

DEPARTMENT OF KRIYA SHARIR

विभाग से संबंधित सूचना:

- **विभाग एवं परिसर का नाम:-** Department of Kriya sharir, Uttarakhand Ayurved University Gurukul Campus Haridwar
 - **कुल एवं विधार्थीयो की संख्या:- BAMS Batch 2023 =75**
 - **वर्ष 2023 _ 24 मे प्रकाशित शोधपत्र / किताबें /पेटेंट का विवरण:-**
 - An Observational Study on Concept of Rakta and Haemopoietic System, IJRPR,VOL5,ISSUE6,June2024
 - Role of Panchkarma in Managemant of Infertility - IJRAR.ORG, May 2023
 - A Clinical Significance of Stanya in Present Scenario - JRIM, June 2023.
 - Conceptual review on medodhatu and Adipose Tissue in Ayurveda, WJPMR,Vol 10, feb 2024
 - Role of Nursing Proffesional in Mental Health - WJPR Vol12 8,2023
 - The Eefect of Ritucharya According To Different Ritu"s -JETIR ,vol11, Jan 2024
 - ❖ A Review article on concept of Dhatu W.S.R Metabolism. IJRPR,VOL5,ISSUE6,June 2024
 - ❖ World Journal of Pharmaceutical Research review Article on "A Conceptual Study on Rajonivriti W.S.R to Menopausal Symptoms " , dated - 25-10-2023 .
 - ❖ International Ayurvedic medical Journal review article on significance of Virechan in VYANGA (MELESMA) A KARMA REVIEW .
 - ❖ IJRPR a review article on Concept of Dhatu WSR metabolism Vol 5 , issue 6.
- BOOKS**
- ❖ A Practical Text Book of KriyaSharir.(ISBN – 9788197599866) by Prof. (Dr) Balkrishna Panwar , Dr. Shashank Nautiyal
 - ❖ A Textbook of Kriya Sharir Vigyan of (Ayurved and Modern Physiology) by Prof. (Dr) Balkrishna Panwar
 - ❖ Practical workbook for Kriyasharir.(ISBN – 9788197599859) by Dr. Shashank Nautiyal
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- **वर्ष 2023-24 मे आयोजित कॉन्फ्रेंस/सेमिनार/कार्यशाला /प्रशिक्षण आदि का विवरण:-**
 - WAC(World Ayurved Congress) 2024, Oral Presentation , Topic- Assessment of Medho Dhatu Vriddhi In Different Dhatu Prakrati . By Dr. Shashank Nautiyal . Dated - 12-12-2024

-CME for teachers delivered lecture on assessment of manas prakrati organised at government auto.ashtang ayurved college and hospital, indore (m.p) (9-12-2024)

-UAU Rishikul campus participated as member of jury on world hepatitis day. (28-07-2023)

-Shodhanam 2023 internaional conference on Panchkarma from Gururkul Campus , Haridwar chaired in the conference . Dated - 18-05-2023

-Namo Gange 7th international health and wellness EXPO. 2024 as guest.

-12th Arogya sangoshthi National Conference on Ayurveda for VASUDEV KUTUMBAKAM served as guest. (29-08-2024)

- NCISM New Delhi ,Participated as member in the syllabus framing workshop for Kriya Sharir Post Graduate Programme. (8-10-2024)

-National Ayurveda Research Institute for Panchkarma training programme on research ethics and committee structure and responsibilities attended as participant. (16-03-2024)

-AIIA guest lecture series 2023-24 at AIIA organised by dept. of Kriya Sharira. (02/2024)

-Guest lectures in Transistional Curriculum as guest speaker at

- Bharat Ayu. College and Hospital (09/11/2024)
- Himalaya Ayurvedic PG medical college and Hospital (13/12/2023)
- UAU Rishikul Campus Haridwar (25/11/2023)

Head of Department

Department of kriya sharir

Ph.D. DEPARTMENT OF PRASUTI TANTRA & STREE ROGA

Name of the Department & Campus -

Department of Prasuti Tantra & Stree Roga, Gurukul Campus, UAU

Students & Scholars -

- 69 BAMS Students of batch 2020
- 4 PG Scholars for Co- guidance
- 2 Ph.D. Scholars

List of Research Article Published –

Name of Research Paper Publisher	Title of the Research Paper	Journal ISSN NO –	Year of Publishing first Author, Second Author
1.JCKHH Journal of conventional knowledge and holistic health	Study of preservation and storage methods for gmelina arborea (gambhari) fruits	2581 – 3331	January 2023 Radhika kumiya 1 st Author DC Singh – 2 nd Author GM Kavya – 3 rd Author Kiran Vasist – 4 th Author
2.JONAM Journal of Natural & Ayurvedic medicine	Clinical Efficacy of Shatapushpa Taila Matra basti in PCOS a case study	2578-4986	13 th March 2023 Shivani Singh – 1 st Author G M Kavya – 2 rd Author
3.IJRP International Journal of research and pharmacy	Pharmacognostic and pharmacological properties of gambhari fruit (Gmelina arboreaRoxb) a review	2277 - 4343	April 2023 Radhika kumiya 1 st Author DC Singh – 2 nd Author GM Kavya – 3 rd Author Kiran Vasist – 4 th Author
4.JONAM Journal of Natural & Ayurvedic	Polycystic ovarian syndrome – its ayurvedic correlation and management	2578-4986	3 rd may 2023 Shivani Singh – 1 st Author G M Kavya - 2 rd Author

medicine			K K Sharma – 3 rd Author
5. WJPPS World Journal of Pharmacy and Pharmaceutica l sciences	Shatapushpa taila Matra basti a remedy for Polycystic ovarian syndrome; an analytical review through ayurvedic prospective	2278 - 4357	14 th February 2023 Shivangi Singh - 1st Author Alok Kumar – 2 nd Author G M Kavya - 3 rd Author K K Sharma – 4 th Author

Seminar Attended -

International Seminar attended by Dr.G.M.Kavya

Name	Date	Place
World Ayurveda Congress & Arogya Expo	12, 13, 14, 15 December 2024	Dehradun, UK

List of Guest Lectures Delivered -

SL NO.	DATE	PLACE	TOPIC
01	15/01/2024	CHC Jwalapur	Garbhini Paricharya by Dr.G.M.Kavya
02	07/02/2024	CHC Bahadarabad	Diet During Pregnancy by Dr.G.M.Kavya
03	05/03/2024	CRW Haridwar	Yoga, Pranayam During Pregnancy by Dr.G.M.Kavya
04	01/04/2024	CRW Haridwar	Ayurveda Management For Common Pregnancy Complaints by Dr.G.M.Kavya
05	13/05/2024	CRW Haridwar	Garbhini Parichrya by Dr.G.M.Kavya
06	14/12/2024	World Ayurveda Congress & Arogya Expo, Public Outreach Session, Dehradun	Postnatal Care Through Ayurveda by Dr.G.M.Kavya
07	27/12/2024	CME Ayurveda – Vishwa Ayurveda Parishad, Nia Branch,	Management Of Infertility Through Ayurveda Perspective by Dr.G.M.Kavya

	Jaipur, Online Webinar
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List of Post Graduate Thesis work Co-Guided –

Sl No.	Name of Scholar	Topic	Guide	Co -Guide
1	Neha Joshi	Comparative Clinical Evaluation of Gomutra Haritaki & Ayorajavyosadi Avaleha in Pandu Roga w.s.r. to Iron Deficiency Anaemia	Dr.Punita Pandey	Dr. Arun Tripathi Dr.G.M.Kavya
2	Stuti Rawat	Clinical Study of Narayana Taila Nasya in Vataja Artava Dusti.	Dr.Uttam Sharma	Dr.G.M.Kavya
3	Shivangi Singh	Comparative Clinical Evaluation of Shatapushpa Taila Nasya and Matra basti in Polycystic Ovarian Syndrome w.s.r. to Artava Kshaya	Dr.Alok Kumar	Dr.K.K. Sharma Dr.G.M.Kavya
4	Radhika kumiya	A Comparative Clinico Analytical Study of Kashmari phala churna and Yastimadhu moola churna in Asrigdara.	Dr.D.C.Singh	Dr.G.M.Kavya Dr.Kiran Vasist

Annual Medical Camp List Year 2024 -

SL. NO	CAM P.NO	THEME	PLACE	DATE	NO OF PTS	CONSULTANT
01	40/01	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC - Jawalapur	14 JAN-20 JAN 2024	98	Dr GM Kavya Kriti, Ayushi Akib, Saurabh Durgesh
02	41/02	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC- Jawalapur CRW CHC	21JAN-29JAN 2024	116	Dr Gm Kavya Neha, Shruti Vaishali, Rizwan, Harshit

			Laksar			
03	42/03	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC- Jawalapur CRW CHC Bahadarabd	30JAN- 06FEB 2024	100	Dr GM Kavya Niharika, Nisha Ritika, Shivam Devashish
04	43/04	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC- Jawalapur CRW CIVIL HOSP Roorkee	07FEB- 10FEB 2024	114	Dr GM Kavya Bhumika Anisha, Aditya Piyush
05	44/05	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC Jwalapur	12FEB- 13FEB 2024	142	Dr GM Kavya Shruti, Vaishali Neha, Harshit Reetika
06	45/06	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC Jwalapur CRW	14FEB- 16FEB 2024	116	Dr GM Kavya Namita, Diksha Mahima, Shivani
07	46/07	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC Jwalapur CRW	01MAR 2024	111	Dr GM Kavya Shourya, Ayesha, Keertika, Niharika, Vipasha
08	47/08	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC Jwalapur CRW	02MAR 2024	140	Dr GM Kavya Shivani Hemlata, Pooja, Nisha, Anisha
09	48/09	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CHC Jwalapur CRW	05MAR 2024	121	Dr GM Kavya Shivam, Niharika, Kritika, Anisha, Ayesha
10	49/10	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CRW	13MAR 2024	104	Dr GM Kavya Kritka, Anisha Niharika, Shivam, Piyush
11	50/11	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CRW	1APR 2024	27	Dr GM Kavya Shivani, Shivam Niharika, Namita
12	51/12	Supraja Chikitsa Shivir Garbhini Evam Sutika Swasthya	CRW	20APR 2024	30	Dr GM Kavya Shivam, Piyush Anisha, Namita
13	52/13	Masik Dharm Aniyamitta Chikitsa Shivir	Gurukul OPD	6AUG 2024	100	Dr GM Kavya Deeksha,Parul,Mah ek,Diksha

Supraja Program Summary –

- It is the first & foremost Ayurveda based Antenatal & Postnatal Program approved by for Government of AYUSH & Uttarakhand State Government for uplifting Women's Health.
- Supraja Banner -



उत्तराखण्ड आयुर्वेद विश्वविद्यालय
गुरुकुल परिसर, हरिद्वार
प्रसूति तंत्र एवं स्त्री रोग विभाग

सुप्रजा कार्यक्रम - 2023-2024
(गर्भिणी स्वास्थ्य रक्षण अभियान)

शक्तिः कृपायुक्तं जीवनमस्ति

स्थान-
गुरुकुल परिसर-हरिद्वार
ओ.पी.डी. नं. - 10
सोमवार, बुधवार, शनिवार
समय: प्रातः 9 बजे से दोपहर 2 बजे

Supraja Standby -



उत्तराखण्ड आयुर्वेद विश्वविद्यालय
गुरुकुल परिसर, हरिद्वार प्रसूति तंत्र एवं स्त्री रोग विभाग

सुप्रजा कार्यक्रम - 2023-2024
(गर्भिणी स्वास्थ्य रक्षण अभियान)

गर्भवस्था में आहार
(क्या खाए और क्या न खाए)

गर्भवस्था में आहार (क्या खाए और क्या न खाए) की जानकारी के लिए गर्भ संस्कार विषयक परामर्श।
गर्भिणी हेतु निःशुल्क परामर्श, पंचकर्म चिकित्सा एवं औषध वितरण।
गर्भवस्था में होने वाली जटिलताओं की पूर्ण जानकारी।
गर्भिणी को स्वस्थ एवं उत्तम गर्भवस्था हेतु मासानुसारिक आयुर्वेदोक्त परिचर्या, पथ्य आहार, विहार, संगीत चिकित्सा, कलर थेरेपी एवं योगाभ्यास प्रशिक्षण।

स्थान- गुरुकुल परिसर-हरिद्वार
ओ.पी.डी. नं. - 10, सोमवार, बुधवार, शनिवार, समय: प्रातः 9 बजे से दोपहर 2 बजे

Supraja Pamplet



सुप्रजा कार्यक्रम
गुरुकुल परिसर, हरिद्वार

1. गर्भावस्था संबंधित निःशुल्क परामर्श एवं यथावश्यक प्रशिक्षण।
2. आयुर्वेद अनुसार गर्भिणी परिचर्या की जानकारी।
3. गर्भिणी आहार-विहार संबंधित आवश्यक निर्देश।
4. गर्भिणी मानसिक स्वास्थ्य संबंधित प्रशिक्षण।
5. गर्भिणी हेतु योगाभ्यास निर्देश।
6. गर्भिणी स्वास्थ्य रक्षण हेतु निःशुल्क सुप्रजा किट वितरण।

स्थान-
प्रसूति एवं स्त्रीरोग विभाग
उत्तराखण्ड आयुर्वेद विश्वविद्यालय
गुरुकुल परिसर-हरिद्वार

दिनांक एवं समय
सोमवार, बुधवार,
शनिवार
समय 9:00 बजे
से 2:00 बजे तक

All India Supraja Video Competition –

It is conducted to promote Gurukul Supraja Program in Social Media in order to create awareness in public.

@UAV.GURUKUL
presents

GURUKUL SUPRAJA

ALL INDIA ONLINE VIDEO COMPETITION 2024

ENTRIES ARE OPEN TILL 20TH JANUARY

FREE ENTRY

ORGANISED BY
DEPARTMENT OF PRASUTI TANTRA AND STRI ROG, GURUKUL CAMPUS,
UTTARAKHAND AYURVED UNIVERSITY

@UAV.GURUKUL
presents

FREE ENTRY

GURUKUL SUPRAJA

LAST DATE - 20TH JANUARY

ALL INDIA ONLINE VIDEO COMPETITION 2024

PRIZES AND AWARDS

- Cash Prizes and Certificates for top participants.
- Top 10 participants (if interested) will get the chance to work on Supraja Research project.
- Certificate of Appreciation for all good quality videos.

THEMES FOR THE VIDEO

1. Pre Conceptional Care & Ayurveda
2. Shreyasi Santan through Ayurveda
3. Yoga & Pranayama during Pregnancy
4. Common ailments of Pregnancy & Ayurveda Management
5. Diet & Lifestyle during Pregnancy
6. Ayurveda Antenatal care & easy labour
7. Music Therapy and its role in foetal development
8. Ayurveda & Postnatal Health
9. Investigation during Pregnancy
10. Divine / Spiritual therapy during Pregnancy

WHO CAN PARTICIPATE ?

- BAMS Students, Interns, PG Scholars

HOW TO SUBMIT ENTRIES?

- Video has to be submitted directly to the whatsapp number - 9675134578.
- Participant has to mention their Name, Batch ,College and Instagram account along with the entry.

RULES & GUIDELINES

- Video can be in landscape (16:9) or Portrait (9:16) format.
- Participants are free to use any kind of effects/ animations in their videos to make it more appealing and informative.
- Video duration must be at least 1 minute and must not exceed 4 minutes.
- Multiple video entries per person are also allowed.
- Participant has to follow @uav.gurukul and @supraja.gurukul instagram account. Videos will be uploaded there.

ORGANISED BY
DEPARTMENT OF PRASUTI TANTRA AND STRI ROG, GURUKUL CAMPUS,
UTTARAKHAND AYURVED UNIVERSITY
(An Autonomous Body of Uttarakhand Government)

ELIGIBILITY - WHO CAN PARTICIPATE ?

- Participation is open exclusively to individuals pursuing studies in Bachelor of Ayurvedic Medicine and Surgery (BAMS) all proffs, including interns and postgraduate scholars across various branches of Ayurveda. Eligible participants must be currently enrolled in any college within the geographical boundaries of India.
- Participants must follow @uav.gurukul and @supraja.gurukul instagram account. Video will be posted through these accounts on Instagram.

THEMES FOR THE VIDEO

1. Pre Conceptional Care & Ayurveda
2. Shreyasi Santan through Ayurveda
3. Yoga & Pranayama during Pregnancy
4. Common ailments of Pregnancy & Ayurveda Management
5. Diet & Lifestyle during Pregnancy
6. Ayurveda Antenatal care & easy labour
7. Music Therapy and its role in foetal development
8. Ayurveda & Postnatal Health
9. Investigation during Pregnancy
10. Divine / Spiritual therapy during Pregnancy

RULES & GUIDELINES

- There is no entry fee for the competition.
- Video can be in landscape (16:9) or Portrait (9:16) format.
- Participants are free to use any kind of effects in their videos to make it more appealing and informative.
- Video duration must be at least 1 minute and must not exceed 4 minutes.
- Video can be animated as well.
- Multiple video entries per person are also allowed.

WINNER SELECTION CRITERIA

Every video submission will be thoroughly evaluated, considering aspects, like the quality of the audio and video components; the excellence of the content; the uniqueness of the concept as well as the depth and accuracy of information provided, including references. The Gurukul Supraja Team holds the authority for making judgments. It is important to note that once their decision is made, no further disputes will be entertained. This ensures a conclusive outcome, to the evaluation process.

HOW TO SUBMIT ENTRIES?

- Video has to be submitted directly to the whatsapp number - 9675134578.
- Participant has to mention their Name, Batch ,College and Instagram account along with the entry. PG participants has to mention their UG College as well.
- Scan the QR Code to submit entries.

Received 43 entries for the video competition from students of different Ayurveda colleges from whole over India.

Our panel of Judges are Professors from Reputed Ayurveda colleges from Maharashtra, Karnataka, Rajasthan & Technical expert from Uttarakhand.







IST PRIZE

NAME	BATCH	COLLEGE	THEME
DEVANSH PANDEY	2023	UAU , GURUKUL UTTARAKHAND	MUSIC THERAPY AND ITS ROLE ON FOETAL DEVELOPMENT


2ND PRIZE

NAME	BATCH	COLLEGE	THEME
VIKAS AGRAWAL	2023	UAU , GURUKUL UTTARAKHAND	INVESTIGATION DURING PREGNANCY



CONSOLATION PRIZE

NAME	BATCH	COLLEGE	THEME
PRIVANSHU THAPLIYAL	2023	UAU , GURUKUL UTTARAKHAND	DIVINE / SPIRITUAL THERAPY DURING PREGNANCY
UJJWAL KUMAR	2021	UAU , GURUKUL UTTARAKHAND	AYURVEDA AND POST NATAL CARE
MONIKA PATDAR	2021	GAC, BURHANPUR MADHYA PRADESH	MUSIC THERAPY AND ITS ROLE IN FOETAL DEVELOPMENT
SNEHASP AND MALIBARJUN	2019	BYVS AYURVED COLLEGE , KARNATAKA	PRE - CONCEPTIONAL CARE AND AYURVEDA



APPRECIATED VIDEOS

NAME	BATCH	COLLEGE	THEME
FALKEEN AND ADDEBA	2021	TMAES AYURVEDIC MEDICAL COLLEGE , KARNATAKA	PRE CONCEPTIONAL CARE AND AYURVEDA
VINAY KUMAR	2022	SUSHREETHA AYURVEDIC MEDICAL COLLEGE , KARNATAKA	DIET AND LIFESTYLE DURING PREGNANCY
BHUMI KAUSHIK	2023	UAU , GURUKUL UTTARAKHAND	AYURVEDA ANTI - NATAL CARE AND EASY LABOUR
RASHI PATAWANE SMITALIN PATTA JOSHI	2022	AMRITA SCHOOL OF AYURVEDA , KERALA	DIET AND LIFESTYLE DURING PREGNANCY
NAMYA VASHIST	2021	COER COLLEGE , ROORKEE	DIET AND LIFESTYLE DURING PREGNANCY
AKSHIT	2023	UAU , GURUKUL UTTARAKHAND	DIET AND LIFESTYLE DURING PREGNANCY
SHIVANGI YADAV	2020	UAU MAIN CAMPUS DEHRADUN, UTTARAKHAND	YOGA DURING PREGNANCY AND PRANAYAMA



APPRECIATED VIDEOS

NAME	BATCH	COLLEGE	THEME
DIVYA THAKUR	2015	UAU , RISHIKUL UTTARAKHAND	DIET AND LIFESTYLE DURING PREGNANCY
AYISHA NAUSHEEN	2020	PAMC , KERALA	ROLE OF MALE FERTILITY FOR SHREYASI SANTAN THROUGH AYURVEDA
POOJA .S. KUMAR	2ND PROFF	PAMC , KERALA	YOGA AND PRANAYAMA DURING PREGNANCY
VIKAS AGRAWAL	2023	UAU , GURUKUL UTTARAKHAND	DIET AND LIFESTYLE DURING PREGNANCY
UJJWAL KUMAR	2021	UAU , GURUKUL UTTARAKHAND	MUSIC THERAPY AND ITS ROLE IN FOETAL DEVELOPMENT
FALKEEN AMEER	2021	TMAES AYURVEDIC MEDICAL COLLEGE , KARNATAKA	DIET AND LIFESTYLE DURING PREGNANCY

Supraja Training Program



Innovative work in Supraja Training Program –



Gestogram / Gestational Age & Fat Index / BMI Calculator wheel created by Interns Mahima Lohiya & Diksha Bhaisora 2018 BAMS Batch

All India Supraja Webinar –



UTTARAKHAND AYURVED UNIVERSITY

GURUKUL CAMPUS, HARIDWAR

DEPARTMENT OF PRASUTI TANTRA & STREE ROG



SUPRAJA TRAINING PROGRAMME (2023-2024)

THEME OF LECTURES-

- 1) Preconceptional Care & Role of Rajasawalacharya
- 2) Garbha sanskar
- 3) Diet during Pregnancy
- 4) Life style during Pregnancy
- 5) Antinatal care & Ayurveda Medicines
- 6) Episeotomy suturing skill development
- 7) Sukhprasav Therapy
- 8) Management of Labour
- 9) Ayurveda Postnatal Care
- 10) Birth Spacing Method



**Online Lecture : Google Meet
Time : 3-4 PM**

**Offline Lecture : Seminar Hall,
Clinical class, Gurukul Campus
Time : 9-10 AM**



UTTARAKHAND AYURVED UNIVERSITY

GURUKUL CAMPUS, HARIDWAR

DEPARTMENT OF PRASUTI TANTRA & STREE ROG



SUPRAJA TRAINING PROGRAMME (2023-2024)



A Knowledgeful informative coachings demonstrative sessions for PG scholars, Internees, Volunteers, Nursing staff, Pregnant women & Couple planning for a baby .

Organised by
Dr.G.M.Kavya,
M.S.,Ph.D
HOD,Deptt of P.T.S.R

WEBINAR SCHEDULE

S.NO	DATE	DAY	Name of the Speaker	Topic	Time
1	5/4/24	Friday	Dr. Kavya	Maternal health care through Ayurveda	4-5pm
2	7/4/24	Sunday	Dr. Shilpa	Episiotomy suturing skills & Perineal Tear Repair	10-11am
3	8/4/24	Monday	Prof. Anuroopa	Myths & Facts of Rasaushadhi used during garbhini & sutikawastha	12-1pm
4	9/4/24	Tuesday	Dr. Priyanka	Repeated pregnancy loss w.s.r yonivyapada	12-1pm
5	11/4/24	Thursday	Prof. Rachana	Imp. of vivah & garbhasanskar in achieving shreyasi praja	2-3pm
6	14/4/24	Sunday	Dr. Deeksha	Garbhini Paricharya: A scientific evaluation w.s.r to ANC	10-11am
7	17/4/2	Wednesday	Prof. Pallavi	Medicolegal aspect of abortions, Pregnancy & Delivery	12-1pm
8	19/4/24	Friday	Dr. Poonam	Exploring the cosmic impact of senses on the foetus through Garbha Sanskar	12-1pm
9	21/4/24	Sunday	Prof. Padamsaritha	Management of Labour-an Ayurvedic perspective	10-11am
10	28/4/24	Sunday	Dr. Sonu	Investigations during Pregnancy	10-11am

UTTARAKHAND AYURVED UNIVERSITY
GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA




SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= Importance of Vivah & Garbhasanskar in achieving Shreyasi Praja



Dr. Rachana Bhat
(M.S Ayu)
 Professor
 (Dept. of P.T.S.R.)
 Sri Sri college of Ayurvedic
 Science & Research Hospital,
 Bengaluru

All India Supraja Webinar: Google Meet
 Date:- 11/4/24 Time:- 2-3 pm



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA




SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= Garbhini Paricharya: A scientific Evaluation w.s.r to ANC



Dr. Deeksha Khathuria
(M.S Ayu)
 Lecturer
 (Dept. of P.T.S.R.)
 Madan Mohan Malviya govt.
 Ayurved college, Udaipur

All India Supraja Webinar: Google Meet
 Date:- 14/4/24 Time:- 10-11 am



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA




SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= Repeated Pregnancy loss w.s.r Yonivyapada



Dr. Priyanka Shankar
M.S (Prasuti) Ph.D (Ayu)
 Ayurveda Medical Officer
 Bilaspur, Himachal Pradesh
 M.S & Ph.D from (NIA)

All India Online Webinar: Google Meet
 Date:- 9/4/20 Time:- 12-1 pm



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA




SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= Episiotomy suturing skills & Perineal Tear Repair



Dr. Shilpa Amol Koranne
(M.S Ayu)
 Associate Professor & HOD
 (Dept. of PTRS)
 Smt. K.C Ajmera Ayurveda
 Mahavisyalaya Dhule
 Maharashtra

All India Supraja Webinar: Google Meet
 Date:- 7/4/24 Time:- 10-11 am



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
 GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA



SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= **Myths & Facts of Rasaushadhi used during Garbhini & Sutikawastha**



Dr. Anuroopa H.K
(M.D Ayu)
 Professor & HOD
 (Dept. of RSBK)
 Govt. Ayurveda Medical college
 Mysore, Karnataka

All India Online Webinar: Google Meet
 Date:- 8/4/24 Time:- 12-1 pm



Organised by- Dr. G.M. Kavya (M.S Ph.D)
 Ass. Prof. & HOD, Dept of P.T.S.R

UTTARAKHAND AYURVED UNIVERSITY
 GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA



SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= **Investigation during Pregnancy**



Dr. Sonu Vipin Tanwar
(M.D Ayu)
 Assistant Professor
 (Dept. of P.T.S.R.)
 NIA, Jaipur (Rajasthan)

All India Supraja Webinar: Google Meet
 Date:- 28/4/24 Time:- 10-11 am



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
 GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA



SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= **Medicolegal aspect of Abortions, Pregnancy & Delivery**



Prof. Pallavi YC
(M.D Ayu)
 Professor
 Dept. of Agad Tantra
 JSS Ayurveda Medical college,
 Mysuru

All India Supraja Webinar: Google Meet
 Date:- 17/4/24 Time:- 12-1 pm



Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

UTTARAKHAND AYURVED UNIVERSITY
 GURUKUL CAMPUS, HARIDWAR
 DEPARTMENT OF PRASUTI TANTRA & STREE ROGA

SUPRAJA TRAINING PROGRAMME (2023-2024)

NAME OF LECTURE= **Management of Labour**

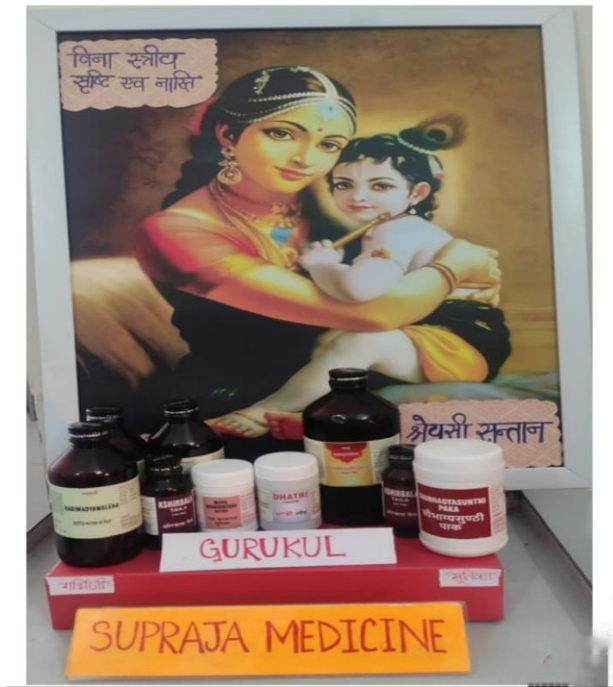
Dr. Padamasaritha K
M.S (Obs-Ayu)
 Professor & HOD of P.T.S.R.
 YIC Medical Astrology
 UG- TGAMC Bellary
 PG- SDM udupi

All India Online Webinar: Google Meet
 Date:- 21/4/20 Time:- 10-11 am

Organised by-
 Dr. G.M. Kavya M.S., Ph.D.
 Asso. Prof. & HOD, Dept of P.T.S.R.

Page 3 / 14

Supraja Medicine Kits –



SUPRAJA KIT	MEDICINE
Kit-1 Garbhini Chardi	Dadimavaleha
Kit-2	1)Dhatri Lauha 2)Mahadhanwantaram Gulika 3)Ksheerabala Tail
Kit-3 Sutika	1)Dashmularishta 2)Saubhagyasunthi Pak 3)Ksheerbala Tail

Supraja Medical Camps conducted – 12















UTTARAKHAND AYURVED UNIVERSITY
GURUKUL CAMPUS HARIDWAR.
DEPT. OF KAYACHIKITSA
DEPARTMENTAL ACTIVITIES IN 2024

विभाग से सम्बन्धित सूचना :

H.O.D – PROF. DINESH KUMAR GOYAL

PROFESSOR – DR. PUNITA PANDEY

ASSISTANT PROFESSOR – DR. SANGITA DEVI

कुल MD विद्यार्थियों की संख्या – 16 (PG Scholars)

- NO. OF DEPARTMENTAL SEMINAR - 27
- NO. OF CASE PRESENTATION (2024) - 09
- NO. PUBLISHED ARTICLE (2024) –

S.NO	AUTHOR NAME	TOPIC	NAME OF JOURNAL
1	DR. MANISHA	LIFESTYLE MODIFICATION IN HYPERTENSION: A REVIEW	IJRAP
2	DR. MANISHA	Alzheimer's disease: A Comprehensive Review of Pathophysiology and Management Approaches	WJPR
3	DR. MANISHA	उच्च रक्तदाव	Ayur- Tarangini
4	DR. SONAM RAWAT	A case study: Ayurvedic management of vicharchika with special reference to eczema.	IJRAR
5	DR. SONAM RAWAT	Impact of lifestyle modification in premeha (diabetes mellitus)	WJPR
6	DR. SONAM RAWAT	Case report: efficacy of navakarshika Kashaya in the management of vatarakta(gout)	IJFMR

7	DR. SONAM RAWAT	Effectiveness of panchakarma in pcos.	AYURGANGA
8	DR. NIHARIKA	ऋतु हरितकी	AYURGANGA
9	Dr. RAJNI	A single case study: efficacy of shaman yoga in vipadika w.s.r palmoplantar psoriasis	WJPR
10	DR. PREETI	आयुर्वेद में आहार का महत्व	AYURGANGA

• **THESIS WORK DONE & ONGOING (2024)**

S.NO	BATCH	NAME	TOPIC	GUIDE	CO-GUIDE
1	2021	DR. ARUN VERMA	CLINICAL EVALUATION OF TRIPHALADI KWATHA IN MADHUMEHA (TYPE 2 DIABETES MELLITUS)	DR. PUNITA PANDEY	-
2	2021	DR. MANISHA	CLINICAL EVALUATION OF SRAPAGANDHA GHANVATI IN HYPERTENSION	DR. PUNITA PANDEY	-
3	2021	DR. SONAM RAWAT	CLINICAL EVALUATION OF NAVAKARSHIKA KASHAYA IN VATARAKTA	DR. DINESH KUMAR GOYAL	DR. BALKRISHNA PANWAR
4	2022	DR. AKESH NAUTIYAL	A CONTROLLED COMPERATIVE STUDY TO EVALUATE THE EFFECT OF NAVAYAS LAUHA IN PANDU ROGA (IRON DEFICIENCY ANEMIA)	DR. DINESH KUMAR GOYAL	DR. SANGITA DEVI DR. UMANG NAUTIYAL
5	2022	DR. CHANDA PAL	CLINICAL STUDY TO EVALUATE THE EFFECT OF KHADIRASHTAK KWATH AND KUSTHADI LEPA IN DADRU	DR. DINESH KUMAR GOYAL	DR. BALAKRISHNA PANWAR
6	2022	DR. NIHARIKA JAYANI	STANDARD CONTROLLED COMPARATIVE EVALUATION OF GOMUTRA HARITAKI IN MEDODUSHTI (DYSLIPIDEMIA)	DR. PUNITA PANDEY	PROF.(DR.) ARUN KUMAR TRIPATHI – DR. SANGITA DEVI DR. MOHIT CHAUHAN
7	2022	DR. VIKRANT KUMAR	COMPARATIVE CLINICAL EVALUATION OF <i>MUSTADI KWATHA & GHANVATI</i> IN <i>MADHUMEHA</i> (DIABETES MELLITUS TYPE-2)	DR. PUNITA PANDEY	PROF.(DR.) ARUN KUMAR TRIPATHI – DR. SANGITA DEVI

• वर्ष 2024 में संकाय सदस्यों द्वारा सेमीनार / कार्यशाला आदि में दिए गए व्याख्यान का विवरण-

1. DR. D.K GOYAL

- 1. विरेचन का महत्व- (CME -M0 in UAU Gurukul campus Haridwar)
- 2. Role of AYUSH in covid -19 management and its scientific outcomes – (in orientation program of UG batch 2024)

2. Dr. PUNITA PANDEY

- 1. National health statistics goals and policies - (in orientation program of UG batch 2024)
- Life style disease
- Lifestyle disorder
- Aachar rasayan

3. DR. SANGITA DEVI

1. Role of AYUSH in covid -19 management and its scientific outcomes – (in orientation program of UG batch 2024)

- **NO. OF CAMP – 1**

(On 03/12/2024)

Place – Jamalpur Haridwar

Total no. of patient – 75

LECTURE DELIEVERD BY PROF. DR PUNITA PANDEY IN ORIENTATION PROGRAM OF UG BATCH 2024





ORIENTATION PROGRAM OF PG SCHOLARS OF UAU GURUKUL CAMPUS.



LECTURE DELIVERED BY PROF. DR PUNITA PANDEY IN ORIENTATION PROGRAM OF UG BATCH 2024



WELCOME PARTY OF PG SCHOLARS OF KAYACHIKITSA BATCH 2023



MEDICAL CAMP IN JAMALPUR



OPD OF KAYACHIKITSA



PATIENTS OF KAYACHIKITSA IN IPD



PRESENTATION OF PG SCHOLAR OF KAYACHIKITSA



WELCOME PARTY OF PG SCHOLAR OF BATCH 2024

Department Name – Samhita, Siddhanta Evum Sanskrit

Gurukul Campus, Haridwar

Ph.D Scholar – 01

S. No.	Supervisor Name	Year from to	Scholar's name	Title of Thesis
1.	Dr. Vipin Kumar Assistant Professor	2020- 2024	Dr. Priyanka Katiyar	A critical study of the influence of <i>Nyaya Darshan</i> on the fundamentals of <i>Charak Samhita</i>

Research Project – 01 (Completed- CCRAS SPARK)

S. No.	Supervisor Name	Year from to	Name of the SPARK Awardee Student	Title of Thesis	Awarded by
1.	Dr. Vipin Kumar Assistant Professor	2023-24 (CCRAS- SPARK)	Priyanshi Trivedi	A Survey study on the effect of <i>Nidra</i> (sleep) on the memory status of B.A.M.S students.	Central Council of Research in Ayurvedic Science, Ministry of AYUSH, New Delhi

Published Research Articles –

S.N.	Name of Journal	ISSN No.	Author/ Co-Author	Title of Paper	Date of publication	Year/vol/ issue/page no.
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1.	Journal of Ayurveda	International ISSN 2321-0435 (UGC – Care)	Dr. Vipin Kumar	Efficacy of <i>Panchkarma</i> along with <i>SamanYoga</i> in cerebral palsy : A case study	Dec. 2023	Vol-17 Issue 4
2.	JAIMS	International (Indexed) ISSN- 2456-3110	Dr. Vipin Kumar	Fundamentals of <i>NyayaDarshan</i> and their influence upon <i>CharakaSamhita</i>	Oct. 2023	Vol-8 Issue 10
3.	IAMJ	International ISSN 2320-5091	Dr. Vipin Kumar	A review on concept of <i>Pramana</i> in <i>NyayaDarshan</i> and <i>CharakSamhita</i>	Dec. 2023	Dec. 2023
4.	AYUSHD HARA	International ISSN 2393-9583	Dr. Vipin Kumar	Evaluation of <i>GunjaTaila</i> W.S.R to Phytochemical Composition and <i>RasaPanchaka</i>	Jan. – Feb. 2024	Vol-11 Issue 1
5.	IJAAR	International ISSN 2347-6362	Dr. Vipin Kumar	A Review article on <i>Prameya</i> (Object of right knowledge) in <i>NyayaDarshan</i> and <i>CharakSamhita</i>	March – April 2024	Vol-6 Issue 7
6.	EJPMR	International ISSN 2394-3211	Dr. Vipin Kumar	Understanding the concept of AMA in Ayurveda and Modern Perspectives: A Review Article	August 2024	Vol-11 Issue 9
7.	IJRAR	International ISSN 2349-5138	Dr. Sheetal Verma	Comparative study of Apamarga Kshar and Vibhitaka Kshar	2024	Vol-11 Issue 4

				Pratisaran in Arsha (II degree Hemorrhoids)		
8.	IJRAR	International ISSN 2349- 5138	Dr. Sheetal Verma	A comparative clinical study of Durvadi Taila Pichu after Shastra Karma in Parikartika	2024	Vol-11 Issue 4
9.	IJRAR	International ISSN 2349- 5138	Dr. Sheetal Verma	A comparative clinical study of Agni Karma and Twagadi Gutika in Griva Sandhigata vata	2024	Vol-11 Issue 4

Published Books – 02

S.N.	Book Name	Author Name	Publisher	Publication Year	ISBN
1.	Sushruta Darpan	Dr. Vipin Kumar	Ram Ayurveda Prakshan	2023	978-93-94866-287
2.	Samhita Adhyayana-1 (Only Ashtang Hridaya)	Dr. Vipin Kumar	Ayurved Sanskrit and Hindi Pustak Bhandar, Jaipur	2023	978-93-92133-10-7

Conference - 01

Sr. No.	Conference Name	Participated/Paper Presentation/Key Note Address/Co-Chairperson/Chair person	Organized by	Year
1.	International conference on vedavijnana and Sanskriti	Key Note Address by Dr. Vipin Kumar	Gurukul Kangri	23 Dec. 2023

	Mahakumbha	(Topic- Spirituality and Ayurveda)	University, Haridwar	
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Participation in Workshop - 02

S.N.	Conference Name	Organized by	Year
1.	2 nd Almuni meet 2023 cum workshop on <i>Naadi Parikshan</i>	NIA, Jaipur	3-4 feb. 2023
2.	1 st Almuni meet cum workshop on identification on medicinal plants	Dr. S.R. Rajasthan Ayurved University, Jodhpur. Rajasthan.	25 march 2023

Departmental Extra Activities-

1. Certificate and Diploma course in Sanskrit under the Centre for Sanskrit Learning established by Central Sanskrit University, New Delhi

Books Photo

लेखक परिचय

डॉ. विपिन कुमार अरोड़ा ने बी. ए. एम. एस. डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के यूनिवर्सिटी कॉलेज ऑफ आयुर्वेद, जोधपुर से की है तथा एम. डी. एवं पीएच. डी. राष्ट्रीय आयुर्वेद संस्थान (मानद विश्वविद्यालय), जयपुर से की है। लेखक के विभिन्न राष्ट्रीय एवं अन्तरराष्ट्रीय पत्र-पत्रिकाओं में 25 से अधिक लेख प्रकाशित हो चुके हैं। वर्तमान में लेखक उत्तराखण्ड आयुर्वेद विश्वविद्यालय, गुरुकुल परिसर (राजकीय गुरुकुल कांगड़ी आयुर्वेद कॉलेज), हरिद्वार के संहिता, संस्कृत एवं सिद्धान्त विभाग में सहायक आचार्य के पद पर कार्यरत है।

डॉ. सपना खत्री ने बी. ए. एम. एस. (स्वर्णपदक प्राप्त) डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के यूनिवर्सिटी कॉलेज ऑफ आयुर्वेद, जोधपुर से की है तथा एम. डी. (अगदतन्त्र) राष्ट्रीय आयुर्वेद संस्थान (मानद विश्वविद्यालय), जयपुर से की है। लेखिका के विभिन्न राष्ट्रीय एवं अन्तरराष्ट्रीय पत्र-पत्रिकाओं में 20 से अधिक लेख प्रकाशित हो चुके हैं। वर्तमान में लेखिका आयुर्वेद चिकित्सा अधिकारी, राजस्थान सरकार के पद पर कार्यरत है।

प्रस्तुत पुस्तक की विशेषतायें :-

1. पुस्तक में सुश्रुत संहिता के विभिन्न प्रतियोगी परीक्षा विषयक महत्त्वपूर्ण विषयों का संकलन किया गया है।
2. विषयों को तालिकाबद्ध एवं सारणी आदि के रूप में प्रस्तुत किया गया है।
3. विभिन्न प्रतियोगी परीक्षाओं में पूछे गए प्रश्नों का संकलन किया गया है।

सुश्रुत दर्पण

संघ लोक सेवा आयोग/राज्य लोक सेवा आयोग/आयुर्वेद चिकित्सा अधिकारी/ अनुसंधान अधिकारी एवं अन्य आयुर्वेद प्रतियोगी परीक्षाओं के लिए सुश्रुत संहिता का संक्षिप्त अध्ययन

डॉ. विपिन कुमार अरोड़ा • डॉ. सपना खत्री

Books Available on :

[flipkart.com](#) [amazon.in](#) [stripkart](#)

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डॉ. विपिन कुमार अरोड़ा

डॉ. सपना खत्री

लेखक परिचय

डॉ. विपिन कुमार ने बी.ए.एम.एस. की उपाधि डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के यूनिवर्सिटी कॉलेज ऑफ आयुर्वेद, जोधपुर से प्राप्त की है तथा एम.डी. एवं पीएच.डी. की उपाधि राष्ट्रीय आयुर्वेद संस्थान (मानद विश्वविद्यालय), जयपुर से प्राप्त की है। लेखक के विभिन्न राष्ट्रीय एवं अन्तरराष्ट्रीय पत्र-पत्रिकाओं में 25 से अधिक लेख प्रकाशित हो चुके हैं। वर्तमान में लेखक उत्तराखण्ड आयुर्वेद विश्वविद्यालय, गुरुकुल परिसर (राजकीय गुरुकुल कांगड़ी आयुर्वेद कॉलेज), हरिद्वार के संहिता, संस्कृत एवं सिद्धान्त विभाग में सहायक आचार्य के पद पर कार्यरत है।

डॉ. सपना खत्री ने बी.ए.एम.एस. (स्वर्णपदक प्राप्त) की उपाधि डॉ. सर्वपल्ली राधाकृष्णन् राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर के यूनिवर्सिटी कॉलेज ऑफ आयुर्वेद, जोधपुर से प्राप्त की है तथा एम.डी. (अगदतन्त्र) की उपाधि राष्ट्रीय आयुर्वेद संस्थान (मानद विश्वविद्यालय), जयपुर से प्राप्त की है। लेखिका के विभिन्न राष्ट्रीय एवं अन्तरराष्ट्रीय पत्र-पत्रिकाओं में 20 से अधिक लेख प्रकाशित हो चुके हैं। लेखिका वर्तमान में आयुर्वेद विभाग, राजस्थान सरकार, जयपुर में आयुर्वेद चिकित्साधिकारी के पद पर कार्यरत है।

पुस्तक परिचय

पुस्तक में सूत्र स्थान के प्रत्येक अध्याय अन्तर्गत वर्णित विषयों को सरल रूप से समझने एवं बुद्धिगम्य करने हेतु विषयों को सारणी, तालिका बद्ध रूप में प्रस्तुत किया है।

प्रत्येक अध्याय के अन्त में प्रतियोगी परीक्षाओं में पूछे जाने वाले बहुवैकल्पिक प्रश्नों का समावेश किया है।

छात्रों के याद रखने योग्य महत्वपूर्ण श्लोकों का भी संग्रह पुस्तक के अन्त में किया गया है।

संहिता - अध्ययन - 1

अष्टाङ्गहृदयम्

सूत्रस्थानम् (1-15 अध्याय)

बहुवैकल्पिक प्रश्नों सहित (With MCQ)

डॉ. विपिन कुमार

डॉ. सपना खत्री

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