

CME/National Conference and other Academic Activity

1. National Conference

- On Dated 21/08/24 Seminar was organized on topic "SAVE WOMEN FROM SILENT KILLER" in which Mamta Chandel and Meena Sankhyan from "TIENS HEALTH INTERNATIONAL" transformed information about women health, hygiene and awareness campaign regarding menstrual cycle.
Dr. Rupali, Dr. Bhawna, Dr. Prerna, Dr. Tanuja, Dr. Bheesham Lata along girls students of first to final of Ayurveda department attend the seminar.



3. Lecture on Pharmacovigilance in Ayurveda at Abhilashi Ayurvedic College

On December 16, 2024, Abhilashi Ayurvedic College and Research Institute, Chailchowk, Mandi (H.P.) hosted an insightful lecture on Pharmacovigilance in Ayurveda and its role in monitoring Adverse Drug Reactions (ADRs). The session was led by Dr. Vineeta Negi, a distinguished scientist from the Central Council for Research in Ayurvedic Sciences (CCRAS), Pandoh, and attended by faculty, students, and the honorable Vice Chancellor of Abhilashi University, Prof. H.K. Chaudhary.

Dr. Negi highlighted the crucial role of pharmacovigilance in ensuring the safety and efficacy of Ayurvedic medicines. She discussed the identification, reporting, and risk management of ADRs, emphasizing, "Accurate identification and reporting of ADRs are essential to build trust and maintain the global credibility of Ayurveda." She also introduced the Pharmacovigilance Program for Ayurveda, Siddha, and Unani Drugs (PPASU), a Ministry of AYUSH initiative aimed at creating a structured system for ADR monitoring.

In his address, Prof. Chaudhary stressed the importance of integrating pharmacovigilance into academic curricula, noting, "This knowledge equips students to tackle challenges in clinical practice while ensuring patient safety." He also urged the academic community to contribute to the national ADR monitoring network.

The session concluded with an interactive Q&A, where Dr. Negi engaged participants on common ADRs in Ayurvedic practice and strategies to improve patient safety.

A vote of thanks was delivered by Dr. D.K. Mishra, Dean of the Faculty of Ayurveda & Health Sciences, expressing gratitude to Dr. Negi for her insightful lecture & to the leadership and management of Abhilashi University, especially Dr. R.K. Abhilashi (Hon'ble Chancellor), Dr. L.K. Abhilashi (Hon'ble Pro-Chancellor), Dr. (Mrs.) Narbada Abhilashi (Chairperson, Genius Educational Society), Dr. (Mrs.) Promila Abhilashi (Vice-Chairperson, Abhilashi Educational Society), Dr. Kapil Kapoor (Registrar) and Sh. Narender Kumar (Secretary) for their invaluable support.



2. C.M.E

1. On Dated 15.07.2024 to 20.07.2024 6 days CME program under the theme of “Kaumar-Sambhava-2024” for kaumarbhrity teachers conducted by National Institute of Ayurveda is attended by Dr Ankush kumar
2. 6 Days CME attended by Dr. Ankush Kumar At National Institute of Ayurveda, Jaipur, Rajsthan from 15-07-2024 to 20-07-2024 Under the theme “Kaumar-Sambhava 2024”.
3. CME shalya tantra attended by Dr. Ranjeet organized by PG Department of Shalya Tantra at Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital Paprola, Kangra Himachal Pradesh from 19-02-2024-24-02-2024.

Medical Health Camp

S.No.	Nature of the camp	Date	Place	General/Specific Disease	Number of Patients
1	Medical Health Camp	25.01.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	30
2	Medical Health Camp	21.02.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	26
3	Medical Health Camp	22.03.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	35
4	Medical Health Camp	22.04.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	40
5	Medical Health Camp	27.05.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	48
6	Medical Health Camp	26.06.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	45
7	Medical Health Camp	07.07.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	25
8	Medical Health Camp	03.08.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	30
9	Medical Health Camp	04.09.24	Bauddh Darshan Sanskrit Vidyalaya Mandogalu	General Disease	97

10	Medical Health Camp	24.10.24	Bauddh Darshan Sanskrit Vidyalaya Mandogalu	General Disease	90
11	Medical Health Camp	27.11.24	Abhilashi Ayurvedic Hospital Chail Chowk	General Disease	57
12	Medical Health Camp	18.12.24	Vill Naun, Tehsil Chachyot, Distt Mandi H.P	General Disease	32

Faculty Development Programme: The IQAC Ayurveda under the chairmanship of Prof. Dharmendra Kumar Mishra have organized two days faculty development programme for teachers on 24.05.2024 to 25.05.2024 at conference hall. On 24.05.24 Presenter Dr. Rahul discussed the Innovative teaching techniques with the faculty and on dated 25.05.24 Presenter Prof. Dharamendra kumar Mishra discussed the importance of Research and Documentation with the faculty.

10th International Day of Yoga (IDY) celebration On dated 21 June 2024 by the grace of Satguru Mata Sudiksha ji International yoga day was celebrated in the Abhilashi University campus whose theme was “Yoga for Self and Society”. On this Occasion Vice-chancellor sir Prof.H.S Banyal ,DSW Er.Devender Sharma ,Dean Prof.Dharmendra Kumar Mishra along with staff and students learn yoga asana and refreshment to students and staff was distributed. On this Occasion Chancellor Dr.R.K Abhilashi, Prochancellor Dr.L.K Abhilashi, Vice chairperson DR.Promila Abhilashi ,Dr.Narvada Abhilashi Chairperson of Genius Education and Secretary Narendra Kumar conveyed their best wishes for celebrating International Yoga day.

<https://www.facebook.com/share/p/e4uYJMPwhhTsxvD/?mibextid=oFDknk>

:On dated 3 May2024 It is a great pride for every Indian that effort of our Prime Minister ShriNarenderModiJibore fruit and United Nation declared 21stJune as ‘International Yoga Day’ on December 11, 2014.

As per guidelines issued by MDNIY for ‘organising one day programme by 100 organisation in 100 cities for 100 days in connection with celebration of 100 days countdown to IYD 2024’ on 3RD MAY 2024, Abhilashi University hosted a vibrant Yogotsav celebration, uniting students from various faculties in an enriching cultural and wellness event.

The function begins with a brief introduction of Yoga and a brief introduction of the guests, Pro-Chancellor DR. L K Abhilashi, Registrar Er. Kapil Kapoor, Dean Student Welfare Er. Devender Sharma and Dean Ayurveda Prof.DK Mishra given by Dr.Nitika.Pro-Chancellor DR. L K Abhilashi told the student and faculty that yoga is a gift to the world by ancient science i.e. Ayurveda. Prof. DK Mishra encouraged the student to practice yoga and meditation on a regular basis for a healthy body and mind.

Dr. Manoj Kumar Thakur, Dr.Nitika and Mr. Ramesh renowned yoga experts led engaging yoga session, imparting their knowledge and guiding participants towards physical and mental wellness.

Students of various faculties of Abhilashi University (Ayurveda, Diploma Pharmacy, Bsc MLT, BPT, MPHW) and students of chail public school participated in in yoga session. Approximately 1000 students enthusiastically participated in the event, showcasing their dedication to embracing the practice of yoga.

The session started with prayer, then micro exercises, Yogasana, Dhyana and end With Sankalp. It served as a platform for fostering unity, inclusivity and cultural exchange within the university community.

The Yogotsav celebration at university campus was a resounding success, living a lasting impact on all participants by promoting the practice and philosophy of yoga as a means to achieve holistic wellbeing. It reaffirmed the university's commitment to promoting health, cultural diversity and community spirit



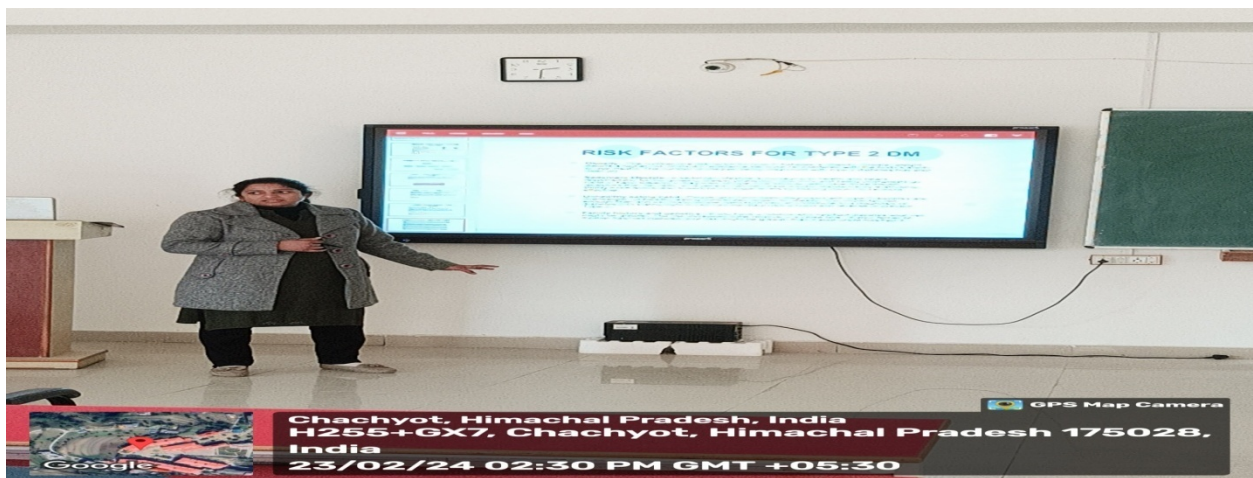
Swachhta Abhiyan: Abhilashi Ayurvedic College organized Cleanliness Drive on date 27.01.24 The Main purpose of this programme was to create awareness among the student regarding Cleanliness and its benefits. Under this programme all the students had to participate. Even teacher were the essential part of this drive. As a part of this Cleanliness Drive, We had to clean the Whole Abhilashi Hospital. The Sweepers of the Ayurveda College had to be the observers. The Principal Dr DK. Mishra & Dr. Chetan Sharma Dy M.S started the Programme by cleaning the corners of the play ground. Teachers & Student were divided into two groups. Then the Teachers and student followed the same. Some of picked brooms and started our job. Some of the Students did the dusting of the rooms. And other went to the play ground and started picking wrappers lying Scattered there. After Collection they threw them in to the dustbins. After doing this job from 11 am to 01:00 PM, We all assembled in the ayurveda conference hall. It was a unique experience for all of us. We were curious to be the part of this great drive that could have transformed the face of our country for ever. Photographs are attached for the same.



4. **Charak Jayanti :-** On Dated 20/02/24 Charaka Oath ceremony was conducted in which Dean, staff and students of B.A.M.S 1st year participated in front of Statue of Acharya Charka as well as Lord Dhawantri.



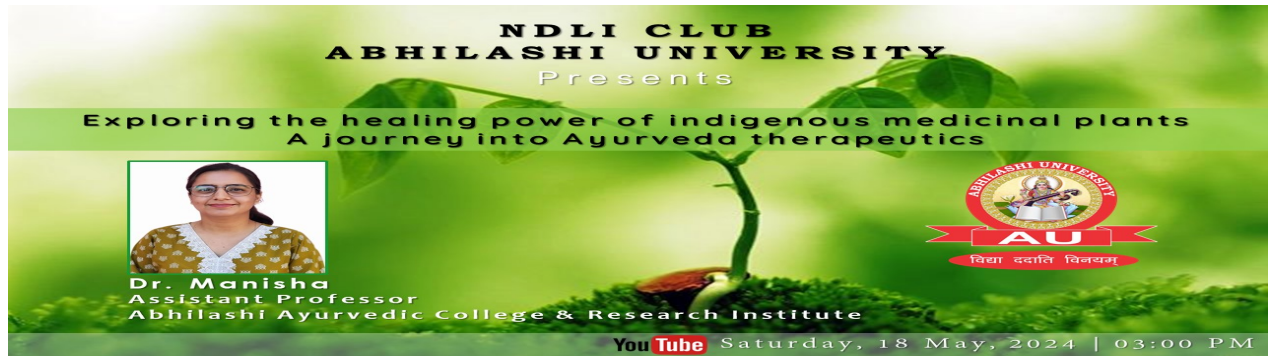
5. On dated 23/02/24 presentation was given by M.D 1st year students on Diabetes mellitus.



6. Abhilashi Ayurvedic College organized Cleanliness Drive on date 26.02.24 The Main purpose of this programme was to create awareness among the student regarding Cleanliness and its benefits. Under this programme all the students had to participate. Even teacher were the essential part of this drive. As a part of this Cleanliness Drive, We had to clean the Whole Village Chachyot. The Sweepers of the Ayurveda College had to be the observers.
7. **International Womens Day:-** On dated-07/03/24 international women’s day was celebrated in the college in which students along with staff also involved.



NDLI Club of Abhilashi University:- NDLI Lecture on Exploring the Healing power of indigenous medicinal plants by Dr. Manisha on dated 18 May, 2024. Epistaxis.<https://youtube.com/live/k0liA3IWD1A>



8. On dated 11Oct 2024 lecture was delivered in NDLI on topic “**Pain Management In Ayurveda by Dr.Vinod Katoch** Abstract attached here with
“In day-to-day life human beings are suffering from various ailments in that pain is regarded as fifth vital sign. Due to its high prevalence human beings are suffering globally. Even though NSIAD, opioids other interventional methods are effective but in long term they are having adverse effects in GIT, GUS as well as CVS sometime leading to surgical risks. So, its need of hour to look toward alternative system of medicine in that Ayurveda comes forward having both pharmacological as well as non-pharmacological approaches. In this regard we discussed pain causes symptoms, classification and management by using Ayurvedic herbs like guggulu, shallaki,haridra,herbo-mineral, yogic exercises, life-style management as well as procedures are discussed”. Link -https://www.youtube.com/live/H0zu_x_XEX8?si=jKolPw0Pgx-IU-Bp on 11.10.2024 at 3.00 pm



9. On Dated 12/12/24 Lecture was delivered by Dr. Bindu Chauhan of Abhilashi Ayurvedic College and Research Institute on “Hypertension life style disorder” organised under NDLI club, Abhilashi University on our official YouTube channel at link : <https://www.youtube.com/live/VWkFU5wEgvo>



10. A Report on Cleanliness Drive Abhilashi Ayurvedic College: Abhilashi Ayurvedic College organized Cleanliness Drive on date 21.05.24

The Main purpose of this programme was to create awareness among the student regarding Cleanliness and its benefits. Under this programme all the students had to participate. Even teacher were the essential part of this drive. As a part of this Cleanliness Drive, We had to clean the Whole Abhilashi University Campus. The Sweepers of the Ayurveda College had to be the observers.

The Principal Dr DK. Mishra & Dr. Chetan Sharma Dy M.S started the Programme by cleaning the corners of the play ground. Teachers & Student were divided into two groups. Then the Teachers and student followed the same. Some of picked brooms and started our job. Some of the Students did the dusting of the rooms. And other went to the play ground and started picking wrappers lying Scattered there. After Collection they threw them in to the dustbins. After doing this job from 11 am to 01:00 PM, We all assembled in the ayurveda conference hall.It was a unique experience for all of us. We were curious to be the part of this great drive that

11. On dated 15Aug2024 78th Independence day along with Abhilashi University Foundation day was Celebrated .On this day Hon'ble Pro-chancellor L.K Abhilashi hosted the flag along with Vice-chancellor Proff. H.K. Chaudhary.Chancellor R.K Abhilashi Congratulate staff and students. The Dean, School of Ayurveda thanked Hon'ble Chancellor, Pro-Chancellor and Vice-Chancellor as well as the Chairperson Dr. Narbad Abhilashi, Vice Chairperson Dr. Promila Abhilashi and other officers of the university for their constant support and motivation to make such events successful ones.

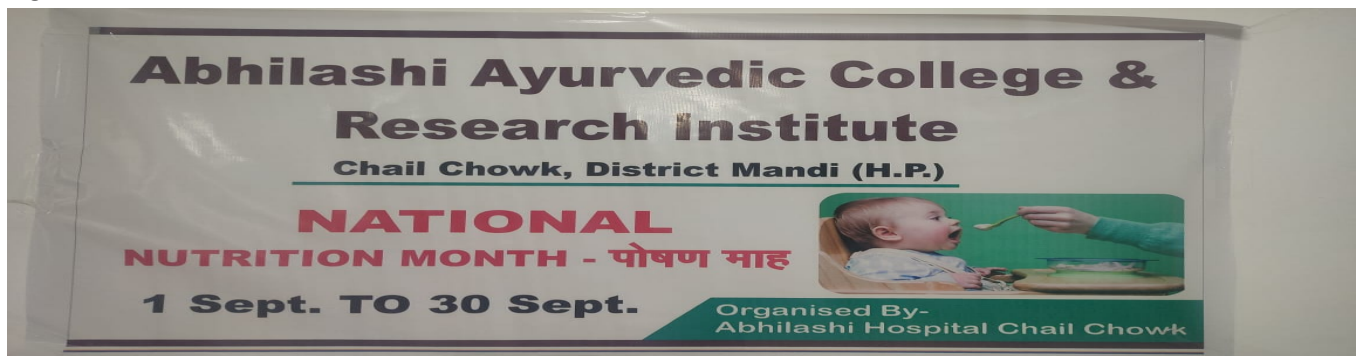
12. Swacchata Abhiyan: Abhilashi Ayurvedic College organized Cleanliness Drive on date 31.08.24 The Main purpose of this programme was to create awareness among the student regarding Cleanliness and its benefits. Under this programme all the students had to participate. Even teacher were the essential part of this drive. As a part of this Cleanliness Drive, We had to clean the Whole Abhilashi University Campus. The Sweepers of the Ayurveda College had to be the observers.

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13. National Nutrition Month: During the National Nutrition Month (September 1-30), the Abhilashi Ayurvedic College & Research Institute recently hosted a vibrant painting competition organized by the Department of Swasthavritta and Kaumarbhritya. The inspiring event brought together enthusiastic students from various

disciplines to highlight the importance of nutrition and wellness through artistic expression. Prof. H.K. Chaudhary, Vice Chancellor, opened the event with encouraging words: "Art has the power to inspire change, and this competition invites our youth to reflect on the importance of nutrition. Let creativity and awareness flourish together." Chancellor Dr. R.K. Abhilashi praised the participants, stating, "Nutrition is the foundation of a healthy society. Creativity can spark conversations that lead to meaningful change." Pro-Chancellor Dr. L.K. Abhilashi emphasized the significance of the event and said that this event served as a wonderful platform for young artists to express their views on nutrition and encouraged everyone to advocate for healthy choices through their art. The competition fostered collaboration and creativity among students and community members, all while promoting healthy lifestyles. Participants illustrated themes of healthy eating and holistic living, raising awareness about the vital role of nutrition in our daily lives. Winners were recognized for their outstanding contributions, and their artworks shall be exhibited for a public exhibition in the coming weeks. The Dean, School of Ayurveda thanked Hon'ble Chancellor, Pro-Chancellor and Vice-Chancellor as well as the Chairperson Dr. Narbad Abhilashi, Vice Chairperson Dr. Promila Abhilashi and other officers of the university for their constant support and motivation to make such events successful ones. Thanks to everyone who participated and supported this event! Let's continue to promote health and creativity together.



14. **Teacher's Day:** On dated 05/09/24 Teachers day was celebrated in Abhilashi University. This inspiring event brought together students of various streams. This function was inaugurated by Hon'ble Vice chancellor Prof. H.K. Chaudhary enlighten student and staff with hi beautiful speech. Chancellor Dr. R.K. Abhilashi and Pro-Chancellor Dr. L.K. Abhilashi congratulate students and staff for making this event successful. The Dean, School of Ayurveda thanked Hon'ble Chancellor, Pro-Chancellor and Vice-Chancellor as well as the Chairperson Dr. Narbad Abhilashi, Vice Chairperson Dr. Promila Abhilashi and other officers of the university for their constant support and motivation to make such events successful ones.
15. On dated 27-09-2024 Red Ribbon Club of Abhilashi University organised a program on HIV/ AIDS to raise awareness about AIDS and promote measures to prevent its spread. Deans, Coordinators HoD's of various Schools/ Departments attended the programme. On this occasion Dr. Prerna Assistant Proff. Kayachikitsa Department of Ayurveda delivered a presentation about HIV/ AIDS awareness.
16. **Educational Tour:** A tour was organized for students of BAMS 2nd Prof. from 28/09/2024 - 05/10/24 for 7 days as per part of curriculum outside state visit. On dated 30/09/24 they visited NIA campus Dravyaguna, Rasa Shastra, Physiology, Anatomy and Hospital along with teaching staff Dr. Vishal, Dr. Rahul, Dr. Rupali, Dr. Nikita and Dr. Deshraj. The staff accompanied met with Hon'ble Vice Chancellor Dr. Sanjeev Sharma. The whole visit was coordinated by Dr. Rakesh Singh, Assistant Professor Rasa Shastra.
17. As per letter from NCISM File No.: L-13011/1/2024-AS-Part(1) Dated: 11.10.2024 On the occasion 9th Ayurveda Day-2024 whose theme is 'Ayurveda Innovation for Global Health' various events are conducted from October 16th to 28th with engaging events that highlighted the healing power of Ayurveda. which includes-
 - Key Highlights:
 - Art Competition (Oct 16): Students showcased creativity through Ayurvedic-themed artwork.
 - Lecture on Women's Health (Oct 18): Explored Ayurvedic approaches to women's well-being.
 - Essay Competition (Oct 19): Encouraged research on various Ayurvedic topics.

- Lecture on Geriatric Care (Oct 19): Discussed Ayurveda's role in elder health.
- Non-Flame Cooking Competition (Oct 21): Promoted healthy Ayurvedic cooking methods.
- Nutrition Lecture (Oct 22): Insights into Ayurvedic nutritional principles.
- Video/Jingles Competition (Oct 23): Raised awareness about medicinal plants.
- Debate/Quiz (Oct 24): Engaged students in lively discussions on Ayurveda.
- Mental Health Lecture (Oct 25): Explored Ayurvedic strategies for mental well-being.
- Rangoli Competition (Oct 25): Celebrated cultural heritage with traditional art.
- Prize Ceremony (Oct 26):

Together, we celebrated the essence of this ancient practice and its relevance today

Principal Prof. D.K. Mishra expressed pride in our college's efforts to promote Ayurveda and highlighted the importance of such events in building community and fostering critical discussions about holistic health. He emphasized the need for integrating Ayurvedic principles into modern healthcare, reinforcing our commitment to this vital science.

#Abhilashi Ayurvedic College and Research Institute, extends a special thanks to Dr. R. K. Abhilashi, Hon'ble Chancellor, Dr. L.K. Abhilashi, Hon'ble Pro-Chancellor, Prof. H.K. Chaudhary, Hon'ble Vice-Chancellor, Dr. Narbada Abhilashi, Chairperson, Dr. Promila Abhilashi, Vice Chairperson, and the entire management for their constant support and guidance.

18. A Medical Health Camp (**Swaran Prashan**) Was Organized by Abhilashi Ayurvedic Hospital Chail Chowk at Bauddh Darshan Sanskrit Vidyalya Mandogalu Chail Chowk Distt Mandi HP today on dated 24.10.24 A Team of Doctor Ankush with paramedical staff being led by Dr. Chetan Sharma Dy M.S Abhilashi Ayurvedic College and Research Institute, Chail Chowk Mandi, Visited the venue at 11:00 am to 04:00 PM. Swaran Prashan given to 90 Children in this Camp . Further any Children who required further work up was asked to follow up at Abhilashi Ayurvedic Hospital within relevant time limit.

19. On 05/11/2024, Hon'ble Chancellor Dr. R. K. Abhilashi and Vice Chancellor Dr. H. K. Chaudhary of Abhilashi University addressed the 11th batch {2024-25} of BAMS 1st Prof. students in an inaugural ceremony held in the conference hall of Abhilashi Ayurvedic College & Research Institute. The event marked the start of an exciting academic journey for the freshers, who were welcomed warmly by both dignitaries. The Chancellor congratulated the students for choosing Ayurveda, emphasizing its growing global relevance as a holistic health system that unites body, mind, and spirit. The Chancellor encouraged students to pursue their studies with dedication, blending ancient Ayurvedic principles with modern research to make impactful contributions to healthcare. The Vice Chancellor echoed these sentiments, further emphasizing the importance of preventive health and ethical patient care. The Vice Chancellor highlighted the importance of principles like Ritucharya (seasonal regimen) and Dinacharya (daily regimen) in personal health and encouraged students to adopt these practices. Additionally, students were motivated to engage in research and innovation, with the Vice Chancellor noting the university's support for international collaborations in Ayurveda. The address ended on an inspiring note, setting a tone of academic excellence and ethical practice for the new students as they embarked on their journey to becoming future Ayurvedic practitioners.

20. **Swacchata Abhiyan:** Abhilashi Ayurvedic College organized Cleanliness Drive on date 05.11.24 The Main purpose of this programme was to create awareness among the student regarding Cleanliness and its benefits. Under this programme all the students had to participate. Even teacher were the essential part of this drive. As a part of this Cleanliness Drive, We had to clean the Whole Abhilashi University Campus. The Sweepers of the Ayurveda College had to be the observers. The Principal Dr DK. Mishra & Dr. Chetan Sharma Dy M.S started the Programme by cleaning the corners of the play ground. Teachers & Student were divided into two groups. Then the Teachers and student followed the same. Some of picked brooms and started our job. Some of the Students did the dusting of the rooms. And other went to the play ground and started picking wrappers lying Scattered there. After

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21. **Prakriti Parikshan”Campaign** On dated 26/11/24 “Prakriti Parikshan”Campaign at Abhilashi Ayurvedic College and Research Institute Was started.Main motive of this campaign was to raise awareness about the importance of understanding one's individual nature (Prakriti) for better health and well-being.During the campaign Dr. L.K. Abhilashi, Hon'ble Pro-Chancellor, emphasized about the relevance of Ayurveda in today's world and praised the faculty for organizing the campaign.Vice-Chancellor Prof. H.K. Chaudhary, encouraged everyone for active participation and highlighted the crucial role of personal constitutions in maintaining health and preventing diseases. Prof. D.K. Mishra, Principal of the college, expressed, "This campaign will help individuals understand their nature and maintain optimal health," emphasizing the importance of Ayurvedic principles for wellness.Nodal Officer Dr. Abhihnav coordinated with medical teams, also conducting camps at Government Degree College, Basa for students and faculty.The event included free nature assessment camps, workshops, and seminars, with active participation from students, faculty, and the local community. The campaign aimed to educate participants about the three fundamental Ayurvedic doshas – Vata, Pitta, and Kapha – and how understanding these can guide personalized approaches to diet, lifestyle, and health management.Special thanks to Prof. H.K. Chaudhary, Vice-Chancellor, Dr. Kapil Kapoor, Registrar, and the entire leadership of Abhilashi University, especially Dr. R.K. Abhilashi (Hon’ble Chancellor), Dr. L.K. Abhilashi (Hon’ble Pro-Chancellor), Dr. (Mrs.) Narbada Abhilashi (Chairperson, Genius Educational Society), Dr. (Mrs.) Promila Abhilashi (Vice-Chairperson, Abhilashi Educational Society), and Sh. Narender Kumar (Secretary) for their unwavering support in organizing thisEvent.
22. **Fresher party:** On Dated 11/12/24 fresher party was given by B.A.M.S 1st year old students newly admitted students of B.A.M.S which was inaugurated by our chief guest honorable Chairman R.K. Abhilashi sir by lighting lamp to Goddess Saraswati .Theme of freshers party was “Abhivaidyam”.Chairman sir enlighten the new comers and also toldabout scope of Ayurveda in present era. Special thanks to Chairman mother “Kailashi Devi also shower their blessing to new comers , Prof. H.K. Chaudhary, Vice-Chancellor, Dr. Kapil Kapoor, Registrar, , Dr. L.K. Abhilashi (Hon’ble Pro-Chancellor), Dr. (Mrs.) Narbada Abhilashi (Chairperson, Genius Educational Society), Dr. (Mrs.) Promila Abhilashi (Vice-Chairperson, Abhilashi Educational Society), and Sh. Narender Kumar (Secretary) for their unwavering support in organizing this Event.