

'AYURDHANAM'
News Letter

February To May 2017



Dr. D. Y. Patil College of Ayurved and Research Centre
Pimpri, Pune-411018



Editorial Board

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Depression and Yoga

Depression is experienced as feelings of severe despondency and dejection.

Depression is the leading cause of ill health and disability worldwide. According to the latest estimates from WHO, more than 300 million people are now living with depression, an increase of more than 18% between 2005 and 2015. Lack of support for people with mental disorders, coupled with a fear of stigma prevent many from accessing the treatment they need to live healthy, productive lives.

The new estimates have been released in the lead-up to World Health Day on 7 April, the high point in WHO's year-long campaign "Depression: let's talk". "For someone living with depression, talking to a person they trust is often the first step towards treatment and recovery." The overall goal of the campaign is that more people with depression, everywhere in the world, both seek and get help.

The persistent feeling of sadness or loss of interest that characterizes major depression can lead to a range of behavioral and physical symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behavior or self-esteem. Depression can also be associated with thoughts of suicide, anxiety, apathy, general discontent, guilt, hopelessness, loneliness, loss of interest, loss of interest or pleasure in activities, mood swings, panic attack, sadness, or emotional distress, agitation, excessive crying, irritability, restlessness, self-harm, or social isolation, lack of concentration, slowness in activity, or thoughts of suicide, depression or repeatedly going over thoughts.

For management of depression medication alone does not help. Nutrition, exercise, sleep, social support and lifestyle changes are very much important.

Along with medication for exercise and stress management yoga practices are helpful to treat depression.

Yoga is generally supposed to deal with only the mind and spirit. It is well known that all yoga aim at tranquillization of mind, one can attain the true self only when the mind is tranquil. For the mind that is muddled with wandering thoughts yogic practices are intended to stabilize the psycho-physiological mechanism so that there is less and less tendency towards an imbalance in the face of external and internal stimuli. Though the tendency of body and mind is to obtain a functional balance, every irritation or stimulus, from without or within (be it mechanical, chemical, electrical, biological, or psychological), does bring about a certain amount of psychological disturbance. How long this disturbance last, will depend upon the relative strength of the stimuli, on the one hand and the homeostatic ability of the body and mind, on the other. It is the aim of Yoga (in the sense of means “yukti) to device ways and means to help the body and mind maintain their state of balance, or regain it quickly if lost, in the face of such disturbing factors .As exercise, yoga is a natural way to increase serotonin production. serotonin production plays a role in the treatment of depression. Serotonin is believed to play a major role in happiness. And this can definitely useful to manage the depression. Hence along with medication, psychological counseling, sharing , talking yoga can play a very important role to come out of depression.

Dr. Medha Kulkarni
(Vice- Principal)
HOD
Swasthavritta and Yoga

REAPORT OF RESEARCH METHODOLOGY
WORHSHOP 2017

Research Methodology Workshop was successfully organized by Dr. D. Y. Patil Collage of Ayurved & Research Centre Pimpri, Pune from 19th Jan 2017 to 21st Jan 2017 in association with MUHS. Total 50 participants attended the workshop .19 sessions were delivered by 11 imminent experts.



Educational Tour Himachal Pradesh

Department of Dravyaguna of Dr. D. Y. Patil College of Ayurved & Research Centre organized an educational tour of IInd year BAMS to “Himachal Pradesh” from 27/02/2017 to 08/02/2017 .

Total 46 students participated in this tour . Dr. Abhijeet Shirkande (Assi-Prof - Dravyaguna) guided the student regarding medicinal plants. Students were benefited by seeing more than 200 medicinal plants along with some rare species. Some poisonous and narcotic Plants are also seen like cannabis sativa etc. Visit to botanical garden & Gov. Ayurved Pharmacy Joginder Nagar Unit was also very informative. Some specimens were collected by the students. Overall tour was very informative for the students.

Tour was conducted successfully under guidance of Dr. Abhijeet Shirkande , Dr. Ojada Pol and Dr.Mangesh Udmale.



World Women Day

The Streerog & Prasuti Tantra Department of Dr. D. Y. Patil Ayurved College has arranged a workshop on Value in Health Care a Spiritual approach on the occasion of world women day. Total 22 women participated in this workshop. The Aim of this workshop was to increase Self-confidence, positive thinking and concentration of women.

A Health check-up camp was arranged from 8th to 11th march 2017 by stree rog prasuti and Swasthavritta and yoga departments specially for Diabetes & sthulya patient .

On the 8th March, 2017 Stree rog & Kayachikitsa department arranged a lecture on Health awareness to citizens of Malwadi.
Total 118 citizens were benefited.



**COMPETITION ON SURYANAMSKAR ON THE OCCASION
OF INTERNATIONAL SURYANAMSKAR DAY**

PIMPRI- Swasthvritta Evum Yoga Department of Dr. D. Y. Patil College Of Ayurved & Research Centre And Hospital, Pimpri Organized A Competition on Suryanamskar on 3 Feb 2017, On The Occasion of International Suryanamskar Day. The main aim of this competition was to create awareness about Suryanamaskar amongst people for Healthy Life.

Competition was held in three age groups. In 17 to 30 Age group First Rank was secured by Sudarshan Gaikwad and Aditi Sarnopant secured Second Rank. In these program Doctors, Teachers, Medical Students, College and Hospital Staff participated.

In 31 to 50 age group first rank was secured by Dr. Ashwini Patil, Rank. Dr. Kiran Mendhekar, and Dr. Sheetal Roman both secured Second rank. Shri Abasaheb Matak secured First rank and Dr. Neeta Mahesekar secured second rank in the age group of 51 and above.

All winners were felicitated by Principal Dr. B. P. Pande. Total 70 participants participated in this competition.

Winners and participants were congratulated by Vice Principal Dr. Medha Kulkarni. The program was hosted by PRO Mr. Mayur Deshmukh



Voting Awareness Campaign

On 17 Feb 2017 Voting Awareness Campaign was organised by Dr. D. Y. Patil Ayurveda college and Hospital for creating awareness about the implication of voting rights by all the People for Pimpri Chinchwad Municipal Corporation 5 yearly General Election 2017 on 21 Feb 2017. The campaign was aimed to make people understand the process of voting and increase the percentage of voting by voluntary participation from all. Students send the message through Information Booklets, Proclamation, and Information Paneling the Fule Nagar, Mahesh Nagarm YCM and DPU campus area. A street play highlighting the slogan “Matadar Raja Jaga Ho Lokashahicha Dhaga Ho “ was played to create the awareness. Medical teachers, Staff, Students, Interns, PG Students and National Service Scheme members participated in the campaign.



Report of Institutional Ethics Committee

- As per Guidelines of MUHS institutional Ethics Committee (Constituted as per guidelines prescribed by I. C. M. R.) is formed.
- List of Ethics Committee members of 2017 is enclosed.
- A meeting of Ethics committee was scheduled on 15/03/2017.
- All the appointed members were invited for the meeting.

- All the enrolled 41 PG students in 2016-2017 & faculty and the P.G. guides were present.
- Ethics Committee approved the entire synopsis with some minor suggestions.
- All the students who got suggestions from Ethics Committee, incorporated their suggestions after discussion with their guides.
- Records of the suggestions were maintained.
- Corrected Copies are collected to send MUHS.



National Symposium on Ayurvedic treatment - 2017

Department of Sanskrit Samhita Siddhant and Ayurdharma Alumini Association jointly organized a National Symposium on Ayurvedic treatment - 2017 at Dr. D. Y. Patil College of Ayurved & Research Centre and Hospital, Pimpri on 10 March 2017.

The symposium was organised as an extension of contentious medical education activity of the college by principal DR. B. P. Pande.

The symposium was aimed at inspiring the ayurvedic practitioners and PG Scholars to practice as per the original Ayurvedic scriptures.

Vaidya Anil Panse Ayurveda Practitioner – Gomantak Ayurveda College explored the importance of three principles of treatment(Hetu, Lakshan and Chikitsa) causes, symptoms and treatment in the present era.

Vaidya Rishikesh Mahetre addressed the conference online through video conferencing highlighting the various perspectives of Ayurvedic treatments. 130 Delegates from 6 states of India namely Maharashtra, Karnataka, Himachal Pradesh, Uttar Pradesh, Gujrat and Goa participated in the conference.

At the time of Inauguration, the symposium details were briefed by Dr. Mrudula Joshi (Prof and HOD Samhita department) and the symposium was hosted by Secretary of Ayurdharmaalumini Students Association of the college. Principal Dr. B. P. Pande, Registrar Mr. Mohite S.P. graced the occasion.

Scientific sessions were chaired and judged by Dr. Mrudula Joshi, Dr. Vandana Bhusari, Dr. Sheetal Rasane, and Dr. Sneha Kulkarni. The symposium was concluded by Dr. Ashwini Patil. PG scholars and Himalaya Drugs company contributed in the success of the symposium.



International Nurses Day 2017

Dr. D. Y. Patil College of Ayurved & Research Centre and Hospital, Pimpri celebrated International Nurses Day on 12 May 2017. Nurses were honored by the college on this auspicious day. Principal Dr. B. P. Pande inaugurated the function by worshipping the Mother of Modern Nursing Flawrens Nighitengel and by enlightening the lamp. Dr. UjwalaLokare gave the inaugural speech and highlighted the importance of the day. Best Nurse of the college award was given to the Leena Naik and other nurses were also honored by the principal.

Principal Dr. B. P. Pande said that if everyone in hospital understands his /her own rights and responsibilities, then only doctor patient relationship is maintained well and Nurses play a key role in the same.

Hospital Superintendent Dr. Swati Jadhav added that Nursing is the world biggest Service Field and hence nurses should be encouraged and supported more and more and also their devotion in the service of humanity should be honored.

Principal Dr. B. P. Pande, Deputy superintendent P.Y. Patil, HR Ms. Seema Shirshath, Nursing Admin UjwalaLokare, Rethisaji, Kusum Nimbalkar, PRO BharteeMarathe, and other staff was also present for this function.

The program was hosted by PRO Mr. Mayur Deshmukh.



VASUNDHARA DAY

Department of Dravyaguna of Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune arranged Plantation Program on the occasion of Vasundhara Day on 22/04/2017. 45 Ayurvedic plants like Arjun, Kutaj,, Hirda, Kadamb, Nimb , Bahava were planted by the student and staff .The student took a oath to protect the environment and also delivered message to Save Water and Save Earth.

Principal Prof. Dr. B. P. Pandey , Dr. Jayashree Changade(HOD of Dravyaguna) Dr. Nilima Ghangale & Dr. Abhijeet Shirkande graced the occasion.



National Safety Week

Dr. D. Y. Patil College of Ayurved & Research Centre and Hospital, Pimpri celebrated National Safety Week on 6 to 11 March 2017 with many health oriented activities. On 6 March 2017, a Guest Speech and Health Camp was organized at Alchem Pharma company MIDC, Bhosari. In this function use of First Aid Kit, Medicines and Equipments were explained and demonstrated. Dr. Medha Kulkarni, vice principal of the college gave guest speech on Health and Diet, Dr.

Sachin Rohani gave training to the staff of the company. which was followed by Health Checkup of all the staff and workers.

On 10 March 2017 preventive Health Checkup of all the staff and workers of Pune Bus Corporation Depot, Neharu Nagar was conducted. 50 people participated in this event.

On 11 March 2017 PRO Mr. Mayur Deshmukh created awareness about safety, safety equipments in Ayurveda college and hospital.

Principal Dr. B. P. Pande and HR Mrs. Seema Shirshath gave an Oath about Safety to all.

Deputy Medical Superintendent / Registrar Mr. Mohite and all the teaching staff were present.



Guest Speech Series and Symposium

Dr. D. Y. Patil College of Ayurved & Research Centre and Hospital, Pimpri and Maharashtra University of Health Sciences, Nashik organised 2 days Guest Speech Series and Symposium from 27 to 28 feb 2017 at Dr. Dr. D. Y. Patil College of Ayurved, Sant Tukaram Nagar, Pimpri.

On 27 feb2017 Mrs. ShardataiMunde (Social Reformer) gave a speech about Women empowerment and Dr. Balaji Lakde (Medical Officer, PHC, Man, Pune) focused on the problems of Malnutrition in Rural Area and their simple solutions.

On 28 feb 2017 Mrs. Neha Kanjurkar(BVG Group) gave a speech on Infection control. She addressed the importance of Cleanliness amongst Students, Doctors, and other staff. Dr. Padmanabh Keskar (Ruby Hall Clinic, Pune) gave demonstrations on disaster management in Hospitals.

The program was organised to create awareness and voluntary participation of students in the society about social values and responsibilities, communication skills.

Principal Dr. B. P. Pande, Deputy registrar D.A. Mohite, Dr. Mamta Nakade,Dr. Prakash Mane, PRO BharteeMarathe, and Teachers, other staff was also present for this function.

The program was hosted by Dr. Shraddha Tagare and coordinated Dr. Santosh Kamble.



ELEMENTO 2017

Annual Gathering

Annual Gathering and sports activities of Dr. D. Y. Patil college of Ayurved were organized from 9th March till 23rd March 2017. This event was named as Elemento 2017.

Halloween day, Traditional day, Combination days were celebrated on occasion of this event.

Indoor sports likes chess, carom, dodge boll, langadi and outdoor sports like cricket, volleyball, kabbadi, tug of war, short put were arranged for boys and girls .

Khokho and Box cricket were also arranged. All the students participated in all the sports activities enthusiastically & with sportsmanship spirit.

On 23rd March cultural events and prize distribution was organized, various group, solo dances, singing, skits were performed by students. Fashion show was arranged very beautifully by the students.

Element Team –

Students cultural committee –

1. Chetan Mhatre
2. Shankaranand Raut
3. Pratik Kashire
4. Sopan Kshirsagar
5. Arati Giri

Cultural & sports committee –

1. Dr. Dharkar N.S.
2. Dr. Roman S. U.
3. Dr. Thorat D.
4. Dr. Kambale A.
5. Dr. Shirke U.
6. Dr. Shinde Arati

The prize distribution was done by Dr. B. P. Pandey (Principal) , Dr. Medha Kulkarni (Vice Principal)



ELEMENTO 2017

Fresher's And Farewell 2017

Fresher's & Farewell was conducted on 16th January 2016 – Monday at 'Durvankur Lawn' Bhosari.

The programmes conducted were as follows –

1. Inauguration – Dr. Mane P.M.
2. Felicitation Of The Teachers
3. Dhanwantri Stavan
4. General Secretary Speech
5. Welcome of Fresher's
6. One Minute Game for judging Mr. & Ms. Fresher's
7. Send-off Ceremony – BP apparatus and Stethoscope gifted for Farewell Batch Students
8. Welcome of Foreign Guests
9. Introduction and welcome of PG Scholars Fresher's
10. By giving TASK to PG Scholars for selection of Mr. & Ms. Fresher's of 2017
11. announcements Of Mr. & Ms. Fresher's From UG

Mr Fresher's – Mr. Harshal Marathe

Ms Fresher's – Ms. Priyanka Bhosale

Awarded as Mr and Ms Fresher's Of 2017 by Giving Sash, Stethoscope, Trophy and Crown .

12. Announcement Of Mr. & Ms. Fresher's From PG

Mr Fresher's – Gaurav Raut

Ms Fresher's – Priyanka Kale

Awarded as Mr and Ms Fresher's Of 2017 by Giving Sash, Stethoscope, Trophy and Crown .

13. Vote Of Thanks

14. DJ-Dance and Dinner for all students and Teachers.

