

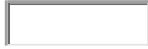
**Shreeyash Ayurvedic college and Hospital Research Center,
Chhatrapati Sambhajanagar**

11 th Ayurveda Day Celebration

Details of Activities organized for 11 th Ayurveda Day
23/09/2026

Sr No.	Activities	Chief Guest	No. Of Participants Offline	Total
1.	Community awareness program Ayurveda Awareness really	-	144	144
2.	Medicinal Plant distribution/ plantation drive awareness program for senior citizen on healthy aging through Ayurveda	-	18	18
3.	Shlok Recitation Competition	-	87	87
4.	Women's health awareness Program	-	48	48
5.	Mental health awareness program	-	133	133
6.	Nukkad Natak /	-	38	38

	Street Play			
7.	E-Poster / Cardboard Poster Making Competition	-	122	122
8.	Essay Competition	-	78	78
9.	Model Making Competition	-	170	170
10	Ayurvedic Recipe Competition	Dr.Ashwini Sohan Pathak	75	75
11	Health Camp on 22/09/2026	-	130	130
12	Reel Making Competition	-	122	122
13	Health Camp on 23/09/2026	-	154	154
14	Guest Lecture & Main Ayurveda Day Programme – Evening	Dr. Sohan Bhimashankar Pathak	148	148



Report on Pathya Recipe Competition

As a part of Ayurved Awareness Week 2026, celebrated with the theme “Ayurved for a Healthier Tomorrow,” a Pathya Recipe Competition was successfully organized on 23rd September 2026. The competition was conducted with the objective of creating awareness among students about the importance of Ayurvedic dietary principles and Pathya Ahara in maintaining health and preventing disease.

The concept of Pathya holds an important place in Ayurveda, where appropriate food and dietary practices are considered essential for maintaining equilibrium of Dosha, Dhātu, and Agni. Through this competition, students were encouraged to understand and demonstrate the practical application of these principles in their daily diet. Participants prepared different healthy and innovative recipes and explained their Ayurvedic significance, nutritional value, suitability according to Prakṛti and Ritu, and relevance in various disease conditions. They were also encouraged to support their recipes with appropriate classical Ayurvedic references and Shlokas.

The event witnessed enthusiastic participation from the students. The participants presented their dishes creatively and explained the ingredients, method of preparation, Ayurvedic properties, and therapeutic or preventive benefits of their recipes. The competition provided a platform for students to combine their theoretical knowledge of Ayurveda with practical dietary applications and highlighted how traditional Ayurvedic principles can be incorporated into modern food practices.

The overall arrangement and coordination of the competition were carried out by Dr. Arti Kuril, Dr. Shweta Apsingekar, Dr. Aditi Mudholkar, and Dr. Sachin Aghade. Their efforts contributed to the smooth and successful conduct of the event.

The recipes were evaluated by esteemed judges Dr. Sohan Pathak and Dr. Ashwini Pathak. The evaluation considered various aspects such as Ayurvedic relevance, nutritional value, selection of ingredients, suitability as Pathya Ahara, innovation, presentation, and the participants’ understanding of the Ayurvedic principles behind their recipes.

Winners of the Competition

First Prize: Aishwarya Deshmukh

Second Prize: Gautami Deshpande

Third Prize: Vaishnavi Binvade and Anjali Bhujang

The competition concluded successfully with appreciation for the efforts and creativity demonstrated by all the participants. It served as an effective educational activity to promote awareness regarding healthy eating habits, Ayurvedic dietary concepts, and the role of Pathya Ahara in a healthy lifestyle.

Overall, the Pathya Recipe Competition was an enriching and engaging activity under Ayurved Awareness Week 2026, reinforcing the message that the appropriate use of food, guided by Ayurvedic principles, can contribute significantly towards achieving “Ayurved for a Healthier Tomorrow.”







Chhatrapati Sambhajinagar,
Maharashtra, India 🇮🇳

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E-POSTER COMPETITION REPORT

Introduction

An E-Poster Competition was organized on 22/09/2026 at Shreeyash Ayurvedic College, Hospital and Research Centre, Chhatrapati Sambhaji Nagar, as part of the academic and extracurricular activities. The theme of the competition was “Circadian Cycle in Ayurveda.” The activity provided students with a platform to present Ayurvedic concepts related to biological rhythms, Dinacharya, sleep–wake patterns, and their importance in maintaining health through creative digital posters.

Objectives

1. To develop students’ understanding of the circadian cycle and its relevance in Ayurveda.
2. To encourage students to explore Ayurvedic concepts through creative digital presentations.
3. To enhance students’ creativity, communication, and presentation skills.
4. To promote awareness about the importance of proper daily and sleep routines for maintaining health.
5. To encourage academic participation and healthy competition among students.

Activity

The E-Poster Competition was conducted on 22/09/2026 on the theme “Circadian Cycle in Ayurveda.” A total of 30 students participated in the competition. Students prepared and presented e-posters highlighting various aspects of circadian rhythm from an Ayurvedic perspective.

The posters were evaluated by:

- Dr. Jyotsana Deshpande
- Dr. Sonal Antapurkar
- Dr. Shweta Apsingekar

Winners

1st Prize: Tanvi Ganpat Ghodke

2nd Prize: Anjali Bala Pinjari & Shravani Jagannath Bhosle

3rd Prize: Shaikh Fareeha Gouhar & Tehrim Ibrahim Shaikh

Outcome

The competition successfully enhanced students' knowledge of the circadian cycle in Ayurveda and provided an opportunity to develop their creativity, digital presentation, communication, and academic skills. The event received enthusiastic participation from the students and was conducted successfully.





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Essay Writing Competition – Ayurveda Week 2026

Introduction

As a part of the Ayurveda Week 2026 celebrations, an Essay Writing Competition was

organized at Shreeyash Ayurvedic College, Hospital and Research Center, Chhatrapati

Sambhajnagar. The competition aimed to provide students with a platform to express

their knowledge, ideas, and perspectives on Ayurveda through creative and structured

writing.

The competition was conducted on 22 September 2026 in the Lecture Hall of the

college. Students from the 1st and 2nd years actively participated in the event.

Objectives

- To encourage students to develop an interest in Ayurveda and its principles.
- To provide an opportunity for students to express their thoughts and ideas through writing.
- To develop creative thinking, writing, and communication skills.
- To enhance students' knowledge and understanding of Ayurveda.
- To improve confidence in presenting ideas in a clear and organized manner.
- To encourage awareness about the role and relevance of Ayurveda in the present era.

Description

The Essay Writing Competition was conducted on 22 September 2026 as part of

Ayurveda Week 2026. Students were given topics related to Ayurveda and were

instructed to complete their essays within the prescribed time limit.

A total of 67 students participated in the competition, including 37 students from 1st

year and 30 students from 2nd year.

The topics given were:

- 1st Year: The Role of Ayurveda in Preventive and Promotive Health Care

- 2nd Year: Ayurveda – The Science of Life in Modern Era

The essays were evaluated by Dr. Jyotsana Deshpande and Dr. Kalyani Jadhav. The

evaluation was based on relevance to the topic, scientific content, originality, clarity of

expression, organization, language, and overall presentation.

Prize Winners

1st Year

1. Vidya Chavan – First Prize

2. Varsha Andhale – Second Prize

3. Poonam Aachame – Third Prize

2nd Year

1. Anjali Pinjari – First Prize

2. Shruti Lokhande – Second Prize

3. Disha Auti – Third Prize

The competition was successfully conducted with enthusiastic participation from the

students. The activity helped in developing creative thinking, writing skills,

communication skills, knowledge of Ayurveda, and confidence in expressing ideas. It

also contributed to the successful celebration of Ayurveda Week 2026.



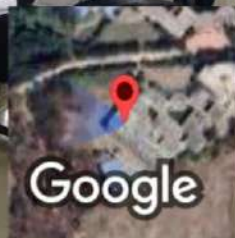
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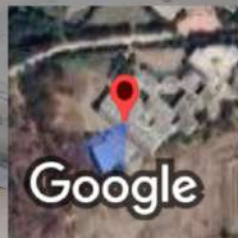
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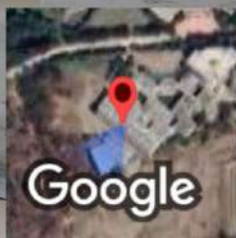
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REPORT ON AYURVEDA DAY CELEBRATION 2026

Name of the Institution: Shreeyash Ayurved College
and Hospital Research Center, Chhatrapati
Sambhaji Nagar

Date: 23rd September 2026

Occasion: Ayurveda Day Celebration 23 September
2026

Shreeyash Ayurved College and Hospital Research Center, Chhatrapati Sambhaji Nagar, celebrated Ayurveda Day 2026 with great enthusiasm on 23rd September 2026. Various academic, cultural and co-curricular activities were organized to create awareness about Ayurveda and its relevance in healthy living.

Programme Proceedings

The programme Anchored by Dr Nikita Khandekar.
The programme commenced with Dhanvantari
Stavan, presented by Ms. Gautami Deshpande,
invoking the blessings of Lord Dhanvantari.

This was followed by the welcome and introductory
address by Dr. Pranjali Shejul, who briefed the
gathering about the significance of Ayurveda Day
and the objectives of the celebration.

Felicitation of the Dignitaries

The dignitaries were warmly welcomed and
felicitated.

- Dr. Sohan Pathak Sir was welcomed by Dr. Paresh
Deshmukh.

- Dr. Ashwini Pathak Madam, the examiner for the Ayurvedic Recipe-Making Competition, was welcomed by Dr. Swati Itagi, Principal.

Introduction of the Dignitaries

The introduction of Vd. Sohan Pathak Sir, the chief speaker for the guest lecture, was given by Dr. Vyas, highlighting his academic qualifications, extensive clinical experience and contribution to the field of Ayurveda.

The introduction of Dr. Ashwini Pathak Madam was given by Dr. Aarti Kuril, who highlighted her academic achievements, professional experience and valuable contribution to the field of Ayurveda.

Ayurvedic Recipe-Making Competition

Before the guest lecture, an Ayurvedic Recipe-Making Competition was organized to encourage students to understand and present the practical application of Ayurvedic dietary principles.

The competition was evaluated by Dr. Ashwini Sohan Pathak, who assessed the recipes based on their Ayurvedic relevance, nutritional value, presentation and overall preparation.

The competition provided students with an opportunity to showcase their creativity while connecting traditional Ayurvedic dietary concepts with practical food preparation.

Guest Lecture – “आयुर्वेदच का?”

The highlight of the programme was the guest lecture delivered by Vd. Sohan Pathak Sir on the topic “आयुर्वेद का?”

Through his insightful and engaging presentation, he emphasized the relevance of Ayurveda in contemporary life and encouraged students to understand Ayurveda not merely as a system of medicine but as a comprehensive approach to healthy living.

Prize Distribution

The winners of various competitions conducted as part of the Ayurveda Day celebrations were felicitated and awarded prizes.

Principal's Guidance

The programme was followed by the guidance and address of the Principal, Dr. Swati Itagi, who appreciated the efforts of the faculty members and students in successfully organizing the Ayurveda Day celebrations. She encouraged students to actively participate in academic and extracurricular activities and to promote the principles of Ayurveda in society.

Vote of Thanks

The programme concluded with a vote of thanks proposed by Vd. Aditi Mudholkar, who expressed gratitude to the dignitaries, Principal, faculty members, judges, organizing committee and students for their valuable contribution and active participation in making the Ayurveda Day celebration successful.

The programme concluded on a positive and enthusiastic note, reinforcing the importance of preserving, practising and promoting the principles of Ayurveda in contemporary society.



आयुर्वेद का ?



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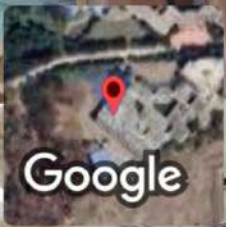
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HEALTH CAMP on 22 Sep SURVEY REPORT

As a part of Ayurveda Day 2026 celebrations, a Health Camp was organized on 22 September 2026 at Shreeyash Ayurvedic College, Hospital and Research Center. A total of 138 patients participated in the health camp.

The camp was conducted under the guidance of Dr. Paresh Deshmukh, Dr. Govind Mule, and Dr. Ashwini Markad. Patients underwent general health assessment, history taking, basic examination, and health screening. Appropriate Ayurvedic advice, lifestyle guidance, and necessary treatment were provided. Patients were also educated about healthy diet, Dinacharya, exercise, hygiene, and preventive healthcare. The camp successfully promoted awareness about Ayurveda and healthy living.





Date: 23 September 2026

Activity Name: Free Health Check-up Camp

Date: 23 September 2026

Venue: Kabir Nagar, Satara Road, New Usmanpura, Chhatrapati Sambhajnagar, Maharashtra – 431010

Organized by: Shreeyash Ayurved College and Hospital
Research Centre, Chhatrapati Sambhajnagar

Conducted by: Dr. Madje

Number of Beneficiaries: 130 Patients

Introduction

As a part of the Ayurveda Day Week Celebration, a Free Health Check-up Camp was organized on 22 September 2026 at Kabir Nagar, Satara Road, New Usmanpura, Chhatrapati Sambhajnagar. The camp aimed to provide basic healthcare services and promote awareness regarding preventive healthcare and healthy lifestyle practices among the local community.

Objectives of the Health Camp

1. To provide basic health check-up facilities to the community.
2. To create awareness regarding preventive healthcare and healthy lifestyle practices.
3. To identify common health concerns and provide appropriate medical guidance.
4. To promote awareness regarding timely consultation and regular health check-ups.

5. To highlight the importance of Ayurveda and holistic approaches in maintaining health and well-being.

Programme Details

The health camp was conducted under the guidance of Dr. Madje. A total of 130 patients benefited from the health camp.

During the camp, patients were examined and provided with appropriate health-related advice. The programme focused on preventive healthcare, healthy dietary habits, personal hygiene, lifestyle modification, and the importance of timely medical consultation.

The camp provided an opportunity for community members to interact with healthcare professionals and receive guidance regarding their health concerns.

Outcome of the Programme

The health camp successfully benefited 130 patients and contributed to improving awareness regarding preventive healthcare and healthy living practices. The activity also provided healthcare guidance to members of the local community and promoted the preventive and promotive aspects of Ayurveda.

Conclusion

The Free Health Check-up Camp conducted on 22 September 2026 by Dr. Madje at Kabir Nagar, Satara Road, New Usmanpura, Chhatrapati Sambhajnagar was successfully organized and benefited 130 patients. The programme supported

the objectives of the Ayurveda Day Week Celebration by promoting community health awareness, preventive care, and holistic well-being.



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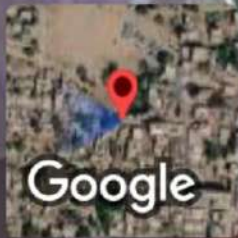
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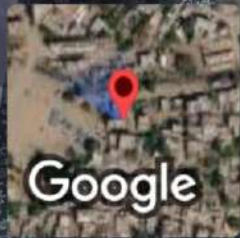
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Mental Health Awareness Lecture

Date: 17 September 2026

Venue: Shreeyash Institute of Engineering & Technology, Chhatrapati Sambhajanagar

Organized by: Shreeyash Ayurved College and Hospital Research Centre, Chhatrapati Sambhajanagar

Resource Person: Dr. Paresh Deshmukh

Number of Participants: 148 Students

Introduction

As a part of the **Ayurveda Day Week Celebration**, a **Mental Health Awareness Lecture** was organized at Shreeyash Institute of Engineering & Technology on **17 September 2026**. The programme aimed to create awareness among students regarding the importance of mental health, emotional well-being, stress management, and healthy lifestyle practices.

Objectives of the Programme

1. To create awareness among students about the importance of mental health and emotional well-being.
2. To help students understand common factors that may affect mental health and academic well-being.
3. To promote healthy ways of coping with stress and emotional challenges.
4. To encourage students to develop positive lifestyle habits and maintain a healthy balance between academic and personal life.
5. To highlight the importance of seeking timely professional guidance whenever required.

Programme Details

The lecture was delivered by **Dr. Paresh Deshmukh**, who addressed **148 students** of Shreeyash Institute of Engineering & Technology. The session focused on the importance of maintaining good mental health and recognizing the factors that can influence emotional and psychological well-being.

Dr. Deshmukh discussed practical approaches for managing stress, maintaining a positive outlook, developing healthy daily routines, and seeking appropriate support when facing emotional difficulties. Students were encouraged to communicate their concerns, maintain healthy social

relationships, and give adequate attention to rest, recreation, and overall well-being.

The lecture was interactive and informative, providing students with an opportunity to understand the importance of mental health as an integral component of overall health.

Outcome of the Programme

The programme created awareness among the **148 participating students** regarding mental health and the importance of preventive and promotive approaches to well-being. Students gained practical information about stress management, healthy lifestyle practices, and the importance of seeking appropriate support when needed.

The activity also supported the objectives of the **Ayurveda Day Week Celebration** by promoting a holistic approach to health, including physical, mental, and emotional well-being.

Conclusion

The **Mental Health Awareness Lecture** conducted by **Dr. Paresh Deshmukh** on **17 September 2026** was a meaningful and informative activity for the students of Shreeyash Institute of Engineering & Technology. The programme successfully emphasized the importance of

mental health awareness and encouraged students to adopt healthy practices for overall well-being.





Model Making Competition on Ayurveda Day

A Model Making Competition was organized as part of the Ayurveda Day celebration at Shreeyash Ayurvedic College and Hospital Research Centre, Chhatrapati Sambhajnagar. The event aimed to encourage students to explore the principles, concepts, and practical applications of Ayurveda through creativity and innovative model presentation.

A total of 170 students participated in the competition with great enthusiasm. Students prepared and presented a variety of informative and creative models based on different aspects of Ayurveda, including Ayurvedic principles, medicinal plants, traditional therapies, preventive healthcare, and the relevance of Ayurveda in modern life. The models reflected the students' understanding of the subject as well as their ability to communicate Ayurvedic concepts in an interesting and visual manner.

The competition provided an excellent platform for students to develop their creativity, teamwork, communication skills, and scientific approach. Participants explained their models to the judges and audience, highlighting the significance and practical applications of their respective topics.

The models were evaluated by Dr. Paresh Deshmukh Sir, who assessed the participants based on criteria such as originality, presentation, subject knowledge, accuracy, creativity, and overall impact. The event witnessed active participation and created an atmosphere of learning, innovation, and healthy competition among the students.

Overall, the Model Making Competition was a successful and enriching part of the Ayurveda Day celebration, helping students appreciate the depth and practical relevance of Ayurveda while encouraging them to present traditional knowledge through innovative ideas.





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SHREEYASH PRATISHTHAN

ShreeyashAyurvedic College and Hospital Research Center

Gut No. 258, Premnagar-SataraTanda, Near SRPF Camp. Tq. Dist. Chh. Sambhajinagar-431010

Mail ID : shreeyashayurved@gmail.com

Web : www.shreeyashaayurved.org

Date: 15/09/2026

NUKKAD ACTIVITY/STREET PLAY

Introduction

As a part of the Ayurveda Day 2026 celebrations, a Nukkad Natak (street play) activity was organized by Shreeyash Ayurved College, Hospital and Research Centre, Chhatrapati Sambhajinagar, on 15 September 2026. The activity aimed to create awareness among students and the general public about the principles, benefits, and importance of Ayurveda in daily life through an engaging and interactive form of street theatre.

Objectives

- ❖ To create awareness about the importance and relevance of Ayurveda in modern life.
- ❖ About Ayurvedic principles, healthy lifestyles, and preventive healthcare.
- ❖ To encourage the use of traditional knowledge and healthy daily habits.
- ❖ To develop communication, creativity, teamwork, and presentation skills among students.
- ❖ To promote public participation in Ayurveda Day celebrations.

Description of the Activity

The Nukkad Natak activity was conducted on 15/09/2026 as an educational awareness

The performance emphasized “Swasthasya Swasthya Rakshanam”, focusing on preservation of health through Dinacharya, Ritucharya, balanced diet, adequate sleep, yoga, physical activity, prevention of unhealthy lifestyle habits, and responsible use of Ayurvedic medicines.

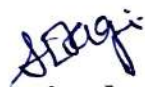
Eight students—Aditya Gawali, Kamlesh Parve, Sanskar Taksale, Manasvi Parde, Vaishnavi Gadekar, Omprasad Gavankar, Pranav Munde, and Aftab Shaikh—participated enthusiastically through dialogues, role-play, slogans, and health messages.

The activity was conducted with the encouragement and guidance of Dr. Nake, Dr. Apsingekar, and Dr. Tajne. The programme successfully promoted Ayurveda, preventive healthcare, healthy living, and adoption of appropriate Ayurvedic principles for a healthier tomorrow among students and the community. Students participated enthusiastically and presented street plays based on Ayurvedic concepts, preventive healthcare, dietary habits, daily routines, and the importance of maintaining a healthy lifestyle.

Through effective dialogues, role-play, slogans, and demonstrations, the participants communicated important health messages in a simple and understandable manner. The performances provided an opportunity to connect traditional Ayurvedic knowledge with common health concerns and everyday practices.

Nodal Officer

Dr.Kartiki Vyas : 
Dr Aarti Kuril : 


Principal
Principal
Shreevastu Ayurvedic College and
Hospital Research Center
Chhatrapati Sambhaji Nagar

Nukkad Activity/Street Play as Part of Ayurveda Day held on 15/09/2026



REPORT ON TREE PLANTATION ACTIVITY

On the Occasion of Ayurveda Day Celebration

Date: 16 September 2026

Organized by: Dravyaguna Department

Institution: Shreeyash Ayurved College and HRC, Chhatrapati Sambhajnagar

Introduction

As a part of the Ayurveda Day celebration, a tree plantation activity was organized by the Dravyaguna Department of Shreeyash Ayurved College and HRC, Chhatrapati Sambhajnagar, on 16 September 2026. The activity was conducted with the aim of creating awareness about the importance of tree plantation and encouraging active participation of society in environmental conservation.

Activity

As part of this initiative, medicinal and other useful plant saplings were distributed to senior citizens. The senior citizens were encouraged to plant and nurture the saplings themselves. This initiative provided an opportunity to involve members of the community directly in plantation activities and highlighted the importance of protecting and nurturing plants.

The activity emphasized the close relationship between Ayurveda, medicinal plants, human health, and the environment. By involving senior citizens, the programme also promoted community participation and encouraged people to take responsibility for maintaining greenery in their surroundings.

Aim

The main aim of the activity was to create awareness about the importance of tree plantation and encourage people to actively participate in plantation and environmental conservation.

Objectives

- To spread awareness regarding the importance of trees and plants.
- To encourage community participation in tree plantation.
- To promote the cultivation and conservation of medicinal plants.
- To create awareness about the relationship between Ayurveda and nature.
- To encourage senior citizens to contribute to environmental conservation.
- To inspire people to plant and nurture trees in their surroundings.

Outcome

The activity received positive participation and helped spread the message of environmental responsibility among community members. The distribution and plantation of saplings by senior citizens served as an example of how individuals can contribute to creating a greener and healthier environment.

Conclusion

The tree plantation activity conducted on 16 September 2026 as part of the Ayurveda Day celebration was a meaningful community-oriented initiative. It successfully promoted awareness regarding plantation and environmental conservation while highlighting the importance of medicinal plants in Ayurveda. Such activities encourage society to actively participate in protecting nature and contribute towards a greener, healthier, and sustainable environment.





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Report on Reel Making Competition – Ayurveda Day 2026

As a part of Ayurved Awareness Week 2026, celebrated with the theme “Ayurved for a Healthier Tomorrow,” a Reel Making Competition was successfully organized to create awareness among students and the general public regarding Ayurveda, its principles, practices, and relevance in modern life.

The competition was conducted with the objective of encouraging students to explore creative and innovative ways of communicating Ayurvedic knowledge through social media platforms. The activity aimed to promote awareness about Ayurveda and its contribution towards healthy living, disease prevention, and maintenance of overall well-being.

Students actively participated in the competition by preparing informative and creative reels based on various aspects of Ayurveda. The participants presented Ayurvedic concepts, healthy lifestyle practices, preventive measures, traditional wisdom, and the relevance of Ayurveda in day-to-day life through engaging audio-visual content. The competition provided students with an opportunity to combine their theoretical knowledge of Ayurveda with creativity, communication skills, and modern digital media.

The event witnessed enthusiastic participation from the students. The reels demonstrated creativity, originality, presentation skills, and an understanding of Ayurvedic principles. The activity also highlighted the potential of social media as an effective medium for spreading authentic Ayurvedic knowledge and creating awareness among the younger generation.

The overall arrangement and coordination of the competition were carried out by Dr. Arti Kuril, Dr. Shweta Apsingekar, Dr. Aditi Mudholkar, and Dr. Sachin Aghade. Their efforts contributed to the smooth and successful conduct of the competition.

The entries were evaluated based on various aspects such as Ayurvedic relevance, accuracy of information, creativity, originality, presentation, communication skills, educational value, and overall impact of the reel.

Winners of the Reel Making Competition

First Prize

1. Mangesh Gaikwad

2. Sahil Mirza
3. Narendra Khakare
4. Abhishek Wadekar
5. Vinay Bhise
6. Parth Markad

Second Prize

1. Sanskar Taksale
2. Chetan Narode
3. Kamlesh Parve
4. Sanket Ingale
5. Pratik Wahul

Third Prize

1. Sanskruti Raut
2. Sharayi Giri
3. Nikita Narsale
4. Gaurav Jaiswal
5. Pratik Kayande

The competition concluded successfully with appreciation for the efforts, creativity, and enthusiasm demonstrated by all the participants. It served as an effective educational and awareness activity, encouraging students to communicate Ayurvedic knowledge through contemporary digital platforms.

Overall, the Reel Making Competition was an engaging and enriching activity under Ayurved Awareness Week 2026. It reinforced the message that Ayurveda can be effectively communicated to the younger generation through innovative and accessible methods, thereby contributing to the vision of "Ayurved for a Healthier Tomorrow."



**Shreeyash Ayurvedic College and Hospital Research
Centre, Chhatrapati Sambhajanagar**

SHLOK RECITATION COMPETITION

Date- 12/09/2026

It is hereby informed to everyone that on the occasion of Ayurveda Day and week celebrations, Department of Kriya Sharir has organised the Shloka Recitation Competition of First year batch on the 11th Chapter of Ashtang Hridaya on 16/09/2026 (Wednesday).

It is mandatory for everyone to be present and actively participate in the competition. The rules and regulations of the competition will be shared soon.

The competition will be conducted in the first year classroom.

PRINCIPAL,

DR. SWATI ITAGI

SHREEYASH AYURVEDIC COLLEGE AND HOSPITAL RESEARCH CENTRE

Shloka Recitation Competition – Conduct & Instructions

The Shloka Recitation Competition will be conducted in 4 rounds.

The detailed procedure is as follows:

Round 1 – Individual Chit Selection

1. Students will be arranged in a line, roll-number-wise.
2. Each student will pick a chit containing a shloka from Shloka No. 1 to 20.
3. The student must recite/complete the shloka mentioned on the chit.
4. Students who successfully complete the shloka will qualify for the next round.

Round 2 – Group Chit Selection

1. The remaining shlokas, Shloka No. 21 to 46, will be used for this round.
2. Qualified students will be divided into groups of 5.
3. Each group will be given shlokas randomly through chit selection.
4. Students will be required to recite the shloka allotted to them.

Round 3 – Judges Recitation Round

1. The shortlisted students will recite shlokas as instructed by the examiners/judges.
2. The judges may ask students to recite any shloka from the prescribed chapter.
3. Students will be evaluated on accuracy, fluency, pronunciation, and confidence.

Round 4 – Final Round

1. When approximately 5–10 students remain, the final round will be conducted.
2. Each finalist will be asked to recite the entire prescribed Adhyaya.
3. The final winners will be selected by the judges based on their overall performance.

Two judges will be monitoring the final round.

1. General Instructions
2. Students must prepare all shlokas from the prescribed Adhyaya (1–46).
3. Selection in each round will be based on the student's recitation performance.
4. Students are expected to maintain discipline and follow the instructions given by the coordinators and judges.
5. The decision of the judges will be final.

REPORT ON SHLOKA RECITATION COMPETITION

Organized by: Kriya Sharir Department

Institution: Shreeyash Ayurvedic College and Hospital Research Center, Chhatrapati Sambhajanagar

Event: Ayurveda Week Celebration

Date: 16/09/2026

Venue: First year lecture hall

Introduction

As part of the Ayurveda Week Celebration, a **Shloka Recitation Competition** was organized by the Kriya Sharir Department to encourage students to study, memorize, and recite classical Ayurvedic literature. The competition focused on the prescribed chapter of **Ashtanga Hridaya**, comprising Shloka Nos. 1 to 46.

The event aimed to promote interest in Ayurvedic Samhitas, improve Sanskrit pronunciation and recitation skills, and encourage students to develop confidence in presenting classical knowledge.

Conduct of the Competition

The competition was conducted in **four rounds**. Students were instructed to prepare all 46 shlokas from the prescribed Adhyaya.

Round 1 – Individual Chit Selection:

Students were arranged in roll-number-wise order. Each student picked a chit containing a shloka from Shloka Nos. 1 to 20 and was required to recite or complete the shloka mentioned. Students who successfully completed the allotted shloka qualified for the next round.

Round 2 – Group Chit Selection:

The remaining shlokas, from Shloka Nos. 21 to 46, were used for this round. The qualified students were divided into groups of five.

Shlokas were allotted randomly through chit selection, and each student was required to recite the shloka assigned to them.

Round 3 – Judges’ Recitation Round:

The shortlisted students were asked to recite shlokas as instructed by the examiners/judges. The judges could select any shloka from the prescribed chapter. Students were evaluated on **accuracy, fluency, pronunciation, and confidence.**

Round 4 – Final Round:

When approximately 5–10 students remained, the final round was conducted. Each finalist was asked to recite the entire prescribed Adhyaya. The final winners were selected by the judges based on their overall performance.

Evaluation and Judgement

Two judges monitored the final round and assessed the participants’ recitation skills, including correctness of the shlokas, pronunciation, fluency, confidence, and overall performance. The decision of the judges was considered final.

General Instructions

- All students were required to prepare Shloka Nos. 1–46 from the prescribed Adhyaya.
- Selection in each round was based on the student’s recitation performance.
- Students were instructed to maintain discipline and follow the directions of the coordinators and judges.
- The competition was conducted in a systematic and fair manner through individual and group chit selection.

The Shloka Recitation Competition provided students with an opportunity to strengthen their knowledge of classical Ayurvedic texts and develop confidence in Sanskrit recitation. The four-round format encouraged thorough preparation, active participation, and healthy academic competition. The event successfully promoted the study and preservation of Ayurvedic Samhita knowledge among students.

The competition was conducted actively by Dr. Vyas Madam & Dr. Nikita Madam

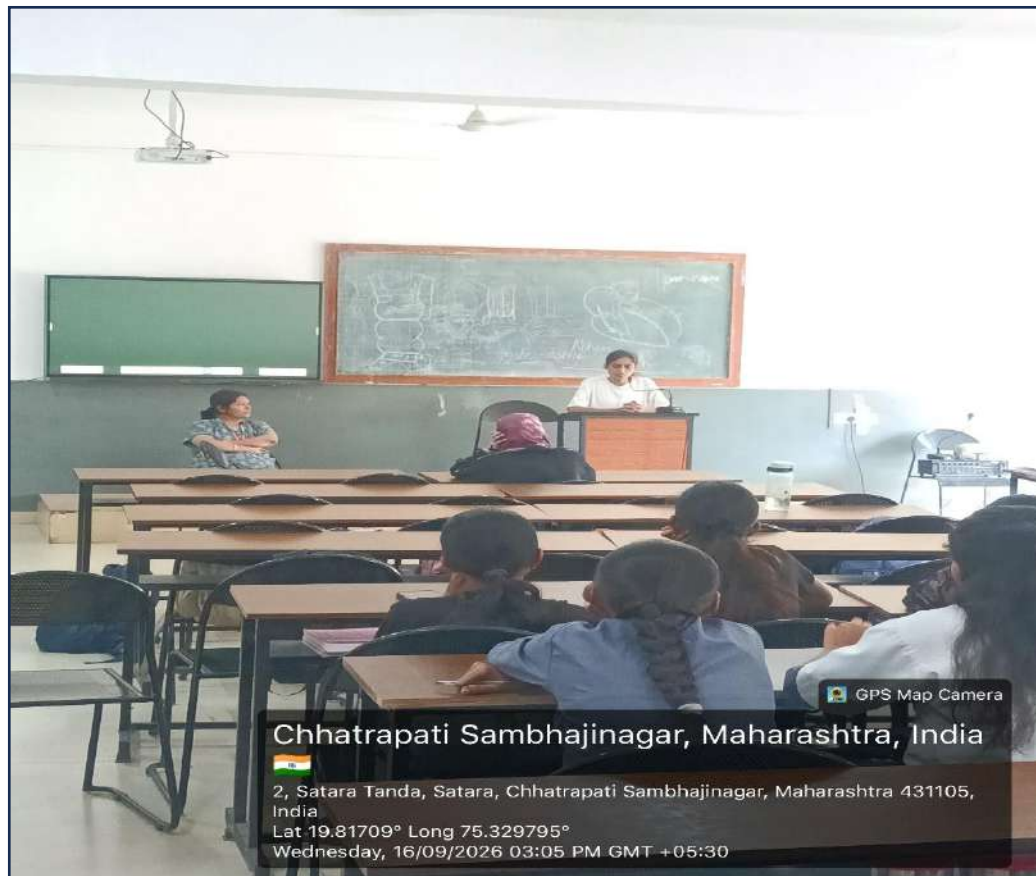
Winners

First prize-

- 1) Bushra Deshmukh**
- 2) Varsha Andhale**

The winners were felicitated by a medal and certificate in the final prize distribution ceremony.







Women's Health and Awareness Programme

Date: 17/09/2026

Venue: Shreeyash Institute of Engineering & Technology, Chhatrapati Sambhajanagar

Organized by: Shreeyash Ayurved College and Hospital Research Centre, Chhatrapati Sambhajanagar

Resource Person: Dr. Kartiki Vyas

Participants: Female students and staff members of Shreeyash Institute of Engineering & Technology

Introduction

As a part of the **Ayurveda Day Week Celebration**, a **Women's Health and Awareness Programme** was organized at Shreeyash Institute of Engineering & Technology for girl students and female staff members. The programme aimed to create awareness regarding women's health, preventive healthcare, healthy lifestyle practices, and the role of Ayurveda in maintaining physical and mental well-being.

Objectives of the Programme

1. To create awareness among young women regarding various aspects of women's health.
2. To promote preventive healthcare and healthy lifestyle practices.

3. To educate participants about the importance of proper nutrition, personal hygiene, adequate sleep, and stress management.
4. To highlight the role of Ayurveda in maintaining women's health through appropriate diet, daily routine, and healthy habits.
5. To encourage women to seek timely professional healthcare advice whenever required.

Programme Details

The session was conducted by **Dr. Kartiki Vyas**, who interacted with the girl students and staff members and discussed important aspects of women's health and wellness. The session focused on health awareness appropriate to young women and emphasized the importance of maintaining a balanced lifestyle.

Dr. Vyas explained the relevance of **Ayurvedic principles of Dinacharya, Ritucharya, Ahara and healthy lifestyle practices** in promoting overall well-being. The participants were encouraged to adopt healthy dietary habits, maintain personal hygiene, manage stress effectively, and give adequate attention to their physical and mental health.

The session also provided an opportunity for participants to interact with the resource person and clarify their general health-related queries. The interactive nature of the programme helped the students and staff

understand the importance of preventive healthcare and timely consultation with qualified healthcare professionals.

Outcome of the Programme

The programme successfully created awareness among the girl students and staff regarding women's health and preventive healthcare.

Participants gained useful knowledge about healthy lifestyle practices and the relevance of Ayurveda in maintaining overall well-being.

The activity also promoted the objectives of the **Ayurveda Day Week Celebration** by highlighting the preventive and promotive aspects of Ayurveda and encouraging the younger generation to incorporate healthy practices into their daily lives.

Conclusion

The **Women's Health and Awareness Programme** conducted by **Dr. Kartiki Vyas** was an informative and interactive activity for the girl students and staff of Shreeyash Institute of Engineering & Technology. The programme contributed to health awareness and promoted the importance of preventive care and healthy living through an Ayurvedic perspective.





GPS Map Camera

Chhatrapati Sambhajnagar, Maharashtra,
India 🇮🇳

Gut No, 258, Prem Nagar - Satara Tanda Rd, Near Srpf Camp, Satara
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