



# SHIVALIK INSTITUTE OF AYURVED & RESEARCH

Jhajra, Chakrata Road, Dehradun, Uttarakhand – 248007

(Recognized by NCISM, Ministry of AYUSH, Govt. of India, New Delhi)

Approved by Govt. of Uttarakhand and Affiliated to Uttarakhand Ayurved University, Dehradun

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## Activity Report on the 10th Ayurveda Day Celebration

**Date:** 23rd September 2024

**Organizing Department:** Swasthavritta and Yoga, SIAR, Dehradun

**Event Coordinators:**

- **Dr. Shalini Thapaliyal** (HOD)
- **Dr. Anjali Pant** (Associate Professor)
- **Mr. Sandeep Singh Rawat** (Yoga Teacher)

### **Introduction:**

The 10th Ayurveda Day was celebrated with great enthusiasm at SIAR, Dehradun on 23rd September 2024, under the esteemed guidance of Principal Dr. Simran and the Department of Swasthavritta and Yoga. The theme for this year's celebration was centered around promoting **holistic health** through the principles of **Ayurveda**, **Yoga**, and **sustainable living**. This day not only highlighted the ancient wisdom of Ayurveda but also created a bridge for the community to connect with natural and traditional wellness practices.

### **Key Activities:**

#### **1. Yoga and Meditation Session for Students:**

To mark the significance of Ayurveda and Yoga in promoting physical, mental, and emotional well-being, a comprehensive **Yoga and Meditation session** was organized for the students at the college. The session was led by **Mr. Sandeep Singh Rawat**, a seasoned Yoga Teacher, and focused on fostering harmony between the body, mind, and soul. Students participated actively, experiencing various asanas and pranayama techniques that aligned with Ayurvedic principles of balance and tranquillity.

#### **2. Prakruthi Parikshan Camp at Shivalik Hospital:**

A **Prakruthi Parikshan Camp** was conducted at **Shivalik Hospital**, providing the community an opportunity to assess their **Prakruthi** (individual constitution) under the expert supervision of **Dr. Shivi Saxena**, Associate Professor, Department of Kriya Sharira, and programme managed by **Dr. Nisha Bisht, DMS**, Shivalik Hospital. A total of **50 Prakruthi Parikshan** were conducted, where individuals were diagnosed and educated on their dosha imbalances. Following the assessments, students and interns guided participants on personalized dietary recommendations, lifestyle adjustments, and Ayurvedic practices to promote balanced health.

#### **3. Ayurvedic Food Preparation and Healthy Diet Demonstration:**

Students showcased their culinary skills through an array of **Ayurvedic food preparations**. Emphasizing the significance of balanced diets as prescribed by Ayurveda, the students prepared dishes incorporating **dosha-specific ingredients** that promote digestive health, immunity, and vitality. This segment demonstrated how easy it is to integrate Ayurvedic principles into daily eating habits.

#### 4. Ayurveda-Themed Poster Presentation:

To visually represent the diverse aspects of Ayurveda, students created insightful posters on various Ayurvedic themes, such as **Herbal Medicines**, **Prakruthi and Doshas**, **Panchakarma**, and **Ayurvedic Nutrition**. These posters not only raised awareness but also sparked deep discussions among students and faculty about the relevance and application of Ayurveda in modern life.

#### 5. Outreach Program at Government Primary School, Rajawala:

As part of our **community outreach initiative**, an engaging program was conducted at the **Government Primary School in Rajawala**, aimed at fostering awareness about Ayurveda and health among young children and their families. The program consisted of:

- **Awareness Program:** Interactive sessions were held to introduce children to the basic concepts of Ayurveda, including the importance of balanced diets, daily routines, and self-care practices.
- **Skit by Students:** The students performed an insightful **skit** that showcased the benefits of adopting Ayurvedic practices in daily life, making the concepts relatable and fun for children.
- **Free Health Camp:** A **free health camp** was set up for the students of the school, where basic health check-ups, health assessments, and educational sessions on healthy habits were conducted. This initiative emphasized the importance of preventive healthcare from an early age.
- **Fruit Distribution:** In line with Ayurveda's teachings on the importance of fresh, wholesome foods, a **fruit distribution** initiative was carried out, benefiting over 100 school children. This not only promoted good nutrition but also underscored the importance of eating seasonal and local produce as per Ayurvedic principles.

**6. Rangoli:** The students of Shivalik Institute of Ayurveda & Research have created an exquisite rangoli, beautifully capturing the theme of the 10th Ayurveda Day.

#### 7. Beneficiary Impact:

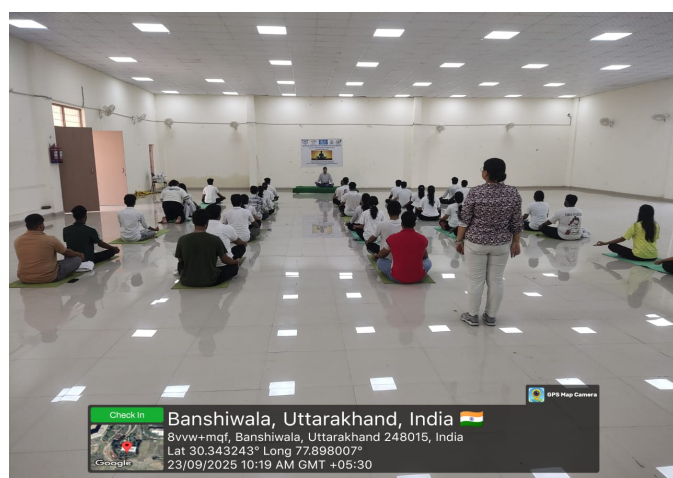
A total of **100+ students** from the Govt. Primary School, Rajawala (an adopted village), benefited directly from the outreach program. The event was well-received by the local community, and the children expressed excitement and curiosity about Ayurveda. Through these initiatives, we have successfully contributed to building awareness and instilling healthy habits among young minds.

#### Conclusion:

The 10th Ayurveda Day celebration at SIAR, Dehradun was a monumental success, bringing together students, faculty, and the local community to celebrate the timeless wisdom of Ayurveda. The activities conducted were not only educational but also practical, aiming to foster a deeper understanding of Ayurveda's relevance in modern-day life.

The collaborative efforts of the Department of Swasthavritta and Yoga, along with the enthusiastic participation of students and faculty, made this event a memorable experience. As we look forward to future celebrations, the department remains committed to spreading the knowledge and benefits of Ayurveda through continued outreach, education, and community engagement.

**Department of Swasthavritta and Yoga,  
Shivalik Institute of Ayurved & Research, Dehradun AYU0457**



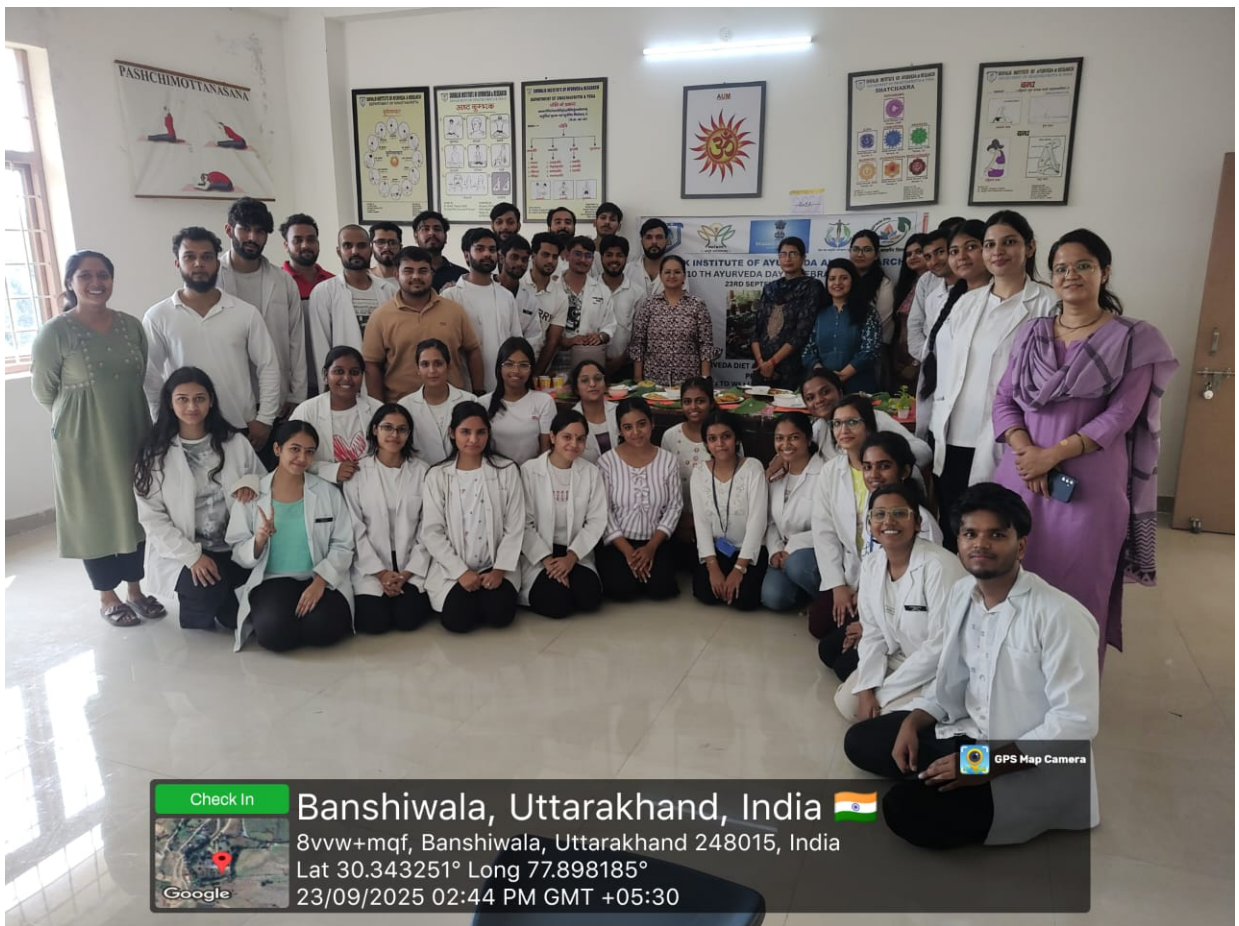




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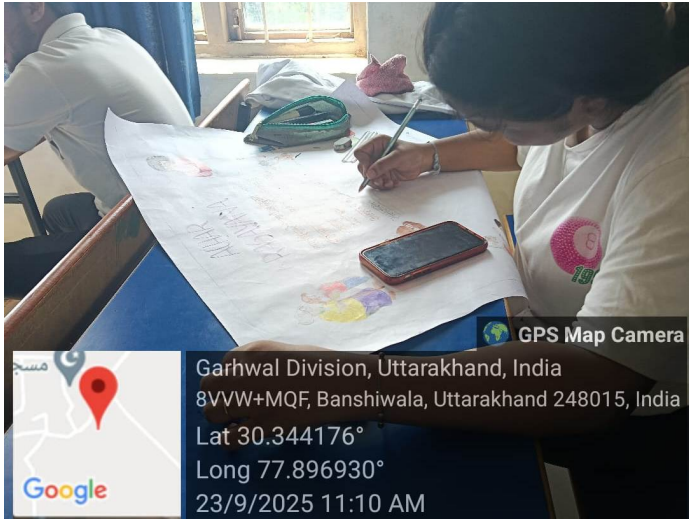


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