

**'AYURDHANAM'**

*News Letter*

*JANUARY 2017*



**Dr. D. Y. Patil College of Ayurved and Research Centre**

**Pimpri, Pune-411018**



## ***Editorial Board***

***Prof.Dr.B.P.Pandey (Principal)***

***Prof.Dr.M.S.Kulkarni (Vice Principal)***

***Dr.Yogesh Kutte***

***Dr.Jyotsna Yadav***

***Dr.Rupali Bawa***

***Dr.Sachin Rohani***



## ORGAN DONATION - NEED OF THE HOUR

The Human Body is made up of complex organ systems which work day to maintain life. Some of these organs are so vital to the body that their absence or failure cannot be compensated by any other parallel system. Even though Modern Science has reached new heights today in Genetics, Stem Cell Research and Bio-reconstruction, an appreciable number of patients die every day due to vital organ failures. Chronic Diseases like Hypertension, Diabetes Mellitus, Alcoholic Liver Damage etc are leading to end organ damage conditions in several patients, from whom the only chance of survival is an Organ Transplant. Several Congenital Anomalies also leave patients with debilities which require Organ or Tissue Transplants. This is where the concept of **ÓRGAN DONATION** or **ORGAN DONOR** comes in.

Several Organs or tissues or body parts can be donated to needy patients by Healthy Individuals, Brain Dead individuals and from cadavers immediately after natural death. These Organs/Tissues can save the life of many patients whose survival or health requires a Organ Transplant or a tissue Transplant. However, the awareness regarding Organ Donation still remains limited in a country like India, which can be seen from following facts –

- In India around 6000 people die every day waiting for organ transplant
- Every 17 minutes someone dies waiting for organ transplant
- Every 13 minutes someone is added to the waiting list.
- About 1.5 lakh people in India need kidney but only 3000 of the receive one ... 90% die ....without getting one.....
- Annual liver transplant requirement is around 25000 ... we get only around 800.....

The above facts speak for the dire need to spread awareness organ donation.

Almost anyone regardless of age, race, and gender can become an organ donor. Only persons suffering from certain diseases like HIV, Cancer or disease due to bacteria in blood or tissue are exempted from organ donations.

**Live person can donate** - Blood, Bone marrow, Kidney, Portion of liver, Portion of lung , Portion of pancreas

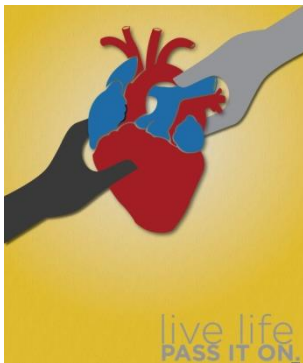
**After natural death** - Eyes, Heart valves, Skin & fascia, Bones & tendons, Cartilage, Arteries & veins can be donated.

**After brain death:** Brain death refers to the irreversible damage to the brain which leaves all vital organs to be controlled via external mechanical support. This is common in Road Traffic Accidents, where the brain suffers extreme trauma.

If such Brain Dead patients are being treated in ICU of any hospital and his organs are supported via mechanical support then the following organs can be donated by him - Kidneys , Liver, Lungs, Heart, Uterus, Small intestine, Larynx, Ovaries, middle ear bones, skin , fascia, bone , cartilage, arteries, veins, nerves, fingers toes etc. This procedure requires consent from legally responsible persons in the family and the intervention by a Recognized Organ Transplant Surgical Team, which is nominated in every district by proper Medical Authorities in concerned State/District.

One can voluntarily apply to become an Organ Donor by contacting concerned authorities and enroll himself by getting a Donor Card. In India, all information regarding Organ Donation can be procured from - <http://donatelifelifeindia.org/>

We should all remember that one can give life to several people even after death by becoming an Organ Donor and live in this world through somebody's smile! So enroll yourself as an Organ Donor and spread awareness about the same to save lives!



**Dr. Prajakta Indulkar**  
Associate Professor  
Dept. of Rachana Sharir  
Dr. D.Y.Patil College of Ayurved &

## **Vachan Prerana Din (15<sup>th</sup> Oct 2016)**

Dr. D.Y. Patil College of Ayurved and Research Center Pimpri, Pune. Celebrated “Vachan Prerana Din”(Reading Day) on the occasion of former President Dr. APJ Abdul Kalam’s birth anniversary on 15 Oct 2016.

The Program began with adoration of ‘Granth Dindi & Deep Prajwalan’ by Vice-Principal Dr. Medha Kulkarni & Library incharge Dr. Arati Shinde.

Vice Principal Dr. Medha Kulkarni addressed the audience & guided about how to develop the hobby of ‘Reading’ & expressed her feelings, on how reading’ habit has been a great inspiration for her. Dr. Prashant Khade (Assistant Prof.) expressed his thought on the books, biography and autobiography which he has gone through. Miss Aishwarya II<sup>nd</sup> year BAMS student, Mr. Sagar Dherange III<sup>rd</sup> year BAMS students also shared their experiences of Reading.

Prof. Dr. Vinayak Joshi & Prof. Dr. Mrudula Joshi donated about 400 books of Ayurvedic & extracurricular subject to the library. Other respected faculties were present on occasion to grace the program.



## **CME IN SWASTHAVRITTA (17<sup>th</sup> to 22<sup>nd</sup> October 2016)**

Dr. D.Y. Patil College of Ayurved and Research centre successfully organized a 6 day CME for the subject of Swasthvritta from 17<sup>th</sup> to 22<sup>nd</sup> October 2016. The CME was sponsored by AYUSH MINISTRY of GOVT.OF INDIA and 28 Teachers of swasthvritta from all over India participated in the same.

Eminent resource persons delivered lectures covering theoretical as well as practical approach of applied aspect of the subject.





## **Celebration of 1<sup>st</sup> World Ayurved Day (28th Oct, 2016)**

On occasion of Dhanvantri Jayanti, Ministry of Ayush directed to celebrate this day as World Ayurved Day every year. Theme for 2016 World Ayurved Day was decided as “Prevention of Diabetes by Ayurveda” .

Dr. D.Y. Patil College of Ayurved and Research Center, celebrated this First World Ayurved day on 28 Oct 2016.

The Celebration started with Dhanvantri Pujan and Stavan. After that students performed a street play at Big Bazar in Pimpri-Chinchwad, elaborating importance of prevention of Diabetes for common people.

A Health check-up camp for Diabetes was inaugurated in Outpatient Department of Kayachikitsa in Dr. D. Y . Patil Ayurved Hospital.

To update the knowledge of practicing Ayurved Doctors, a half day Continuous Medical Education program was arranged in association with AIMIL Pharmaceutical Company. Guest speakers, Dr. Mrs Mahashabde (Prof. Medicine Dept. D. Y. Patil Medical College) and Vd. Shrirang Galgali (Eminent Ayurved practitioner) shared their expertise regarding Diabetes. Around 200 Practitioners, Teachers & PG students Participated in this CME.



## **Guest Lecture on Stress Management (10<sup>th</sup> November, 2016)**

Dr. Medha Kulkarni (Vice Principal, Prof. & HOD, Swathavritta Dept.) delivered a lecture on Stress Management on 10<sup>th</sup> November, 2016 at Genaba Sopanrao Moze Teacher's College. The lecture was conducted under the initiative of 'Health Education and Personality Development'.

More than 60 Students and Teachers took benefit of this lecture.



## **Workshop of Importance of Asanas in Garbhasanskar (24/11/2016)**

Streerog Prasuti Tantra Department of Dr. D.Y. Patil College of Ayurved and Research Centre, organized a workshop on “Importance of Asanas in Garbhasanskar”, on 24/11/2016.

Two lectures were delivered in this workshop. Dr. Jayashri Patil (HOD) of Streerog Prasuti Tantra Department gave a presentation on diet in pregnancy & need of Garbhasanskar.

Guest speaker Mrs. Rajashri Tupe (Founder of Rajani yoga foundation and student of yoga master Respected Ayyangar Guruji) emphasized the importance of yoga practices in pregnancy. Her team demonstrated the Asanas with the help of props useful in pregnancy. Total 110 participants took part in workshop.

Dr. Smrutika Taware (Assistant Prof. of Streerog Prasuti Tantra Department compiled the program and Dr. P.V. Shirke (Asso. Prof. Streerog Prasutitantra Dept.) introduced Mrs. Rajashree Tupe.





## **Children's Week (Baal Saptah) – 14<sup>th</sup> Nov to 19<sup>th</sup> Nov 2016**

Dr. D.Y.Patil College of Ayurved & Hospital, Pune celebrated Children's Week from 14<sup>th</sup> Nov to 19<sup>th</sup> Nov 2016 according to the direction of Ministry of AYUSH and Govt. of Maharashtra. Many programs were arranged on occasion of this celebration.

### **Health Check-up Camp**

An in-house camp was arranged in the Hospital from 14<sup>th</sup> Nov. to 19<sup>th</sup> Nov., 2016. It consisted of Health Check-up of Children, guidance on Health and Diet to children and parents and free medicine for 3 days.

The details of the Camp were published in newspapers as well as internet. 76 children took benefit of this camp

### **Local Health Check-up Camps**

- **15<sup>th</sup> November, 2016** - Free Health Check-up Camp, Blood Group Estimation was done for special children at Ganaraj Pratishtan, Ramabai Ambedkar School, Bopodi, Pune . 219 children took benefit of this camp and blood group estimation was done in 143 children. All beneficiaries were given Ayurvedic Medicines.
- **19<sup>th</sup> November, 2016** - Free Health Check-up Camp and health guidance was conducted at Chatrapati Shahu Maharaj English Medium School, Kasarwadi, Pune. 323 children took benefit of this camp. Ayurvedic Medicines were distributed to beneficiaries for free.
- **23<sup>rd</sup> November, 2016** - Free Health Check-up Camp and health guidance was conducted at Chatrapati Shahu Maharaj English Medium School, Kasarwadi, Pune. 323 children took benefit of this camp. Ayurvedic Medicines were distributed to beneficiaries for free.

## Lectures

- **19<sup>th</sup> November, 2016** – Dr. Khawale (HOD, Dept. of Kaumarbhrutya) guided parents on Child Health, Diet, hygiene, vaccination and other health issues at Chatrapati Shahu Maharaj English Medium School, Kasarwadi, Pune. 55 parents took benefit of this lecture.
- **19<sup>th</sup> November, 2016** – Dr. Ashwini Patil (Asso. Prof. ,Dept. of Kaumarbhrutya) gave a lecture in Dr.D.Y. Patil College of Ayurved, Punes on Child care, diet as per their growth and breastfeeding. Students, Interns, Teachers, Nursing Staff and Non-teaching staff took benefit of this lecture.
- **23<sup>rd</sup> November, 2016** – Dr. Neeta Mhaisekar (Prof., Dept. of Streerog & Prasutitantra) delivered a lecture and guided young girls (Age group 12 to 15) on Problems related with Menstrual Cycle, personal hygiene, diet and health. 40 girls took benefit of this lecture.

## Suvarna Praashan Camp

On the occasion of Pushya Nakshatra, Suvarna Prashan Camp was organized in Dr.D.Y.Patil Ayurved Hospital, Pune on 19<sup>th</sup> November, 2016, by Dept. of Kaumarbhrutya.

Total 161 children enrolled for Suvarna Prashan.





## **Educational Tour Dudhaivari Khind (26/11/2016)**

The Dravyaguna Department of Dr. D. Y. Patil College of Ayurved & Research Centre, organized an educational tour at “Dudhivari Khind”, on 26/11/2016.

In this tour, total 57 students of II<sup>nd</sup> year BAMS participated. Head of the department, Prof. Dr. J.V. Changade Co-ordinated the tour.

Dr. Nilima Ghangale (Asso-prof.) & Dr. Abhijeet Shirkande (Assi-Prof) guided the student regarding medicinal plants. Students were benefitted by seeing more than 200 medicinal plants along with some rare species. Plants specimens were collected by the students. Overall the tour was very informative for the students.

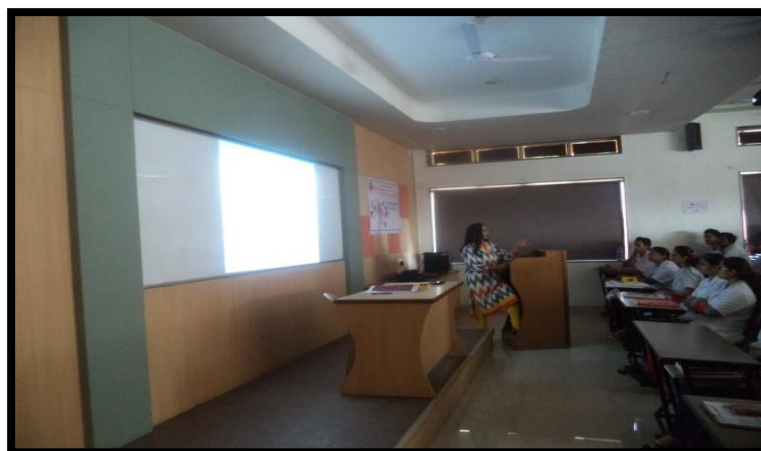




## **Indian Organ Donation Day (28<sup>th</sup> Nov 2016)**

Indian Organ Donation day was celebrated in the Dr. D. Y. Patil collage of Ayurved & Research centre, pimpri, Pune 18.

1. An Awareness lecture for UG, PG Students and Interns was arranged on 28<sup>th</sup> Nov 2016.  
95 Students attended the lecture and Dr. Prajackta Indulkar (Asso. Professor – Rachana Sharir Department) delivered a lecture on importance of organ donation and its process.
2. Organ Donation forms were distributed after the session.
3. Flex charts were displayed in the class Rooms & College Premises as a part of Awareness Campaign.



## Rally on Health Awareness on occasion of Mahaparinirvana Day

(6<sup>th</sup> December, 2016)

6<sup>th</sup> December, 2016 - On the occasion of Mahaparinirvana Day of Dr. BabaSaheb Ambedkar, the NSS Group of Dr. D.Y. Patil College of Ayurved, Pune, organized a rally on Health Awareness. During this rally, local residential people were educated about Diabetes, AIDS and their prevention. Information was also given to people with the help of Placards. Students also urged people to exercise daily and keep Diabetes away. The objective of AIDS free India was also spread by students. The rally was organized in the area of MIDC, Bhosari.

45 NSS volunteers took part in this rally, accompanied by NSS Program Officer, Dr. Prakash Mane, Assistant Program officer, Dr. Mangesh Udmale, Public Relation Officer, Mrs. Bharati Marathe and other Teaching and Non-Teaching staff. The students were also made aware of the work and contribution of Dr. Babasaheb Ambedkar.

The rally ended by paying tribute to Dr. Babasaheb Ambedkar.



## **MIT College Cultural Event – ‘SRUJAN’**

**(12<sup>th</sup> December 2016 to 16 December 2016)**

**MIT College Kothrud,Pune** Arranged Cultural And Sports Meet named as ‘**SRUJAN**’ from 12<sup>th</sup> December 2016 to 16 December 2016. Students from Dr.D.Y. Patil College of Ayurved, Pimpri, Pune, Participated in the following Cultural and Sports Activities.

Our Institute secured **Third Prize** in the Street Play on Organ Donation.

### **Name of event and participating Students –**

**Street Play** - Shankaranand Raut,Chetan Mhatre,Prachiti Gore,Shalaka Shambus,Prerna Nalode,Rahul khuwah,Rutuja Khusape,Seema Kuthe,Shreenath Tekale,Somnath Nikam,Omkar Shendkar,Pratiksha Hivare,Kapil Gonde,Mangesh Shinde.

**Singing** – Aishwarya Deshpande,Seema Kuthe.

**Solo Dance** – Moshmi Patel

**Box Cricket** – Chetan Mhatre,Sagar Gharat, Sopan Kshirsagar,Rahul Yadav,Prasanna Gaikwad,Sujit Bedmutha,Shubham Mandave,Akshay Shejul,Krushna Jadhav, Omkar Shirke.







## **PRE-P.G INDUCTION PROGRAMME (19-12-2016)**

PRE-P.G INDUCTION PROGRAMME for Batch admitted in 2016-17 was conducted on 19-12-2016 at Seminar Hall, 4<sup>th</sup> Floor classroom by P.G course committee under the guidance of P.G. Co-ordinator, Dr.D.G.Dipankar.

Following guidelines were given to the students:

- 1) Regular attendance for both Hospital duties and concerned Department is mandatory. Hospital related work to be done by the P.G's was explained by Dr.Khade Prashant
- 2) Synopsis related information was given by Dr.D.G.Dipankar
- 3) Importance of punctuality, perseverance and keen observation was thoroughly explained by the Principal, Dr.B.P.Pandey.
- 4) Anchoring of the program and vote of thanks done by Dr.Ugale, Senior P.G student and member P.G. course committee.



## **Health Camp under National Service Scheme at Dehu**

**(3<sup>rd</sup> January to 9<sup>th</sup> January, 2017)**

A Residential Winter Health Camp was organized by the NSS cell of the Institute under the guidance of NSS Unit of MUHS, Nashik, from **3<sup>rd</sup> January to 9<sup>th</sup> January, 2017**, at Dehu village.

Village people and school children were examined by students and visiting Faculty from the College and given free Ayurvedic and Allopathic Medicine for their Health Problems and guided for the same.

Total 1600 patients were examined in this Camp. Exhibition, Lectures, Street Plays, Awareness Rallies were undertaken on subjects like Health & Hygiene, Organ Donation, Female Feticide, Road Safety, Diabetes, HIV, Education and Cleanliness, Child Health etc.

This camp received a very good response from the common people and the students also learnt important skills like Team Work, Communication, leadership, Management, Counseling, Self and Social Development.

During this Residential Camp, various Lectures, Group Discussions, Sports Activities, Singing, Elocution, Yoga & Pranayam were organized for students.

Principal - Prof. Dr. B.P. Pandey, NSS Officer - Dr. Prakash Mane, Asst. NSS Officer – Dr. Mangesh Udmale, Public Relation Officers – Mr. Mayur Deshmukh & Mrs. Bharati Marathe, Teaching Faculty and other Non- Teaching Faculty, 28 UG students and 18 Interns participated in this Winter NSS Camp.



## **Visit by Brazilian Students for Short Term Course on Ayurveda**

**(9<sup>th</sup> January to 18<sup>th</sup> January, 2017)**

Dr. D. Y. Patil College of Ayurved & Research Centre, Pimpri, Pune – 18 , in collaboration with International Academy of Ayurved, Pune, have started Short Term Courses on Ayurved for Brazilian and American students from 2015.

A group of students visit the institute every year from Brazil and USA to learn Ayurveda from experienced Faculties of the Institute, who are also members of International Academy of Ayurveda. The students are taught Basic Principles, Treatments and practical knowledge of Kayachikitsa, Panchakarma, Marma Therapy, Striroga & Prasutitantra, Herbology, Ayurvedic Pharmacology, Ayurvedic Diet and its preparation etc.

From its inception, this course has become a success and the students participating in this course are very much happy and satisfied with the Course Plan, its execution and its completion.

This year, a group of students from Brazil visited the Institute from **9<sup>th</sup> January to 18<sup>th</sup> January, 2017**. They received various Lectures and Practical training from eminent Institute & IAA faculty during this period, which included Dr. Gunwant Yeola, Dr. Digambar Dipankar, Dr. Medha Kulkarni, Dr. Jayshree Patil, Dr. Deepak Khawale, Dr. Pradnya Shirke, Dr. Nilima Dharkar, Dr. Smritika Taware, Dr. Jibi Varghese, Dr. Yogesh Kutte and Dr. Abhijit Shirkande.

Prof. Dr.B.P. Pandey (Principal) , Dr. Subhash Ranade, Dr. Sunanda Ranade and Dr. Rugae were present for the introductory cum welcome ceremony of the students and were felicitated on behalf of the institute. The brazilian students were welcomed in a traditional way by a Garland made from Ayurvedic Herbs, prepared by Dr. Nilima Dharkar (Reader, Dept. of Rasashatra).

Prof. Dr. B.P. Pandey (Principal) expressed his enthusiasm about this course and gave his best wishes to all students.

Dr. Subhash Ranade and Dr. Rugae also shared their thoughts.

All students were awarded Certificates at the end of the course.















## **“ELEMENTO” - Fresher’s And Farewell Party, 2017**

**Monday, 16<sup>th</sup> January 2016 at ‘Durvankur Lawns’ Bhosari**

The program was as follows –

- ❖ Inauguration – by Dr. Mane P.M.
- ❖ Felicitation Of The Teachers
- ❖ Dhanwantri Stavan
- ❖ General Secretary Speech
- ❖ Welcome of Fresher’s
- ❖ One Minute Game for judging Mr. & Ms. Fresher’s
- ❖ Send-off Ceremony – BP apparatus and Stethoscope gifted for Farewell Batch Students
- ❖ Welcome of Foreign Guests
- ❖ Introduction and welcome of PG Scholars Fresher’s
- ❖ TASK to PG Scholars for selection of Mr. & Ms .Fresher’s of 2017
  
- ❖ Announcements Of Mr. & Ms. Fresher’s From UG
  - Mr Fresher – Mr.Harshal Marathe**
  - Ms Fresher – Ms.Priyanka Bhosale**
  
- ❖ Announcement Of Mr. & Ms. Fresher’s From PG
  - Mr Fresher – Gaurav Raut**
  - Ms Fresher – Priyanka Kale**
  - All Winners were gifted a Stethoscope, Trophy and Crown .
- ❖ Vote Of Thanks
  
- ❖ DJ-Dance and Dinner for all students and Teachers.





## **Basic Workshop in Research Methodology**

**(19<sup>th</sup> Jan to 21<sup>st</sup> Jan, 2017)**

A Basic Workshop in Research Methodology was successfully organized by Dr. D. Y. Patil College of Ayurved & Research Centre Pimpri, Pune from 19<sup>th</sup> Jan to 21<sup>st</sup> Jan, 2017 in association with MUHS, Nashik.

Total 50 participants attended the workshop .19 sessions were delivered by 11 imminent experts.

