

Programme : PANCHAKARMA REFRESHER TRAINING PROGRAMME.

Venue : Maharana Pratap Ayurvedic Medical College Hospital.

Cordinators: Dr Sandeep Jain (MD) Panchakarma

: Dr Manish Singh (Medical Superintendent)

: Dr Mamta Dvivedi (Yoga instructor)

Event Date: 9th April 2026 - 17th April 2026

Inauguration DAY 1 - 9th April 2026

Participants: 80

The inaugural session of the Panchakarma Refresher Training Programme for Government Ayurvedic Medical Officers was successfully conducted at Maharana Pratap Ayurvedic Medical College & Hospital, Bithoor Campus. The programme aimed at upgrading the clinical and practical knowledge of Panchakarma therapies among participating medical officers.

The programme commenced with a warm welcome of the Chief Guest Dr Kaptan Singh (Kshetriya Ayurveda & Unani Jilla Adhikari) and Dr Nirankar Goel (Retired Kshetriya Ayurveda & Unani Officer) and inaugural ceremony was conducted in the esteemed presence of Dr Alok Mishra (Director, Maharana Pratap Ayurvedic Medical College), Dr B. P Patel (Principal, Maharana Pratap Ayurvedic Medical College), Dr Manish Singh (Medical Superintendent) and distinguished Government medical officers, faculty members, and all students. The welcoming ceremony created an atmosphere of enthusiasm and academic spirit, setting a positive tone for the entire training programme.

During the inaugural session, esteemed guests shared their valuable insights on the relevance and growing importance of Panchakarma in present-day clinical practice. Their addresses प्रेरित (inspired) the participants to actively engage in learning and apply the knowledge effectively in their respective healthcare settings.

Director, Dr. Alok Mishra, in his address, highlighted the necessity of continuous skill enhancement and emphasized the role of such refresher programmes in strengthening Ayurvedic healthcare delivery systems.

Principal, Prof. Dr. B. P. Patel, delivered an insightful speech focusing on the academic and practical integration of Panchakarma procedures.

The programme was effectively coordinated under the guidance of Medical Superintendent Dr. Manish Singh (Dept. of Salya Tantra) and Dr. Sandeep Jain (Dept. of Panchakarma) whose efforts ensured smooth organization and execution of the inaugural event as well as subsequent training activities.

Following the inaugural session, the academic schedule proceeded with demonstrations and practical sessions of Panchakarma procedures, ensuring active participation of all delegates.



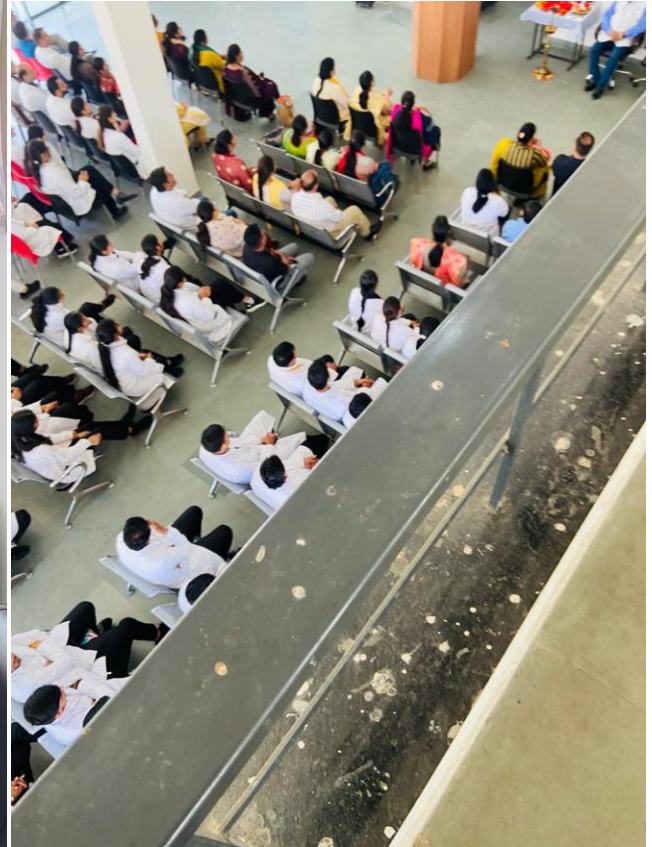












Day 2 (10 April 2026)

The second day started with Yoga session & Meditation under the guidance of Dr Mamta Dvivedi. Next session emphasized Sarvanga Abhyanga under the guidance of Dr Sandeep Jain demonstrating proper techniques and therapeutic benefits. Later, a detailed live demonstration of Nasya Karma was conducted. Participants actively engaged in discussions and practical sessions to reinforce learning.

Day 3 (11 April 2026)

Day started with yoga & meditation. The focus of the day was on Niruha Basti, including preparation, administration, and clinical indications. The post-break session covered Lepa.

Day 4 (13 April 2026)

Day started with meditation & yoga sessions including Suryanamaskara, Vajrasana, shalabh asana etc. Participants were trained in Kriya Kalpa, particularly ocular therapeutic procedures. The second session included Marma Therapy, explaining vital points.

Day 5 (15 April 2026)

Day started with meditation & yoga sessions. This day covered Shastika Shali Pinda Sweda and Patra Pinda Sweda, focusing on preparation and therapeutic use. The later session demonstrated Raktamokshana, highlighting its role in bloodletting therapies. Interactive discussions supported deeper clinical insight.

Day 6 (16 April 2026)

Day started with meditation & Yoga sessions. The sessions included Bal Panchakarma, addressing pediatric considerations in Panchakarma therapies. This was followed by demonstrations of Shirodhara and Shiropichu, explaining their benefits in neurological and stress-related conditions.

Day 7 (17 April 2026)

On Final day meditation procedures, Pranayama, Bhastrika kriyakarma, Ohm chanting & prayer sessions were held.

The final day focused on Sthanic Chikitsa (local treatments) and Saundarya Chikitsa (cosmetic Ayurveda). These sessions highlighted practical approaches for localized disorders and aesthetic care using Ayurvedic principles. The programme concluded with discussions and participant practice.

YOGA SESSIONS







PANCHAKARMA SESSIONS





Conclusion

The refresher programme successfully provided comprehensive training in Panchakarma procedures through a structured combination of theoretical inputs, live demonstrations, and hands-on practice. It significantly contributed to improving the clinical competence of Government Ayurvedic Medical Officers.

कुमार बांडोसी, चित्रसेन मोयं उपाध्यक्ष, विजेंद्र सिंह बोड्ड, शकील अहमद, सुमित कुमार, राज गब्बर, असलम कुरैशी, सागर सिंह, जितेंद्र दिवाकर, आकाश बाबू, विवेक कुमार, हैप्पी, कन्हैया कुमार, राज, शंभुदयाल, अभिषेक कुमार आदि दर्जनभर कार्यकर्ता मौजूद रहे।

महाराणा प्रताप आयुर्वेदिक मेडिकल कॉलेज में पंचकर्म ओरिएंटेशन कार्यक्रम का शुभारंभ, चिकित्सकों को दिया जा रहा विशेष प्रशिक्षण



कानपुर । महाराणा प्रताप आयुर्वेदिक मेडिकल कॉलेज ईश्वरीगंज बैकुंठपुर में शुरू हुए पंचकर्म ओरिएंटेशन कार्यक्रम का शुभारंभ जॉइंट सेक्रेटरी गौरव भदोरिया निर्देशक डॉक्टर आलोक मिश्रा प्राचार्य बी पी पटेल एवं क्षेत्रीय आयुर्वेद एवं यूनानी अधिकारी कतान सिंह एवं इस कार्यक्रम के संरक्षक वरिष्ठ आयुर्वेदिक चिकित्सक दो निरंकार गोयल ओम संस्थान के मेडिकल सुपरीटेंडेंट डॉ मनीष कुमार सिंह के उपस्थिति में किया गया। यह कार्यक्रम सरकारी आयुर्वेद विभाग में कार्यरत डॉक्टर एवं पैरामेडिकल स्टाफ स्टाफ का पंचकर्म पुणश्चर्य कार्यक्रम के माध्यम से पंचकर्म चिकित्सा का प्रशिक्षण देना एवं उसके सिद्धांतों का चिकित्सा में समावेश करना है। यह कार्यक्रम प्रदेश में गवर्नमेंट आयुर्वेदिक मेडिकल ऑफिसर्स को दिया जाने वाला प्रथम प्रशिक्षण कार्यक्रम है। इस कार्यक्रम का शुभारंभ इस कार्यक्रम का शुभारंभ 30 मार्च को हुआ। इस कार्यक्रम में एक सप्ताह पंचकर्म के सिद्धांत पर चर्चा हुआ। आप इस कार्यक्रम में हैड्स ऑन ट्रेनिंग के माध्यम से प्रतिभागियों को पंचकर्म का प्रशिक्षण दिया जाएगा। इस कार्यक्रम में मुख्य प्रशिक्षक डॉ संदीप डॉक्टर मनीष डॉक्टर सुमित डॉ शैलेश धात्रे डॉ प्रशांत तिवारी डॉ धर्मेन्द्र यादव है। इस कार्यक्रम की इनिशिएशन में डॉ राहुल शर्मा डॉक्टर अनामिका डॉक्टर ममता डॉ प्रियंका डॉ ममता डॉ अखिलेश एन अवधिया, डॉ जमुना एवं संस्थान के विद्यार्थी उपस्थित रहे।

48 घंटे में ठीक होंगी खराब स्ट्रीट लाइटें, शिकायत के लिए लगेगा क्यूआर कोड