

## **Activity Report**

**Parul Institute of Ayurved, Faculty of Ayurved, Parul University**

**Department: Dravyaguna Vijnana**

**Activity Type: Educational Tour**

**Title: Field Visit – Herbal Garden & Dravyaguna Department, SDM College of Ayurveda, Udupi & Hassan**

**Date: 18th & 21st June 2025**

**Duration: 2 Hours (each visit)**

**Participants: 42 Students**

**Faculty Coordinators: Dr. Harishankar K.T. & Dr. Anjana J.**

**SDG Alignment: SDG-3 – Good Health and Well-being**

**MOU Activity: Yes (with SDM College of Ayurveda, Udupi)**

### **Objectives**

- Provide academic exposure to traditional Ayurvedic practices.
- Enable live identification and classification of medicinal plants.
- Enhance understanding of pharmacognostic and therapeutic aspects of herbs.
- Foster inter-institutional academic exchange and skill development.

### **Activity Summary**

The Department of Dravyaguna organized educational visits to **SDM College of Ayurveda, Udupi** and **SDM College of Ayurveda, Hassan**.

Students explored herbal gardens, observed diverse medicinal flora, and engaged in discussions with faculty on plant morphology, habitat, and Ayurvedic properties (Rasa, Guna, Virya, Vipaka). The visits emphasized cultivation techniques, seasonal variations, and medico-botanical correlations.

Practical exposure to live specimens reinforced theoretical knowledge and encouraged research-oriented learning.

### **Outcomes**

- Hands-on experience in medicinal plant identification.
- Strengthened correlation between classroom theory and field practice.

- Enhanced curiosity, analytical thinking, and appreciation for Dravyaguna.
- Inspired students toward research and field-based Ayurvedic studies.

### **Conclusion**

- The educational visits to SDM Udupi and Hassan provided valuable experiential learning, deepened students' understanding of medicinal plants, and promoted holistic appreciation of Ayurveda's botanical foundation.

Glimpses of activity:

