



GAVIKALPATARU

AYURVEDA E MAGAZINE

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Principal & Editor's Letter

Dear Readers,

It gives us immense pleasure to present **Volume 2, Edition 8 of *Gavikalpataru***. This publication reflects the collective efforts, intellectual curiosity, and creative spirit of our faculty members, students, and interns who continuously contribute to the enrichment and dissemination of Ayurvedic knowledge.

We sincerely appreciate the dedication and enthusiasm of all contributors, the editorial team, and everyone involved in bringing out this edition. We hope this issue inspires readers to deepen their understanding of Ayurveda and encourages continued exploration of this timeless science.

We wish all our readers an enriching and enjoyable reading experience

Warm regards,
Dr. M. M. Salimath
Principal & Chief Editor



NEWS BITES

PEEYUSHA–2026: Breastfeeding Awareness Outreach Program



Agalkera, 07 August 2026: As part of **World Breastfeeding Week 2026**, the Post Graduate Department of **Kaumarabhritya** organized an outreach program titled “**PEEYUSHA–2026**” on **07 August 2026** at **Agalkera, Karnataka**.

The program focused on creating awareness among **pregnant women, lactating mothers, and ASHA workers** regarding the importance of breastfeeding and the benefits of appropriate breastfeeding practices. Special emphasis was given to **proper breastfeeding techniques, correct positioning, and appropriate attachment** of the baby during

breastfeeding.

The outreach program served as an effective platform for promoting **maternal and child health, exclusive breastfeeding, and evidence-based breastfeeding practices** at the community level.

The program was successfully conducted with the active participation and cooperation of the faculty members, ASHA workers, pregnant women, and lactating mothers.

Alumni Association Organizes Guest Lecture on “CSF Production and Circulation”

Koppal: The Alumni Association of SJJGAMC, in collaboration with the **Department of Rachana Sharira**, organized an informative guest lecture on “**CSF Production and Circulation**” for the **1st Year B.A.M.S. students**.

The program was further enriched by the presence of the college’s distinguished alumnus, **Dr. Parashuram Shivappa Koli**, from the **1999–2000 B.A.M.S. batch**, who currently serves as **Associate Professor at D. Y. Patil Medical College, Kolhapur**, as the Guest Speaker.

Dr. Parashuram Shivappa Koli delivered an informative and interactive session, providing students with valuable insights into the production and circulation of cerebrospinal fluid (CSF). The Alumni Association and Department of Rachana Sharira expressed their gratitude to **Dr. Parashuram Shivappa Koli** for sharing his valuable knowledge and expertise with the students. The program highlighted the strong bond between the institution and its alumni and reflected the continued contribution of alumni towards **academic enrichment and student development**.



National Librarians' Day Celebrated at SJGAMC & Hospital



Koppal: National Librarians' Day was celebrated at SJGAMC, Koppal, commemorating the 134th birth anniversary of Padma Shri Dr. S. R. Ranganathan, the renowned father of library science in India.

The program highlighted the importance of libraries in promoting **reading, learning, research, and knowledge acquisition** among students and faculty members. A special **Book Exhibition** was organized on the occasion, showcasing a variety of academic and reference books for the benefit of students and staff.



As part of the celebration, **awards were presented to the Best Library Users** in recognition of their active utilization of library resources and their enthusiasm towards reading and academic learning.

The program also paid tribute to the valuable contribution of **Dr. S. R. Ranganathan** to the development of library science and emphasized the role of libraries in supporting quality education and research.

The program was conducted with the active participation of the college faculty, students, and library staff.



Free Eye Screening and Spectacle Distribution Camp Held Under “KRIPA DRISHTI”

Koppal, 13 August 2026: As part of “KRIPA DRISHTI,” one of the social service initiatives of Sansthan Shri Gavimatha, Koppal, a **Free Eye Health Screening and Spectacle Distribution Camp** was organized by SJGAMC, Koppal, in association with Shankara Eye Hospital, Shimoga, on 12th and 13th August 2026.

As part of the initiative, a **pre-camp eye screening** was conducted by the **Department of Shalakyatantra, SJGAMC, Koppal**, covering nearly **4,000 students** residing in the hostels of SGVV Trust. Following the preliminary screening, **600 students** were shortlisted for detailed eye examination, **250 students** were prescribed spectacles, and **40 students** were identified for further eye treatment.



The camp was supported by **Shri D. S. Babu, Businessman, Chitradurga**, and **Shri Veerendra**

Pappi, MLA, Chitradurga, whose valuable support contributed to the successful conduct of the program.

The inauguration ceremony was graced by **Shri Doddanna, Senior Film Artist, Bengaluru**, along with representatives and ophthalmic specialists from **Shankara Eye Hospital, Shimoga**. The presence of the distinguished guests added significance to the initiative and highlighted the importance of accessible eye care for students.

The program was conducted under the guidance of **Chairman Shri Sanjay Kotbal**, with the active participation and support of the college faculty members and medical team. **Principal Dr. Mahantesh M. Salimath, Vice Principal Dr. Suresh Hakkandi, and Dr. Gavi Patil** were present during the event.

The initiative reflects the institution's continued commitment to **community welfare, preventive healthcare, and accessible eye care**, particularly for young students. The camp also strengthened the collaborative efforts between the institution and specialized healthcare organizations in providing timely eye screening and treatment services.

The successful organization of the camp marked another significant step towards promoting **healthy vision and better quality of life** among the beneficiaries under the noble vision of "KRIPA DRISHTI."

80th Independence Day Celebrated at SJGAMC & Hospital, Koppal

Koppal, 15 August 2026: The 80th Independence Day was celebrated with great patriotic spirit and enthusiasm at **Shree Jagadguru Gavisiddeshwara Ayurvedic Medical College & Hospital, Koppal**.

The National Flag was proudly **hoisted by the respected Chairman, Shri Sanjay Kotbal**, marking the significance of the occasion. The celebration included the **distribution of prizes to students who excelled in academic and co-curricular activities**, recognizing their achievements and encouraging them to strive for excellence.

As part of the program, a "**Nasha Mukta Bharat**" pledge was administered under the guidance of **Principal Dr. Mahantesh M. Salimath**, reaffirming the institution's commitment towards creating awareness about the harmful effects of substance abuse and building a healthy, drug-free society.

The gathering was enriched by inspiring speeches from **Principal**



Dr. Mahantesh M. Salimath, Vice Principal Dr. Suresh Hakkandi, and Senior Faculty Dr. K. B. Hiremath. The speakers highlighted the values of **patriotism, discipline, academic excellence, social responsibility, and the collective responsibility of building a stronger and drug-free India.**

The Independence Day celebration served as a meaningful occasion to honor the sacrifices of our freedom fighters, celebrate the achievements of the nation, and inspire students and staff to contribute positively towards the progress and development of the country.

The program concluded on a note of **patriotism, unity, achievement, and renewed commitment to the nation.**

CME/Orientation Program on Leprosy Conducted at SJGAMC, Koppal



Koppal, August 24, 2026: SJGAMC, in collaboration with the **District Health & Family Welfare Department, Koppal**, successfully organized a **CME/Orientation Program on Leprosy (Hansen’s Disease)** on 24 August 2026.

The program focused on strengthening awareness and clinical understanding of leprosy, with emphasis on **early identification and diagnosis, disability prevention, appropriate referral, treatment under the National Leprosy Eradication Program (NLEP), contact examination, stigma reduction, and community awareness.**

The program served as an important academic and community-health initiative, reinforcing the institution’s commitment to **early detection, prevention of disability, and reduction of stigma associated with leprosy.**

Community Outreach Program Conducted at Kamanur Village



Koppal, August 24, 2026: The Department of Shalakyatantra, in association with **Ayushman Arogya Mandir (AYUSH), Government of Karnataka**, organized a **Community Outreach Program** at **Kamanur Village, Koppal.**

The program focused on providing accessible **Eye, Ear, Nose and Throat (ENT) healthcare services** to the rural community. A total of **57 patients** were screened and provided with appropriate clinical consultation and guidance.

Sanskrit Day & Sanskrit Week Celebrations Held at SJGAMC, Koppal

Koppal, August 28, 2026: SJGAMC, celebrated **Sanskrit Day and Sanskrit Week** from **19th to 28th August 2026** with great enthusiasm and cultural spirit.

The celebrations were organized with the objective of highlighting the **beauty, richness and timeless relevance of Sanskrit**, the language that forms an integral part of India's traditional knowledge systems and Ayurveda.

A variety of engaging activities were conducted as part of the celebrations, including **Sanskrit cultural program, Sanskrit Short Drama Competition, Shabda Kantapata and Dhatu Kantapata competitions**. These activities provided students with an opportunity to learn, participate, and express their creativity while experiencing Sanskrit beyond the classroom.

The celebrations witnessed enthusiastic participation from students and faculty, creating an atmosphere of **learning, cultural appreciation, and joyful engagement**. The program successfully emphasized the continued importance of Sanskrit in preserving and understanding India's rich academic and cultural heritage.



Chess and Carrom Competitions Held on National Sports Day

Koppal: As part of the **National Sports Day 2026** celebrations, **SJGAMC, Koppal**, organized **Chess and Carrom competitions** for students in accordance with the **RGUHS circular**.

The competitions were conducted in the **AV Hall**, with necessary arrangements made to ensure smooth and systematic conduct of the events. Students participated with great enthusiasm, displaying their strategic thinking, concentration, sportsmanship, and competitive spirit.

The event was organized with the objective of promoting **physical activity, recreation, teamwork, and overall well-being** among students. The celebrations also highlighted the importance of sports in maintaining a healthy and balanced student life.

The programme reflected the spirit of National Sports Day and its message of **“Play, Perform, Inspire,”** encouraging students to remain active and develop a healthy competitive spirit.



“Charaka Sudha” – A Celebration of Charaka’s Wisdom and Sanskrit Heritage at SJGAMC, Koppal

Koppal: The Department of Samhita Siddhanta & Sanskrit, organized a series of creative, academic, and cultural activities as part of the **Charaka Jayanti and Sanskrit Dinotsava Celebrations 2026**, under the inspiring title “**Charaka Sudha.**” The celebrations aimed to reconnect students with the profound wisdom of Acharya Charaka and the rich literary and scholarly heritage of Sanskrit.

The celebrations commenced with an **Event Title Competition**, inviting students to suggest creative and meaningful titles reflecting the essence of Charaka Jayanti and Sanskrit Dinotsava. The selected title “**Charaka Sudha**” was coined by **Rashmi R. M. of Ojas Batch**, adding a distinctive identity to the celebrations.

The official title was unveiled through a vibrant **Flashmob & Event Title Reveal**, in which students from **Ojas, Jeevaka, and Prajnana batches** participated in an energetic 25-minute performance. The event created an atmosphere of enthusiasm and concluded with the unveiling of the “**Charaka Sudha**” title banner.

A **Shloka Recitation Competition** was conducted for all UG batches, providing students an opportunity to demonstrate their Sanskrit pronunciation, memorization, expression, and understanding of classical Ayurvedic literature. The winners were **Shreevani and Rashmi R. M.** from Ojas Batch; **Sri Lakshmi and Jyothi** from Jeevaka Batch; and **Bhuvaneshwari and Vishwanath** from Prajnana Batch.

As part of the academic activities, “**Charaka Darshana 2026**” – **Poster Presentation Competition** was organized, encouraging students to creatively explore the principles, teachings, concepts, and contemporary relevance of Acharya Charaka. The winners were **Ananya and Sushant** from Ojas Batch, **Spoorthi and Sanjana P.** from Jeevaka Batch, and **Karthik and Renukaraj** from Prajnana Batch.

The celebrations also featured innovative activities such as “**Selfie with Rasayana,**” an online creative competition connecting the classical concept of Rasayana with contemporary life through visual storytelling. **Shreya Reddy and Mamata**, both from Ojas Batch, secured the winning positions.



A **Meme Making Competition on Manasa Prakriti** brought together Ayurveda and modern digital creativity. Students used humor and visual expression to communicate Ayurvedic concepts in an engaging contemporary format. **Rajath Jadhav and Krutika Gowda**, both from Ojas Batch, emerged as the winners.

The **Poetry Writing Competition** provided another platform for students to express their appreciation for Ayurveda, Sanskrit, and the teachings of Acharya Charaka through poetic creativity. **Kaveri of Ojas Batch** and **Bhuvaneshwari of Prajnana Batch** secured the winning positions.

One of the spiritually significant activities was the **Udayāstamana Pārāyaṇa**, conducted on **8 August 2026 from 6:00 AM to 6:00 PM**. Students from all three batches participated in a continuous twelve-hour recitation. **Ojas Batch** participated from 6:00 AM to 10:00 AM, followed by **Jeevaka Batch** from 10:00 AM to 2:00 PM and **Prajnana Batch** from 2:00 PM to 6:00 PM. The observance reflected the students' dedication to Sanskrit, classical Ayurvedic texts, and the traditional oral transmission of knowledge.

Through these diverse activities, **“Charaka Sudha”** successfully created a meaningful blend of scholarship, creativity, cultural expression, and devotion. The celebrations highlighted the relevance of Acharya Charaka's timeless teachings while encouraging students to engage with Ayurveda and Sanskrit through both traditional and contemporary forms of expression.