

ĀYURVIDYĀGAM

आयुर्विद्यागम्

Volume II, April-June 2024

Quarterly Newsletter of Rashtriya Ayurveda Vidyapeeth

'Land restoration, desertification &
drought resilience'

World Environment Day!

5 JUNE 2024



10वें

**अंतरराष्ट्रीय योग दिवस
21 जून 2024**

'स्वयं एवं समाज के लिए योग'



योग शारीरिक, मानसिक और आध्यात्मिक कल्याण का एक तरीका है। आइए हम योग को अपने दैनिक जीवन के अभिन्न अंग के रूप में अपनाने का संकल्प लें।

-द्रौपदी मुर्मू
भारत की माननीय राष्ट्रपति



अपने पर्यावरण की रक्षा के लिए एकजुट होकर प्रयास करना बहुत जरूरी है। जब देश का प्रत्येक नागरिक वायु, जल और भूमि में पारिस्थितिक संतुलन बनाए रखने के लिए एकजुट प्रयास करेगा, तभी हम युवा पीढ़ी को एक स्वस्थ वातावरण प्रदान कर पाएंगे।

-श्री नरेंद्र मोदी
भारत के माननीय प्रधान मंत्री



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Leaders Speak



योग के मामले में भारत विश्व गुरु है। भारत ने योग को अंतरराष्ट्रीय स्तर पर पहचान दिलाई और योग के जरिए सांस्कृतिक एकता को बढ़ावा दिया है। शारीरिक और मानसिक सेहत के लिए योग बेहद फायदेमंद है। यह शरीर को रोगमुक्त रखता है और मन को शांत करने में मदद करता है। भारतीय संस्कृति से जुड़ी ये किया अब विदेशों तक फैल चुकी है। हर साल विश्व योग दिवस मनाया जाता है। इस दौरान दुनियाभर के लोग सामूहिक रूप से योगाभ्यास करते हैं।

श्री प्रतापराव जाधव

केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार) आयुष मंत्रालय,
भारत सरकार



नई दिल्ली में योग महोत्सव 2024 (योग की 100 दिन की उलटी गिनती) के उद्घाटन में, आयुष मंत्रालय के सचिव वैद्य राजेश कोटेचा ने इस बात पर प्रकाश डाला कि प्रधानमंत्री नरेंद्र मोदी और आयुष मंत्रालय के अथक प्रयासों से योग हर घर तक पहुंच गया है। उन्होंने चिकित्सा और जीवन दोनों में योग की भूमिका पर जोर दिया। आगे कश्मीर में अंतरराष्ट्रीय योग दिवस के अवसर पर उन्होंने कहा कि 10वें अंतरराष्ट्रीय योग दिवस, न केवल एक उत्सव है बल्कि व्यवहार में बदलाव लाने का एक ठोस प्रयास भी है ताकि लोग योग को अपने जीवन में अपनाएं ताकि उन्हें योग का लाभ मिल सके।

वैद्य राजेश कोटेचा

सचिव, आयुष मंत्रालय,
भारत सरकार

Editor's Desk



The second issue of the quarterly bilingual newsletter of Rashtriya Ayurveda Vidyapeeth is here. It highlights the activities, achievements, upcoming events of the organization and summarizes the literary and clinical contributions of eminent scholars across the nation. As promised, each edition will also focus on a social or health-related theme relevant to the quarter.

This edition focuses on **'Yoga'** and **'Environment'**. It's the 10th year since we started celebrating International Yoga Day. This year focuses on 'Yoga for self and society'. The Ayurveda fraternity propagates the importance of maintaining health, emphasizing the importance of yoga as part of lifestyle and therapeutics is natural. We have yoga experts sharing their observations in a nutshell for us. Personally have been able to contribute by reaching out to pediatric cancer warriors and survivors to improve their quality of life.

Environment is the basis of Ayurveda. As we work towards spreading awareness on methods of conservation etc, we need to bring to light classical texts like Vrikshayurveda and methods to purify the air, water, land etc from the Ayurvedic texts in practice.

Our next issue will revolve around **'Guru Purnima-Contribution of Vaidya's towards healthy Society'**. We are happy to invite contributions for the next issue from CRAV Gurus, Shishyas and the Ayurvedic community in the form of articles, case reports, innovative activities like puzzles, crosswords and theme related updates in our community.

The content and queries can be posted to us on ravdelhitp@gmail.com

Dr. Pooja Neelakantan
Technical Assistant to Director



YOGA AS A THERAPY FOR HEALTH & HEALING

Dr. S.Cijith
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Yoga is an ancient wisdom of a well-disciplined way of life for the spiritual, physical and psychological benefits of an individual. The modern-era disorders called psychosomatic disorders or lifestyle disorders indicate the importance of our mental health and its influence on the physical body.

Yogic practices and their effects on the human body and mind are the one of the most interesting topics for the researchers, there are almost 2100 yoga-related articles published. Physiologically Yogic postures help to improve the state of relaxation, in the process of bone remodeling in joints, stretches improve the blood flow, enhance immunity, and awareness of different body parts enhance mindfulness, regulate rhythmic breathing strengthen the core diaphragmatic muscles, improve the cognitive functions, increasing the pain threshold, improves the mood-related problems, etc. So it's well proven the systematic procedures of yoga can provide a healthy and fruitful life in all aspects.

Physical and mental therapy is one of yoga's most important achievements. What makes it so powerful and effective is the fact that it works on the holistic principles of harmony and unification. Yoga has succeeded as an alternative form of therapy in conditions like obesity and other lifestyle diseases like asthma, diabetes, high blood pressure, arthritis, digestive disorders and other ailments of a chronic and constitutional nature where modern science has not. Yoga therapy is successful because of the balance created in the nervous and endocrine system which directly influences all the other systems and organs of the body.

According to Yoga literature, which is well validated by science too, all lifestyle diseases are rooted in the mind which affects your energy and manifests in the body as symptoms. So the healing process also should start from the mind itself. Here yoga comes with a perfect solution for your Health issues as it works on your mind, energy, and physical plane



Yoga For Health

- Practice Yogic breathing regularly: Yogic breathing is a technique in which we use your abdomen, chest, and shoulders systematically. Try to expand your abdomen, chest and shoulder systematically while you inhale and relax your shoulders, chest, and abdomen while you exhale. It helps to make your breath slow, deep, calm with control and rhythm.
- **Suryanamaskar:** It is a combination of 12 steps with alternative forward and backward stretching. When practiced slowly with awareness, it helps to maintain balance in the hormonal and nervous system and brings harmony in the body.
- **Yogic Asanas:** Yoga 'Asanas' are postures which involve stretching and maintaining it for a while. It helps to give enough movements to the muscles in our body and thereby aids in providing nutrition even to the minor set of muscles in the body. It is always better to include Variety than practicing the same set of asanas daily. Asanas are never intended to practice rapidly or to be in a fight with the body. As traditional texts explain Yoga Asanas are being in a state of stability and comfort.
- **Pranayama:** 'Pranayamas' are systemic breathing methodology in Yoga to purify energy channels and to bring harmony to the physiological functions in the body. 'Pranas' are the Yogic concepts for the vital energy in the body and its rhythmic and harmonious flow is very crucial in keeping our body healthy and disease free.
- **Yoga Nidra:** There is scientific evidence that shows that Yoga nidra and other meditation techniques have an impact in your health by neutralizing our emotional behavior and stress. Regular practice of Yogic meditative techniques helps to calm down your mind and helps to make intellectual choices in deciding your lifestyle.

Understanding illness in a Yogic Way- Yoga For Healing

Diseases of Mankind originates from the layer of Mind, affects/ disturbs the Energy Layer and manifests in the Physical layer as disease/ symptoms. In the Mind the imbalance starts as likes & dislikes which leads to emotional actions. Emotions lead to wrong actions which end up as wrong outcomes, which will create mental stress. This mental stress is named as Adhis (primary disease-no symptom at physical level), which causes agitated body and mind. When body and mind is agitated it affects all the normal physiological functions of the body, especially the digestive system which leads to wrong digestion, non-digestion & over digestion of food.

This impairment in the digestive system causes settling of improperly digested food (toxins) in the body and finally manifests as Vyadhi - Psychosomatic ailments. In the treatment of psychosomatic ailments it is mandatory to work on the body and mind to bring the complete cure. In integrated Yoga therapy, various Yoga modalities are used to treat psychosomatic diseases.

For Physical body : Kriyas (Neti, Dhouthi, Nouli, Sithilikarana vyayama,) cultural and relaxative asanas

For mind : Breathing exercises, pranayama, kriyas, Bandhas and Mudras, Dharana, Dhanya, Yoga nidra

General Instructions/points to remember while Practicing Therapeutic Yoga

- Always practice under the guidance of a qualified trainer.
- Don't copy practices prescribed for others. Even though the disease condition might be the same, the therapeutic Yoga prescriptions are made upon various factors like age, gender, general health, and co-morbidities.
- If you feel any kind of unusual pain or discomfort during practice, stop the practice immediately and bring it to the notice of the doctor.
- Don't fight with your body – always know your limit.
- Keep your awareness in the body and breath during the practice.
- Loosening practices can be done dynamically, but relax completely before the next practice. Don't practice general yoga during the menstrual cycle and pregnancy.
- Avoid yoga during fever, after surgeries, in case spinal cord issues and hernia, seek expert guidance

When Yoga is prescribed as a Therapy, the following Clinical steps need to be followed:

1. Yogic consultation & counseling
2. Detection of cause as per Kosha
3. Suitable treatment protocol
4. Restoration of Health
5. Regular Practice and follow-up

Intervention through yoga therapy

- Annamaya Kosha- Asana, Kriyas, Relaxations, Shidhalikarana Vyayama (naturopathic Diet)
- Pranamaya Kosha- Pranayama, Kriyas
- Manomaya Kosha- Meditation, prayers, relaxation techniques
- Vijnanamaya Kosha- self-analysis, positive thinking, counseling
- Anandamaya Kosha- Jnana yoga, Bhakti yoga, Karma yoga

Yoga Asanas – Determinants of Application

When Yoga is prescribed as a therapeutic tool, it is important to focus on determinants of application to get the best-desired results. The following are vital points to focus on this aspect:

Alignment

- Position of the patient
- Positioning of the joint and muscles
- comfort of the patient

Stabilization

- Proximal attachment
- Distal attachment



Intensity of stretch

- Use Low intensity to begin with
- Determined by the load on soft tissue while elongation
- Always depends on the comfort of the patient

Duration

- Static : stretch for avg 15 sec hold and ten relax
- Static progressive: stretch- hold – stretch more
- Intermittent: stretch – relax – stretch (10 to 15 sec)

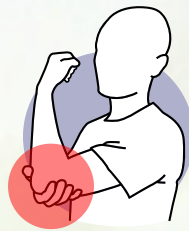
Mode

- Passive
- Assisted
- Active



When Yoga Asanas are prescribed, the following contraindications to be noted and the protocol to be modified accordingly:

- Bony growths
- Recent Fractures/ Surgeries
- Severe pain
- Haematoma
- Acute inflammations/ infections



There are multiple physiological mechanisms which are influenced when Yoga acts as a potential therapeutic tool , and the most important aspects are:

- **Neurotransmitters Mechanisms-** Increases tryptophan availability and serotonin concentrations, Influences the activity of serotonin receptors and able to modify dopamine and noradrenergic activity
- **Inflammatory Mechanisms-** Lower concentrations of inflammatory biomarkers such as CRP and IL-6 are often observed in individuals performing regular stretching
- **Oxidative Stress Mechanisms-** Participation in regular moderate exercise is associated with increased antioxidant defenses and lowered subsequent oxidative stress.
- **Neuroprogression** - Yoga has far-reaching effects on overall brain health by promoting neurogenesis, increasing synaptic plasticity, and increasing resistance to brain insult.
- **Glycogen metabolism & Glucose uptake** - Physical activity promotes whole-body oxygen consumption which activates the metabolism of glycogen and triglycerides. Yogic Practices are also known to improve glucose uptake by increasing insulin sensitivity due to increased availability of glucose transporter-4 (GLUT-4) by translocation to the cell membrane, thereby improving the vascular function in diabetic patients.





UPCOMING TRAINING PROGRAMME 2024

Name of programme	Date	Place
Two Day Training on Primary Trauma Care	1 - 2 July	Rashtriya Ayurveda Vidyapeeth AIAC Hall, Dhanwantari Bhawan, Punjabi Bagh (W), New Delhi
Five -Day Training on "Ready to eat (RTE), Ayurveda Bakery Products, Food Fortification based on Ayurveda at Hamdard University	8 - 12 July	Jamia Hamdard, Center of Excellence Auditorium, New Delhi
Six Day Residential Training Program - Charakayatan for UG/PG Scholars & Teachers	22 - 27 July	Saranya Ayurveda Hospital, Navakkarai, Coimbatore, Tamil Nadu
Two Day Training Programme on Mukha rog and Dant Chikitsa	25 - 26 July	Rashtriya Ayurveda Vidyapeeth AIAC Hall, Dhanwantari Bhawan, Punjabi Bagh (W), New Delhi
Five day Training on "Ready to eat (RTE),Ayurveda Bakery Products, Food Fortification based on Ayurveda	5 - 9 August	National Institute of Food Technology Entrepreneurship and Management, Sonipat,Haryana
Two Day Training Programme on Asthi Marma	12-13 August	Nangelil Hospital, Ernakulam, Kerala
Six Day Residential Training Program - Charakayatan for UG/PG Scholars & Teachers	26 - 31 August	Govt Ayurveda College, Raipur, Chattisgarh
Two Day Training Programme for Teachers of Balrog	28-29 August	SDM College of Ayurveda, Hassan, Karnataka
Two Day Training on Intellectual Property Rights (IPR)	29 - 30 August	Parul Institute of Ayurveda, Vadodara, Gujarat
Three Day Training Programme on Research Methodology & Scientific Writing Workshop for Ayurveda fraternity	11 -13 September	Banaras Hindu University, Varanasi, Uttar Pradesh
Two Day Training Programme for Teachers of Prasuti Tantra and StreeRoga	19 - 20 September	Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh
Six Day Residential Training Program - Charakayatan for UG/PG Scholars & Teachers	23- 28 September	Patanjali Bhartiya Ayurvigyan evam Anusandhan Sansthan, Haridwar, Uttarakhand
Two Day Training Programme for Teachers of Shalakyas	23 - 24 September	Itoozhi Ayurveda, Mayyil, Kannur, Kerala
Two Day Training Programme for Teachers of Agada Tantra	26- 27 September	MVR Ayurveda Medical College , Parassinikadavu, Kerala
Three-day training programme for Teachers , Researchers, PHD & PG Scholars of DG medicinal plant disciplines	September	To be planned in Ranikhet, Uttarakhand



ONE DAY SENSITIZATION PROGRAMME ON ACCREDITATION OF AYURVEDA TRAINING COURSES

S. NO.	STATE	PROPOSED MONTH
1	Shri Dhanwantry Ayurvedic College and Hospital, Chandigarh	30 May 2024
2	Tilak Ayurved Mahavidyalaya, Pune-411011, Maharashtra	04 July 2024
3	Nashik, Maharashtra	To be planned in the month of August 2024
4	Guwahati, Assam	To be planned in the month of August 2024
5	Jammu	To be planned in the month of September 2024
6	Ahmedabad, Gujarat	To be planned in the month of September 2024



WORLD ENVIRONMENT DAY

RAV

JOINS THE

MOVEMENT



'Land restoration, desertification & drought resilience'

5 JUNE 2024

**Pledge, Planting Trees, Informative Webinar, and
Art Competition on this World Environment Day!**





Environment Day Celebrations

World Environment Day, celebrated annually on June 5th, is a global event aimed at raising awareness and encouraging action for protecting the environment. Established by the United Nations in 1974, this day has become a vital platform for promoting environmental initiatives worldwide. Each year, it focuses on a specific theme to address pressing environmental issues, such as climate change, biodiversity, pollution, and sustainable development.

In 2024, the theme is "land restoration, halting desertification, and building drought resilience." This theme underscores the urgent need to restore degraded land, combat desertification, and enhance the resilience of ecosystems and communities to drought.

The celebration on the premises of RAV, in collaboration with NMPB on June 5th, 2024, included a plantation drive, drawing competition, and webinar. The event began with the traditional lighting of the lamp. Dr. Mahesh Kumar Dadhich, CEO of NMPB and the Chief Guest, highlighted Indian cultural traditions like Amla Navami/Ekadashi that contribute to environmental conservation. He also pointed out the auspicious nature of leaves from trees like Mango and Peepal. Dr. Dadhich encouraged everyone to plant one sapling annually on their birthday, promoting individual responsibility in environmental conservation.

During the World Environment Day celebration, Dr. Bharati, Director of CARI, Punjabi Bagh, highlighted the importance of Tulasi Puja in environmental conservation. Vd. Rakesh Sharma, President of BERIS, NCISM, served as the Guest of Honour and emphasized that celebrating this day is an act of 'prayaschita' (atonement).

Dr. Vandana Siroha, Director of RAV, addressed the gathering, summarizing the recent steps and projects launched to conserve the environment. The event was attended by the entire staff of RAV and several officials from CCRAS and NCISM. The inauguration concluded with all attendees taking a pledge under the guidance of Dr. Siroha.

As part of the plantation drive, dignitaries and staff planted 100 plants on the premises of Dhanwantari Bhawan and distributed free saplings. A drawing competition was organized for RAV staff and children, with the best paintings rewarded by the Director of RAV.

The one-hour webinar hosted by RAV aimed at spreading awareness was attended by more than 100 scholars from the Ayurveda community. Experts such as Dr. Arun Goyal, Domain Expert in Dravyaguna, and Dr. Gaurav, a Young Professional, spoke on topics of 'Drought Resilience' and 'Land Restoration and Desertification' respectively.





10वें अंतरराष्ट्रीय योग दिवस 2024

‘स्वयं एवं समाज के लिए योग’





10th INTERNATIONAL YOGA DAY 2024

To mark **10th International Yoga Day 2024**, Rashtriya Ayurveda Vidyapeeth (RAV) in Delhi held an interactive yoga exercise program with great enthusiasm. This year, the theme for International Yoga Day was "Yoga for Self and Society," emphasizing the dual benefits of yoga practice: enhancing personal well-being and fostering a more positive and harmonious society.

Dr. Vandana Siroha, Director of RAV, participated in an hour-long yoga practice session along with senior officials and employees. She also motivated the staff to indulge in daily yoga practices and maintain a healthy lifestyle. Dr. Siroha emphasized that yoga is a transformative practice that represents the harmony of mind and body, the balance between thought and action, and the unity of restraint and fulfillment. She highlighted that yoga integrates the body, mind, spirit, and soul, offering a holistic approach to health and well-being that brings peace to our hectic lives.



UPDATE



Rashtriya Ayurveda Vidyapeeth welcomes Shri Prataprao Jadhav, Union Minister of State (Independent Charge) Ministry of Ayush.

We extended heartfelt gratitude for his vision & leadership, to enlighten RAV to grow, create quality benchmarks, and promote Ayurveda education worldwide.



Rashtriya Ayurveda Vidyapeeth conducted its 52nd Governing Body Meeting, Padma Shri Vd. Rajesh Kotecha, Secretary, Ministry of Ayush, Padma Bhushan Vd. Devinder Triguna (President), Dr. Vandana Siroha (Member Secretary) along with members - Vd. Rakesh Sharma, Dr. S.H. Acharya, Dr. K.S. Dhiman, Vd. S.N. Gupta, Vd. Mukul Patel, Vd. Sanjeev Sharma, Vd. V.V. Prasad, Vd. Prasanna N. Rao, Vd. Arun Kumar, Vd. Lakshman Singh and Dr. Dipti Rekha Sarma.

Gyan Ganga

- A KNOWLEDGE VOYAGE

Rashtriya Ayurveda Vidyapeeth (RAV) is organizing webinar series named "Gyan Ganga–A Knowledge Voyage" every Thursday at 3:30 pm. The purpose of this webinar series is to disseminate authentic knowledge, information & to update the knowledge & skills of Ayurveda fraternity through live interactive session with stalwarts in the field of Ayurveda as well as contemporary sciences. So far, 175 webinars have been organized on different topics.

→ April 2024

<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 166th webinar Dinacharya</p> <p>04th April 2024 at 3:30 PM Speaker Acharaya Vd. Tara Chand Sharma CRAV Guru, Sai Arogya Niketan Rohini, New Delhi</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 167th webinar A unique science of Ayurveda - VAJIKARNA</p> <p>18th April 2024 at 3:30 PM Speaker Dr. Jitendra varsakiya Assistant professor PG Dept. of Kayachikitsa CBPACS New Delhi.</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 168th webinar Brief overview about Ayurved & how to contribute in publishing case studies in Ayurved portal</p> <p>25th April 2024 at 3:30 PM Speaker Dr. P. Ram Manohar Research Director, ACARA School of Ayurveda Amritapuri & Member, NCISM, New Delhi.</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>
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→ May 2024

<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 169th webinar कुपोषण से सुपोषण आयुर्वेद उपचार</p> <p>02nd May 2024 at 3:30 PM Speaker Vd. S. N. Pandey CRAV guru, Ujain panchkarma centre Rishi Nagar, Ujain, Madhya Pradesh</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 170th webinar Talk Show on Accreditation of Ayurved Courses</p> <p>09th May 2024 at 3:30 PM Speaker Dr. Arun Goyal Domain Expert (Accreditation) Ayurveda Training Accreditation Board, RAV, New Delhi.</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 171st webinar Ayurveda principles of management</p> <p>16th May 2024 at 3:30 PM Speaker Dr. Satya prakash Gupta Senior Ayurvedic physician, CRAV Guru (Kaya Chikitsa), Moradabad (U.P.)</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 172nd webinar Traditional management of Psoriasis in Ayurveda</p> <p>30th May 2024 at 3:30 PM Speaker Dr. C.M. Sreekrishnan, CRAV Guru (Kayachikitsa) Dhanwanthari Bhavan, Nelloor,Thiruvur, Kerala</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>
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→ June 2024

<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 173th webinar Preventive Cardiology</p> <p>13th June 2024 at 3:30 PM Speaker Dr. K.V. Rajagopalan BAMS, CRAV Guru (Kayachikitsa) Chief Medical Officer, Arya Vaidya Sala, Kottakkal, Kerala</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 174th webinar स्वास्थ्य संरक्षण - योग और आयुर्वेद कि भूमिका</p> <p>20th June 2024 at 3:30 PM Speaker Vd. Achyut Kumar Tripathi CRAV Guru, Ayurvedacharya, Arogya Sadnam, Gautam Buddha Nagar, Noida (UP)</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>	<p>Rashtriya Ayurveda Vidyapeeth (National Academy of Ayurveda) Gyan Ganga - A Knowledge Voyage Weekly Webinar Series 175th webinar Concept of Mutravaha Srotodusti Vikara w.s.r to Chronic Kidney Disease (CKD)</p> <p>27th June 2024 at 3:30 PM Speaker Prof. (Dr.) Narayan Chandra Dash Ex. Principal, K.A.T.S. Ay. College & Hospital, Anikshapur, Ganjam, Odisha.</p> <p>Follow us on: ravdelhi f t i c Contact us: ravidyapeethdelhi@gmail.com www.ravdelhi.nic.in</p>
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PARTICIPATIONS

The director and staff member of Rashtriya Ayurveda Vidyapeeth have been invited to associate, participate and contribute in various national and international events. Such platforms help to highlight the initiatives of RAV and also to harness our skills in working towards our motto.

1 CME Vaidya Sambhashana Delhi, 16th May 2024.

Rashtriya Ayurveda Vidyapeeth (RAV), New Delhi participated in the one-day CME Vaidya Sambhashana organized by The Arya Vaidya Pharmacy (Coimbatore) Limited on 16th May 2024 at the India International Center.

RAV's Domain Expert, Dr. Arun Goyal, led a session titled "Accreditation of Ayurveda Courses through ATAB," where he emphasized the significance of accreditation in Ayurveda courses and sensitized participants on the subject.



2 All India Institute of Ayurveda, New Delhi (AIIA) celebrated the 30 - day countdown to International Day of Yoga 2024.

The All India Institute of Ayurveda (AIIA), New Delhi organized a grand event - 30 day countdown to commemorate the 10th edition of International Day of Yoga, 2024 on 21st May 2024. The theme of the event on this occasion was 'Yoga for Women Empowerment'.

Sister BK Shivani, a well-known motivational speaker, emphasized that youth of today should understand the importance of perseverance and the significance of Yoga for bringing a change for the betterment of humanity. She asserted that a peaceful mind with the practice of yoga should help the individual take an informed decision for the welfare of the society.



3

“National Consultative Meet”, organised by CCRAS on “Research Priority Setting in Traditional Medicine”.

Dr. Vandana Siroha, Director, RAV participated in the “National Consultative Meet”, organised by CCRAS on “Research Priority Setting in Traditional Medicine”, in collaboration with WHO, on 24th June, 2024.

Ministry of Ayush Secretary, Vaidya Rajesh Kotecha, participated virtually, lauding the event as a pivotal opportunity to shape the future of research in Ayurvedic Sciences. He commended the collaborative efforts of WHO, SEARO, and GCTM, expressing satisfaction with the progress made in recent years.

This one-day national consultative meet laid the groundwork for a decade-long research strategy in traditional medicine, fostering collaborative idea exchange among stakeholders and aligning efforts with WHO guidelines.



Training Programmes



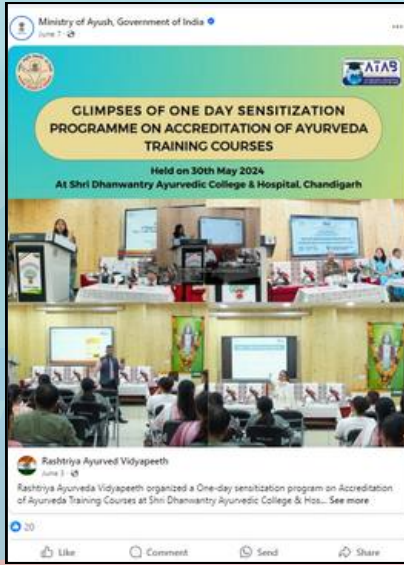
One Day Sensitization Programme on Accreditation of Ayurveda Training Courses - 30th May 2024 - Shri Dhanwantry Ayurvedic College & Hospital, Chandigarh.

- Rashtriya Ayurveda Vidyapeeth organized a One-day sensitization program on Accreditation of Ayurveda Training Courses at Shri Dhanwantry Ayurvedic College & Hospital, Chandigarh on 30th May 2024.
- Dr. Vandana Siroha, Director of RAV, graced the event & highlighted the need for accreditation in the Ayurveda education system. Dr. Vishakha Bahri, Domain Expert & Dr. Arun Goyal, Domain Expert explained about ATAB and its standards & sensitized the participants for accreditation of Ayurveda courses under ATAB. Approx 60 participants including Ayurveda Practitioners & academicians have attended the event.



One-Day Awareness Workshop on Disaster Management - 26th June 2014-All India Ayurvedic Congress Hall (AIAC) Hall Road no. 66, Dhanwantari Bhawan, Punjabi Bagh (West), New Delhi.

- Rashtriya Ayurveda Vidyapeeth (RAV) has organized a One-Day Awareness Workshop on Disaster Management in collaboration with the National Disaster Management Authority (NDMA), New Delhi at All India Ayurvedic Congress Hall (AIAC) Hall ,Road no. 66, Dhanwantari Bhawan, Punjabi Bagh (West), New Delhi.
- The NDMA team had given informative insights about NDMA mandates, Policies ,Plans ,Capacity Building Training, their role in Public relation & Awareness Generation by following experts; - Shri S.C. Mohanty (Lead Consultant-CBT), Shri Anand Sengupta (Consultant-CBDRR), Shri Anuj Tiwari (Consultant Gr. II-PPM), Shri Abhinav Walia (Consultant Gr. II-DM) & Ms. Sindhuja Khajuria (Sr. Consultant-Print & Electronic Media).
- Dr. Vandana Siroha, Director of RAV, felicitated the NDMA team for their valuable insights and guidance. A total of 60 Officials from RAV,NCISM,CARI & AIAC had enthusiastically participated in the same.



राष्ट्रीय आयुर्वेद विद्यापीठ

राष्ट्रीय आयुर्वेद विद्यापीठ (रा.आ.वि.), भारत सरकार, आयुष मंत्रालय के अधीन एक स्वायत्त संगठन है, जिसे शिक्षा की प्राचीन गुरुकुल पद्धति के माध्यम से आयुर्वेद के परम्परागत कर्माभ्यास और ग्रन्थों (मूलपाठ) के ज्ञान को पुनर्जीवित करने के उद्देश्य से वर्ष 1988 में स्थापित किया गया था। यहां लक्षित शिक्षार्थी आयुर्वेद के ऐसे नए स्नातक और स्नातकोत्तर होते हैं, जो परम्परागत आयुर्वेदिक कर्माभ्यास और सिद्धान्तों में स्वयं को अधिक दक्ष बनाने में रुचि रखते हैं। राष्ट्रीय आयुर्वेद विद्यापीठ का सदस्य पाठ्यक्रम (एम.आर.ए.वी.) एवं राष्ट्रीय आयुर्वेद विद्यापीठ का प्रमाणपत्र पाठ्यक्रम (सी.आर.ए.वी.) दो ऐसे पाठ्यक्रम हैं, जिन्हें राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा आयुर्वेदिक शिष्यों को परम्परागत, कर्माभ्यास एवं ग्रन्थ संबंधी ज्ञान में और अधिक निपुण बनाने के उद्देश्य को पूरा करने के लिए प्रारम्भ किया गया है। अब तक 1549 एवं 71 शिष्यों ने क्रमशः रा.आ.वि. का प्रमाणपत्र पाठ्यक्रम (सी.आर.ए.वी.) और रा.आ.वि. का सदस्य पाठ्यक्रम (एम.आर.ए.वी.) पूर्ण कर लिया है। सत्र 2022-23 में, सीआरएवी पाठ्यक्रम के तहत 218 शिष्यों को 83 गुरुजनों के अन्तर्गत प्रशिक्षण दिया जा रहा है। पूरे देश में राष्ट्रीय आयुर्वेद विद्यापीठ द्वारा सूचीबद्ध गुरुजनों के मार्गदर्शन में सभी शिष्य आयुर्वेद के विभिन्न विषयों में कर्माभ्यास का प्रशिक्षण प्राप्त कर रहे हैं।

रोगी की जांच एवं तदंतर उपचार में प्राचीन आयुर्वेदिक पद्धतियों का उपयोग कम किया जा रहा है, राष्ट्रीय आयुर्वेद विद्यापीठ ने इस अन्तराल को महसूस करने के बाद, आयुर्वेदिक शिक्षकों को प्रशिक्षित करने के लिए परम्परागत नैदानिक पद्धतियों से रोगों का आयुर्वेदिक उपचार करने की कला को उन्नत करने के लिए एक कार्यक्रम शुरू किया है। इस कार्यक्रम में उन युवा संकायों पर ध्यान केंद्रित किया जाता है जो चिकित्सा विषयों से संबंध रखते हैं ताकि वे अपने चिकित्सा कर्माभ्यास में प्रयोग करने के लिए ऐसी प्रणालियों में दक्ष हो जाएं। सत्र 2022-23 तक देश में विभिन्न स्थानों पर ऐसे 19 नैदानिक प्रशिक्षण कार्यक्रम आयोजित किए गए हैं।

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