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**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC
MEDICAL COLLEGE, HOSPITAL, POST GRADUATE
STUDIES & RESEARCH CENTRE, KOPPAL – 583231**
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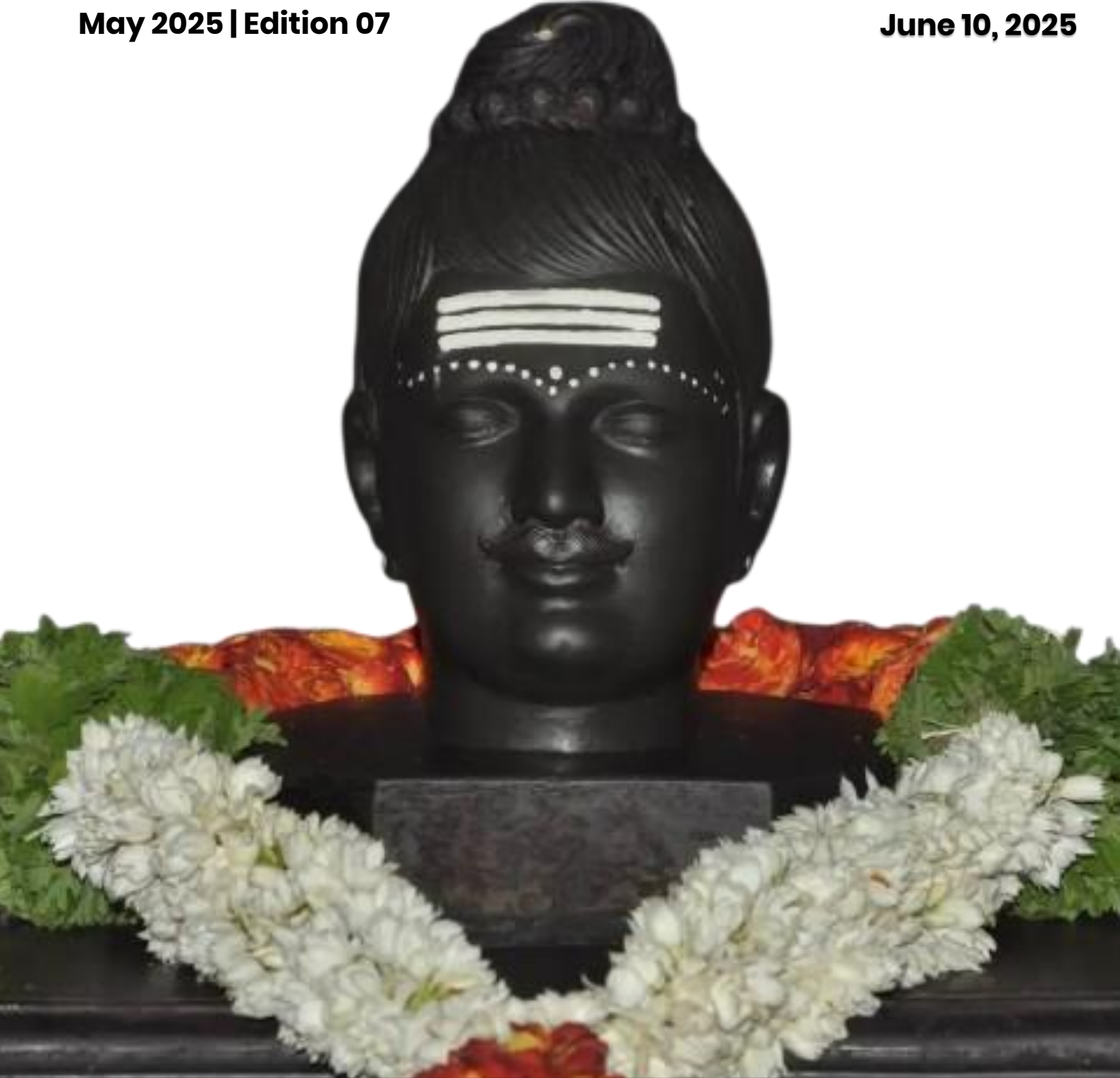
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GAVI KALPATARU

AYURVEDA E MAGAZINE

May 2025 | Edition 07

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Chiefeditorgavikalpataru@gmail.com

GAVI KALPATARU

May 2025 | Edition 07



(Pure Hands, Protected Health – Bridging Tradition and Hygiene)



GAVIKALPATARU

MAY 2025/ EDITION 07

EDITORIAL TEAM

CHIEF EDITOR: DR. M.M. SALIMATH

EDITOR IN CHARGE: DR. SHRIDHARAIAH M.H.

EDITORIAL MEMBERS: DR. S.N. HAKKANDI

DR. G.G. PATIL

DR. ANITA KULKARNI

DR. AMAL. S. CHANDRAN

DR. ASHA S.A

CREATIVE DIRECTOR / GRAPHIC DESIGN: DR. SHRIDHARAIAH M.H.

CONTRIBUTORS: ALL STAFFS, STUDENTS & INTERNEES OF SJG AMC

MARKETING / PUBLISHER: PRINCIPAL SJG AMC KOPPAL

CONTACT: CHIEFEDITORGAVIKALPATARU@GMAIL.COM

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ACKNOWLEDGMENT

*With immense gratitude and humility, we offer our sincere thanks to **Shree Jagadguru Gavisiddeswara Swamiji**, whose divine presence and spiritual vision continue to inspire and guide us on our path of Ayurvedic wisdom and holistic well-being.*

*We bow with reverence to **Lord Dhanvantari**, the divine physician, whose eternal light illumines our understanding of seasonal balance and the healing rhythms of nature.*

*Our deepest appreciation goes to our respected **Chairman, Shri Sanjay Kotbal Sir**, for his unwavering encouragement and steadfast support. We are especially thankful to our **Chief Editor, Dr. M.M. Salimath Sir**, whose scholarly insight, and editorial excellence have once again shaped this edition with depth, precision, and clarity.*

*We gratefully acknowledge the sincere efforts of the **Editorial Committee**, whose thoughtful planning, dedication, and creative collaboration have given life to this special issue "Ayurveda's Touch of Purity for a Healthy World", a theme that emphasizes the profound connection between natural living and global well-being.*

*Special thanks are due to the **teaching and non-teaching staff, PG scholars, UG students, and interns of SJGAMC**, whose enthusiastic contributions enriched the magazine with insightful articles, reflections, and artistic expressions.*

*We are deeply grateful to our **Principal and Vice Principal** for their steadfast leadership, which continues to propel this initiative forward with integrity and purpose.*

To our beloved readers, your enduring support and appreciation uplift our spirits and inspire us to delve deeper into the timeless science of life.

*Finally, heartfelt thanks to the entire **GAVI KALPATARU** team, whose spirit of unity, dedication, and commitment have transformed this edition into a vibrant celebration of Ayurveda's purity and its healing touch across the world.*

*With Warm regards,
The Editor In charge
Dr. Shridharaiah MH
May Edition, 2025*

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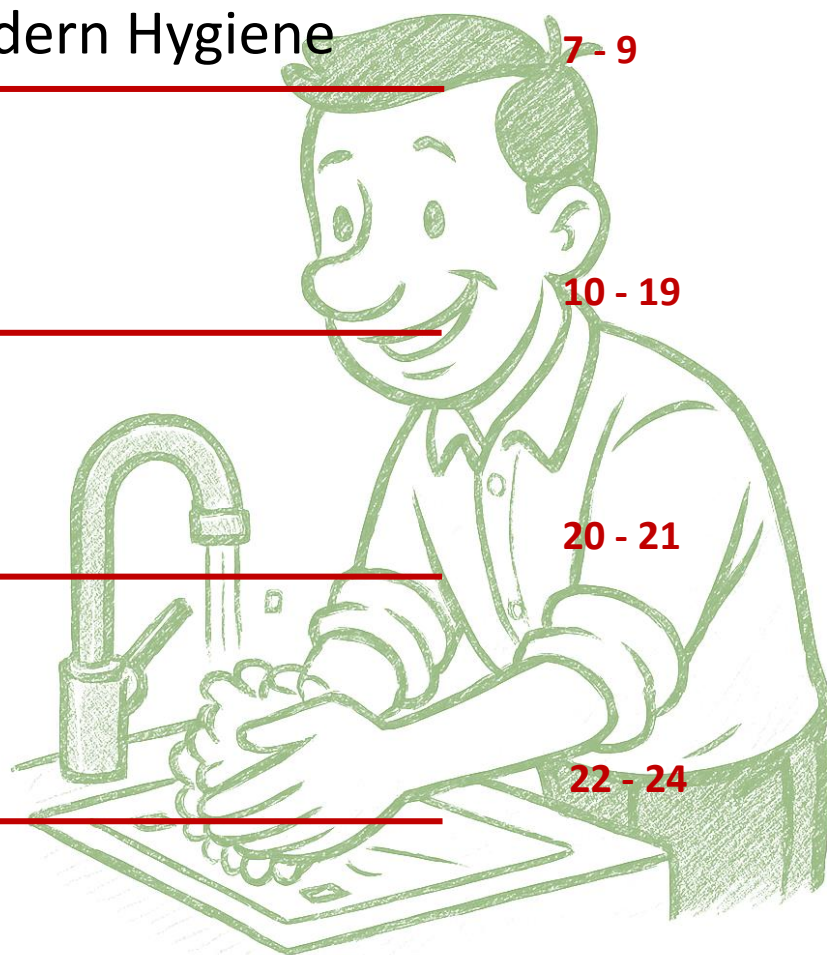
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Principal & Editor's Letter



Dear Readers,

As we step into the month of May, we embrace a timely and vital theme: *Hasta Swachhata – Ayurveda's Touch of Purity for a Healthy World*. This edition of *Gavi Kalpataru* celebrates the timeless Ayurvedic wisdom that highlights the significance of clean hands and pure habits in nurturing individual and collective well-being.

Hasta Swachhata is not just about external hygiene. In Ayurveda, it reflects a deeper sense of inner cleanliness, purity in thought, and mindfulness in action. Our hands, constantly in use, are the very tools through which we express care, create, and connect. When guided by Ayurvedic principles, simple daily practices like herbal cleansing, hand rituals, and conscious self-care become acts of respect — for ourselves, others, and nature.

This month's edition brings together thoughtful articles, creative expressions, and informative insights that explore how Ayurvedic practices can inspire sustainable hygiene, mental clarity, and a deeper sense of balance. Clean hands symbolize much more than physical health; they represent responsibility, discipline, and the power to nurture.

Let us take this opportunity to recommit to the values of simplicity, awareness, and wellness. May the theme of Hasta Swachhata remind us all that small, mindful habits can lead to a healthier, more compassionate world.

My heartfelt appreciation goes out to our editorial team and contributors for their dedication and effort in crafting this meaningful edition.

Wishing you all a mindful, pure, and health-filled journey ahead.

Warm regards,

Dr. M. M. Salimath

Principal & Chief Editor

पवित्र हस्त, निरोगी जीवन

PURE HANDS, DISEASE-FREE LIFE

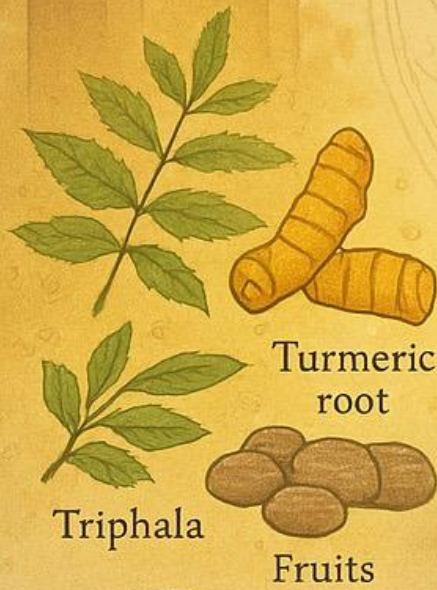
In Ayurveda, the ancient science of life, the concept of cleanliness is not merely a physical practice but a sacred act that sustains health and harmony in body, mind, and spirit. The phrase Pavitra Hasta, Nirogi Jeevan — “Pure Hands, Disease-Free Life” — encapsulates the significance of hand hygiene as a cornerstone of personal well-being. Far before the advent of germ theory or modern microbiology, Ayurveda emphasized daily rituals of purification and handwashing as vital to disease prevention and overall vitality.

Ayurvedic Concepts of Hygiene: Shaucha and Dinacharya

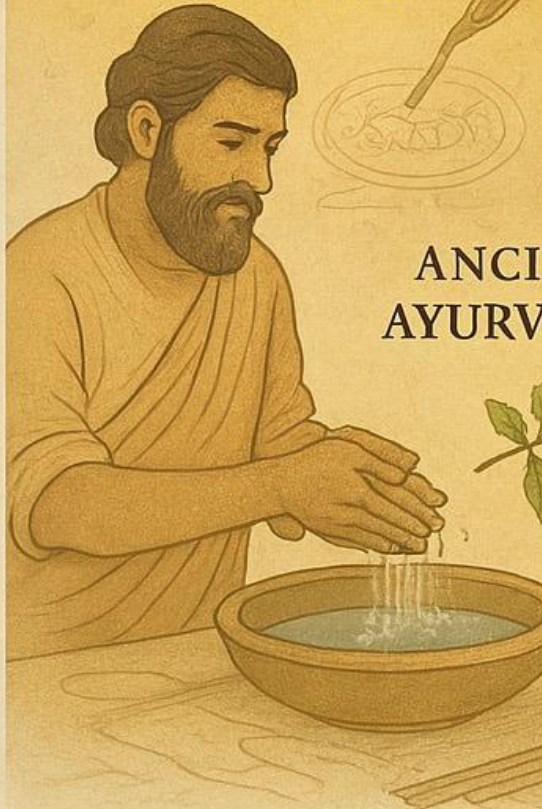
One of the core tenets of Ayurvedic philosophy is Shaucha, meaning cleanliness or purity. It is one of the niyamas (personal observances) in the Yogic and Ayurvedic traditions, forming the ethical foundation for health. Shaucha encompasses both external cleanliness (Bahya Shaucha) and internal purity (Antar Shaucha), promoting physical detoxification as well as mental clarity.

In the daily regimen or Dinacharya, Ayurveda prescribes several hygiene practices aimed at maintaining health:

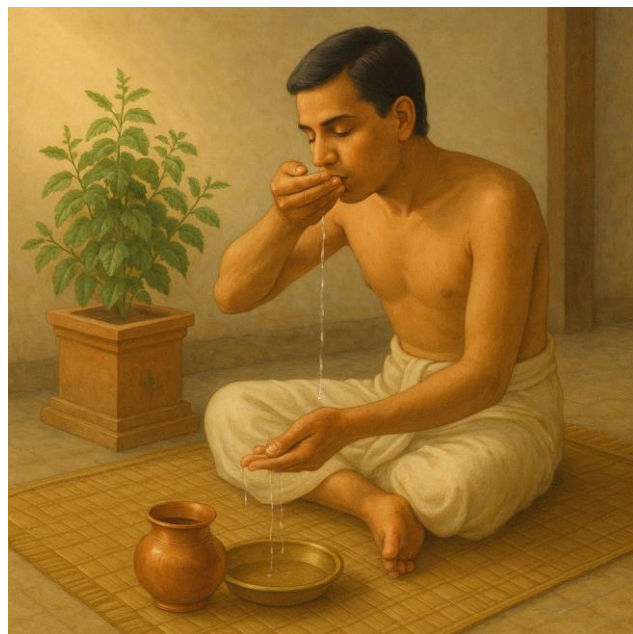
- Handwashing (Hasta Prakshalan): Hands are to be washed thoroughly before and after eating, after using the toilet, after waking, and after touching any impure substances. This was often done using herbal decoctions, mud, or ash, which had antimicrobial properties.



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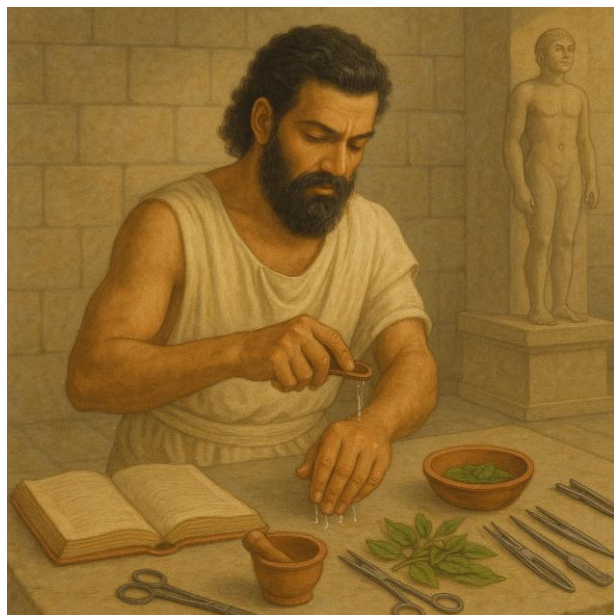
- Snana (Bathing): Full-body cleansing including hands is to be performed every morning to remove impurities and energize the body.
- Achamana: A ritual rinsing of the mouth and hands before spiritual or food-related activities, reinforcing the sanctity of hand hygiene.
- Mukhaprakshalana and Netradhavana: Washing the face and eyes with herbal water or decoctions in the morning — often using Triphala.



These daily habits were designed not only for cleanliness but for dosha balance, sensory clarity, and sattvic (pure) living.

Historical Practices from Ayurvedic Texts

Charaka Samhita: Charaka emphasizes the importance of hygiene in both daily routines and clinical settings. In Vimana Sthana, it is mentioned that physicians must maintain a high standard of personal cleanliness, including washing of hands and nails before conducting any therapeutic procedure or preparing medicine.



Sushruta Samhita: Sushruta, regarded as the father of surgery, gives elaborate details on preoperative hygiene. Surgeons were instructed to wash their hands and nails thoroughly, trim nails, and use specific herbal washes before surgery. He advocated the use of alkaline substances and antiseptic herbs like Surasadi gana dravyas for external cleansing.

Ashtanga Hridaya: Vagbhata integrates the teachings of Charaka and Sushruta, reiterating hand hygiene in the context of Ahara Vidhi (rules of eating), Chikitsa (treatment), and Achara Rasayana (code of conduct for health). Clean hands are a prerequisite before consuming food or engaging in any religious or therapeutic acts.

Ayurvedic Antimicrobial Herbs Used in Hand Hygiene

- Neem (*Azadirachta indica*) – Antibacterial, antiviral, antifungal.
- Turmeric (*Haridra*) – Anti-inflammatory and antiseptic.
- Triphala – A powerful antioxidant and gentle cleanser.
- Ash (*Bhasma*) – Used traditionally for cleansing when water was not available.
- Shikakai & Reetha – Natural cleansers used for washing hands, hair, and body.

These natural substances were not just effective in cleansing but also nourished the skin and preserved its integrity.

Conclusion

The ancient Ayurvedic seers understood that health begins in the hands – quite literally. By practicing Pavitra Hasta, we honor our body, prevent disease, and sustain a Nirogi Jeevan. Reintroducing these age-old Ayurvedic hand hygiene practices in our modern lives is not just about tradition – it is a return to a conscious, healthy, and holistic way of living.

HASTA SWASTHYA

The Healing Hand of Ayurveda



Nadi Pariksha



Abhyanga



In Ayurveda and Indian philosophy, the hand (Hasta) is not merely a physical organ — it is an instrument of healing, a bridge between the body and consciousness, and a vehicle of divine action. The concept of Hasta Swasthya — the health and healing power of the hand — is deeply embedded in Ayurvedic practice, spanning diagnosis, therapy, and symbolic reverence. From the pulse to the marmas, from mudras to massage, the hand is central to the Ayurvedic approach to health and wellness.

Hands in Diagnosis: The Power to Detect

Nadi Pariksha (Pulse Diagnosis): The art of Nadi Pariksha is a hallmark of Ayurvedic diagnostics. With just three fingers (index, middle, and ring), a skilled Vaidya can detect the balance or disturbance of the three doshas — Vata, Pitta, and Kapha. Each finger corresponds to a dosha, and subtle variations in the pulse rhythm offer insights into physical, mental, and emotional health.

The sensitivity and training of the hand, particularly the fingertips, are key to accurate diagnosis.



Hands in Therapy: The Power to Heal

Abhyanga (Ayurvedic Massage): Abhyanga is the rhythmic and synchronized application of medicated oils over the body using the palms and fingers. The benefits of Abhyanga are numerous:

- Improves circulation and lymphatic drainage
- Nourishes skin and muscles
- Calms the nervous system
- Balances doshas

Each stroke, pressure, and direction have therapeutic significance, guided by the practitioner's trained hands.

Marma Chikitsa: Specific marma points are stimulated using the fingers or palms to release blocked energy and promote healing. This therapy requires profound anatomical and energetic understanding — the hand becomes both sensor and healer.



Mudras (Healing Gestures): Mudras are subtle hand gestures that direct prana (life energy) in specific ways. Practiced with focus and breath, they offer healing at the level of mind and subtle body. Examples include:

- Gyan Mudra – Enhances concentration
- Prana Mudra – Energizes and revitalizes
- Apana Mudra – Aids digestion and elimination

Conclusion:

In Ayurveda, the hand is not just an anatomical structure — it is a living tool of perception, transformation, and healing. It holds the power to diagnose, to soothe, to restore, and to connect with the divine.

Ayurveda Meets Modern Hygiene

Bridging Ancient Wisdom with
Contemporary Cleanliness





In today's world of heightened awareness about sanitation and hygiene, modern science and ancient Ayurveda surprisingly walk hand in hand. Long before the advent of alcohol-based sanitizers and synthetic handwashes, Ayurveda offered an array of natural cleansing agents that were not only effective in killing pathogens but also gentle on the skin and nourishing to the body. This article explores the synergy between Ayurvedic practices and modern hygiene, showing how

ancient remedies can be seamlessly integrated into contemporary lifestyles.

Ayurvedic Cleansing Agents vs Modern Sanitizers

Key Differences:

- Modern sanitizers often contain alcohol, triclosan, or synthetic surfactants that can cause skin dryness and irritation with frequent use.
- Ayurvedic agents, in contrast, nurture the skin while maintaining cleanliness and doshic balance.



Herbal Handwash & Natural Antimicrobial Formulations

Ayurveda offers several natural substances that act as effective antimicrobial agents suitable for daily hand hygiene:

Effective Ayurvedic Herbs for Hand Hygiene:

- Neem: Strong antimicrobial; inhibits bacteria like E. Coli and Staphylococcus aureus.
- Turmeric: Natural antiseptic; helps in wound healing and reducing skin inflammation.

- Lemon: Acts as a natural astringent and deodorizer.
- Triphala: Used as a wash; has antioxidant and antibacterial activity.
- Aloe vera: Moisturizing base that enhances herbal effects.

Common Ayurvedic Handwash Formulations:

- **Herbal decoctions:** Prepared from neem, tulsi, and triphala for daily hand washing.
- **Powder scrubs:** Sandalwood, turmeric, and lentil powder blends for gentle exfoliation and cleansing.

These formulations are free from harsh chemicals, making them ideal for repeated use by all age groups, including children.

Conclusion: Cleanliness with Consciousness

As the world turns to safer, more skin-friendly hygiene options, Ayurveda stands out with its time-tested wisdom. Ayurvedic hand hygiene does not just eliminate pathogens — it nurtures the skin, respects nature, and promotes sattvic living. By blending these ancient methods with modern expectations, we can build a hygiene routine that is effective, eco-conscious, and deeply nourishing.

Let your hands not only stay clean — but also remain balanced, healthy, and empowered by Ayurveda.





News Bites

A cozy spot for latest updates.

Shining Stars of SJGAMC: Batch Dhruva & Batch Atreya Celebrate Academic Excellence

Koppal, Karnataka — A wave of joy and pride sweeps through the campus of **Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College and Hospital**, as students of both **Second Phase Batch Dhruva (2021–22)** and **First Phase Batch Atreya (2023–25)** achieved remarkable success in the recent university examinations.

Batch Dhruva (2021–22): A Beacon of Consistency & Brilliance

With the divine blessings of Shree Jagadguru Gavisiddheshwara Mahaswamiji, Batch Dhruva has once again made the institution proud:

- **Total Students Appeared:** 84
- **Distinction:** 41
- **First Class:** 39
- **Passing Percentage:** 95.23%
- **Eligibility for 3rd Phase:** 100%

Their exceptional performance reflects not only academic brilliance but also dedication, perseverance, and the strong mentorship provided by the faculty. A beautiful group collage featuring all **42 distinction holders** proudly showcases their achievements — a tribute to their relentless efforts.

Batch Atreya (2023–25): Making a Stellar First Impression

The newly inducted Batch Atreya has set an inspiring benchmark with their performance in their very first phase of BAMS:

- **Distinction:** 27
- **First Class:** 37

This success story stands as a testament to their hard work, determination, and the strong foundation laid by the teaching staff. The vibrant congratulatory poster released in their honour celebrates this early triumph and marks a promising beginning to their Ayurvedic journey.

Words of Appreciation

The Management, Principal, and all the Teaching Staff extended heartfelt congratulations to

Words of Appreciation

The Management, Principal, and all the Teaching Staff extended heartfelt congratulations to the achievers, acknowledging their dedication and consistent efforts. Their messages echoed a shared vision: *“May this be the beginning of a bright and prosperous journey ahead. Keep striving, keep shining!”*

As SGVAMC continues to nurture excellence in Ayurvedic education, the twin achievements of Batch Dhruva and Batch Atreya set a remarkable tone for the institution’s legacy of knowledge, tradition, and success.

Student of SJG AMC Shines at Vikas Bharat Speech Competition

Bengaluru, Karnataka – Anushree Manjunath Ullatti, a second-phase student at **Shree Jagadguru Gavisideshwara Ayurvedic Medical College**, has made her mark at the prestigious **Vikas Bharat Speech Competition** a nationwide initiative under the **Nehru Yuva Kendra Sangathan (NYKS)**, part of the **Ministry of Youth Affairs and Sports, Government of India**.



From Local Rounds to Vidhan Soudha

The competition, designed to inspire youth participation in **nation-building and leadership**, saw Anushree advancing through multiple rounds. She first competed in the **district-level event in Bellary**, where she emerged among the **top 10 candidates** out of 140 participants. Her remarkable journey led her to the grand **state-level competition at Vidhan Soudha, Bengaluru**, where Karnataka’s **top 120 contenders** showcased their vision for a developed India.

A Speech That Inspired

Before delivering her speech, Anushree sought the blessings of **Shri Jagadguru Gavisiddeshwara Mahaswamiji**, grounding herself in her cultural and academic roots. Introducing herself with confidence, she captivated the audience with her thought-provoking insights on **India’s development goals and the role of youth in shaping the country’s future**.

Support and Encouragement

Anushree expressed profound gratitude to the college management and faculty for their unwavering support. She specially thanked **Principal Dr. Mahantesh Salimath, Dr. S.S.**

Shirurmah, Dr. Gangadhar, Dr. Sreeja, and Dr. Shashidhar Jeeru for their guidance. A heartfelt acknowledgment also went to **Dr. Basavarajeshwari**, whose encouraging words strengthened her resolve.

RGUHS Honors Student-Athletes with Sports Scholarships



Bengaluru: Rajiv Gandhi University of Health Sciences (RGUHS) recently held a Sports Scholarship Ceremony to recognize students excelling in both academics and sports.

The event saw many students receiving scholarships, with university leaders awarding them in a big gathering.

Only four Ayurvedic colleges received these scholarships. **Shri Jagadguru Gavisiddheshwara Ayurvedic Medical**

College, Koppal (SJGAMC) stood out with **four students** awarded. The winners are Dr. Netra Pujar, Dr. Kaveri, Dr. Likita and Dr. Siddhartha Patil

This program shows how important sports are becoming in higher education, helping students grow both in studies and athletics. The scholarships will support these young athletes to do even better in their fields.

Beloved principal Dr. M. M. Salimath appreciated the students for their hard work in securing these scholarships for Ayurvedic colleges.

Inauguration of Upgraded Pathya Unit at SJGAMC, Koppal



May 5, 2025 – Koppal, Karnataka

The **Department of Swasthavritta** at **Shri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal**, proudly inaugurated its upgraded Pathya Unit on May 5, 2025. The ceremony was led by Principal Dr. Mahantesh Salimath, who officially

opened the unit by cutting the ribbon.

The Pathya Unit, focused on promoting the Ayurvedic concept of Pathya Ahara (wholesome diet), has been enhanced to offer a more structured and practical approach toward healthy

living and disease prevention. This initiative reflects the classical Ayurvedic principle: “Aharam Mahabhaishajyam” — meaning “Diet is the greatest medicine.”

In his speech, Dr. M. M. Salimath highlighted the vital role of diet in maintaining health and managing illnesses, congratulating the department for their dedicated efforts. Faculty, staff, and students attended the event with enthusiasm, celebrating this important step in advancing preventive healthcare.

The upgraded unit will function as an educational platform for students and an awareness centre for patients and the community, promoting evidence-based Ayurvedic dietary practices rooted in ancient wisdom and tailored for modern lifestyles.

The Department of Swasthavritta expressed gratitude to the Principal, management, and all supporters, reaffirming their commitment to further enriching Ayurvedic education and preventive care through this initiative.

NSS Unit's Annual Special Camp Successfully Conducted at Komalapura and Chittapura Villages

Koppal, Karnataka – May 13, 2025

The National Service Scheme (NSS) Unit from Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College successfully concluded its annual special camp in Komalapura and Chittapura villages. The initiative,

which ran from May 6 to May 12, 2025, focused on integrating Ayurvedic healthcare practices with community service, benefiting numerous residents.

Interns engaged in various activities, including free health check-ups, awareness campaigns on preventive healthcare, and service-oriented initiatives that reinforced their practical knowledge of Ayurveda. The program was met with enthusiasm by villagers, who took part in consultations and educational sessions aimed at improving overall well-being.

Faculty members and local leaders commended the interns for their dedication, highlighting the importance of such community-driven programs in bridging the gap between traditional healthcare and public health initiatives. Many interns expressed gratitude for the opportunity to serve and learn, noting that the experience deepened their understanding of Ayurveda's role in grassroots healthcare.

Medical Camp Conducted at Degree College in Koppal, Karnataka

Koppal, Karnataka – May 8, 2025:

A medical camp was successfully organized on May 8 by **Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal** at a local degree college in Koppal. The initiative aimed to deliver essential healthcare services to students and members of the nearby community.

The camp served as a platform for preventive health awareness, offering basic check-ups, consultations, and early screening for common health conditions. It also provided an opportunity for young medical

professionals and students from SJGAMC to engage in community-based learning and service.

Such initiatives reflect the institution's commitment to holistic healthcare outreach while fostering practical experience for its students. While further details on the specific services provided or the number of participants is yet to be disclosed, the camp stands as a valuable contribution to public health efforts in the region.

Free Ayurvedic Health Camp Organized at Gondabala Village

Gondabala, Koppal – 21 May 2025

A **Free Health Check-up and Treatment Camp** was successfully conducted on **21st May 2025** at the Government Higher Primary School, Old Gondabala. The camp was organized jointly by Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College and Hospital (SJGAMC), Gram Panchayat Gondabala, and the District AYUSH Department, Koppal.

The camp aimed to provide healthcare services to the local community. Various health check-ups and treatments were offered free of cost, including **Random Blood Sugar (RBS) tests** for those in need.



Nurses' Day Celebrated at SJGAMC, Koppal

Koppal, 8 May 2025 – The spirit of compassion, care, and commitment was honoured today at **Sri Jagadguru Gavisiddheshwar Ayurvedic Medical College (SJGAMC), Koppal**, as the institution celebrated **International Nurses' Day** with enthusiasm and gratitude.

The event was held in the **Yoga Hall**, and witnessed the participation of faculty members, staff, students, and nursing professionals. The celebration served as a heartfelt tribute to the vital role nurses play in the healthcare system, especially in patient care and community health.

Dignitaries present appreciated the tireless service and dedication of the nursing staff. The program included inspirational speeches, cultural performances, and expressions of appreciation for the nursing community. It was a moment of unity and recognition that reinforced the value of empathy and selfless service in healthcare.

SJGAMC continues to uphold its commitment to holistic healing and recognizes its nursing team as an integral part of that mission.

Marching Towards a Healthier Tomorrow: SJGAMCH Koppal Observes World No Tobacco Day with Rally

Koppal, May 31, 2025:

In a commendable initiative to raise awareness about the harmful effects of tobacco, the Department of Agada Tantra in collaboration with the National Service Scheme (NSS) Unit of **Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal** organized a dynamic rally on **World No Tobacco Day**.

Held on **May 31, 2025**, this year's theme — *"Bright Products. Dark Intentions"* — underscored the deceptive appeal of tobacco products and their grave health consequences. The event saw enthusiastic participation from **2nd-year BAMS students**, who took to the streets with powerful slogans, placards, and a unified voice against tobacco use.

The rally served not only as a means of public awareness



but also, as a platform to empower future Ayurvedic practitioners to lead community health initiatives. Passersby and locals were drawn to the spirited demonstration, which aimed to educate the masses on the dangers of tobacco and promote a healthier lifestyle.

The organizing departments emphasized that such programs are crucial in shaping a tobacco-free society and urged the public to reflect on the irreversible health damage tobacco causes.

With banners bearing the message of life over addiction, the event was a resounding success, echoing the institution's commitment to community well-being and preventive healthcare.

Himalaya Jeevaka & Ayurvisharada Award Ceremony Held at SJGAMC Koppal



Koppal 15 May 2025 – A special award ceremony was held at SJG Ayurvedic Medical College, Koppal, to recognize academic excellence and commitment in the field of Ayurveda. The event, organized in association with The Himalaya Wellness Company, featured the prestigious *Jeevaka* and *Ayurvisharada* awards.



The ceremony took place in Lecture Hall–3 and witnessed enthusiastic participation from the teaching faculty and staff.

The *Jeevaka Award* was presented to Dr. Anuradha, while the *Ayurvisharada Award* was

conferred upon Dr. Shameem for their academic excellence.

The awards were presented by Principal Dr. M. Salimath and Vice Principal Dr. Suresh Hakkandi. Dr. Bharath, a representative of The Himalaya Wellness Company, was also present and took part in the celebrations. The event was coordinated by Dr. Shashikala.

This award ceremony served as a motivational platform, encouraging the continued pursuit of knowledge and commitment to the principles of holistic healing that Ayurveda represents.

Panchakarma Procedure Started at Gavi Shri Arogyadhama, SJG AMC Koppal



Koppal – The renowned Gavi Shri Arogyadhama at Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJG AMC), Koppal, has officially commenced Panchakarma treatment procedures. This development marks a significant step forward in providing authentic and comprehensive Ayurvedic therapies to patients in the region.



Panchakarma, a classical detoxification and rejuvenation therapy system, is known for its effectiveness in managing chronic diseases and improving overall health. With the initiation of these procedures, SJG AMC aims to enhance patient care and promote holistic healing based on traditional Ayurvedic principles.

The facility is equipped with experienced Ayurvedic physicians and well-maintained therapy units to ensure safe and effective Panchakarma treatments.

SJGAMC, Koppal Hosts Online Workshop on "IT in Ayurveda Medical Research and Statistics" for 4th BAMS Students



Koppal, May 22, 2025 — The Sri Jagadguru Gavisiddheshwara Ayurvedic Medical College (SJGAMC), Koppal, successfully organized an **online workshop** on the theme

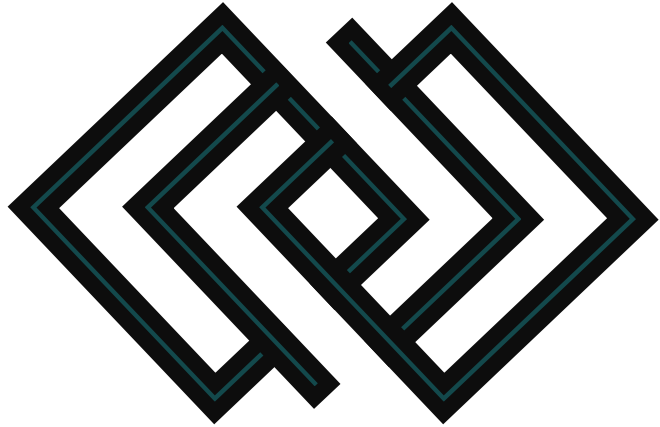
"IT in Ayurveda Medical Research and Statistics" on **22nd May 2025**, exclusively for 4th-year BAMS students.

The session featured **Dr. Ajay Kumar Pattar**, Assistant Professor, Department of Swasthavritta, **LPRAMC, Islampur, Maharashtra**, as the **resource person**. Dr. Pattar captivated the audience with his expert insights on the integration of information technology and statistical tools in Ayurvedic research, an area of growing relevance in modern healthcare.

The workshop delved into vital topics such as:

- Fundamentals of biostatistics in Ayurvedic research
- Utilization of digital platforms and software in data analysis
- Ethical aspects of digital research
- Case studies demonstrating the real-world application of IT tools in Ayurveda

The engaging and informative session encouraged active participation from students, who gained practical knowledge about modern research methodologies compatible with traditional Ayurvedic principles.



Knowledge Hub

**EXPLORING IDEA AND
DISCOVERIES BY STAFF AND
STUDENTS**

वर्षाऋतु - Varsha Ritu

Dakshinayana (visarga Kala)
(mid-September to mid November)

Do's:

पथ्य

- आहार
 - यव, गोधूम, जाङ्गल मांस रस, मार्दीक, अरिष्ट, दधिमस्तु, सौवर्चल लवण पद्मकोल चूर्ण, दिव्याम्बु, उष्ण चल, अम्ल लवण रस, स्नेह & शुष्क गुण आहार
- विहार
 - Basti karma is to be conducted after performing – वमन & विरेचन कर्म Systematically → Wear always scented & well fumed dress & reside in such places that is free from Moisture & cold weather.

Dont's:

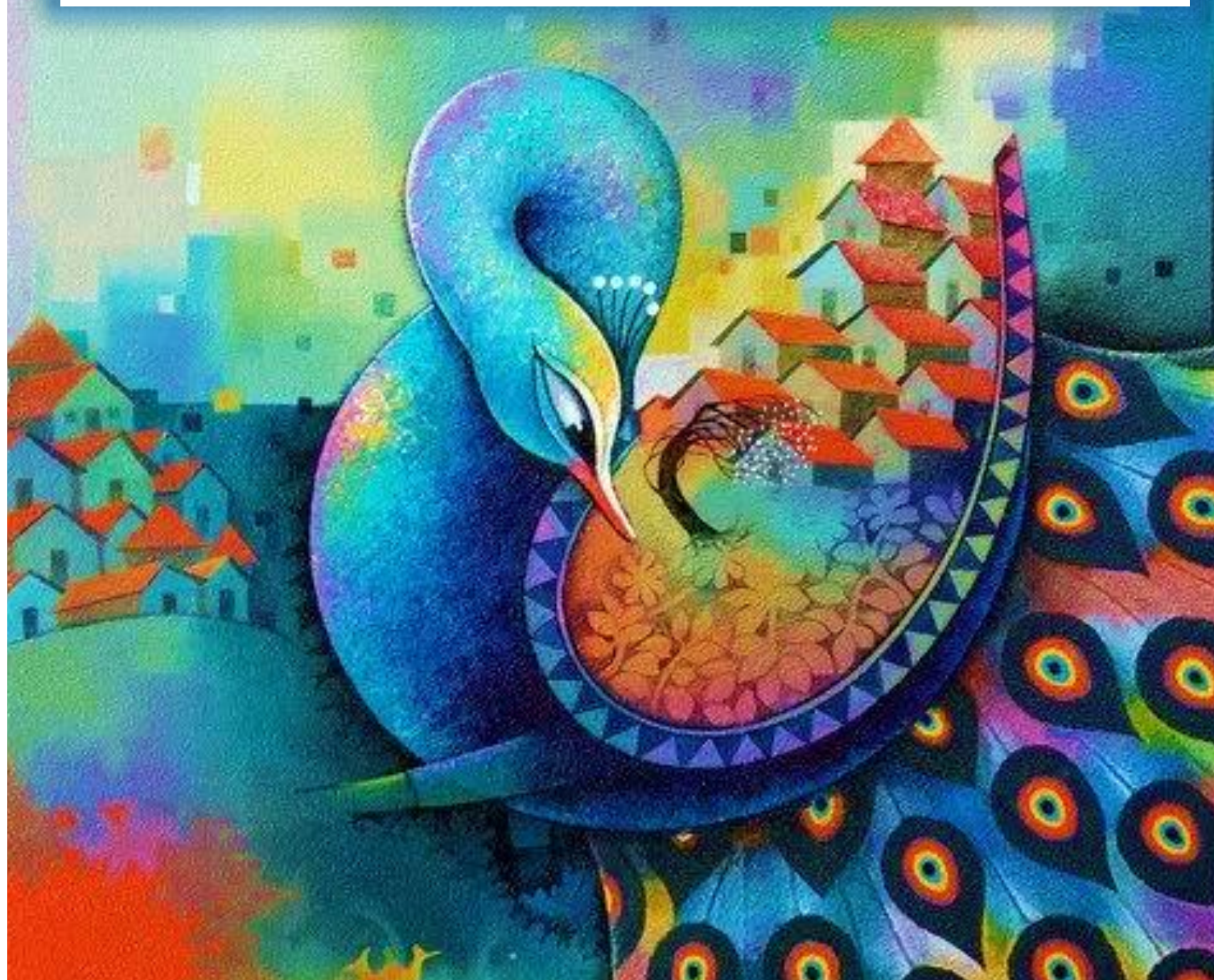
अपथ्य

- आहार -
 - Avoid to drink river water
 - Avoid उदमन्थ (paddy flour mixed with water & gheel)
 - Avoid high water content fruits
- विहार-
 - Avoid exercise
 - Avoid Exposure to dew (अवश्याय)
 - Avoid Sleep In day time



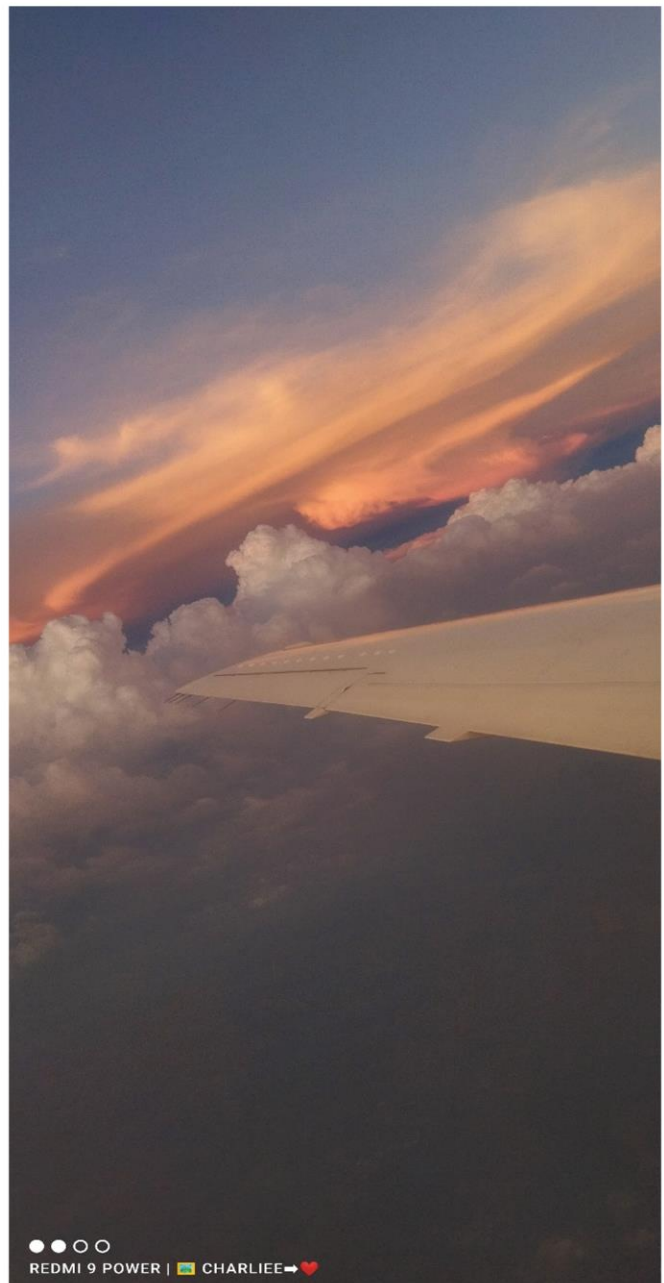
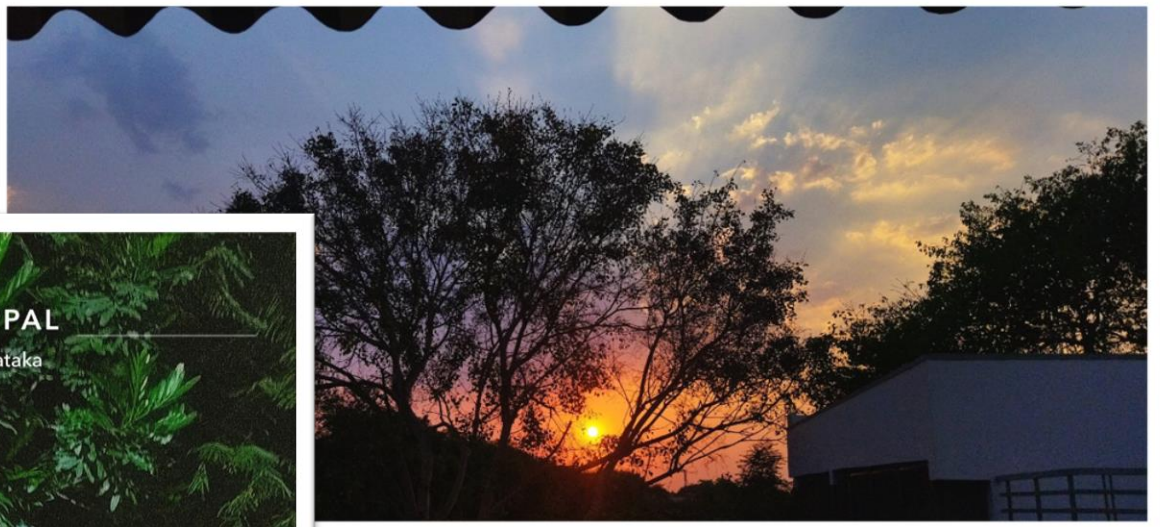
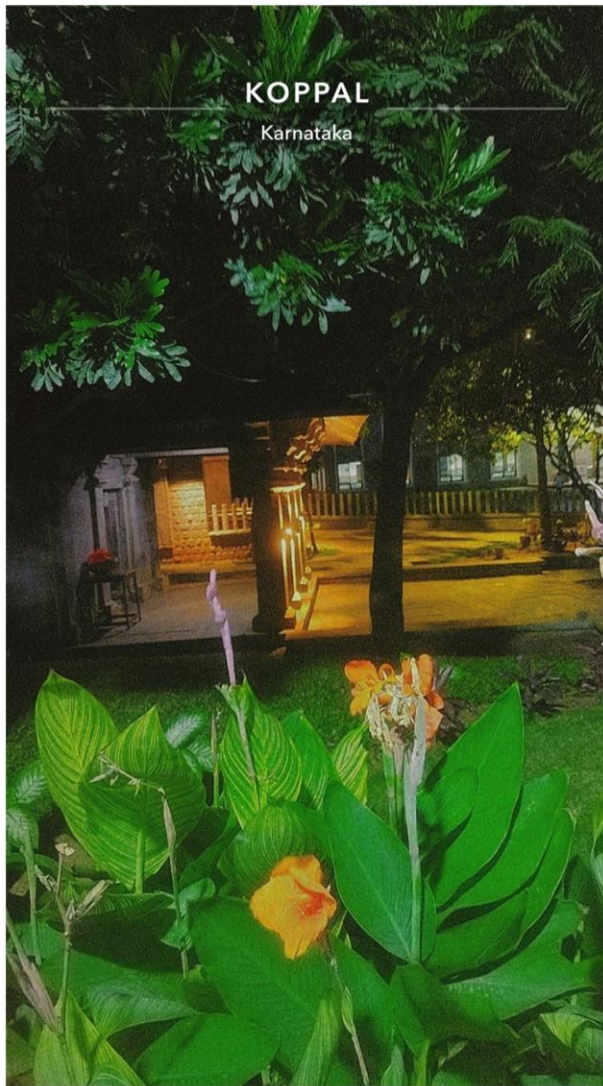
Creative corner

Celebrating artistic flair and originality



The world through

PHOTOGRAPHY



Nature never goes out of style

By

Dr. Charul Jain

Where words take flight

FROM THOUGHT TO VERSE

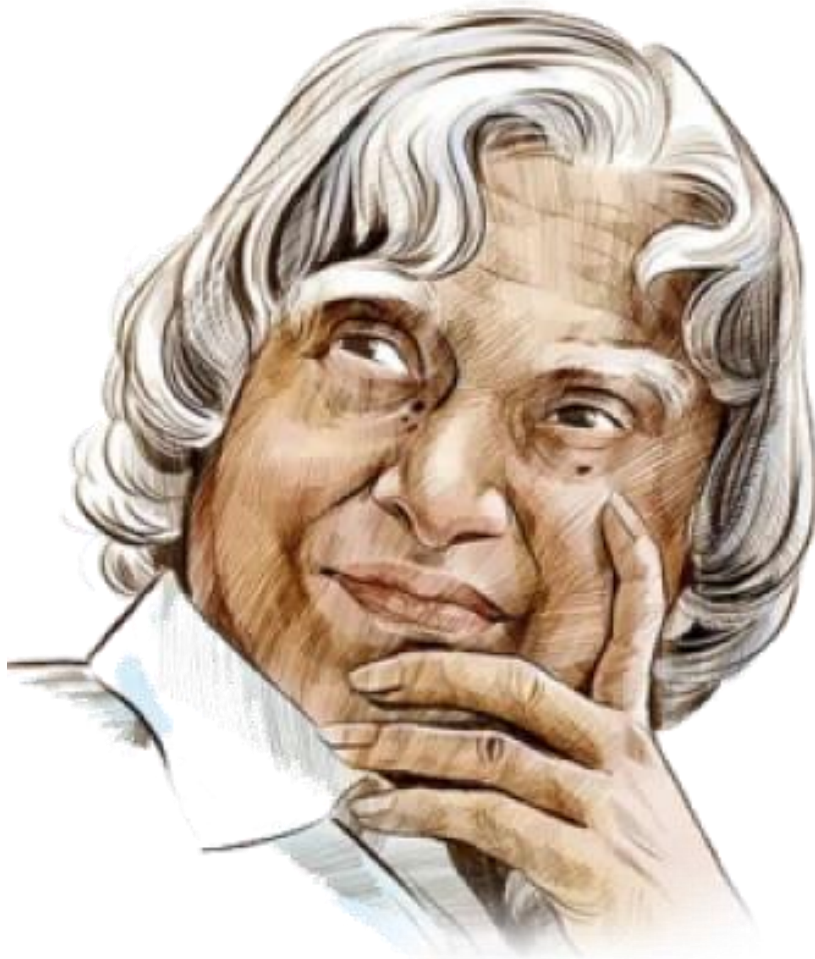
ವಸುಂಧರೆಯ ವೈಭವ....

ಧರತ್ರಿಯ ಸೇರಲು ಗಂಗೆ ಧರೆಗಿವಳು,
ಮುತಿಕ್ಕುವಂತೆ ಬರುವವು
ಮುಂಜಾನೆಯ ಕಿರಣಗಳು.

ತಣ್ಣನೆ ಸೂಸುವ ಗಾಳಿಯ ಹಾಡು,
ಅರಳಿ ನಿಂತಿರುವ ಹೂಗಳ
ಸೌಂದರ್ಯಕ್ಕೆ ಇದೆ ಬೀಡು.

ಕಣ್ ತೆಗೆದು ನೋಡು. ನೀನಿರುವುದು
ಈ ಧರತ್ರಿಯ ಮಡಿಲಲ್ಲಿ
ಈ ವೈಭವದ ನಡುವಲ್ಲಿ.

Dr.Pratima Patil . C . G
2nd Year PG scholar
Dept.of Shalakyia Tantra.



**“Winners are not those who never fail but
those who never quit”
– Dr. APJ Abdul Kalam**