

Ayurgrama 3.0 – Indriya Arogya Saptaha
(8th July – 15th July)
Final Report

Ayurvediyalaya round

Venue: Maharana Pratap Ayurvedic Medical College & Hospital, Bithoor, Kanpur.

Introduction: Ayurgrama 3.0 – Indriya Arogya Saptaha was organized as a seven-day awareness programme to promote the principles of Ayurveda, preventive healthcare, and healthy lifestyle practices among students, faculty, hospital staff, and the community. The programme combined educational sessions, demonstrations, competitions, and cultural activities to encourage holistic well-being.

Programme Highlights:

Day 1: Inauguration, Deep Prajwalan and Dhanwantari Prayer.

Day 2: Yoga and Pranayama session for physical and mental wellness.

Day 3: Panchakarma demonstrations including Tarpana, Nasya, Shirodhara, Padabhyanga and Karna Purana.

Day 4: Dinacharya awareness through Street Play, Poster Exhibition, Awareness Rally, Selfie Stand and Reels.

Day 5: Debate and Quiz competitions on Ayurvedic concepts.

Day 6: Pick & Speak, Song Competition and Educational Games.

Day 7: Valedictory Programme with guest addresses, participant feedback, certificate distribution, vote of thanks and National Anthem.

Outcome: The programme significantly improved awareness about Ayurvedic lifestyle practices, Panchakarma therapies, and preventive healthcare. It encouraged teamwork, communication skills, and active participation while inspiring participants to adopt healthier daily habits.

Conclusion: Ayurgrama 3.0 concluded successfully under the guidance of all coordinators with enthusiastic participation from students and faculty. The programme effectively fulfilled its objective of spreading Ayurvedic knowledge and strengthening community awareness regarding holistic health and wellness.

Programme photographs



Ayurvediyalaya Round

MAHARANA PRATAP AYURVEDIC MEDICAL COLLEGE & HOSPITAL Bithoor, Kanpur

AYURGRAMA 3.0 – Day 1 Inauguration Programme Report

Date: 8 July 2026

Objectives

- To inaugurate AYURGRAMA 3.0.
- To promote Ayurveda and community health awareness.
- To encourage active student participation.

Programme Highlights

- Arrival and escorting of the Chief Guest.
- Traditional Lamp Lighting Ceremony.
- Welcome Address by Dr. Sumit Sir.
- PowerPoint presentation on AYURGRAMA 3.0.
- Addresses by Principal Sir, Director Sir and Dr. Manish Sir.
- Oath/Pledge by participants.
- National Anthem.

Outcome

- The inauguration was conducted successfully.
- Participants gained an understanding of the programme objectives.
- The event inspired active participation and reinforced the importance of Ayurveda in preventive healthcare.

Programme Photographs



MAHARANA PRATAP AYURVEDIC MEDICAL COLLEGE & HOSPITAL

Bithoor, Kanpur

AYURGRAMA 3.0 – Day 2 Yoga Session Report

Date: 9th July 2026

Objectives

- To promote physical and mental well-being through yoga.
- To improve concentration and reduce stress.
- To encourage healthy lifestyle practices among participants.

Programme Highlights

- * Lecture on Nidan parivarjana for Indriya Arogya by Dr. Rahul sir.
- * Lecture on dincharya and ritucharya for Indriya Arogya by Akhilesh sir .
- * Lecture on sadvritta for Indriya Arogya by Dr. Anamika mam
- Introduction to the benefits of yoga.
- Practice of Trataka for improving concentration and mental focus.
- Practice of Yoganidra for complete physical and mental relaxation. •
- Guidance on the importance of regular yoga in daily life.
- Interactive session with participants.

Outcome

- Participants felt relaxed and focused.

Programme photographs





AYURGRAMA 3.0 – Day 03 Report

Ayurvedyalaya round

Venue - Maharana Pratap Ayurvedic Medical College and hospital bithoor, Kanpur

Date - 10th July 2026

Guided by-Dr.Sandeep Jain (Asst.proff. - Department of Panchakarma)

Introduction: On day 3 ,lecture on aahar vihaar taken by Anjali mam and the live demonstration of major Panchakarma procedures to provide practical knowledge of classical Ayurvedic therapies and their clinical importance.

Demonstrated Procedures: Tarpana, Nasya, Shirodhara, Padabhyanga and Karna Purana.

Objectives:

- To provide practical exposure to Panchakarma therapies.
- To explain indications, benefits and precautions.
- To promote awareness of preventive Ayurvedic healthcare.

Outcomes:

- Improved understanding of Panchakarma procedures.
- Enhanced awareness of Ayurvedic wellness practices.
- Increased confidence in observing clinical therapies.

Conclusion: The session successfully enhanced participants' practical understanding of Panchakarma and highlighted its role in preventive and therapeutic healthcare.

Programme photographs -



AYURGRAMA 3.0 - DAY 04 report

Ayurvedyalaya round

Date: 11 July 2026 (Saturday)

Time: 2:00 PM – 4:00 PM

venue - Maharana Pratap Ayurvedic Medical College and hospital, bithoor, Kanpur .

Objectives

- To promote awareness about Dinacharya (daily healthy practices).
- To educate students and the public on preventive healthcare through Ayurveda.
- To encourage healthy lifestyle practices through interactive activities.

Activities Conducted

Astreet play demonstrating Dinacharya practices was performed to spread awareness. A poster exhibition highlighted Ayurvedic health concepts. An awareness rally was organized across the campus, and a selfie stand was arranged to encourage participation and promote the campaign

Outcome

Theprogrammesuccessfully increased awareness regarding Ayurvedic daily routines and preventive healthcare. Students and visitors actively participated in the rally, poster exhibition, street play, and selfie stand activities, making the event informative and engaging.

Conclusion

Day4of Indriya Arogya Saptah under AYURGRAMA 3.0 effectively promoted Ayurvedic health awareness through creative and community-based activities, encouraging participants to adopt healthy lifestyle practices.

Programme photographs -



AYURGRAMA 3.0 - DAY 05 report

Ayurvedyalaya round

Date - 13th july 2026

Time - 12 :00 PM to 01 : 00 PM

Venue - MaharaPratap Ayurvedic Medical College and hospital , bithoor,
Kanpur

Objective

- Enhance knowledge through quiz.
- Encourage critical thinking and public speaking. •
- Promote awareness of Ayurvedic Dincharya.
- Motivate healthy habits.

Programme Description

On the fifth day of AYURGRAMA 3.0, a **Quiz competition** followed by a **Debate** on 'Ayurvedic Dincharya vs Modern Lifestyles' was organized. Students enthusiastically participated and discussed the relevance of Ayurveda in today's lifestyle while demonstrating their knowledge and communication skills.

Outcome

- Improved understanding of Ayurveda.
- Enhanced analytical and speaking skills.
- Greater awareness of preventive healthcare.
- Encouraged adoption of healthy daily routines.

Conclusion

The programme successfully combined learning with healthy competition and reinforced the importance of Ayurvedic Dincharya for a balanced modern life.

Programme photographs



~~AYURGRAMA 3.0 – Day 6 Report~~

Ayurvidyalaya round

Theme: Indriya Arogya Saptah

Date: 14 July 2026

Venue: Seminar Hall, Maharana Pratap Ayurvedic Medical College & Hospital, Bithoor, Kanpur

Time: 2:00 PM – 4:00 PM

Under the guidance of coordinators

Objective

The sixth day of AYURGRAMA 3.0 was organized under the theme Indriya Arogya Saptah to promote awareness about healthy senses through Ayurveda while enhancing communication, creativity and teamwork.

Programme Highlights

- Sadvritta Skit on ethical conduct and healthy living.
- Pick and Speak activity on health and Ayurveda topics.
- Song performance promoting positivity and health awareness.
- Educational games encouraging interactive learning.
- Eye wash demonstration .

Outcome

Students improved their understanding of Ayurvedic values, public speaking skills, teamwork, confidence and healthy lifestyle practices. The programme was informative, engaging and successfully fulfilled its objectives.

Programme photographs



**MAHARANA PRATAP AYURVEDIC MEDICAL
COLLEGE & HOSPITAL
Bithoor Kanpur**

Ayurvidyalaya round

Ayurgrama 3.0 - DAY 7 of Indriya Arogya Saptah

Under the Guidance of: The Coordinators of Ayurgrama 3.0

Objectives

- To conclude Indriya Arogya Saptah successfully.
- To recognize contributions of faculty, coordinators, volunteers and participants.
- To promote awareness of Ayurveda and healthy lifestyle practices.

Programme Highlights

The valedictory programme commenced with the arrival and escorting of the guests, followed by Lamp Lighting and Dhanwantari Vandana. Inspirational speeches were delivered by the Principal Sir, Director Sir, Dr. Manish Sir, Dr. Sumit Sir and Dr. Nitin Sir. The Team Head presented the programme summary, followed by a participant feedback session. Certificates were distributed to participants and volunteers. Dr. Sandeep Sir delivered the Vote of Thanks. The programme concluded with the National Anthem, marking the successful completion of Ayurgrama 3.0.

Outcome

The valedictory programme concluded successfully with enthusiastic participation.

it highlights the achievements of the seven-day Indriya Arogya Saptah and reinforced the importance of Ayurveda, preventive healthcare and community awareness.

Programme photographs

