jivaprasa
- Ksharanyangta
- Darsanga
- Darsangya
- Suddha
- Kshudhnamatray
- Papasanyag

## CHIKITSA

शुक्राचार्य - येदनाय चिकित्सा  
कर्मि

## MODERN ASPECTS

- Obesity - BMI > 30.0
- Psychological Factors
- Diabetes
- Metabolism
- Genetic Factors
- Hormones

## TREATMENT

- Lifestyle Modification
- Diet
- Surgery

## CHIKITSA

1. Atistha
  - Kaphanashak, Medohar
  - Yava, Kakra, Sathesul
  - Madhu, Shasht
2. Vidha
  - Vyayam
  - Prafagar
  - Vyanga
3. Atistha
  - Rubha ucha tikthra Ba
  - Rubha Umanan
  - Takaracha

REFERENCE - Dr. Subhash Chandra





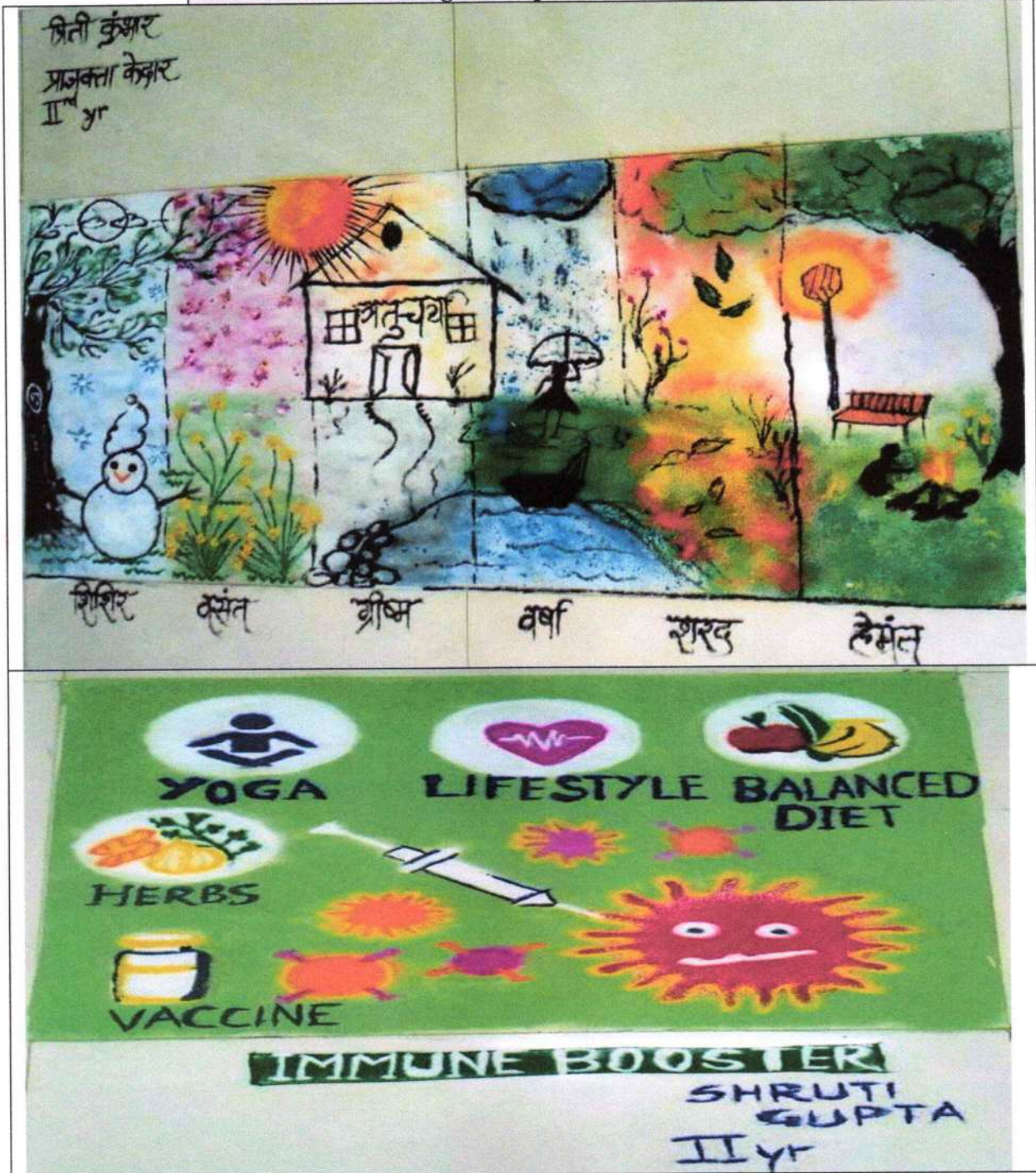






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**Rangoli competition**







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### Drawing competition



Shot on OnePlus







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### SHLOKA RECITATION COMPETITION















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