

"National Ayurveda Week" was organized by Shri Baba Mastanath Ayurvedic College and Hospital to mark the 7th Ayurveda Day. National Ayurveda Day was started by Prime Minister Shri Narendra Modi in 2016 for the revival of Ayurveda. Therefore, various programs were organized from 17th October to 22nd October with the inspiration of Mahant Balaknath Yogi Ji, Chancellor of Baba Mastanath University.

The details of the activities are listed below:

- 17/10/2022 – Yogasana Competition, Awareness Lecture and Plantation
- 18/10/2022 - Indoor Games (Badminton, Table Tennis, Chess, Carom)
- 19/10/2022 - Outdoor Games (Race 100, 200 Meter, Volley Ball, Cricket, Kabaddi, Kho-Kho, Throw Ball, Tug of War)
- 20/10/2022 - Rangoli, Poster, Mehendi, Antakshari and Quiz Competition
- 21/10/2022 - Cultural Events and Prize distribution ceremony
- 22/10/2022 - Ayurveda Day Celebration (Dhanwantri Pooja)

Bmu Is Organizing Various Activities For Whole Week:

17 Oct., 2022

- » 1. Yogasana Competition / Awareness Lecture / Plantation

18 Oct., 2022

- » 2. Indoor Games (Badminton, Table Tennis, Chess, Carrom)

19 Oct., 2022

- » 3. Outdoor Games (Race 100/200 mtr., Volley Ball, Cricket, Kabaddi, Kho-Kho, Throw Ball-for Female only, Tug of War)

20 Oct., 2022

- » 4. Rangoli, Poster, Mehendi, Antakshari, Quiz Competition

21 Oct., 2022

- » 5. Cultural Events (Solo Dance, Group Dance, Poetry, Singing)
- » Prize Distribution Function

22 Oct., 2022

- » Dhanwantri Pooja



PROGRAMME AYUHRIDYAM - 2022

DATE	ACTIVITIES	COORDINATOR
17.10.2022	1. Yoga and Meditation Day/ Yogaasana Competition	Dr. Gourav Dalal Dr. Poonam Yadav
	2. Awareness Lecture	Dr. Puneet Sharma
	3. Plantation	Dr. Nitin Jain and Dr. Pooja Rohilla
18.10.2022	Indoor Games 1. Badminton 2. Table tennis 3. Chess 4. Carrom	Dr Amit Kumar Yadav Dr Anita Dr. Jai Prakash Dr. Nitin Jain Dr. Sakshi Dr. Gourav Dalal
19.10.2022	Outdoor Games 1. Run (100 M and 200 M) 2. Volley Ball 3. Cricket 4. Kabaddi 5. Kho-Kho 6. Throw Ball (for female only) 7. Tug of War 8. Long Jump	Dr Amit Kumar Yadav Dr Anita Dr. Jai Prakash Gupta Dr. Nitin Jain Dr. Sakshi Dr. Gourav Dalal
20.10.2022	1. Rangoli competition	Dr. Amrit and Dr. Berkha
	2. Poster Competition	Dr. Amit Dhindwal and Dr. Jai Prakash
	3. Mehendi Competition	Dr. Poonam Yadav and Dr. Sangeeta
	4. Antakshri Competition	Dr. Preeti and Dr. Rinku
	5. Quiz Competition	Dr. Sakshi and Dr. Ritu
21.10.2022	• CULTURAL 1. Solo dance 2. Group dance 3. Poetry 4. Singing 5. Ramp Walk Prize Distribution Function	Dr. Nisha Jaglan & All Cultural Committee
22.10.2022	1. Dhanwantri Pooja	Dr. Tarun Shastri Dr. Nisha Jaglan Dr. Amrit Dr. Anita Yadav Dr. Pooja Rohilla Dr. Amit Yadav Dr. Amit Dhindwal Dr. Nitin Jain Dr. Gourav Dalal

DAY – 1 (17.10.2022) YOGASANA COMPETITION
PLANTATION
AWARENESS LECTURE AND PLANTATION

SUMMARY OF YOGASANA COMPETITION: -

All India Institute of Ayurveda (AIIA), under the Ministry of Ayush, launched the Ayurveda Day 2022 programme. AIIA has been chosen as the nodal agency for driving the Ministry of Ayush's mandate for Ayurveda Day this year. The theme for the celebration is 'Har Din Har Ghar Ayurveda'.

The Ministry of AYUSH celebrates Ayurveda Day every year on Dhanvantari Jayanti and this year it will be celebrated on 23 October. This year the Ministry is celebrating it in collaboration with all the Ministries and departments of Government of India so that every person of the nation is made aware of traditional system of medicine. With this respect Shri Baba Mastnath Ayurveda College, Baba Mastnath University, Asthal Bohar, Rohtak also organised a whole week program under this celebration; which was named "Ayuhridayam" started from 17th Oct. and ended with Dhanvantri jayanti i.e. Ayurveda day, on 23rd Oct.

*Events- Yoga and Meditation/ Yogasana Competition on 17/10/2022 at Mini Auditorium BMU

As we know, yoga plays a significant role in the various aspects of our life. In Ashtanga Yoga, Asanas and meditation are the important limbs of yoga that affect the overall well-being of mankind. With this vision a yoga competition programme was organized in BMU campus by our ayurvedic college on the occasion of Ayurveda day celebration. In this event Vice chancellor Dr R S Yadav, Pro chancellor Dr. Anjana Rao and registrar Dr. Manoj Verma was presented and gave their judgement on this yoga competition. Our principal Dr Ajay Dahiya and Dean Dr Neeraj kumar khare along with all the ayurveda faculty and students were presented in this event.

No of Students Participated - 10

No of students present-150

No of institutional faculty members- 30

Coordinator
Dr Poonam Yadav
Dr Gourav Dalal











DAY – 1 (17.10.2022) : AWARENESS LECTURE

Shri Baba Mast Nath Ayurvedic college, Asthal Bohar, Rohtak organized an awareness lecture on 17th October, 2022 from 10:00 AM to 11:00 AM in Mini Auditorium,.

The awareness lecture delivered by Dr. Puneet Sharma, Associate Professor, in the Department of Samhita Sidhanta. The lecture was attended by Aprx. 100 Students and 25 Faculty Members of Ayurveda Department the guest speaker was heartly welcomed by Studetns of BAMS. The session was very interactive and students participated enthusiastically in the beginning Dr. Puneet Sharma gave the introduction on the minuteness of the factors determining the result of the treatment. Later he explained (1) Dosha – the imbalanced Dosha causing disease int eh treatment (2) Bheshaja- medicines used in the treatement, Kala Time, season (3) Bala – Strength & immunity of the patient (4) Shareera – Nature of the body of the patient (5) Ahara – diet habits of the patient Satmya congenial habits of the patient (6) Satva – Ability of the patient to tolerates the disease/treatment (7) Prakriti – Nature, body type of the patient.

Variation of these factors in causing disease is very subtle, hence, even a brilliant physician can sometimes create an error in judging the disease or the line & quantity of the treatment. The vote of thanks given by Prof. (Dr.) Ajay Dahiya, Principal, SBMN Ayurvedic College and presented a small token of appreciation to our valuable guest. As per the feedback received from the participants it was very good learning experience, the lecture helped them in their understanding the Ayurvedic concept.





DAY – 1 (17.10.2022) : **PLANTATION:**
Summary of Plantation Event

Ministry of AYUSH, Delhi has launched the curtain raiser for the six-week long Ayurveda Day 2022 programme (12th September-23rd October). The theme of this year's Ayurveda Day is "Har Din Har Ghar Ayurveda", with the motive to propagate benefits of Ayurveda to masses and grass-root communities. With this respect Shri Baba Mastnath Ayurveda College, Asthal Bohar, Rohtak also dedicated a whole week under this celebration; which was named "Ayuhridayam" started from 17th Oct. and ended with Dhanvantri jayanti i.e. Ayurveda day, on 23rd Oct.

Event- Plantation of medicinal plants in BMU campus

As you know medicinal plants plays a key role in the maintenance of health .With this vision a tree plantation programme was organized in BMU campus by our college under the auspices of Ayurveda day celebration. In this event Vice chancellor Dr R S Yadav, Pro chancellor Dr. Anjana Rao and registrar Dr. Manoj Verma planted more than 30 plants. Our principle Dr Ajay Dahiya and Dean Dr Neeraj Kumar khare with all the ayurveda faculty and students participated in this event. More than 123 medicinal plants were planted by the members of the management, Faculty and the Staff of the Institute.

No of students present-130

No of institutional faculty members- 23

Total Medicinal plants- 123 (Ashoka, Tulsi, Aragvadha, Arjuna, Bhringraaj, Bakula etc.)

Coordinator
Dr. Pooja Rohila
Dr. Nitin jain







DAY – 2 & 3 (18.10.2022 and 19.10.2022) : **SPORTS**

With continuation of “AYUHRIDYAM 2022’ a sports meet was organized from 17th to 21st October, 2022 with the great enthusiasm. On this special day our Pro Chancellor Ma’am Dr. Anjana Rao, Vice-Chancellor Dr. Prof. R.S Yadav, Registrar Dr. Manoj Verma, Dean Academic Affairs Dr. Naveen Kumar, Controller of Examinations, Dr. Mukesh Singla and Dean Faculty of Sciences Dr. Ravi Kumar Rana was our Chief Guest. The program started with our Kulgeet at 11:00 AM. All the Students & Teachers were very energetic on that day, enthusiasm could be easily seen in their eyes, Our Chief Guest arrived at 11:00 AM & inaugurated our sports program. All the games were organized in our University playground. Along with this, a stage was also made in the ground in which all the senior most Teachers, Principal, Dr. Ajay Dahiya, Dean, Dr. Neeraj Kumar Khare and our Chief Guest were sitting. The first Cricket Match was played. After this many other sports were played which included throwball, Kho-Kho, Volleyball, Race etc. After all the games were over, there was a match between Students & Faculty members. After that, there was a prize distribution ceremony in which all the of the match members of the match winning team were given prizes at from the Chief Guest. The main sports trophy was won by final year New Batch. And in the end, our Chief Guest also gave a motivation speech, in which he advised everyone to participate in the field of sports & also told many benefits of doing sports activities.









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DAY – 4 (20.10.2022) : Rangoli, Poster, Antakshari and Quiz Competition

RANGOLI COMPETITION: In the continuation of event organizing during Ayurveda week 2022 i.e. Ayuhridyam a Rangoli competition was held on 20.10.2022 Rangoli is away to express imagination. Rangoli Making ha been an essential part of Diwali celebration in our country. All the participants had pre planned their pattern.

Each rangoli was unique its own way and the challenges was to creatively incorporate the given color in their design which added a slight twist to the competition and encouraged the participants to think in an innovative manner. The criteria for judgement were the selection of design, neatness, clarity, color combination and creativity or new ideas implemented by the participants to make their design more presentable.

All the participants put their best efforts and after the competition the department of Samhita and Siddhanta was sparkling with such beautiful use of color and design which added to the festive galore.



















POSTER COMPETITION: - The poster competition was held on 20th October, 2022 at SBMN Ayurvedic College under the supervision of Dr. Amit Kumar & Dr. J.P Gupta. The theme was “Har din Har Ghar Ayurveda” with the motive to propagate benefits of Ayurveda to masses & grass root communities. The students expressed their views & thoughts about the Ayurveda by drawing, writing slogans and quotes. One could see & feel the enthusiasm that the students had in their presentation. This activity kept the student engaged and it was organized to explore and encouraged creativity in Student and after them a platform to showcase their skills. The final judgement was based on relevance to the theme, originality, artistic composition, creativity. Message conveyed by the posters and effectiveness in communicating the intended message.





















MEHANDI COMPETITION SUMMARY

Ministry of AYUSH, Delhi has launched the curtain raiser for the six-week long Ayurveda Day 2022 programme (12th September-23rd October). The theme for the Ayurveda Day 2022 celebration is 'Har Din Har Ghar Ayurveda' which stresses creating awareness of Ayurveda for Holistic Health in every household. This will help our nation become healthy and strong. With this respect Shri Baba Mastnath Ayurveda College, Asthal Bohar, Rohtak also celebrated a six week long programme on the occasion of Ayurveda day in which various activities and events will be conducted.

Event- Topic: Mehndi competition

Today on 6th October 2022, Dr. Poonam and Dr. Sangeeta both organized the **Mehndi Competition**. Total 25 students were participated in the Mehndi competition. All the students made very good Mehndi design. They follow all rules for mehndi competition – Mehndi design must cover one hand and also must be covering both sides of palm. 1st prize was received by Vanshika from BAMS intern student, 2nd prize by 'Monika' BAMS final year and 3rd prize got by 1st year BAMS students Muskan.

In this session all the respected doctors along with students were presented. Special thanks to Principal, Dr. Ajay Dahiya and Dean of Ayurvedic College, Dr. Neeraj Khare from the bottom of our heart without them this program could not be possible.











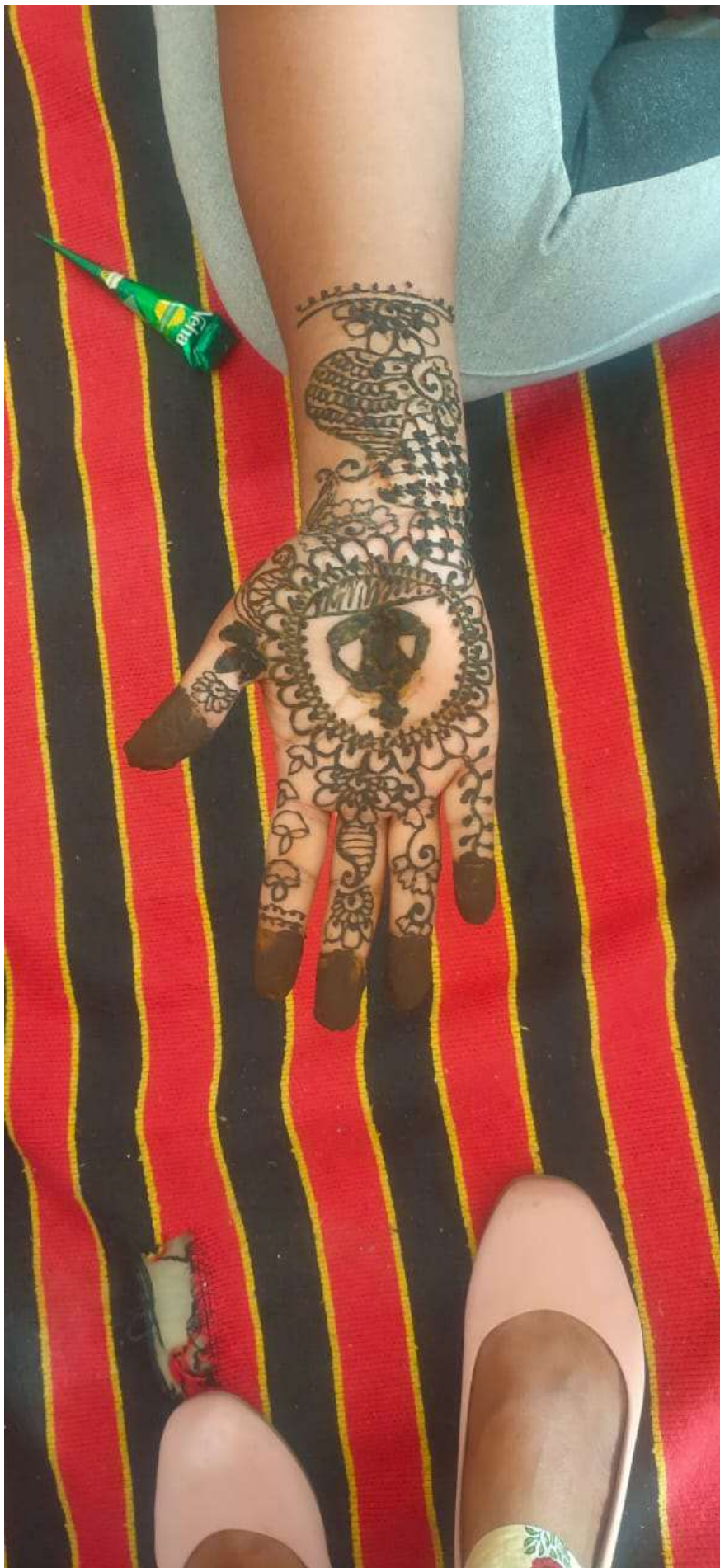












ANTAKSHARI COMPETITION: -

In the continuation of Ayurveda Week. AYUHRIDYAM, 2022 an Antakshari competition was organized on 20th October, 2022. This event was coordinated by Dr. Rinku & Dr. Preeti. In this competition seven teams named Taal, Sitara, Tarana,, Geet, Raag, Nagma and Gajal were participated. This event was conducted through different rounds. The participants whom there talent in their beautiful voices & enjoyed singing with rules. 1st position was begged by the team Tarana & the 2nd position was taken by team Raag.





QUIZ:

In Ayurveda Quiz was organized on 20th October, 2022 under the supervision of Dr. Ritu Mongia & Dr. Sakshi Bhardwaj. In this Quiz 3 rounds of questions were done under which around 40 questions were asked from the Students. In this quiz 24 students from all the years participated & they were divided as 6 students in each group containing 4 groups in total. The quiz contains 3 rounds, 1st round was of MCQ in which each group was asked 6 question. The 2nd round was Buzzer round in which 12 questions were asked from the teams. It was followed by last 3rd round i.e. Rapid fire round. It consists of 10 questions from finalised 3 teams. After the conclusion Team D was declared winner.







DAY: 4**CULTURAL PROGRAM AND PRIZE DISTRIBUTION**

The cultural festival was inaugurated at 11:00 AM in the presence of our Chief Guest, Pro-Chancellor, Dr. Anjana Rao, Vice-Chancellor, Dr. R.S. Yadav, Registrar, Dr. Manoj Kumar Verma, Principal, Dr. Ajay Dahiya, Dean, Dr. Neeraj Kumar Khare and all Faculty Members. Our Principal & the Chief Guests lit the lamp before the picture of Goddess Saraswati & Lord Dhanwantri Ji. After lamp-lightening our Vice-Chancellor, Dr. R.S. Yadava addressed the Students followed by welcome speech of Dr. Neeraj Kumar Khare. The cultural event was started with Ramp Walk competition & it was based on Ayurvedic theme. Students represented different aspects of Ayurveda through their beautiful attires. The participants were judged on the basis of the creativity, innovation & presentation skill. It was not only pleased the huge gathering but also catalysed the hidden sparks of fashion in the admirers of the events. The AYUHRIDYAM 2022, was incomplete without the power-packed treasures of dances. The dances that highlight life & strength. There were 10 participants in Solo Dance & 5 group dance in competition. Dance competition was one of the scintillating events being enjoyed by viewers. Immediately after all the cultural activities, prize distribution took place. The Chief Guest distributed the prizes to the winners of the respected fields. We appreciated their movements with loud cheers. The function ended with National Anthem. This cultural event was concluded by proposing vote of thanks by Dr. Neeraj Kumar Khare.

























DAY: 6

DHANWANTRI POOJA

On the auspicious day of Dhanvanti Jayanti, the students & Faculty of Ayurveda, came together to seek the blessings of the Lord Dhanwantri.

The ritual was graced with the presence of our Hon'ble Chancellor, Mahant Shri Balaknath Yogi Ji, Pro-Chancellor, Dr. Anjana Rao, Vice-Chancellor, Dr. R.S. Yadav, Principal, Dr. Ajay Dahiya, Dean, Dr. Neeraj Kumar Khare and all the Faculties & Students of the Faculty of Ayurveda.

Both the Faculty & Students joined hands together with great zeal to make the event a memorable one also evoking the blessing of the Lord Dhanwantri ji to have a successful Academic & carrier growth. The rituals were conducted by Dr. Tarun Shastri Ji who not only performed the Pooja but also enlightened on the concept of worshipping, Lord Dhanwantri Ji, ending the event by serving Prashad to everyone present.











