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**SHREE JAGADGURU GAVISIDDHESHWARA AYURVEDIC
MEDICAL COLLEGE, HOSPITAL, POST GRADUATE
STUDIES & RESEARCH CENTRE, KOPPAL – 583231**
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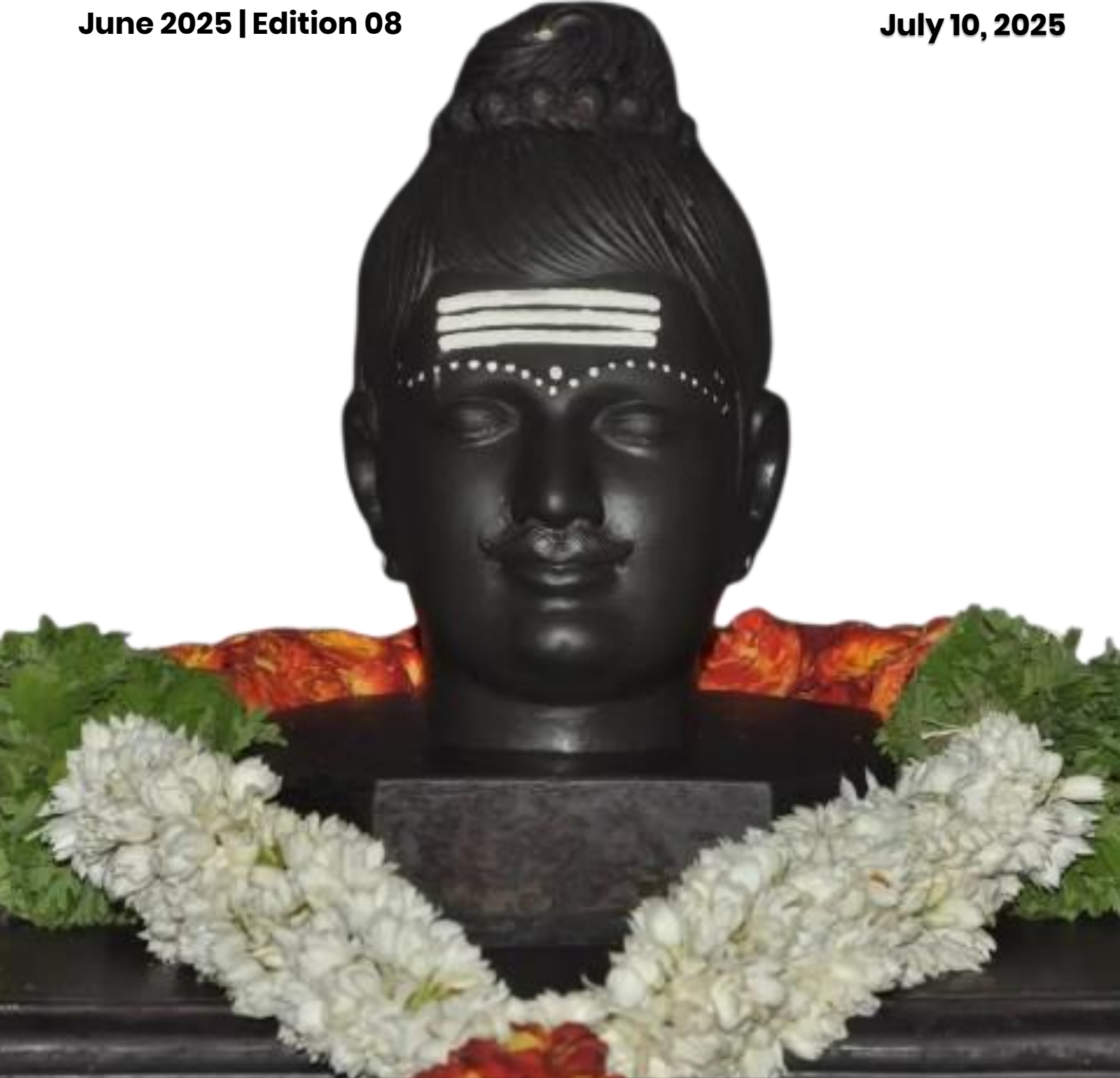
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Chiefeditorgavikalpataru@gmail.com



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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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For queries, please contact: chiefeditorgavikalpataru@gmail.com

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*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.*

*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
June Edition, 2025*

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Principal & Editor's Letter



Dear Readers,

It gives me immense pleasure to connect with you through the pages of **GAVI KALPATARU**, a testament to the creativity and intellectual spirit of our college community.

Our institution is committed to nurturing not only academic excellence but also the holistic development of every individual. This magazine showcases the diverse talents, innovative ideas, and artistic expressions of our students and faculty, reflecting the vibrant energy that defines our campus.

I encourage all students to actively engage in such platforms, as they play a crucial role in refining communication skills, fostering critical thinking, and shaping well-rounded personalities. Let us continue to explore, create, and inspire with the same passion and dedication.

A special word of appreciation to the editorial team for their hard work and commitment in bringing this edition to life.

Warm regards,

Dr. M. M. Salimath

Principal & Chief Editor



News Bites

A cozy spot for latest updates.

World Environment Day 2025 Celebrated with Zeal at SJGAMC Koppal

5 June 2025 Koppal. The Departments of Dravyaguna, Agada Tantra, and the NSS Unit of SJG Ayurvedic Medical College & Hospital, Koppal, jointly organized a meaningful celebration of World Environment Day on 5th June 2025, aligned with the global theme "Say No to Plastic."

The event began with a **powerful mime performance** by students, creatively portraying the environmental damage caused by plastic usage. This was followed by a **tree plantation drive**, where faculty and students actively participated by planting saplings across the campus — a symbolic and practical step toward a cleaner, greener future.



Dr. M. M. Salimath, Principal of SJGAMC, delivered an inspiring keynote address, stressing the **urgent need to adopt a plastic-free lifestyle** and emphasizing Ayurveda's natural approach to sustainable living. **Dr. S. N. Hakkandi**, Vice Principal, graced the event with his presence and delivered a motivational address that encouraged students to take conscious steps towards environmental stewardship.

The success of the program was made possible through the sincere efforts of faculty members **Dr. Shirurmath**, **Dr. Rudrakshi P D**, **Dr. Gangadhar**, **Dr. Bhavani**, **Dr. Akshata**, **Dr. Rajashekhar**, and **Dr. Naveen**, along with the wholehearted participation of the **Second BAMS 2022 (PRAJNANA) batch** students. Their teamwork and enthusiasm were instrumental in making the event impactful and inspiring.

YOGA SANGAM 2025: A Weeklong Wellness Camp Culminates in a Grand Celebration at Gavimath Grounds

Observing the International Day of Yoga | June 14–21, 2025 | Theme: "Yoga for One Earth, One Health"

The Department of Swasthavritta and Yoga at **Jagadguru Gavisiddheshwara Ayurvedic Medical College & Hospital, Koppal**, in collaboration with the **Morarji Desai National Institute of Yoga, New Delhi**, and the **SGVVT Educational Institutions**, proudly organized



Yoga Sangam 2025 — a dedicated weeklong yoga camp from **14th to 21st June 2025**.

This exclusive camp for staff members of SGVVT institutions was held daily from **6:00 AM to 7:00 AM**, emphasizing holistic health, mindfulness, and well-being. Participants engaged in guided yoga sessions

that included asanas, pranayama, and meditation techniques led by trained yoga instructors.

Grand Concluding Event on 21st June at Gavimath Ground

The highlight of the entire initiative was the **mass yoga celebration on 21st June 2025**, organized at the **Gavimath Grounds**, from **6:00 AM to 9:00 AM**. This monumental event saw the **active participation of students, faculty members, and the public**, creating a vibrant and energetic atmosphere in honor of the **International Day of Yoga**.



The program included:

- **Mass Yoga Demonstration** in alignment with the Common Yoga Protocol
- Awareness talks on the theme *“Yoga for One Earth, One Health”*
- Inspirational messages from dignitaries and yoga practitioners

The event served as a powerful platform for promoting physical, mental, and emotional wellness, while also reinforcing the role of yoga in sustainable living and community health.

Yoga Sangam 2025 was a true reflection of the Ayurvedic ethos of “Swasthasya Swasthya Rakshanam,” fostering preventive health through yoga for all — from the individual to society.

SGJAMC Koppal and RDPR University Move Forward with Academic Collaboration



Gadag: 18 June 2025

In a significant step towards academic collaboration, the Principal **Dr. M.M Salimath** of Shri Jagadguru Gavisiddheshwar Ayurvedic Medical College, Koppal, held a constructive meeting with the Hon’ble Vice Chancellor of

RDPR University, Gadag, on 18th June 2025. The meeting focused on discussing a prospective Memorandum of Understanding (MoU) between RDPR University and the educational institutions run by the SGVV Trust.

The discussions centred around mutual areas of academic interest, research collaborations, faculty exchange, and skill development initiatives that align with both institutions' visions for holistic and value-based education.

Encouragingly, the Vice Chancellor has given his full support and consent to proceed with the MoU, marking a promising beginning to what is expected to be a fruitful academic alliance. This collaboration is anticipated to open new opportunities for students and faculty from both institutions.

Blood Donation Camp Organized at SJG Ayurvedic Medical College in Honor of Poojya Shree Marishantaveera Swamiji

Koppal: 23 June 2025

In a heartfelt tribute to **Poojya Shree Marishantaveera Swamiji on his Punya Smarane, and in observance of World Blood Donors Day 2025**, a Blood Donation Camp was successfully organized by Shree Jagadguru Gavisiddheshwar Ayurvedic Medical College and Hospital, Koppal.

The event commenced at 10:00 AM and saw enthusiastic participation from teaching staff, non-teaching staff, hospital personnel, and students. The initiative aimed to promote the noble cause of blood donation.

The camp stood as a powerful message of community solidarity and selfless giving, aligning with the global theme of World Blood Donors Day, and reflecting the core values upheld by the institution.

SHOURYA & KALARAVA 2025: A Grand Confluence of Sportsmanship and Culture at SJGAMC, Koppal



*Gavimath Campus, Koppal |
9th – 14th June 2025*

With the divine blessings of **Shree Gavisiddheshwara Mahaswamiji**, the campus of

Shree Jagadguru Gavisiddheshwara Ayurvedic Medical College, PG Studies & Research Centre, Koppal, came alive with energy and enthusiasm during its annual **Sports and Cultural Fest – “Shourya & Kalarava 2025”**, proudly organized by **Advitya – Batch 2020–21**.

SHOURYA 2025: Celebrating Strength, Speed & Sportsmanship

Held from 9th to 14th June 2025

The week began with **Shourya 2025**, a dynamic sports meet aimed at encouraging physical fitness, discipline, and team spirit. Under the able coordination of the **Sports and Cultural Committee**, students participated with high enthusiasm in various indoor, outdoor, and athletic competitions.

Outdoor Games:

- Cricket
- Volleyball
- Throwball
- Ball Badminton

Indoor Games:

- Chess
- Carrom

Athletics:

- 100 Meter Sprint
- 200 Meter Sprint
- Relay Race



All events were conducted with proper safety measures and crowd control, with medical and volunteer teams ensuring smooth execution. The athletic events, particularly the relays and sprints, drew huge cheers and displayed excellent competitive spirit. Shourya 2025 became a platform not only for competition but also for fostering sportsmanship and unity among students.

KALARAVA 2025: A Cultural Symphony of Art, Expression & Celebration

Held from 12th to 14th June 2025

Following the spirited sports events, **Kalarava 2025**, the most awaited **annual cultural extravaganza**, added colors of creativity to the campus. From artistic expression to theatrical brilliance, the three-day cultural fest offered students a stage to showcase their multifaceted talents.

Day 1 – 12th June (Thursday):

Inaugurated with an **Assembly Prayer**, followed by an energetic **Flashmob** and **Banner Reveal**, the day featured:

- **Mehendi, Face Painting & Pencil Sketching**
- **Mono Act, Rangoli, Poem Recitation, Skit**
- **Spot Dance Performances**

Day 2 – 13th June (Friday):

The second day focused on melody and motion with:

- **Solo Songs & Solo Dances (Classical & Cinematic)**
- **Duet Songs & Duet Dances**
- **Lazy Dance Showcases**
- **Photoshoot Moments**

Day 3 – 14th June (Saturday):

The final day brought team performance to the spotlight with:

- **Group Songs**
- **Group Dances (Semi-Classical, Folk, Retro, Cinematic)**
- **Prize Distribution & Valedictory Ceremony**

Together, **Shourya & Kalarava 2025** highlighted the institution's commitment to **holistic student development**, celebrating both **physical endurance** and **artistic excellence**. The collaborative efforts of faculty, coordinators, and volunteers made the event a remarkable success and a cherished memory for all participants.



Free Cancer Screening Camp Held at Gavisiddeshwara Ayurvedic Medical College, Koppal



Koppal, June 21, 2025: Shri Jagadguru Gavisiddeshwara Ayurvedic Medical College and Hospital, Koppal, in association with the Department of Obstetrics and Gynecology, the Department of School Medicine and National Service Scheme, and The Karnataka Cancer Therapy and Research Institute (KCTRI), Navanagar, Hubballi, successfully organized a free health checkup camp on Saturday.

The camp, held on June 21 from 10:00 am to 3:00 pm, offered various cancer screening services to the public.

The specialties included breast cancer screening through mammograms and clinical breast examinations, cervical cancer screening with Pap tests and HIV testing, and oral cancer screening through visual inspection and endoscopic examinations. Additionally, attendees received valuable health information and personal consultations from medical experts.

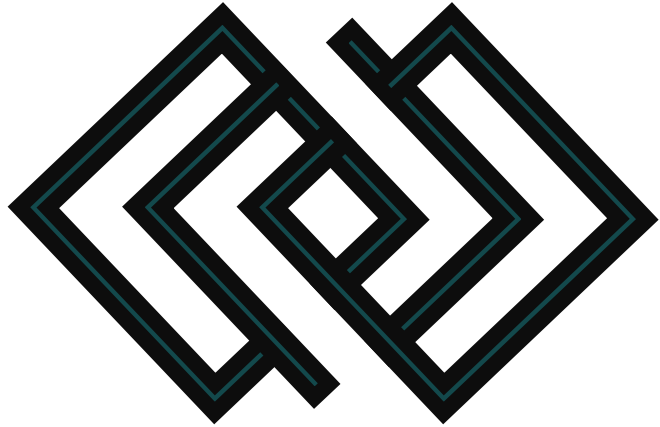
The initiative aimed to raise awareness about early detection and prevention of cancer among the community. A considerable number of people from Koppal and nearby areas benefited from the free services provided during the camp.

Cancer Awareness Program “Cancer in and Out” Held at SJGAMC, Koppal

Koppal, June 21, 2025. The Department of Shalya Tantra at **Shri Jagadguru Gavisiddeshwara Ayurvedic Medical College Koppal**, successfully organized an impactful awareness program titled “**Cancer in and Out**” on June 21, 2025.



The event aimed to raise awareness and educate the Interns & PGs about cancer in the present era, focusing on both modifiable and non-modifiable risk factors associated with the disease. A dedicated team of **six staff members** facilitated the program, which reached **130 beneficiaries**. Participants gained insights into cancer prevention, early detection, and the global impact of the disease.



Knowledge Hub

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

"Ayurveda for a Greener Planet".

Ayurveda, the ancient Indian system of medicine, deeply intertwines with the environment, viewing humans as an integral part of the natural world. It emphasizes that health is maintained by a balance between the individual and their environment.

Panchamahabhutas: building block of our world, ourselves

The ancient Vedic system called Panchamahabhutas offers five basic components: Prithvi, Tejas, Jala, Vayu, and Akash.

These elements are present not only in the environment but also within everyone. An essential component of this balance is the environment. Think about it: we eat food that comes from the earth, drink water that comes from the earth, and breathe air. These components become unbalanced when our environment is contaminated, and we also do!

Ritucharya (Seasonal Living)

: Our habits should alter with the seasons, just as the natural world does! To balance that inner fire, consider eating cooling meals in the summer and hot spices in the winter to stay warm.

Dinacharya (Daily Routine)

: Spending time outdoors, eating at regular times, and rising with the sun are all easy ways to strengthen our bond with the natural world and improve our overall quality of health.

By practicing an Ayurvedic way of life, everyone can contribute to a healthier environment.

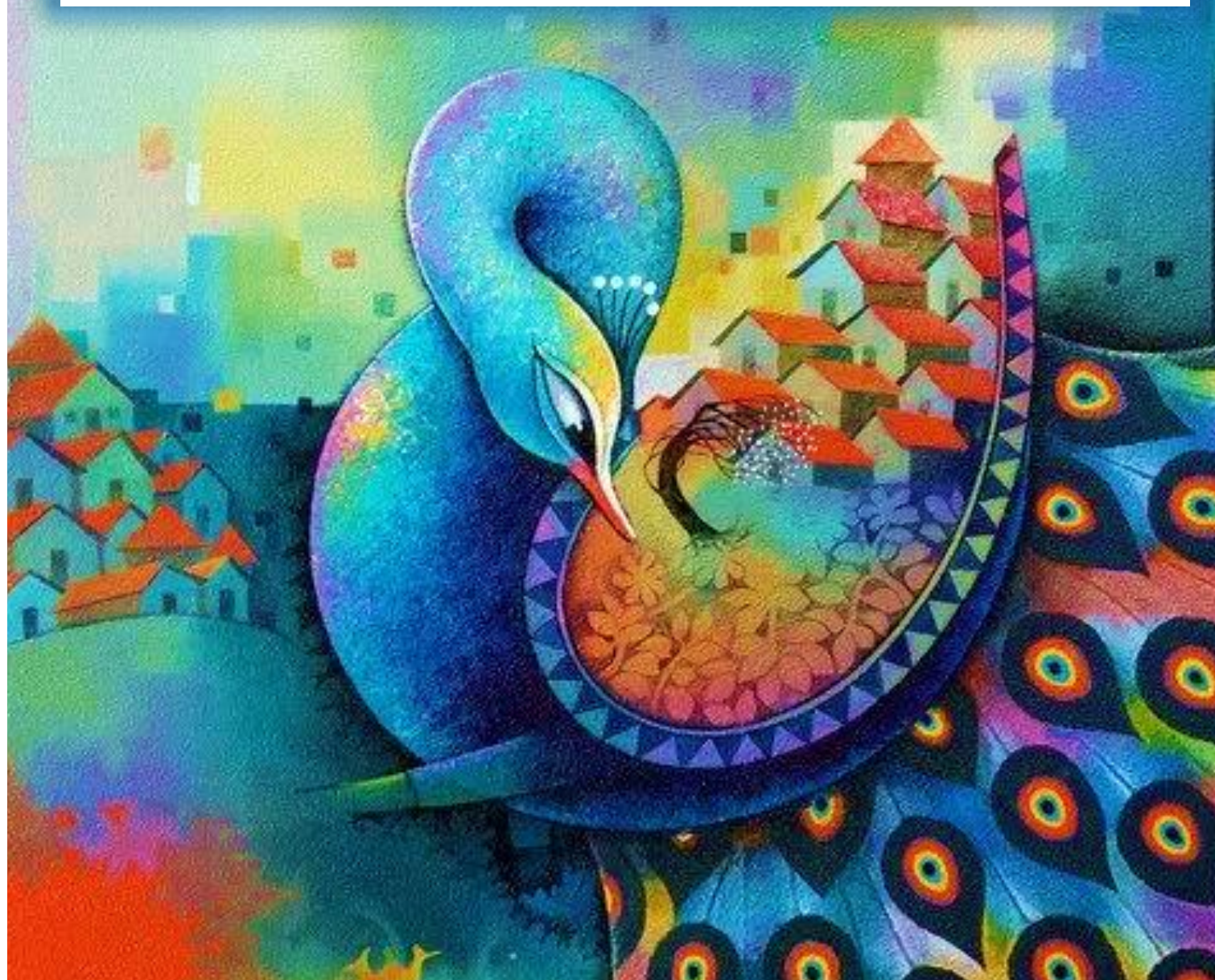
Conclusion

Set off on a path that will make you and the environment healthy! According to Ayurveda, human health and environmental health are closely related. By appreciating the interconnectedness of the Panchamahabhutas, we may make thoughtful choices that will lead to a more ecologically sustainable future. It is possible to create a healthy environment for present and future generations by adopting Ayurvedic practices and living in balance with nature.



Creative corner

Celebrating artistic flair and originality



Where words take flight



FROM THOUGHT TO VERSE

Rachana **TO** *chikitsa*

**Started the 1st year in SJGAMC with a silent body on a
cold steel table.
No heartbeat, no breath—yet it taught me many things .
"THE CADAVER"**

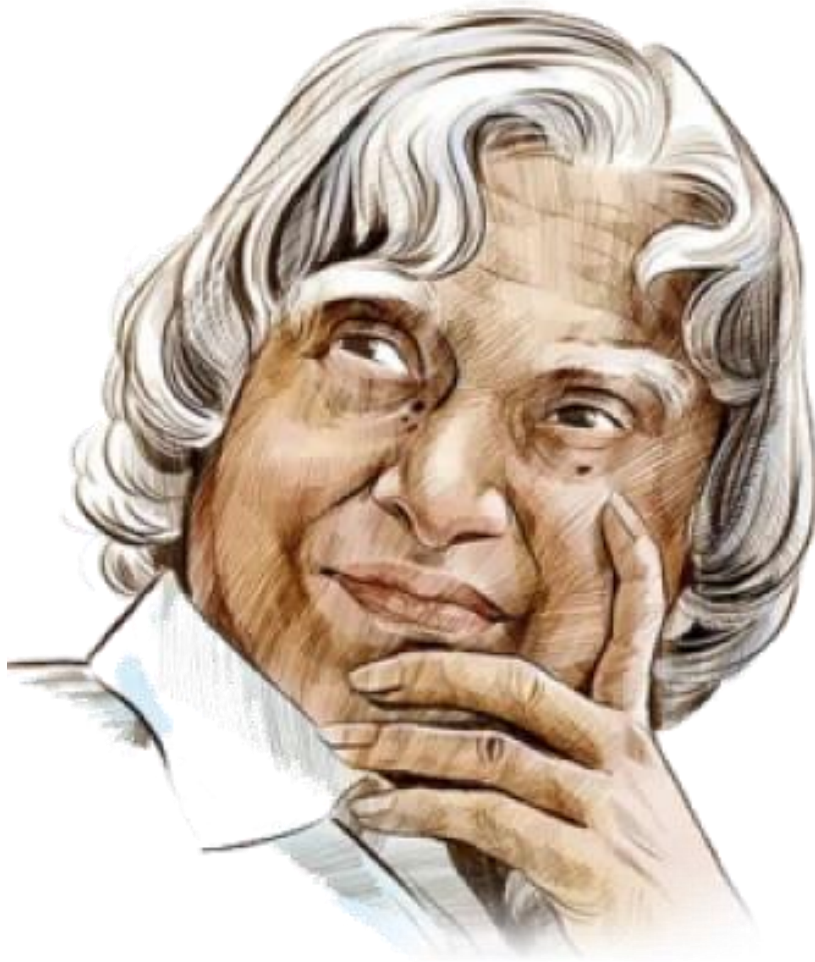
**I learned the structure of life,(रचना शरीर)
How every nerve, vessel, and joint carries a purpose.
I memorized texts, recited shlokas,
Tried to understand what स्वस्थ truly means.**

**Slowly, the journey moved from संहिता to people.
I began to listen—to नाडी, to लक्षण, to stories.
I will touch my first patient for चिकित्सा with not just
hands, but with presence.**

**Now, as I near the end of this path of final year,
I don't just understand how to treat disease
But, I hold space for healing.
From cadaver to actual patients ,
From silence to service—
This is the journey of an Ayurvedic student becoming a
vaidya   in coming years.**

By

Dr. Charul Jain



“Accept your **PAST without regret, handle
your **PRESENT** with confidence, and face
your **FUTURE** without fear”**