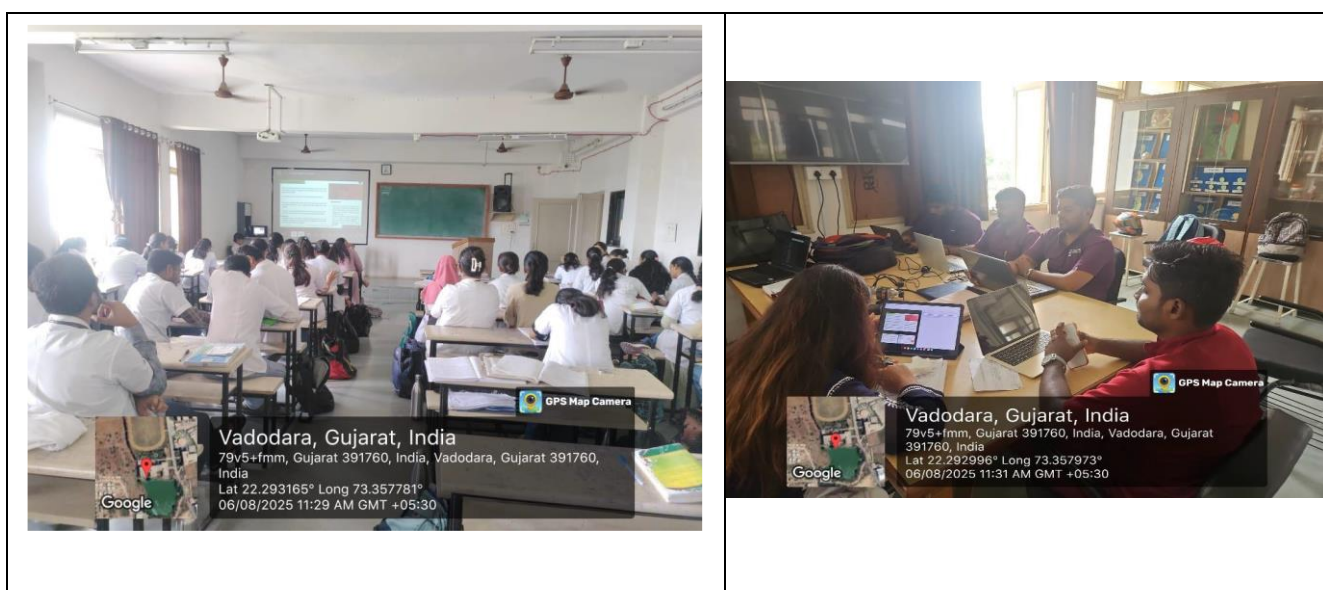


PARUL INSTITUTE OF AYURVED & RESEARCH

EXPERT LECTURES 2025

INTEGRATING BREASTFEEDING SUPPORT INTO AYURVEDA CURRICULUM

On the occasion of world breast feeding week celebration, Department of kaumarabhritya PIAYR organized Guest Lecture series on 6th August 2025. The programme commenced with Dhanwantari stuti by Akshata 3rd prof student PIAYR. The online session started at 10 AM. Dr Sreevisakh Prof and HOD of department of kaumrabhritya welcomed our principal Dr B G Kulkari and guest speakers Dr Deepthi Balakrishnan and Dr Anjaly M V. After that Dr Deepthi talked about the topic integrating

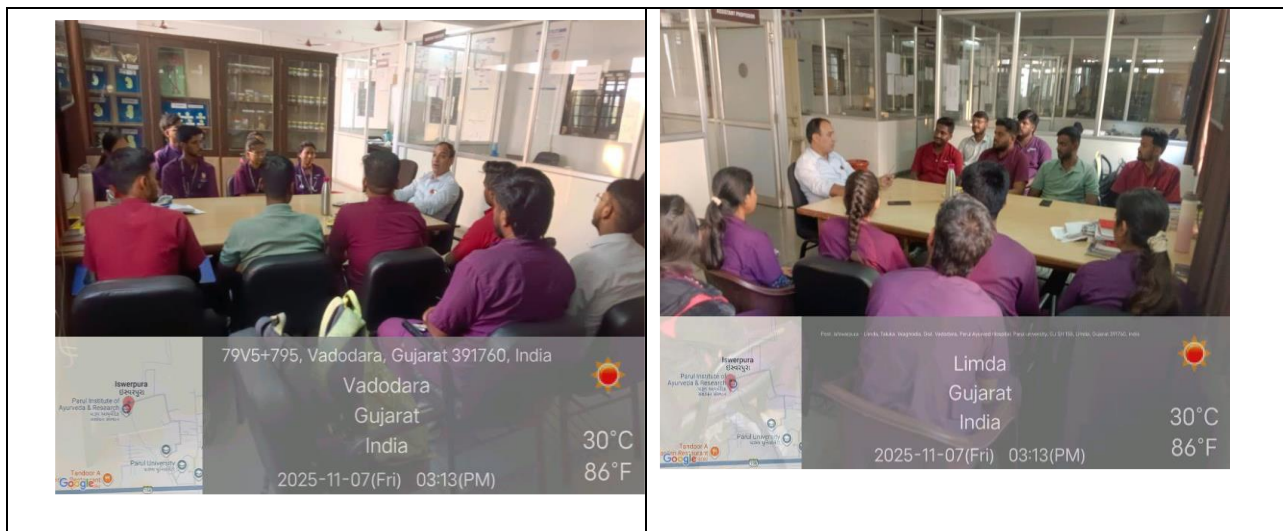


breastfeeding support into Ayurveda curriculum: A multi-level approach. Next session was started at 11 AM by Dr Anjaly M V. She discussed about Complications during breastfeeding- management. The whole session was anchored by Dr Shivani and Dr Preeti first year PG Scholars from the Kaumarabhritya department. Dr Arun Raj G R – Prof of department of Kaumarabhritya expressed vote of thanks to the guests. The whole session was coordinated by Dr Sreevisakh T S and other faculties of kaumrabhritya department.

GUEST LECTURE ON NEWBORN EXAMINATION

On **7th November 2025**, a **Guest Lecture** was organized for the **PG scholars of the Kaumarabhritya Department** on the topic of **Newborn Examination** The session began at **3:00 PM**.

The lecture was delivered by **Dr. Sunil P. Changle**, an expert in neonatal clinical assessment. He provided an in-depth explanation of the key steps involved in systematic newborn examination, including general assessment, neurological evaluation, and screening for common neonatal conditions. His session enriched the students' clinical understanding with practical insights and evidence-based approaches. The program was **coordinated by Dr. Nikita Vasava**, who efficiently



managed the organization and smooth execution of the session. The event was attended by PG scholars and faculty members of the Kaumarabhritya department, making it an interactive and academically enriching experience

THE GUEST LECTURE -" COMMON RESPIRATORY CONDITIONS AND ITS MANAGEMENT IN PAEDIATRICS".

Webinar series was conducted on 31st December 2025. It was organized by the Department of Kaumarbhritya PIAR. Program was moderated by Dr Anoop.K.Sasikumar, Assistant professor, KB dept. Timing was 12 pm 1pm. Topic for the guest lecture -" Common respiratory conditions and its management in Paediatrics". Our resource person Dr Sreevisakh TS talked about common respiratory diseases, diagnosis, investigations , management through Ayurveda, panchakarma procedures etc



GUEST LECTURE ON “AYURVEDIC MANAGEMENT OF ENDOMETRIOSIS AND UTERINE FIBROID”

An offline Guest lecture on “Ayurvedic management of Endometriosis and Uterine fibroid” was organized by the Dept. Of Prasuti tantra & Streeroga, of Parul Institute of Ayurved

and Research for the P.G. scholars of Dept of Prasauti tantra Evum Stree Roga on 08-11-2025 in the tutorial room of Prasuti tantra department of PIAYR from 12 pm onwards.



A GUEST LECTURE ON “INTRODUCTION TO SHALAKYA TANTRA”

A guest lecture on “**Introduction to Shalakyia Tantra**” was organized by the Department of Shalakyia Tantra on **12-07-2025** to enhance students’ understanding of diseases related to the eye, ear, nose, throat, and head. The session was delivered by **Dr. Gautam Dabhi**, an experienced clinician and academician in Shalakyia Tantra. He began by explaining the historical background of the subject and its significance as one of the key branches of Ayurveda. Dr. Dabhi discussed the major subdivisions of Shalakyia Tantra—*Netra Roga*, *Karana Roga*, *Nasa Roga*, *Mukha Roga*, and *Shiroroga*. He highlighted commonly encountered conditions in each category and explained their Ayurvedic principles of diagnosis and treatment. The lecture also covered the integration of traditional diagnostic methods with modern clinical tools. Dr. Dabhi emphasized the importance of correlating classical concepts with contemporary practice for accurate assessment of Urdhwanga disorders. Students were introduced to essential instruments



A GUEST LECTURE ON “SUCCESS STORIES OF SHALAKYA TANTRA”

The Department of Shalakyta Tantra organized a guest lecture on “**Success Stories of Shalakyta Tantra**” on **06-11-2025**, aimed at exposing students to real clinical achievements within the field of Urdhwanga disorders. The session was delivered by **Dr. Ganga R. Hadimani**, a well-known Shalakyta Tantra practitioner recognized for her successful clinical outcomes. She began by explaining the importance of documenting and understanding case histories in developing clinical skills. Dr. Hadimani presented several **authentic success cases** involving eye, ear, nose, throat, and oral cavity disorders. She detailed the patient history, Ayurvedic diagnosis, treatment protocols, and the visible improvements achieved through classical therapies. The lecture emphasized **practical procedures** such as *Nasya*, *Anjana*, *Tarpana*, and *Kavala-Gandusha*, explaining how these therapies contributed to the remarkable recoveries showcased. She highlighted the role of **Ayurvedic principles**, including dosha assessment, disease staging, lifestyle modifications, and individualized treatment planning, which played a crucial part in achieving successful outcomes. Students were given insights into challenges faced during treatment and how they were addressed through a combination of classical knowledge and clinical judgment. This helped students understand the real-world application of Shalakyta Tantra. The session concluded with an interactive discussion, where students asked questions related to case management, prognosis, and clinical decision-making. A vote of thanks was delivered, acknowledging Dr. Hadimani’s inspiring contribution.



GUEST LECTURE ON “AYURVEDIC PROPHYLACTIC AND THERAPEUTIC MEASURES FOR DIGITAL EYE STRAIN”

The Department of Shalaky Tantra conducted a guest lecture on “**Ayurvedic prophylactic and therapeutic measures for digital eye strain**” on **15-11-2025**, with the aim of educating students about managing screen-related ocular issues through Ayurveda. The lecture was delivered by **Dr. Vimal Panchani**, an experienced Ayurvedic practitioner specializing in Shalaky Tantra and ocular health. She began by explaining the rising incidence of digital eye strain among students and professionals due to prolonged use of mobile phones, laptops, and digital devices. Dr. Vimal Panchani described the **common symptoms** of digital eye strain such as dryness, itching, blurred vision, headache, fatigue, and difficulty focusing. She connected these symptoms with Ayurvedic concepts like *Vata* and *Pitta* aggravation. The session included an explanation of **Ayurvedic preventive measures**, such as practicing *Netra Tarpana*, *Anjana*, *Netra Aschyotana*, and adopting routines like frequent blinking, the 20-20-20 rule, and maintaining balanced lighting while using screens. She highlighted the importance of **diet and lifestyle**, recommending foods that promote eye health (e.g., ghee, Triphala, leafy greens) and daily practices such as *Nasya* and *Netra Abhyanga* to reduce eye strain and dryness. Dr. Vimal Panchani also discussed **simple eye exercises and relaxation techniques** that help reduce muscle fatigue and improve ocular circulation. She provided practical demonstrations that students could incorporate into their daily routines. The session concluded with an interactive Q&A segment where students shared their own experiences with eye strain. A vote of thanks was offered, appreciating Dr. Vimal Panchani’s valuable insights and practical guidance.



Guest lecture on the topic of "Localization of Stroke"

Guest lecture was conducted on the topic of "Localization of Stroke" for the PG students on 12.07.2025 from 04:00 pm to 05:00 pm. Dr. Sujoy S Dhumal was the guest speaker for this lecture. Dr. Sujoy S Dhumal delivered a comprehensive and engaging lecture on "Localization of Stroke," covering the topic with detailed explanations and practical relevance. The session

included:Conceptual Overview:Introduction to stroke - definition, types, and pathophysiology from both Ayurvedic (Nidana, Purvarupa, Rupa) and modern practical relevance.

GUEST LECTURE ON "DECODING JWARA"

Guest lecture was conducted on the topic of "Decoding Jwara: A practical perspective" for the UG students on 10.11.2025 from 2:00 pm to 3:00 pm. Dr. Somya E A was the guest speaker for this lecture. Dr. Somya E A delivered a comprehensive and engaging lecture on "Decoding Jwara: A practical perspective" covering the topic with detailed explanations and practical relevance.

GUEST LECTURE ON "PROTOCOL OF GI DISORDER MANAGEMENT IN AYURVEDA"

Guest lecture was conducted on the topic of "Protocol of GI Disorder Management in Ayurved" for the Faculties & PG students on 05.05.2025 from 10:00 am to 11:00 am. Dr Nishant Srikant Shukla was the guest speaker for this lecture. He took the session with practical examples regarding the topic. Sir explain with proper details of like nidana, purvarupa, rupa and chikitsa of GI Disorders with its modern aspect, photographic and animated views. Students also asked the queries about their doubts related with topic. It was very informative session and satisfying too. Students also got the chance to interact with guest speaker.

LECTURE ON COMMON SURGICAL CONDITIONS AND ITS MANAGEMENT

The Department of Shalya Tantra, Parul Institute of Ayurveda and Research, organized a guest lecture on Common Surgical Conditions and Its Management on 11th July 2025. The session was conducted by Dr. Sanjay Trivedi, a renowned surgeon and academician known for his clinical expertise and contributions to surgical education. The one-hour interactive session aimed to enrich the knowledge base of postgraduate students in the domain of surgery, bridging the gap between theoretical learning and clinical practice. The session commenced at 3:00 PM with a welcome address by Dr. Viraj Vyas, Assistant professor Dept of Shalya tantra. He introduced Dr. Sanjay Trivedi and highlighted his vast experience in general surgery and medical jurisprudence. Dr. Trivedi began the lecture by



presenting a brief overview of frequently encountered surgical conditions in both urban and rural healthcare setups. He presented clinical scenarios involving hernias, appendicitis, abscesses, and anorectal disorders. The discussion included diagnostic approaches using modern tools such as ultrasonography, CT scans, and blood investigations, followed by various treatment modalities. A significant portion of the session was dedicated to modern surgical techniques, particularly laparoscopic and endoscopic interventions. Dr. Sanjay Trivedi explained the advantages, contraindications, and patient selection criteria in detail. He also spoke about the role of anesthesia, patient monitoring, and infection control.

GUEST LECTURE ON ACUTE ABDOMINAL CONDITIONS AND ITS MANAGEMENT FOR UNDERGRADUATE STUDENTS

The Department of Shalya Tantra, Parul Institute of Ayurveda and Research, organized an insightful guest lecture on "Acute Abdominal Conditions and its Management" for undergraduate students on 12th July 2025. The session was delivered by the distinguished expert Dr. Sanjay Trivedi, who is renowned for his extensive clinical experience and academic contributions in the field of surgery and Ayurvedic Shalya Tantra. The session was part of the academic enrichment initiative designed to bridge the gap between theoretical learning and practical application in Ayurveda-based surgical sciences. The lecture commenced at 11:00 AM with a formal welcome address by Dr. Shailesh Jaiswal, Associate Professor, Dept. of Shalya Tantra. Dr. Sanjay Trivedi was felicitated and introduced to the students and faculty. He discussed response mechanisms in both rural and urban healthcare settings. Trauma is one of the leading causes of morbidity and mortality in India, and the ability of first responders to deliver timely and appropriate care plays a vital role in patient survival and recovery. In this context, the workshop was designed to bridge the gap between theoretical knowledge and practical implementation.



GUEST LECTURE ON“AYURVEDIC MANAGEMENT OF DIABETIC FOOT ULCER

The Department of Shalya Tantra, Parul Institute of Ayurveda and Research, organized a guest lecture on “Ayurvedic management of Diabetic foot Ulcer “on 15th October 2025. The session was conducted by Dr. Gajiram Banothe , a renowned surgeon and academician known for his clinical expertise and contributions to surgical education. The one-hour interactive session aimed to enrich the knowledge base of postgraduate students in the domain of surgery, bridging the gap between theoretical learning and clinical practice. The session commenced at 4:00 PM with a welcome address by Dr. Dhriti Khandelwal, Assistant professor Dept of Shalya tantra. He introduced Dr. Gajiram Banothe and highlighted his vast experience Chronic Diabetic Foot Ulcer. A significant portion of the session was dedicated to comprehensive ayurved amagement of diabetic foot ulcer, particularly uses of various treatment modalities like dhhopan, Leech application, Kshara application, and Lekhan and ropan Karma.



GUEST LECTURE ON “ADVANCED SURGICAL TECHNIQUES”

Parul Institute of Ayurveda and Research, organized a guest lecture on “**Advanced Surgical Techniques**” on 11th November 2025. The session was conducted by **Dr. Ashwin Haridas**, a renowned surgeon and academician known for his clinical expertise and contributions to surgical education. The one-hour interactive session aimed to enrich the knowledge base of postgraduate students in the domain of surgery, bridging the gap between theoretical learning and clinical practice & surgical advancements. The session commenced at 4:00 PM with a welcome address by Dr. Dhriti Khandelwal, Assistant professor Dept. of Shalya Tantra. He introduced **Dr. Ashwin Haridas** and highlighted his vast experience & expertise in advanced surgical techniques. A significant portion of the session was dedicated to **Case-based interactive discussion**, particularly critical comparison of technique options & decision pathways, recorded case demonstration. Towards the end, an interactive Q&A session was conducted where PG students actively participated. They have answered all the questions raised by the scholars along with clinical case studies. The guest lecture by **Dr. Ashwin Haridas** was a resounding success, marked by high student engagement, practical insights, and a strong academic impact. The Department of Shalya Tantra aims to continue



GUEST SPEAKER ON "TRADITIONAL VISHA CHIKITSA"

The department of Agada Tantra, PIAYR_organized a Guest lecture for PG students. The guest lecture was conducted on 27/02/2025 from 11.00am to 12.00pm. A total of 11 students attended . The Guest Speaker Dr. Aravind Nath Assistant Professor, Dept of Agadatantra, G J Patel Ayurved College, Anand. The session was started with welcome speech and introduction of the guest speaker done by Dr Sariput Bhosikar (Professor & HOD, Dept. of Agadatantra PIAYR). Our guest speaker has explained and interacted with PG scholars regarding the topic "**Traditional Visha Chikitsa. Faculties**" and students actively participated in the session and interactive session was very much informative to all.



GUEST LECTURE ON EXPLORING THE ANCIENT WISDOM OF VISHA CHIKITSA

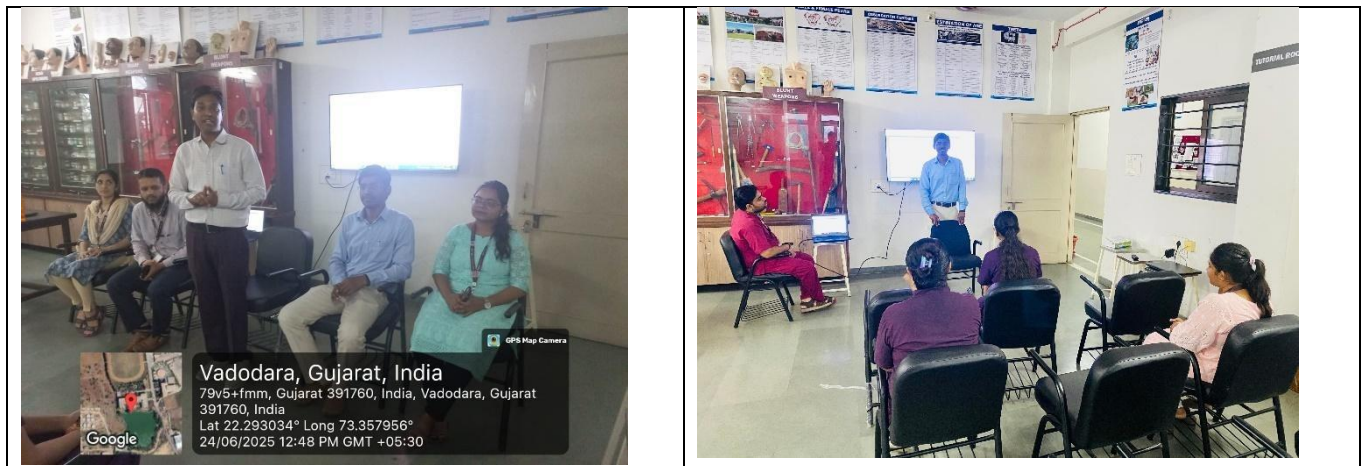
The department of Agada Tantra, PIAYR_organized a Guest lecture for PG students. The guest lecture was conducted on 10/04/2025 from 11.00am to 12.00pm. A total of 11 students attended . The Guest Speaker Dr Jayashree Khandge is working as the Associate Professor, Dept of Samhita Siddhanta, Rukhmini Ayurved College, Sangamner, Maharashtra. The session started with a welcome speech and introduction of the guest speaker done by Dr Sariput Bhosikar (Professor & HOD, Dept. of Agad Tantra PIAYR). Our guest speaker has explained and interacted with PG scholars regarding the topic, **Exploring the Ancient Wisdom of Visha Chikitsa**. Faculties and students actively participated in the session, and the interactive session was very informative to all. The session was anchored by Dr.Ajith Krishnan (Assistant Professor, Dept. of Agad Tantra, PIAYR), and a vote of thanks was delivered by Dr. Adishree Bhat (Associate Professor. Dept. of Agad Tantra, PIAYR)



GUEST LECTURE ON VISHAGHNA MAHA KASHAYA & ITS CLINICAL APPLICATION".

The department of Agada Tantra, PIAYR_organized a Guest lecture for PG students. The guest lecture was conducted on 24/06/2025 from 11.00am to 12.00pm. A total of 11 students attended. Dr Sonesh Utkar is working as the Professor, Department of Dravyaguna, SS Agarwal Ayurveda College, Navsari. The session was started with welcome speech and introduction of the guest speaker done by Dr Sariput Bhosikar (Professor & HOD, Dept. of Agad Tantra

PIAYR). Our guest speaker has explained and interacted with PG scholars regarding the topic "Vishaghna Maha Kashaya & its clinical application". Faculties and students actively participated in the session and interactive session was very much informative to all. The session was anchored by Dr. Suhel Shaikh (Assistant Professor, Dept. of Agadtantra, PIAYR) and vote of thanks was delivered by Dr. Adishree Bhat (Associate Professor, Dept. of Agadtantra, PIAYR



GUEST LECTURE ON "SCOPE OF AGADA TANTRA".

The department of Agada Tantra, PIAYR_organized a Guest lecture for PG students. The guest lecture was conducted on 19/06/2025 from 11.00am to 12.00pm. A total of 11 students attended. Dr. Rahul Arsude is working as the Associate Professor, Dept of Agadatantra, Murlidhar Ayurved College, Rajkot. The session was started with welcome speech and introduction of the guest speaker done by Dr Sariput Bhosikar (Professor & HOD, Dept. of Agadtantra PIAYR). Our guest speaker has explained and interacted with PG scholars regarding the topic "**Scope of Agada Tantra**". Faculties and students actively participated in the session and interactive session was very much informative to all. The session was anchored by Dr. Ajith krishnan (Assistant Professor, Dept. of Agadtantra, PIAYR) and vote of thanks was delivered by Dr. Adishree Bhat (Associate Professor Dept. of Agadtantra, PIAYR



GUEST LECTURE ON THE TOPIC “RESEARCH AREAS IN DRAVYAGUNA VIGYAN W.S.R. TO VRIKSHAYURVED”

The Department of Dravyaguna Vigyana, Parul Institute of Ayurved and Research, organized a guestlecture on the topic “Research Areas in Dravyaguna Vigyan w.s.r. to Vrikshayurved” for the postgraduate scholars of 2nd semester and final year MD (Dravyaguna) on [insert date]. The event was conceptualized under the academic guidance of Dr. Suvarna Meshram, Professor and Head, Department of Dravyaguna Vigyana, who served as the coordinator of the program. The primary aim of the lecture was to expose MD scholars to diverse and unexplored research domains within the field of Dravyaguna Vigyana, with a specific emphasis on the traditional science of Vrikshayurved, which holds immense potential for present and future Ayurvedic research. The session commenced with a brief introductory address by Dr. Suvarna Meshram, highlighting the objectives and significance of organizing such scholarly interactions for postgraduate students. She emphasized that Ayurveda, being a holistic system, has always considered plants not just as raw materials for medicine but as living entities with their own vitality and therapeutic value.



“PHARMACOVIGILANCE IN AYURVEDA

The Department of Dravyaguna Vigyana, Parul Institute of Ayurved and Research, Parul University, successfully organized a guest lecture for the students of 2nd Professional BAMS on 21st July 2025 from 4:00 PM to 5:00 PM at Kashyap Hall. The lecture was delivered on the highly relevant and contemporary topic “Pharmacovigilance in Ayurveda: Ensuring Safe and Effective Healing” by Dr. Kavya Nagrajana, Head of Department, Research Centre, Rashtrottana Hospital and Research Centre, Bengaluru. The session was anchored and the speaker was introduced by Dr. Kruti Patel, Assistant Professor, Department of Dravyaguna Vigyana. In her introduction, Dr. Patel highlighted the speaker’s extensive contributions to the field of Ayurvedic research and her expertise in the area of pharmacovigilance. The lecture focused on the importance of pharmacovigilance in Ayurveda to ensure the safety, efficacy, and standardization of Ayurvedic drugs. Dr. Kavya Nagrajana elaborated on the historical context, current challenges, adverse drug reaction monitoring systems, and the integration of pharmacovigilance into Ayurvedic education and practice. The session was insightful and well-received by the students and faculty alike.



“NETWORK PHARMACOLOGY AND BIOINFORMATICS”

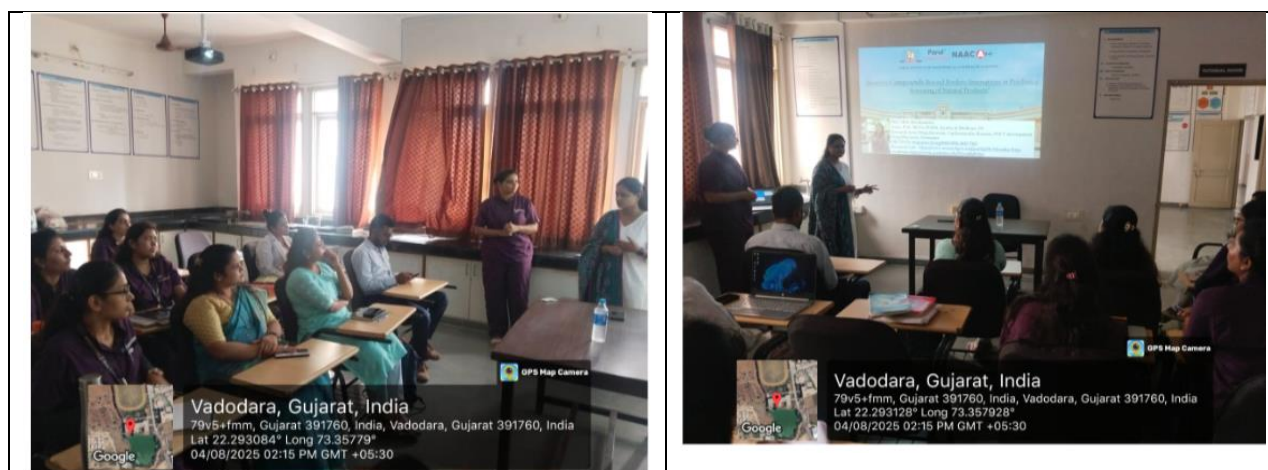
The Department of Dravyaguna Vigyana organized an expert talk on “Network Pharmacology and Bioinformatics” on 6th October 2025. The session was delivered by Dr. Pinkal H. Patel, Professor and Head, Department of Pharmaceutical Chemistry, Parul Institute of Pharmacy and Research. The session commenced with a warm welcome and introduction of the expert by Dr. Kruti Patel, Faculty Coordinator. Dr. Patel highlighted the importance of network pharmacology in bridging traditional Ayurvedic knowledge with modern molecular pharmacology. During the talk, the expert explained the fundamentals of network pharmacology, including data mining, molecular docking, pathway analysis, and database usage such as STITCH, STRING, and SwissTargetPrediction. She demonstrated how bioinformatics platforms can be utilized to predict the pharmacological networks of herbal constituents. The session was highly interactive, with students and scholars actively participating in discussions regarding the integration of Ayurvedic pharmacology with

computational biology. The event concluded with a vote of thanks delivered by Dr. Kruti Patel, followed by the presentation of a certificate of appreciation to the guest speaker by Dr. Suvarna Meshram, HOD and Professor, Dr. Bhavin Dhanavade, Associate Professor, Dr. Nikita Pamnani, Assistant professor of the Dravyaguna Vigyan Department.



“BIOACTIVE COMPOUNDS BEYOND BORDERS: INNOVATIONS IN PRECLINICAL SCREENING OF NATURAL PRODUCTS”

The Department of Dravyaguna Vigyana, Parul Institute of Ayurved and Research, Parul University, organized a guest lecture on “Bioactive Compounds Beyond Borders: Innovations in Preclinical Screening of Natural Products” on 4th August, 2025. The session was arranged as a part of the academic enrichment activities under the subject Applied Basics of Dravyaguna Vigyana for the 2nd Semester Postgraduate Scholars and Final Year MD Scholars. The primary aim of the lecture was to expose the scholars to the latest developments in pharmacognosy and preclinical screening of natural products and to promote a deeper understanding of bioactive compounds beyond conventional approaches. The program commenced at 2:00 p.m. in the Department of Dravyaguna Vigyana, 1st Floor, Parul Institute of Ayurved and Research. The session began with a warm welcome extended to the guest speaker, Dr. Nivedita Priya, a distinguished academician and researcher in the field of pharmacognosy and natural product research. Faculty members, postgraduate scholars, and interns were present in large numbers to participate in the event.



GUEST LECTURE ‘STRESS MANAGEMENT THROUGH AYURVEDA’.

Department of Swasthavritta evum Yoga, Parul institute of ayurved and research has successfully organized an UG EXPERT TALK focused on vital topic of ‘STRESS MANAGEMENT THROUGH AYURVEDA’. The event was scheduled on September 20, 2025 starting at 10:00 AM. The central figure of this expert talk was Dr. Sudhir Joshi, District AYUSH Officer, Dahod, as the Expert Speaker. Dr. Joshi’s background and official Designation lend significant weight and credibility to the session, assuring attendees of high quality, authentic information rooted in AYUSH system of medicine. The primary aim of the lecture was to provide undergraduate students with a valuable opportunity to interact with an eminent medical professional and gain practical, holistic insights into managing modern-day stress using ancient ayurvedic principles. The Choice of the topic ‘Stress Management Through Ayurveda’ is particularly relevant in contemporary students’ life, addressing a universal concern using traditional wisdom.



SIGNIFICANCE AND FORMULATION OF EFFECTIVE RESEARCH TITLES

A special interactive session was organized for 1st and 2nd year postgraduate scholars, focusing on the significance and formulation of effective research titles. The session provided a valuable opportunity for students to engage with experienced experts in the field, who shared real-life examples of well-structured research titles from diverse areas of study. Through these insights, the experts emphasized the importance of crafting a research title that is clear, concise, and reflective of the study’s core objectives and methodology. The session also included a Q&A segment where students were encouraged to present their own proposed research titles. Experts offered personalized feedback, helping scholars refine and align their titles with academic standards and research goals. This interactive format not only deepened the students’ understanding of title formulation but also enhanced their confidence in approaching their own research work with clarity and purpose.



NATIONAL HEALTH POLICY (NHP), AIMED AT ENHANCING STUDENTS' UNDERSTANDING OF ITS SCOPE AND IMPACT

A PowerPoint presentation was conducted to highlight the key features of the National Health Policy (NHP), aimed at enhancing students' understanding of its scope and impact. The session began with a detailed overview of the policy's main objectives, followed by an engaging discussion on its core themes—preventive healthcare, universal health coverage, and the integration of digital health technologies. These discussions helped students appreciate the policy's emphasis on shifting from curative to preventive approaches, ensuring equitable access to healthcare services, and leveraging technology to strengthen the health system. To illustrate the practical application of the NHP, real-life case examples were shared, demonstrating how the policy has been implemented across various healthcare settings. To further encourage participation and reinforce learning, the session concluded with a short quiz and an open discussion, allowing students to reflect on their insights and actively engage with the concepts presented.

UG GUEST LECTURE Organized by Department of Swasthavritta & Yoga, Parul Institute of Ayurved & Research, Faculty of Ayurved Parul University	
13 MARCH	02:00 P.M. ONWARDS
EXPERT SPEAKER Dr. Avinash Jadhav HOD and Professor, Department of Swasthavritta & Yoga, Incharge, Department of Translational Research, Shri Jagdishpurji Ayurved College, Nashik, Maharashtra	
Topic - National Health Policy COORDINATORS Dr. Dhairat Vara Professor & HOD, Department of Swasthavritta & Yoga Dr. Archana Panchoharimath Professor, Department of Swasthavritta & Yoga Dr. Vivek In Assistant Professor, Department of Swasthavritta & Yoga Dr. Rahul Jadhav Professor, Department of Swasthavritta & Yoga Dr. Reshma Shaji Assistant Professor, Department of Swasthavritta & Yoga	



CURRENT HEALTH CHALLENGES

An interactive discussion was organized to explore the relevance of Swasthavritta in addressing current health challenges. The session emphasized how ancient Ayurvedic principles of daily and seasonal regimens can play a crucial role in preventing lifestyle-related disorders and promoting holistic well-being in modern times. To make the session more engaging, a small activity was conducted wherein students were asked to write down

their current daily routines and then compare them with the classical Dinacharya guidelines. This reflective exercise allowed students to identify gaps in their lifestyle and understand the practical applicability of Swasthavritta. The session concluded with a lively question-answer segment, which provided an opportunity for students to clarify their doubts and gain deeper insights into the fundamental concepts of preventive healthcare as envisioned in Ayurveda.



Future Avenues for Research in Yoga.

On the occasion of Doctors Day, July 1, 2025, was honoured to host an expert talk for its esteemed faculty members. The session featured Dr. Kashinath Samagandi, the distinguished Director of the Morarji Desai National Institute of Yoga (MDNIY), who delivered an insightful presentation on ;Future Avenues for Research in Yoga.; The event aimed to foster a deeper understanding of the evolving landscape of Yoga research and inspire faculty to explore new dimensions in this traditional science. Dr. Samagandi talk provided a comprehensive overview of the vast potential that lies within Yoga research. He began by emphasizing the growing global recognition of Yoga therapeutic benefits and its integration into mainstream healthcare. Dr. Samagandi also underscored the importance of ethical considerations, standardization of practices, and the development of robust research infrastructure to support future endeavors in this field.



GUEST LECTURE ON KALA SHARIR- SHUKRADHARA KALA.

The guest lecture was conducted by Prof. Dr. Seetharama Mithanthaya for PG students, focusing on Kala Sharir on 06/11/2025

- The session was about the Kala Sharir- Shukradhara Kala.
- An interactive question and answer session to address student queries.
- The session was both engaging and highly informative. The students found the lecture clear and interesting.



INSIGHTS IN APPLIED ASPECTS OF EYE ANATOMY

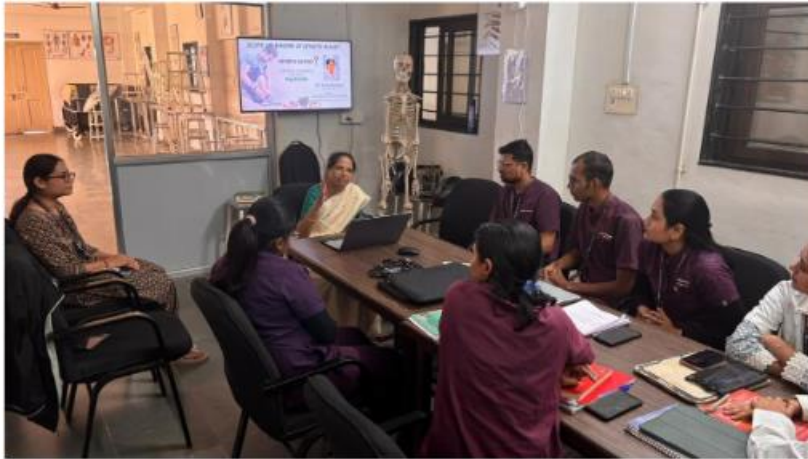
The guest lecture was conducted by Dr. Gautam Dabhi for PG 1 st 2 nd year, aimed to provide insights in applied aspects of eye anatomy. on 11/07/2025

- The session was about the eye anatomy and it's clinical importance was enumerated.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.

The guest lecture was conducted by Dr. Swati Bedekar for PG students, focusing on Marma Sharir on 11/12/2025

- The session was about the scope of marma sharir in sports injury.
- Discussion on sports injury.
- An interactive question and answer session to address student queries.
- The session was both engaging and highly informative. The students found the lecture clear and interesting.



FOCUSING ON HISTOLOGY

The guest lecture was conducted by Dr. Parvathy S. for PG first year, on 17/10/2025 focusing on Histology

- The session was about the overview of the histology.
- Discussion on histological techniques, overview of the four tissue types.
- An interactive question and answer session to address student queries.
- The session was both engaging and highly informative. The students found the lecture clear and interesting.



INSIGHTS IN APPLIED ASPECTS OF MUSCULATURE OF BACK REGION

The guest lecture was conducted by Dr. Sujata Rathod for UG 1 st year, aimed to provide insights in applied aspects of Musculature of back region on 13/8/2025

- The session was about the eye anatomy and its clinical importance was enumerated.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.



focusing on Cerebrospinal fluid Circulation

- The guest lecture was conducted by Dr. Sakshi Waghmare for UG first Professional year, focusing on Cerebrospinal fluid Circulation.18/12/2025
- The session was about the overview of the Cerebrospinal fluid Circulation.
- Discussion on Cerebrospinal fluid Circulation and its applied aspects.
- An interactive question and answer session to address student queries.
- The session was both engaging and highly informative. The students found the lecture clear and interesting.



GUEST LECTURE ON INSIGHTS IN SPINAL CORD

The guest lecture was conducted by Dr. Siddharth Roy for PG 1 st & 2 nd year, aimed to provide insights in Spinal cord.25/01/2025

- The session was about the definition of Spinal cord, general features of Spinal cord.
- Spinal cord and it's clinical importance was enumerated.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.

PG GUEST LECTURE
Organized by Department of Rachana Sharir
Faculty of Ayurved, Parul Institute of Ayurved and Research,
Parul University

25 | **JANUARY**

EXPERT SPEAKER
Dr. Siddharth Roy
Associate Professor,
Department of Rachana Sharir,
Eva College of Ayurved, Supedi, Rajkot.

TOPIC : SPINAL CORD

COORDINATORS

Dr. B.G. Kulkarni Associate Professor, Department of Rachana Sharir	Dr. Nimesh Sangode Associate Professor & HOD, Department of Rachana Sharir
Dr. Ravi Jashi Associate Professor, Department of Rachana Sharir	Dr. Sujata Rathore Associate Professor, Department of Rachana Sharir



INSIGHTS IN MARMA CHIKITSA

The guest lecture was conducted by Dr. Saifudheen Gurukkal P for PG 1st & 2nd year, aimed to provide insights in Marma Chikitsa. 27/2/2025

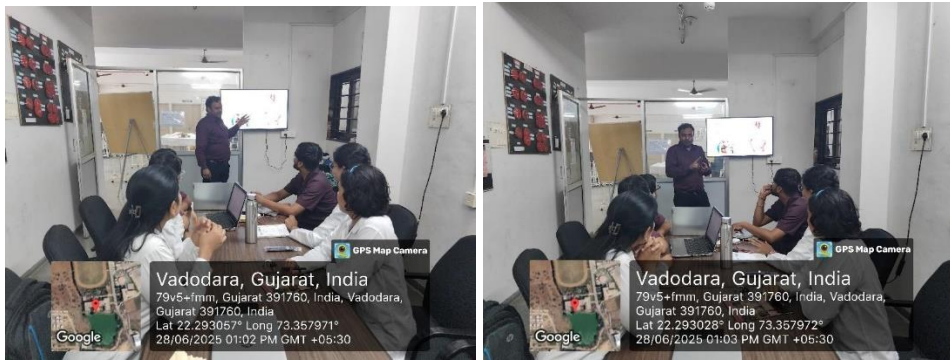
- The session was about the clinical aspects of Marma, identification of Marma location etc.
- Shared his clinical experiences on treating dislocation, stiffness of shoulder etc.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.

The guest lecture was conducted by Dr. Siddharth Roy for PG 1st & 2nd year, aimed to provide insights in Brachial Plexus on 28/6/2025.

- The session was about the definition of Brachial Plexus, general features of Brachial Plexus.
- Brachial Plexus and its clinical importance was enumerated.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.



Guest Lecture on “Introduction to Shatchakra”

The Department of Kriya Sharir, Parul Institute of Ayurved and Research, organized a Guest Lecture on “Introduction to Shatchakra” on 3rd December 2025 at Vagbhatt Hall for First Year BAMS students. A total of 87 students actively participated in the session. The program was conducted under the leadership of Dr. Mariya Husain, Associate Professor & Head of the Department of Kriya Sharir. The event was coordinated by Dr. Priyanka Solanki, Dr. Shulbha Bhosale, and Dr. Kajal Senghani.



Research Areas in Kriya Sharir

The Department of Kriya Sharir, Parul Institute of Ayurved and Research, organized an expert Guest Lecture on 12th April 2025 titled Research Areas in Kriya Sharir for postgraduate students. The session was conducted in the Tutorial Room of the department and coordinated by Dr. Mariya Husain, Associate Professor, under the leadership of Dr. Vaibhav A. Biradar, Head of Department. The lecture was delivered by Dr. Deepika P. Chaudhari, Associate Professor, Department of Kriya Sharir, Government Ayurveda College, Vadodara, who has rich academic and research experience in the field. In her insightful talk, Dr. Deepika addressed:



NAVIGATING POSTGRADUATE EDUCATION IN AYURVEDA: STRATEGIES FOR SUCCESS.”

The Department of Kriya Sharir, Parul Institute of Ayurved and Research, organized an inspiring and informative webinar on 13th February 2025, from 2:00 PM to 3:00 PM, on the topic “**Navigating Postgraduate Education in Ayurveda: Strategies for Success.**” The guest speaker was Vaidya Jayprakash Ram, Research Officer (Ayu.), CCRAS, Ministry of AYUSH, Government of India.



GUEST LECTURE CONDUCTED BY –DR. CHANDRABHUSHAN JHA EX- DEAN FACULTY OF AYURVEDA BHU

GUEST LECTURE Conducted by –Dr. Chandrabhushan Jha Ex- Dean Faculty of Ayurveda BHU on Date – 26-11-2025 Title – History of Rasashastra The lecture emphasized that the history of Rasashastra is not just a timeline of texts, but a record of scientific evolution—moving from the pursuit of “divine alchemy” to a highly efficient system of medical therapeutics that continues to offer rapid results in modern healthcare.



Introduction and Significance of Tamra Sindura

GUEST LECTURE Conducted by –Dr. Malhar Joshi Rastriya Guru Rashtriya Ayurveda Vidyapeeth on Date – 28-11-2025 Title – Introduction and Significance of Tamra Sindura The guest lecture provided a focused technical session on Tamra Sindur, a unique and potent copper-based formulation belonging to the category of Kupipakva Rasayana. The speaker detailed its complex pharmaceutical processing and its specialized role in treating chronic ailments.



INTRODUCTION AND SIGNIFICANCE OF KUPIPAKVA RASAYANA

GUEST LECTURE Conducted by –Dr. Rakesh Salve Director Aarihant Ayurvedic Medical College and Research Institute, Gandhinagar Date – 07-11-2025 Title – Introduction and Significance of Kupipakva Rasayana The guest lecture provided an in-depth exploration of Kupipakva Rasayana, considered one of the most sophisticated and potent pharmaceutical preparations in Rasashastra. The session focused on the unique method of ‘bottle-cooking’ minerals and the clinical superiority of these formulations.



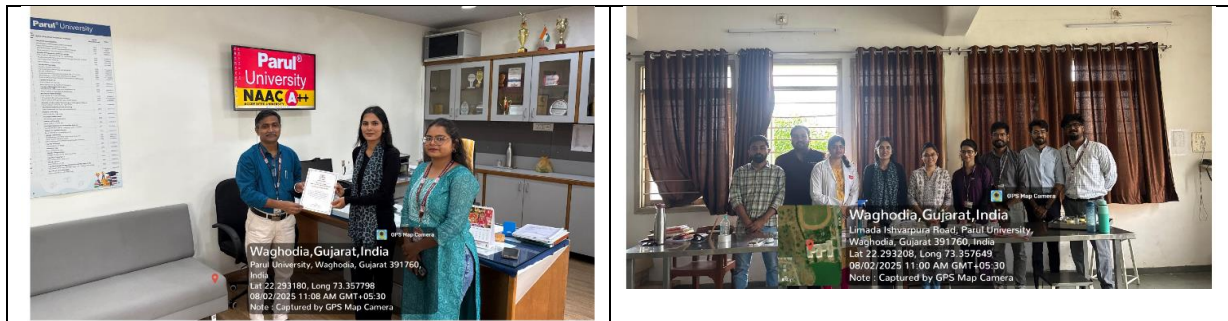
Research areas of Rasashastra and Bhaishajya Kalpana

GUEST LECTURE Conducted by – Dr. Rohit Gokarna Principal Swaminarayan Ayurvedic College, Kalol Date – 08-02-2025 Title – Research areas of Rasashastra and Bhaishajya Kalpana



SCOPE OF RASAUSHADHIS IN CLINICAL PRACTICE

GUEST LECTURE Conducted by – Dr. Saraswati Assistant Professor Date – 08-02-2025
Title – Scope of Rasaushadhis in Clinical Practice The scope of Rasaushadhi in Ayurvedic clinical practice is extensive, primarily due to its unique pharmacological properties characterized by Alpa Matratva (minimal dosage) and Kshipra Arogyadayitva (rapid therapeutic action). These herbo-mineral formulations are particularly valued in acute conditions and emergencies where immediate intervention is required.



THE IMPORTANCE OF TANTRAYUKTI FOR UNDERSTANDING AYURVEDA.

The Department of Samhita Siddhant successfully organized a guest lecture on 15th February 2025 for the postgraduate scholars. The session was graced by Dr. Jayashree Khandge, Associate Professor and a distinguished scholar in the field of Ayurveda, who delivered an enlightening lecture on the Importance of Tantrayukti for Understanding Ayurveda. The program commenced with a warm welcome and brief introduction of the speaker by the Head of the Department. Dr. Khandge, known for her deep knowledge and clarity of thought, captivated the audience with her engaging and scholarly discourse.

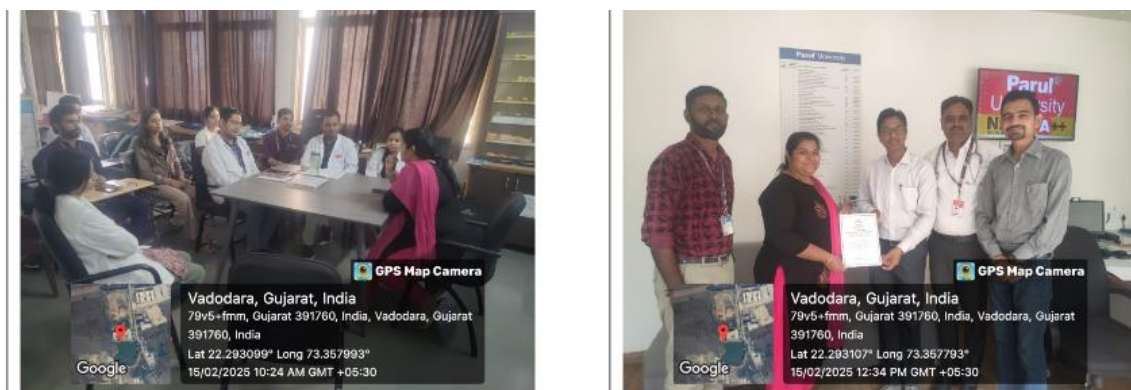


Fig. 1 Dr. Jayashree delivering the lecture.

Fig. 2 Felicitation of Dr. Jayashree.

SROTAS CHIKITSA SIDDHANTA

A guest lecture was arranged by dept. of Samhita Siddhanta and Sanskrit for the first year BAMS student on the topic of Srotas Chikitsa Siddhanta. Dr. Manish firstly explored the classification, function and main sites of Srotas. Then they explained about the treatment protocols given by various Samhitas such as charak Samhita, Sushruta Samhita and Ashtang Hridaya. Finally Dr. Manish explained about textual correlation of treatment principles in today's era.



Delivering Guest lecture in 1st Year Classroom.



Delivering Guest lecture in 1st Year Classroom.

theoretical aspects of snehapana

The webinar was conducted for the final year students of Parul Institute of Ayurved and Research on 11/07/2025 at 04.00pm to 05.00 pm. The welcoming of the guest speaker was done by Dr Abhilesh VS, Assistant Professor, Department of Panchakarma, PIAYR. After that the session was headed by Dr Vipinsha. RS. He beautifully explained about the theoretical aspects of snehapana and what are the different methods of vicharana sneha. How practically we can administer the snehapana. It was a very well informative session. At the end of the session vote of thanks was expressed by Dr Divya B, Associate Professor, Department of Panchakarma and the session was concluded

THE PRINCIPLES AND CLINICAL APPLICATIONS OF PANCHAKARMA



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25/09/2025 03:07 PM GMT +05:30

IN VARIOUS DISEASE CONDITIONS

The seminar was conducted for the final year students of Parul Institute of Ayurveda and Research on 07/11/2025 at 02.00 pm to 03.00 pm. The welcoming of the guest speaker was done by Dr Nisha R. Assistant Professor, Department of Panchakarma, PIAYR. After that, the session was headed by Dr Rohini. The webinar focused on the principles and clinical applications of Panchakarma in various disease conditions. Different Panchakarma procedures and their therapeutic role in lifestyle, chronic, and musculoskeletal disorders were discussed. The session was interactive and informative, enhancing participants' clinical understanding of Panchakarma therapies. It was a very well informative session. At the end of the session vote of thanks was expressed by Dr Divya B. Associate Professor, Department of Panchakarma and the session was concluded

