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Female Health Camp

“Female & Child welfare Project” of Ayurved Hospital & Research Centre of Bharatiya Sanskriti Darshan Trust, Wagholi in joint venture with Health lift of network department of ‘Annapurna Mahila Mandal’ organized a women health check-up camp at Dr. Ambedkar Sanskrutik Bhavan, Yerawada, Pune on 21/10/2008.

Aims of this health camp were general health check up of women, awareness of women diseases along with their prevention.

Dr. Vineeta Deshmukh, Incharge of Cancer Research Centre undertaken by Bharatiya Sanskriti Darshan Trust , Research Assistant - Dr. Ranjeet Nimbalkar, Dr. Mrs. Shweta Gujar, Dr. Mrs. Suchita Vaidya participated in this camp. Dr. Mrs. Rupali Khobragade- Kayachikitsa Vibhag (Department of Medicine), Dr. Mrs. Ashwini Kelkar- Reader, Shalya Vibhag (Department of Surgery), Dr. Sunita Birade, Lecturer - Stree Rog Prasuti Vibhag (Department of Gynecology & Obstetrics), Dr. Prabhu Jathar- Lecturer Shalakyia Vibhag (Department of ENT), Dr. Mrs. Jyoti Navnale - Lecturer Nidan Vibhag (Department of Pathology), Dr. Amina Patre - R.M.O. Ayurved Hospital & Research Centre, Dr. Bhagyashree Puranik (M.D. Student), Dr Balaji Gawad (M.D. Student), Miss. Gauri Gokhale (Intern), Mr. Arif Sheikh (Intern), Mr. Amol Dargu (Intern) also participated in this camp. A huge contribution was given by Dr. Prabha Godbole, Senior Gynecologist, Bharatiya Sanskriti Darshan Trust. Paramedical Staff - Mr. Ketan Sonavane, Mrs. Rupali Gaikwad & Mrs. Urmila Chinchane & other staff like Mrs. Asmita Pawar, Mrs. Sunita Rokade, Mrs. Manda Patil & members of Annapurna Mahila Mandal, Mrs. Siddhi Kulkarni, Mrs. Komal Boda, & Mrs. Rekha Chavan were also present.

Camp was started at 2.00 pm. About 151 patients were benefited through this camp.

... Female Health Camp

Department wise Distribution of patients:-

Department.....	No. of patient
Kaya Chikitsa	63
Shalakyia	44
Shalya.....	07
Stree Rog & Prasuti Vibhag	11
Bala Rog	26

Dr. Prabha Godbole delivered a short but valuable lecture on women health with PowerPoint presentation. In this lecture, she explained different stages of women life & various common diseases in these stages. Information about early detection, prevention and sign & symptoms of two dreadful cancers commonly found in women i.e. Cervical Cancer & Breast Cancer were also given in the lecture. Health charts were also displayed during this event.



Propagation of Ayurved Abroad

“Ayurved Academy of Yoga in Daily Life”, with support from Bharatiya Sanskriti Darshan Trust, Wagholi and Tilak Maharashtra Vidyapeeth, is doing splendid work of propagation of Yoga & Ayurved, ancient Indian sciences in the west, especially in the Europe. With increasing attraction for Ayurved in the west, the academy has designed a two year Diploma course on Ayurved. It is a vacation course and is held in every summer and winter each year at Vienna in Austria. The course covers the major span of Ayurved in four modules.

The second module of third batch of this course was held from 8th Nov- 16th Nov 2008 at the Ashram in Vienna city in Austria. A total of 11 students from the third batch attended the course. Students from various walks of life attended the course including Doctors, Microbiologists, Hotel managers, Lawyers etc.

The students were from various countries like Croatia, Slovenia, and Austria. The course was conducted with the facility of German translation.

Dr. Vineeta Deshmukh, Reader at Ayurved Mahavidyalaya, Wagholi & in charge of Cancer Research Project undertaken by Bharatiya Sanskriti Trust, Wagholi and Dr. Sumant Khardenavis, M.D. Ayurved Samhita and Junior Research Fellow at Cancer Research Project in Mumbai, delivered lectures on 'Swasthavrutta Topics' included in second module.

In this module, detailed information was provided on the topics of 'Traya Upastambha-Aahara (Diet), Nidra (Sleep) & Brahmacharya (Celibacy), Concept of Vega, Dinacharya (Daily regimen), Rutucharya (Seasonal regimen) and Sadvrutta (Ethical Conduct).

Practical of Dinacharya including Dantadhavana (Brushing of teeth), Jivha nirlekhana, (Tongue cleansing), Anjana, Nasya (Medicated nasal drops), Gandusha (Gargling), Dhoomapana, Abhyanga (Oil massage), Udvartana, Tambula preparation were conducted.

Practical of Aahara topic namely -Classification of Aahara, Preparation of Ushnodaka (Warm water), Siddha Jala (Medicated water), Siddha Dugdha (Medicated Milk), Takra (Buttermilk), Ghruta (Clarified butter), Krushara, Yusha, Vegetable soup etc. were also demonstrated and their importance in Swasthavrutta was explained.

Importance of Yogashastra in Swasthavrutta along with demonstrations of Asanas and their contribution in maintaining health was also explained to the students.

... Propagation of Ayurved Abroad

We are thankful to Mrs. Claudia Matejovsky alias Muktamani who is the Managing Director of Ayurved Academy of Yoga In Daily Life for successfully organizing this course in Vienna



Preparation
of
Practicals



Students
giving
Exam



Dr. Vineeta Deshmukh
while
delivering lecture



Dr. Sumant Khardenavis
while
delivering lecture



Books on Ayurved

Ayurved believes in 'Prevention is better than cure' principle. To increase the awareness among masses about the healthy lifestyle for keeping the diseases at bay, Bharatiya Sanskriti Darshan Trust has published various books. These books cover various topics like Ayurvedic home remedies, Dietetics according to Ayurved, Ideal lifestyle, Cancer etc. These publications have proved to be an immense valued reference to laymen as a guide for healthier life.

In nearby future Bharatiya Sanskriti Darshan Trust is planning to publish more books in various languages for propagation of Ayurved.



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