

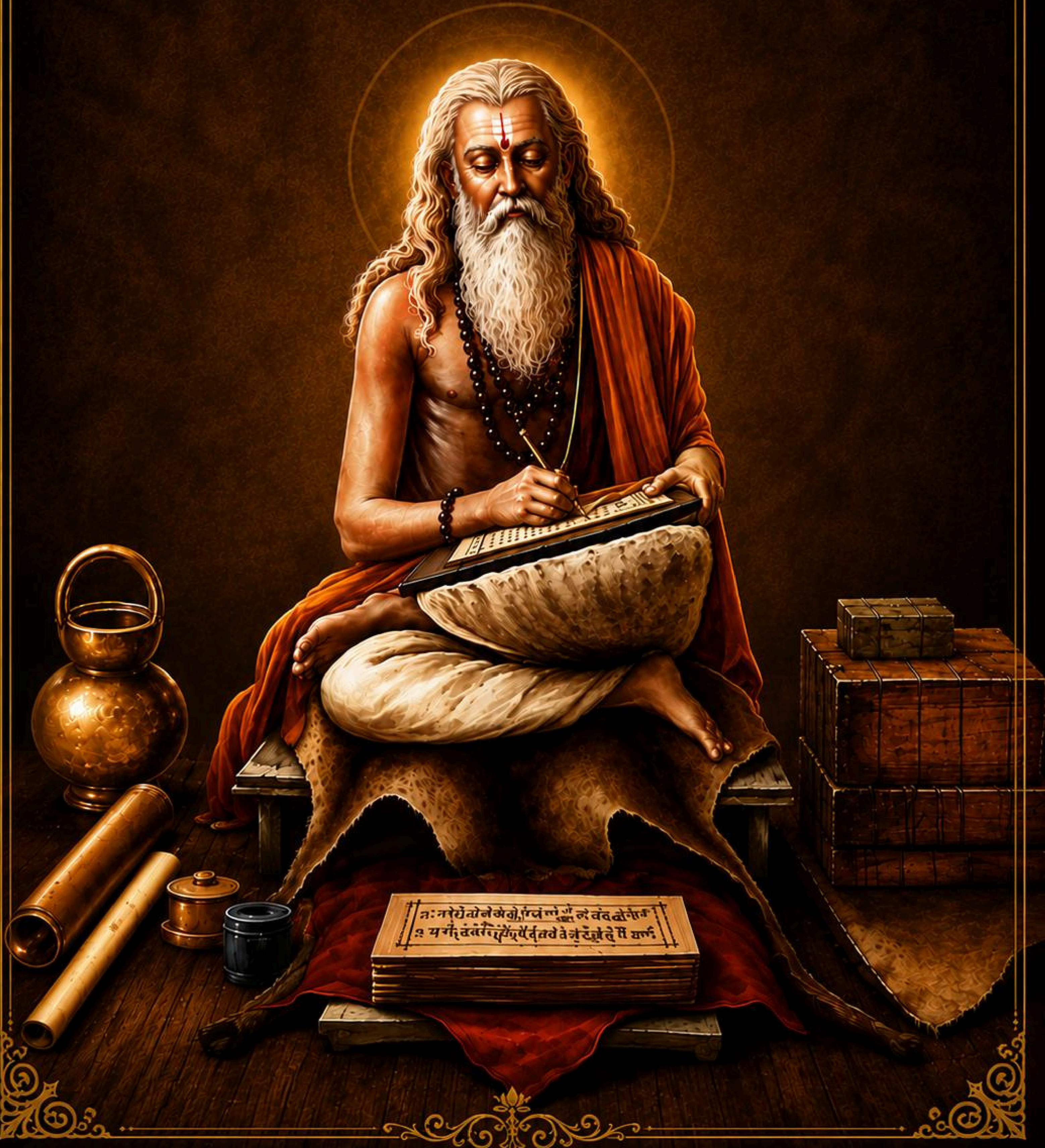


ॐ धन्वन्तरये नमः



आयुर्वेदो अमृतानां

चरक श्रुति चराम्यहम्





Sushrutha Institute of Ayurveda
Medical Sciences and Research Centre,
Davanagere - 577007

AYURGRAM - 3.0

Contestant ID – AG3KA29

INDRIYA AROGYA SAPTAHA

3rd edition of National Level
Ayurveda Cultural Contest



Swasta Indriya Swastha India

**Sushrutha Institute of Ayurveda Medical Sciences
and Research Center Davanagere - 577005**

**Ayurgrama 3.0
(AG3KA29)**

Team structure

Coordinators



Dr. Chandrashekara K M
Chief Coordinator



Dr. Anuradha B
Academic Coordinator



Dr. Rakhee G Vernale
Program Coordinator

Heads



Manu B M
Team head



Prajwal R B
Finance Head



Priya U M
Survey Head



Sarika S C
Data collection Head



Keerthana R
Data analysis Head



Rakshitha R
Report Head



Deepthi J
SOP Head



Tejaswini T
IEC Head



Harsha R Desai
Publicity&Media Head



Manojkumar S A
Photography Head



Rakshita K
Cultural Head



Kumar P C
Transport Head

Multitasking Volunteer's



Chandana G W



Varsha Pawar



Kruthika H S



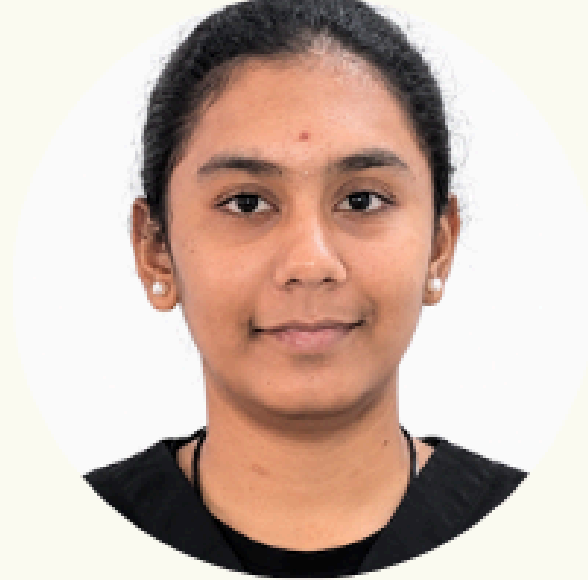
Nidhi P U



Sangeeta S A



Poornima S H



Abhirami K S



Sumathi K



Ruksarbanu M



Syeda Misba



Foreword

It gives me immense pleasure to present AYURGRAMA 3.0, a celebration of knowledge, creativity, tradition, and innovation in Ayurveda. This initiative provides a meaningful platform for students to explore the rich heritage of Ayurveda while connecting it with contemporary ideas and practical applications. AYURGRAMA encourages young minds to learn beyond textbooks, develop confidence, nurture teamwork, and discover innovative approaches to healthcare and education. The enthusiasm and dedication demonstrated by the students are truly commendable. I congratulate the entire team behind AYURGRAMA 3.0 and wish all the participants great success. May this initiative inspire many more creative ideas and contribute to the continued growth and global recognition of Ayurveda.

Dr Satish B G

Secretary

Sushrutha Arogya Pratishthana



Foreword

It gives me immense pride and pleasure to present this foreword for the report of Ayurgram3.0 and Indriya Saptaha, two inspiring initiatives that beautifully transformed the timeless wisdom of Ayurveda into meaningful experiences of learning, service and community welfare.

Jointly organized by Aaptas Ayurveda Trust and Sushrutha Institute of Ayurveda Medical Sciences & Research Center, Davangere, the programme was much more than an academic activity—it was a vibrant expression of the Ayurvedic philosophy of “Shastra through Seva.”

It provided our future Vaidyas of the Arohana 2022-23 batch, Final BAMS students, an opportunity to translate classroom knowledge into compassionate action.

I am immensely proud of our students, who have proved themselves not only as learners of Ayurveda, but as true “Dootas of Swasthya – Ambassadors of Health.” Their dedication reflects the noble ideals of Ayurveda and the responsibility of every Vaidya towards society.

My heartfelt gratitude goes to Aaptas Ayurveda Trust, the Management, Faculty, Non-Teaching and Hospital Staff for their valuable guidance, support and collective efforts in making this initiative a memorable success.

May we continue to nurture a generation of Vaidyas who heal with knowledge, serve with compassion, lead with integrity and uphold the timeless values of Ayurveda.


Dr Akbar Khan
Principal
SIAMS&RC



Foreword

AYURGRAMA 3.0 was envisioned to take the timeless principles of Ayurveda beyond the classroom and connect them with the needs of the younger generation and society. The programme focused on Indriya Arogya, healthy lifestyle, mental well-being, yoga, meditation and responsible use of modern technology.

The successful completion of this programme was possible because of the wholehearted support, cooperation and dedication of our Management, Principal, teaching and non-teaching staff, coordinators, students, volunteers and community participants.

As Chief Coordinator, I sincerely acknowledge and appreciate the efforts of every individual who contributed to making AYURGRAMA 3.0 a meaningful and memorable initiative. This report reflects not only the activities conducted but also the collective commitment and teamwork behind its success.

A handwritten signature in black ink, appearing to read 'G.M.C.' followed by a stylized flourish.

**Dr Chandrashekhara K M
Chief Coordinator
AYURGRAMA 3.0**

SUSHRUTHA AYURVEDA MEDICAL COLLEGE

Hospital & Research Centre, Davangere - 577005

In Collaboration with Aptas Ayurveda Trust

AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY - 01 INAGURATION PROGRAMME



TABLE OF CONTENTS

- Preface
- Objective
- Activity Report
- Structure of Team
- Programme details
- Awareness Rally
- Discussion

PREFACE

The beginning is the most important part of the work, as such the inauguration of Ayurgrama 3.0 marked the commencement of a week long initiative dedicated to promoting Indriya Arogya.

The inaugural programme served as the platform to introduce the Vision, Objectives, and planned activities of the campaign, emphasizing the importance of preserving the health of the Indriyas alongside physical, mental and social well-being.

OBJECTIVE

- To build a good rapport with the villagers
- To acknowledge the villagers regarding Ayurgram 3.0 and its agendas.
- To engage community and maximize their involvement for upcoming days .

ACTIVITY REPORT

SI.NO	Name of activity	Inaguration programme for Ayurgram 3.0
1.	Venue	Ayurmantapa(Ranganathaswami sabhabhavana), Thurchagatta
2.	Date	03 rd of August 2026.
3.	Incharge	Prajwal.R.B, Finance & Mobilization head Manu B.M , Team head
4.	Time	9.30AM-12.30PM
5.	Mode of Activity	Stage programme

STRUCTURE OF TEAM

1. Dr Chandrasekhar - Chief coordinator.
2. Dr.Rakhee - Programme coordinator
3. Pooja conduction - **Acharya Krishna.**
4. Manu.B.M - Team Head
5. Varsha.M.P - **Master of ceremony**
6. Rakshita.K - Cultural Activities Head
7. Prajwal.R.B - Financial & Resource mobilization head
8. Sarika S.C - Data Collection head.
9. Harsha. R - Publicity and Media head.
10. Manoj Kumar S.A - Photography and Videography head.

PROGRAMME DETAILS

The Inaguration programme was held on **03-08-2026**,
Monday at **Ayurmantapa**(Ranganathaswami sabhabhavana)
from **9.30AM to 12.00PM**.



Ground Floor- Ayurmantapa

First floor- Dhanwantari
sabhangana

VENUE PREPERATION AND DISPLAY OF EDUCATIONAL EXHIBITS

- Prior to the inaguration, the venue was prepared to create a welcoming and informative environment.
- The auditorium was decorated with educational Charts depicting concepts of Dinacharya ,Ritucharya, Nidra , Ahara and other principles of Ayurveda to promote health awareness.
- Hand- painted wall magazines, banners and artistic displays reflecting ayurvedic philosophy added cultural and aesthetic value to the venue.



INTRODUCTION

- Varsha Pawar , MC began the programme by stating aim of Ayurveda and gave a brief insights about Ayurgrama 3.0.



INVOCATION

- The invocation programme was rendered by **Acharya Krishna**
- Followed by **Pushparchana** offered to Lord Dhanwantari by dignitaries, villagers and students
- A local devotee further enriched the ceremony by presenting a heartfelt Folklore prayer adding a spiritual essence to the occasion.



WELCOME ADDRESS

The dignitaries ,village, elders and local leaders were warmly welcomed to the inaugural programme by **Ms. Sangeetha.SA**



Mr.Srinivas-BJP member



Shantagowdaru-BJP member



Tippeshanna-Senior citizen



Mrs.Sarojamma- Gram
panchayat former president



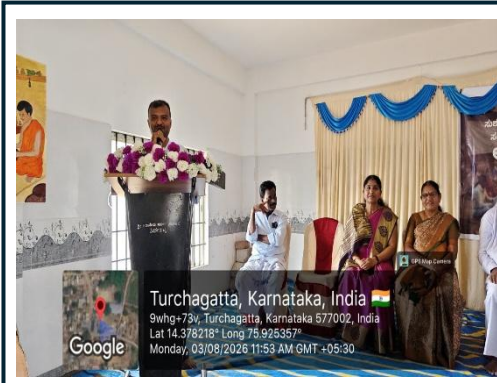
Mr.Chennakeshava- Taluk
panchayat member



Mr.Shekarappa -Villager



Dr.Akbar.khan- Principal
SIAMS&RC



Dr. Laxmipathi- Veterinary Doctor

Mr. Naganna - Villager

Mrs.Kalpna – Teacher, Govt. Higher Primary school, Thurchgatta



Mr.Anwar bhasha-Congress member

Dr. Satish.B.G – Secretary SIAMS&RC

Dr.Chandrashekara- Vice-Principal, SIAMS&RC

GUEST ADDRESS

- Each of the distinguished guests addressed the gathering and shared their valuable insights on Ayurveda 3.0 and Ayurveda.
- They appreciated the efforts of the institution and Students In organising Ayurgrama3.0 in their village.
- They encouraged the villagers to actively participate in the week-long activities and take full benefit of this initiation.

SUCCESS STORY OF AYURVEDA SHARED BY GUESTS



Dr. Lakshmipathi, Veterinary doctor shared his personal recovery through ayurveda. He explained that he had been suffering from chronic migraine for several years which had not responded satisfactorily to other treatments. Under the expert care of Dr Chandrashekhar ,Vice Principal he experienced significant relief and complete recovery .Inspired by his experience he expressed His deep trust in Ayurveda and mentioned that he now prefers only ayurvedic medicines for even common small ailments.



Mr. Tippeshanna , a respected senior citizen of the village delivered the keynote address by sharing a true ayurveda success story. He narrated how his wife who had been suffering from Psoriasis since many years was not cured by any of the treatments. At last they tried Ayurveda, which worked magical and cured psoriasis without reoccurrence. Dr. Pavan Sir Asst. Prof. Kayachikitsa was the one who treated the case. Hence the guest showed his gratitude towards Dr. Pavan Sir. This became a thought provoking Speech to villagers.



VOTE OF THANKS

- Master of Ceremony Varsha.M concluded Inauguration programme by expressing heartfelt gratitude to everyone who took part in this programme.
- Finally the inauguration programme was ended by singing Vande Mataram & National anthem.



AWARENESS RALLY

PREFACE

Following the inauguration an awareness rally was conducted through the village to introduce the community to Ayurgram 3.0 Indriya Aarogya and create interest in the upcoming 7 days activities.

OBJECTIVES

- To introduce the villagers to Ayurveda 3.0 Indriya Arogya and its upcoming activities
- To spread simple health messages through slogans and community interaction.
- Involving school children in spreading health messages through slogans and active participation in the rally.

ACTIVITY REPORT

SI.NO	Name of activity	Awareness rally
1.	Venue	Yallamma temple road, Masidi road, Dasarahatti
2.	Date	03 rd of August 2026.
3.	Incharge	Dr.Rakhee–Programme coordinator Harsha.R.Desai- Publicity and media head
4.	Time	3.00PM-4.00PM
5.	Mode of Activity	Rally

STRUCTURE OF TEAM

All the team members actively participated in Awareness rally led by Harsha.R.Desai – Publicity & Media head.

School children of class 4th & 5th standard from Jnana Jyothi primary school were involved.



PROGRAMME DETAILS

- The awareness rally took place at Thurchagatta covering around 50% of Village from 3.00PM – 4.30PM.
- Pluck Cards carrying awareness messages were used during the rally while students carried **Samhita as a symbolic representation** of the traditional Ayurvedic practise.
- Due to torrential rainfall the awareness rally had to be conducted on a limited route; however the team successfully covered approximately 50 to 60% of the village ensuring that the activity could still be completed despite the weather conditions.

SLOGANS

ಇಂದ್ರಿಯಗಳೇ ನಮ್ಮ ಶಕ್ತಿ
 ನಮ್ಮ ಇಂದ್ರಿಯ ನಮ್ಮ ಹೊಣೆ
 ಇಂದ್ರಿಯಗಳೇ ಜ್ಞಾನದ ಬಾಗಿಲು
 ಕಣ್ಣು ಕಾಪಾಡಿ ಚೆನ್ನಾಗಿ ನೋಡಿ
 ಕಿವಿ ಕಾಪಾಡಿ ಚೆನ್ನಾಗಿ ಕೇಳಿ
 ಇಂದ್ರಿಯಗಳ ಶುದ್ಧಿ ಜೀವನ ಸಿದ್ಧಿ

ಏನು ಕಾಪಾಡೋಣ - ಇಂದ್ರಿಯ ಕಾಪಾಡೋಣ
 ಮೊಬೈಲ್ ಕಡಿಮೆ - ಆರೋಗ್ಯ ಹೆಚ್ಚು
 ನಮ್ಮ ಹೊಣೆ ಏನು - ಇಂದ್ರಿಯ ರಕ್ಷಣೆ
 ಇಂದಿನ ಸಂದೇಶ ಏನು - ಸ್ವಸ್ಥ ಇಂದ್ರಿಯ ಸ್ವಸ್ಥ ಇಂಡಿಯಾ





FINAL OUTCOME

- The rally witnessed enthusiastic participation from the students who actively joined the procession raised awareness slogans and interacted with the community.
- The slogans and messages introduced villagers to Ayurgrama 3.0 and its focus on health and well-being creating curiosity and encouraging their participation in the upcoming activities.

DISSCUSSION

The first day commenced with the inauguration of ayurgram 3.0 with the participation of senior citizens from the village and invited government representatives the inauguration was followed by an awareness rally in the afternoon to introduce the programme and its upcoming activities to the villagers. the remaining time was utilised for preparation and arrangements for the health checkup camp scheduled for the following day.

SUMMARY

- The day began with the inauguration of Ayurgram 3.0 – Indriya Arogya, in the presence of village senior citizens , invited government representatives & dignitaries from our college.
- An awareness rally was conducted with the participation of school children to introduce the programme to the villagers.
- The day was wound up with preparations and arrangements for the next day's Health Check-up Camp.

SUSHRUTHA INSTITUTE OF AYURVEDA MEDICAL SCIENCES & RESEARCH CENTER

Hospital & Research Centre, Davangere - 577005

In Collaboration with AAPTAS AYURVEDA TRUST

AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 02 – HITHADRUSHTI

TABLE OF CONTENTS

1. Community Mobilization for Yoga Session
2. Suprabhata Sadhane
3. Madhvambhu Paana
4. Kavala & Gandusha for Participants
5. Pooja and Mantra-Patana
6. Hithadrushti – Eye Screening Camp
7. Visit to Anganwadi Kendra, Thurchagatta
8. Felicitation for Resource Person
9. School Activity
10. Indriya Geetham
11. Ayurveda Gruhalaya

COMMUNITY MOBILIZATION FOR YOGA SESSION

PREFACE

Community mobilisation plays Vital role in ensuring active participation in public health initiatives as part of our gramme 3.0 and early morning door to door awareness drive was conducted to encourage villagers to participate in the yoga session.

This Initiative aimed to foster awareness about healthy lifestyle.

OBJECTIVES

- To create awareness about the benefits of yoga
- To encourage community participation
- To explore the morning activities in village

ACTIVITY REPORT

Sl.NO	Name of activity	Community mobilization for yoga session
1.	Venue	Thurchagatta
2.	Date	04 rd of August 2026.
3.	Incharge	Prajwal.R.B- Finance & Resource Mobilisation head Kruthika.S – Multitasking volunteer.
4.	Time	5.30 .AM – 6.00 AM
5.	Mode of Activity	Door to door visit

STRUCTURE OF TEAM

To ensure system coverage of the entire village the volunteers were divided into four groups.

GROUP	STUDENTS	AREA COVERED
Grp.A	Prajwal.R.B Sangeetha.S.A Tejashwini.T Syeda Misba	Anwar Road Tippe beelu
Grp.B	Rakshitha.R Nidhi.PU Kumar.P.C Rakshitha.K	Thurchagatta hosa badavane
Grp.C	Sumathi.K	Dasarahatti

	Manoj.Kumar Keerthana.R Harsha.R.Desai	Masidi Road
Grp.D	Manu.B.M Kruthika.shetty Varsha.M.P Chandana.G.W	Yallama temple road Anjaneya Mahadwara



PROGRAMME DETAILS

The morning walk was held on **04-08-2026**, Monday at various areas of the village from **5.30 AM to 6.00AM**.

- The villagers responded positively appreciated the initiative and many expressed their willingness to attend the yoga session.
- **The local organisation of women in the village that is Sri Sairam Sanga put forth a request to conduct a separate yoga session only for women .**
- In fact they voluntarily offered the **terrace hall of a resident's house** as an additional venue for conducting a separate yoga session.

SUPRABHATA SADHANE

PREFACE

The Yoga Session was organized at two separate venues to ensure maximum participation and convenience for all sections of the community. The programme promoted physical well-being, mental relaxation, and awareness of the importance of incorporating yoga into daily life.

OBJECTIVE

- To encourage the villagers to adapt yoga as a part of their daily routine.
- To promote **Indriya Arogya through Dinacharya**.

ACTIVITY REPORT

SI.NO	Name of activity	Suprabhata Sadhane
1.	Venue	Ayurmantapa Resident's terrace hall.
2.	Date	04 th of August 2026.
3.	Incharge	Dr. Arya- Programme coordinator Sangeeta.S.A -Multitasking on Volunteer.
4.	Time	6.00AM TO 7.00AM
5.	Mode of Activity	Physical activity

STRUCTURE OF TEAM

ROLES	AYURMANTAPA	RESIDENT'S TERRACE HALL
INCHARGE	Dr. Chandrashekar . K.M, Chief coordinator.	Dr. Arya , Academic coordinator.
INSTRUCTOR	Varsha M P, Multitasking volunteer	Sangeeta, Multitasking volunteer
DEMONSTRATOR	Priya.U.M, Survey & research head Sarika S.C ,Data collection Head Prajwal.R.B, Finance & Resource mobilisation head	Deepthi.J, SOP & training module head.

PROGRAMME DETAILS

- The yoga session was conducted from 6:00 am to 7:00 am at two separate venues with the enthusiastic participation from the villagers.
- The session commenced with the **Patanjali Vandana Stotram** followed by series of loosening exercises.
- Participants were then guided through the yogasana, mudra, pranayama and Dhyana as illustrated below.
- The session was concluded with Shanti Mantra at 7:00 AM.
- As to follow the Varsha ritucharya , Dhoopana of hall was conducted.

YOGASANA

VRIKSHASANA
ARDHAKATI
CHAKRASANA
PADAHASTHASANA
VAJRASANA
BHUJANGASANA
PARVATASANA
SETHUBHANDASANA
PAVANAMUKTASANA

PRANAYAMA & MUDRA

ANULOMA VILOMA
NADI SHODANA
BHRAMARI
KAPALABATHI
BASTRIKA
MUDRA – CHIN MUDRA,
VAYU MUDRA, KASHYAPA
MUDRA, NASIKA MUDRA,
YONI MUDRA.

DHYANA





MADHVAMBHU PAANA

In accordance with the principles of **Varsha ritucharya** described in the **Ashtanga Hrudaya Sutrasthana 3rd chapter Madhvambhupana** (Honey mixed with water) was prepared and distributed to the participants highlighting the practical application of **Ruticharya**.

Prepared by : Abhirami.K.S & Kruthika.S(Multitasking volunteers).

Distributed by: Keerthana.R(Data analysis head) & Poornima (Multitasking volunteer)



KAVALA & GANDUSHA FOR PARTICIPANTS

TRIPHALA KASHAYA

- Prepared by: Abhirami.K.S & Kruthika.S(Multitasking volunteers).
- Distributed by: Keerthana.R(Data analysis head) & Poornima (Multitasking volunteer).
- Instructor & demonstrator : Harsha.R. (Publicity and media head)-Ayurmantapa
- Sangeeta.S- Resident's Terrace Hall (Multitasking volunteer).
- TIME: 7:15 AM – 7.40AM.



KAVALA & GANDUSHA BY STUDENTS



FINAL OUTCOME

- Participants actively experienced the physical and mental benefits of yoga Pranayama Dhyana and Mudra motivating them to continue these practises as part of their daily routine.
- The live demonstration of Madhvambhu pana, Kavala & Gandusha enhanced awareness of simple cost effective ayurvedic preventive healthcare measures encouraging their adoption in everyday life.
- The early morning community session strengthened public participation and trust in Ayurgram 3.0 creating enthusiasm for the subsequent health promotion activities conducted throughout the week.
- TARGET BENEFICIARY- Homemakers, Oldage , children.

POOJA AND SHLOKA-PATANA

ACTIVITY REPORT

SI.NO	Name of activity	Pooja & Shloka patana
1.	Venue	Dhanwantari sababhavana
2.	Date	04 th of August 2026.
3.	Incharge	Dr. Chandrashekar.K.M Tejashwini.T- IECmaterial developmental head.
4.	Time	8.00AM TO 8.30AM
5.	Mode of Activity	Chanting.
6.	Verse	Ashtanga Hrudaya, 1 st chapter

The pooja was carried out by Dr. Chandrashekhar.K.M sir after which the students engaged in the shloka-patana.



HITHADRUSHTI - EYE SCREENING CAMP

PREFACE

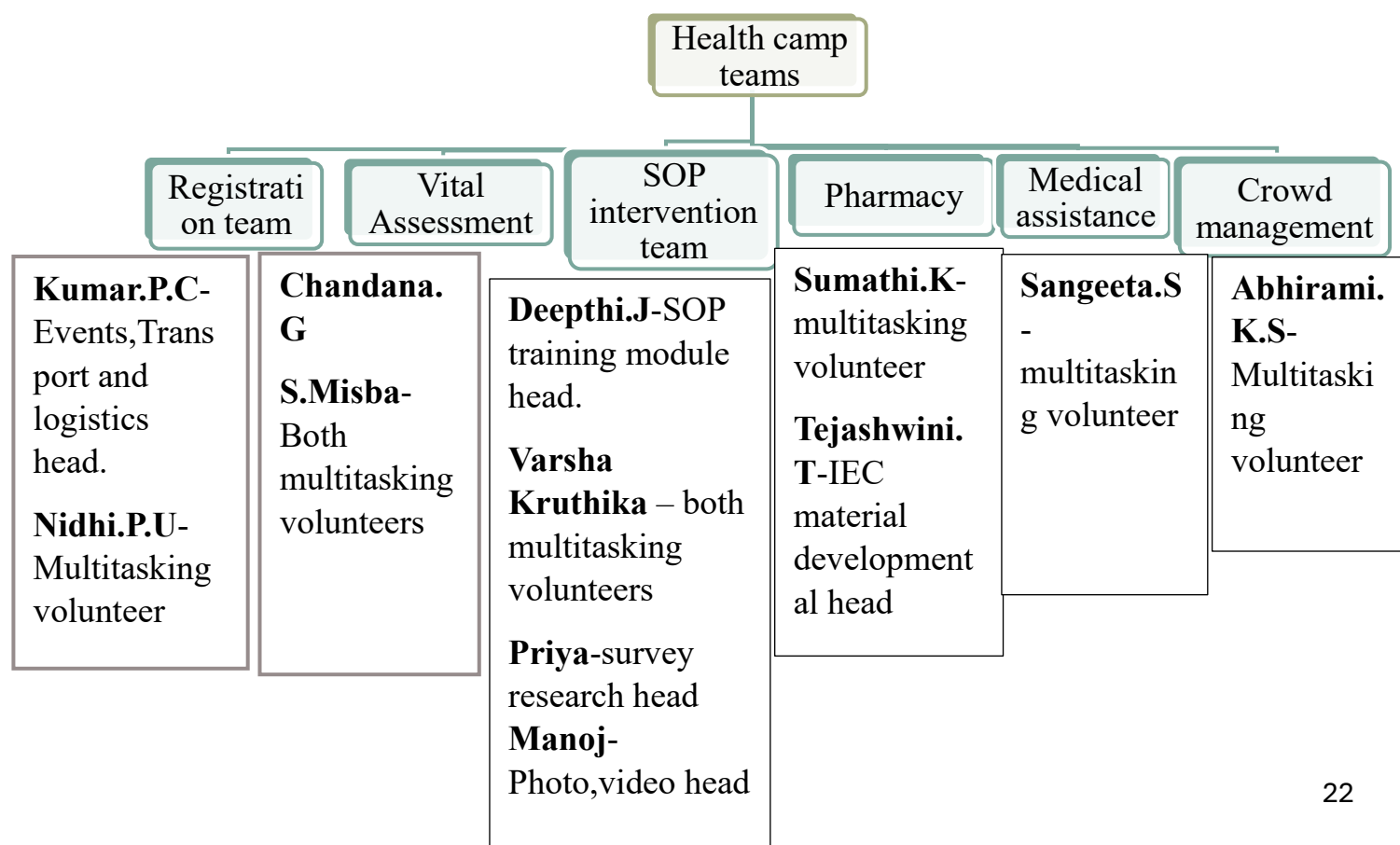
Indriyas are the gateways to perceiving the world and are essential for leading a healthy and fulfilling life. With this vision each day of the Ayurgram 3.0 was dedicated to one specific Indriya enabling focused awareness screening and preventive healthcare activities.

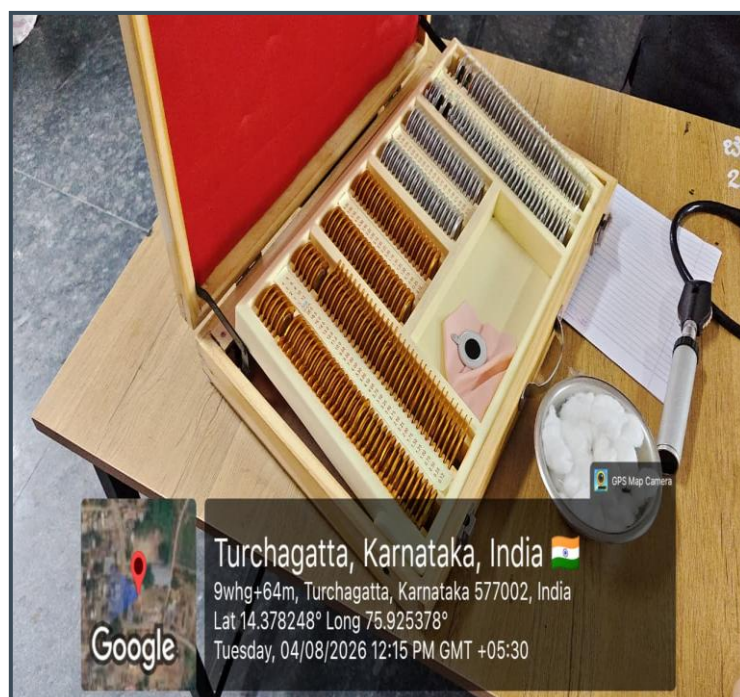
OBJECTIVES

- To provide accessible eye screening and consultation services to elderly individuals and those who are unable to travel to healthcare facilities.
- To facilitate the early detection of eye disorders and encourage timely treatment and appropriate referral when necessary.
- To promote high health through Ayurvedic standard operative procedures and preventive interventions.

SI.NO	Name of activity	Eye screening Healthcare camp
1.	Venue	Ayurmantapa
2.	Date	04 th of August 2026.
3.	Resource person	Dr.Pavitra , HOD Shalakya tantra,SIAMS&RC Dr.Megha , Asst Prof Dept of Kayachikitsa
4.	Incharge	Dr.Rakhee- Programme co- ordinator Manu.B.M- Team head Kruthika.H.S- Multitasking volunteer
5.	Time	10.00AM – 1.00PM

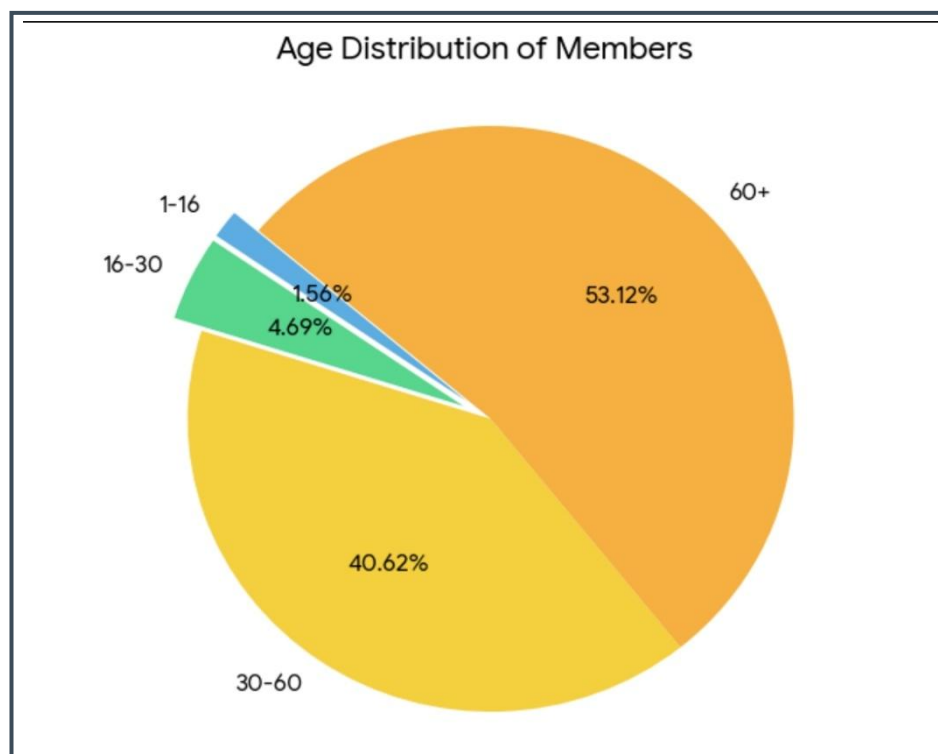
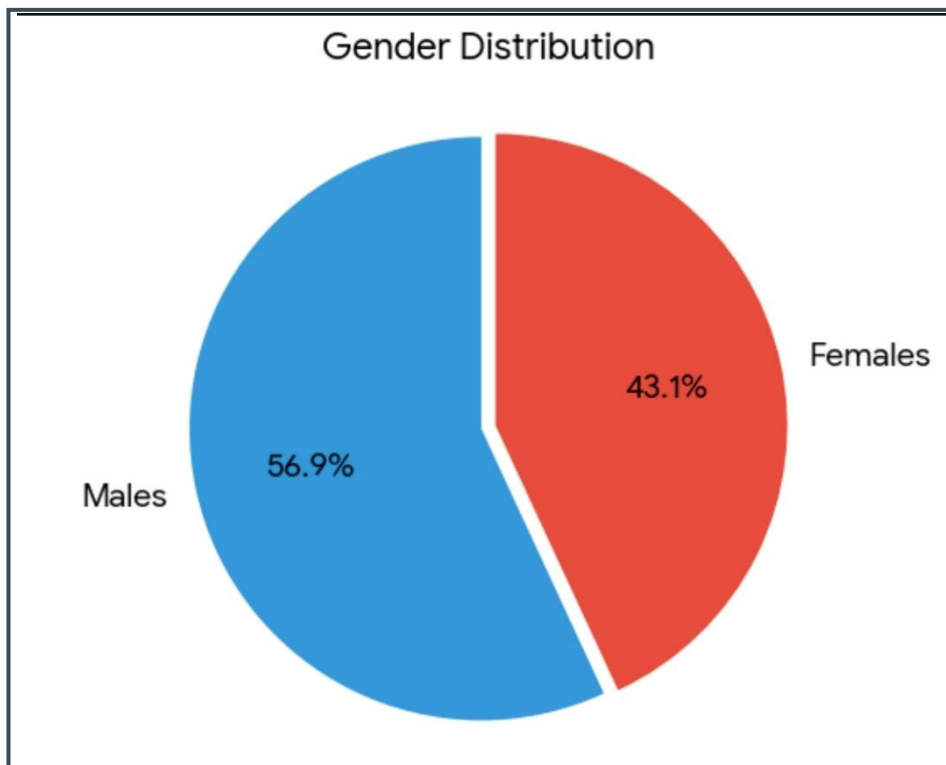
STRUCTURE OF TEAM

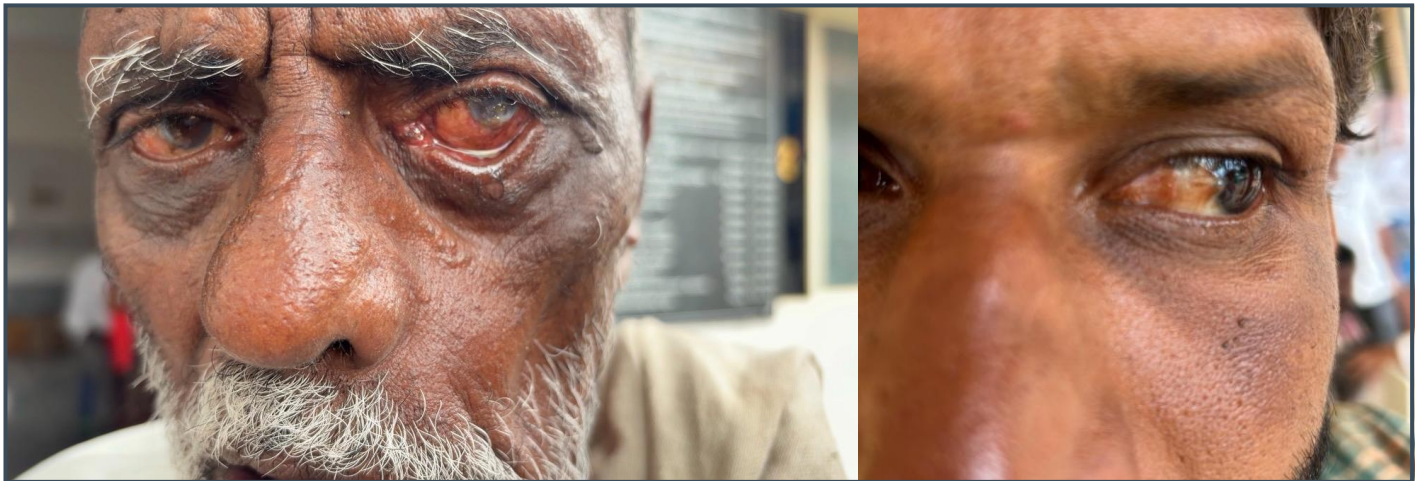




PROGRAMME DETAILS

Hithadrushti - Eye screening health camp was conducted at **Ayurmantapa**, on **4.08.2026**. from **10.00AM to 1.00PM** by **Dr. Pavitra**(HOD Shalakya tantra)& **Dr. Megha** (Asst Prof Dept of Kayachikitsa)





SOP INTERVENTIONS

- **Pindi**
- **Aschottana**
- **Seka**

FINAL OUTCOME

- The camp enabled villagers to receive eye screening and consultation within their community .
- The screening helped in identifying eye related concerns in providing appropriate advice and ayurvedic treatment
- Ayurvedic medicines for prescribed and provided free of cost to the beneficiaries along with suitable SOPs supporting their ongoing eye care and management.

TARGET BENEFICIARIES

Individuals with limited access to specialised eye care service, Seekers of Ayurveda treatment, all age group people.

VISIT TO ANGANVADI KENDRA , THURCHAGATTA

OBJECTIVES

- To create awareness among Anganwadi children, mothers, and staff regarding the importance of maintaining healthy indriyas (sense organs)
- To improve children's memory ,attention and observation skill.
- To develop concentration ,coordination and quick thinking through play.

ACTIVITY REPORT

SI.NO	Name of activity	INDRIYA AROGYA FOR CHILDREN
1.	Venue	ANGANVADI KENDRA, TURCHGATTA
2.	Date	04 th of August 2026.
3.	Incharge	Dr. Chanadrashekar.K.M Keerthana.R – Data Analysis Head
4.	Time	11.00AM- 12.00PM
5.	Mode of Activity	Games related to Indriyas

STRUCTURE OF TEAM

1. **Dr. Chandrashekar.K.M – Chief co-ordinator**
2. **Keerthana.R- Data Analysis Head**
3. **Sarika.S.C-Multitasking volunteer**
4. **Manoj.Kumar.S.A- Photography & videography head.**

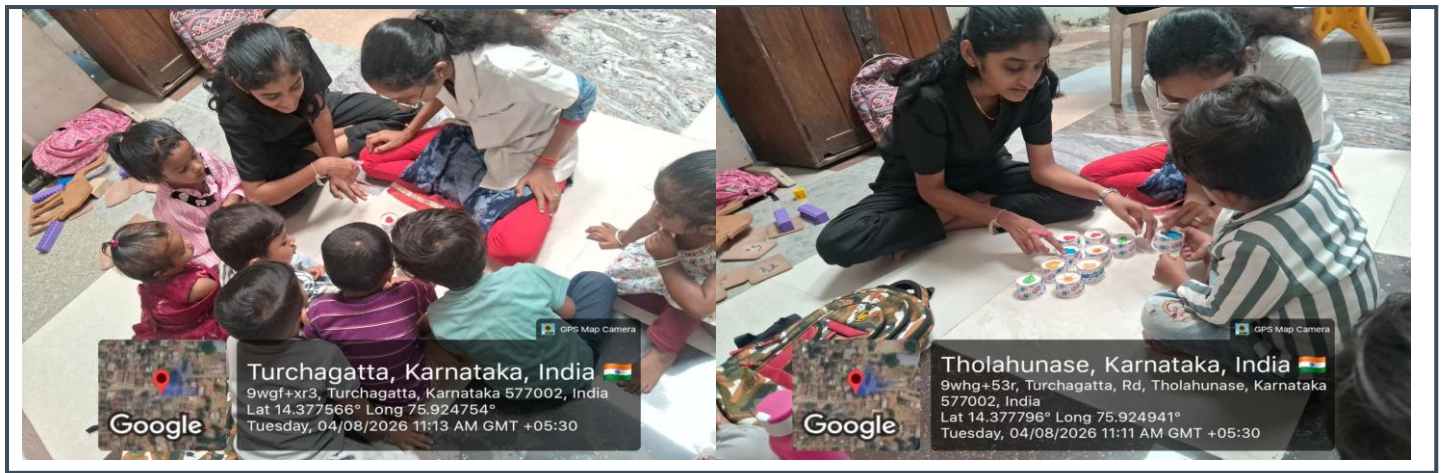
PROGRAMME DETAILS

Simultaneous to the health camp, with agenda of **Indriya Arogya for children** a visit to Anganvadi kendra was made on 4.08.2026, at **11.00AM**.

GAMES CONDUCTED:

1. **Touch the sense organ-** Sense organs were taught & as name of the sense organs were told the children must touch it their face.
2. **Clapping game-** Students demonstrated different clapping patterns which the children were asked to observe and reproduce.
3. **Picture identification-** Different pictures were drawn on pair of cups which were then shuffled. Children must match the cups having the same pictures and place them together.





FINAL OUTCOME

- Caregivers understood the importance of **early identification and timely care of sensory health issues** to support optimal child growth and development.
- Children showed improved attention memory and observation skills.

FELICITATION FOR RESOURCE PERSON

Venue	Dhanavantari Sabhangana
Time	2.00PM to 3.00PM
Resource Person	Dr. Pavitra, HOD Dept. of Shalakyta Tantra Dr.Megha, Asst prof. Kayachikitsa.
Felicitated by	Dr. Chandrashekhar K M, Chief coordinator
	Dr Arya Asst Prof RSBK,
	students

After the key-note address by Dr. Pavithra & Dr. Megha, felicitation was done by Dr.Chandrashekar.K.M , Dr. Arya & students.



SCHOOL ACTIVITY

PREFACE

With the vision of teaching Ahara, vihara, sadvritta, and Nidana parivarjana for Indriya health a separate school activities beginning from introduction to sense organs and Indriyas was planned for blooming buds.

AIMS & OBJECTIVES

- To create awareness related to problems regarding Indriyas by excessive Nidana consumption.
- To place Yoga-Dhyana training modules as the part of everyday routine.
- To acknowledge them about Ayurveda & its measures for Indriya Arogya.

ACTIVITY REPORT

Sl.NO	Name of activity	INDRIYA AROGYA FOR CHILDREN	
1.	Venue	Anjaneya prouda shale	Govt.Primary school
2.	Date	04 th of August 2026.	04 th of August 2026.
3.	Incharge	Dr.Chandrashekar.K.M-Chief coordinator Manu.B.M-Team head Prajwal.R.B- Finance and resource mobilization head	Dr.Arya-Academic coordinator -Multitasking volunteer.
4.	Time	3.00PM-4.00PM	3.00PM-4.00PM
5.	Mode of Activity	School visit	School visit

STRUCTURE OF TEAM



PROGRAMME DETAILS

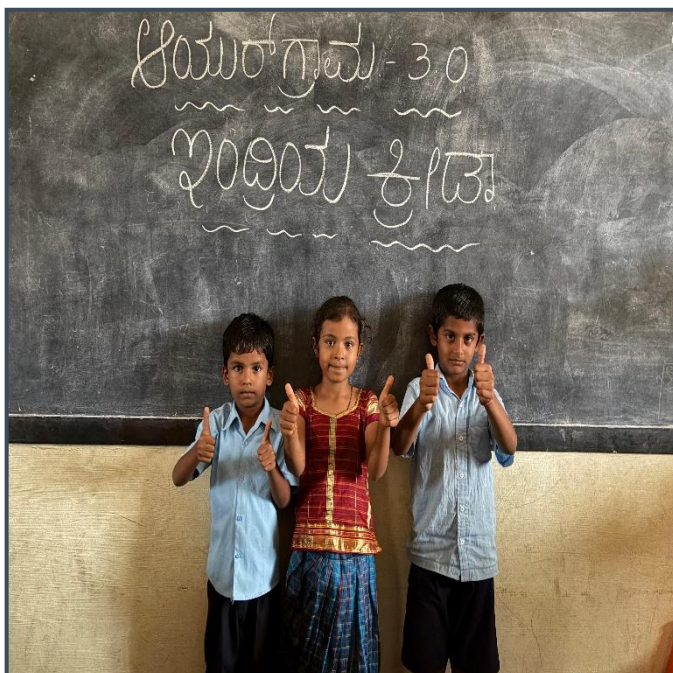
Two groups were organised among the team and were headed to school from 3:00 pm to 4:00 pm, on 4th of august in Turchagatta.

Anjaneya
Prouda
Shale

Expert orientation session by Dr Chandrasekar K.M regarding introduction about indriyas and '**Vihara for indriya arogya lifestyle modifications and behavioural practices for preservation of sensory functions**'

Govt.Prim
ary school

1st std - Traffic Signal game.
2nd std- Touch your sense organs.



FINAL OUTCOME

- Acknowledged about Indriyas, enhancing cognitive skills ,concentration.
- Vihaara that affect the Indriya leading to difficulty in developing good behavioural practices
- How to overcome anxiety , Short-temperness etc through Ayurvedic interventions.

INDRIYA GEETHAM PREFACE

INDRIYA GEETHAM was a creative musical activity where students composed and presented a kannada song highlighting the importance of Indriyas and simple **Nidhana Parivarjana** measures that can be adopted to maintain health of sense organs

PROGRAMME DETAILS

The Indriya Geetham was conducted on **4th of August from 4.00PM-5.00PM**, at **Dhanwantari Sabhangana** where all the students gathered & actively participated in rehearsing and presenting the song.

Lyrics and Vocal performance:

Varsha M.P - Multitasking volunteer

Chandana.G - Multitasking volunteer

ಬನ್ನಿ ಬನ್ನಿರಿ ಎಲ್ಲರೂ ಬನ್ನಿರಿ
ಆರೋಗ್ಯ ದೀಪ ಹಚ್ಚೋಣ
ಸ್ವಸ್ಥ ಇಂದ್ರಿಯ ಸ್ವಸ್ಥ ಭಾರತ
ಇದೇ ನಮ್ಮ ಜೀವನದ ಮಂತ್ರ -
- ಬನ್ನಿ ಬನ್ನಿರಿ ----

ಕಣ್ಣನ್ನು ಕಾಪಾಡು ಜಗವನ್ನೇ ನೀ ನೋಡು
ಕಿವಿಯನ್ನು ಕಾಪಾಡು ಧ್ವನಿಯನ್ನು ನೀ ಕೇಳು
ಮೂಗನ್ನು ಕಾಪಾಡು ವಾಸನೆಯ ನೀ ಗ್ರಹಿಸು
ಆರೋಗ್ಯದ ಹಾದಿಯಲಿ ಬೆಳಕನ್ನು ಹರಡಿಸು ನೀ ---

ಬನ್ನಿ ಬನ್ನಿಲಿ ---

ನಾಲಿಗೆಗೆ ನೀಡು ಹಿತ ಆಹಾರ
ಚರ್ಮದ ಕಾಂತಿಯೇ ನಮ್ಮ ಶೃಂಗಾರ
ಆರೋಗ್ಯದ ಬದುಕೆಂಬುದು ನಮ್ಮ ಜೀವನದಲಂಕಾರ
ಬನ್ನಿ ಬನ್ನಿರಿ ----



FINAL OUTCOME

- The song was taught to all the team members enabling them to share and teach to the villagers during their interactions
- The simple and memorable song served as a reminder of Indriya Swastya, that would remind villagers recall the importance of protecting Indriyas in an enjoyable and memorable way.

AYURVEDA GRUHALAYA

This was a community based activity aimed at promoting the use of simple Ayurvedic home remedies using easily available household ingredients with demonstration

AIMS & OBJECTIVES

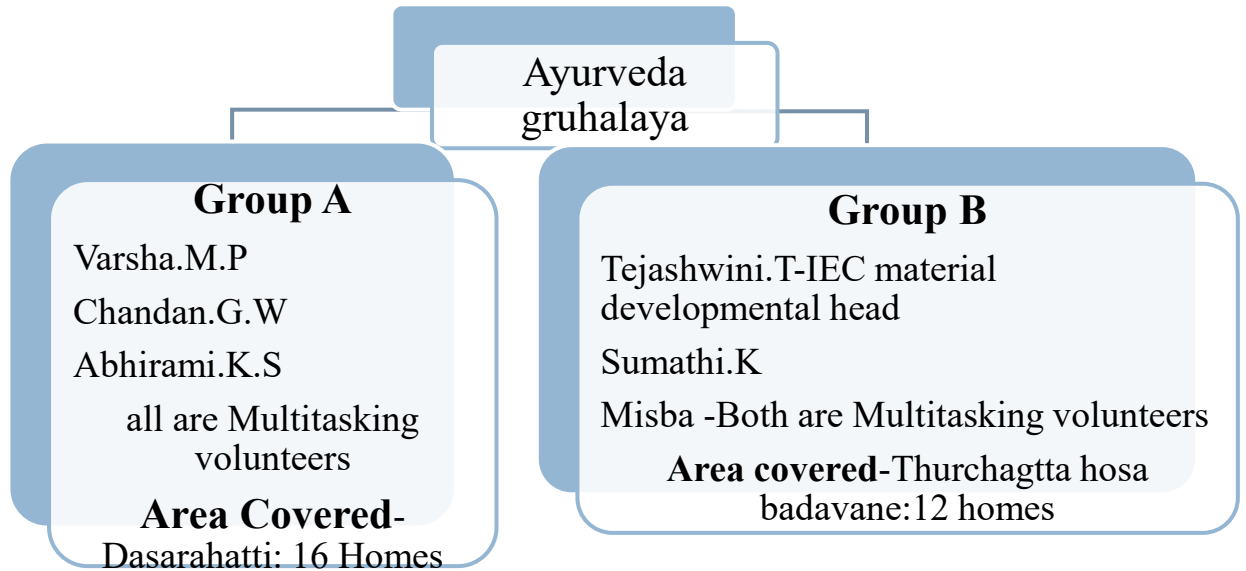
- To promote preventive Ayurvedic practises through simple home remedies for common health complaints.
- To assist the villagers health complaints before recommending appropriate home remedies, that helps in assessment and monitoring for Indriya Arogya
- To create awareness about locally available medicinal herbs by identifying herbs found in and around the villagers homes and explaining their health benefits.

ACTIVITY REPORT

Sl.NO	Name of activity	AYURVEDA GRUHALAYA	
1.	Venue	Thurchagatta hosa badavane	Dasarahatti
2.	Date	04 th of August 2026.	04 th of August 2026.
3.	Incharge	Dr.Arya- Academic coordinator	Dr.Rakhee-Programme coordinator.
4.	Time	5.00PM-6.30PM	5.00PM-6.30PM
5.	Mode of Activity	Home to Home visit	Home to Home visit



STRUCTURE OF TEAM



PROGRAMME DETAILS

Ayurveda Gruhalaya was conducted during evening to reach school kids as well from 5.00PM -6.45PM, at Dasarahatti and Turchagtta hosabadavane.

HOME REMEDIES

- 1.White hibiscus fenugreek and onion paste used **Shiro Lepa** for **scalp dandruff**.
- 2.Guduchi paste application for **acne**
- 3.Moringa leaves boiled water for **low Hb** .
4. Tulsi Swarasa + honey for **cold and cough**.
- 5.Swarasa of rose petals mixed with milk for **Charmakanti**.
- 6.Jeeraka and Ajwain kashaya for **Gastritis**
- 7.Pindi of Pinwheel Jasmine (paramnetrya) etc



FINAL OUTCOME

- Villagers raised queries and gained practical knowledge about Ayurveda and medicinal herbs .It helped to gain qualitative interaction with Villagers
- The **training module and Oushadi yoga for indriya** with practical demonstration made the concepts easy to understand.

TARGET BENEFICIARIES

- Children with frequent Allergic rhinitis.
- Women with low hb.

DISCUSSION

The response from the villagers throughout Day 02 was encouraging and participative. The early morning mobilisation received a positive response, with villagers showing interest in joining the yoga session and the women's group voluntarily requesting a separate session. The eye screening camp provided an opportunity for accessible healthcare, while the activities conducted for children created enthusiasm and active participation. The home visits and practical Ayurvedic demonstrations also promoted meaningful interaction between the students and villagers.

SUMMARY

Community Mobilization & Suprabhata Sadhane

Encouraging village participation through early morning mobilisation, followed by Yoga, Pranayama, Mudra and Dhyana.

Dinacharya & Ritucharya for Indriya Arogya

Practical demonstration of Madhvambhu Paana and Kavala-Gandusha as simple preventive Ayurvedic practices.

Hithadrushti – Eye Health & Screening

Providing accessible eye screening, consultation and guidance with emphasis on early detection and preventive care.

Indriya Arogya – Child & School Activities

Creating awareness among children through interactive games, expert orientation and activities that supported attention, memory, observation and understanding of Indriyas.

Indriya Geetham & Ayurveda Gruhalaya

Communicating Indriya health through a memorable song and strengthening community awareness through home-based Ayurvedic demonstrations and interaction with villagers.

SUSHRUTHA INSTITUTE OF AYURVEDA MEDICAL SCIENCES & RESEARCH CENTER

Hospital & Research Centre, Davangere - 577005

In Collaboration with AAPTAS AYURVEDA TRUST

AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 03– NAADA TARANGA

TABLE OF CONTENTS

- SUPRABHATA SADHANE
- DHANWANTARI POOJA & SHLOKA PATANA
- ENT HEALTH SCREENING CAMP
- स्तन्यपान सप्ताह AWARENESS SESSION
- INDRIYA ANUBHAVA & MUSICAL CHAIR
- SCHOOL ACTIVITY
- FELICITATION FOR RESOURCE PERSON
- SWASTHA SOUNDARYA
- SKIT PREPARATION AND REHEARSAL
- DISCUSSION
- SUMMARY

SUPRABHATA SADHANE

COMMUNITY MOBILIZATION FOR YOGA SESSION & SUPRABHATA

SADHANE were the commencing programmes of the DAY 03 , 5th of August 2026.

The regular Suprabhata Sadhane Protocol was followed as on DAY-02, including loosening exercises, yogasana, pranayama ,mudra and dhyana beginning with Patanjali Vandana Stotram and concluding with Shanti mantra. As a special focus for day 03 selected practises were emphasised to support **spinal health and women experiencing back pain and disc related complaints.**

The participants expressed a preference for separate yoga session for men and women to facilitate greater comfort ease of participation, accordingly separate sessions were arranged at three venue.

STRUCTURE OF TEAM

ROLES	AYURMANTAPA	RESIDENT'S TERRACE HALL	DHANWANTARI SABHANGANA
INCHARGE	Dr. Chandrashekar . K.M, Chief coordinator.	Dr. Arya , Academic coordinator.	Dr.Rakhee Programme coordinator
INSTRUCTOR	Deepthi.J , SOP & training module head	Sangeeta , Multitasking volunteer	Priya.U.M , Survey & research head Sarika S.C ,Data collection Head
DEMONSTRATOR	Deepthi.J , SOP & training module head	Sangeeta , Multitasking volunteer	Priya.U.M , Survey & research head Sarika S.C ,Data collection Head

Day 03 – Spinal & Disc Health in Women

Problem focus: Back pain and disc-related complaints among women

Selected practices:

Asanas: Bhujangasana, Setubandhasana, Pavanamuktasana, Vajrasana

Pranayama: Anuloma Viloma, Nadi Shodana

Mudra: Vayu Mudra

Special focus: Supporting spinal flexibility, relaxation and comfortable movement.



SHUNTI KASHAYA PAANA

Following the yoga session Shunti Kashaya was prepared and distributed to the participating villagers the warm herbal preparation provided Ushna -Theekshna effect for increased Vata & sheeta in the environment.

Prepared by: Ruksar Banu

Abhirami.K.S

Kruthika.H.S All are Multitasking volunteers.



Dantadhavana ,Kavala & Gandusha were performed as part of the regular morning Ayurvedic practises with the Shubradanta powder& triphala Kashaya.



FINAL OUTCOME

- Improved awareness of spinal health and prevention of spine related problems
- Encouraged regular yoga practise for flexibility posture and musculoskeletal well being.
- Participants gained practical knowledge of yoga practise and benefits for back and spinal health.

TARGET BENEFICIARY

Adults experiencing or at risk of back pain and spinal health related problems

DHANWANTARI POOJA & SHLOKA PATANA

PROGRAMME DETAILS

- Following the Suprabhata Sadhane Dhanvantari Pooja was conducted followed by Shloka Patana by the students at Dhanwantari sabhangana from 8.10 AM – 8.50 AM.
- The recitation was based on the Indriyopakramaniya Adhyaya(Cha.Su.8)highlighting the importance of Manas and Indriyas their numbering, functions with appropriate dietary and lifestyle practises for maintaining their health.
- The activity helped reinforce the Ayurvedic understanding of Indriya Arogya among students.



ENT HEALTH SCREENING CAMP

PREFACE

As a part of Ayurgram 3.0 an ENT screening and health Assessment Camp was conducted to promote awareness and early identification of conditions affecting the Ear ,Nose and Throat, the camp focused on preserving the health of these sensory organs through appropriate screening guidance and timely care thereby contributing to the overall well being of the community.

OBJECTIVES

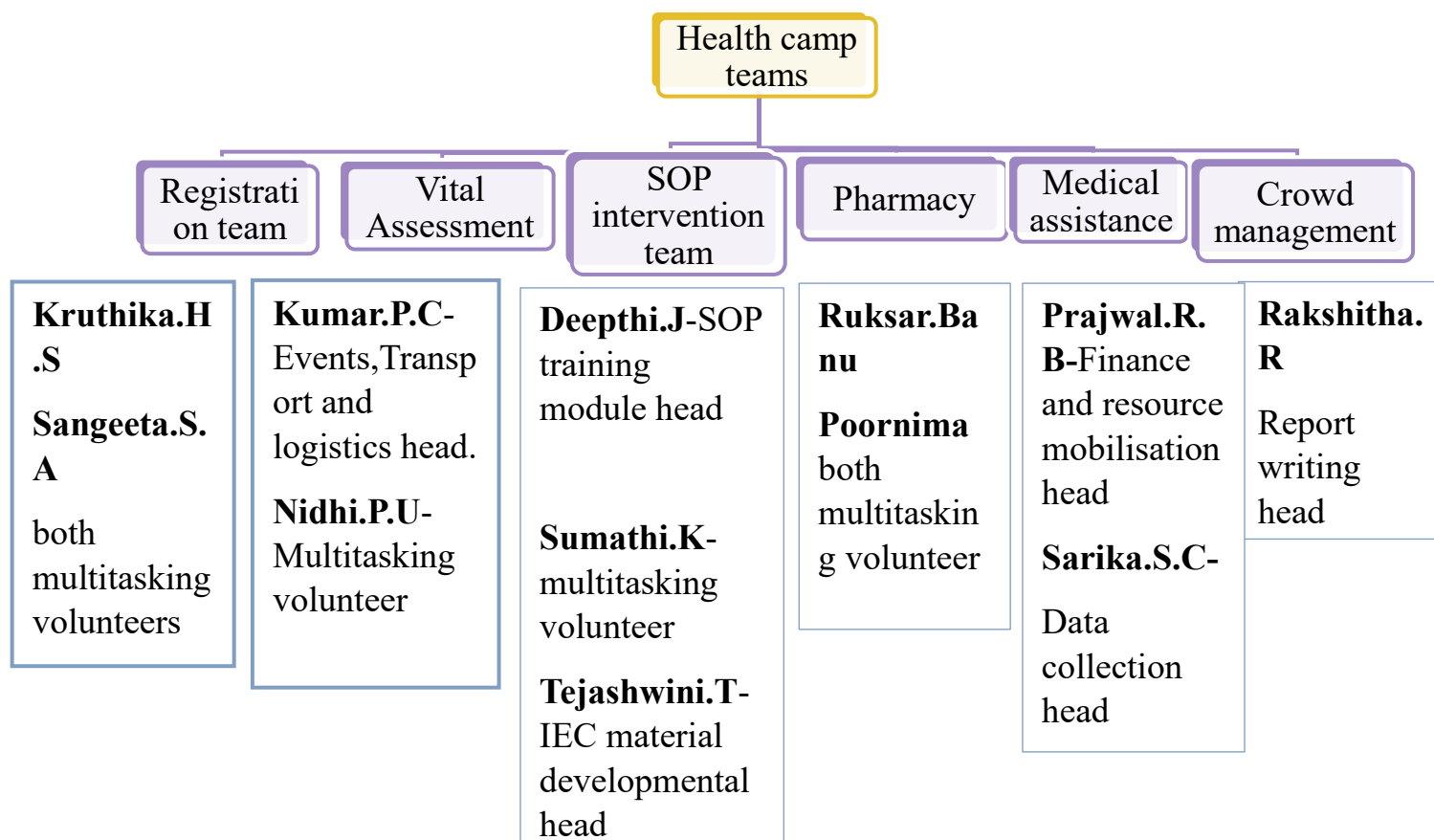
- To promote preventive measures and therapies for maintaining the health of ENT related disorders(Preventive therapy for Indria Arogya).

- To create awareness regarding the role of **Panchakarma** in the prevention and management of ENT related conditions
- To assess the health status of the Ear Nose and Throat through systemic screening and clinical evaluation.

ACTIVITY REPORT

Sl.NO	Name of activity	ENT screening Healthcare camp
1.	Venue	Ayurmantapa
2.	Date	05 th of August 2026.
3.	Resource person	Dr.Pavitra , HOD Shalakya tantra,SIAMS&RC Dr.Vijayananda , Asst Prof Dept of Shalya tantra
4.	Incharge	Dr.Arya – Academic co- Ordinator Manoj.Kumar – Photography and videography head
5.	Time	10.00AM – 1.00PM

STRUCTURE OF TEAM

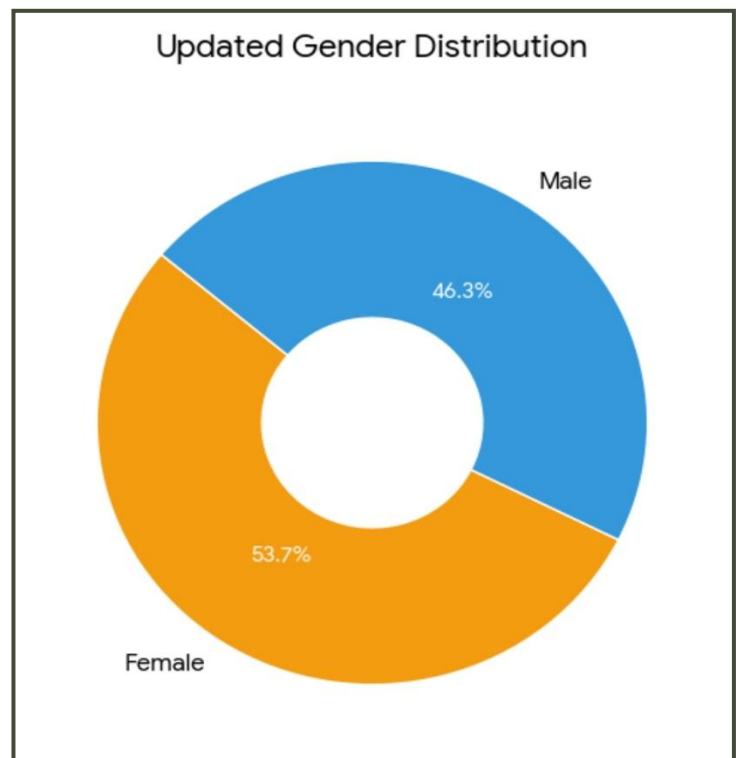
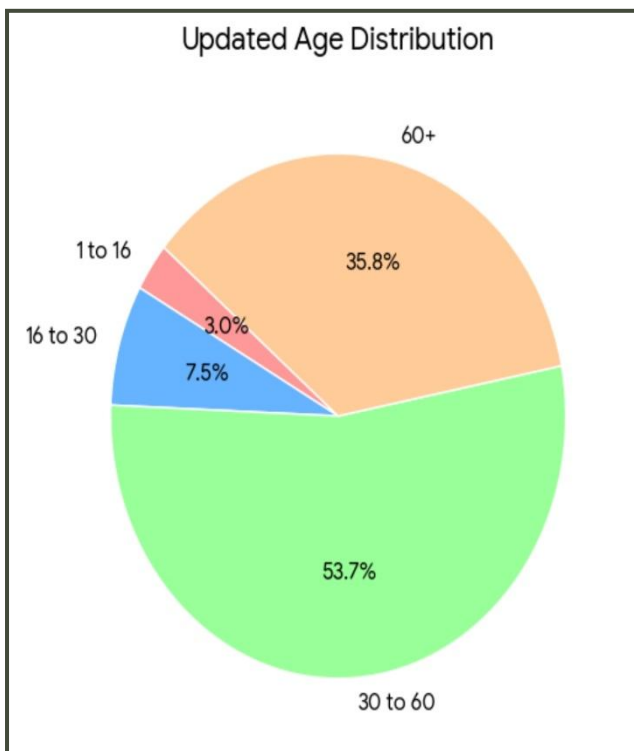




PROGRAMME DETAILS

ENT screening health camp was conducted at **Ayurmantapa**, on **5.08.2026**. from **10.00AM to 1.00AM** by **Dr.Pavitra**(HOD Shalakyta tantra dept).

Along with this specialised ENT consultation, Dr.Vijayananda (Asst Prof Dept of Shalya tantra) attended to general health concerns and provided consultation for other common health issues reported by the villagers.





SOP Intervention

- Karna poorana
- Karna dhoopana etc

FINAL OUTCOME

- The ENT consultation camp enabled villagers to receive specialised ear nose and throat assessment within the village making consultation accessible.
- The screening helped in identifying ENT related concerns and providing appropriate clinical advice and treatment guidance based on individual needs.
- The camp also provided general health consultation.
- Ayurvedic panchakarma interventions and medicines made an impact in carrying Ayurveda to community.

TARGET BENEFICIARIES

All age groups from the village particularly individuals experiencing ear nose or throat related complaints and seeking Ayurvedic Intervention.

स्तन्यपान सप्ताह IN COLLABORATION WITH ANGANVADI KENDRA, THURCHAGATTA

The first week of August is observed **World breastfeeding week**. As part of this observance the **Anganwadi Kendra Turchagatta** invited the **Ayurgram 3.0** team to conduct **sanyapana saptaha** programme in collaboration with the ongoing camp.

OBJECTIVES

- ❖ To create awareness regarding sanyapana and its importance as described in Ayurveda
- ❖ To educate mothers on Ayurvedic principles & medicines for healthy lactation.
- ❖ To promote awareness regarding Indriya Arogya and the importance of maintaining sensory health in women.



ACTIVITY REPORT

SI.NO	Name of activity	स्तन्यपान सप्ताह
1.	Venue	Dhanwantari sabhangana
2.	Date	05 th of August 2026.
3.	Resource person	Mrs.Chandrakala-CHO Turchagatta Dr.Chandrasekar.K.M,Chief coordinator.
4.	Incharge	Keerthana.R-Multitasking volunteer
5.	Mater of Ceremony	Rakshitha.R-Report writing head.
6.	Time	12.00PM – 1.00PM

PROGRAMME DETAILS

- ❖ The programme was conducted in **Dhanvantari Sabangana** in the presence of pregnant women and lactating mothers of the village during **12.00PM to 1.00PM** on **5th of August**.
- ❖ Anganvadi karyakarthe & ASHA workers also took part in this programme.



An orientation session was conducted for the assembled pregnant women and mothers led by **Dr. Chandrasekhar.K.M**(HOD Kaumarabhrithya)

Importance of proper care throughout the nine months of pregnancy and regular antenatal visits was explained.

The importance of breast examination and preparation for Prasava Samaya was discussed

Guidance was provided regarding adequate Milk production for successful breastfeeding.

Ayurvedic measures supporting healthy lactation including Shatavari ksheera Paaka and Shatavari Guda were explained.

Significance of healthy Indriya and manas in pregnant & Lactating mother was explained



Orientation session **Mrs.Chandrakala** community health officer addressed the gathering by highlighting complications faced by pregnant and lactating women.

Also gave importance to the **mental well being** during lactation and timely & appropriate breastfeeding .

She also explained the importance of utilising the **protein rich foods and other nutritional resources available at the Anganwadi** for the benefit of pregnant and lactating women

FINAL OUTCOME

- ❖ Enhanced understanding among pregnant and lactating women regarding a timely breastfeeding maternal mental well being, proper nutrition ,Ayurveda medications that encourages healthier development for both mother and child.

TARGET BENEFICIARIES

Pregnant women , lactating mothers and infants & children.



INDRIYA ANUBHAVA & MUSICAL CHAIR

As the previous day witnessed a crowded waiting area during the health camp an engaging activity was planned for the patients to make their waiting time meaningful.

Along with the patients ,women who attended the breastfeeding week programme were also included in the games the activities were based on Indriya Anubhava.

ACTIVITY REPORT

SI.NO	Name of activity	Indriya anubhava & Musical chair
1.	Venue	Dhanwantari sabhangana
2.	Date	05 th of August 2026.
3.	Incharge	Priya.U.M- Survey & Research head
4.	Time	11.00PM-12.00PM ; 1.30PM- 2.00PM

PROGRAMME DETAILS

The game activity **Indriya Anubhava** was held in Dhanvantari Sambhangana on 5th of August from 11:00 PM to 12:00 PM. After the Stanyapaana Saptaha programme Asha workers & Anganwadi workers also took part in the games.

INDRIYA	GAME
Sparsha	Participants were blindfolded and asked to identify objects only by touching them.
Ghrana	Identifying different ingredients using their sense of smell e.g. Cinnamon Jasmine Etc
Rasana	Identifying the ingredients composition in that recipe, tomato chutney etc
Shabda	Different animal vehicle sounds were played and asked to identify.
Netra	Threading a needle.



MUSICAL CHAIR

PROGRAMME DETAILS

After the ASHA workers and Anganwadi workers joined the health camp for Stanyapaana Saphaha **Musical chair** was conducted for them along with villagers & students.

FINAL OUTCOME

- The activities created a lively and friendly atmosphere and interaction among students and community.
- This activity helped students to develop a good report with villagers
- Active participation sharing and enjoyment during the games strength and the sense of togetherness and community bonding.



SCHOOL ACTIVITY

OBJECTIVE

To promote awareness of Indriya Arogya and healthy habits among children interactive and educational activities were conducted.

ACTIVITY REPORT

Sl.NO	Name of activity	INDRIYA AROGYA FOR CHILDREN	
1.	Venue	Jnana Jyothi primary school	Govt.Primary school
2.	Date	05 th of August 2026.	05 th of August 2026.
3.	Incharge	Dr.Chanadrashekar.K.M-Chief coordinator Ruksar.Banu-Multitasking volunteer.	Dr.Arya-Academic coordinator Rakshita.K-Cultural activity head
4.	Time	3.00PM-4.00PM	3.00PM-4.00PM
5.	Mode of Activity	School visit	School visit

STRUCTURE OF TEAM

Jnana Jyothi
school

- Dr.Chandrashekar.K.M- Chief coordinator
- Prajwal R.B, Finance and resource mobilisation head
- Ruksar Banu-Multitasking volunteer
- Deepthi-SOP & Training model development head
- Harsha.R.Desai- Publicity and media head

Govt.Primary
school

- Dr.Rakhee- Programme coordinator
- Priya.U.M- Survey and research head
- Rakshita.K- Cultural activity head
- Keerthana.R- Data Analysing head.
- Manoj.Kumar- Photography and videography head

PROGRAMME DETAILS

JNANA JYOTHI PRIMARY SCHOOL

6th std: Pick & Act

Topic: Eye pain, Hunger, Ear pain , Tooth Ache, etc

7th std: Pick & speak

Eyes, Nose, Mouth, Skin, Ear, etc



GOVT PRIMARY SCHOOL

3rd std: Mystery box- Students identified objects placed inside a mystery box using only their sense of touch.

4th std: Good habit and bad habit game -Students were shown pictures of good and bad habits and asked to jump right for good habits and left for bad habits .

5th std: Picture identification-A picture was shown to the student and they must act and express it to their friend .Proper identification is expected as soon as possible



FINAL OUTCOME

- ✓ Students actively participated and enjoyed the interactive activities.
- ✓ Student became more aware of good and bad habits and their impact on health.
- ✓ The activities encouraged confidence and active involvement among the students.
- ✓ The games improved their observation memory communication and sensory skills

FELICITATION FOR RESOURCE PERSON

- Dr. Vijayananda(Asst Prof Dept of Shalya Tantra) Addressed the students on the Trisutra Siddhanta explaining its practical application in understanding health problems at the community level.
- The session helped students approach health concerns in a more systemic and practical manner by understanding the Hetu , Linga and oushadha(appropriate management)

Venue	Dhanavantari Sabhangana
Time	4.00PM to 5.00PM
Resource Person	Dr.Vijayananda , Asst Prof Dept of Shalya tantra.
Felicitated by	Dr. Chandrashekhara K.M, Chief coordinator
	Dr.Arya Asst Prof RSBK,
	students



SWASTHA SOUNDARYA

(DIY MEASURES FOR INDRIYA HEALTH)

PREFACE

A woman focused session was conducted with the Shri Ram Sanga members to promote awareness about simple and natural practises for maintaining healthy skin and hair. Hazards created by cosmetics were also explained.

OBJECTIVES

- To promote awareness & provide practical training on Ayurvedic skin and scalp ,Eye, lip care for maintaining healthy Sparshanendriya.
- To encourage women to be mindful and responsible **while use of cosmetic products on skin.**
- To encourage regular care of the skin and scalp using safe, natural, easily available resources.

ACTIVITY REPORT

SI.NO	Name of activity	SWASTHA SOUNDARYA
1.	Venue	Residence of Sai Ram sangha member
2.	Date	05 th of August 2026.
3.	Incharge	Dr. Arya- Academic coordinator Sumathi.K- Multitasking volunteer Kumar.P.C- Events transport and logistics head
4.	Time	5.00AM TO 6.00AM
5.	Mode of Activity	Training Module

PROGRAMME DETAILS

The **Swasthya Soundarya** programme was conducted on 5th of August at the residence of a member of Sairam Sanga from 5:00 PM to 6:00 PM by Sumathi.K.



The members of Shriram Sanga gathered at one home and session was conducted.

Oushadha Yoga Preparation

:

Shathadoutha Gritha for Skin

Health

Face pack of Black gram and

Indian Gooseberry for Melasma

Preparation of Anjana From

almonds for eye health

Benefits of Mukhabhyanga

Siktha Taila for Cracked heels

Castor oil for lip care

Milk for Cleanser and toner

Hair Mask from hibiscus, aloe

vera and fenugreek seeds etc



FINAL OUTCOME

- Women gained awareness about Ayurvedic Cosmetology and simple self-care practises.
- The session encouraged safe and mindful use of cosmetic products.

TARGET BENEFICIARY

Homemakers ,adolescent girls, beauty conscious individuals.

SKIT PREPARATION AND REHEARSAL

Simultaneously , skit preparation and rehearsal were carried out by the team members from 5:00 PM to 7:00 PM focusing on coordination dialogue delivery and finalising the presentation for the upcoming programme at Dhanvantari Sabangana.

DISCUSSION

Day 03 was a vibrant and interactive day that combined preventive health practises clinical services and community engagement. The day began with Yoga session with special focus on disc related problems and spinal health . Followed by Shunti Kashyapana and the ENT health checkup camp providing both SOP service and preventive training module to the villagers. The Sthanyapaana sapthaha programme was the highlight of the day creating an opportunity to engage mothers through awareness activities sensory games and musical chair alongside these the swastha soundary session promoted practical self care practises among women while Dr Vijayananda added value to the day through his service and orientation session. Overall the day strengthened the connection between the students and the villagers through a balanced combination of health care, education, interaction and entertainment.

SUMMARY

- ✚ The day commenced with the Yoga session with special focus on Spinal health
- ✚ Ahara-Vihara was incorporated through Kashaya Pana and practical self-care Ayurvedic guidance through kavala and gandusha.
- ✚ The Trisutra Siddhanta session provided students with a practical approach to understanding and addressing health problems in the community.
- ✚ The Sthanya saptaha, Swastha Soundarya, and recreational activities encouraged active participation and strengthened student–community interaction.
- ✚ Overall, the day Was a meaningful blend of clinical services, health education, community engagement and entertainment in accordance with the Ayurgram 3.0 focus on Indriya Arogya.

SUSHRUTHA INSTITUTE OF AYURVEDA MEDICAL SCIENCES & RESEARCH CENTER

Hospital & Research Centre, Davangere - 577005

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AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 04- CHARMA CHAMATKARA

TABLE OF CONTENTS

- SUPRABHATA SADHANE WITH INDRIYA AROGYA PLEDGE
- DHANWANTARI POOJA & SHLOKA PATANA
- EXPERT ORIENTATION SESSION TO PUBLIC
- DERMATOLOGY SCREENING AND HEALTH CHECKUP CAMP
- FELICITATION FOR RESOURCE PERSON
- SCHOOL ACTIVITY
- INDRIYA JAGRUTHI -STREET PLAY
- DISCUSSION
- SUMMARY

Through the same structure of a team as per DAY-03,

COMMUNITY MOBILIZATION FOR YOGA SESSION & SUPRABHATA SADHANE were the commencing programmes of the DAY 04, 6th of August 2026.

The regular Suprabhata Sadhane Protocol was followed as on DAY-02, including loosening exercises, yogasana, pranayama ,mudra and dhyana beginning with Patanjali Vandana Stotram and concluding with Shanti mantra. As a special focus for day 03 selected practises were emphasised to support **Menstrual Health**.

Day 04 – Menstrual Health

Problem focus: Menstrual discomfort, irregular cycles, abdominal cramps and associated stress

Selected Yoga: Pavanamuktasana, Vajrasana, Setubandhasana, Ardhakatichakrasana

Pranayama: Anuloma Viloma, Bhramari

Mudra: Yoni Mudra.

INDRIYA AROGYA PLEDGE

Leader: Deepthi.J- SOP and training module head.

ಇಂದ್ರಿಯ ಆರೋಗ್ಯ ಪ್ರತಿಜ್ಞೆ

"ನನ್ನ ಪಂಚಜ್ಞಾನೇಂದ್ರಿಯಗಳಾದ ಕಣ್ಣು, ಕಿವಿ, ಮೂಗು, ನಾಲಿಗೆ ಮತ್ತು ಚರ್ಮದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಲು ನಾನು ಇಂದು ಪ್ರತಿಜ್ಞೆ ಮಾಡುತ್ತೇನೆ. ಇಂದ್ರಿಯಗಳ ಸಂಯಮದಿಂದ ಜೀವನ ನಡೆಸಿ, ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುತ್ತಾ, ಆರೋಗ್ಯಕರ ಸಮಾಜದ ನಿರ್ಮಾಣಕ್ಕೆ ಶ್ರಮಿಸುತ್ತೇನೆ."



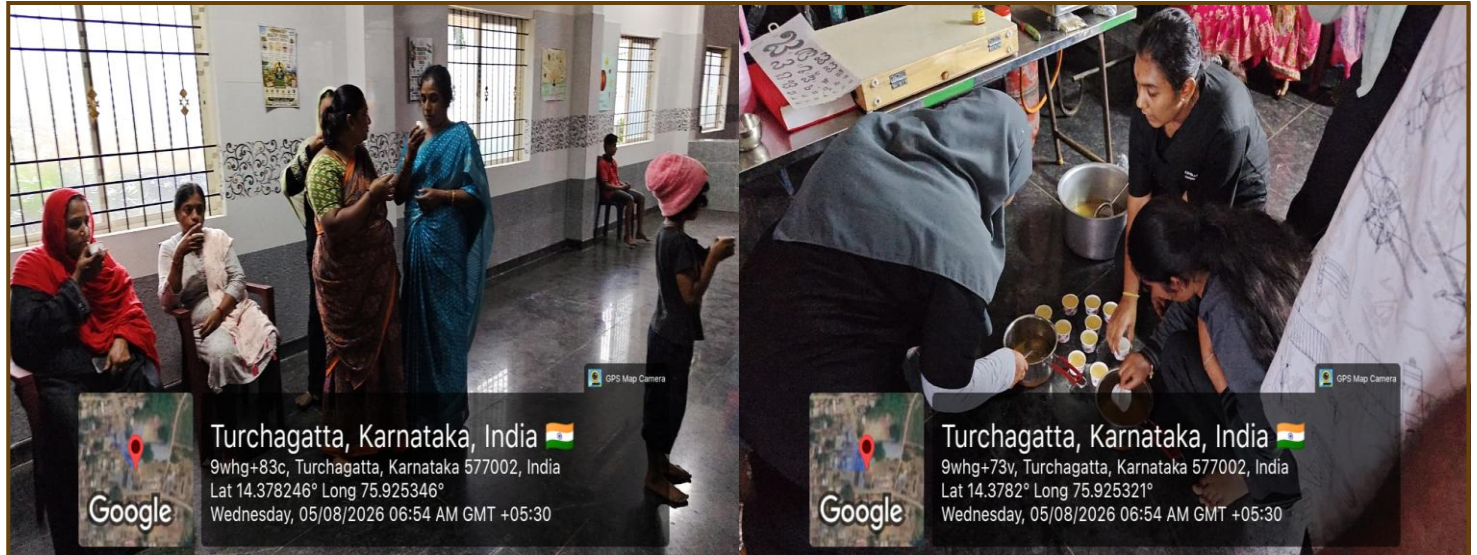


SARIVA JALA PAANA

Following the yoga session Sariva Jala was prepared and distributed to the participating villagers. The intention was to tackle the **Pitta Chaya in Varsha ritu by the Sheeta Guna of Sariva.**

Prepared by: Ruksar.Banu & Abhirami.K.S both Multitasking volunteer.

Distributed by: Kruthika.H.S , Chandana.G.W & Poornima all are multitasking volunteers.



Dantadhavana, Kavala & Gandusha were performed as part of the regular morning Ayurvedic practises with the Shubradanta powder & **triphala Kashaya**.



FINAL OUTCOME

- Improved awareness of yoga practises supportive of menstrual health and well being
- Encouraged appropriate yoga practise to help manage menstrual discomfort and associate the symptoms

TARGET BENEFICIARY

- Adolescent girls and women of village community
- Women experience in menstrual discomfort and related symptoms.

DHANWANTARI POOJA & SHLOKA PATANA

PROGRAMME DETAILS

- Following the Suprabhata Sadhane Dhanvantari Pooja was conducted followed by shloka patana by the students at Dhanwantari sabhangana from 8.10 AM – 8.50 AM.
- The recitation of Sneha Adhyaya from Charaka.Sutrasthana.13 was performed by all the team members, highlighting the importance of Snehana for swara, varna, balya of Indriyas.



EXPERT ORIENTATION SESSION TO PUBLIC

PREFACE

The session was based on role of Sadvritta, mental well-being, appropriate lifestyle & healthy behavioural practices in promoting longevity, preserving sensory functions & supporting overall health in later life. Also addressed the questionnaires of public on Sandhigatavata.

OBJECTIVES

- To educate the public on the role of Psychological and behavioural practices in maintaining Indriarogya.
- To encourage the adoption of ayurvedic preventive measures for preserving sensory functions and overall health in old age.

ACTIVITY REPORT

SI.NO	Name of activity	Expert orientation session
1.	Venue	Ayurmantapa
2.	Date	06 th of August 2026.
3.	Resource person	Dr. Prashant.G.S-HOD dept Kayachikitsa
4.	Time	10.00AM- 11.00PM
5.	Mode of Activity	Orientation session.

PROGRAMME DETAILS

The session by Dr.Prashant.G.S took place at Ayurmantapa on 6th of August from 10:00 AM to 11:00 AM.



FINAL OUTCOME

Villagers gained practical knowledge on healthy ageing psychological and behavioural well being that could influence the Indriyas, prevention of lifestyle disorders, maintenance of Indriya health through Rasayana and nidana parivarjana for Sandigatavata.



EXPERT SAYS



‘Healthy ageing depends not only on physical health but also on balanced psychological and behavioural Control’.

SESSION HIGHLIGHTS

PSYCHOLOGICAL THOUGHTS

Positive psychological and behavioural practises to prevent metabolic disorders such as hypertension and diabetes mellitus.

SCIENCE

Explained how mental thinking and psychological well being influence genes and can contribute to conditions such as auto immune diseases.

RASAYANA

Role of Ayurvedic intervention in maintaining healthy sense organs Discussed prasina therapy explained with example of Amalaki

INTERACTIVE DISCUSSION

Questions raised by the public were answered mainly related to Sandhigata vata and its management

ADVISE

Walking duration
Footwear To distribute weight properly and reduces stress on knees avoid Climbing stairs and lifting heavyweight.

PANCHAKARMA

Appropriate panchakarma interventions can help ease pain and improve functional mobility, How panchakarma can influence stability

DERMATOLOGY SCREENING AND HEALTH CHECKUP CAMP

PREFACE

The dermatological screening camp highlighted Nidana parivarjana Dinacharya, Ahara - Vihara and appropriate ayurvedic preventive and therapeutic interventions.

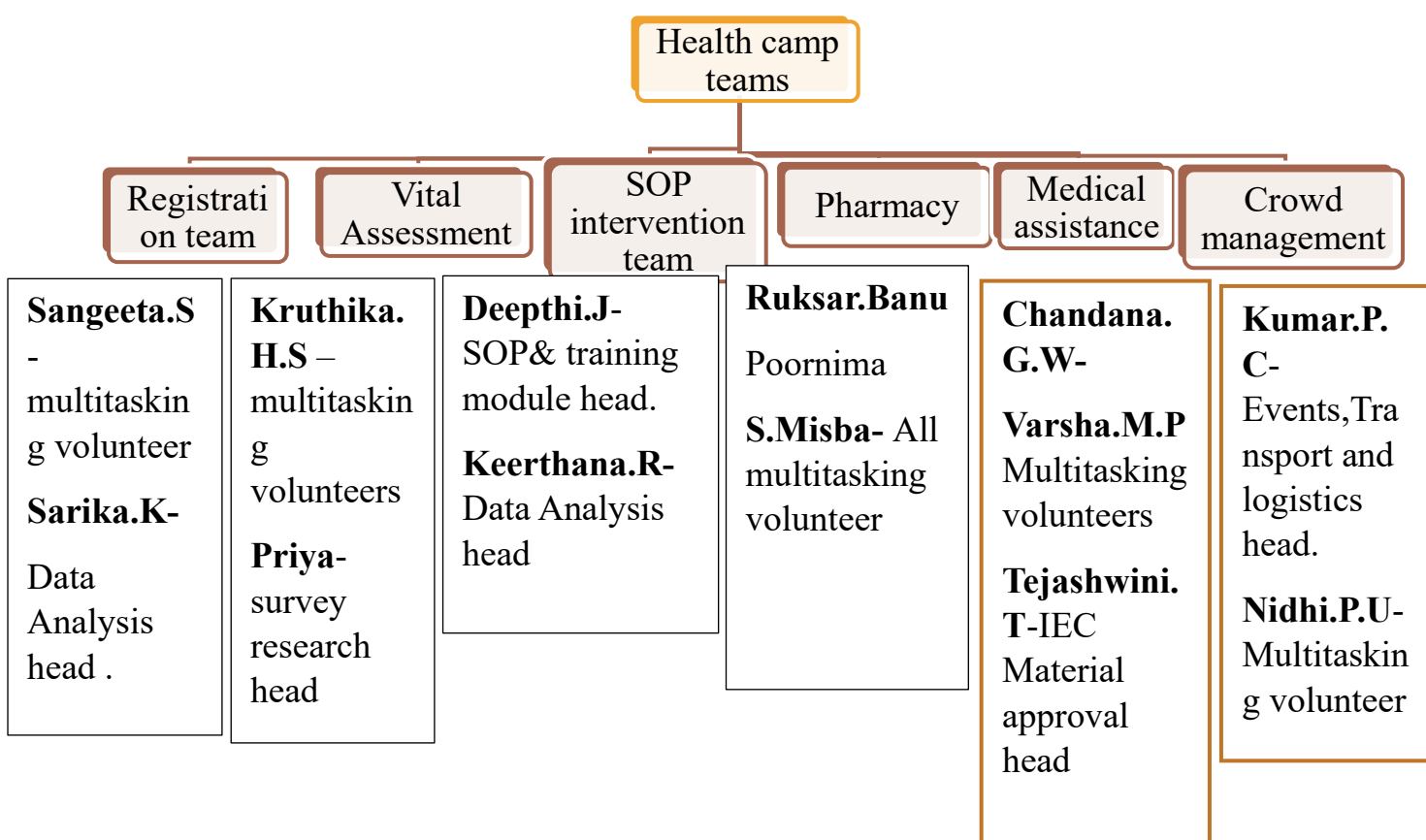
OBJECTIVES

- To screen and identify common dermatological conditions among the villagers
- To bring about Ayurvedic preventive and therapeutic interventions for skin related disorders.
- Acknowledged people about Nidana Parivarjana, Dinacharya Ritucharya and Ahara - Vihara for maintaining healthy skin.

ACTIVITY REPORT

Sl.NO	Name of activity	CHARMA CHAMATKARA
1.	Venue	Ayurmantapa
2.	Date	06 th of August 2026.
3.	Resource person	Dr.Prashant.G.S – HOD Kayachikitsa Dr.Kavya-Asst Prof dept Panchakarma
4.	Incharge	Dr.Arya – Academic co- ordinator Manoj.Kumar – Photography and videography head
5.	Time	10.00AM – 1.00PM

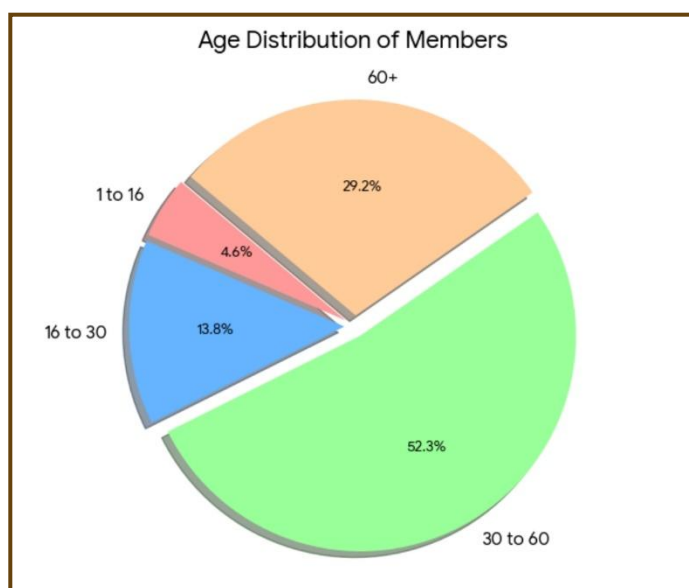
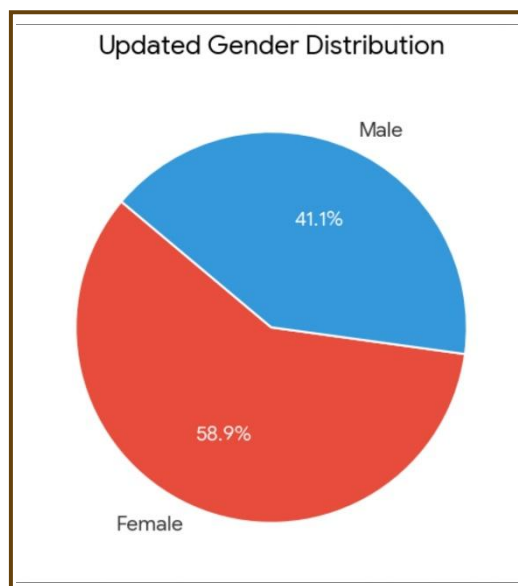
STRUCTURE OF TEAM





PROGRAMME DETAILS

Charma Chamatkara- Dermatological screening health camp was conducted at **Ayurmantapa**, on **6.08.2026**. from **11.00AM to 1.00PM** by **Dr. Prashanth.G.S** (HOD Kayachikitsa)& **Dr.Kavya** (Asst Prof Dept of Panchakarma).



FINAL OUTCOME

- Early identification and screening of common Dermatological conditions among the villagers.
- Ayurvedic preventive & therapeutic interventions were made.

TARGET BENEFICIARY

Individuals with Skin related complaints, adolescents with acne & old age etc.

FELICITATION FOR RESOURCE PERSON

Venue	Dhanvantari Sabhangana
Time	2.00PM to 3.00PM
Resource Person	Dr.Prashanth.G.S, HOD Kayachikitsa Dr.Kavya, Asst prof.Panchakarma.
Felicitated by	Dr. Chandrashekhar K M, Chief coordinator
	Dr Arya Asst Prof RSBK,
	students

After the key-note address by Dr. Prashanth.G.S & Dr.Kavya , felicitation was done by Dr.Chandrashekar.K.M , Dr. Arya & students.



SCHOOL ACTIVITY

PREFACE

Giving importance to the Oushadha Yoga and menstrual health a talk was delivered. Use of digital smart boards in school for conveying Indriya Arogya through video display.

OBJECTIVE

- To acknowledge significance & changes observed in Indriya(specially skin)during menstrual cycle
- Promoting menstrual hygiene .
- Foster habit of minimal use of electronic gadgets through video display.

ACTIVITY REPORT

SI.NO	Name of activity	INDRIYA AROGYA FOR CHILDREN	
1.	Venue	Urdu Primary school, Turchagatta	Govt. Primary school
2.	Date	06 th of August 2026.	06 th of August 2026.
3.	Incharge	Dr.Rakhee-Programme coordinator Ruksar.Banu-Multitasking volunteer	Dr.Chandrashekar.K.M- Chief coordinator Sarika.S.C-Multitasking volunteer.
4.	Time	3.00PM-4.00PM	3.00PM-4.00PM
5.	Mode of Activity	School visit	School visit

STRUCTURE OF TEAM

Urdu Primary
School

- Dr.Rakhee-Programme coordinator
- Ruksar Banu-Multitasking volunteer
- Syeda Misba-Multitasking volunteer
- Varsha.M.P-Multi tasking volunteer
- Prajwal R.B, Finance and resource mobilisation head

Govt.Primary
school

- Dr.Chandrasheka.K.M- Chief coordinator
- Sarika.S.C- Data collection head
- Kumar.P.C-Events,transport & logistics head
- Kruthika.H.S- Multitasking volunteer
- Priya.U.M-Survey & research head
- Rakshita.K-Cultural activity head.



PROGRAMME DETAIL

Two groups were organised among the team and were headed to school from 3:00 pm to 4:00 pm, on 6th of August in the schools of Turchagatta.

URDU PRIMARY SCHOOL

6th & 7th std

- For all the children & their parents an informative session was held in the classroom on Indriya arogya and Menstrual health.
- Guidance was given on protecting the Indriyas during menstruation by avoiding wind exposure and unhealthy Junk foods helping maintain healthy skin stable mood and proper menstrual flow.
- Vihara like late night sleep, excessive involvement in sports activities etc must be avoided.
- Importance of adequate hydration and simple dietary measures such as Tandulodaka was explained for maintaining well-being during menstruation

5th , 6th ,7th :

- Introduction to Indriya
- Drawing competition was held .Topic: **sense organs**.



GOVT PRIMARY SCHOOL

VIDEO DISPLAY: A video display was conducted in the classrooms of 6th and 7th standard students two educational videos were shown :

1st focusing on the **sense organs their functions and their importance**.

2nd **Digital Well-being for Indriya Arogya -addressing screen-time, digital fatigue, and technology-related sensory challenges** was the concept in video 2 highlighting the harmful effects of excessive use of digital and electronic gadgets on the sense organs .

A talk on **Digital well-being for Indriya Arogya** was held after the video display by :
Sarika.S.C- Data Collection Head

Rakshita.K- Cultural activity head.

Key Points Covered :

- ✓ Maintain appropriate distance from the screen
- ✓ Follow the 20-20-20 rule: Every 20 minutes look at something about 20 feet away for 20 seconds.
- ✓ Use eye comfort /blue light filter mode
- ✓ Keep volume at a moderate level and avoid prolonged use of earphones
- ✓ Simple ayurvedic interventions like Triphala Eyewash(prakshalana)

FINAL OUTCOME

- ❖ Students understood the importance of protecting their Indriyas and promised to practice safe and responsible use of digital gadgets in daily life.
- ❖ Acknowledgement regarding Ayurvedic preventive and therapeutic interventions

TARGET BENEFICIARIES

- Adolescent girls
- Mothers
- Kids addicted to mobiles & electronic gadgets.



SKIT PREPARATION AND REHEARSAL

Skit preparation and rehearsal were carried out at Dhanvantari Sabangana by the team members from 5:00 PM to 6:00 PM focusing on coordination dialogue delivery and finalising the presentation for the upcoming programme.

STREET PLAY

PREFACE

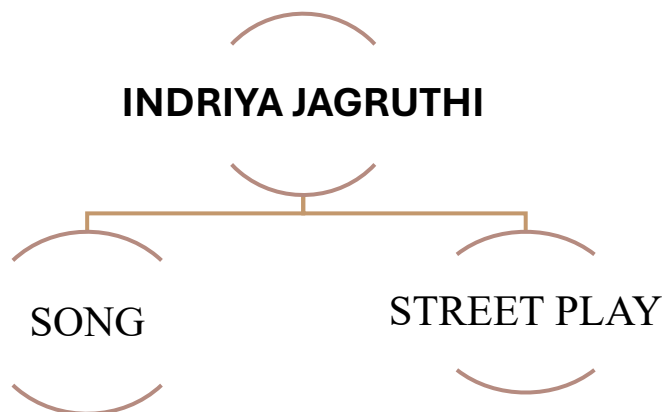
To present the message of Indriya Arogya in an innovative and relatable way street play was conducted. Everyday situations were used to show how unhealthy habits and excessive use of digital devices can affect the Indriyas & consequently quality of life.

OBJECTIVES

- Developing responsible food habits
- Digital discipline
- Indriya protection
- Healthy lifestyle Happy life

ACTIVITY REPORT

SI.NO	Name of activity	INDRIYA JAGRUTHI
1.	Venue	Yallamma circle
2.	Date	06 th of August 2026.
3.	Incharge	Dr.Rakhee-Programme coordinator Abhirami.K.S-Multitasking volunteer.
4.	Time	6.00PM-7.30PM
5.	Mode of Activity	Song & Streetplay

**Composed & performed by:**

Varsha.M.P

Chandana.G.W- Both multitasking
volunteers .

Concept & Script by :

Abhirami.K.S

Ruksar.Banu- Both multitasking
volunteers.

PROGRAMME DETAILS

- The event began with an Indriya Jagruti themed song, which attracted the attention of the people.
- The lively performance gathered the community around the venue and created interest among the audience.
- Following the song the street play was commenced

STUDENT	ROLES ASSIGNED
Tejashwini.T	Mother
Deepthi.J	Daughter with bad food habit-Loss of taste
Rakshita.K	Daughter addicted for videogames-Earing impairment
Sarika.S.C	Daughter addicted to mobile phone-vision impairment
Sumathi.K	School teacher
Chandana.G.W	Indriya Kendra Founder
Harsha.R.Desai	Indriya Kendra Founder
Sangeeta.S.A	Therapist at Indriya Kendra
Kumar.P.C Nidhi.P.U Rakshitha.R Poornima Keerthana Manoj.Kumar	School friends of daughters

INDRIYA JAGRUTHI

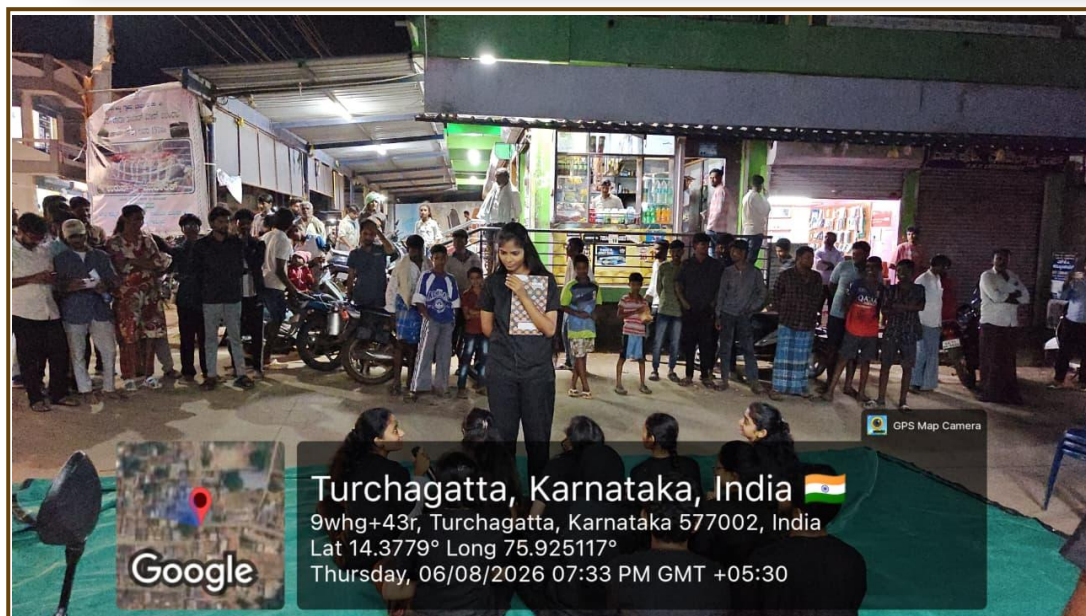
Protect your senses, Protect your life

THEME: Responsible use of food digital devices and daily habits for the preservation of Indriya Arogya.

SYNOPSIS OF STREET PLAY



The play portrayed a mother and her three children who are affected by unhealthy lifestyle habits



One day at school the children faced difficulties one could not sit comfortably due to stomach pain another could not hear the teacher because of excessive use of headphones and the 3rd could not see what was written on the board due to excess mobile use.



Next day the mother fainted at home and called out to her children but they failed to notice her as they were occupied with gaming scrolling reels and sleeping due to sickness.

Neighbouring children heard cries rescued her and took her to the hospital after which the mother expressed concern over her children's habit .



Later the family received an invitation to the Indriya Kendra where yoga dhyana trataka Dinacharya and Ayurvedic interventions were introduced especially for Indriya arogya from a family relative .



Concerned about their children health,the mother enrolled them at the Indriya Healthcare Centre for appropriate Ayurvedic care and guidance

With regular Ayurvedic interventions,the children gradually adopted healthier habits & were transformed into active,socially engaged children.

FINAL OUTCOME

- The street play successfully attracted and engaged the community with the audience appreciating and encouraging the team's efforts.
- It created awareness about how everyday habits can influence Indriya health & overall well-being.
- The performance also demonstrated that health messages can be conveyed effectively through creative community based approaches , encouraging people to adopt mindful lifestyle.

DISCUSSION

Day 04 focused on Indriya Arogya with special emphasis on Charma, menstrual health and healthy daily habits. The dermatological camp, school awareness activities and expert interaction provided practical guidance on preventive care and lifestyle modification. The Indriya Jagruthi street play effectively conveyed the importance of protecting the sense organs from unhealthy food habits and excessive digital exposure. The active participation and appreciation from the community encouraged the students and strengthened their motivation to continue their efforts.

SUMMARY

- ✚ Menstrual health was addressed through Yoga, Pranayama and Ayurvedic practices.
- ✚ Charma Chamatkara provided dermatological screening and Ayurvedic guidance.
- ✚ School activities promoted Indriya Arogya, menstrual hygiene and digital well-being.
- ✚ Expert interaction and street play strengthened community awareness regarding sensory health and healthy lifestyle practices.
- ✚ Active public participation and appreciation boosted student confidence and encouraged them to move forward with greater enthusiasm.

SUSHRUTHA INSTITUTE OF AYURVEDA MEDICAL SCIENCES & RESEARCH CENTER

Hospital & Research Centre, Davangere - 577005

In Collaboration with AAPTAS AYURVEDA TRUST

AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 05 – INDRIYAMITRA

TABLE OF CONTENTS

-  SUPRABHATA SADHANE
-  DHANWANTARI POOJA& SHLOKA PATANA
-  GENERAL HEALTH CAMP
-  FELICITATION FOR RESOURCE PERSON
-  INDRIYA AROGYA MELA
-  AYURVEDA GRUHALAYA
-  DISCUSSION
-  SUMMARY

Through the same structure of a team as per DAY-03,

COMMUNITY MOBILIZATION FOR YOGA SESSION & SUPRABHATA SADHANE were the commencing programmes of the DAY 05, 7th of August 2026.

The regular Suprabhata Sadhane Protocol was followed as on DAY-02, including loosening exercises, yogasana, Pranayama, Mudra and Dhyana beginning with Patanjali Vandan Stotram and concluding with Shanti mantra. As a special focus for day 05 selected practises were emphasised to support **Digestive Health**. Session duration :6.00AM -7.30AM

Day 05 – Digestive Health & Abdominal well-being

Problem focus: Indigestion, bloating and abdominal discomfort

Selected practices:

Asanas: Pavanamuktasana, Vajrasana, Ardhakatichakrasana

Pranayama: Anuloma Viloma, Nadi Shodana

Mudra: Vayu Mudra.



RASAYANA FOR INDRIYA & SHUNTI KASHAYA PAANA

(SALTED AMALAKI)

Considering the Rasayana property of Amalaki , tossed with Lavana prepared in our college it was distributed to the yoga participants as **RASAYANA**. Along with this Shunti Kashaya was distributed.

Prepared By: Abhirami.K.S

Ruksar.Banu

Distributed By: Chandana.G.W

Kruthika.H.S



FINAL OUTCOME

- Encouraged practises that promote healthy digestion and bowel irregularity.
- Increased awareness of Yoga practises for maintaining agni and gastrointestinal well being.

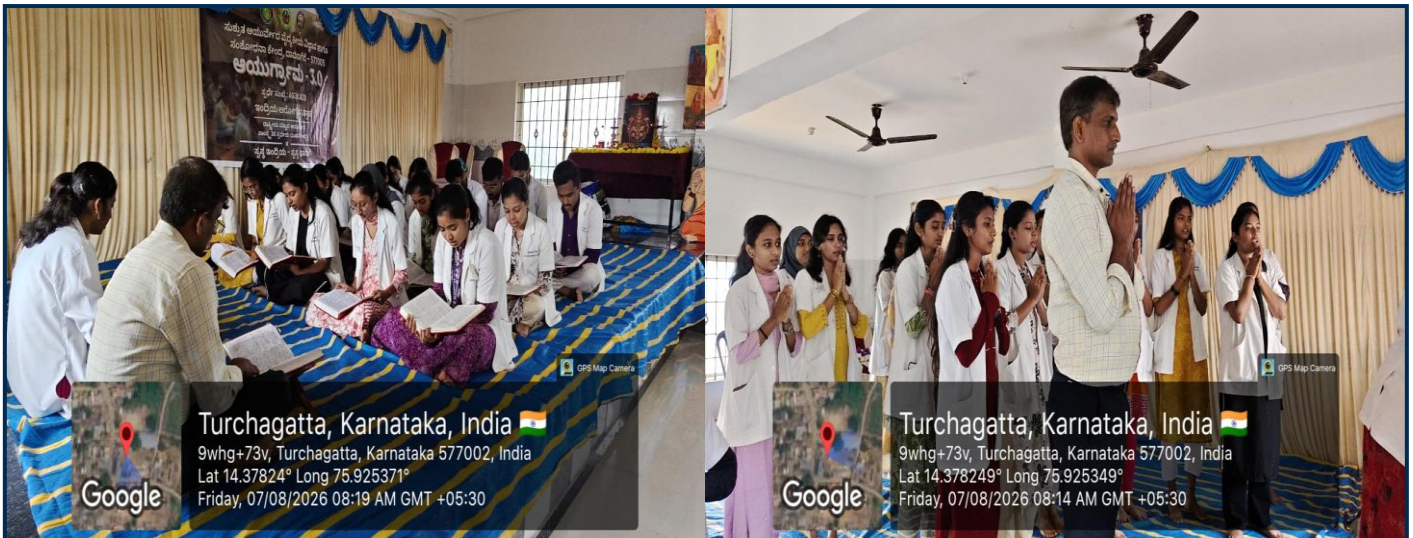
TARGET BENEFICIARY

Individuals with complaints of constipation , loss of appetite , irregular digestion etc.

DHANWANTARI POOJA & SHLOKA PATANA

PROGRAMME DETAILS

- Following the Suprabhata Sadhane Dhanvantari Pooja was conducted followed by Shloka- Patana by the students at Dhanwantari sabhangana from 8.10 AM – 8.50 AM.
- The recitation of **Navegadharaniya Adhyaya** from Charaka.Sutrasthana.07 was performed by all the team members.



PREPERATION OF INDRIYA AROGYA MELA

Following the Shloka patana & breakfast the students engaged from 10.00AM to 11.00AM with preparations for the exhibition which was scheduled to be held later in the afternoon the exhibition area was arranged with educational models wall posters charts and other informative displays some brought from the college and some prepared, to present the concepts of Indriya Arogya in an attractive and easy understandable manner.



GENERAL HEALTH CAMP

The general health checkup camp was conducted with the aim of integrating Panchakarma as a preventive and therapeutic intervention for general health conditions.

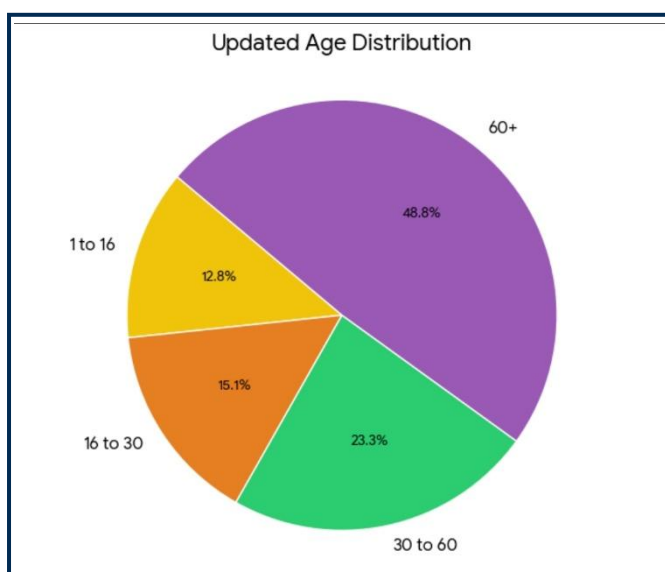
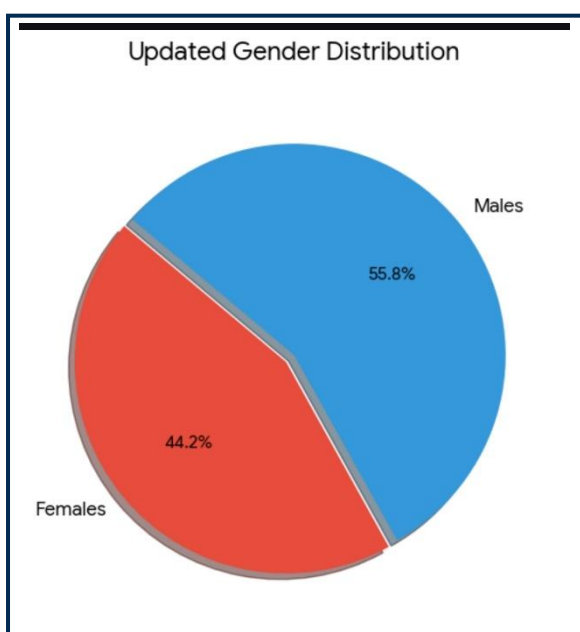
OBJECTIVES

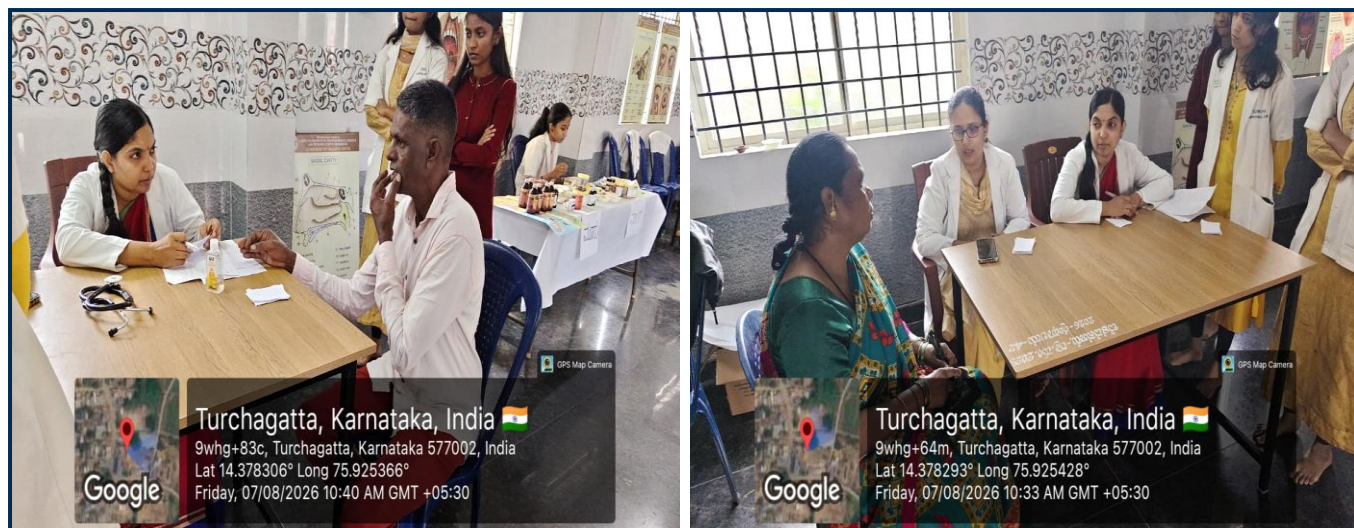
- To assess the health status of the beneficiaries and identify conditions requiring appropriate interventions.
- To provide disease specific guidance with the emphasis on Nidhana Parivarjana And avoidance of aggravating factors.

ACTIVITY REPORT

Sl.NO	Name of activity	GENERAL HEALTH CAMP
1.	Venue	Ayurmantapa
2.	Date	07 th of August 2026.
3.	Resource person	Dr.Shruthi -Asst prof dept of Panchakarma Dr.Ashwini -Asst Prof dept PTSR
4.	Incharge	Dr.Rakhee-Programme coordinator Kumar.P.C- Events transport and logistics head
5.	Time	11.00AM – 1.00PM

With the same structure of team as that of DAY-04 the camp was conducted.





FINAL OUTCOME

- The camp strengthened awareness regarding preventive and therapeutic applications of Panchakarma and appropriate Ayurvedic interventions.
- Acknowledgement regarding Nidhana Parivarjana -Avoidance of relevant causative and aggravating factors.

TARGET BENEFICIARY

General community members of all age groups and individuals seeking health assessment preventive guidance or management of existing health conditions.

FELICITATION FOR RESOURCE PERSON

Venue	Dhanavantari Sabhangana
Time	2.00PM to 3.00PM
Resource Person	Dr.Ashwini, Asst prof dept of PTSR Dr.Shruthi, Asst prof.Panchakarma.
Felicitated by	Dr. Chandrashekhar K M, Chief coordinator
	Dr Arya Asst Prof RSBK,
	students

After the key-note address by Dr. Shruthi & Dr.Ashwini , felicitation was done by
Dr.Chandrashekar.K.M , Dr. Arya & students.



INDRIYA AROGYA MELA

PREFACE

The **Indriyamitra exhibition** was organised as an interactive educational platform to present the principles of Indriya Arogya through simple and engaging displays.

OBJECTIVES

- To enable children understand the five sense organs and their importance in daily life in the memorable way.
- To demonstrate simple ayurvedic measures for care and protection of the Indriyas.
- To facilitate interactive learning through models posters and paintings.

ACTIVITY REPORT

SI.NO	Name of activity	INDRIYAMITRA EXHIBITION
1.	Venue	Ayurmantapa
2.	Date	07 th of August 2026.
3.	Incharge	Dr.Chnadrashekar.K.M- Chief co-ordinator Prajwal.R.B- Finance and resource mobilization head Sangeeta.S.A- Multitasking volunteer
4.	Time	3.00PM-5.00PM

PROGRAMME DETAILS

- The exhibition compressed five tables each dedicated to one of the five sense organs supported by posters models and demonstrations wherever required .
- The exhibition was strategically scheduled from 3:00 PM to 5:00 PM to coincide with the end of school hours thereby facilitating the participation of school children and their parents.

CHAKSHURINDRIYA- The world of vision



Anatomy of eye by using chart

Uses of eye discussion with children

Dinacharya for eye- Trataka, eyewash with eyecup

Food- carrot, ladiesfinger

Home remedy for eye if burning - aloe vera pulp or Pinwheel Jasmine (nandibatlu flower) crushed should be kept in gauze and folded and kept on eye for relief

Do and don'ts - don't rub eyes, avoid using phone continuously use 20-20 rule

20 sec watching phone and next 20 sec gazing around to avoid eye strain.

SHROTHRENDRIYA- Hear the Good



Presented do's and don'ts : don'ts include use of ear buds hair pins safety pins and high volume in ear pods and excessive use of mobile phone and explained about the disadvantages caused by the use

Do's table include Aahara Vihara and Chikitsa. Aahara include eating green leafy vegetables calcium , magnesium vitamin c and citric fruits and vegetables

Vihara includes use of oil into the ears after finishing of head massage ,use of cotton into the ears while going out in cold breeze and in during the loud volume atmosphere.

Chikitsa: karna purana,karna picchu,karna tarpana etc explained and karna dhoopana also explained

GHRANENDRIYA – Breathe Patiently



- ✚ About respiratory disorder like dust allergy, cough, cold
- ✚ Arvindasava, kanakasava, relaxovem
- ✚ Anutaila - daily application, indication...
- ✚ Games - items sevantige hoovu
- ✚ Cinnamon
- ✚ Lavanga
- ✚ Maricha
- ✚ Pippali
- ✚ Camphor
- ✚ Chakramoggu
- ✚ Tulasi

RASANENDRIYA-Taste with balance



- ✚ Tooth pastes (Ayurvedic and modern)
- ✚ Should avoid harmful tooth pastes containing many chemicals should avoid
- ✚ Tongue scrapers (Copper and steel) Should be used
- ✚ Avoid plastic tongue scrapers
- ✚ Nitya sevaniya aharas
- ✚ Shadrasa aharas are kept
- ✚ Ghrita and milk should be consumed daily
- ✚ Mudga, horse gram, chick pea should be consumed
- ✚ Explained about the benefits of nitya sevaniya ahara, and shadrasa yukta ahara sevana and danta dhavana, jihwa nirlekhana, kavala ,gandusha, and many other things

SPARSHANENDRIYA – *Touch with care*



- ✚ Model: skin model
- ✚ Charts: layers of skin, shiro abhyanga basti pichu etc charts were displayed
- ✚ Medicines: kasisa taila, cutis oil, cutis cream, heme c tab, alergo, dermaclin, psoratica, kumkumadi lepa, sarivadyasava, lodhradava, Aloe vera
- ✚ Do's: cucumber, besan, oil, orange
- ✚ Don'ts: powder, creams, cosmetics etc.
- ✚ We explained about skin it's layers
- ✚ Agara & vihara for healthy skin
- ✚ Demonstration of Abhyanga was performed.

POSTER DISPLAY – *Wisdom unfolded*



The available Wall space was creatively utilised for displaying educational posters transforming a simple existing resource into an informative visual display .

POSTERS ILLUSTRATED :

Aschotana

Pindi

Seka

Ritucharya

Vidalaka

Dinacharya

Pichu

Hanu basti

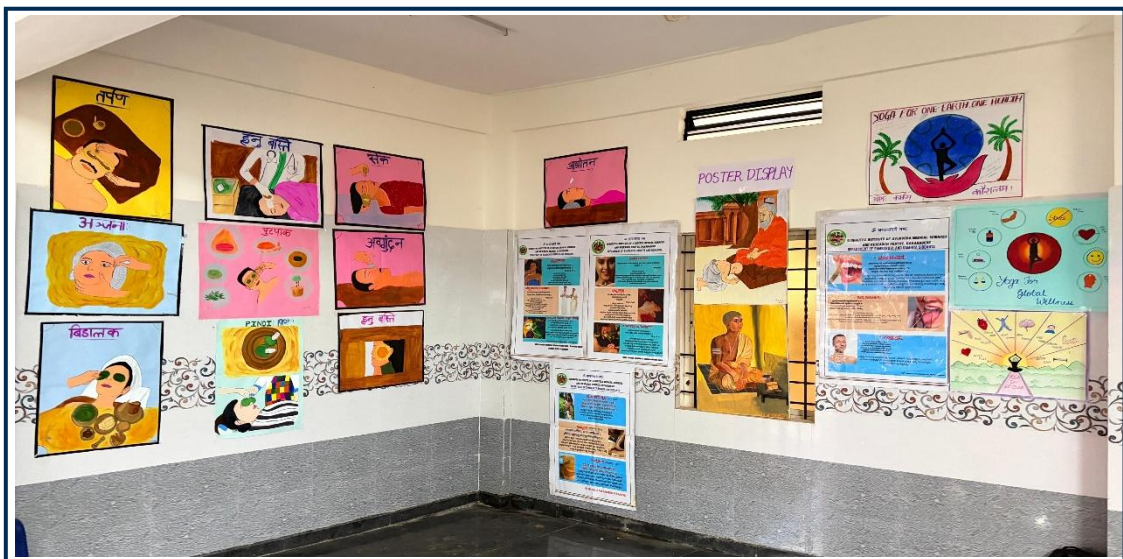
Akshi tarpana

Havagundana

Anjana

Yoga-Awareness

Gurukula padhathi paintings



STRUCTURE OF TEAM

Incharge -Dr.Chandrashekar.K.M-Chief coordinator

EYE-Rakshita.K- Cultural activity head&PoornimaS.H- Multitasking volunteer

NOSE-Kruthika.H.S- Multitasking volunteer &Prajwal.R.B- Finance and resource mobilisation head.

TONGUE-Sarika.S.C- Data collection head&Nidhi- Multitasking volunteer

EAR-Ruksar banu- Multitasking volunteer&Priya.U.M- Survey and research head

SKIN-Keerthana.R- Data Analysis head , S.Misba- Multitasking volunteer



FINAL OUTCOME

- ✓ Facilitated the easy conveying of Ayurveda concepts into simple practical manner.
- ✓ The community gained knowledge about the functions importance of the sense organs along with simple measures for their care.

TARGET BENEFICIERY

Homemakers, Individuals engaged in prolonged screen based in technology activities,
Children.

AYURVEDA GRUHALAYA

PREFACE

Following the encouraging response received for Ayurveda Gruhalaya by villagers during health-checkup camps , one more session was conducted in different areas of the village.

OBJECTIVES

- To promote the use of medicinal herbs and commonly available ingredients for certain health concerns.
- To introduce simple Oushadha Yoga for Indriya.
- To identify and document indigenous knowledge and traditional household practises related to the use of medicinal plants.

ACTIVITY REPORT

SI.NO	Name of activity	AYURVEDA GRUHALAYA	
1.	Venue	Tippe beelu	Masidi road & Anjaneya mahadwara
2.	Date	07 th of August 2026.	07 th of August 2026.
3.	Incharge	Dr.Arya- Academic coordinator	Dr.Rakhee-Programme coordinator.
4.	Time	6.00PM-8.30PM	6.00PM-8.30PM
5.	Mode of Activity	Home to Home visit	Home to Home visit

STRUCTURE OF TEAM

Tippebeelu road	Anjaneya mahadwara & Masidi road
Varsha.M.P- Multitasking volunteer	S.Misba- Multitasking volunteer
Chandana.G.W- Multitasking volunteer	Ruksar Banu- Multitasking volunteer
Abhirami.K.S- Multitasking volunteer	Rakshitha.R- Report writing head
Sarika.S.C -Data collection head	Manoj.Kumar- Photography and videography head
Harsha.R.Desai	Publicity and media head

PROGRAMME DETAILS

Both the teams tried to cover as many homes as possible also our teammates witnessed the practise of indigenous medicinal recipes.



Pomogranate juice with fenugreek seeds powder for diarrhoea

Buffalo milk consumption at night for good sleep

Ashwatha leaves Kashaya for night fever

Benefits of raddish,mango for eyes

Rubbing cucumber pulp for dry &itchy eyes

Black sesame paste with milk for menstrual cramps & etc

FINAL OUTCOME

- ❖ The activity strengthened the preservation and sharing of traditional health practises.
- ❖ This activity helped students to gain knowledge on indigenous medicinal recipes.
- ❖ Good interaction with the villagers regarding mutual sharing of knowledge.

TARGET BENEFICIARY

Students,Homemakers,children, adolescent girl etc

DISCUSSION

Day 5 provided the students with opportunities to apply Ayurvedic concepts through community-based practice and direct interaction. The General Health Camp helped them understand the preventive and therapeutic role of Panchakarma, while the Indriya Arogya mela allowed them to present Indriya Aarogya through models, posters and demonstrations. The repeated Ayurveda Gruhalaya activity was particularly valuable, as the students not only shared Ayurvedic knowledge with households but also learnt about medicinal formulations and traditional practices followed by the villagers. This two-way interaction and the encouraging community response strengthened the students' confidence in taking Ayurveda beyond the institutional setting.

SUMMARY

Suprabhata Sadhane:

Yoga, Pranayama, Mudra and Dhyana were practised, supporting Yoga & Pranayama for Indriya Aarogya and preventive well-being.

Rasayana & Shunti Kashaya Paana:

Amalaki Rasayana and Shunti Kashaya were administered, highlighting the role of Rasayana in maintaining Indriya Aarogya.

General Health Check-up Camp:

The camp incorporated Panchakarma as a preventive and therapeutic intervention, with health assessment and Nidana Parivarjana-based guidance.

 **INDRIYA ARIYA MELA** The five Indriyas were presented through models, posters and demonstrations, supporting training and educational resource development for Indriya Aarogya.

Ayurveda Gruhalaya:

Home-to-home interaction promoted Aushadha Yoga through medicinal recipes while facilitating documentation and sharing of indigenous and village health practices.

SUSHRUTHA INSTITUTE OF AYURVEDA MEDICAL SCIENCES & RESEARCH CENTER

Hospital & Research Centre, Davangere - 577005

In Collaboration with AAPTAS AYURVEDA TRUST

AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 06- MANAHSHANTHI

TABLE OF CONTENTS

- ✚ SUPRABHATA SADHANE
- ✚ DHANWANTARI POOHA & SHLOKA PATANA
- ✚ AHARA FOR INDRIYA AROGYA
- ✚ YOGA FOR YOUNG
- ✚ YOGA, ESSAY & DRAWING COMPETITION
- ✚ HOSPITAL BASED INTERVENTION
- ✚ FELICITATION FOR RESOURCE PERSON
- ✚ JNANANVESHTANA
- ✚ PREPARATION OF VENUE

Through the same structure of a team as per DAY-03,

COMMUNITY MOBILIZATION FOR YOGA SESSION & SUPRABHATA SADHANE were the commencing programmes of the DAY 06, 8th of August 2026.

The regular Suprabhata Sadhane Protocol was followed as on DAY-02, including loosening exercises, yogasana, pranayama ,mudra and dhyana beginning with Patanjali Vandana Stotram and concluding with Shanti mantra. As a special focus for day 03 selected practises were emphasised to support **Mental Well-being**.

Day 06 – Mental well-being & Stress , Day dedicated for Manas-as Indriya.

Problem focus: Stress, anxiety, irritability, mental fatigue and sleep-related difficulties

Asanas: Vrikshasana, Vajrasana, Setubandhasana

Pranayama: Nadi Shodana, Bhramari, Anuloma Viloma

Mudra: Chin Mudra, Yoni Mudra



YOGA FOR STUDENTS & VILLAGERS BY YOGA SPECIALIST



ACTIVITY REPORT

Sl.NO	Name of activity	YOGA SESSION BY SPECIALIST.
1.	Venue	Ayurmantapa
2.	Date	08 th of August 2026.
3.	Resource Person	Veeresh
4.	Time	7.00AM-8.00AM
5.	Mode of Activity	Yoga

PROGRAMME DETAIL

The yoga session was conducted by Acharya Veeresh at Ayurmantapa from 7.00AM-8.00AM to students & villagers gathered.



SHANKAPUSHPI TEA & LEMONADE

Following the Yoga session lemonade and Shankapushpi tea was distributed as it is **Medhya**.

Prepared by: Ruksar.Banu

Distributed by: Abhirami.K

Abhirami.K.S

Chandana.G.W

Varsha.M.P

All multitasking volunteer. Distribution occurred between 7.00AM-8.00AM



Kavala & Gandusha were performed as part of the regular morning Ayurvedic practises with the triphala Kashaya

FINAL OUTCOME

Promoted stress reduction, emotional, balance and mental relaxation.

Encouraged regular practice of Yoga & mindfulness as part of a healthy daily routine.

Strengthened awareness of the mind-body connection in maintaining overall being.

TARGET BENEFICIARY

Individuals experiencing stress, mental fatigue or emotional strain.

Homemakers

Old-age people

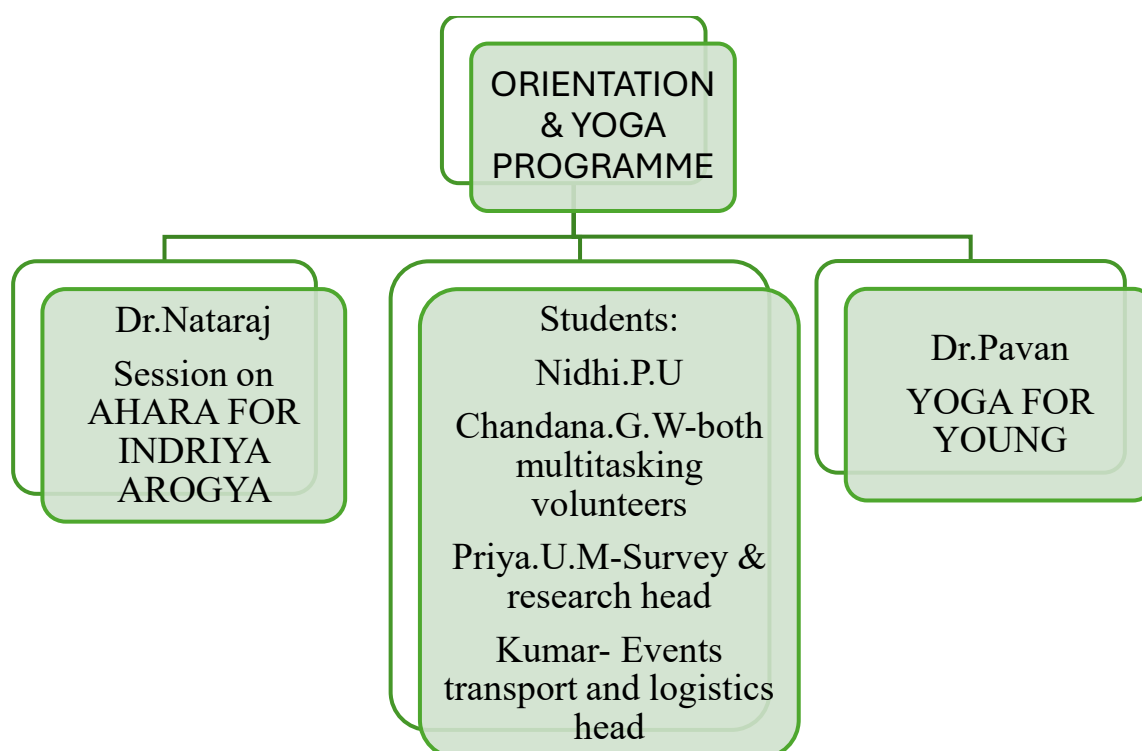
Individuals with Hypertension etc.

SCHOOL ACTIVITY

ACTIVITY REPORT

Sl.NO	Name of activity	INDRIYA AROGYA FOR CHILDREN
1.	Venue	Govt Higher Primary School
2.	Date	08 th of August 2026.
3.	Resource person	Dr.Nataraj-HOD Shalya tantra Dr.Pavan-Asst Prof of Kayachikitsa
4.	Time	10.00AM-12.00PM
5.	Mode of Activity	School visit

PROGRAMME DETAILS & STRUCTURE OF TEAM



AHARA FOR INDRIYA AROGYA by Dr.Nataraj.A

Avoidance of Junk for clear gut inturn clear mind through Gut-Brain axis.

Concept of Viruddha Ahara and its effects.

Importance of Ghee

Easy vegetable salads for good vision & energy.

Pathya Kalpanas of Ayurveda in daily life.



YOGA FOR YOUNG by Dr.Pavan

A session was engaded by Dr.Pavan to acknowledge the significance of Yoga & Dhyana , in developing good behavioural practices in children.





Receiving Abhinandana Patra **YOGA ,ESSAY & DRAWING COMPETITION**

During the first visit to Anjaneya Proudha Shale on 4th August 26, the topic for essay and drawing competition were announced which was scheduled to be conducted on 8.08.26.

ACTIVITY REPORT & STRUCTURE OF TEAM

Sl.NO	Name of activity	YOGA,ESSAY&DRAWING COMPETITION
1.	Venue	Anjaneya Proudha Shale
2.	Date	08 rd of August 2026.
3.	Incharge	Dr. Chandrashekhar K M, Chief coordinator Mnau.B.M – Team head.
4.	Students	Keerthana.R- Data analysis head Poornima- Multitasking volunteer Deepthi.J- SOP and training module head Sangeeta- Multitasking volunteer
5	Time	10.00AM-11.00AM

In place of the every Saturday's PT exercise & drill on 8.08.26 Yoga was conducted at Anjaneya Proudha Shale to the students of

Instructor: Sangeeta.S-Multitasking volunteer.

Demonstrator: Deepthi.J- SOP and training module head.



SADVRITTA

To shape young minds towards mindful and ethical living , selected Shlokas **Sadvritta** and the concept of the **Dashavidha papakarma(Ashtanga Hrudaya Dinacharya adhayaya)** were explained and chanted along with the students highlighting the importance of self-discipline, good conduct and responsible behaviour.



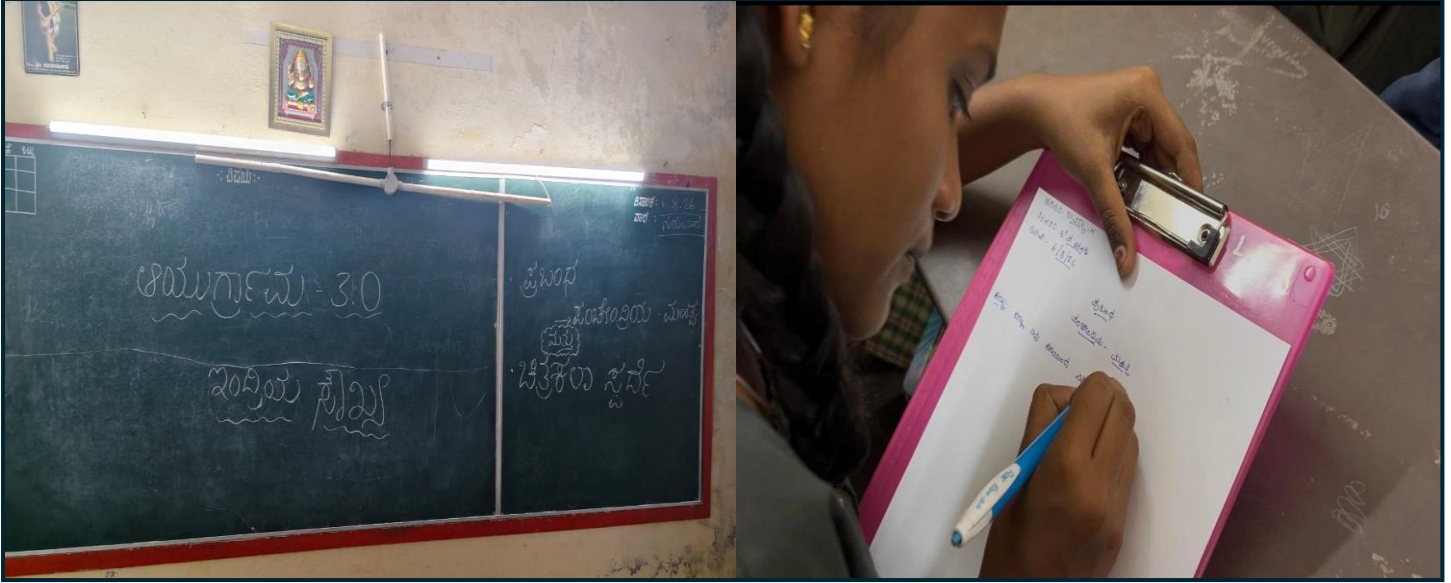
Essay Topic-

Importance of Sense Organs

ಇಂದ್ರಿಯಗಳ ಮಹತ್ವ

Drawing Competition- Sense organs

Following the Yoga these competitions were conducted to the students of 8th Standard. The students were free to choose between any competition they want to participate in.



FINAL OUTCOME

- ✓ Familiarised children with simple wholesome Ayurvedic dietary practises and the importance of yoga in maintaining physical and mental well being.
- ✓ The essay and drawing competition transformed the health education into a lively and enjoyable learning experience encouraging students to participate in the enthusiastically , express their ideas creatively and learn important health messages through enjoyment and interaction



HOSPITAL -BASED INTERVENTION

PREFACE

Patients who showed interest and required specific Ayurvedic interventions were identified during the community activities and guided to Sushrutha Hospital for further management.

OBJECTIVES

- ✚ To initiate appropriate Ayurvedic interventions to patients requiring Specific suitable therapies.
- ✚ To promote long term adherence to Ayurveda through personalized therapeutic care and follow up.

ACTIVITY REPORT

Sl.NO	Name of activity	Hospital visit
1.	Venue	Sushrutha Ayurveda Hospital ,Davangere
2.	Date	08 th of August 2026.
3.	Incharge	Dr.Chandrashekar.K.M- Chief co-ordinator Dr.Arya- Academic coordinator Deepthi.J- SOP & Training module head
4.	Time	12.00PM-1.30PM

STRUCTURE OF TEAM

Dr.Chandrashekar.K.M- Chief co-ordinator

Dr.Arya- Academic coordinator

Deepthi.J- SOP & Training module head

Abhirami.K.S- Multitasking volunteer

Mnaoj.Kumar- Photographing& videography head

Manu.B.M- Team head.

PROGRAMME DETAILS

Procedures such as Akshi Tarpana and Nasya were carried out for selected patients based on their individual needs and suitability.



FINAL OUTCOME

This provided the patients with an opportunity to experience ayurvedic therapeutic procedures in an appropriate and well equipped healthcare environment while also giving students practical exposure to their clinical application.

TARGET BENEFICIARY

Seekers of Ayurveda Treatment

FELICITATION OF RESOURCE PERSON

Venue	Dhanavantari Sabhangana
Time	2.00PM to 3.00PM
Resource Person	Dr.Nataraj.A-HOD Shalya tantra Dr.Pavan- Asst Prof dept of Kayachikitsa
Felicitated by	Dr. Chandrashekhar K M, Chief coordinator
	Dr. Arya Asst Prof RSBK,
	students

After the key-note address by Dr.Nataraj & Dr.Pavan, felicitation was done by Dr.Chandrashekar.K.M , Dr. Arya & students.



JNANAANVESHANA

(Indigenous & Village Practices)

PREFACE

Indigenous and village practises are an important part of our community's traditional knowledge and cultural heritage. Over generations villagers have developed valuable practises based on their experiences, surroundings and the resources available within their communities. Engaging with village resource person provides an opportunity to learn from this knowledge and understand its practical relevance.

OBJECTIVES

- To understand the indigenous and traditional practises followed by the village community.
- To correlate the indigenous knowledge of medicinal plants and traditional practises with principles of Ayurveda.
- To explore the practical application of indigenous knowledge and the use of locally available resources in promoting sustainable and community based practises.



• **SHRI SHIVAKUMARAPPA –REPOSITORY OF INDIGENOUS KNOWLEDGE**

Sri Shivakumarappa a resident of the village has been practising indigenous healing practises for nearly 40 years. He is traditionally known for providing herbal remedies for the treatment of animals and through years of experience has developed extensive knowledge of the medicinal plants found in and around the village. His practical understanding of these plants has also enabled him to recognise their potential applications in human health. His longstanding experience represents a valuable repository of indigenous and community based knowledge that continues to be preserved within the village.

PREFACE

As a part of indigenous and village practises activity a field visit conducted under the guidance of Shri Sivakumarappa ,our village resource person. He took us through the village Surroundings were a variety of medicinal plants are naturally found and from where he traditionally collects plants for medicinal purposes.

OBJECTIVES

- To observe and identify medicinal plants in their natural surroundings.
- To understand the traditional methods of identifying and collecting medicinal plants.
- To learn about the indigenous users of the plants from the village resource person.

ACTIVITY REPORT

SI.NO	Name of activity	JNANANVESHSHANA
1.	Venue	Thurchagatta
2.	Date	08 rd of August 2026.
3.	Incharge	Harsha.R.Desai- Publicity and media head Kumar.P.C- Events transport and logistics head
4.	Time	3.00 PM– 5.00 AM
5.	Mode of Activity	Field visit

PROGRAMME DETAILS

- ❖ From 3:00 PM to 5:00 PM in the afternoon all team members travelled by bus to outskirts of the village under the guidance of Shri Shivakumarappa who led the team to areas where medicinal plants were abundantly available.
- ❖ The team travelled through the village and surrounding areas observing and collecting the locally available medicinal plants.



Plants Explained



Folklore name Hallbyane soppu

Used in tooth ache



Roots boiled and drank for kidney stones



Mullu badane

Used for cough



Haradhacchu – whole plant ,
made into paste taken with milk
for Bone fracture

In this way many medicinal plants uses along with the folklore practices for certain disease were known like

For Herpes drawing the circular round shape around the wound by Sandalwood

Ajwain, dry coconut for mouthulcers

Tulsi swarasa instillation in ears for earpain etc.

FELICITATION FOR RESOURCE PERSON

Venue	Ayurmantapa
Time	5.30PM to 6.00PM
Resource Person	Shri.Shivakumarappa
Felicitated by	Dr. Chandrashekhar K M, Chief coordinator
	Dr Arya Asst Prof RSBK,
	students



VENUE PREPERATION

All the team members , dedicated the night for finalising preparations for the next day's VALEDICTORY PROGRAMME.



DISCUSSION

Day 06 gave the students a refreshing and meaningful experience of learning beyond the classroom. The morning activities on Yoga and mental well-being helped them understand the importance of relaxation and mindfulness, while the school activities provided an opportunity to interact with children and share simple Ayurvedic health practices. The Jnananveshana field visit was especially enriching, as walking through the natural surroundings of the village and observing medicinal plants with Shri Shivakumarappa allowed the students to experience indigenous knowledge first-hand. The serene village scenery, teamwork and direct community interaction made the students feel connected to the purpose of Ayurgram and added a memorable practical dimension to their learning. The day concluded with a sense of satisfaction and collective responsibility as the students worked together to finalise preparations for the valedictory programme.

SUMMARY

- ✚ Conducted Yoga and mental-well-being practices with emphasis on stress reduction, relaxation and mindfulness.
- ✚ Engaged school students through Indriya Aarogya, Ahara, Yoga, Sadvritta, essay and drawing activities.
- ✚ Encouraged students to understand the connection between healthy habits, disciplined conduct and mental well-being.
- ✚ Conducted Jnananveshana, providing students with first-hand exposure to indigenous and village medicinal practices.
- ✚ Explored medicinal plants in their natural surroundings under the guidance of Shri Shivakumarappa and learned about their traditional applications.
- ✚ Helped students appreciate the rich traditional knowledge preserved within the village community.
- ✚ The natural surroundings and peaceful village environment provided students with a refreshing and memorable learning experience beyond the classroom.
- ✚ Strengthened teamwork, community interaction and practical learning among the students.
- ✚ The day concluded with felicitation of the resource person and collective preparation for the valedictory programme, reflecting the students' commitment and teamwork.

SUSHRUTHA AYURVEDA MEDICAL COLLEGE

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AYURGRAMA 3.0

“Swastha Indriya, Swastha india”

DAY 07 – VALEDICTORY PROGRAMME



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AYURGRAM THROUGH MELODY

BRIEF ABOUT AYURGRAM

ADDRESS BY DIGNITARIES

PRIZE DISTRIBUTION

FELICITATION

COMMUNITY FEEDBACK

VOTE OF THANKS

DISCUSSION

SUMMARY

BLESSINGS

The final day of Ayurgram 3.0 began with special homa conducted in Banada Ranganath Swamy temple Thurchagatta. Where all the students present in traditional attire & marking the day with divine blessings.



PREFACE

The Valedictory Function marks the culmination of the seven-day journey of Ayurgrama 3.0 – “Swastha Indriya, Swastha India.” What began as an initiative to take Ayurveda closer to the community gradually blossomed into a shared journey of learning, service, interaction and discovery.

The Valedictory Function is an occasion to reflect upon these experiences with gratitude and pride. It celebrates the collective efforts, participation and bonds created throughout the programme.

As the journey concludes, its spirit continues with a renewed commitment to carry Ayurveda forward into the community.

OBJECTIVES

- ✚ To reflect upon and celebrate the collective journey, experiences and achievements of Ayurgrama 3.0.
- ✚ To felicitate and award prizes to the school children and villagers who actively participated and excelled in the various competitions conducted during the programme.
- ✚ To conclude the programme with gratitude and renewed commitment, carrying forward the spirit of “Swastha Indriya, Swastha India” into the community.

ACTIVITY REPORT

Sl.NO	Name of activity	VALEDICTORY PROGRAMME
1.	Venue	Dhanwantari Sabhangana
2.	Date	09 rd of August 2026.
3.	Incharge	Dr.Chandrashekar.K.M- Chief coordinator Manu.B.M-Team Head Kumar.P.C-Events,transport & Logistics head Kruthika.S-Multitasking volunteer
4.	Time	9.30AM-12.30PM
5.	Mode of Activity	Stage programme

STRUCTURE OF TEAM

- | | |
|---------------------|--|
| 1. Dr Chandrasekhar | - Chief coordinator. |
| 2. Dr.Rakhee | - Programme coordinator |
| 3. Pooja conduction | - Acharya Veeresh. |
| 4. Manu.B.M | - Team Head |
| 5. Varsha.M.P | - Master of ceremony |
| 6. Chandana.G.W | - Master of ceremony |
| 7. Rakshitha.R | - Report Writing Head |
| 8. Prajwal.R.B | - Financial & Resource mobilization head |
| 9. Kumar.P.C | - Events transport and logistics head. |
| 10.Kruthika.S | - Pooja & Award Committee. |
| 11.Manoj.Kumar | - Photography and videography head |
| 12.Harsha.R.Desai | - Publicity and media head |
| 13.Sangeeta.S.A | - Stage committee |



INTRODUCTION

The Master of Ceremony opened the Valedictory function by welcoming everyone & stated the motto of Ayurgram 3.0 Swastha Indriya , Swastha India, with regard of implementing it in Thurchagatta village.



INVOCATION

Reverent Pooja ceremony of Lord Dhanwantari was conducted under the guidance of Acharya Veeresh, invoking the divine blessings of the Lord of health, wisdom and well- being.



WELCOME ADDRESS

The dignitaries ,village, elders and local leaders were warmly welcomed to the valedictory programme by **Ms Sangeeta**.



DIGNITORIES WELCOMED:

- ✚ **Shri Basavarajappa, Chairman, Grama Panchayat, Turchaghatta.**
- ✚ **Shri Basavantappa, Chaiman, Sushrutha Arogya Pratisthana, Davangere.**
- ✚ **Shri Shivayogi Kambalimath, Chairman, Manava vikasa Foundation, Harihar.**
- ✚ **Shri Tippanna, Head of Village, Turchaghatta.**
- ✚ **Smt Meena Shrinivas, Former President, Grama Panchayat, Turchaghatta**
- ✚ **Smt Roopa M V, President, Taluq Panchayat, Belavanuru**
- ✚ **Shri Anvar Bhasha, Member of Congress, Turchaghatta.**
- ✚ **Shri Dr. Laxmipati, Veternary Physician, Turchaghatta.**
- ✚ **Dr.Akbar Khan, Principal SIAMS&RC,Davangere**



A GLIMPSE INTO 7 DAYS

REPORT BY :Tejashwini.T

The programme coordinator presented a short report of the seven days Ayurgama 3.0 journey highlighting the major activities community participation and key outcomes of each day. She briefly brought together the journey from the initial community engagement and health awareness activities to the various expert orientation sessions, yoga programmes, healthcare camps, school activities and indigenous knowledge exploration. The report offered a concise reflection of how the programme unfolded across the seven days and the experience gained by the student and the community which gave the students memories that would remain with them long after the seven days had ended.



AYURGRAMA THROUGH MELODY

Composed & Performed by :

Varsha.M.P & Chandana.G.W – Both are multitasking volunteers



ಇಂದ್ರಿಯಗಳ ಕುರಿತು ಜಾನಪದ ಗೀತೆ

ತುರ್ಚಿಘಟ್ಟದ ಜನರ ಕೇಳಿರಿ ನಾವು ಹೇಳಾಕ ಬಂದಿವಿ
ಇಂದ್ರಿಯದ ಮಹತ್ವದ ಹಾಡನ್ನ ,

ಹಿಂದಿನ ಕಾಲದ ಜನರಿಗೆಲ್ಲರಿಗ ಕನ್ನಡಕ ಇರಲಿಲ್ಲ
ಯಾಕಂದಾಗ ಪೋನೇ ಇರಲಿಲ್ಲ (2)

* ಚಿಕ್ಕ ಮಕ್ಕಳ ಕೈಗೆ ಕೊಡ್ತೀರ ಪೋನ್ನಾ---- (2)
ಊಟ ಮಾಡ್ತಾಕ ಇದೊಂದ ಪ್ಲಾನ?
ನೀತಿ ಪಾರ ಅವರಿಗೆ ಹೇಳಿ, ಸರಿಯಾಗಿ ಕೈತುತ್ತು ನೀವು ನೀಡಿ(2)

* ಕಣ್ಣು ನಮ್ಮ ಬೇಕ ನೋಡಾಕ ಜಗವ --- (2)
ಅದ್ದ ಕಾಪಾಡೋದ ನಮ್ಮ ಕರ್ತವ್ಯ
ಅತಿಯಾದ ಪೋನ್ ಬಳಕೆ ಮಾಡಿ ,ಕಣ್ಣನ್ನ ಕಳೋಬ್ಯಾಡಿ, (2)

* ಧ್ವನಿ ಕೆಳಾಕಾ ಬೇಕು ಕಿವಿಯು (2)
ಅದ್ಕ ಹಾಕ್ಲ್ಯಾಡಿ ಇಯರ್ ಪೋನ್ನ ನೀವು
ಇಯರ್ ಪೋನ್ನ ನೀವು ತ್ಯಜಿಸಿ, ಕಿವುಡರಾಗೋದನ್ನ ತಪ್ಪಿ

* ಅಲರ್ಜಿ ಸೋಂಕಿನಿಂದ ನೀವು ದೂರ ಇರಿ,
ಮುಗಿನಿಂದ ಶುದ್ಧ ಗಾಳಿ ಸೇವ್ವೇ ಮಾಡಿ,
ಧುಮಪಾನ ಸೇವನೆ ಬ್ಯಾಡ, ಗಾಳಿ ಅಶುದ್ಧ ಮಾಡಬ್ಯಾಡ.

* ನಾಲಿಗೆಗೆ ಬೇಕು ಒಳ್ಳೆ ಆಹಾರ- -- (2)
ಹಿತಕರ ಆಹಾರ ಜೀವದ ಸಾರ
ಕುರಕುರೆ ಜ್ಯೂಸ ಬಿಡಿ, ಒಳ್ಳೆ ಹಣ್ಣು ಹಂಪ್ಲ ತಿನ್ನಿ .

* ಚರ್ಮಕ್ಕೆ ಬೇಕು ಒಳ್ಳೆ ಪೋಷಣೆ (2)
ಎಣ್ಣೆ ಮಸಾಜ್ ಮಾಡ್ಕೊಂಡ್ರೆ ರೋಗ ನಿವಾರಣೆ
ಅಕ್ಕ ತಂಗಿಯರೆ ನೀವು ಕೇಳಿ ,ಮುಖಕ್ ಹಾಕೋ ಮೇಕಪ್ಪ ಕಡಮೆ ಮಾಡಿ.

BREIF ABOUT AYURGRAMA 3.0

By: Dr.Rakhee – Programme coordinator



ADDRESS BY DIGNITARIES

The dignitaries expressed their sincere appreciation for the efforts of the Ayurgrama 3.0 team and the meaningful activities carried out throughout the week. They appreciated how such a comprehensive health-oriented programme had been brought to their village and remarked that it was a new and valuable experience for the community. They encouraged the team to continue similar activities for a longer duration, even suggesting that the initiative could be extended for a month, so that more villagers could benefit and the awareness created during the programme could be sustained.



PRIZE DISTRIBUTION TO CHILDREN & VILLAGERS

The winners of activities held in school and for villagers held during health camps were awarded in 1st, 2nd & 3rd prize.





FELICITATION FOR LOCAL STAKEHOLDERS

FELICITATION BY: Dr.Chandrashekar -Chief Coordinator

Dr.Arya- Academic coordinator

Dr.Rakhee – Programme coordinator

Dr.Satish.B.G- Secretary of Sushrutha Arogya Prathishtana

Dr.Akbar Khan-Principal, SIAMS&RC.

Mr.Anil-Chairman Sushrutha Institute of Pharmacy.



FEEDBACK FROM COMMUNITY

SYNOPSIS

- ✚ The villagers expressed great appreciation and satisfaction with the activities conducted throughout the seven-day programme
- ✚ The villagers particularly enjoyed the daily Yoga sessions and expressed that they would genuinely miss having the sessions after the programme concluded.
- ✚ They requested the team to continue Yoga sessions through an online platform, so that they could maintain the practice even after the team's departure
- ✚ They felt that the regular interaction with the students gradually created a close and friendly bond between the team and the community.



VOTE OF THANKS

Master of Ceremony Varsha.M Chandana.G.W concluded valedictory programme by expressing heartfelt gratitude to everyone who took part in this programme.

Finally the Validictory programme was ended by singing Vande Mataram & National anthem.



DISCUSSION

The valedictory programme provided an opportunity to reflect on the successful community-oriented activities conducted under Ayurgrama 3.0. The guest appreciated the efforts towards promoting Ayurveda and healthy living, while the villagers expressed satisfaction with the health awareness sessions, yoga, demonstrations and other activities. Their positive feedback highlighted the practical usefulness and community impact of the programme. Overall, the programme strengthened the connection between Ayurveda education and community health and encouraged continued participation in similar initiatives.

SUMMARY

The valedictory programme of Ayurgrama 3.0 was conducted successfully with a warm welcome to the dignitaries, faculty members, students and villagers, followed by prayer and felicitation. The programme included prize distribution to recognize the winners of various activities, an inspiring guest speech and feedback from the villagers. The programme concluded with a heartfelt vote of thanks to all the dignitaries, management, faculty, coordinators, volunteers, students and villagers for their valuable support and cooperation.



THANK YOU TEAM AAPTAS

FINANCIAL REPORT

INTRODUCTION

The Financial Management in Ayurgrama played a vital role in ensuring proper planning, allocation, monitoring, and utilization of financial resources throughout the programme. The department is responsible for maintaining financial discipline, preparing budgets, monitoring expenditures, coordinating sponsorships and donations, and ensuring transparency in all financial activities.

AIMS AND OBJECTIVES

AIM:

To ensure effective, transparent, and responsible management of the financial resources of Ayurgrama for the smooth and successful conduct of all activities.

Objectives:

1. To prepare and manage the budget for Ayurgrama activities.
2. To ensure proper allocation and utilization of funds.
3. To maintain accurate records of income, expenditure, sponsorships, and donations.
4. To monitor expenses and avoid unnecessary expenditure.
5. To coordinate and manage financial support and sponsorships.

INCHARGE

CHIEF CORDINATOR- Dr. Chandrashekar

Finance and mobilisation head- Prajwal.R.Badappanavar

Supportive team- Poornima.S.H

Sarika.S.C

Manoj kumar

Kruthika S H

SPONSORSHIPS AND EXPENDATURE DETAILS

SPONSORS DETAILS	EXPENDATURE DETAILS
Mr. Mahesh 10000	PRINT= 9837
Dr. Srinivas LD 5000	PETROL=2691
Davangere scientific 5000	POOJA=7308
Arike hospital 5000	MOMENT & CERTIFICATE 6091
Vardhaman distributors 3000	Food on valedictory program =6000 For evening snacks 6758
Ravitej textiles 2001	FELICITATION 5350
Suchetana hospital 1000	MISCILENOUS 7425
Abhaya Ayurveda hospital 1500	DRIVER 3000
Dr. Vinushree 500	
Kotresh 201	
Patanjali shop 100	
Dr. Satish BG 2500	
Dr. Chandrashekar 7500	
Dr. Rakhi 2000	
Dr. Natraj 500	
Dr. Pavitra 500	
Dr. Pavan 1000	
Dr. Megha P 500	
Dr. Rashmi 500	
Dr. Vijayanand 500	
Dr. Sahana 500	
Dr. Deepa 1000	
Dr. Ashwini 500	
Dr. Jyothi	
Dr. Arya 251	
Dr. Viva 201	
Dr. Anjana 500	
Dr. Vani 500	
Dr. Mahalakshmi 500	
Dr. Akshata 251	
Mr. Basavaraj 1000	

Food sponsor by Dr. Akbar khan & Dr. Darshan Babu 20800	20800
Transport sponsor By SIAMS&RC	
First aid kit sponsor by SIAMS&RC	
TOTAL COLLECTION	TOTAL SPENT
75,305	75,260
REMAINING AMOUNT = 45	

We Also Provided First Aid Kit & Panchaindriya Awareness Chart to all the schools

SUMMARY

The Financial Management Department of Ayurgrama, headed by Prajwal.R.B & Team played an essential role in the successful execution of the programme. The department focuses on effective budgeting, proper allocation of funds, monitoring of expenses, and maintaining accurate financial records. It ensures that sponsorships, donations, and other financial resources are utilized responsibly and transparently. Through careful planning and coordination, the department supports various Ayurgrama activities while maintaining financial discipline. Under Prajwal's leadership, the team works towards achieving maximum efficiency in resource utilization and ensuring that every financial decision contributes to the overall success and sustainability of Ayurgrama.

Finance Team

Head - Prajwal.R.B

Teammates- Poornima.S.H.

Sarika.S.C

Manoj Kumar

Kruthika S H

With sincere gratitude to
AAPTAS AYURVEDA TRUST (R)
For giving us the opportunity to be a part of
AYURGRAM 3.0



THANK YOU
AAPTAS

Your guidance, support and trust have made our
journey in AYURGRAM 3.0 truly enriching and memorable.



Thank you for
believing in us.



Thank you for
inspiring us.



Thank you for
empowering us.



Thank you for
being our strength.

Grateful today, inspired forever.