

AyurImpact

STRIVING FOR AYURBHARATA



CHARAKA FOR CHANGE

AyurImpact

Presented under
AYURGRAMA 2.0

Organised by
AAPTAS AYURVEDA TRUST

in association with
VISHWA AYURVEDA PARISHAD

on the auspicious occasion of
CHARAKA JAYANTI 2024

TEAM DHATRI

CONTESTANT ID - AG2H01

5TH TO 11TH JULY 2024

AyurImpact

Conception of this magazine is an evocation to the spirit of Bharata in order to peek upon and reclaim the lost glory of being the Vishva Guru. This is an compilation of rigorous efforts put on by the students of Shri Dhanwantry Ayurvedic College Chandigarh under the name , Team Dhatri. It commemorates the successful attempt made by the young roots of this eternal Banyan tree of Ayurveda to disseminate the core spirit of Indic Science, Ayurveda in particular.

**सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया।
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत्॥**

This magazine transverse through the journey of team Dhatri in the village Rattewali from 5th to 11th July 2024.

Ayurimpact is dedicated to the promotion of indic way of knowledge which can be nearest correlated with wisdom,where knowledge emerges of pure consciousness.

Foreword



VAIDYA NARESH MITTAL
GENERAL SECRETARY SDES (Regd.)
CHANDIGARH

We are thrilled to celebrate a remarkable achievement of Shri Dhanwantry Ayurvedic College, Chandigarh. For first time in the college, a group of students spearheaded for a week-long Ayurgrama 2.0 awareness camp on their own initiative with a backhand support from college. This commendable program successfully brought the benefits of Ayurveda to the villagers of Rattewali in Panchkula district, Haryana. I am happy to write a few words for the 7-day Ayurveda Awareness Camp. This camp is a great step to tell people about the wonderful things Ayurveda can do. Our deepest gratitude goes to team coordinator Vaidya Avtar for his unwavering dedication towards bringing this camp to life. Furthermore, we appreciate the collaboration between Aptas Ayurveda and Vishwa Ayurveda Parishad for nurturing this noble initiative. The timing of the camp, coinciding with Acharya Charak Jayanti, adds a special layer of significance to the program. By organizing this program, the students not only raised awareness about Ayurveda in the community but also paid tribute to the rich legacy of Acharya Charak, one of Ayurveda's most revered propagators. This student-driven camp serves as a shining example of initiative, social responsibility, and a deep respect for Ayurveda's heritage..

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MANGLACHARANAM

“शिवपद्याम्भोजनिर्मलं शुभारम्भः”

An ideal offering,

‘यस्याहुरागमविदः परिपूर्णशक्तेरंशे कियत्यपि निविष्टममुं प्रपञ्चम्।
तस्मै तमालरुचिभासुरकन्धराय नारायणीसहचराय नमः शिवाय॥’

The greatness of Bhagavan (God) is limitless. Worshipping Him and receiving His grace has been considered an ideal for thousands of years. It's our duty to uphold this tradition. Sri Sankara has taught us a lot about how we should worship Ísvara (God). Imagine saying to the Lord, "What can I offer You? What do I have that You don't already possess?" It's a valid question because everything belongs to Him. You might think, "Why not offer something made of gold?" But this wouldn't be appropriate. Bhagavan already holds Meru, the golden mountain, in His hand. In the event of Tripura Samhara, the Lord used Meru as His bow. Offering gold to Ísvara would be like giving Him what He already owns. Then you might consider, "What about giving money?" This too isn't suitable because Kubera, the god of wealth, himself follows Lord Siva's commands. Donating money to Ísvara is insignificant as He already has control over all wealth. In essence, what we can offer is our sincere devotion and pure heart, as these are the true gifts that please Bhagavan.



SUBHASHITAM

सुभाषितानि बुद्धिविवर्धनानि

"कर्मणो ह्यपि बोध्यं बोध्यं च विकर्मणः ।
अकर्मणश्च बोध्यं गहना कर्मणो गतिः ॥"
(B.Geeta 4/17')

The nature of the action which is in accordance with the injunctions of scriptures, the nature of inaction i.e. which is opposite to the ordinances of scriptures and the nature of vikarm i.e. evil acts like consumption of meat, alcohol, tobacco, and theft – bad conduct etc. should be understood because of action state is profound.

"आत्मानो मोक्षार्थं जगत हिताय च ।"
(Rigveda)

For the liberation of the self and the welfare of the world is a profound statement encapsulating a holistic approach to life. It suggests that personal growth and spiritual freedom are intrinsically linked to the betterment of society. By liberating the self, one develops the wisdom, compassion, and strength to positively impact the world. Conversely, working towards a better world can catalyze inner transformation. This interconnectedness emphasizes the importance of both individual and collective well-being.

शौचं तु द्विविधं प्रोक्तं बाह्यमभ्यन्तरं तथा ।
मृज्जलाभ्यां स्मृतं बाह्यं मनः शुद्धिस्तथान्तरम् ॥ (वसिष्ठसंहिता)

There are two types of cleanliness - cleanliness is of two types - external and internal; external purity is achieved through soil and water and internal purity is achieved through purification of the mind.



CHARAKA: A TIMELESS LEGACY OF HEALING

‘चरकस्य सिद्धान्तैः स्वस्थं जगत्’



We bow in deepest reverence at the lotus feet of Acharya Charaka, the holy guru of Ayurveda. His wisdom, like the nurturing sun, illuminates the path to health and well-being. The teachings of Charya Charka, enshrined in the Charaka Samhita, guide us towards a balanced life. We honour you, Acharya Charaka, for your profound insights that continue to heal and inspire generations.

Acharya Charaka, a revered figure in ancient Indian medicine, is best known for his foundational work in Ayurveda, the traditional system of medicine. His contributions are primarily encapsulated in the "Charaka Samhita," an extensive text that forms one of the principal pillars of Ayurveda.

The "Charaka Samhita" covers a wide array of topics including herbal medicine, diagnosis, and treatment of diseases, emphasizing a holistic approach to health that integrates body, mind, and spirit. Charaka's work laid the groundwork for various medical practices in Ayurveda, focusing on the importance of diet, lifestyle, and balance in maintaining health.

His principles emphasize the significance of preventive medicine and the understanding of individual constitution in treatment. Charaka's influence extended beyond his era, impacting not only Ayurvedic practitioners but also contributing to the broader medical knowledge in ancient and modern times. His teachings continue to be studied and applied in the practice of Ayurveda today.



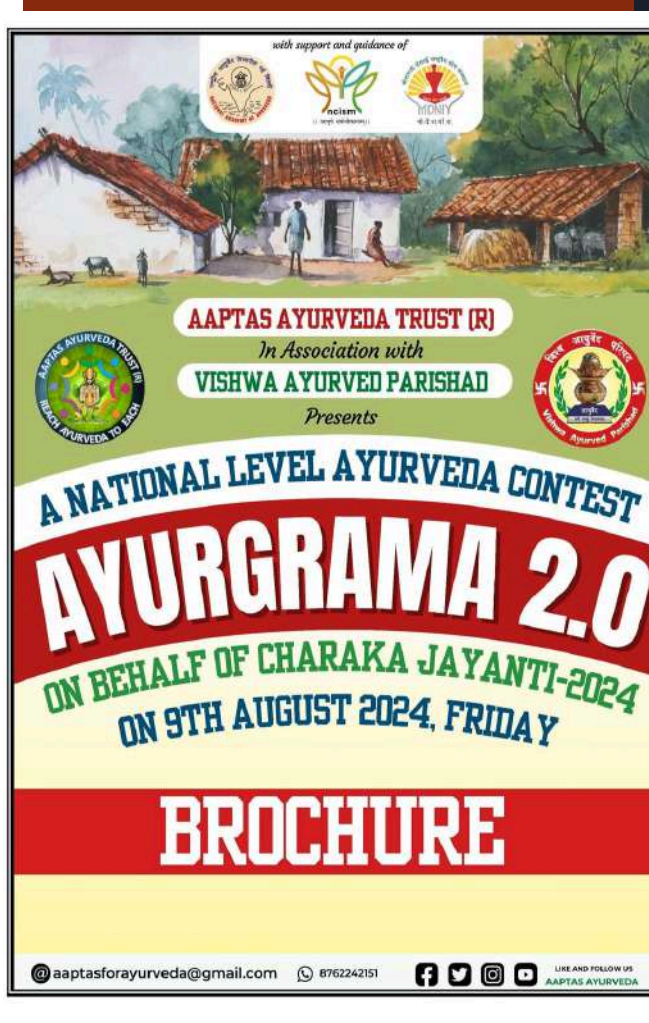
INTRODUCTION TO AYURGRAMA 2.0

आयुर्ग्रामस्य परिचयः

Ayurgrama 2.0 is a nationwide Ayurveda competition launched by Aaptas Ayurveda Trust and Viswa Ayurved Parishad to revive the ancient wisdom of Ayurveda in Indian villages. This initiative aims to counteract the decline of traditional healthcare knowledge in rural areas. Organized to honor the legendary Acharya Charaka on his birth anniversary, Ayurgrama 2.0 seeks to promote and propagate the invaluable contributions of Ayurveda to modern India.

GOALS AND OBJECTIVES OF AYURGRAMA

- To create a model village wherein people lead their daily routine to achieve a healthy life span.
- To introduce people with the basic concepts Ayurveda through recreational, cultural activities.
- To introduce people with the vast legacy of acharya charaka.
- To aware people about the importance and feasibility of Ayurveda as health science in context of sustainable sciences.



From Principal's Pen..



VAIDYA MAGANTI RAMDAS
PRINCIPAL SDACH, CHANDIGARH

Firstly, I would like to extend my heartfelt congratulations to the Ayurgrama 2.0 team for providing a wonderful platform for students to explore their potential in diverse aspects. This camp's grassroots-level approach is truly commendable, as it has the potential to take ayurveda legacy to unprecedented heights. By empowering students at the local level, Ayurgrama 2.0 is paving the way for a brighter future, where our next generation of vaidyas can thrive. I am confident that this initiative will have a lasting impact on the ayurvedic community and beyond. This awareness camp enhance the journey of exploration and transformation, as we delve into the principles and practices of Ayurveda. Our students had guided the people through a series of interactive sessions, workshops, and activities that designed to educate, inspire, and empower them to adopt a healthier, more balanced lifestyle. Through a combination of theoretical and practical sessions, local people had gain a deeper understanding of Ayurveda and its applications in modern life. During these 7 days, people got benefitted in following ayurvedic principle :

- Maintaining a healthy body, mind, & spirit.
- Managing stress and anxiety through Ayurvedic techniques.
- Nourishing the body with a balanced diet and lifestyle.
- Preventing and managing chronic diseases through Ayurvedic principles.
- Cultivating a deeper connection with nature and the world around us

Join us on this incredible journey of self- discovery and transformation, and get ready to unlock the secrets of Ayurveda. Let's embark on this path to wellness together!"

Dean Corner



VAIDYA SUMIT SHRIVASTAVA
DEAN ACADEMICS SDACH, CHANDIGARH

Our hearts brim with pride as we celebrate the remarkable initiative undertaken by our students of Shri Dhanwantary Ayurvedic College. In honor of Charaka Jayanti, a week-long Ayurgrama 2.0 program was successfully conducted in the village panchayat of Rattewali, Panchkula district, Haryana. Guided by their dedicated coordinator, a team of enthusiastic students transformed the village into a vibrant hub of Ayurvedic awareness. Interactive sessions captivated the audience, bringing the ancient wisdom of Ayurveda to life. The camp included educational sessions specifically designed for school children. By planting the seeds of Ayurvedic knowledge in the young minds, the students are ensuring that the legacy of Charaka and other Ayurvedic pioneers flourishes for generations to come. The overwhelming support from the villagers of Rattewali is a testament to the program's success. This collaborative effort fostered a deeper understanding and appreciation for Ayurveda within the community. The students' dedication and commitment to social responsibility serve as an inspiration to all. Their initiative not only empower individuals but also pave the way for a healthier future, echoing the spirit of Acharya Charaka's timeless teachings.

From Team coordinator



VAIDYA AVTAR SINGH CHAUHAN
(ASSISTANT PROFESSOR)
DEPARTMENT OF PANCHKARMA ,
SDACH

My seven days as Coordinator for Ayurgrama 2.0 in Rattewali were a transformative experience. Leading a team to impart the wisdom of Ayurveda and Acharya Charaka to an eager community was incredibly rewarding. The villagers' enthusiasm for learning was infectious, and their open-mindedness created a fertile ground for our initiative. Witnessing their growing understanding of holistic health was truly inspiring.

The villager's resilience and adaptability were equally impressive. Their active participation in workshops and demonstrations showcased their thirst for knowledge. It was a privilege to share the timeless wisdom of Acharya Charaka and see its resonance with the community.

This experience has deepened my appreciation for Ayurveda and the power of community engagement. I am grateful for the opportunity to have contributed to this meaningful initiative and witnessed its positive impact on the lives of the people of Rattewali.

Message from sarpanch



VISHAL SHARMA

SARPANCH GRAM PANCHAYAT,
RATTEWALI DIST. PANCHKULA,
HARYANA

I wholeheartedly commend the students of Shri Dhanwantry Ayurvedic College for their commendable initiative to disseminate knowledge about Ayurveda. It is evident that they deeply understand the significance of promoting Ayurvedic health practices for the well-being of the community.

On behalf of all the village elders (panchas), I pledge our unwavering support to their noble endeavor. We recognize the value of Ayurveda and its potential to improve the health and well-being of our people. We hope that these dedicated students will continue their mission to educate and enlighten people about Ayurveda in other regions as well.

I would like to express our sincere gratitude for the invaluable awareness they have brought to our village. Their efforts have undoubtedly contributed to a better understanding of Ayurvedic principles and their practical application in daily life.

Guest's Words



Vaidya Ashok Bishnoi

The first day of Ayurgrama 2.0 was a resounding success. Students shared Ayurvedic wisdom with eager villagers in Rattewali. The community warmly embraced the ancient knowledge, demonstrating keen interest in incorporating it into their daily lives. Witnessing my students' expertise and the villagers' appreciation was incredibly rewarding. This experience reaffirmed the transformative power of Ayurveda and community engagement.



Vaidya Avtar Singh Chauhan

Day two of the Ayurgrama awareness camp, dedicated to Ritucharya, was an enriching experience. Interacting with the villagers on Dinacharya provided invaluable insights into their daily routines. Conducting Dinacharya-based activities fostered a sense of camaraderie and knowledge sharing within the community. Witnessing students passionately teach villagers about Ayurveda at Ayurgrama 2.0 camp was inspiring. Their dedication to holistic health is commendable. Eager to participate in future initiatives promoting well-being.



Vaidya Corvi Kulkarni



I had the privilege of attending the Ritucharya Diwas event at the 3rd Ayurgrama 2.0 contest, where my students participated and spread awareness about Ayurveda. The event was a true celebration of Ayurveda, with my students showcasing their understanding of the principles of Ritucharya, or seasonal routines, through engaging presentations and interactive demonstrations. I got the opportunity to interact with the attendees and share my own perspectives on the importance of Ayurveda in modern healthcare. As I took on the role of an OPD physician, I was able to connect with individuals who were eager to learn more about this holistic approach.

Vaidya Aravind S

Marking my presence on Panchagavya Divas of the seven-day Ayurgrama 2.0 awareness camp was incredibly fulfilling. As a Swasthavritta professor, guiding students in yoga for common ailments like thyroid, back, and joint pain, and diabetes was rewarding. Witnessing the enthusiasm of students, as they shared the benefits of cow products with villagers was truly inspiring. The entire experience was a testament to the power of Ayurveda in promoting holistic well-being.





Vaidya Abhishek

It was a truly rewarding experience to attend the Ritucharya Diwas event at Ayurgrama 2.0. I was particularly impressed by the way my students tailored their approach to connect with people of all ages and backgrounds, ensuring that the message of Ayurveda resonated with everyone. Their ability to simplify complex concepts and make them accessible was truly admirable. Overall, the Ritucharya Diwas event at Ayurgrama 2.0 was a remarkable showcase of the passion, knowledge, and dedication of my students. I am immensely proud of their efforts and the way they have become ambassadors for the timeless wisdom of Ayurveda.



Vaidya Jyoti

Day two of the Ayurgrama awareness camp, dedicated to Ritucharya, was an enriching experience. Interacting with the villagers on Dinacharya provided invaluable insights into their daily routines. Conducting Dinacharya-based activities fostered a sense of camaraderie and knowledge sharing within the community. Witnessing students passionately teach villagers about Ayurveda at Ayurgrama 2.0 camp was inspiring. Their dedication to holistic health is commendable. Eager to participate in future initiatives promoting well-being.



Vaidya Suman Panwar

During the Ayurgrama 2.0 program in Rattewali village, the focus on Nari Shasaktikaran (women empowerment) and Bal Poshan (child nutrition) was pivotal. I delivered a speech emphasizing the empowerment of women through Ayurveda, stressing their vital role in community strength. Witnessing my students engage effortlessly with villagers, offering guidance on Ayurvedic principles, filled me with pride. Their passion and dedication were evident, sparking hope for transformative change. Villagers responded enthusiastically, eager to learn and embrace Ayurvedic practices for better health. This reaffirmed the profound impact of education and awareness in fostering positive community development.



Vaidya Amrit Malik

I had the privilege of attending the 7th day of the Ayurgrama 2.0 contest, which focused on "Gharelu Upchaar evam Vriksha Ropan" (home remedies and tree planting). The Initiative to educate the local community on the benefits of home remedies and the importance of tree planting was not only informative but also deeply inspiring. One of the most memorable moments was witnessing the villagers actively participating in the tree planting activities. It was heartening to see the community come together to contribute to a greener environment, reflecting the true spirit of Ayurveda's holistic approach to health and well-being. This experience has confirmed my belief in the power of education and community involvement in making a positive impact on society.



Sponsor's Words

1



ND Care

Passionate about holistic health, we at ND Care Nirogam Private Limited, see the Ayurgrama Awareness Program as a cornerstone for educating communities about the transformative benefits of natural healing. Our support is dedicated to expanding this essential knowledge and inspiring individuals to become proactive in their healthcare.

2



Zandu

"Zandu has a long-standing tradition of advocating for Ayurvedic practices. By funding the Ayurgrama Awareness Program, we aim to foster greater understanding and appreciation of Ayurveda, helping more people discover the transformative power of natural wellness."

3



SDH

At SDH, we are committed to improving health outcomes through education and innovation. The Ayurgrama Awareness Program aligns with our mission by providing valuable information and resources on Ayurveda, thereby enhancing community health and well-being.

4



Vaibhav Ayurveda

Supporting the Ayurgrama Awareness Program is a natural extension of our dedication to preserving and promoting Ayurveda. This initiative is crucial in educating the public about the importance and benefits of traditional Ayurvedic practices, and we are proud to be a part of it.

5



Pulse Ayurveda

The Ayurgrama Awareness Program is a significant step towards increasing public knowledge about holistic health practices. By funding this program, Pulse Ayurveda aims to contribute to a broader understanding and acceptance of Ayurveda, ultimately helping more people lead healthier lives.

TEAM DHATRI



**KAJAL
RANA**
.....
TEAM HEAD



**RIYA
NARANG**
.....
FINANCE
HEAD



PRANAY
.....
CULTURAL
HEAD



**SUKHDEV
SHARMA**
.....
DOCUMENTATION
HEAD



**CHINMAY
KUMAR**
.....
REPORTING
HEAD



**RAVI
CHAUDHARY**
.....
PUBLICITY
HEAD



**KESHAV
AGARWAL**
.....
STAGE EVENT
HEAD



**PIYUSH
SINGHAL**
.....
TRANSPORT
HEAD



**SUMUKHI
ARORA**
.....
CREATIVE
HEAD



**KARAN
KISHORE**
.....
SURVEY
HEAD



DEVANSHI
.....
SUPPORTIVE
MEMBER



VIDHI
.....
SUPPORTIVE
MEMBER



**RAKSHIT
CHAUHAN**
.....
SUPPORTIVE
MEMBER



**SHUBHAM
BHATT**
.....
SUPPORTIVE
MEMBER



**ISHA
SHARMA**
.....
SUPPORTIVE
MEMBER



Team Opinions

Kajal Rana (Team Head)

As a TEAM HEAD of Team DHATRI, It was not only a great experience for improving my professional skills but also I learnt the meaning of life and the responsibility I had on my shoulders and blessed to have my team mates and especially our coordinator who supported and helped us in all our steps with a kind heart, his guidance always insighted the path. He was always with us on our weak situation and gave confidence to overcome all situations patiently. At the end of the camp, we were tired but the feeling of satisfaction was unparalleled. We counselled villagers about personal hygiene, dietary modifications that they could afford and exercises that they could easily perform. It was probably the most productive 7 days of my life and I owe it all to AYURGRAM 2.0. Thank you for letting us do this.



Riya Narang (Finance head)

Organizing the Ayurgrama awareness camp was a rewarding yet challenging experience as the finance head. The survey we conducted revealed a high interest among villagers in learning about Ayurveda, motivating us to deliver a meaningful program. Managing the budget and ensuring the financial viability of the camp required meticulous planning and resource allocation. I faced challenges such as securing funding and managing expenses, but teamwork made a significant difference. Our dedicated team worked collaboratively to address issues, optimize resources, and deliver a successful camp.



Pranay (Cultural Head)

With joy, happiness and enthusiasm, our Team Dhatri experienced a Challenging task with full efforts and dedication. As a cultural head, I enjoyed a lot by conducting different varieties of activities in the form of jingle, skit and the best part everyone has shown interest in different tasks, active participation in different competitions and most cherishable experience was having positive feedback from the villagers and their blessings and encouragement for further conducting more such activities.



Sukhdev Sharma (Documentation Head)

As a documentation head, spreading awareness about Ayurveda in a village can be seen as a positive effort. It helps preserve traditional knowledge, promotes alternative healthcare options, and empowers communities to make informed choices about their health. Documenting these awareness campaigns can showcase their educational value and their impact on local health practices and beliefs. It's important to capture how such initiatives contribute to community well-being and understanding of holistic health approaches.



Chinmay Kumar (Reporting head)



As reporting head, the 7-day camp was a transformative experience. It honed my reporting skills through meticulous documentation of daily activities and outcomes. Interacting with diverse participants significantly enhanced my communication abilities. Working closely with the community at the grassroots level provided invaluable insights into their needs and perspectives. The camp was not just about Ayurveda, but also about personal and professional growth.

Ravi Chaudhary (Publicity Head)

I am thrilled to report on the heartening progress of AYURGRAM 2.0 in Rattewali village. Our efforts to promote Ayurvedic practices have been met with overwhelming enthusiasm from the villagers.

The positive response from the community reaffirms our commitment to fostering a healthier, happier village through Ayurveda. Witnessing the villagers embrace these traditional methods with such eagerness is truly gratifying. Moving forward, let's continue to harness this momentum, striving to make Ayurvedic wisdom accessible to all, and enriching lives in Rattewali.



Keshav Agarwal (Stage event Head)

Myself, Keshav Agarwal, managed all stage events in the camp. I found it bit challenging to involve audience in Ayurvedic Concepts Interactions. But with the help of our cultural head, took help of different & unique approaches including many fun-filled Activities, Skit, Jingle, Poems & much more... so this way, We conducted whole event. I kept my language as simple as possible to maximize my reach among villagers. But then things got really smooth. Whole population of village was supporting us at their level best. I cherished this camp & thank all my team members for supporting me at every point.



Karan Kishore (Survey Head)

Ayurgrama 2.0 , happened to be much more than a competition for me and our whole team.

As we got indulged in it, it became a sensation which drove us through one of a kind experiences of lifetime. After pre camp, we got rid of all our anxiety and were blazing with zeal to accept the upcoming event. Those 7 days of awareness camp gave a new perspective to look through the society of bharat and role of ayurveda in shaping it's destiny. Especially as a survey head I got ample amount of exposure to see one event from different perspectives, which will be fruitful for future opportunities to come. With grace from bhagwan dhanwantri and acharya charaka i feel obliged to thank team aaptas for providing us this pool of opportunity and learning in the form of a competition.



Piyush Singhal (Transport head)

As the head of transport, my opinion about 7days ayurveda awareness camp would depend on its relevance to our operation and the potential benefit to our team. It could be beneficial if it promotes wellness among team members. Potentially reducing sick leaves and improving productivity. However it is essential to consider logistics, timing and whether it aligns with our organizational goals and schedules. As a transport head, I recognize the importance of a healthy workforce and the impact of wellness on productivity. I am considering exploring ayurvedic initiatives for our team, such as workforce and health programs, to promote overall well being.



Sumukhi Arora (Creative Head)

23

Leading the Ayurveda awareness camp as a creative head was both enriching and challenging. I focused on making activities engaging and memorable, balancing tradition with modern relevance. Despite challenges like skepticism and diverse audience engagement, we successfully addressed misconceptions through well-researched, captivating presentations. The community's enthusiasm, especially in holistic health activities, was incredibly rewarding and motivating. Crafting accessible and engaging presentations showcased creativity's role in education. This experience not only enhanced public health awareness but also contributed to my personal and professional growth, affirming that "Creativity is the power to connect the seemingly unconnected."



Devanshi (Supportive Member)



As an active supporting member of team DHATRI, ayurgram 2.0 helped me to explore myself and the surroundings .

Really i had a very enthusiastic experience with all team mates and villagers as all of them were so genuine and treated us as their kids .

Enjoying every tasks and moment, solving all the hurdles with patience and moving ahead day by day help us to achieve this camp with much perfection of spreading knowledge about ayurveda and also gaining blessings from elders and love from children.

I would love to participate more and more in such activities in future also.

Thanks to ayurgram 2.0

Vidhi (Supportive Member)

As a supporting member of Team, I support my team in every task. We apprised the villagers about many things related to Ayurveda .We also discerned that people have many myths regarding Ayurveda, which we corrected . Along with many activities we engaged people of all ages ;many guest lectures ,skits,interactive sessions and demonstration of kalpanas were arranged to reach the purpose and we got a very positive feedback from the villagers as they got to know much about a good lifestyle and better way of living the life.

I enjoyed and learned a lot of things during this and in the future...



Rakshit Chauhan (Supportive Member)

As a supporting member, I found the program exceptionally enriching. All the team members were very supportive, and their cooperation made the experience enjoyable and educational. We collectively worked to spread awareness about Acharya Charak in the village, and it was heartening to see the positive impact. I learned a lot of new things, and the program provided valuable insights into traditional practices and their relevance today. The support from the team and the enthusiasm of the villagers made this program a memorable and successful endeavor.



Shubham Bhatt (Supportive Member)



As a supporting member, mostly assisting in documentation for the Ayurgrama 2.0 program in Rattewali village, I am proud to reflect on the positive impact of this initiative. The program aimed to spread knowledge about Ayurveda and promote its growing popularity, and it has been incredibly rewarding to witness the community's enthusiastic response. Through comprehensive documentation, we have captured the essence of various workshops, educational sessions, and interactive activities that were conducted. This not only helps preserve the valuable information shared but also serves as a reference for future endeavor I am proud that with collective hardwork of our team Dhatri we are able to stand up to our initiative Charaka for change

Isha Sharma (Supportive Member)

As a supporting member of Team, I aid my team in every task. We apprised the villagers about many things related to Ayurveda .We also discerned that people have many myths regarding Ayurveda, which we corrected . Along with many games and activities we engaged people of all ages ;many guest lectures ,skits,interactive sessions were arranged to reach the purpose and we got a very positive feedback from the villagers as they got to know much about a good lifestyle and better way of treatment. It was a very unique and memorable experience for me. I enjoyed and learned a lot of things during this and in the future



MILESTONES

- Engaging with a village of population over **3000**.
- Conducting **over 10 surveys** excluding the aaptas mandatory survey to create a indepth analytical data encompassing health of village as a whole.
- Using **green carbon footprint efficient methods** of transport and publicity.
- Conducting **6 morning yoga sessions** and **1 dedicated session** for management of common diseases through yoga.
- Demonstration of **6 Pathya kalpanas** along with tasting samples for villagers.
- Inviting **7 different** vaidyas as cheif guests each day.
- Successful planning and execution of **over 70 activities** and distribution of **over 100 medals and certificates** as whole.
- Engaging with and convincing **4 large ayurvedic companies and 1 local ayurvedic company** to sponsor our noble cause.
- Cleaver financial balancing allowing to conduct a range of diverse activities with a **meager budget of 35,000 INR only**.
- Plantation and distribution of **over 60 saplings** of medicinal plants and trees.
- Final report in the form of a **magazine** stretching **over 150 pages** covering all aspects of the camp in detail.
- Managing and utilization of audio visual and visual **database of over 100 gb**.



PRE CAMP WORK

- Formation of Team
- Planning of Event
- Registration
- Selection of village
- Village Approval
- Pre camp analysis report

HOW WE GATHERED TO MAKE A TEAM

संगच्छध्वम् स्वास्थ्याय

"Let's come together for Health"

The genesis of our team lies in a call for interested students to participate in the Ayurveda Grama awareness camp on June 21st, 2024. Our coordinator, recognizing the diverse skill set required for such a comprehensive initiative, selected a team of 15 individuals, including a head, based on their strengths and potential contributions.

This carefully curated group was introduced to the aim & objective of the national-level Ayurveda Grama 2.0 contest. The rules, regulations, and the overarching goal of promoting Ayurveda at the grassroots level were clearly outlined. The enthusiasm was palpable as we embarked on this journey, eager to contribute our part to the revival of Ayurveda.

The formation of this team marked the beginning of a collaborative effort, where individual talents would converge to create a meaningful impact. With a shared vision and a deep-rooted passion for Ayurveda, we were poised to transform our aspirations into action.





PLANNING THE EVENT....



The journey to organizing a successful awareness camp was a complex endeavor that demanded meticulous planning and unwavering dedication. At the heart of the challenge was securing the necessary financial resources. Without adequate funding, the camp was merely an aspiration. Through divine providence and the relentless efforts of our team, we managed to garner the support of a few sponsors who recognized the camp's potential impact.

With sponsorship in place, the focus shifted to crafting a comprehensive seven-day schedule. Countless meetings were held to meticulously plan every aspect of the event, ensuring a seamless execution. Simultaneously, the team worked tirelessly on creating essential marketing materials such as banners and pamphlets to effectively promote the camp.

As the event drew closer, the intensity of the work increased. Yet, the team's spirit remained undeterred. Their collective efforts laid the groundwork for a memorable and impactful awareness camp.

A well-defined organizational structure was crucial for the camp's success. Each department, including finance, culture, creativity, reporting, stage management, publicity, and surveys, played a pivotal role. These dedicated individuals worked cohesively, leveraging their expertise to contribute to the overall goal. Their meticulous attention to detail and commitment to excellence were instrumental in transforming the camp from an idea into a tangible reality.

LAYING THE GROUNDROOTS FOR AYURGRAMA 2.0

■ सुयोजना स्वास्थ्याय

The adage "proper planning prevents poor performance" proved invaluable as we embarked on the journey of organizing Ayurgrama 2.0. Guided by the wisdom of our coordinator, we initiated the event planning process by outlining a comprehensive blueprint.

A crucial step was identifying potential sponsors whose financial support would be instrumental in bringing our vision to life. To ensure a seamless execution, we held regular team meetings to meticulously examine every facet of the competition.



Simultaneously, we constructed a preliminary framework of activities to be conducted over the seven-day camp. This initial plan served as a springboard for further refinement, as we incorporated valuable feedback from our coordinator.

Under his guidance, we solidified our team identity by adopting the name "Team Dhatri," symbolizing our nurturing and supportive role in the event's development.

The collaborative and creative energy during this pre-camp phase laid a strong foundation for the event to come.



REGISTRATION



VILLAGE SELECTION



VILLAGE APPROVAL

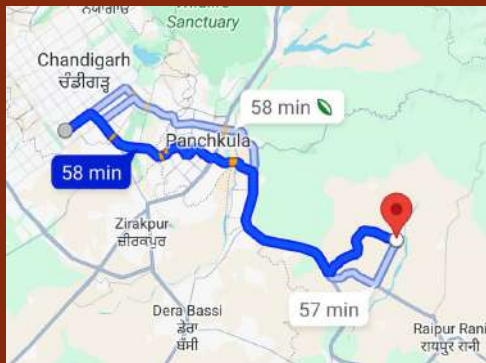
REGISTRATION



The long-awaited day to register for our team in ayurgrama 2.0 contest finally arrived on June 25th. We eagerly began our work by completing the self-declaration forms, while our dedicated group leader and coordinator sir handled the registration process. The atmosphere was electric with anticipation as we immersed ourselves in the tasks ahead, fueled by a strong sense of purpose and enthusiasm.



ग्राम चयनम् Village selection



Having outlined a preliminary event framework, our team successfully pitched the Ayurgrama contest to the principal, garnering his enthusiastic support. The subsequent phase involved identifying a suitable village to host our awareness camp. Rigorous village surveys were conducted across six potential locations.

After meticulous evaluation, Rattewali emerged as the most promising candidate. The village's proximity to our college (32 kilometers), coupled with essential amenities like a community hall and a school, made it an ideal choice. Furthermore, a productive meeting with the village sarpanch yielded positive results. The sarpanch's wholehearted endorsement of our initiative laid a strong foundation for a successful Ayurgrama 2.0 camp in Rattewali. Each assessed against the stringent Ayurgrama 2.0 guidelines.

Village Visited

- MIRZAPUR, (DISTRICT PATIALA, PUNJAB)
- KANAULI (DISTRICT PANCHAKULA, HARYANA)
- BALANA (DISTRICT AMBALA, HARYANA),
- JAGATPURA (DISTRICT MOHALI, PUNJAB)
- UCCHAPIND (DISTRICT FATEHGARH SAHIB, PUNJAB)
- RATTEWALI (DISTRICT PANCHAKULA, HARYANA)



VILLAGE APPROVAL

अनुमोदनम्

Post-registration

Our team ramped up efforts. Tasks were divided among groups, and data collection began. The compiled information was used to complete village approval forms, which were submitted to the Ayurgrama 2.0 team. Their swift response led to our village securing approval.

AAPTAS AYURVEDA TRUST (R)

REACH AYURVEDA TO EACH



CONTACT DETAILS

Vd. SHARAD KUMAR M - 8762242151
Vd. ARHANTH KUMAR A - 7829701558
Vd. K.KIRAN - 8277409245
Vd. PRATHIK BHAT - 9481265458
Vd. SHIDDANAGOLDA - 9844742170
Vd. SUSHRUTH JAIN - 9164910415

Ref. No: AAT-2024-51

To,
Kajal rana
TEAM HEAD
SRI DHANWANTARY AYURVEDIC COLLEGE &
HOSPITAL

SHUBHA AYU

Respected Ayurgram team

Aptas Ayurveda Trust appreciates your interest in the **Ayurgram 2.0** National level Ayurveda Contest to be held on behalf of Charaka Jayanti 2024. Our thanks to your entire team who are ready to promote the ideas of Ayurveda and Acharya Charaka to the villagers. We have received your Registration form and Self-declaration forms and your team is officially registered for the Ayurgrama 2.0 Contest.

Your Contestant ID is AG2H01

All team leaders have been added to official Ayurgram 2.0 Whatsapp group for more updates and communication. Before proceeding with the camp, Clarify any doubts your team has about any stage of the contest.

We are very happy to inform you that your selected village **Rattewali** has been approved for Ayurgrama 2.0 contest.

Your respected team may start Pre-camp Analysis and submit Pre-camp village video, member video about pre-camp and Pre-camp Analysis report as soon as possible.

The purpose of pre-camp analysis is to perfect the schedule design. We are looking forward to a good schedule design from your team.

All the best for the Pre-Camp Analysis.

THANKING YOU

M. Sharad Kumar

Vd. SHARAD KUMAR M
FOUNDER OF AAPTAS AYURVEDA
ORGANISING COMMITTEE
AYURGRAMA 2.0

DATE : 01-07-2024

AYURGRAMA
AYURBHARATA



Email: aaptasforayurveda@gmail.com



PRE CAMP ANALYSIS REPORT

➔ **BEGINNING OF A NEW PATH.**

➔ **SURVEY DURING PRE CAMP**



PUBLICITY STRATEGY ➔

CHALLENGES FACED ➔

①

नवपथस्य आरम्भः BEGINNING OF A NEW PATH.

Rattewali village was chosen for the Ayurgrama 2.0 program after a comprehensive evaluation of multiple locations. Pre-camp activities commenced on June 29, 2024, under the guidance of coordinator sir. Upon arrival, our team head secured the village head's approval to initiate a thorough pre-camp analysis.



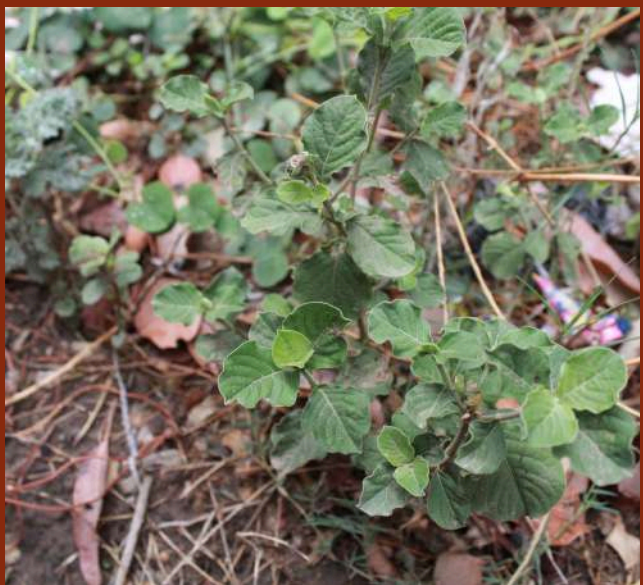
②

SURVEY DURING PRE CAMP

[A SEPARATE SURVEY SECTION IS DEDICATED FOR DETAILS]

As Acharyas have significantly quoted '*SARVA BHUTA CHINTAYAAM*'. So in order to rever their work and mark the importance of flora and fauna in the existence and sustinance of human race we carried out and extensive survey concerning them and also dare to mention them before the issues related to human.

The village Rattewali boasts a rich flora comprising both cultivated and wild plant life. A variety of medicinal herbs, including neem, tulsi, and amla, were identified among the diverse species like peepal, banyan ,swarankshiri, apamarga and mango. This botanical wealth offers potential for Ayurvedic applications and ecological significance.





The list includes a diverse range of common animals, from large mammals like cows, buffaloes, horses, and goats, to smaller ones like dogs, cats, and birds. Insects are represented by ants and beetles, while fish are included as aquatic fauna.



The people of Rattewali cultivate cereals, pulses, and commercial crops like sugarcane and groundnut, with a predominantly vegetarian diet. The area is characterized by fertile soil and experiences a shift from the summer to monsoon season.

A survey on Ayurvedic awareness among villagers revealed limited knowledge. While a small percentage had used Ayurvedic treatments or products, the majority were unfamiliar with Ayurvedic principles like Dinacharya and Ritu Charya. Despite a fair number practicing yoga, overall awareness and adoption of Ayurveda remain low. Common health issues in the region include hypertension, skin disorders, diabetes, ENT problems, arthritis, cardiac issues, thyroid, and gynaecological problems.

These findings indicate a potential gap in Ayurvedic healthcare accessibility and utilization within the community.



A community hall in the village will serve as the venue for our week-long program. Necessary arrangements for the stage, including equipment and setup, have been made with the support of the village sarpanch.

The program will include cultural activities, competitions, and Ayurvedic-themed events. Higher secondary School of the village have been involved in the planning process. Transport for the team and logistics will be provided by the college, which is located approximately 34 kilometers away.



3

PUBLICITY STRATEGY:-

To maximize camp reach, a multi-pronged approach involving traditional and digital methods will be employed. This includes physical outreach like village announcements, banners, and door-to-door distribution of pamphlets. Digital strategies such as WhatsApp groups and leveraging local influencers like the sarpanch and vaidyas will be utilized to spread awareness efficiently.



4

CHALLENGES FACED

The pre-camp analysis encountered several obstacles. Hesitancy, particularly among women, to discuss health matters hindered data collection. Inclement weather disrupted field activities. Other challenges included handling drunken people ,managing street dogs, dealing with uncooperative authorities, securing publicity equipment, and time constraints for the team.



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CONCLUSION

Despite these hurdles, the team is enthusiastic about commencing the camp. The careful village selection and initial immersion have fostered a strong determination to revitalize Ayurveda within the community, aligning with the project's goal of returning this ancient heritage to its Indian roots.

DIRGHAM JIVITIYAM DIVAS [DAY-1]

- Contestant I'd number:-AG2H01
- Date:-05/07/2024
- Starting time:-8:00A.M Winding time:- 5:00P.M
- TOTAL DURATION OF WORK:- 9 hour

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
08:00 – 08:20 A.M.	Manglacharnam Namah tu Dhanwantarai	Remembering deity prior to our auspicious awareness program starting	20 minutes
08:20 – 8:30 A.M.	Ayurved Yuvasamvay	Inaugural session with deep prajwalana	10 minutes
08:30 – 09:00 A.M.	Atithi Swagatam	Speech of Chief guest, guests	30 minutes
09:00 – 09:30 A.M.	Ayurved Parichaya	Introduce locals about science of holistic approach to health and happiness	30 minutes
09:30 – 10:00 A.M.	Pathyam Hitkaram	Demonstration & distribution of pathya kalpana-udmantha (sattu)	30 minutes
10:00 – 10:30 A.M.	Ayurvedasya pragya purana sambhasha	Debate to Resolve the myth & misconception regarding ayurveda	30 minutes
10:30 – 11:30 A.M.	Vegam dharyantu na va	Interactive session on dharniya and adharniya vegas & its practical utility in contemporary era	1 hour
11:30 – 12:00 P.M.	Aushadha darshanam swaroopa vigyanam	Quiz on identification of drugs among villagers	30 minutes
12:00 – 01:00 P.M.	Prakriti Parigyanam	Introducing the concept of prakriti through skit & its assessment modalities	1 Hour
01:00 -02:00 P.M.	Bhojnasya Sukhavaham	Lunch break for team & guests	1 Hour
02:00 – 03:30 P.M.	Nidra Vivechanam	Street talk on understanding and managing the sleep cycle to maintain healthy and balanced life style	1 hour 30 minutes
03:30 – 04:00 P.M	Vajikaranam purusarthapradam	Group debate with adults on bestowing sexual health	30 minutes
04:00- 05:00 P.M.	Dware dware prakriti Nirdharanam	Door to door visit for the prakriti assessment of villagers	1 hour
Travelling back to city	Punarvicharen Sangamah	Reviewing first day program by team with coordinator	-----

- Contestant I'd number:-AG2H01
- Date:-06/07/2024
- Starting time:-7:00A.M Winding time:- 4:30P.M
- TOTAL DURATION OF WORK:- 9 hour 30 minutes

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
07:00-08:00 A.M.	Yogah karmasu kaushalam	Introduction of Ashtanga yoga & practicing simple asanas to control chitta vritti	1 hour
08:45-9:00 A.M	Namah tu Dhanwantarai Deep Prajwalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	15 minutes
9:00 – 09:20 A.M.	Vaidya varyena vachanam	Speech of our eminent chief guest on practical utility of following daily regimen a/c Ayurveda	20 minutes
09:20- 09:45 A.M.	Astangsaram	General introduction of eight limbs of ayurveda	25 minutes
09:45 - 10:15 A.M	Pathyam Hitkaram	Demonstration & distribution of pathya kalpana-arjun kshirpaka &gulaab sharbhat	30 minutes
10:15 -11:30 A.M.	Dinacharyayam [samvad – darshanam]	Interactive session of dinacharya with demonstration of anjana, abhyanga, nasya, doomapana	1 hour 15 minutes
11:30 -11:45 A.M	Dinacharya Gitika	Performance of jingle on dinacharya	15 minutes
11:45 - 12:15 P.M.	Dinacharya Vinod Pariksha	The quiz is designed to help individuals lead a healthy and balanced life (swastha jeevanaya) by testing their knowledge of Ayurvedic daily routine principles and practices	30 minutes
12:15 - 01:00 P.M.	Hetu Nivaranam	Debate on nidana parivarjana	45 minutes
01:00 – 02:00 P.M.	Bhojnasya sukhavaham	Lunch break for team & guests	1 Hour
02:00 – 03:00 P.M.	Sarvekshanam	Door to door visit for the survey related to dinacharya of villagers	1 hour
03:00 – 03:45 P.M.	Sadvrutta Swaastya Siddhi	Awareness on sadvrutta palana through street talk	45 minutes
03:45 – 04:30 P.M.	Saundaryam Ayurveden	Group talk among ladies on beauty & wellness using ayurvedic technique and ingredients	45 minutes
Travelling back to city	Punarvicharen Sangamah	Reviewing the day program & suggested feedback from by team with coordinator	-----

- Contestant I'd number:-AG2H01
- Date:-07/07/2024
- Starting time:-7:00A.M Winding time:- 4:30P.M
- TOTAL DURATION OF WORK:- 9 hour 30 minutes

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
07:00-08:00 A.M.	Yogah karmasu kaushalam	Naming asta siddhi, Yogabhayasha & meditation for healthy and calm mind	1 hour
08:00-08:30 A.M	Namah tu Dhanwantarai Deep Prajawalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	30 minutes
08:30-09:00A.M.	Vaidya varyena Vachanam	Speech of our eminent chief guest on practical utility of following seasonal regimen a/c to ayurveda	30 minutes
9:00 – 10:00 A.M.	Samvatsare Swasthyam Sambhasha	Collaborative learning on ritucharya & its health impact	1 hour
10:00- 10:30 A.M.	Haritaki Pathyanam Shresta	Discussion and demonstration on ritu haritaki	30 minutes
10:30-11:15 A.M.	Pathyam Hitkaram	Highlighting the benefits of pathya kalpana- Chinch Panak & Ushira Sharbhat	45 minutes
11:15 -11:45 A.M	Ritu chakram	Skit on ritucharya to show awareness on ritu kala, ritu sandhi	30 minutes
11:45 - 12:15 P.M.	Ashu Spardha	Rapid fire contest on ritucharya was organized to emphasize the significance of ritucharya in their daily lives & musical chair contest	30 minutes
12:15 - 01:00 P.M.	Aahar Swaastyasya Mulam	Formal conversation on aahar karma according to seasonal variation [seasonal diet planning]	45 minutes
01:00 – 02:00 P.M.	Bhojnasya sukhavaham	Lunch break for team & guests	1 Hour
02:00 – 03:00 P.M.	Sarvekshanam	Door to door questionnaire related to awareness about ritucharya	1 hour
03:00 – 04:00 P.M.	Suchitwam Samajasya Mulam	Talked on importance of hygiene through action leading by road cleanup initiative	1 hour
04:00 – 04:30 P.M.	Ritu rog nivaranam	Group talk on common disease during particular season a/c to doshas	30 minutes
Travelling back to city	Punarvicharen Sangamah	Review about whole day activities	-----

- Contestant I'd number:-AG2H01
- Date:-08/07/2024
- Starting time:-7:00A.M Winding time:- 5:30P.M
- TOTAL DURATION OF WORK:- 10 hour 30 minutes

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
07:00-08:00 A.M.	Yogah karmasu kaushalam	Mutual talking about panchakosha, learning yoga & pranayamas that helps in meditation	1 hour
08:00-08:30 A.M	Namah tu Dhanwantarai Deep Prajwalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	30 minutes
08:30-09:00 A.M.	Vaidya varyena Vachanam	Speech of our eminent chief guest on general introduction of aahar and vihar	30 minutes
9:00 – 10:15 A.M.	Bheshajam annam swasthysya	Dynamic exchange of thought on ·Aasta aahar vidhi vishesha aayatana ·Aahar vidhi vidhana & Virrudha aahar	1 hour 15 minutes
10:15- 10:30 A.M.	Samhita Pathanam	Charak samhita pathan of charak viman sthana- chapter no 1	15 minutes
10:30-11:00 P.M.	Aahar gyanam swasthyam labhyate	‘Aahar pehchano sehat sawaro pratiyogita’ among villagers to make learning of aahar effective	30 minutes
11:00 -11:30 A.M	Mithya Vinasaya	Real time conversation on myth related to food consumption & jingle on aahar upyoga ·Role of pathya –apathya to control vyadhi	30 minutes
11:30-12:00 P.M.	Pathyam Hitkaram	Demonstration & Emphasizing the health benefits of pathya kalpana- Yusha	30 minutes
12:00- 01:00 P.M.	Satva Aaharah Samuh Charcha	Group discussion on how food choices affect emotions and mental well-being, highlighting the importance of Satvika food in maintaining emotional balance	1 hour
01:00 – 02:00 P.M.	Bhojnasya sukhavaham	Lunch break for team & guests	1 Hour
02:00 – 03:00 P.M.	Sikshaya Sanskaram [vidyasthana gamnam]	Mentoring the school kids about basic ayurvedic principles to empower the next generation with ayurvedic wisdom	1 hour
03:00 – 04:45 P.M.	Pratispardha hi Pragati	Various learning contest among children related to ayurvedic theme: ·Essay competition & Shloka recitation ·Drawing competition ·Run & pose competition [Yoga]	1 hour 45 minutes
04:45-05:30 P.M.	Sarvekshanam	Survey among secondary school kids as it can identify the gaps in their knowledge & provide insights into their attributes toward Ayurveda as a career option & Survey related to ahara among villagers	45 minutes
Travelling back to city	Punarvicharen Sangamah	Review about whole day activities	-----

- Contestant I'd number:-AG2H01
- Date:-09/07/2024
- Starting time:-7:00A.M Winding time:- 5:00P.M
- TOTAL DURATION OF WORK:- 10 hour

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
07:00-08:00 A.M.	Yogah karmasu kaushalam	Focusing the role of mann in yogic kriya & collaborative learning of common yoga protocol suggested by AYUSH ministry	1 hour
08:30-09:00 A.M.	Namah tu Dhanwantarai Deep Prajawalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	30 minutes
9:00-09:30A.M	Vaidya varyena Vachanam	Speech of our eminent chief guest on supreme place of women in society	30 minutes
9:30-09:45 A.M	Samhita Pathanam	Charak samhita pathan of charak chikitsa- chapter no 30	15 minutes
09:45-10:15 A.M.	Pathyam Hitkaram	Demonstration & Emphasizing the health benefits of pathya kalpana- Manda	30 minutes
10:15-11:15 A.M	Matricharya	Two way communication with women on stree aarogya including reproductive & menstrual health, breastfeeding	1 hour
11:15- 12:00 P.M.	Annam raksati, jeevanam rakshati [bhitti chitrakala]	Wall painting on anna raksha to raise awareness and grab people's attention about their role in reducing food waste and promoting sustainable food system	45 minutes
12:00-12:15 P.M.	Nari Swasthya rakshanam	Role play on focusing women's health advocacy for their better healthcare	15 minutes
12:15-01:00 P.M.	Poshanam balanam prandhanam	Exchange of thought on bala arogya as to boost their immune response, cognitive function and their academic performance	45 minutes
01:00-01:30 P.M	Vishavigyanam Vivechanam	Introduction of common household poison, their effects and first remedies	30 minutes
01:30 - 2:30 P.M.	Bhojnasya sukhavaham	Lunch for team mates and guests	1 hour
2:30-3:00P.M	Manassantapam samyati ayurvedah	Communal response on manshika aarogya to school kids & combating stress management through spiritual touch of ayurveda	30 minutes
03:00-03:30 P.M.	Kanya shiksha-kanya raksha	Folk dance by school kids on local folk music depicting daughter education & their empowerment	30 minutes
03:30-04:00 P.M	Swasthyam sarvasya aadharah	Group talk with senior citizen on wellness as with age their physical& cognitive health decline	30 minutes
04:00-05:00 P.M.	Sarvekshanam	Door survey on women health to identify health disparities and inequalities that women face & survey of kaumara bhritya	1 hour
Travelling back to Chd.	Punarvicharen Sangamah	Review meeting was taken to plan the next day schedule	-----

- Contestant I'd number:-AG2H01
- Date:-10/07/2024
- Starting time:-7:00A.M Winding time:- 4:30P.M
- TOTAL DURATION OF WORK:- 9 hour 30 minutes

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
07:00-08:00 A.M.	Yogah karmasu kaushalam	Discussing indriya aarogya & yogas that help in controlling indriya for healthy individual	1 hour
08:00-08:30 A.M	Gau poojnam	Expressing gratitude to gau as a symbol of motherhood for bringing spiritual purification & redemption	30 minutes
08:30-09:00 A.M	Namah tu Dhanwantarai Deep Prajwalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	30 minutes
09:00-09:30A.M.	Vaidya varyena Vachanam	Speech of our eminent chief guest on panchagavya and panchakarma related procedure	30 minutes
10:00-10:45 A.M	Swasthyam sukham shadrasanam	Participatory exchange of knowledge on shadrasas of Ayurveda as to ensure health equilibrium	45 minutes
10:45-11:00 A.M	Samhita Pathanam	Charak samhita pathan of charak chikitsa sthana- chapter no 1	15 minutes
11:00- 11:20 A.M.	Aushadha Sarvarogaharam	Identification and use of some ayurvedic medicine through idioms & phrases	20 minutes
11:20-12:00 P.M.	Panchagavya Shresthatwa	Collaborative learning on importance of cow & its product to human health	40 minutes
12:00-12:15 P.M.	Chalchitram prastuti	Video presentation on panchagavya chikitsa	15 minutes
12:15-12:45 P.M	Panchamritam sevnata Sukham	Uncover the secret of panchamrita as bestow of heavenly bliss we did demonstrated & distributed Panchamritta	30 minutes
12:45-1:30P.M	Yogat dukh viyogam	Specific yoga session for some commondisease leading to better quality of life	45 minutes
01:30-02:15 P.M.	Bhojnasya sukhavaham	Lunch for team mates and guests	45 minutes
02:15-02:45 P.M.	Rasayanam jaravyadhi nasanam	Group talk on the idea of rasayana focusing on to protect youthfulness, intellect, potency & avoid senility	30 minutes
02:45-03:30 A.M.	Panchakarma parigyanam	Edifying the insight of sodhana karma of Ayurveda including demonstration of janu basti and video presentation of various sodhana therapy	45 minutes
03:30-04:30 P.M.	Sarvekshanam	Door visit for mandatory aaptas survey & assess public knowledge about cow breeds, products ,and ecological importance	1 hour
During dinner	Punarvicharen Sangamah	Reviewing the current day & planning for the next	30 minutes

- Contestant I'd number:-AG2H01
- Date:-11/07/2024
- Starting time:-04:45A.M Winding time:- 4:45P.M
- TOTAL DURATION OF WORK:- 12 hour

TIME	NAME OF ACTIVITY	FOCUS AREA	DURATION OF WORK
04:45-05:15 A.M.	Brahmamuhurta jagaran	Early rising leads to spiritual growth, self awareness & deeper understanding of oneself.	30 minutes
05:15-07:00 A.M	Saucha kriya nivritah	Morning duty for purification of body, mind & soul.	1 hour 45 minutes
07:00-8:00 A.M.	Samatwam Yogam	Self yoga session to connect with supreme through self divinity & to create awareness among locals.	1 hour
08:00- 08:30 A.M.	Namah tu Dhanwantarai Deep Prajwalana	Starting the day with the spiritual touch in the lotus feet of Lord Dhanwantary	30 minutes
09:00-09:30 A.M.	Vaidya varyena Vachanam	Speech of our eminent chief guest on be your own vaidya as a part of home remedies	30 minutes
9:30-09:45 A.M.	Samhita Pathanam	Charak samhita pathan of charak sutra sthana- chapter 26	15 minutes
9:45-10:15 A.M.	Charakasya Mahatwa Prasaranam	Spreading the legacy of Acharya Charaka, Charaka Samhita & Ayurveda as a personalized health science	30 minutes
10:15-11:00 A.M.	Swagriham Chikitsa	Emphasizing the idea that one can take care of their health & wellness from the comfort of their own home, using simple and natural remedies	45 minutes
11:00-11:20 A.M	Pranabhisara hantaro roganam	Skit performance on the types of vaidya [pranabisar & rogabhisar] to create awareness so that people can identify quacks in society	20 minutes
11:20-11:45 A.M.	Apshista Prabandhanam	Acquiring knowledge from villagers how they reuse the waste as to experience valuable life skills & rural perspective of waste management	25 minutes
11:45-12:30 P.M	Salyam swasthyaya kalpate	Putting the idea of surgery in Ayurveda through video presentation and door visit	45 minutes
12:30-01:30 P.M.	Vruksho rakshati rakshitah	Medicinal tree plantation [gardening] as to promote a healthy environment and encouraging for medicinal plant cultivation	1 hour
01:30-02:15 P.M.	Bhojnasya Sukhavaham	Lunch for team mates and guests	45 minutes
02:15-03:15 P.M	Antah asti prarambah [CHARAKA SAMHITA PROCESSION]	With Charak Samhita shoba yatra announcing the end of seven days awareness festival with new beginning to celebrate & perpetuate the ayurvedic tradition, passing it down from generation to generation	1 hour
03:15-04:00 P.M.	Loka sanskriti evam Sarvekshanam	Cultural event by village kids representing their local tradition & survey on assessing the locals on gharelu upchar vidhi	45 minutes
04:00-04:45 P.M	Dhanyavaad gyapanam	Vote of thanks by our coordinator to villagers	45 minutes
Travelling back to city	Punarvicharen sangamah	Checklist for conducting all program ,checking for effectivity of Program in village and discussion on Post survey activity	-----

DURING CAMP WORK

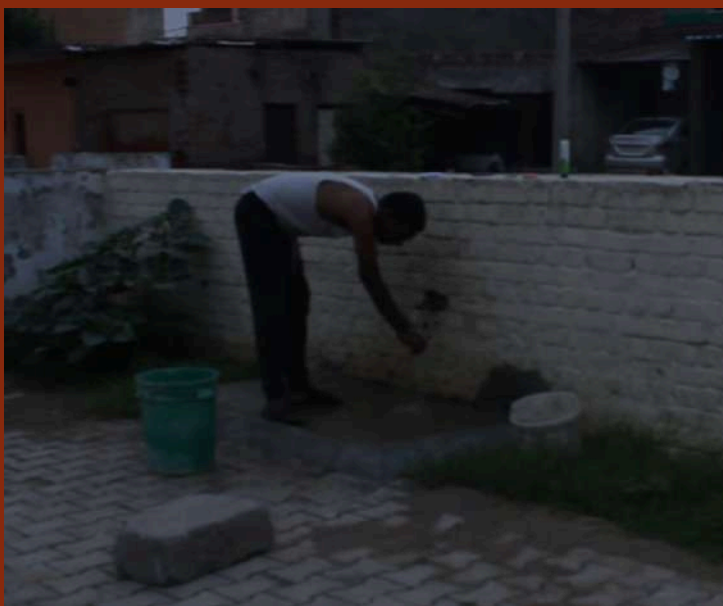
(ACTIVITIES DURING SEVEN DAYS)

- Brahma Muhurat Jagrana
- Yoga session
- Poojnam
- Samhita Adhyayanam
- Vaidya Vachnam
- Guest Felicitation
- Orative session
- Interactive session
- Pathya Kalpana
- Quiz
- Street Talk
- Survey Assessment
- Group talk
- Skit
- Cultural Events
- Tree Plantation
- Charaka Samhita Procession

Brahmamuhruta Jagran and Sauch kriya nivritah



This activity highlighted the Ayurvedic practice of early morning awakening (Brahma Muhurta) for spiritual and personal growth. The importance of 'Sauch Kriya Nivritah' or morning purification rituals was emphasized. Participants experienced a practical demonstration of these rituals, including cleansing, dental care, nasal therapy (Nasya), oil massage (Abhyanga), and physical exercise (Danda Baithaka). These practices, as per Ayurvedic texts, are believed to purify the body, mind, and soul.



A seven-day intensive yoga program was conducted for villagers as part of an Ayurveda camp. Excluding the introductory day, participants engaged in daily yoga practices, focusing on the principle of 'Yogah Karmasu Kaushalam' - skill in action through yoga. The program aimed to enhance physical, mental, and spiritual well-being through consistent yoga practice.

Each day of the Ayurveda camp had a dedicated yoga theme. This overarching focus was complemented by a specific yoga topic explored during the day's session, creating a cohesive and immersive yoga experience for participants.



Mutual talking about panchakosha, learning yoga & pranayamas that helps in meditation (Day 4)

The session involved group discussion on the five layers of self (Panchakosha). Participants learned yoga postures and breathing exercises (pranayama) to prepare the mind and body for meditation, emphasizing their role in the meditative process.

Focusing the role of mann in yogic kriya & common yoga protocol by ayush ministry (Day 5)

The session highlighted the mind's (mann) crucial role in yoga practices. Participants collaboratively explored the common yoga protocol recommended by the Ayush Ministry, fostering shared learning and understanding of standardized yoga sequences.

simple asanas to control chitta vritti (Day 2)

The session provided an overview of Astanga yoga and its principles. Participants engaged in basic asanas to understand how physical postures can influence mental states, aiming to control mind fluctuations (chitta vritti).

Naming asta siddhi, Yogabhayasha & meditation for healthy and calm mind (Day 3)

The yoga session introduced participants to the eight spiritual perfections (Ashtasiddhi) and the concept of Yogabhayasha (fear of yoga). The session concluded with guided meditation to promote mental calmness and overall well-being.



Mutual talking about panchakosha, learning yoga & pranayamas that helps in meditation (Day 6)

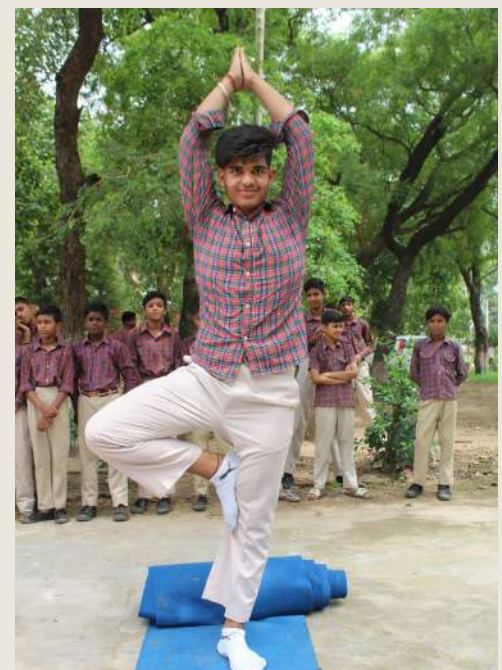
The session focused on the health of the senses(indriya-aarogya).Participants discussed how specific yoga practices can help control the senses, leading to overall individual well-being and a healthier lifestyle.

Self yoga session to connect with supreme supreme soul (Day 7)

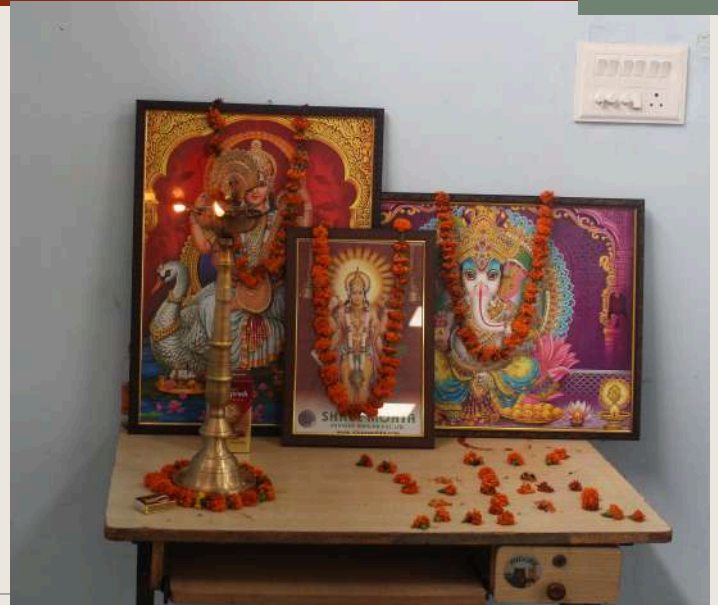
The session focused on self-exploration through yoga to connect with one's inner divinity. Participants engaged in practices to foster self-awareness and aimed to create a ripple effect of mindfulness among the local community.

Run and Yoga pose competition in school (Day 4)

A yoga competition was organized at the village school to promote the significance of yoga. The competition included a 'Run and Pose' category. Anu Rani secured the first prize, followed by Prince in second and Arman in third place. The event successfully encouraged students to embrace yoga as a part of their daily routine.



Our week-long exploration of Poojanam in Sanskrit culture highlighted Dhanwantary Pooja for health, Charaka Pooja for well-being, and Gau Pooja for reverence to nature. Through these poojas we not only gathered blessings of the almighty but also made about a positive change in the ambience around us.



NAMAH TU DHANWANTRY

Our 7-day Ayurveda awareness camp commenced each day with a reverent Dhanwantry Puja. By lighting the deep (oil lamp) and chanting sacred verses, we invoked the divine blessings of Lord Dhanwantry, the revered deity of Ayurveda, to guide and inspire our exploration of holistic health and wellness.

SHREE GURUVEH NAMAH

Our Ayurveda camp incorporated a Charak Puja ritual, honoring the legacy of Acharya Charak. Before embarking on the Charak Sobha Yatra, a traditional procession, we sought blessings from our Guru by chanting "Shree Gurveh Namaha," emphasizing the profound respect and gratitude for the Guru's guidance in the Ayurvedic tradition.

GAU POOJAN

Our Ayurveda camp included a meaningful Gau Puja ceremony. We expressed deep gratitude to the cow, revered as a symbol of motherhood, for her invaluable contributions. Through this ritual, we sought spiritual purification, redemption, and a deeper connection to the natural world.





CHARAK SAMHITA PATHAN

[स्वाध्यायेन प्रज्ञा प्राप्यते]



“

Assessing the condition prevalent among the villagers concerning Indic Sciences , we as a team decided to conduct Samhita pathana sessions at different places in the village to promote Sanskrit and Samhita.

”



RASAVIMAN ADHYAN



DAY 4

(shloka 1 to 30)

The group decided to promote Charaka Samhita and Sanskrit language through a unique approach for "Aahar evam Vihar Divas". We emphasized the recitation of Samhita verses related to the day's theme, This initiative aims to introduce the public to the wisdom of ancient Indian texts while highlighting the importance of dietary choices for overall well-being.



YONIVYAPATCHIKITSIT AM ADHYAYAN



DAY 5

Shloka no. 1 to 20

The group engaged in a detailed study of 'Yonivyapatchikitsam' from the Samhita, aligning with the theme of women's empowerment. The discussion focused on understanding the Ayurvedic perspective on women's health issues and the importance of addressing them for overall well-being. By exploring traditional knowledge and treatments, the group aimed to contribute to women's empowerment through holistic healthcare.

“

We conducted Samhita Pathana at different places in the village in order to promote Sanskrit and Samhita among villagers.

”



CHARAK SAMHITA PATHAN

[स्वाध्यायेन प्रज्ञा प्राप्यते]



RASAYNAMADHYAYA ADHYAN



DAY 6

Shloka 1 to 20

The group engaged in a detailed study of 'Yonivyapatchikitsam' from the Samhita, aligning with the theme of women's empowerment. The discussion focused on understanding the Ayurvedic perspective on women's health issues and the importance of addressing them for overall well-being. By exploring traditional knowledge and treatments, the group aimed to contribute to women's empowerment through holistic healthcare.

AATREYBHADRAKAPEYA DHYAYA ADHYAN



DAY 7

Shloka 29 to 40

The group focused on the Aatreya Bhadrakapeta chapter of the Samhita in alignment with the theme of home remedies. By collectively reciting the chapter, we delved into the Ayurvedic perspective on common ailments and their home-based management. This approach aimed to empower individuals with practical knowledge to address health concerns using readily available resources.



Our 7-day Ayurveda camp, titled "Vaidya Vachanam," was a platform for promoting Ayurveda's holistic approach to well-being. The camp featured insightful talks by chief guests who emphasized the importance of integrating Ayurveda into daily life for a healthier and happier society.



Our 7-day Ayurveda camp honored the chief guest with a heartfelt felicitation. As a token of appreciation for their contribution, we presented them with a collection of medicinal plants . This gesture symbolized our gratitude and commitment to promoting Ayurveda's rich heritage.



ORATIVE SESSIONS

01
DAY



AYURVEDA PARICHAYA REPORT

The session aimed to introduce the local community to the ancient wisdom of Ayurveda. The presentation explored into the fundamental concepts of Ayurveda, explaining its holistic approach to health and well-being. Participants were informed about Ayurveda's rich history and its origin in India. The session highlighted the significance of Ayurveda in modern times, emphasizing its potential to prevent and manage various health conditions. The scope of Ayurveda was briefly touched upon, covering its applications in medicine, lifestyle, and wellness. Overall, the session sought to create awareness and generate interest in incorporating Ayurvedic principles

SESSION ON ASTANGSARAM

The session provided a comprehensive overview of Ayurveda's eight fundamental branches. Each Astanga addresses specific health concerns, from internal medicine (Kayachikitsa) to surgery (Shalya Tantra). The session highlighted the contemporary relevance of these branches, emphasizing their holistic approach to well-being. From addressing chronic diseases to mental health and geriatrics, Ayurveda's principles offer valuable insights. The session concluded by emphasizing the importance of integrating these ancient wisdoms with modern healthcare practices for a more balanced and effective approach to patient care.



02
DAY

03
DAY

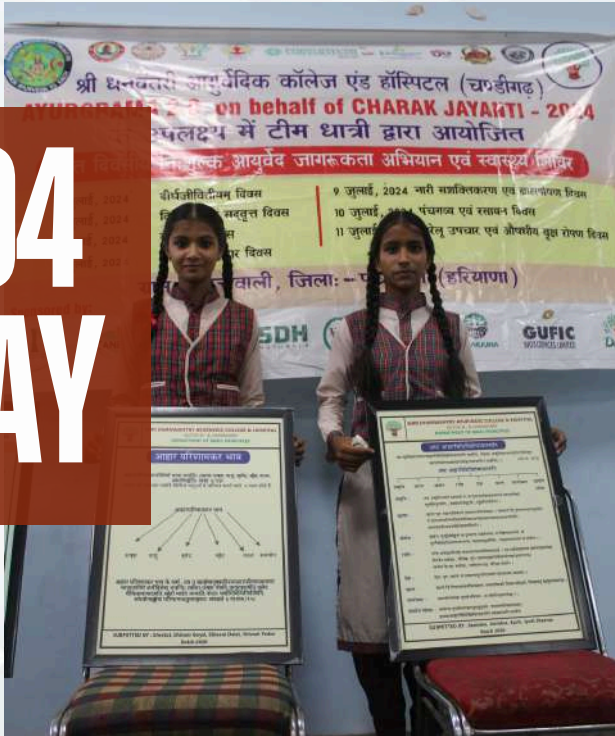
SESSION ON SAMVATSARE SWASTHYAM SAMBHASHA

The session focused on collaborative learning of Ritucharya, Ayurveda's seasonal regimen. Participants explored the concept of aligning lifestyle with nature's cycles through diet (Aahar) and activities (Vihar). The importance of Ritucharya in preventing diseases, boosting immunity, and improving overall well-being was emphasized. By understanding the unique characteristics of each season and adopting corresponding lifestyle modifications, participants gained insights into optimizing their health and vitality.

SESSION ON AAHAR SWAASTYASYA MULAM

The session focused on the Ayurvedic principles of dietary adjustments based on seasonal changes. Participants explored the concept of Aahar Karma, emphasizing the importance of aligning one's diet with the specific qualities of each season. The session explored into the reason behind dietary recommendations for different seasons, including the types of foods to incorporate and those to avoid. By understanding the impact of seasonal variations on digestion, metabolism, and overall health, participants gained practical knowledge to optimize their well-being through mindful eating.

03
DAY

04
DAY

BHESAJAM ANNAM SWAASTHASYA

The session emphasised into the details of Ayurvedic diet, focusing on Astha Aahar Vidhi Vishesh Ayatana, Aahar Vidhi Vidhana, and Virudh Aahar. The fundamental importance of Aahar in overall health and well-being was emphasized, disproving common misconceptions about dietary rules. People gained insights into the eight essential factors influencing food choices, proper food preparation, and the concept of incompatible food combinations. By understanding these principles, individuals can make informed decisions to optimize their diet and promote holistic health.

SIKSHAYA SANSKARAM [VIDYASTHANA GAMNAN]

A mentoring session was conducted to introduce school children to the fundamentals of Ayurveda. The session aimed to empower the next generation with ancient wisdom and encourage a holistic approach to health. Key Ayurvedic principles, including the concept of doshas, digestion, and the importance of balance, were explained in an age-appropriate manner. Overall, the session generated significant interest in Ayurveda among the students, encouraging a foundation for future exploration and practice of this holistic system of medicine.

04
DAY

05
DAY

VISHAVIGYANAM VIVECHANAM

A session was conducted to educate villagers about common household poisons. They were introduced to various toxic substances found at home, their potential effects, and preventive measures. The concept of safe storage and handling of these substances was emphasized. To provide a broader perspective, the Ayurvedic classification of poisons, 'sthvara' and 'jangam' visha, were introduced. Practical demonstrations of poisonous substances and their proper usage were incorporated. The session aimed to encourage a sense of responsibility and caution among villagers regarding household safety.

PANCHAGAVYA SHRESTHSTWA

Session emphasised on "Gau Palo Rog Nikalo," dealt into the significance of cow and its products in human health through a collaborative learning session. It covered

- * Introduction: Briefly outlined the purpose of the session and its relevance.
- * Indian Cow Breeds: Listed and described various indigenous cow breeds.
- * Gau Mahatmya: Explored the cow's importance in both physical and spiritual realms.
- * Native vs. Foreign Breeds: Compared and contrasted native and foreign cow breeds, highlighting the superiority of the former.
- * Milk Production Myth: Disproved the misconception that native cows produce less milk.
- * Cultural Significance: Emphasize the cow's role in Indian culture and tradition (Gau Mata).

By focusing on these aspects, effectively conveyed the multifaceted benefits of cow rearing and its deep-rooted connection to Indian heritage.

06
DAY

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**06
DAY**



SESSION ON YOGAT DUKH VIYOGAM

The yoga session designed to address common health issues. The session incorporated specific asanas and pranayama techniques tailored to different ailments. For obesity, Surya Namaskar was emphasized. Diabetes management included Trikonasana, Ardhashakrasana, Kati chakrasana, and Bhujangasana. Thyroid disorders were addressed with Pawan Mukta and Setu Bandha asanas. Hypertension was targeted through Badhkonasana and Janusirasana. This holistic approach highlights yoga's potential to improve quality of life by addressing various health concerns.

Possible Title: Yoga Therapy: A Prescription for Wellness

SESSION ON SWAGRIHAM CHIKITSA

The session focused on promoting self-care and preventive health using readily available household items. It highlighted the principles of Ayurveda, demonstrating how simple ingredients like saunf, jeera, and ajwain can be utilized to address common health concerns. The primary objective was to emphasize that Ayurveda is an integral part of daily life and that incorporating these natural remedies can significantly contribute to overall well-being. By encouraging the use of these easily accessible resources, the session aimed to empower individuals to take control of their health and adopt a holistic approach to wellness.



**07
DAY**

INTERACTIVE SESSIONS AND DEBATES

DAY 1.

AYURVEDASYA PRAGYA PURANA SAMBHASHA

The debate aimed to dispel common misconceptions about Ayurveda prevalent in the village community. Based on pre-camp surveys, key myths addressed included Ayurveda being pseudoscience, costly, ineffective, and slow-acting. Through interactive discussions, villagers actively engaged in dispelling these false beliefs. The session successfully bridged the gap between traditional knowledge and public perception, encouraging a deeper understanding and appreciation for Ayurveda's efficacy and accessibility.



DAY 1.

VEGAM DHARYANTU NA VA

The session focused on defining the Ayurvedic concepts of Dharniya and Adharniya Vegas, tailored to a rural audience. Participants were introduced to the classification of urges as per Charaka Samhita and their implications for physical and spiritual health. The interactive nature of the session allowed for dialogue about specific urges, their potential health consequences, and local perspectives. By bridging the gap between ancient wisdom and contemporary challenges, the session aimed to empower the community with practical knowledge for improved well-being.



DAY 1.

VAJIKARANAM PURUSARTHAPRADAM

The group debate focused on the Ayurvedic perspective of sexual health, drawing insights from Charaka Samhita. Discussions covered factors influencing sexual well-being, including lifestyle, diet, and age of marriage as per Ayurvedic recommendations. The group explored the concept of Vajikarana therapies for enhancing sexual health. The debate also addressed the issue of infertility in the context of modern challenges, providing Ayurvedic insights into its potential causes and management. The session aimed to promote awareness about the holistic approach of Ayurveda towards sexual health and well-being.



DAY 2.

DINCHARYAYAM [SAMVAD-DARSHANAM]

The interactive session focused on the Ayurvedic daily regimen, Dinacharya. The workshop included demonstrations of Anjana (eye care), Abhyanga (oil massage), Nasya (nasal administration), and Dhoompana (fumigation), complemented by pamphlet distribution. Participants were introduced to the concepts of Dinacharya as outlined in Charaka Samhita, explained in a simplified manner. The session emphasized the health benefits and precautions associated with each Dinacharya practice, providing practical guidance for incorporating these routines into modern lifestyles.



DAY 3.

HARITAKI PATHYANAM SHRESTA

The session centered on the Ayurvedic concept of Ritucharya, with a particular emphasis on Ritu Haritaki. People were introduced to the concept through detailed explanations and visual aids. The importance of seasonal regimens for overall health was highlighted, and practical guidance was offered through pamphlet distribution. The session also served as a platform for knowledge exchange, as villagers shared their traditional practices and remedies specific to different seasons, enriching the understanding of Ritucharya.



DAY 4.

MITHYA VINASAYA

The session focused on dispelling food-related myths through an Ayurvedic lens. The concepts of Pathya and Apathya diets were discussed in detail, emphasizing their role in disease prevention and longevity. The interactive nature of the session encouraged active participation from villagers, allowing for a rich exchange of knowledge and experiences. By combining traditional wisdom with practical applications, the session aimed to empower the community with dietary choices for optimal health.



DAY 5.

MATRICHARYA

The program focused on women's empowerment (Nari Shaktikaran) and health protection (Nari Swasth Rakshan), with a specific emphasis on menstrual health issues. Participants demonstrated a strong interest in Ayurvedic principles, as evidenced by their shared knowledge of traditional remedies. This suggests a deep-rooted connection to Ayurveda within the community, despite limited formal awareness.

The session highlighted the importance of Rajaswalacharya and Charaka's insights on menstrual health, fostering a deeper understanding of women's bodies.

The program successfully created a platform for open dialogue, empowering women to share experiences and knowledge, ultimately contributing to improved menstrual health and overall well-being.



DAY 5.

POSHANAM BALANAM PRANDHANAM

The session focused on enhancing children's immunity, cognitive function, and academic performance using Ayurvedic principles. Swarna Prashan was introduced as a key approach to mothers. The benefits of Swarna Prashan were detailed, along with an explanation of its constituent ingredients and their individual properties. By providing this information, the aim was to empower mothers to make informed decisions about their children's health and well-being. The initiative successfully introduced the concept of Swarna Prashan to the community, laying the groundwork for improved child health outcomes through Ayurveda. Concepts like breastfeeding were emphasized. The opinions of elderly women were also sought to benefit from their experience



DAY 5.

MANASSANTPAM SAMYATI AYURVEDAH

The session focused on addressing the rising mental health concerns among school students, specifically depression and anxiety. Ayurvedic concepts of triguna (Sattva, Rajas, Tamas) and mansik prakriti were simplified to help students understand their mental constitution. Practical, eco-friendly lifestyle recommendations, aligned with Ayurvedic principles of sadvritta, were provided as stress management tools. The program aimed to introduce students to the holistic approach of Ayurveda for mental well-being and equip them with self-care strategies. Students were encouraged to share their personal experiences related to mental health challenges.



DAY 6.

SWASTHYAM SUKHAM SHADRASANAM

A participatory workshop "Shadrsta se swasthya tak " aimed to educate the community about the six fundamental tastes (shadrsta) and their impact on health. Participants were introduced to the characteristics, contraindications, and real-life examples of each rasa with the title "Rasa ati sevan , rog ko nivedan" To foster interactive learning, attendees shared their personal experiences related to excessive consumption of specific tastes and the subsequent health issues. While initial reluctance was observed, the session successfully created a platform for open dialogue about the importance of balanced dietary intake. Key findings include a correlation between excessive sweet taste consumption and sugar-related problems, sour taste and throat irritation, and pungent taste and increased thirst. The workshop emphasized the significance of a balanced diet for overall well-being.



DAY 6.

CHALCHITRAM PRASTUTI

The video presentation focused on dispelling the myth that native cows produce less milk compared to buffaloes. It highlighted the numerous benefits of Panchagavya Chikitsa, a traditional Indian healing system using cow products. The presentation emphasized the superior quality of milk from desi cows, rich in nutrients and medicinal properties. By contrasting the nutritional value and overall health benefits of desi cow milk with buffalo milk, the video encouraged villagers to prioritize desi cow rearing. The aim was to promote the holistic well-being of both humans and the environment through the adoption of sustainable and traditional practices.

<https://youtu.be/Q0UtOUntjAM?si=UAoHrejARrhdkHKF9>



DAY 6.

PANCHAKARMA PARIGYANAM

The presentation explained successfully the concept of Sodhana Karma as a crucial cleansing therapy in Ayurveda, disproving the misconception of it being merely a massage. A live demonstration of Janu Basti, a therapeutic procedure involving oil retention in the knee joint, was conducted to illustrate the practical application of Sodhana Karma. Complementing the demonstration, a video showcased diverse Sodhana therapies, enhancing understanding of their therapeutic benefits. The presentation emphasized the importance of these therapies in maintaining overall health and well-being, encouraging attendees to consider incorporating Sodhana Karma into their wellness regimen.



DAY 7.

UPSHISTA PRABANDHANAM

The interactive session explored into the traditional wisdom of villagers on waste management. We gained firsthand knowledge of valuable life skills and a rural perspective on resource utilization. Key insights included the preparation of dhoombatti, a sustainable incense stick, and the multifaceted benefits of cow dung. Discussions highlighted cow dung's role as a rich fertilizer, its medicinal properties in Ayurveda, and its central component in panchagavya, a potent Ayurvedic blend. The session underscored the importance of preserving and promoting traditional ecological practices for sustainable living.



DAY 7.

SALYAM SWASTHYAYA KALPATE

The video presentation focused on the pioneering contributions of Sushruta, honored as the Father of Surgery. It emphasised into the advanced surgical techniques meticulously described in his seminal work, the Sushruta Samhita. The presentation highlighted the era's groundbreaking surgical practices, emphasizing the unique concept of Kshara Sutra, an alkaline metal wire used for surgical procedures. By showcasing the depth and sophistication of ancient Ayurvedic surgery, the video aimed to dispel misconceptions and appreciate the rich heritage of Indian medicine.



PATHYA HITKARAM



DAY 1.

DEMONSTRATION AND DISTRIBUTION OF UDMANTHA (SATTU)

A successful demonstration and distribution of Udmantha (Sattu) was conducted, highlighting its Ayurvedic benefits and suitability for the Grishma season. Locals were informed about the therapeutic properties of this pathya kalpana while enjoying the refreshing drink. Positive feedback was received as people appreciated the taste and potential health benefits of Udmantha. The session also addressed contraindications to ensure safe consumption. Overall, the event promoted awareness about Ayurvedic dietary regimes and the importance of seasonal health management.



DAY 2.

DEMONSTRATION OF ARJUNA KSHIRPAKA AND DISTRIBUTION OF GULAB SHARBAT

The session focused on the Ayurvedic formulation, Arjun Kshirpaka, as a Pathya Kalpana. Due to its specific taste profile and certain contraindications, its distribution was limited. Arjun Kshirpaka was administered to a select group to evaluate its therapeutic effects. To engage a wider audience and provide a refreshing beverage option, Gulab Sharbat was offered as a complementary drink. This approach allowed for a comprehensive study of Arjun Kshirpaka while ensuring broader community participation through the distribution of Gulab Sharbat.



DAY 3.

CHINCHA PANAK DEMONSTRATION & USHIRA SHARBAT KALPANA DISTRIBUTION

A demonstration on the preparation and benefits of Chincha Panak was conducted. This Ayurvedic formulation was highlighted as a Pathya Kalpana, emphasizing its role in specific health conditions. The delicious taste of Chincha Panak was well-received by participants. Its efficacy in managing Aaruchi (loss of appetite) and Ajirna (indigestion) was explained. Contraindications of Chincha Panak were also shared to ensure safe consumption.

As a practical application, we introduced Usheera Sharbat, a refreshing and palatable drink with potential health benefits. This initiative aimed to promote Ayurvedic principles while addressing the challenges associated with traditional Yusha consumption.



DAY 4.

DEMONSTRATION & DISTRIBUTION OF YUSHA KALPANA.

Yusha, a therapeutic Ayurvedic broth, offers numerous benefits like improved digestion, immunity, and disease resistance. However, its limited use due to specific contraindications and acquired taste prompted us to explore alternatives. We highlighted the concept of Pathya Kalpana, emphasizing the importance of tailored dietary regimens



DAY 5.

MANDA KALPANA DEMONSTRATION.

A demonstration on Manda Kalpana was conducted highlighting its simplicity and numerous benefits in managing indigestion. Participants were enthusiastic about its easy preparation and potential health advantages. The session emphasized Manda as a valuable Pathya Kalpana, tailored to specific health conditions. Overall, the demonstration was informative and well-received, promoting awareness about this Ayurvedic remedy.



DAY 6.

PANCHAMRITA DEMONSTRATION AND DISTRIBUTION

A session on Panchamrita was conducted, unveiling its divine properties. Participants were introduced to the preparation and benefits of this sacred concoction. Panchamrita was demonstrated and distributed, allowing participants to experience its taste and texture. The session emphasized Panchamrita's potential health benefits while also highlighting its contraindications for safe consumption.

QUIZ

DAY 1

Aushadha Darshana Swaroopa vigyanam

A drug identification quiz was conducted among villagers to enhance their knowledge of medicinal plants. To encourage participation, medals and certificates were awarded to the top three winners. The quiz proved to be an effective tool in promoting awareness about local medicinal resources and encouraging community engagement in traditional healthcare practices.



Dincharya Vinod Pariksha

DAY 2

A quiz on Dinacharya was conducted to promote healthy living. Participants were assessed on their knowledge of Ayurvedic daily routines. Medals and certificates were awarded to top performers, generating significant excitement. Unexpectedly, women exhibited remarkable enthusiasm. The quiz proved to be a successful tool in educating the community about Ayurvedic principles and encouraging healthy lifestyle practices.



DAY 3

83

ASHU SPARDHA

A rapid-fire contest on Ritucharya was organized to highlight the importance of seasonal regimens for overall well-being. The interactive format made learning engaging and rewarding. Participants were enthusiastic, with women demonstrating particular interest. The top three winners, Shivani, Mahi, and Arti Sharma, were awarded medals and certificates. This contest effectively reinforced the key messages of the session, ensuring lasting impact and active audience participation.



DAY 4

Aahar gyanam swasthyam labhyate

A unique 'Aahar Pehchano Sehat Savaro' competition was organized among villagers to enhance their knowledge of cereals and pulses. Participants were challenged to identify various grains collected from the college's Samhita department. Surprisingly, men displayed greater enthusiasm and expertise, securing all three top prizes. Ram Singh Ji, Darshan Ji, and Surendra Ji emerged as winners. The competition proved to be an effective and engaging method to educate the community about the importance of dietary choices for overall health.



DAY 6



Aushada sarvarogaharam

A unique quiz 'Bujho to Jano', was conducted to enhance villagers' knowledge of Ayurvedic medicines. Team members recited idioms or proverbs related to specific drugs, challenging participants to identify the medicine and its taste. The activity generated significant interest, with Raj Kumar, Thakur Singh, and Rama Devi securing the top three positions. This innovative approach effectively engaged the community and deepened their understanding of Ayurvedic pharmacopoeia through a fun and interactive learning experience.

STREET TALK

NIDRA VIVECHANAM

We held street talks and visited village houses, distributing informative pamphlets. The focus was on "Swabhavik Nidra" - its definition, importance, and the contrasting effects of "Aswabhavik Nidra" like daytime sleep (divaswapna), tamshik nidra, and dream-disturbed sleep, vaikarik nidra. We also discussed the causes of sleep disturbances ("nidra nasha") and offered simple home remedies for promoting healthy sleep patterns. This outreach activity aimed to educate villagers about the importance of sleep for a balanced and healthy life.

DAY 1



SADVIRTA SWAASTYA SIDDHI

Our team conducted a street talk campaign to promote Sadvritta (healthy lifestyle) as outlined in Charaka Samhita. We engaged with the community through open-air discussions and by distributing pamphlets. While some residents were familiar with certain aspects of Sadvritta, many were surprised by the comprehensive guidelines. This initiative aimed to foster a deeper understanding of healthy living practices within the community.

DAY 2



SUCHITWAM SAMAJASYA MULAM

With title of "Swachhata Jagrukta Abhiyan" Our team conducted a comprehensive hygiene awareness campaign in the village. We emphasized the importance of cleanliness and its impact on preventing diseases. To lead by example, we actively participated in cleaning the village roads and collecting garbage. This hands-on approach inspired community members to adopt hygienic practices and contribute to a cleaner environment.

DAY 3





SURVEY ASSESSMENT.

A COMPREHENSIVE DOOR-TO-DOOR SURVEY WAS CONDUCTED TO ASSESS THE VILLAGE RESIDENTS. DETAILED FINDINGS AND ANALYSIS WILL BE PRESENTED IN THE SUBSEQUENT SURVEY SECTION.

1 DWARE-DWARE PRAKRITI NIRDHARANAM

>>> DAY 1

Door-to-door campaign was conducted to assess the Prakriti (constitution) of village residents. This involved detailed inquiries into physical attributes, mental tendencies, and lifestyle habits. The data collected will serve as a foundation for providing personalized health advice and preventive care strategies tailored to each individual's unique constitution.



SARVEKSHANAM 2

DAY 2 <<<

Door-to-Door Dinacharya Survey

A comprehensive door-to-door survey was conducted by our team to assess the daily routines (Dinacharya) of village residents. Data was collected on sleep patterns, wake-up times, dietary habits, physical activity, and other relevant lifestyle factors. This information will be analyzed to identify common practices



3 SARVEKSHANAM

DAY 4 <<<

School Survey

A survey was conducted by our team among senior secondary students to assess their knowledge of Ayurveda and explore their interest in pursuing it as a career. The data collected will identify knowledge gaps and provide valuable insights into the factors influencing students' career choices.



SARVEKSHANAM 4

<<< DAY 5



Door-to-Door Women Survey

A comprehensive door-to-door survey was conducted among women to identify prevalent health issues, challenges, and disparities faced by them. This initiative aims to address gender-based health inequalities and promote women's well-being.



5 SARVEKSHANAM

DAY 6 >>>

Door-to-Door Ayurveda Survey (Mandatory Aaptas Survey)

A comprehensive door-to-door survey was conducted to gather general Ayurvedic knowledge among the population. This survey aimed to assess the community's understanding of basic Ayurvedic concepts, practices, and its relevance in modern healthcare. The data collected aimed to identify knowledge gaps and inform future educational initiatives.



6 SALYAM SWASTHYAY AKALPATE

>>> DAY 7

Door-to-Door Ayurvedic Surgery Awareness

A door-to-door campaign was initiated to dispel misconceptions about the absence of surgery in Ayurveda. The team engaged with residents, explaining the concept of 'Shalya Tantra,' the surgical branch of Ayurveda. Key points included the historical evidence of surgical procedures, the use of specialized instruments, and the holistic approach to post-operative care. The objective was to correct common misunderstandings and highlight the comprehensive nature of Ayurvedic healthcare.





SKIT DURING 7 DAYS



DAY 1

A creative skit was employed to introduce the concept of Prakriti to the audience. Our Team members enacted individuals representing different Prakriti types, showcasing characteristic behaviors, preferences, and physical attributes. This engaging approach effectively illustrated the concept. Following the skit, the modalities of Prakriti assessment were explained, emphasizing the importance of understanding one's constitution for maintaining optimal health and well-being.

1 PRAKRITI PARIGYANAM



2 RITU CHAKRAM

People as Seasons: A Ritucharya Skit

A Fascinating skit titled "People as Seasons" was performed to explain the concept of Ritucharya (seasonal regimen). Team members adeptly portrayed different seasons, each detailing their unique characteristics, including Ritu Kala (specific season period) and Ritu Sandhi (transitional periods). By personifying seasons, the skit effectively engaged the audience, enhancing their understanding of seasonal changes and their impact on health and well-being.



3 PRANABHISARA HANTARO ROGANAM

➡➡➡ DAY 7

A compelling skit was performed to differentiate between Pranabhisara (genuine physicians) and Rogabhisara (quacks). Our Team members vividly portrayed both types, highlighting their roles and implications for patient care. The performance emphasized the crucial importance of seeking treatment from qualified practitioners to avoid detrimental health consequences. By showcasing the stark contrast between the two, the skit aimed to empower the audience to make informed healthcare decisions.



CULTURAL PROGRAM DURING 7 DAYS.



1 DINCHARYA GITIKA

>>> DAY 2



A fascinating jingle incorporating Ayurvedic Dinacharya was performed, covering activities from Brahmuhurta to Snana, along with Sadvritta. The performance included both singing and acting, effectively emphasizing the importance of each routine. The audience enjoyed this innovative approach to conveying health-promoting practices.



2 MUSICAL CHAIR

>>> DAY 3



To engage the audience during the Ayurveda camp, a fun-filled musical chair activity was organized. Children enthusiastically participated, competing on Ayurveda-themed poems and songs. The winners, Deepanshi Sharma, Meenakshi, and Jasmine, were awarded medals and certificates. This interactive game provided a refreshing break while reinforcing key Ayurvedic concepts.



3 MITHYA VINASYA

>>> DAY 4

Myth Busting and Aahar Upyoga

A real-time interactive session addressed common food-related myths, promoting evidence-based dietary practices. This was followed by a catchy jingle emphasizing the principles of Aahar Upyoga (proper food intake). The jingle highlighted the pivotal role of Pathya (beneficial) and Apatya (harmful) foods in disease prevention and management. This combined approach aimed to empower the audience with accurate nutritional knowledge and encourage healthy eating habits.



4 PRATISPARDHA HI PRAGATI

>>> DAY 4

Our team conducted a comprehensive Ayurveda awareness program for school children, encompassing essay writing, sloka recitation, drawing, and a fun-filled run and pose competition. Despite time constraints, the children's enthusiasm encouraged us to continue the activities. The essay competition on "Ayurveda and Yoga" saw Anu Rani as the winner, followed by Mehak and Sudhiksha. The drawing competition themed "Aahara & Vihar" was a success, with Nidhi securing the first position, Siya second, and Sunaina third. Anu Rani again excelled in the Shloka recitation competition, with Jaspreet and Mehak as runners-up. The overall event encouraged keen interest in Ayurveda among the students.





5 ANNAN RAKSHATI, JEEVANAM RAKSHATI (BHITTI CHITRAKALA)

>>> DAY 5



Wall Painting for Awareness

To address the pressing issue of food waste and promote sustainable food systems, a captivating wall painting centered around 'Anna Raksha' (food protection) was created. The artwork aimed to raise public awareness about the importance of reducing food wastage. To commemorate Charak Jayanti, a portrait of Acharya Charak was also incorporated into the wall painting, honoring the honored Ayurvedic physician and emphasizing the timeless wisdom of Ayurveda in encouraging health and well-being through mindful consumption.



6 SWASTHYAM JEEVITAM

>>> DAY 5

Role Play for Women's Health Advocacy



A dynamic role-play was conducted to highlight the importance of women's health and the role of Ayurveda. Through simulated scenarios, participants explored common health issues faced by women, emphasizing the need for early detection, prevention, and holistic care. The role-play effectively demonstrated the potential of Ayurveda in addressing women's health concerns and empowered the audience to become advocates for their own well-being.



7

KANYA SHIKSHA- KANYA RAKSHA

DAY 5

A fascinating folk dance performance by enthusiastic school girls was a highlight of the event. The dance, themed "Beti Bachao, Beti Padhao," showcased the power of dance to convey a strong social message. The young performers exuded confidence and energy mesmerizing the audience with their synchronized movements and vibrant costumes. Their performance was a powerful testament to the importance of educating and empowering girls.



8

LOKA SANSKRITI

DAY 7

A vibrant cultural event showcased the rich heritage of the village through performances by local children. Traditional dances, folk songs, and local attire brought the community together in a celebration of its roots. The young performers displayed immense talent and enthusiasm, captivating the audience with their authentic representation of the village's cultural tapestry.

GROUP TALK

1 SAUNDRAYAM AYURVEDEN

A group discussion focused on Ayurvedic beauty and wellness was conducted for women. Participants were introduced to Varnya Mahakashayas as per Charaka Samhita and their benefits. A practical demonstration of Ubtan preparation using ingredients like Chandan, milk, besan, and Multani Mitti was showcased. The session was well-received, with women showing keen interest in incorporating Ayurvedic practices into their beauty routines.

>>> DAY 2



>>> DAY 3



2 RITU ROG NIVARNAM

The group discussion dealt into the correlation between doshas (body humors) and seasonal diseases, as outlined in Charaka Samhita. Specific seasons were linked to the aggravation of particular doshas. For instance, the rainy season is associated with increased Vata due to environmental factors like humidity. Consequently, diseases like cold, cough, and asthma are prevalent during this period. By understanding these relationships, preventive measures and targeted treatments can be implemented.

3 SATVA AAHARASYA SAMUH CHARCHA

The group discussion explored the profound impact of food on emotions and mental well-being. We emphasized the significance of Satvik food in cultivating emotional balance. It was highlighted that certain foods can elevate mood, while others can contribute to anxiety or depression. By consciously choosing Satvik, pure and wholesome foods, individuals can nurture a positive mental state and enhance overall well-being.

>>> DAY 4



>>> DAY 5

4 SWATHYAM SARVASYA AADHAARH

The group discussion with senior citizens focused on the decline of physical and cognitive health with age. Participants shared personal experiences and concerns. Ayurveda's perspective on aging was explored, emphasizing the importance of lifestyle modifications, balanced diet, and stress management. Participants expressed interest in incorporating Ayurvedic principles for improved well-being and quality of life in their later years.



>>> DAY 6

4 RASYANAM JARAVYADHI NASANAM

The group discussion explored the concept of Rasayana, an Ayurvedic approach to rejuvenation. Emphasis was placed on Rasayana's potential to preserve youthfulness, enhance intellect, maintain potency, and prevent senility. The group delved into the underlying principles of Rasayana and its role in promoting overall well-being and longevity.



VRUKSHO RAKSHATI RAKSHITAH

A session on medicinal plant cultivation was conducted to foster a healthy environment and encourage the growth of medicinal herbs. In line with the day's theme, a tree plantation drive was organized. Participants were educated on identifying and utilizing medicinal plants. A significant aspect of the initiative was the plantation of saplings within the school campus, aiming to instill a sense of environmental responsibility among the students and community. This combined approach promoted both knowledge dissemination and practical action towards a greener and healthier village.



CHARAKA SAMHITA PROCESSION 102 (DAY 7)

ANTAH ASTI PRARAMBH

The seven-day awareness festival concluded with a grand Shobha Yatra dedicated to Acharya Charaka and Charaka Samhita, marking a new beginning to perpetuate Ayurvedic traditions. The procession featured five fundamental principles of Charaka Samhita, an image of the Acharya, and a banner emphasizing 'Charaka for Change'. Approximately 100 students and villagers joined, marching through the village with drums to generate enthusiasm. This vibrant event aimed to inspire future generations to embrace and carry forward the legacy of Ayurveda.



OUT OF THE BOX

PRINCIPAL SIR FLYING VISIT

To our surprise and amazement our principal sir performed a bombshelling visit to evaluate the work being carried out by their students. He was very happy and satisfied to find that dissemination of knowledge was going two ways along. He became witness of our orative session on indigenous cows and panchamrita demonstration.



NAADI VISHARADA

Naadi being one of the ashtavidha pariksha mentioned in the classical text forms a solid basis of ayurvedic diagnostic tools. One of our chief guest Vd. Ashok bishnoi demonstrated the magical diagnostic depths of naadi vigyaana on villagers showing them how efficient this technique is both medically and financially, highlighting the need of ayurveda in times to come.



NAARISHAKTI UPBODHANA

Our team realising the importance of naari sashaktikaran in the growth of society and nation as a whole, we organised an special women counselling session addressing all round issue ranging from physical, mental, social to spiritual health with the help of one of our chief guest and an ideal for women empowerment Vd. Suman Panwar.



Following the intensive seven-day Ayurgrama 2.0 awareness camp, our team required a brief period of rest and recovery. Unfortunately, this was interrupted by our Periodic assessment exams scheduled from July 15th to 20th. Despite this challenge, we managed to initiate post-camp activities.

Our initial focus was on consolidating the camp's work. We systematically collected and organized photos, videos, and detailed reports of all camp activities. Simultaneously, we laid out a comprehensive plan for post-camp publicity to be executed between August 9th-14th.

REPORTING WORK

The process of compiling the final report commenced with a collaborative team meeting alongside our coordinator sir. Together, we established a foundational outline for the report's structure. Following in-depth discussions, a consensus was reached on the optimal sequence of external content to be incorporated into the final document.

With a clear roadmap in place, we diligently embarked on the report writing phase. Through efficient teamwork and shared efforts, the final report was successfully completed. To ensure the report's accuracy and completeness, multiple rounds of review were conducted prior to submission



Prior to the camp, a comprehensive survey was administered to assess the village's overall health status. As part of the post-camp analysis, a follow-up survey was conducted to gauge villagers' understanding of basic Ayurvedic concepts. The results were overwhelmingly positive, demonstrating increased awareness of Ayurvedic terminology and principles.

Detailed survey data is presented in a dedicated section.

In addition to the survey, feedback was collected from villagers. Their overwhelmingly positive responses were incredibly rewarding, reflecting the camp's positive impact. Witnessing the villagers' enthusiasm and satisfaction was a truly gratifying experience.

A detailed analysis of the feedback is provided in a separate feedback section.



PUBLICITY WORK:

Our post-camp publicity efforts are scheduled to commence on August 9th, as mandated by Team Aaptas. To effectively disseminate information about the camp, our publicity head and team members have meticulously crafted a strategic plan. This blueprint outlines how to leverage social media platforms, including Instagram, Twitter, and YouTube, to maximize the impact of our campaign.

DEPARTMENT WISE REPORT

- Team Head
- Survey
- Finance
- Publicity
- Reporting
- Documentation
- Creative
- Cultural
- Stage Event
- Transport



TEAM HEAD

WHY ME ?
MY COMMITMENT
MANAGING A TEAM
INVOLVED IN ACTIVITIES

C O U R S E

“I as a team head was overwhelmed by the sheer amount of responsibility that was upon my shoulders to manage thought a team of 15 members. It was really a learning experience for myself transforming me in a way never before.”



WHY ME ?

Myself was the one chosen to take upon the responsibility to command and give direction to the team of 15 under the guidance of our coordinator sir. I was chosen by the team due to my past experience as a team leader in different functions held within our college premises.

MY COMMITMENT

I sternly repeated my commitment as team head to become the shadow of all the activities being carried out under the Ayurgrama project. I was committed to sail my team through all the waves to come in the exiting voyage of sea of Ayurgarama

MANAGING THE TEAM

It was a roller coaster ride to manage through a team consisting of seniors and juniors. Team consisting of people with different temperament and capabilities was tough to manage. Division of labour was taken proper care of to maintain stability of our ongoing project and team members.



‘I was also an active participant in different activities conducted by our team to spread about the awareness.’



DETAILED SURVEY REPORT



‘As a Survey head I was assigned to analyse and report all the aspects related to village ranging from animate to inanimate . This journey proved to be graceful and extremely rewarding for me.’

C O U R S E



- Pre camp survey
- During camp survey
- Postcamp survey

PRE -CAMP SURVEY

SEARCH FOR THE VILLAGE

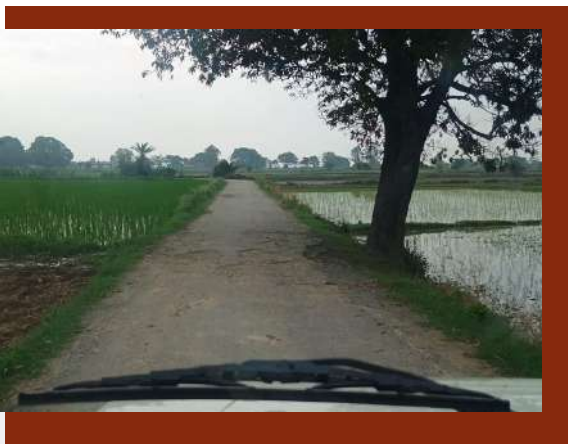
After the grand decision of participating in ayurgrama competition, survey team asap indulged in the gaigantrous work of searching an appropriate village for the upcoming event.

List of villages which were subjected to evaluation are:

- Mirjapur, Punjab
- Uchapind, Punjab
- Jagatpura, Punjab
- Ballana, Haryana
- Kanauli , Haryana
- Rattewali, Haryana



SEARCH COMPLETED: VILLAGE FOUND



CONNECTIVITY

The village is 32 km away from our college campus. The village is connected by paved 10 feet road with the highway of NH73.

IMPORTANT INFRASTRUCTURE IN VILLAGE :

- Saheed Sepoy Prithivi Singh G.S.S.S Rattewali, panchkula
- Water tank
- Community hall
- Satsang bhawan
- Guest house
- Health & wellness centre
- Green gardens



Points we noted under village general survey :-

- Streets : both paved & unpaved
- Drainage : open & spilling drain
- Water supply : Govt. source & pond
- Refuse disposal : thrown indiscriminately at some spots
- Latrine Usage : house latrine
- House type & situation : Pakka house with compact situation
- Rodents & insect : flies, mosquitoes, rats etc present
- Total number of houses : around 500
- Total population : 3000+ (no. of votes : 2200+)
- Male population : 53%
- Female Population : 47%
- Literacy rate : 73.54% [census 2011]
- Occupation : 50% [agriculture]
40% [labour]
10%[jobs] women financially dependent

FLORA & FAUNA OF VILLAGE :

We found many herbal plants among the diverse flora of the village. Flora of village is divided under planned plantations & natural vegetation patches.

Some Important flora we notes are as follow:-

Peepal	Apamarga	Baheda
Kaner	Giloy	Cadarya
Bhang	Bilva	Aamra
Bargad	Amla	Changeri
Neem	Safeda	Seesam
Erand	Mahanimba	Tulasi
Plaksha	Bhunimba	Sadabahar



Some of the important fauna we noted as follow :-

Cow	Goats
Horses	Dogs
Ants	Birds
Buffaloes	Cats



CULTIVED CROPS & STAPLE DIET :

- **Cereals & pulses** : wheat, rice, corn, bajra, chana, moong, masoor, moongphali
- **Vegetable & Fruits** : aaloo, bhindi, giya, kaddu, tori, aam, chikoo, kathal etc,
- **Animal product** : milk product [non veg is very less consumed]
- **Commercial Crops** : sugarcane, groundnut



DESH-KALA

a. **DESH**:- BHUDESHE : Fertile greyish brown soil with high humus content

▪ **SHARIR DESH** : The most Prevalent diseases are as follow :

1. Hypertension Skin disorder
2. Diabetes E.N.T
3. Arthritis Cardiac
4. Thyroid Gynae related

b. **KALA** :- grishm ritu is about to end & varsha is about to start.



Pre camp survey¹¹³



Aim of the survey: To evaluate the basic understanding of people about ayurveda and related aspects.

Target audience: Adults

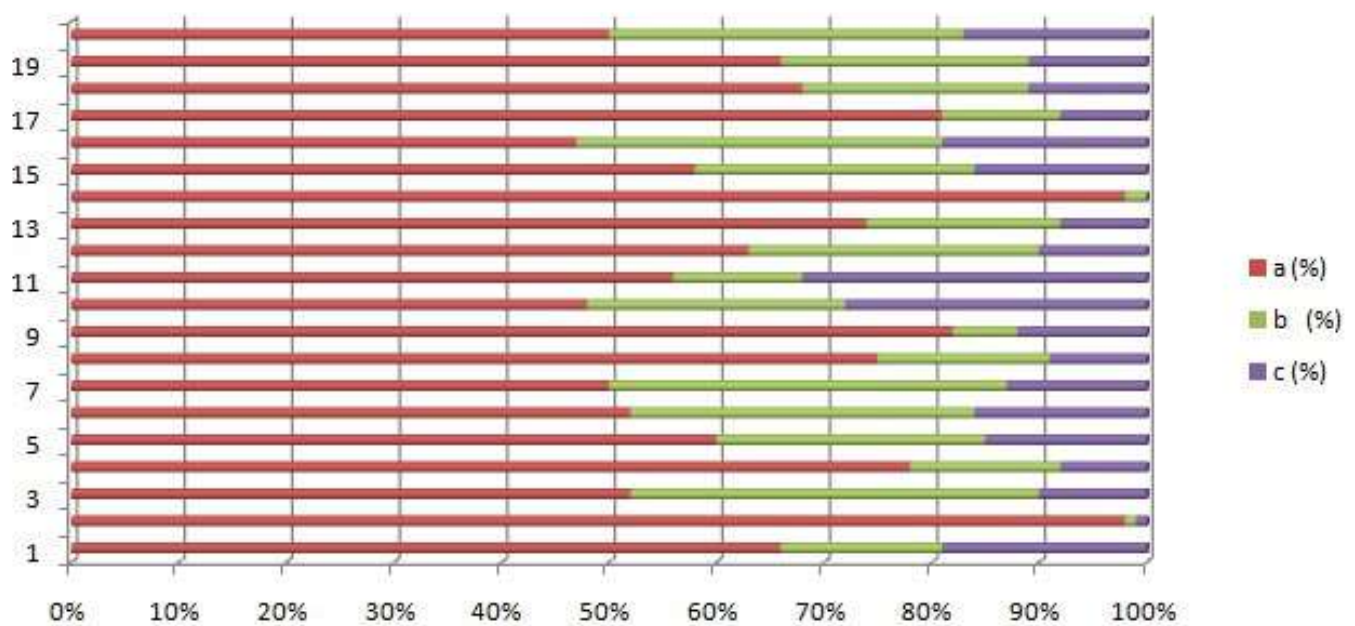
Sample size: 108

Date of survey : 29th june 2024

Questionnaire:

1. Are you aware of Ayurveda ?
2. Are you aware of Acharya charaka and Charaka Samhita?
3. Is your dinacharya according to ayurveda ?
4. Are you aware of ritucharya and ritusandhi and their impact on your life?
5. Do you have healthy eating habits?
6. Whether village women are aware of proper menstrual hygiene?
7. Whether village women are aware and serious about taking care of their health?
8. Whether village elders are aware about the needs and ways to take proper all round care of children?
9. Are you aware of desi Gau and Panchgavya in detail?
10. Are you aware of useful home remedies?
11. Whether you realize the importance of plants and their plantation around you?
12. How much aware are you of Swachata and social hygiene in total?
13. Are students aware of Ayurveda and its scope?
14. Are you aware of the eight limbs of ayurveda and their implicational impact on the society as a whole?
15. Whether you are aware of the prevalent diseases around you and their preventions?
16. Are you aware of yoga and its impact on your life?
17. Are you aware about the importance of mental and emotional health?
18. Whether you are aware of different pathya kalpanas and their importance?
19. Are you confident enough of taking the responsibility of your health and health of your society?
20. Predict the positive impact that the upcoming camp would cause on your life?

- These 20 questions are evaluated on the scale of 3 levels namely 1,2 and 3 which is shown in the graph with its interpretation mentioned below the graph.



Interpretation:

- 1- +
- 2- ++
- 3- +++

OUTCOME: WILL PROVIDE US WITH AMPLE IMPORTANT DATA TO PLAN OUT OUR EFFORTS IN THE PATH OF AWARENESS TO CREATE THE MAXIMUM IMPACT ON THE HEALTH AND LIFE OF PEOPLE AS WHOLE.

Prakriti Assessment



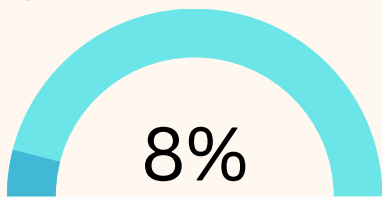
Aim of the survey: To plot the prakriti of people (villagers) in order to access the body composition of majority and accordingly modify our awareness message to be spread in upcoming days more efficiently. It envelops the individualistic as well as holistic aspect laid by Ayurveda.

Target audience: All gender, all age

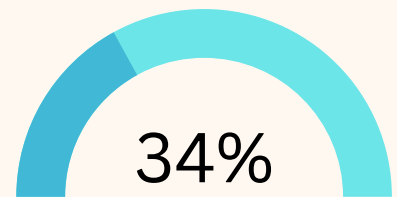
Sample size: 100

Date of Survey : 5th July 2024

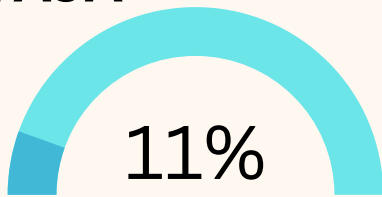
VATAJA



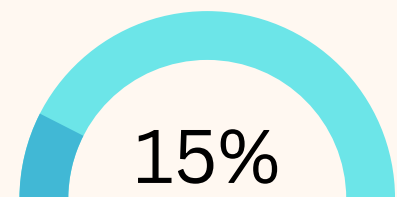
VATA-PITTAJA



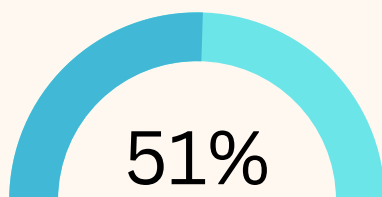
PITTAJA



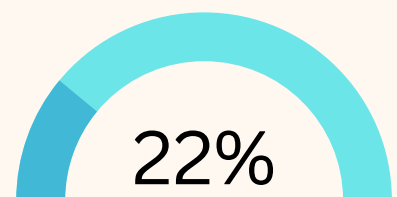
KAPHA-VATA



KAPHAJA



PITTA - KAPHAJA



OUTCOME

To access the trajectory of our target audience on the basis of deha prakriti helping us decide the modifications in the activities to come .



Aim of the survey: To get a overview of daily regimen practised by the people of village. It evaluates their regimen on the basis of criteria provided by charaka samhita.

Target audience: Adults and children over 10 years age

Sample size: 60

Date of Survey : 6th july 2024

Questionare:

1. Do you know that Ayurveda has described dinacharya in detail?

a) Yes b) No

2. Do you wake in brhamamuhurta?

a) Yes b) No

3. Whether you get rid of malas every day?

a) Yes b) No

4. Do you practice vegadharana?

a) Yes b) No

5. Do you practice dantadhaana daily?

a) Yes b) No

6. Whether you do jihwanirlekhana every day?

a) Yes b) No

7. Do you do vyayamaeveryday?

a) Yes b) No

8. Do you perform abhyangaeveryday?

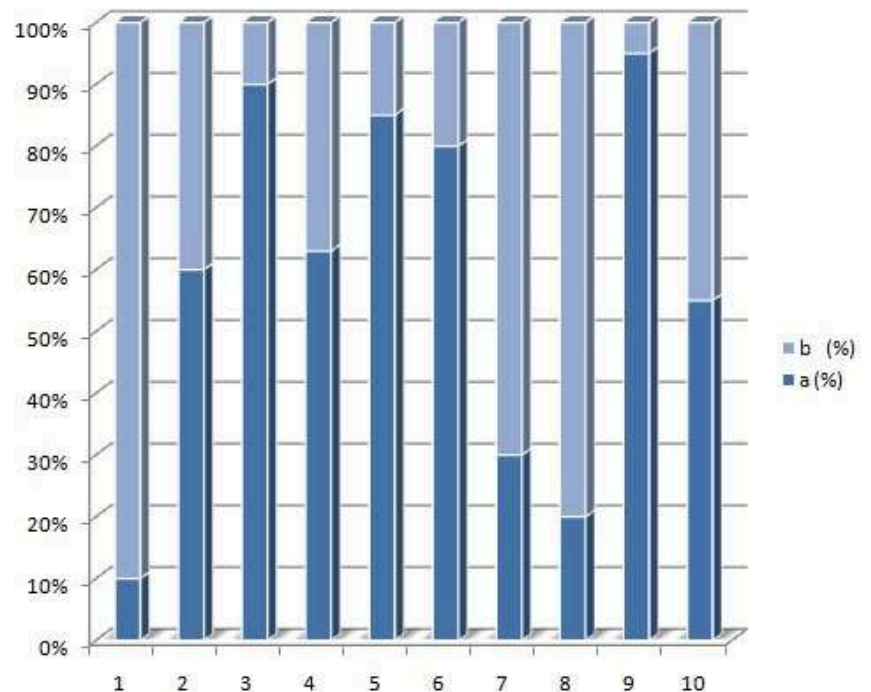
a) Yes b) No

9. Whether you do snanaeveryday?

a)Yes b)No

10. Whether you go to temple everyday?

a)Yes b)No



Outcome: To collect valuable insights about the current daily regimen of villagers, guiding us to suggest any modification if needed.

Ritucharya



Aim of the survey: To dig upon the basic understanding of villagers about ritus and their respective importance.

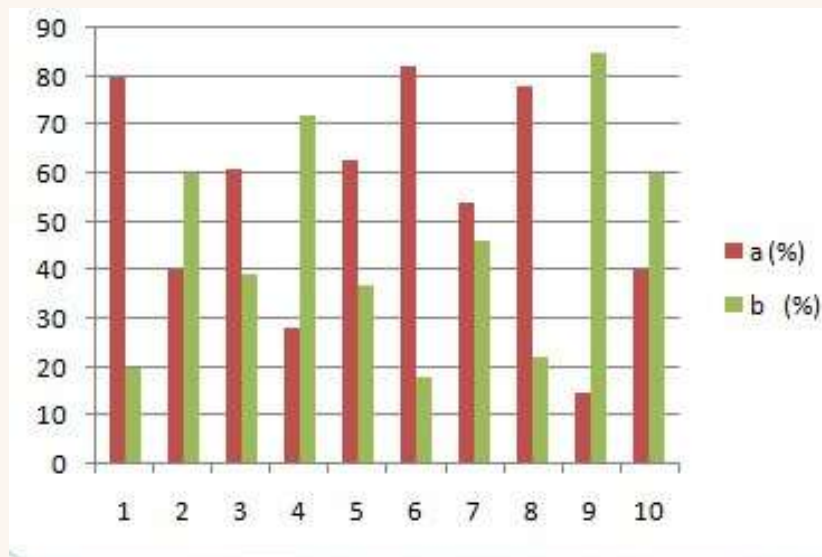
Target audience: All age, all gender

Sample size: 80

Date of Survey : 7th July 2024

Questionnaire:

1. According to you how many ritus are there in one year?
a) 3 b) 6
2. Whether dinacharya changes in accordance with ritus ?
a) Yes b) No
3. Whether food substance and fooding habits change in accordance with ritus?
a) Yes b) No
4. Whether prevalence of disease change with ritus?
a) Yes b) No
5. Whether plants and their productivity changes with ritus?
a) Yes b) No
6. Whether animal productivity gets affected with change in ritus?
a) Ye b) No
7. Is your heath affected by the change in ritus?
a) Yes. b) No
8. How many months are here in a ritu?
a) 2 b) 3
9. How many paksha are there in a ritu?
a) Yes b) No
10. Which one of the two you prefer?
a) Summer b) Winter



Outcome: This valuable data allows us to peek upon the habits of people through different season and provides us insight to make possible changes to make their life better.



Aim of the survey: To enquire about the general understanding of people on the subject of aahara.

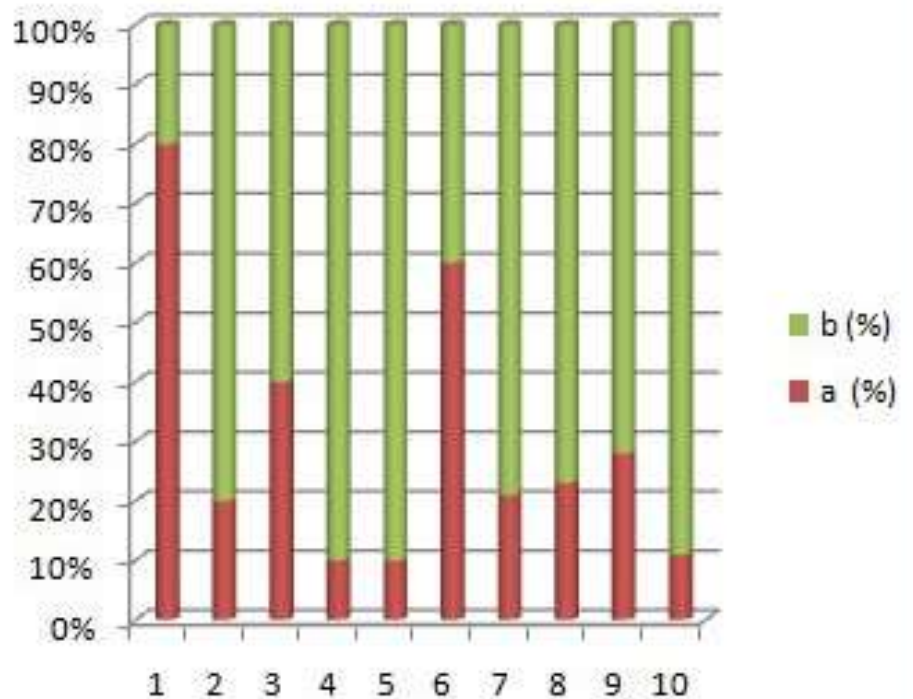
Target audience: All age, all gender

Sample size: 70

Date of Survey : 8th july 2024

Questionnaire:

1. Preferred food type?
a) Vegetarian b) Non- Vegetarian
2. Are you aware of aahar niyama?
a) Yes b) No
3. Do you skip meals?
a) Yes b) No
4. Do you perform aadhyasana?
a) Yes b) No
5. Do you perform aatyasana?
a) yes b) No
6. Do you eat food timely?
a) Yes b) No
7. Do you munch all through the day?
a) Yes b) No
8. use Junkfood and softdrink use?
a) Occassionally b) Regularly
9. Alcohol abuse?
a) Yes b) No
10. Are you aware of food adulterations nowadays?
a) Yes b) No



Outcome: Statistics we get from this survey helps us to correct upon the possible shortcomings related to aahara related aspects of people.

Naarishakti



Aim of the survey: To enhance our understanding about the awareness of women in the village about their own issues.

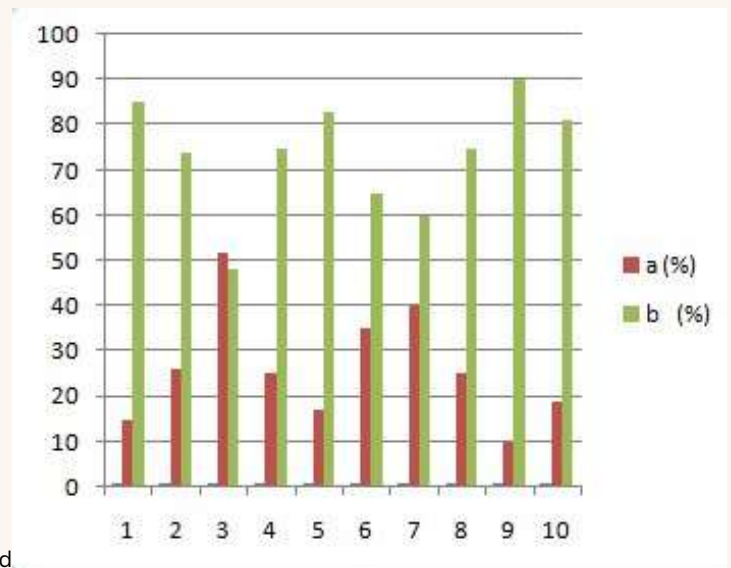
Target audience: women of age 15 to 60

Sample size: 80

Date of Survey : 9th july 2024

Questionnaire:

- Whether you have opportunity for basic education?
a) Yes b) No
- Whether you have opportunity for higher education?
a) Yes b) No
- Are you satisfied with the security status of women in your locality?
a) Yes b) No
- Are you aware of women specific schemes run by the government?
a) Yes b) No
- Is women specific health facility easily accessible in the village?
a) Yes b) No
- Which material you prefer during menstrual days?
a) Cotton cloth. b) Sanitary pads
- Are there any difficulties (irregularities, long, short, painful) associated with menstruation?
a) Yes b) No
- Are you involved in household chores during menstrual days?
a) Yes b) No
- Do you feel a need for presence of psychiatric counselling during mood swings throughout the menstrual cycle?
a) Yes b) No
- Do you feel need for proper management of post menopausal difficulties?
a) Yes b) No



Outcome: Data we collected helped us to enhance our understanding about female issues of concern in the area and suggest probable solutions.



Aim of the survey: To enquire upon the topics concerning the welfare of children(infant to 15 yr old) in the village by asking relevant questions from their guardians.

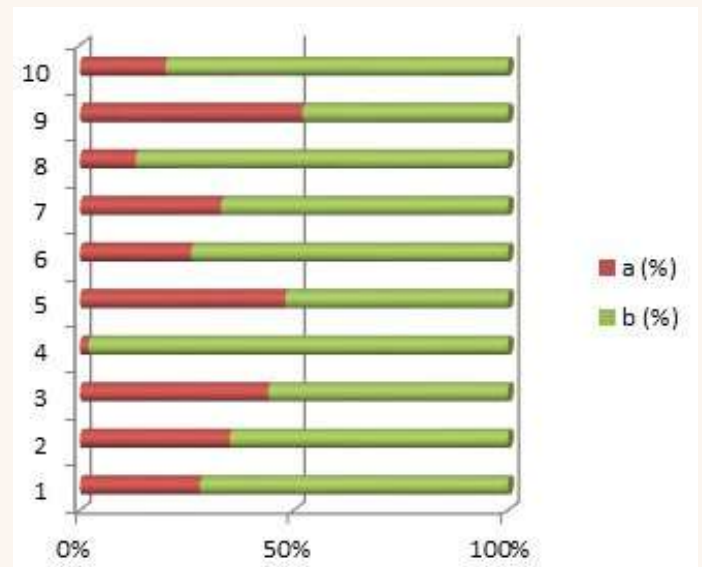
Target audience : Gaurdians and parents of children.

Sample size: 60

Date of Survey : 9th july 2024

Questionnaire:

1. Whether all the child specific health facilities present in your village?
 - a) Yes
 - b) No
2. Do you know that Ayurveda has child health as a specialisation?
 - a) Yes
 - b) No
3. Have you heard of swarna prashana and its benefits?
 - a) Yes
 - b) No
4. Have you heard of Acharya Kashypa?
 - a) Yes
 - b) No
5. Is proper education facilities present for children in village?
 - a) Yes
 - b) No
6. Whether proper sports facilities present for children in village?
 - a) Yes
 - b) No
7. Which mode of recreation is preferred by children?
 - a) Outdoor games and indoor activities
 - b) Mobile phone
8. Which food is preferred by children?
 - a) Healthy home food
 - b) Junk food
9. Are children respectful to elders?
 - a) Yes
 - b) No
10. Are children exposed to spirituality and yoga?
 - a) Yes
 - b) No



Outcome: Results helped us to provide possible help to the guardians about issues concerning their younger ones, helping to shape a strong nation through strong youth.



Aim of the survey: To dwell upon the insight about important of gau and panchagavya in specific and animal health in general.

Target audience: Mainly pashupalaka

Sample size: 50

Date of Survey : 10th july 2024

Questionnaire:

1. Which is the most prevalent milk cattle in the village?

- a) Cow b) Buffalo

2. Why is buffalo more popular than cow?

- a) Greater economic value of milk
b) Medicinal quality of milk is superior

3. Which cow is more preferred?

- a) Indigenous
b) Hybrid or exortic breeds

4. Which cow is qualitatively superior?

- a) Indigenous breeds
b) Hybrid or exortic breeds

5. Why is indigenous breeds of cow neglected?

- a) Its milk production is less
b) Quality of the milk is low

6. Have you heard of panchagavya and its uses?

- a) Yes b) No

7. Which of the following sets constitute panchagavya?

- a) Gomaya, gomutra, ghrita milk, dadhi
b) Milk , ghrita, dadhi, paneer, buttermilk

8. Are steroids used to increase the amount of milk?

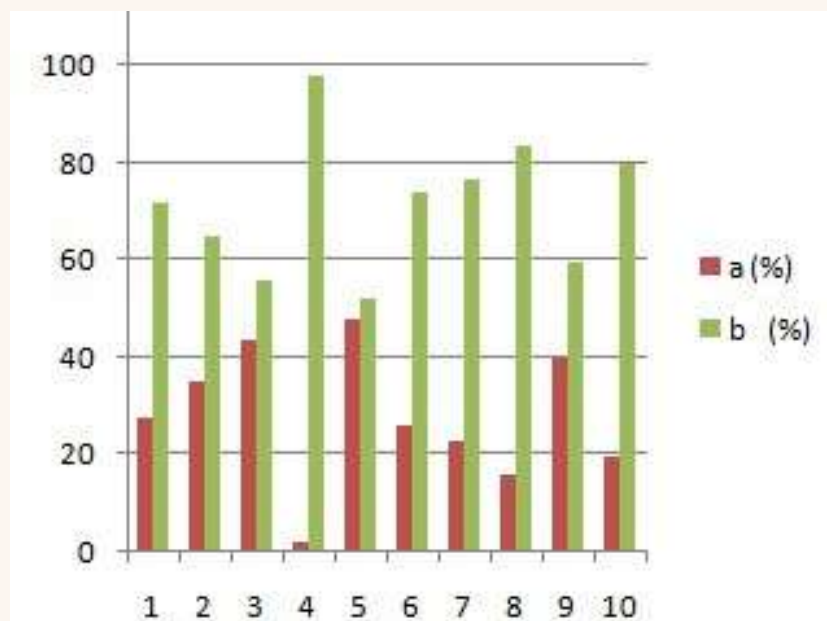
- a) Yes b) No

9. Is cattle health status in village is satisfactory?

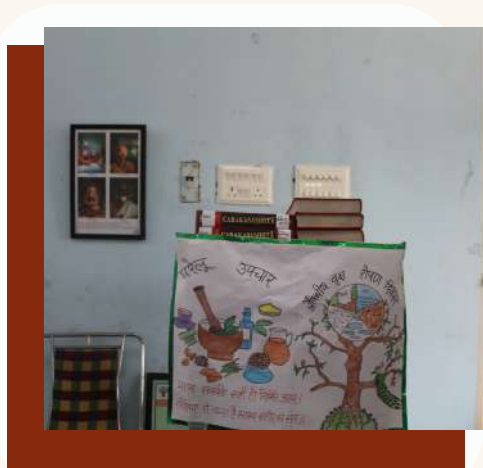
- a) Yes b) No

10. Whether poultry and fisheries present the village?

- a) Yes b) No



Outcome: Encouraging people to focus the importance of gau and panchagavya boosting the self reliance of health and finance.



Aim of the survey: To put a light on the knowledge of home medicine or home remedies along with important of trees in a whole.

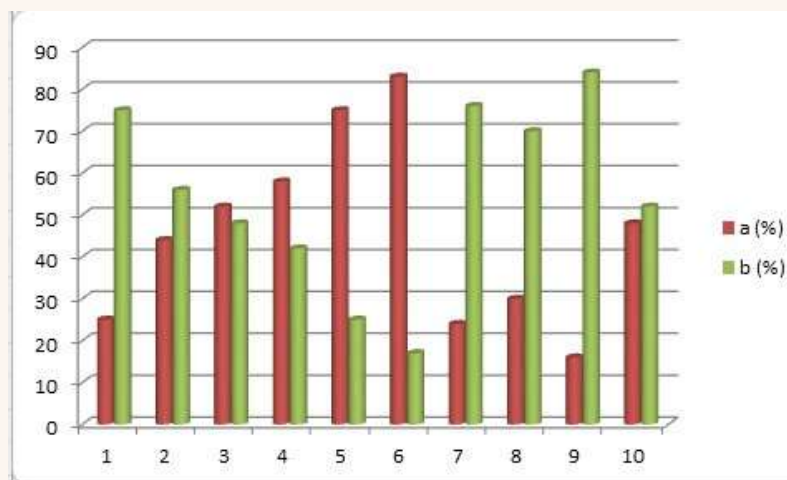
Target audience: Adults of all age and gender.

Sample size: 80

Date of Survey : 11th july 2024

Questionnaire:

1. Do you use home remedies?
a) Yes b) No
2. For which conditions you usually use them?
a) Acute small diseases b) Chronic or complicated cases
3. How you came to know about these remedies?
a) Hereditary knowledge from elders b) From social media
4. Are these remedies scientific?
a) Yes b) No
5. What is the efficacy rate of these remedies?
a) Above 75% b) Below 75%
6. What makes the main basis for these remedies?
a) Plants b) Animals
7. Are plants living things?
a) Yes b) No
8. Are plants important for human survival?
a) Yes b) No
9. How many seed saplings have you planted in last one year?
a) More than 10 b) Less than 10
10. Do plants have a role in controlling soil erosion?
a) Yes b) No



Outcome: we came to gain knowledge about some remedies from village people and gave some remedies from our side, also we focused on important of tree and their plantation.



Aim of the survey:

To access the cleanliness status of village our team did a comprehensive survey on some decided criteria.

Date of Survey : 7th July 2024

Questionnaire:

1. Is swachata karmachari present in the village?
2. Is waste collection and management proper and regular?
3. Is waste littered on the streets?
4. People using toilets?
5. Are drains paved or unpaved?
6. Are drains open or covered?
7. Are water bodies(ponds,etc) clean?
8. Whether breeding grounds for mosquitoes are present?
9. Is parali burnt in the area?
10. Sources of pollution in the area:
 - a) Air pollution-
 - b) Land pollution-
 - c) Water pollution-
 - d) Noise pollution-

Answers :

1. Yes
2. No, not upto the mark
3. Yes
4. Above 90 percent
5. Both are present
6. Open
7. No
8. Yes
9. Not, properly.
10. (a) factories, open organic matter burning etc
b) plastic, fertilizers, pesticides etc.
C) agriculture waste, detergents , etc
d) factories mainly

Outcome: Gaining the data we tried to connect and convey to people about the hygiene concerns and their resolution.



Aim of the survey: To palpate the current of awareness about ayurveda and it's sister sciences among the youth of bharat.

Target audience: School students of middle secondary school

Sample size: 100

Date of Survey : 8th july 2024

Questionnaire:

1. Have you ever heard of Ayurveda as system of medicine?

a) Yes b) No

2. If yes from which source you came to know?

a) Newspaper, television or social media
b) From an ayurvedic physican

3. How you envision Ayurveda?

a) An wisdom marvel from ancient times
b) An outdated pathy of treatment

4. Is Ayurveda scientific?

a) Yes b) No

5. Have you ever taken ayurvedic treatment for an ailment?

a) Yes b) No

6. Do you know about yoga?

a) Yes b) No

7. Whether you practice yoga daily?

a) Yes b) No

8. Do you practice meditation regularly?

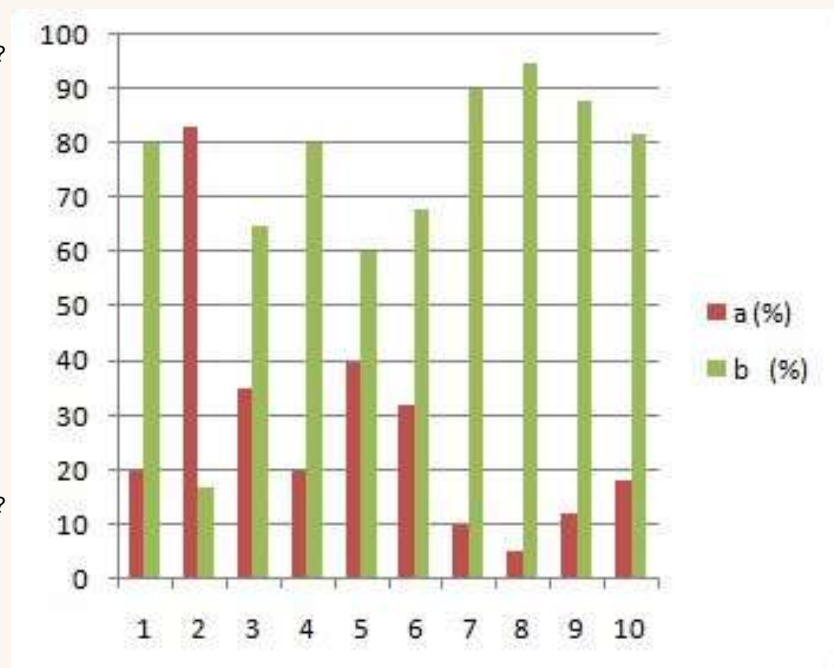
a) Yes b) No

9. Whether you do swadhyaya of books from Bharatiya wisdom stream?

a) Yes b) No

10. Do you aspire to be an ayurvedic physician ?

a) Yes b) No



Outcome: Accordingly we propagated the concerning topics among the youth to make them aware of our science and heritage.

Post Camp Survey 125

Background: After the completion of grand event of Ayurgrama (7 day camp) successfully, once again we packed up for post camp reviews and feedback of our beloved villagers by once again marking our presence in the village. Our all efforts to propagate ayurveda for health of all was ready to be subjected to the final test in the form of public feedback and review about the impact of our program.



Aim of the survey: To assess impact made by our awareness camp on ayurveda and charaka. Also to evaluate the response given from our efforts to propagate one earth one health thought the eternal science of health namely ayurveda.

Target audience : Adults (above 18 years)

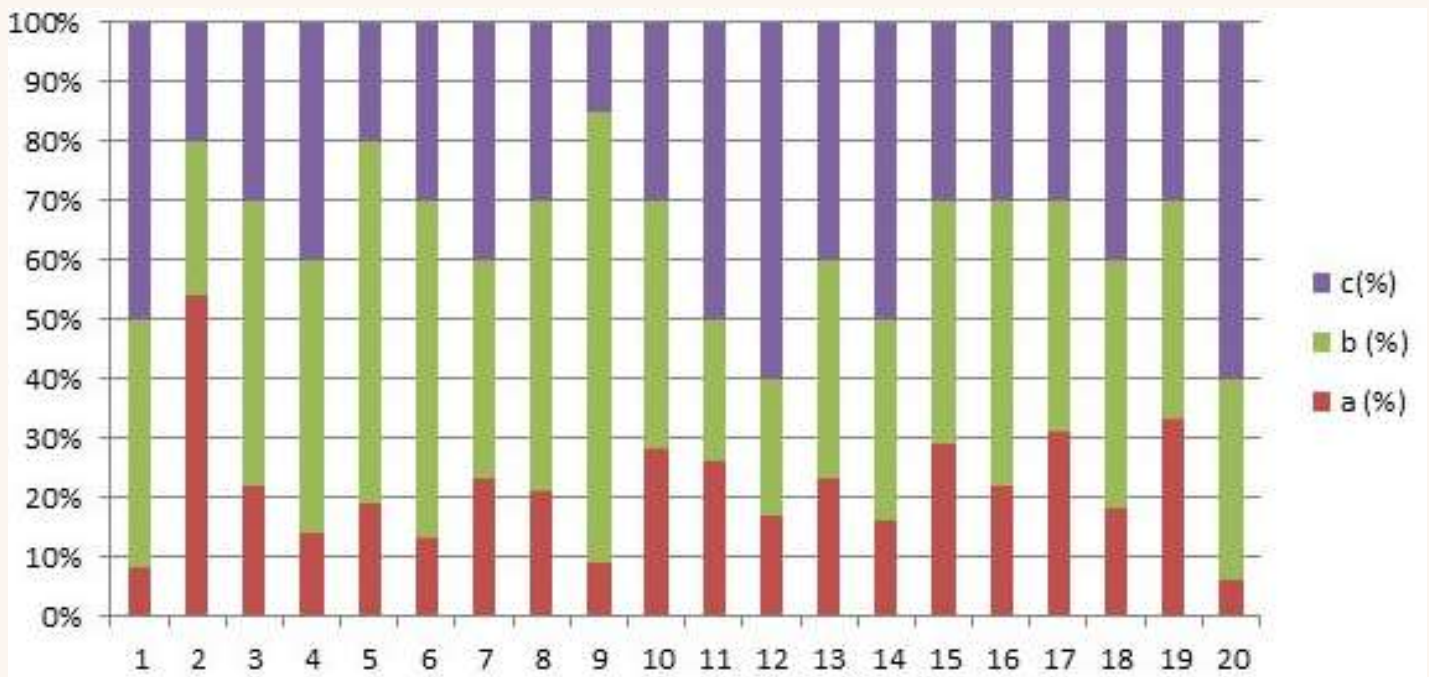
Sample size: 108

Date of post camp survey - 26 july 2024

POST CAMP PUBLIC FEEDBACK

1. Increase in awareness about Ayurveda ?
2. Increase in awareness about Acharya charaka and Caraka Samhita?
3. Has dinacharya according to ayurveda got integrated in their your daily routine?
4. Has concepts of ritucharya and ritusandhi inculcated in your lifestyle?
5. Have you developed healthy eating habits?
6. Whether village women have become aware of proper menstrual hygiene?
7. Whether village women became aware and serious about taking care of their health?
8. Whether village elders got aware about the needs and ways to take proper all round care of children?
9. Has your awareness about desi gau and panchgavya increased?
10. Have you become aware about useful home remedies?
11. Whether you realized the importance of plants and their plantation around you?
12. Whether swachata and awareness on need of swachata got improved in your village?
13. Has awareness about Ayurveda increased among the school students of your village?
14. Have you got aware about the eight limbs of ayurveda and their implicational impact on the society as a whole?
15. Whether you became aware about the prevalent diseases around them and their preventions?
16. Have you become aware of yoga and its impact on your life?
17. Have realization spread about the importance of mental and emotional health?
18. Whether you became aware of different pathya kalpana and their importance?
19. Have you become confident of taking the responsibility of their health and health of your society?
20. Overall impact of awareness camp by you on behalf of Ayurgrama initiative?

- These 20 questions are evaluated on the scale of 3 levels namely 1,2 and 3 which is shown in the graph with it's interpretation mentioned below the graph.



Interpretation:

- 1- +
- 2- ++
- 3- +++

Outcome:

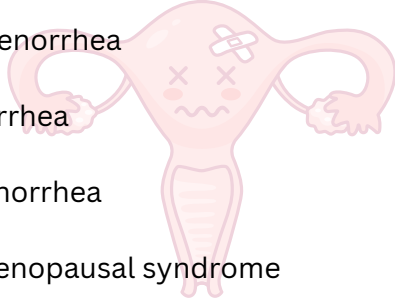
Reviews and statistics collected from this survey has reveled a reward for our efforts. We got a overwhelming positive response particularly about our events throughout the camp of 7 days which were focused to propagate the basic concepts of ayurveda to lead a healthy life. We were anxious about the impact we were able to make but got excited to see that our efforts made about a remarkable change in the view and knowledge of people about ayurveda by comparing our pre and post camp survey.

It helped us to get satisfied with the knowledge of fact that our decided and scheduled events throughout the camp finally reap the fruit. People benefitted from our activities and learned the science of life in a fun way.

Commonly prevalent diseases

Stri roga:

- Oligomenorrhea
- Amenorrhea
- Dysmenorrhea
- Post menopausal syndrome
- Pcod



Twak roga:

- Urticaria
- Acne
- Vitilago
- Hairfall



Abdomen related:

- Gastric problems
- Abdominal pain
- Loss of appetite
- Constipation
- Fatty liver
- Indigestion



ENT:

- Dry eyes
- Burning eyes
- Watery eyes
- Conjunctivitis
- Cataract
- Ear infection



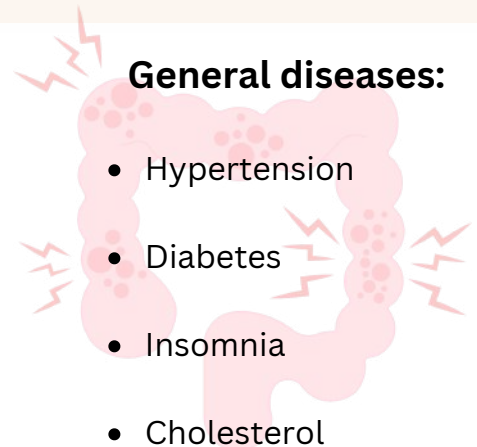
Children:

- Cough
- Loss of appetite
- Indigestion
- Obesity
- Weak immunity



General diseases:

- Hypertension
- Diabetes
- Insomnia
- Cholesterol



FINANCE REPORT



‘The Ayurgrama 2.0 Awareness Camp, organized by Team Dhatri, aimed to promote the benefits of Ayurveda and natural living among the local community.’

REPORT

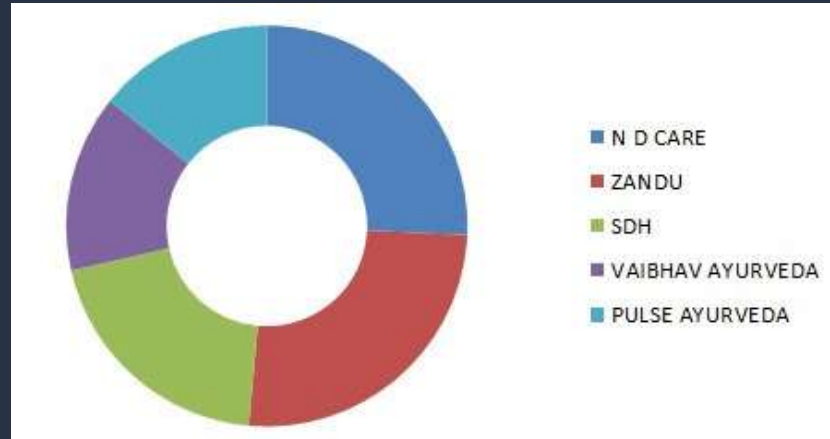
Budget Overview

TOTAL EXPENSES DURING CAMP = RS 34,822

1. Sponsorship Contributions:

- ND Care: Rs 9,000
- Zandu: Rs 9,000
- SDH: Rs 7,000
- Vaibhav Ayurveda: Rs 5,000
- Pulse ayurveda : Rs 5,00

Total fund recieved - Rs 35,000

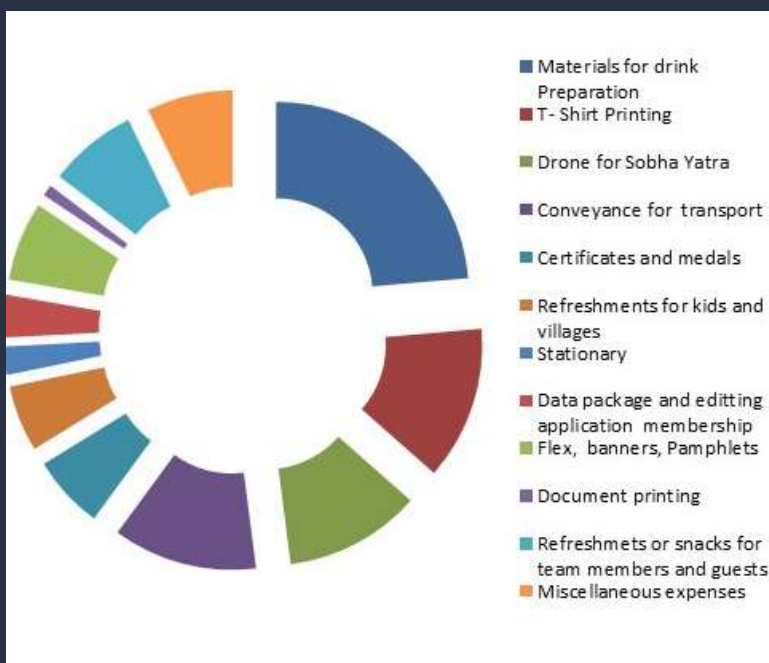


*Arrangements for Group Members' Meals:

The village sarpanch kindly took responsibility for providing food for the group members throughout the event.

Detailed Expenditure Breakdown

1. Materials for Drink Preparation: Rs 8,250
2. T-shirt Printing: Rs 4,500
3. Drone for Shobha Yatra: Rs 4,000
4. Conveyance for Transport: Rs 4,230
5. Miscellaneous Expenses: Rs 2,526
6. Certificates and Medals: Rs 2,150
7. Refreshments for Kids and Villagers: Rs 1940
8. Stationery: Rs 826
9. Data package & editing application membership: Rs 1,250
10. Flex, Banners & Pamphlets: Rs 2,320
11. Refreshment/ Snacks (Team & Guest) : Rs 2,597
12. Document printing: Rs 333



FINANCIAL HEALTH SUMMARY

The Ayurgrama 2.0 Awareness Camp was meticulously planned and executed within the allocated budget. The combined sponsorships totaling Rs 35,000 were instrumental in covering all necessary expenses. Each expense category was carefully considered and funded appropriately, ensuring the smooth running of the camp and the successful completion of its activities.

DIFFICULTIES FACED:

- The successful execution of our event was not without its challenges. Initial budget constraints arose due to delayed sponsorship confirmations. To mitigate this, we maintained open dialogue with potential sponsors to expedite the process. Simultaneously, securing interim funds ensured uninterrupted program initiation.
- Logistical hurdles, such as transporting materials to the remote camp location, were efficiently overcome through strategic partnerships with local transport services. This collaboration ensured timely delivery and cost-effectiveness.
- Unexpected material shortages, specifically for drink preparation, necessitated quick action. By identifying alternative suppliers and negotiating bulk discounts, we averted potential disruptions to the camp's activities.
- Unforeseen expenses, a common event planning challenge, were managed through a dedicated contingency fund. This financial cushion provided the necessary flexibility to address unexpected costs without compromising the event's integrity.
- Weather conditions posed a significant threat to outdoor activities. However, pre-planned indoor alternatives and the innovative use of a drone for aerial coverage of the Shobha Yatra ensured the event's continuity despite adverse weather.

Conclusion

The Ayurgrama 2.0 Awareness Camp by Team Dhatri stands as a testament to effective financial management, strategic planning, and the ability to overcome challenges. The successful execution of the camp within the allocated budget, despite various obstacles, underscores the team's dedication and resourcefulness. By leveraging sponsorships, maintaining flexibility, and implementing proactive solutions, the camp not only met its objectives but also set a strong foundation for future programs.



PUBLICITY REPORT



PRE-PROGRAM ACTIVITIES

A. IDENTIFICATION OF TARGET AUDIENCE

COLLECTED SURVEY DATA FROM SURVEY HEAD AND IDENTIFIED VILLAGE POPULATION ACCORDING TO AGE GROUPS, SEX RATIO.

B. MEDIA PLANNING AND CREATION OF PUBLICITY MATERIAL

WE CONTACTED SEVERAL FAMOUS PERSONALITIES OF VILLAGE AND ASKED THEM TO SPREAD AWARENESS OF OUR CAMP HAPPENING IN THEIR VILLAGE. I WITH THE HELP OF CREATIVE HEAD, STAGE EVENT HEAD, FINANCE AND CULTURAL HEAD DESIGNED OUR PROMOTIONAL BANNERS, FLEXES, INVITATION CARDS, BROCHURES, MEDALS, CERTIFICATES, POSTERS, ETC.

C. COORDINATION WITH TEAM MEMBERS FOR PROPER EXECUTION :-

I WITH THE HELP OF TRANSPORT HEAD ARRANGED BICYCLES FOR ORDERING AND COLLECTING OUR PUBLICITY MATERIAL FROM SECTOR 17 CHANDIGARH WHICH IS APPROXIMATELY 5 KM AWAY FROM OUR COLLEGE. PURPOSE OF USING BICYCLE WAS UNDER THE GUIDANCE OF TEAM HEAD TO PROMOTE CONCEPT OF GREEN ENERGY.

D. TRANSPORTATION OF PUBLICITY MATERIALS TO VILLAGE

WITH THE HELP OF PUBLIC TRANSPORT, ALL THE PUBLICITY MATERIALS WERE TRANSPORTED TO VILLAGE, RATTEWALI.

E. PUBLICITY PRIOR TO THE EVENT

WE DISTRIBUTED PAMPHLETS AMONG VILLAGERS. USED ECO FRIENDLY VIRTUAL METHODS OF PUBLICITY AS SOCIAL MEDIA. INFORMATION WAS GIVEN THROUGH VILLAGER'S WHATSAPP GROUP WHICH ALREADY EXISTED WITH ALMOST ALL USERS OF ANDROID IN THE VILLAGE. DIGITAL METHODS WERE USED METICULOUSLY AND EXTENSIVELY THROUGHOUT THE CAMP TO COMMUNICATE NEXT DAY PROGRAMS AND EVENTS TO THE PEOPLE IN ADVANCE I.E. WHATSAPP AND TELEGRAM VILLAGE GROUPS. MIC & SPEAKERS ALSO CONTRIBUTED TO A GREAT EXTENT IN THE EVENT OF ANNOUNCEMENT UNDER PUBLICITY DIVISION.

ON GROUND ACTIVITIES

a. Publicity during the camp

Everyday in the evening , we used to go on bicycle for publicity of the next day camp schedule. During yoga sessions, we made announcements for the Same Day's Camp upcoming events. Different social media (Whatsapp , telegram groups) platforms were used efficiently for publicity.

B. one-on-one with villagers

We also used one on one interaction or communication method to propagate and promote our program ensuring a personal or indivisualistic touch.



POST CAMP PUBLICITY

We are planning to engaze public mainly through the virtual formats . We will indulge sharply on publicizing our event through various social media platforms. Some of them are:

- Youtube
- Facebook
- Whatsapp
- Telegram
- Instagram
- Snapchat and many more

RREPORTING'S REPORT

Pre-Camp Preparations

The success of the seven-day Ayurgrama awareness camp was underpinned by meticulous pre-camp preparations. As a reporting head comprehensive understanding of the reporting process was acquired through intensive training sessions conducted by experienced teacher of our college. This knowledge was subsequently disseminated to the reporting team, ensuring clarity of roles and expectations.

To facilitate efficient operations, essential equipment such as laptops and internet connectivity were procured and configured.



• Camp Execution and Reporting

Throughout the camp, vigilant monitoring of all activities was paramount. As a reporting Head with the help of efficient supportive members maintained close liaison with the documentation department to ensure a steady flow of relevant photographs.

A structured approach to reporting involved the compilation of day-wise reports, which were submitted to the Team Aaptas by 11:00 PM each day. This timely submission was crucial for maintaining transparency and accountability.





‘Despite these obstacles, I with the help of team members persevered in their efforts to document the camp accurately and comprehensively. By addressing these challenges proactively, the reporting process for future events can be significantly improved.’

• Post-Camp Analysis and Report Finalization

Following the conclusion of the camp, a comprehensive analysis of the entire event was undertaken. Through collaborative discussions with team members and the camp coordinator, key insights and outcomes were identified.

These findings served as the foundation for the final report, which was meticulously structured to present a coherent and impactful narrative of the camp's achievements.

• Challenges Encountered

Several challenges emerged during the reporting process.

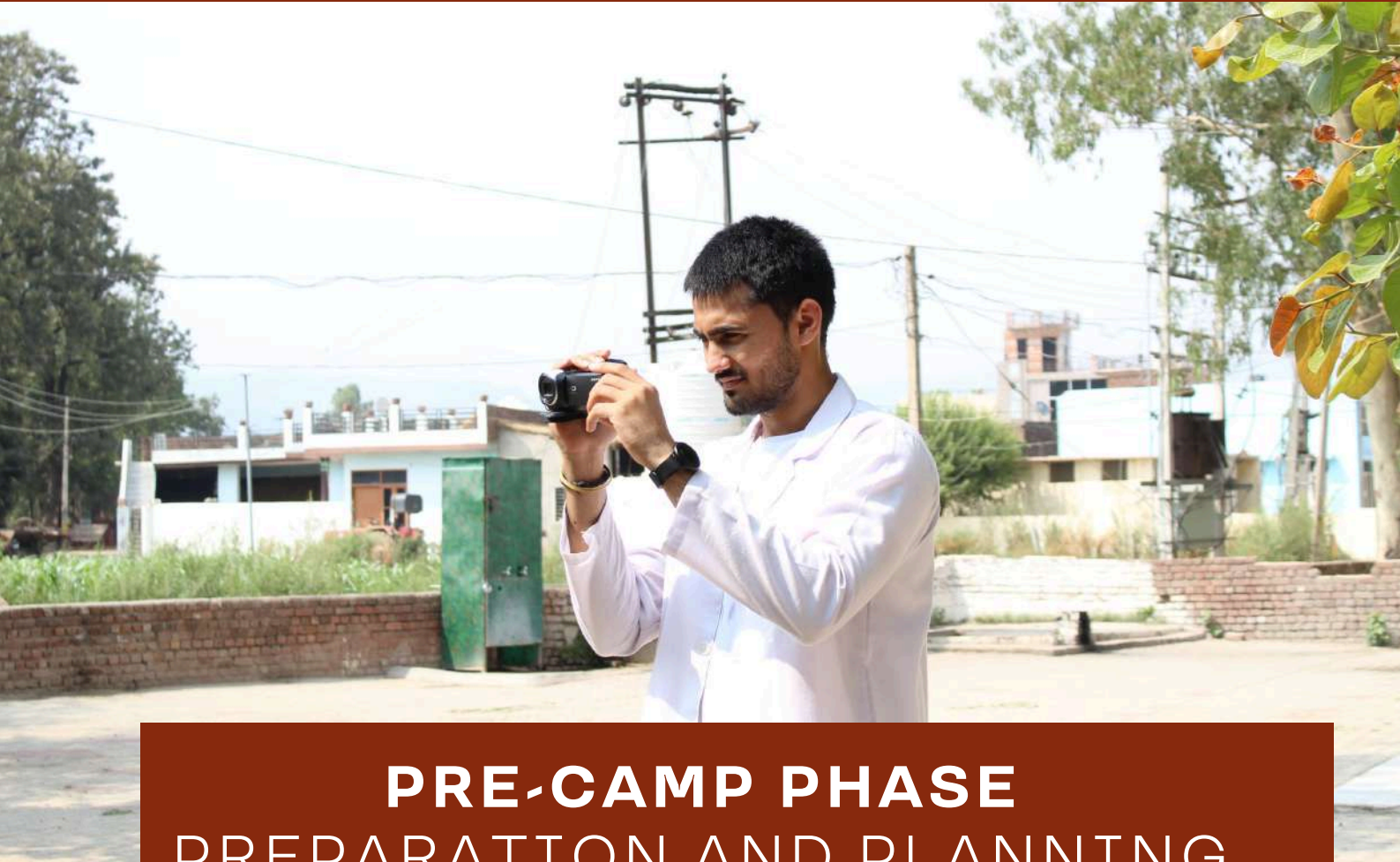
Managing the voluminous data generated by the camp's diverse activities proved to be a formidable task.

The process of curating a representative selection of photographs from the extensive collection was time-consuming and required careful consideration.

Furthermore, intermittent internet connectivity issues hampered the efficient transmission of data and reports during the camp event.

To compound these challenges, an inadequate supply of laptops hindered the reporting team's ability to work optimally.

DOCUMENTATION REPORT



PRE-CAMP PHASE PREPARATION AND PLANNING

Team Briefing: Conducted detailed meetings to outline the documentation plan, roles, and responsibilities.

Equipment Check: Ensured all cameras, batteries, and storage devices were in working order. Created a checklist for daily maintenance.

Village Mapping: Documented the village layout, identifying key areas for filming.

Documentation Templates: Developed standardized templates for daily data collection and reporting.

DURING CAMP PHASE

DATA COLLECTION AND DOCUMENTATION

Daily Data Collection: Collected data from various activities and interactions with villagers, including video recordings, photographs, and written notes.

Visual Documentation: Captured comprehensive visual representations of the village.

Equipment Maintenance: Regularly checked and maintained camera batteries and equipment.

Data Backup: Implemented a daily backup routine using both cloud storage and physical backups.



CHALLENGES FACED

Data Loss: Experienced significant data loss due to technical malfunction but recovered most of it through backup systems.

Retakes: Required multiple retakes due to environmental noise, lighting issues, and other interruptions.

Time Management: Coordinating the documentation schedule with camp activities led to tight timelines.

DATA ANALYSIS AND REPORTING

Data Compilation: Organized and stored all data, cross-verifying with daily reports for completeness.

Data Recovery: Restored any lost data, ensuring no critical information was missing.

Final Documentation: Compiled all visual and written documentation into a comprehensive report, including lessons learned and recommendations for future camps.

POST CAMP WORK

Post-camp, organizing and reviewing voluminous data, photos, and videos by department and day was incredibly challenging. However, with the team's support, we successfully managed this arduous task.

CONCLUSION

The documentation of Ayurgrama 2.0 was a rigorous process involving daily updates, meticulous battery management, and comprehensive visual coverage. Despite challenges like data loss, the team persevered, implementing robust backup strategies and retaking crucial shots. This dedication resulted in a rich repository of visual and textual data, providing invaluable insights for future projects. The experience gained will undoubtedly enhance documentation processes in the future..



CREATIVE'S REPORT

Introduction:

The Ayurgrama contest was an initiative to spread knowledge about Ayurveda through interactive and engaging methods. A 15-member team participated in this event, employing various creative approaches to educate and inform the audience about Ayurvedic principles and practices.



Precamp Preparation:

- Team formation and role allocation
- Creative planning led by Sumukhi Arora as the creative head
- Design and development of:
 - Educational sessions
 - Informative charts
 - Engaging skits
 - Interactive performances
 - Educational games
 - Ayurveda-themed quizzes
 - Creation of awards, posters, and medals for the event

DURING CAMP EXECUTION

- Conducted educational sessions on Ayurveda
- Displayed informative charts to visually represent Ayurvedic concepts
- Performed skits to illustrate Ayurvedic principles in an entertaining manner
- Organized interactive performances to engage the audience
- Facilitated educational games to reinforce learning
- Held Ayurveda-themed quizzes to test and enhance knowledge
- Distributed awards and medals to recognize participation and achievement

DIFFICULTIES FACED

- Time management in organizing multiple activities
- Ensuring consistent engagement across different age groups
- Balancing entertainment with educational content
- Logistics of managing a 15-member team



Conclusion

The Ayurgrama contest successfully employed a variety of creative methods to disseminate knowledge about Ayurveda. Under the leadership of Sumukhi Arora as the creative head, the team designed and executed a range of activities including educational sessions, charts, skits, performances, games, and quizzes. The event likely contributed significantly to increasing awareness and understanding of Ayurvedic principles among participants.

CULTURAL REPORT



‘The Ayurgrama 2.0 initiative was a transformative experience that successfully merged the ancient wisdom of Ayurveda with the vibrant tapestry of rural India. As the Cultural Head, I was tasked with weaving a cultural narrative that resonated with the villagers of Rattewali.’

- **Pre-Camp Hustle**
- **Challenges During Camp**
- **Conclusion**

C O U R S E

PRE-CAMP HUSTLE

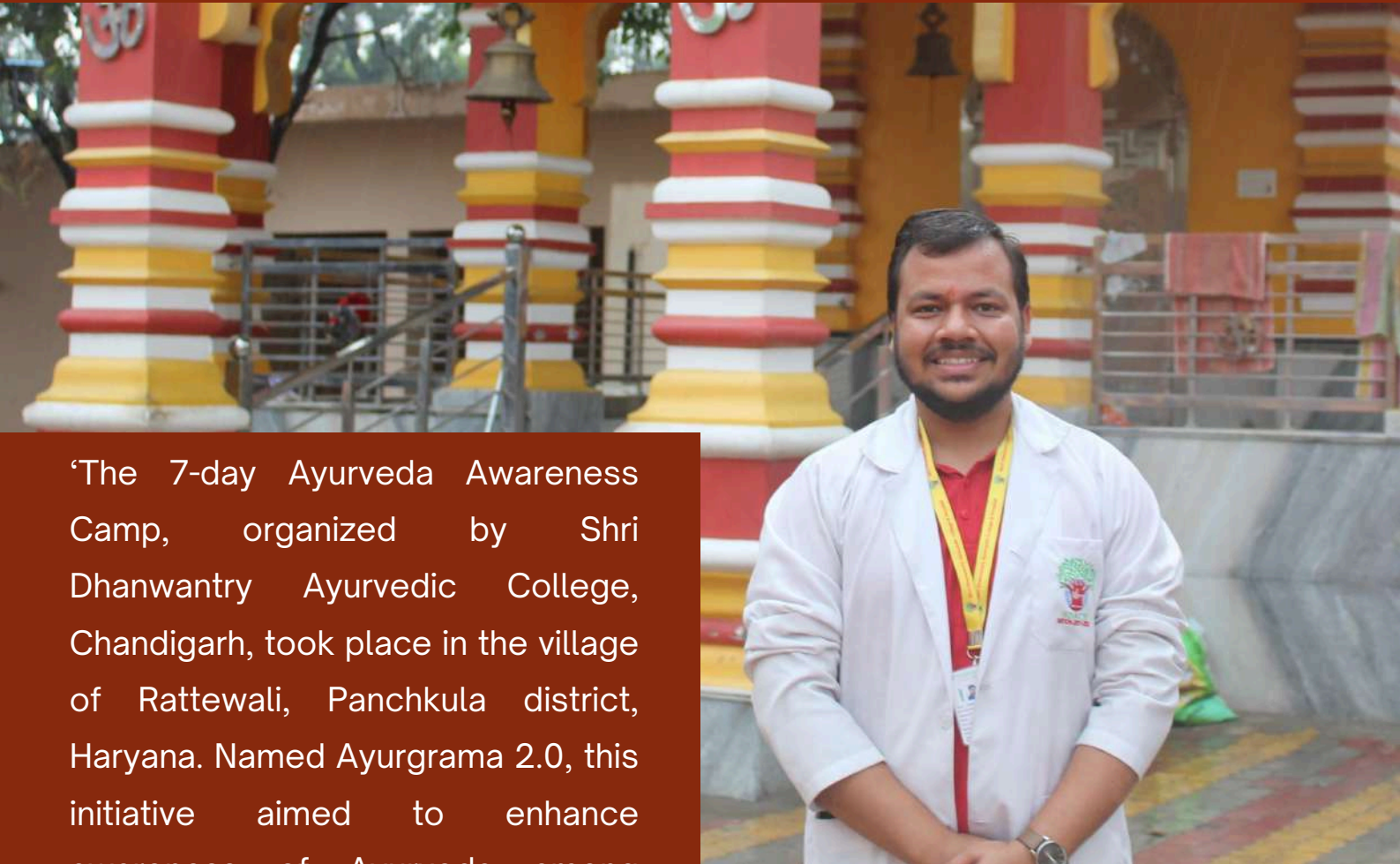
Our pre-camp preparations were meticulous. We delved deep into local traditions, identifying cultural elements that could be seamlessly integrated with Ayurvedic concepts. Talent scouting unearthed hidden gems among the villagers and students, who became the heart of our cultural performances. Each day of the camp unfolded with a unique theme, inspired by Acharya Charak's teachings and enriched with cultural expressions.

DURING CAMP PREPERATION

Challenges were inevitable. The unpredictable weather, logistical hurdles, and the demanding schedule tested our resilience. However, the collaborative spirit of the team and the unwavering support of the villagers propelled us forward. The sight of villagers embracing Ayurvedic practices, participating enthusiastically in cultural activities, and sharing their newfound knowledge was immensely rewarding.

Ayurgrama 2.0 was more than just a camp; it was a cultural renaissance. It showcased the power of Ayurveda to improve lives and the importance of community engagement in spreading awareness. The experience has equipped me with invaluable insights into event management and cultural programming, which I am eager to apply in future endeavors.

STAGE EVENT REPORT



‘The 7-day Ayurveda Awareness Camp, organized by Shri Dhanwantry Ayurvedic College, Chandigarh, took place in the village of Rattewali, Panchkula district, Haryana. Named Ayurgrama 2.0, this initiative aimed to enhance awareness of Ayurveda among villagers, coinciding with Acharya Charak Jayanti. As the Stage Event Head, I oversaw the inauguration, valedictory sessions, guest invitations, and overall stage management.’

- Pre-Camp Hustle
- During Camp Execution
- Challenges Faced During the Camp
- Conclusion

C O U R S E

PRE-CAMP HUSTLE

Upon finalizing Rattewali as our camp location, meticulous planning began to ensure a smooth execution of events:

- **Guest Invitations:** We crafted a detailed guest list, aligning each day's events with the themes inspired by Acharya Charak's methodology from Chatushaka in Sutrasthan. The invitation card was designed and sent for printing, ensuring timely distribution to our esteemed guests.
- **Logistics:** Arrangements for microphones, speakers, podium, stage banner, tables, and chairs were secured with the help of our supportive members
- **Scheduling:** Collaborating with team member Isha, we devised a comprehensive schedule, commencing with Ganesha and Acharya Charak's pooja and concluding with a vote of thanks. The plan aimed for simplicity to maximize the reach of Ayurvedic concepts, utilizing the local language for communication.

DURING CAMP EXECUTION

With a mix of confidence and initial nervousness, the camp commenced:

- **Daily Rituals:** Each day began with lamp offerings to Lord Dhanwantary and Sage Charaka. Ayurvedic drinks were demonstrated and provided to villagers to prevent dehydration.
- **Cultural Activities:** The cultural head conducted engaging activities embedding conceptual knowledge, alongside recreational events and morning yoga sessions.
- **Guest Presentations:** Invited guests delivered insightful talks, and the village Sarpanch expressed daily gratitude, boosting our morale. Isha played a crucial role in stage management, ensuring smooth transitions
- **Interactive Sessions:** Demonstrations, street plays, poster distributions, skits, and jingles effectively reached the entire village, generating curiosity and satisfaction among villagers. Winners of activities were awarded gifts and medals.



CHALLENGES FACED DURING THE CAMP

Despite thorough planning, several challenges emerged:

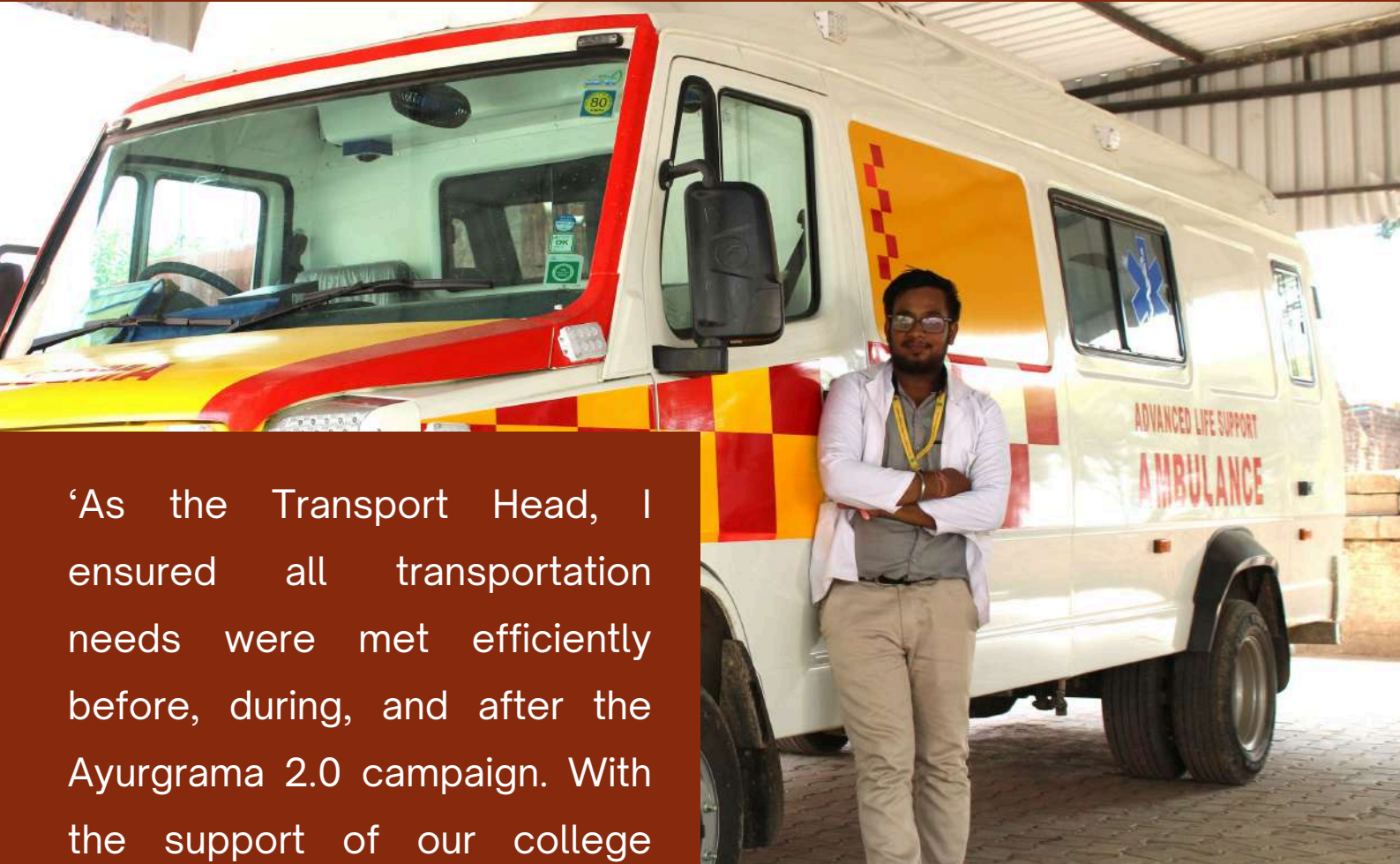
- **Time Management:** Balancing the packed schedule proved challenging, requiring constant adjustments to stay on track.
- **Weather:** Monsoon rains and scorching heat complicated outdoor activities, causing discomfort and disruptions.
- **Team Coordination:** Ensuring smooth collaboration among team members occasionally presented difficulties, despite efforts to minimize conflicts.
- **Logistics:** A vehicle breakdown delayed transportation, and frequent electricity interruptions hindered the use of microphones, speakers, and fans, making the environment uncomfortable.
- **Health Issues:** Despite facing high fever, I managed to attend and oversee the events with necessary precautions, ensuring the camp's success.



CONCLUSION

Ayurgrama 2.0 successfully increased Ayurveda awareness, promoting health and wellness in Rattewali. Despite challenges, the camp's execution showcased our dedication and teamwork, leaving a lasting impact on the villagers. The experience reinforced the importance of meticulous planning, adaptability, and community engagement in conducting successful awareness programs.

TRANSPORT REPORT



‘As the Transport Head, I ensured all transportation needs were met efficiently before, during, and after the Ayurgrama 2.0 campaign. With the support of our college principal Vd. Maganti Ramadas, and our coordinator Vd. Avtar Singh Chauhan, we managed to provide effective transportation for all team heads as needed.’

- Pre-Camp hustle
- During the Camp
- Transportation Details
- Difficulties Faced

C O U R S E

PRE-CAMP HUSTLE

- **Village Selection:** We surveyed various villages, including Mirzapur, Jagatpura, Balana, Kanoli, and Uchapind, before finalizing Rattewali using bikes.
- **Publicity:** Publicity around the village was carried out using cycles and bicycles to ensure maximum participation.
- **Survey:** The Survey Head, Mr. Karan Kishore, conducted an initial survey around the village on a cycle to assess the village conditions.



DURING THE CAMP

- **Transportation Schedule:** We formulated and implemented transportation schedules for timely logistics despite traffic congestion.
- **Logistics:** A mini bus was used to transport logistics and necessary equipment that is provided by the college.
- **Publicity:** Publicity efforts continued during the camp to spread awareness, with the DHATRI team playing a crucial role.
- **Emergency Transport:** An ambulance was provided by the college for emergency situations.
- **Secure Movement:** Proper transportation ensured the safe and secure movement of logistics and equipment within the village and back to our location.

TRANSPORTATION DETAILS

- **Survey Head:** Bike used by Mr. Karan Kishore during and post-camp operations.
- **Publicity Head:** Mr. Ravi used e-scooty and cycles for pre-camp and during-camp publicity.

DIFFICULTIES FACED

- **Traffic Congestion:** Navigating through traffic was challenging, but we managed to stick to our schedule.
- **Logistics Coordination:** Ensuring timely transport of logistics required meticulous planning and coordination.
- **Resource Allocation:** Balancing the transportation needs of different teams with limited resources posed a challenge, but it was effectively managed through careful planning and support from the college.



Overall, the transportation for the Ayurgrama 2.0 camp was executed smoothly, ensuring all logistical needs were met and contributing to the success of the campaign.

The recent Ayurgrama 2.0 contest organized by Team Dhatri has had a profound impact on both the personal and social fronts. As a team of 15 passionate individuals, we embarked on a journey to the village of Rattewali with the mission of spreading awareness and knowledge about Ayurveda through sessions, games, skits and arts as well as honoring the legacy of the great Acharya Charaka.

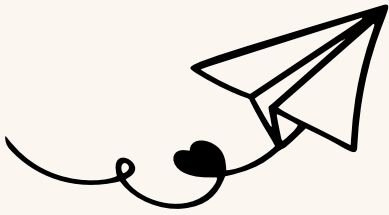
Through our efforts, we were able to engage village people, igniting a growing trend of Ayurvedic appreciation and adoption. By sharing our expertise and insights, we empowered the local community to take a

- More proactive approach to their health and wellness.
 - Recognizing the holistic benefits of this ancient Indian medical system.
 - Making them realise how the intervention of ayurvedic medicine can significantly benefit their health.
 - We cleared their misconceptions about Ayurved.
- showed them how they may save on medical cost by using Ayurvedic treatment.
- Encouraged them to use natural resources to sustain and benefit the environment .
 - Educated them about the prayojana of Ayurveda "Swasthasya swasthya rakshanam" by taking sessions on Dincharya and Ritucharya
 - Gave them knowledge about benefits of yoga and showed them specific yoga according to disease.
 - Helped them to make a change in their food habits, educated them about "Ahar matra, Viruddh Ahara".
 - Pointed out the benefits of Panch gavya and rasayanas.

On a personal level, the experience was truly transformative. In Witnessing the community's eagerness to learn and their genuine interest in Ayurveda reinvigorated our own passion for this traditional practice

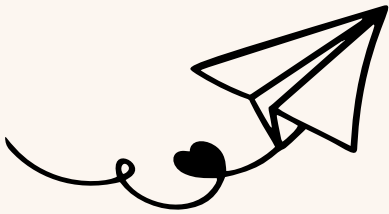
- We were humbled by the opportunity to make a tangible difference in the lives of those we interacted with, and the sense of fulfillment we felt was truly unparalleled.
- It enhanced our knowledge in gaining a deeper understanding of Ayurvedic principle .
- It improved our communication skills and public speaking skills.
- Creating engaging content to spread awareness required creative thinking and innovative approach.
- Successfully participating in the contest and spreading awareness boosted team members confidence.
- Leading various aspects of the project helped team members develop leadership and organizational skills.

Moreover, the Ayurgrama 2.0 contest has fostered a stronger sense of camaraderie and teamwork within our group. Working together towards a common goal has strengthened our bonds and inspired us to continue our efforts in promoting Ayurveda on a larger scale. We are now more determined than ever to be ambassadors of this ancient wisdom, sharing its benefits with communities near and far.



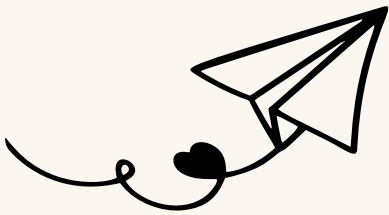
Feedback from sarpanch

“I express my heartfelt gratitude and appreciation for wonderful camp that Team Dhatri conducted in our village. The sessions were informative, engaging, well organised. Our villagers benefited greatly from training and activities. I appreciate Team Dhatri efforts which inspires our villagers to take initiative for betterment of our community.”



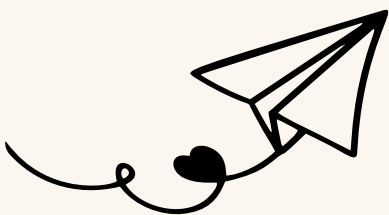
Feedback from School Principal

“I am thrilled to share that recent camp conducted by your team at our school was a resounding success. Students and teachers motivated by the activities and session. I appreciate the efforts your team has put into creating safe, inclusive and stimulating environment.”



Feedback from Panch of village

“On behalf of gram panchayat I would like to express our sincere appreciation for excellent camp you conducted in our village. The camp was well organised and activities were relevant, beneficial to our community members.”



Feedback from anganwadi

“I am delighted to share that camp you conducted for children and mother’s at our anganwadi centre was extremely beneficial and enjoyable.”

"You students did a wonderful job. The yoga practice was beneficial, and the Ayurveda tips were insightful. I enjoyed the interactive sessions and learned new ways to improve my health through Ayurveda."

----- Yashpal

"I have been suffering from piles since 4 yrs and I am taking allopathic medicines but not getting relief. I came to know about Kshara Sootra Karma procedure & I will definitely try it as early as possible."

----- Madaan

"For me as a student the Dinacharya session was very informative. It helped me understand the importance of daily routine for overall well-being."

----- Nishi

"The food demonstrations were excellent. I learned about new healthy recipes for my family. The emphasis on seasonal and local food was great."

----- Shivani

"The focus on mental and emotional well-being was informative. The session on Ayurvedic remedies for women's health issues was helpful. The camp overall was a positive experience"

----- Sanjana

"I am a veterinary doctor. I liked the session on Panchagavya and also liked the way how the students presented the difference between indigenous and hybrid cow varieties."

----- Ramesh Chand

"I never thought my joint pain could be managed so well without medication. The life style modification were amazing, and I feel younger! . By applying the advisable oil, i got much relief. Thank you very much ayurveda

----- Rajinder

"In our home cloth is used during bleeding days of menses but after listening about menstrual hygiene my mother bought me the pad. Thanku very much."

----- Kamlesh

"This camp was great success in village point of view. People learn how to follow Dinacharya & How food can do magical changes without use of medication. Thanks to all of you for organising such camp."

----- Mankirat

"I learned a lot about keeping my 2-year-old son healthy from the child health and Swarn Prashan talk. The advice given was really helpful. Overall the camp gave me very good experience of learning many things about Ayurveda "

----Misti

VOTE OF THANKS

In order to appreciate and applaud the support of various people behind the successful execution of this awareness camp , Team Dhatri presents bouquet of thanks to:

- Vaidya Naresh Mittal (General secretary), Vaidya Maganti Ramdas(Principal) and Vaidya Sumit Shrivastava (Dean Academics) , SHRI DHANWANTRY AYURVEDIC COLLEGE, for their moral and material support to team Dhatri.
- Cheif guests of seven days for providing their graceful presence to the event.
- Department of Samhita, Department of Swasthavritta, Department of Agadatantra, Department of Dravyaguna, Department of Rasa Shastra, Department of Salyatantra, Department of Panchakarma, Department of Striroga, SHRI DHANWANTRY AYURVEDIC COLLEGE for their active participation and support to the event by providing flex and needed materials.
- Shri Vishal Sharma, Sarpanch , Rattewali for his heartwarming welcome and hospitality for Team Dhatri and our efforts.
- Local Vaidyas and Veterinary doctor for their valuable words and presence.
- Principal and teachers of Govt. school of the village for their permission and support in conducting school activities.
- All our valuable sponsors for recognizing and supporting our cause.
- At last we would like to especially thank to all our beloved villagers , as without their active support and participation this event would fail to accomplish its goals.

GPS GLIMPSES

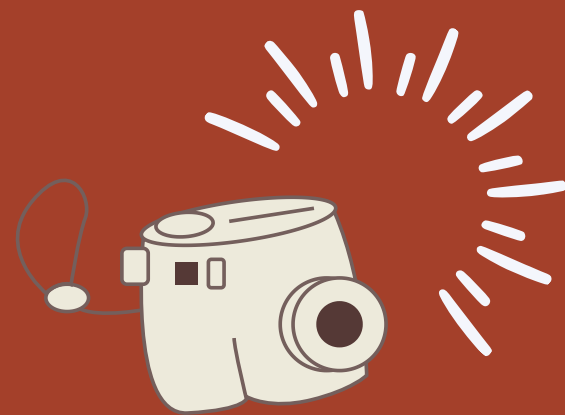
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Memorable Moments





Memorable Moments







Team Dhatri

(Contestant I'D -AG2H01)

FROM

SHRI DHANWANTRY
AYURVEDIC COLLEGE