



Sant Dnyaneshwar Shikshan Sanstha's

Hon. Shri. Annasaheb Dange Ayurved Medical College,  
Post Graduate & Research Center, 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)

### **Azadi Ka Amrit Mohtsav Launching Week Report from 30 August to 5 Sept.**

To commemorate 75<sup>th</sup> anniversary of Indias Independence, the Govt. (AYUSH Ministry) has launched a full year Action plan, "Azadi Ka Amrit Mahotsav" (Aug21 to Aug22). To achieve the objective of national Health policy to provide "Health for All" with a tagline "Hamaara AYUSH Hamaara Swasthya". different health programmes are organized during the whole year which are introduced during the inauguration week named "AYUSH week" i.e. from 30<sup>th</sup> Aug to 5<sup>th</sup> Sept2021.

All the colleges under NCISM have to conduct many lectures & distribution of information, Education & communication (IEC) materials among the students of higher secondary schools & colleges on – 1) Disease preventive & health promotive measures 2) Creating awareness about medicinal plants 3) Promoting local traditional food & lifestyle. The activities are intended to sensitize students towards Ayush Health Care Systems, so that these students understand & adopt healthy lifestyle from younger age itself. This effort will help to build healthy India. Report (brief review) of 1<sup>st</sup> day of "AYUSH Week" (30/08/2021): The first day inauguration programme began with Dhanvantari Stavan. Welcome speech given by Prof. Mahesh Vyas, Dean PHD, Opening remarks by Prof. Tanuja Nesari, Dir. AIIA. Informative film on management of Covid pandemic is shown. AKAM activities are introduced by Hon. Shri. Senthil Pandiyan, Secretary Inaugral address given by Dr. Munjpara Mahendrastai, MOS. Various dignitaries attended the webinar shared their experience about the covid management. Especially they informed about usefulness of AYUSH medicinal system & their application in Covid management is quite beneficial to patient for speedy recovery. Information

about certain plants e.g. Guduchi, Ashwagandha, Haridra, etc, their plantation antiviral & health promotive properties is also given. Whole the Day programmes were informative. It has given enough confidence about the covid management with Ayush medicinal system & their effectiveness in current pandemic.

Day2 (31/08/2021)

Farmers are identified & promoted to cultivate medicinal plants commercially; many Ayurvedic plants are distributed to farmers on this day. Importance of these plants is told to farmers & non medico persons. Also eminent doctors from Ayurveda shared their experiences & knowledge to those persons on this day.

Day3 (01/09/2021)

Launch of Y.Break app by Shri.Sarbananda Sanowalji, MoA. Alongwith four union ministers. To increase the work efficiency, Y Break app is extremely useful. Y.Break app of 5minutes is done at workplace to refresh your mind.

Day 4 (02/09/2021)

Distribution campaign of prophylactic medicines of Ayush.(with special focus on 60+age group)

In previous Covid pandemics, it is found that there is no option to boost ones immunity. Also it is proved that Ayurvedic medicines Yoga and change in lifestyle played imp. Role in Covid management. As rightly said "prevention is better than cure". Ayush undertaken distribution campaign of prophylactic medicines to boost immunity eg.Samshamani Vati. Immunity is not a spontaneous effect but it can be gained by following proper diet, lifestyle as mentioned in Ayurveda.

Day5 (03/09/2021)

To discuss various activities to be organized during 75<sup>th</sup> year of Indian independence. Online meeting was scheduled at 4pm.

Day6 (04/09/2021)

On this day meeting was held which started at 11am & ended at 1pm. Dr. B.R. Prasad, Dr. Archana, Dr. Devpujariji were present in meeting. They given information about Ayush, its functions & scope, usefulness to society to build healthy nation.

To conduct different programmes whole the year are standard presentation will be provided, e-certificate will be given to students. Different activities will be conducted like slogan competition plantation etc. NMPB & Ayush will help for plantation. Approching to 75000 schools is the target. State coordinators are appointed for each state. At the end of meeting question answer session was held.

At college level as per the guidance provided by Dr. Datta Patil, Nodal officer for Maharashtra state, we constructed AKAM team with 3 coordinators and two members as

1. General coordinator-Dr. Nitin Tatpuje
2. Coordinator for hospital-Dr. Dattatray Nikam
3. Coordinator for academic-Dr. Sarika Kandharkar
4. Co-coordinator-Dr. Rajahamad Jamadar
5. Member- Dr. Reshma Dhere

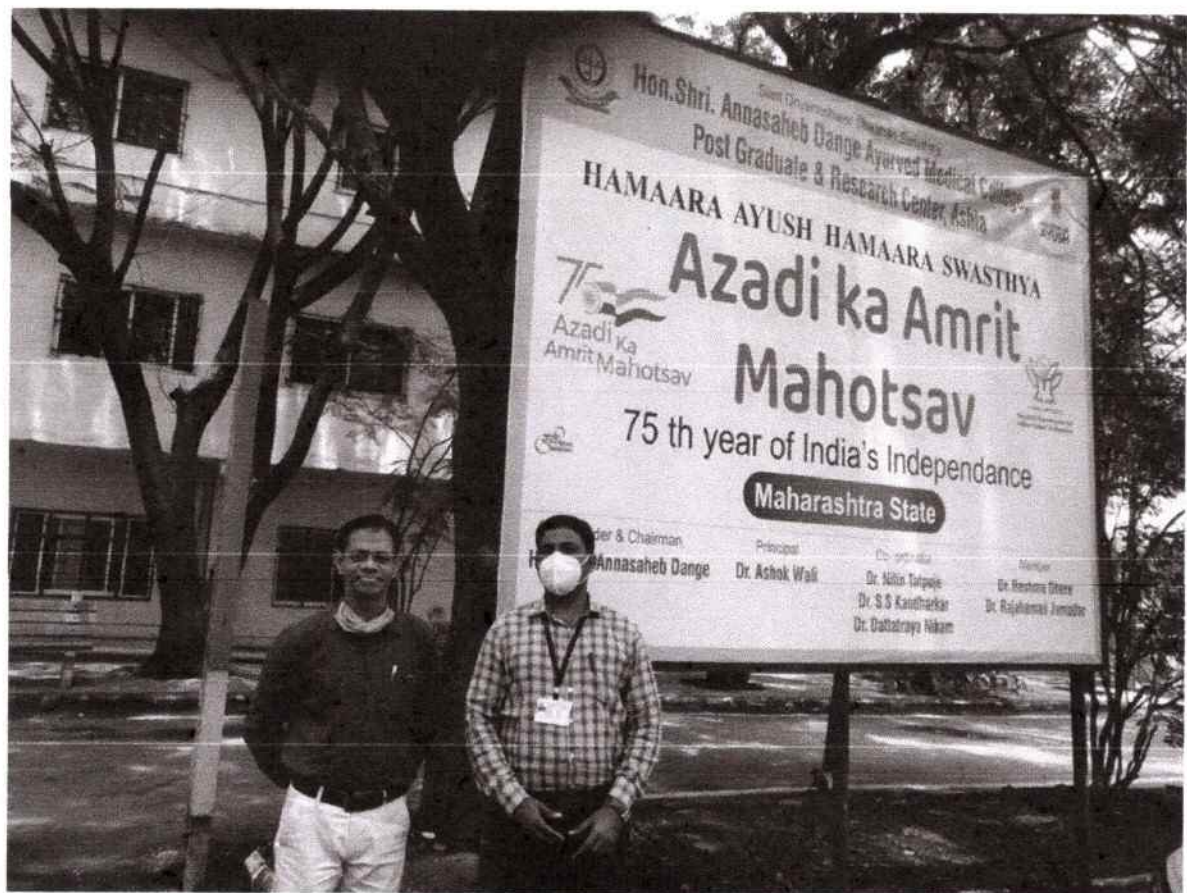
For various activities 10 Schools are selected and list is sent to Nodal officer. During this week teaching staff and students were joined online to this launching program. Round the year various activities will be implemented in this



schools. Banners are prepared by college and one of them is displayed in college premises. Lectures about introduction of AKAM program are given to our students.




Pic 1.-Lecture for sensitization of students regarding Azadi ka Amritmahotsav




Pic.2 -.Display of AKAM Banner in A.D.A.M.C.Ashta,Dist.Sangli.College.



Pic 3. Banners for A.K.A.M. Activities.

  
**Chief Coordinator**  
 (Dr. N.B. Tabpaje)

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