



Established & Incorporated Under Gujarat Private Universities
(Second Amendment) Act, 2015 (Guj. Act No. 7 of 2015)

Parul
University



PARUL INSTITUTE OF AYURVEDA & RESEARCH

ANNUAL REPORT

January 2019-December 2019

Parul Institute of Ayurveda & research is established under parent Paul University, with a vision to build a centre for excellence in Ayurveda Education and practice, preserve, nurture and propagate the profound ancient wisdom of Indian system of medicine through quality teaching, training, medical care and research works. The Institution aims at transforming the science of Ayurveda through quality education, selfless service to the society with a truthful motto. This Institution was permitted on 17.11.2017 by ministry of AYUSH, GoI, New Delhi for intake of admission of 100 students. Institute is focusing on academic, cultural, social and research activities.

Potentials, skills of the student will be identified by the teacher and accordingly they will be motivated and guided for academic, co-curricular activities etc. our Institute concentrate on Social service by conducting rural health awareness programme, Swachata Abhiyan along with involvement of students in such activities. Culture has got significant role in the development of students personality, by keeping this in view, Institute motivates students to participate in various cultural programmes. To preserve the tradition, we celebrate Ganesha Chaturthi, Independence Day, Republic Day.

By arranging medical camps Khemdas Hospital has extended the health service in 38 nearby villages and around 10,591 number of patients were benifitted. Feedback of health seekers of these above camps was very good.

Khemdas Ayurved Hospital, teaching hospital of Parul Institute of Ayurved has been accredited by NABH (National Acredation Board of Hospital) from 27th October 2018. The surveillance visit was on 12th December 2019. The teaching pharmacy is also developed nicely and able to manufacture our own products.

As a part of faculty development programmes, the Institute has organised various Seminar, Workshops, CME, Faculty Development Programmes, Awareness Programmes, Guest Lecture. Details are as below:

Seminar

1. National Seminar entitled "MAHOUSHADHI 2019" – "National Seminar on New Dosage Forms" organised by Department of Rasa Shastra & Bhaishajya Kalpana, Parul Institute of Ayurveda & Research, Ishwarpura on 5th & 6th July 2019

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Faculty of Ayurved

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Workshops:

1. Workshop on Occupational Health was organised by Department of Swasthavrutta, on 4th – 6th April 2019 for drivers of Parul University.
2. Workshop "Swasthyam- The Path of Wellness" was organised by Department of Swasthavrutta on 12th -19 June 2019 for all teaching staff.
3. Workshop on Yoga was organised by Department of Swasthavrutta on 17th – 20th June 2019 for Students of Parul University.
4. Workshop on "Drushti Samrakshana" was organised by Department of Shalaky Tantra & Swasthavruttha on 27th & 28th September 2019 for all the faculties Parul University.
5. State level Workshop on traditional pulse diagnosis (Nadi Pariksha) with hands on practice by Nadi Guru Acharya Sanjay Chhajed, MD (Jamnagar) "Pulse Tech 2019" arranged by Department of Kriya Shareera on 23rd December 2019.

CME

1. World AIDS Day was organised by Department of Shalya Tantra of Parul Institute of Ayurveda & Research in collaboration with Parul Institute of Ayurveda on 2nd December 2019 to Students & Faculties PIAR.

Awareness Programme

1. World Leprosy Day was organised by Department of Swasthavruttha on 30th January 2019 for the Public at Khemdas Ayurveda Hospital.

Orientation Programme for Students:

1. Orientation programme of three days was organised for the Second Year & Third Year BAMS students. Sensitization of students for the new academic year with introduction to the subjects was given to Students. It was held from 3rd -5th October 2019, coordinated by respective Welfare Officer.
2. Orientation programme of three days was organised for the First Year BAMS students. Sensitization of students for the course of Ayurveda & new academic year with introduction to the subjects was given to Students. It was held from 9th – 11th September 2019, coordinated by respective Welfare Officer. As a part of this Orientation Programme students were introduced with art of meditation through "Heartfulness meditation Programme".

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Celebration:

1. International Women's Day was celebrated by the College Council and WDC, Parul Institute of Ayurved and Research for the faculties on 8th March, 2019. On this occasion, Mrs. Rekha Kulkarni (Academician and expertise in Sanskrit Literature) was felicitated as a guest to motivate and encourage students and faculties.
2. Institution conducted a rally as to create awareness about health among the society in Vadodara City on the occasion of "National Ayurveda Day".
3. On the eve of the Fifth "International Yoga Day", 2^{1st} June 2019 the team of Swasthavritta, Faculty of Ayurveda organized
 - a. Mega event involving around 2,000 people (including the staff and students of Parul University) at Sports Ground, Parul University.
 - b. Guest speech by Shree Bhargavbhai Bhatt, on the topic "history behind 2^{1st} June being declared as International Yoga Day by the UNO" as also how working in unity as mankind is the call of Yoga, narrating a Puranic story.
 - c. Department of Swasthavruttha organised one day Yoga Session according to the common Yoga Protocol for the 40 Vedapathi children, Ved Vidyalay, Waghodia, Vadodara.
4. Department of Dravyaguna Vigyan celebrated the eve of "World Environment Day" by planting 45 new saplings of trees by all the teaching and non teaching staffs of under the leadership of respected Principal Dr.BG Kulkarni on 6th June 2019 followed with an awareness class by Dr.Suwarna Meshram, Professor & HOD, Department of Dravyaguna on the topic "Clean Campus Healthy Campus" to the patients of Khemdas Ayurved Hospital.
5. Teachers Day celebration was organised by students on 5th September 2019

Guest Lecture:

1. Department of Rasa Shastra & Bhaishajya Kalpana arranged Guest Lecture on 11th January 2019 for students of Second Year BAMS by Dr Prakash Deshpande Professor, BVV Ayurveda College, Bagalkot, Karnataka on the topic "Introduction to Rasashastra and Importance of Rasoushadihes".
2. Department of Roga Nidana & Vikruti Vijnana arranged series of Guest Lectures from 9th – 11th April 2019 for students of Second Year BAMS
 - a. Dr. Kirankumar Delwadia, Professor & Head, Department of Pathology Paul Institute of Medical Science & Research, delivered guest lecture on the topic "Basic Pathology", on 09th and 10th April 2019.
 - b. Dr Nisarg Savjiyani delivered guest lecture on the topic "Immunity and Immune deficient Disorders" on 11th April 2019

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3. Department of Shareera Kriya arranged Guest lecture on 22nd April 2019 for students of first and Second Year BAMS by Dr. Shruti Phatak, Associate Professor, DYPU, School of Ayurved, Department of Kriya Shareera, Nerul, Navi Mumbai on the topic "Concept of Srotas".
4. Department of Ayurveda Samhita & Siddhanta arranged Guest lecture on 25th April 2019 for students of First and Second Year BAMS by Dr. Vinay Pawar, Associate Professor, Department of Ayurveda Samhita & Siddhanta, DYPU, School of Ayurveda, Nerul, Navi Mumbai on the topic of "clinical utility of Vimana Sthana of Charaka Samhita".
5. Department of Ayurveda Samhita & Siddhanta arranged Guest lecture on 26th April 2019 for students of First Year BAMS by Sri Param Das Dam Ji, on the topic "Art of Mind Control" on 26.04.019.
6. On the eve of 5th International Yoga Day, a guest lecture entitled "Yoga in Modern Age" was organised by Department of Swasthavrutha, Faculty of Ayurveda, PU, on 20.06.2019 by Paramadhama Das, Hare Krishna Movement, Vadodara. More than 300 students from both the colleges attended the lecture got benefited.
7. Department of Ayurveda Samhita & Siddhanta organised a Guest Lecture on 28th September 2019 for the students of First Year BAMS on the topic "Practical Utility of Padartha Vigyan" by Vd. Kadam Amol Shamrao, Principal & Professor Department of Ayurveda Samhita & Siddhanta, Dr. Deepak Patil Ayurveda College & Research Centre, Kolhapur, Maharashtra.
8. Guest Lecture was arranged for First Year BAMS Students on 11th October 2019 by Bhanuprakash Joshi, Professor, Lakul;esh Yoga University on the topic "Sensitization to Clinical Ayurveda".
9. A Guest Lecture was arranged for First Year BAMS on November 2019 by Shri Param Dam Das Ji, on the topic "Art of Mind Control".
10. Department of Ayurveda Samhita & Siddhanta organised a Guest Lecture on 22nd November 2019 for the students of Third Year BAMS on the topic "Applied aspect of Charaka Samhita Chikitsastana in today's era" by Dr. Shivani Sanjeev Gavande, Professor, Department of Kayachikitsa, Bhaisaheb Savant Ayurved Mahavidyalay, Sawantwadi, Sindhudurga, Maharashtra.

Faculty Development Programme:

1. Department of Ayurveda Samhita & Siddhanta organised a Faculty development programme on 25th April 2019 by Vaidya Vinay Pawar, Associate Professor, Department of Ayurveda Samhita & Siddhanta, DYPU, School of Ayurveda, Nerul,

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Navi Mumbai on the topic “Critical Study of Ancient Methods of Research With Special Reference to Bruhatrayi”.

2. As a part of Faculty Development pedagogy sessions are been organised once in every week.

Academic:

1. Institute organised students and teachers bipod meeting on 26th & 27th March 2019
2. Institute organised a Parent-Teacher-Student Tripod meet on 27th and 28th April 2019, for the students of First Year BAMS (2018-19 Batch).
3. To introduce the students to the culture of Ayurveda Shishyopanayana Samskara was organised to the newly admitted students of First Year BAMS (2019-20 Batch), on 13th December 2019.

Research Activities:

1. Completed two External Funded Research Projects.
2. Ongoing Research: Two external Funded and four Research Projects are funded by CR4D, Paul University.

FACULTY CORNER

Book Publication:

Dr. Prasanth R Krishnan, Associate Professor Department of Dravyaguna published a book entitled “A Handbook of Dravyaguna Non Detailed on May 2019 published by Chaukambha Sanskrit Samsthan

Publication: 20 faculties published 34 research & review articles.

CME: 4 faculties have attended CME on their respective subject held in various places organised by RAV, New Delhi

Presentation: 12 faculties have presented 23 research papers in various seminars and conferences.

Training Programmes: 1 faculty had attended 4 weeks training programme – IT Training for AYUSH Professionals, Ministry of AYUSH

Achievements:

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Faculties:

- Dr. BG Kulkarni was invited as Resource Person in CME for Rachana Shareera held at the month of November 2019, organised by RAV, New Delhi.
- Dr. Arun Vaidya, Dr. Prasanna Mathad, Dr. Jayasheela M Goni were invited as Resource Person in World Ayurveda Day and delivered guest lecture in various colleges of Paul University.
- Dr. Manisha G Dunghav, Dr. Arun Vaidya, Dr. Anitha H, Dr. Vaishali Deshpande, Dr. Suwarna M were invited as Chairperson in various sessions of National Seminar "Sammohan 2019" organised by Faculty of Ayurveda, Parul University:
- Dr. Manisha G Dunghav, Dr. Vaishali Deshpande, Dr. Jayasheela M Goni were invited as Chairperson in various sessions of National Seminar "Mahoushadhi 2019" organised by Faculty of Ayurveda, Parul University:
- Dr. Vaishali Deshpande, Dr. Anitha H, Dr. Prasanna Mathad, Dr. Jayasheela M Goni, Dr. Rakesh Brahmanekar, Dr. Prasant R Krishnan, Dr. Eshwari, Dr. Mauli Vaishnav, Dr. Divya B, Dr. Nisha M were invited as resource person to conduct various sessions for CCCH Programmes organised by Government of Gujarat, coordinated by Faculty of Ayurveda, Paul Institute of Ayurved, Paul University.
- Dr. Divya B secured best paper award for oral presentation in National Seminar "Sammohan 2019"
- Dr. Vaishali Deshpande secured Best paper award in Oral presentation in International Conference on 'Aaharvidhi - Ayurvedic Approach to Modern Dietary Practices'.

Student Corner:

- Twenty students participated in Sammohan 2019 organised by Faculty of Ayurveda, Parul Institute of Ayurveda, Parul University.
 - a. Samyak Jain has received 2nd Best Paper Award in Oral Presentation in National Seminar "Sammohan 2019" organised by Faculty of Ayurveda, Parul Institute of Ayurveda, Parul University.
 - b. Nilam Prajapati has received 1st Best Paper Award in Oral Presentation in National Seminar "Sammohan 2019" organised by Faculty of Ayurveda, Parul Institute of Ayurveda, Parul University.
- Seven students participated in "Times Of India Public Speaking Contest", Yash Chikani, Heli Patel, Pradeep Koli, Richa Barad, Disha Baman were selected for District level contest.

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- Six students participated in “National Youth Day Celebration” -Yash Chikani & Patel Dhruvin secured 2nd rank in Debate competition.
- Samyak Jain, I Year BAMS secured 2nd Prize in poster presentation in National Seminar organised by Parul Institute of Applied Science.
- Four students participated in PU Annual Fest Dhoom 2018,
 - a. Sidhi Bhoir secured 2nd Prize in Rangoli Competition, which was awarded on February 2019
 - b. Vishal Hadiya 2nd Prize in Elocution
 - c. Vishal Hadiya 1st Prize in Stand Up Comedy
- Two students participated in “world homeopathy day” celebration, organised by Paul Institute of Homeopathy & research; Sidhi Bhoir secured 3rd prize in Rangoli Competition
- On the eve of “World Health Day” celebration, organized by Parul Institute of Medical Sciences & Research from 7th – 9th April 2019.
 - a. Nine students of 1st year participated in poster presentation. Ms. Komal Patel, Ms Fiza Mansuri, Ms Heli Patel secured 3rd Prize in poster competition. Vishal Hadiya secured 1st prize in debate competition.
Five students participated in poster presentation and Vishal Hadiya and Anjali Brahmabhatta secured first and Second Prize respectively.
 - b. Seven students participated in elocution competition Vishal Hadiya and Yash Chikani secured first and Second Prize respectively.
 - c. Six students participated in “Shlokamrutam” Shloka recitation completion held on November 2019, organised by Faculty of Ayurveda, Parul Institute of Ayurveda & Research and Vatsal Singh of First Year BAMS and Dhruvin from Second year BAMS, secured First Prize.
- Preet Arjunsinh Hada of First Year BAMS has been selected for Basketball-WomenTeam of Parul University for inter university basketball championship at Gwalior from 14th to 20th December 2019.


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