



Sant Dnyaneshwar Shikshan Sanstha's  
Hon. Shri. Annasaheb Dange Ayurved Medical College  
& Post Graduate Research Center

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

Website : www.adamcashta.com

NAAC Accrediatated

ISO Certified 9001-2015,14000-2015



**NAME OF DEPARTMENT:- NSS team, Azadika Amrut mahotsava and Swasthavritta & Yoga**

**YEAR:-2022**

## EVENT / ACTIVITY REPORT

Title of Event / Activity:- Distribution of Swsthyapatrika for Health Awareness of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day, 2022

Date:- 03/10/2022

Time:- 10.30am to 12.30 pm

Duration:- Two hours

Venue:-Anand Colony, opp. Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta and Mirajwadi.

### Description:-


At the beginning, all NSS volunteers gathered together in front of college office. We handed over Swasthyapatrika to them for distribution to create health awareness among Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day 2022 .

Swsthyapatrika includes guidance about daily routine, healthy diet and Yoga protocols for Geriatric age group.

NSS volunteers gave information about how to live healthy life and prevent complications in Geriatric age group .

List of the Teachers/ Students/ Instructors are attached with the report.

  
Program Office,  
NSS Cell  
A.D.A.M.C., Ashta

  
HOD  
Swasthavritta Dept.  
Hon. Shri. Annasaheb Dange  
Ayurved Medical College Ashta

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



Sant Dnyaneshwar Shikshan Sanstha's  
**Hon. Shri. Annasaheb Dange Ayurved Medical College  
 & Post Graduate Research Center**

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

Website : [www.adamcashta.com](http://www.adamcashta.com)

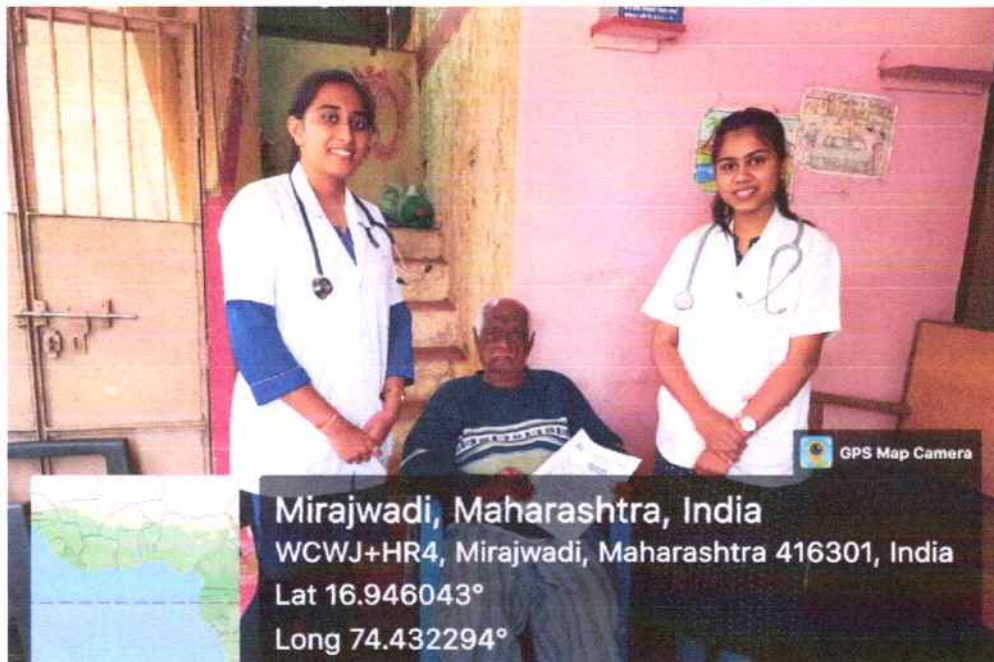
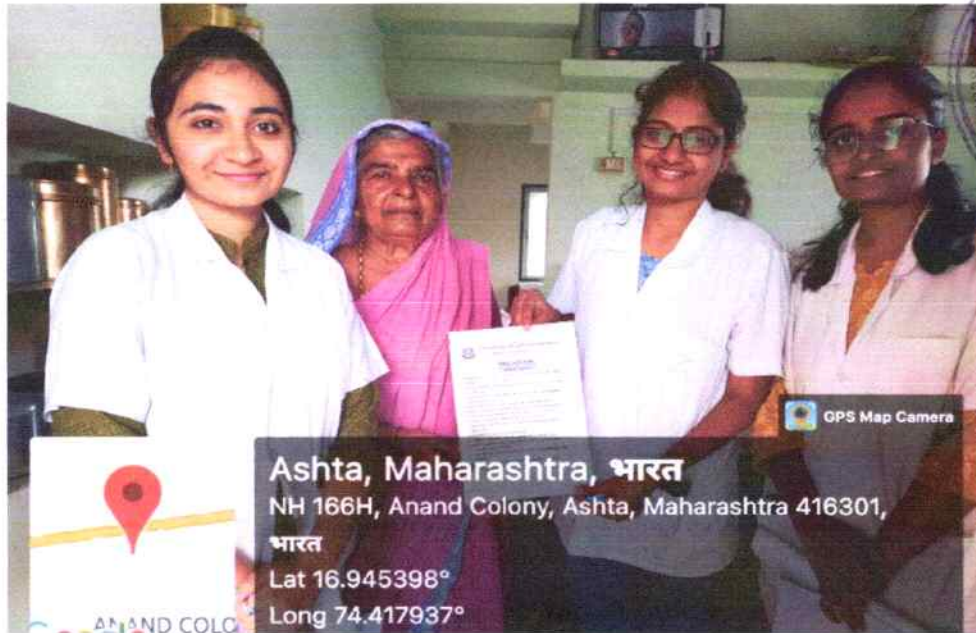
NAAC Accrediatated

ISO Certified 9001-2015,14000-2015



**Celebration of 7<sup>th</sup> National Ayurveda Day : Ayurveda for Senior citizens**

Date- 03/10/2022





Sant Dnyaneshwar Shikshan Sanstha's  
Hon. Shri. Annasaheb Dange Ayurved Medical College  
& Post Graduate Research Center  
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301  
Website : www.adamcashta.com

NAAC Accrediatated

ISO Certified 9001-2015,14000-2015



**NAME OF DEPARTMENT:-** NSS team, Azadika Amrut mahotsava and Swasthavritta & Yoga  
**YEAR:-**2022

## EVENT / ACTIVITY REPORT

Title of Event / Activity:- Rally for Health awareness of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day, 2022

Date:- 07/10/2022

Time:- 10.30am to 11.30 am

Duration:- One hour

Venue:-Anand Colony, opp. Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta.


### Description:-

At the beginning, all BAMS Students and PG students gathered together in front of college office and started rally for Rally for Health awareness of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day 2022. Rally was conducted from college to Anand Colony, Ashta city.

NSS volunteers gave information about how to get proper nutrition from routine dietary sources for senior citizens.

List of the Teachers/ Students/ Instructors are attached with the report.

  
NSS Officer  
S.D.A.M.C., Ashta

  
HOD  
Swasthavritta Dept.  
Hon.shri. Annasaheb Dange  
Ayurved Medical College Ashta

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



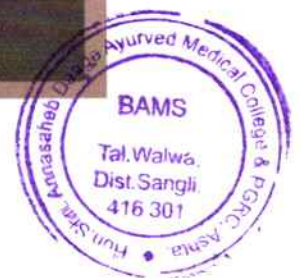
Sant Dnyaneshwar Shikshan Sanstha's  
**Hon. Shri. Annasaheb Dange Ayurved Medical College  
 & Post Graduate Research Center**  
 A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301  
 Website : [www.adamcashta.com](http://www.adamcashta.com)



NAAC Accrediatated      ISO Certified 9001-2015,14000-2015

Rally for Health awareness of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day, 2022

Dated 07/10/ 2022





Sant Dnyaneshwar Shikshan Sanstha's  
Hon. Shri. Annasaheb Dange Ayurved Medical College  
& Post Graduate Research Center

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

Website : www.adamcashta.com

NAAC Accrediatated

ISO Certified 9001-2015,14000-2015



**NAME OF DEPARTMENT:-** NSS team, Azadika Amrut mahotsava and Swasthavritta & Yoga **YEAR:-2022**

## EVENT / ACTIVITY REPORT

Title of Event / Activity:- Survey of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day, 2022

Date:- 08/10/2022

Time:- 10.30am to 12.30 pm

Duration:- Two hours

Venue:-Anand Colony, opp. Hon. Shri. Annasaheb Dange Ayurved Medical College, Ashta .

### Description:-

At the beginning, all NSS volunteers gathered together in front of college office. We handed over Sarvekshan patrika to them for collecting data of health of Senior citizens on occasion of 7<sup>th</sup> National Ayurveda day 2022 .

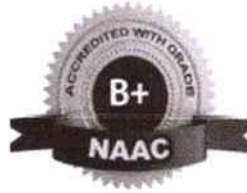
Sarvekshan patrika includes questions about present illnesses ,Complaints and health advice for Geriatric age group. NSS volunteers gave information about how to live healthy life and prevent complications in Geriatric age group .

List of the Teachers/ Students/ Instructors are attached with the report.

Program Officer  
NSS Cell  
A.D.A.M.C., Ashta

HOD  
Swasthavritta Dept.  
Hon.shri. Annasaheb Dange  
Ayurved Medical College Ashta

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



## स्वस्थवृत्त व योग विभाग

### ज्येष्ठ नागरिक आरोग्य विषयक सर्वेक्षण प्रत्रिका

नाव : श्री प्रमोद रघुनाथ देसाई दिनांक : १०/१०/२२  
पत्ता : \_\_\_\_\_  
दूरध्वनी क्रमांक : ९९०९०७७७८ आधार क्रमांक : \_\_\_\_\_  
वय : ५० लिंग : पुरुष  
रक्तदाब : १४०/८० वजन : ७० कि.

सद्यकालीन व्याधी : अपचन / पित्तविकार

आरोग्य विषयक समस्या :

- 1) शोष कम होणे
- 2) पित्तप्रकोप
- 3) दुष्टि दोष
- 4)

ज्येष्ठ नागरिक सही/अंगठा

### आरोग्य विषयक उपदेश/सल्ला

1) पथ्यापथ्य निर्देश :

पथ्य	अपथ्य
① शालिषटीक तांदूळ यव सुग	① आंबवलेले, तिखट, पदार्थ खाणे टाळावे
② डाळींब, आंबळा, पपई इ फळे	② मीठ, मसालेदार पदार्थ, चहा, कॉफी वज
③ शोपताना दुग्ध + पेंसयाजवमोती	③ दिवास्वाप वज्य

2) पंचकर्म : + मँधव

स्रवः क्रास्टीतैल शिरोभागी लावावे, नेत्रार्पण.

3) योगोपदेश :

नस्य - प्रातःमर्श गोघृत ३०  
प्रातःकाली ध्यान करावे. शक्ति - सीकरी प्रणायाम,  
योगनिद्रा + श्वासन.

विद्यार्थी सही



विभागा प्रमुख सही  
HOD

Swasthvrta Dept.  
Hon. Shri. Annasaheb Dange  
Ayurved Medical College Ashta



## स्वस्थवृत्त व योग विभाग

### ज्येष्ठ नागरिक आरोग्य विषयक सर्वेक्षण प्रत्रिका

नाव : श्री पांडुरंग जगन्नाथ हजारे दिनांक : 10/10/2022  
पत्ता : सु. पो. नागवाळे ता. पल्लूर  
दूरध्वनी क्रमांक : ९८६०४६२०० आधार क्रमांक : ५७२९९५८१५२७८  
वय : ६४ लिंग : पुरुष  
रक्तदाब : ९०/९० वजन : ७३

सद्यकालीन व्याधी : मणक्याचे व्याधी.

आरोग्य विषयक समस्या :

- कुंवरदुखी
- सकाळी झोपेतुन उठताना अतिशय त्रास होतो
- सलाबद्धस
- दौर्बल्य

ज्येष्ठ नागरिक सही/अंगठा

### आरोग्य विषयक उपदेश/सल्ला

1) पथ्यापथ्य निर्देश :

पथ्य	अपथ्य
① हळीव, खारीक, डिंक	① उपवास
② साकरी, चपाती, मेथी बीयण	② कुड्यान्यवर्ज्य
③ + पारण्डतैल	③ एका जागी विसुन काम करणे वाळा
④ खारीक	

2) पंचकर्म :

कटिव सन्या प्रदेशी तिलतैल अस्यंग

3) योगोपदेश :

गरम पिशवीने शेकणे. (स्वेदन नाडी)

नौकासन, शलभासन, सुजंगासन, धनुषासन  
ताडासन

विद्यार्थी सही



विभाग प्रमुख सही

HOD

Swasthvirita Dept.  
Hon. Shri. Annasaheb Dange  
Ayurved Medical College Ashta