

Activity Report

Parul Institute of Ayurved, Faculty of Ayurved, Parul University

Department: Ayurveda

Activity Type: Ayurveda Tour

Title: Ayurveda Tour – Haridwar

Date: 20th–23rd December 2025

Duration: 4 Days

Participants: 28 Students

Experts:

Prof. Mayank Kumar Agrawal, Dr. Ramakant Marde, Dr. C.B. Chhanal, Dr. Swastik Jain, Dr. Bhaskara Sharma, Dr. Uttam Kumar, Dr. Rishabh Jain, Dr. Gopi Krishna, Mr. Rahul Chauhan

Coordinator: Dr. Anjana J.

Sponsoring Authority: Parul University

Objectives

- Provide experiential learning of classical and contemporary Ayurveda practices.
- Enhance practical understanding through exposure to medicinal plants, raw drug identification, panchakarma centers, and pharmaceutical units.
- Familiarize students with the cultural, clinical, and industrial relevance of Ayurveda in Haridwar.

Activity Summary

The 4-day Ayurveda Tour integrated **academic, clinical, pharmaceutical, and cultural exposure**.

- **Academic Institutions:** University of Patanjali, Patanjali Ayurved College, Quadra P.G. Institute of Ayurveda. Students learned about curriculum design, research methodologies, postgraduate opportunities, and modern pedagogical tools.

- **Clinical Exposure:** Moksha Maternity Home and Trauma Centre provided insights into integrative patient care in gynecology, surgery, and trauma management.
- **Dravyaguna Learning:** Students practiced medicinal plant identification, raw drug selection, and quality assessment, strengthening foundational knowledge.
- **Industrial Visit:** At **AKUMS Drugs and Pharmaceuticals Ltd.**, students observed GMP compliance, quality control, and large-scale Ayurvedic drug manufacturing.
- **Cultural Exposure:** Ayurveda Kumbha showcased Ayurveda as a lifestyle, with demonstrations of yoga, traditional therapies, and preventive healthcare programs.

Outcomes

- Strengthened integration of theory with practical applications.
- Improved knowledge of medicinal plants, clinical practice, and pharmaceutical processes.
- Enhanced awareness of ethical, evidence-based, and standardized approaches in Ayurveda.
- Fostered respect for Ayurveda's cultural and societal relevance.

Conclusion

The Haridwar Ayurveda Tour provided a **multidimensional learning experience**, combining academic excellence, clinical observation, pharmaceutical exposure, and cultural immersion. It significantly enriched students' professional skills and broadened their perspective on Ayurveda as a holistic healthcare system.