

A Report On Ayurveda Day Celebration

By Department Of Ayurveda

ESIC- Hospital Peenya On 10/11/2023



The Ayurveda Day Was Celebrated In ESIC Hospital, Peenya
On 10/11/2023 By The Department Of Ayurveda

Activities organised

1. Master of ceremony- Smt Shwetha, Senior Nursing Officer
2. Invocation song-by Senior technician Mr Chandrasekaraiha

Dignitaries on the dias were.

Dr Veena kumari- Medical Superintendent

Dr Kuppuswamy Vadivelu- Deputy Medical Superintendent

Dr Sadhanashree P- Founder and Consultant Arogyavardhini
Ayurvedalaya

Dr Vidhyasri R Ayurveda Physician, ESIC Hospital Peenya

Sis Kavitha – in-charge Deputy Nursing Superintendent

Lamp lighting was done by the above dignitaries

Address By The Dignitaries

Guest talk on “**AYURVEDA FOR EVERYONE, EVERYDAY**”

Dr Sadhanashree P educated the IP's on the fundamentals of Ayurveda like Trayopasthambas- Ahara vidhi ayatanas, Nidra, Dinacharya, Ritucharya, and Sadvrutta.

Dr Vidhyasri R, Ayurveda Physician of ESIC Hospital Peenya on this occasion she shared the video and written testimonials of the OPD patients and also presented some cases results before and after treatment. **Sharing of experiences about ayurveda treatment- Recorded video of the reviews was displayed**

Dr Veena Kumari, Medical Superintendent, ESIC-Peenya

Madam emphasized on integrated approach to diseases utilizing the best of all systems coming together to relieve patient from their ailments. Madam also guided the IP's towards 5min meditation where all the IP's and staff eagerly participated.

Display of THEME OF AYURVEDA –

Ayurveda In My Day – Ahara vidi ayatanas, Dinacharya, Nidra, Vyayama, Rasayana, jala sevana vidhi posters were displayed.

Ayurveda In My Kitchen – “food is the first drug and kitchen is the first pharmacy” various dry drugs were displayed that can be incorporated in the kitchen special emphasis was given to Millets.

And the concept of Sattva, Raja, Tama Ahara gunas were displayed.

A video was played emphasized good nutrition to educate the IP's

Ayurveda In My Garden – Herbal saplings that can be easily grown in the garden were displayed and the same were planted in the hebal garden created at the entrance of the hospital.

Ayurveda posters were displayed-

Ayurveda Clock

Ayurveda Prakruti Analysis

Ayurveda Benefits Of Rasayana

Ayurveda Dinacharya Routine

Distribution Of Millet Recipe-

This year being celebrated as International year of millets- millet recipe was distributed to all IP's which was prepared in our hospital kitchen.

Vote of thanks

Vote of thanks was proposed by Dr Vidhyasri R

Our Medical Superintendent Dr Veena Kumari, for guiding and supporting us to organize Ayurveda day in our hospital

Our DMS Dr. Kuppuswamy Vadivelu ,DD Mr Subash Chandra Lal, DNS in-charge Kavitha for the support and guidance which helps Ayurveda Dept Function efficiently

Our Store Manager Dr. Ramesh who provided us with adequate drugs.

Our supporting staffs, ANS Ceema, SNO Siddesh, SNO Shwetha-MC, SNO Manasa, SNO Netravathi, SNO Sandhya.

Our Dietician Dr Chandan Vinay who helped in preparing and distributing Millet recipe to all IP's.

Our Kitchen Staff for preparing Millet recipe.

Our Homeopathy Doctor Dr Anuradha and Yoga instructor Mr Sudhanwa who helped in organising the day

Our Care taker Mr Manikanth who helped ous organize the day.

Our house keeping Supervisor Mr Krishna and house keeping staff and all others involved in the Ayurveda Day celebration.

Programme ended with felicitation of the Chief guest, planting of saplings at the garden by the dignitaries and distribution of millet recipe to IP's and Mini-Lunch to Staff and IP'S.

Thanking you,

Dr Vidhyasri R

Ayurveda physician

ESIC hospital Peenya

A. AYURVEDA EXHIBITION-

a. Ayurveda In My Garden

b. Ayurveda In My Day

c. Ayurveda In My Kitchen



B. 8th INTERNATIONAL AYURVEDA DAY 2023

- a. Ayurveda for Everyone on Everyday talk by Dr Sadhanashree
- b. Display of patient results and testimonials by Dr Vidhyasri R
- c. Meditation guided by Dr Veenakumari MS ESIC Peenya
- d. Distribution of millet recipe to IP's
- e. Felicitation of the Chief guest by the dignitaries of ESIC-Peenya



C. PLANTING SAPPLINGS AT HOSPITAL GARDEN



D. EVENTS ORGANISED FROM 4/11/2023-10/11/2023

a. Mass Meditation at hospital campus on 4th Nov 2023 focusing on MENTAL HEALTH



b. Health Camp Focusing On Mental Health And Geriatric Health On 6/11/2023



C. Health Talk at SRO Peenya On Ayurveda for Mental well-being on 7/11/2023

