








Activity Report	
Academic Year	2024
Name of the Activity	Dhanvantri poojan
Date of the Activity	29-10-2024
Number of Students	45
Number of Teachers	16
Organized By	Extension Activity Cell
Objective	Dhanvantari Puja is a Hindu ritual that worships the Hindu god of medicine, Dhanvantari. It is performed on Dhanteras, a day that falls two days before Diwali.
Brief Report	His worship is believed to promote good health, cure diseases, and prevent illnesses. Prosperity and abundance: Lord Dhanvantari is associated with wealth and abundance. His worship is believed to bring prosperity and success in one's life.
Photograph	


Activity Report	
Academic Year	2024
Name of the Activity	Free medical camp
Date of the Activity	09-11-2024
Number of Students	32
Number of Teachers	08
Organized By	Extension Activity Cell
Objective	A Free medical Camp can be considered as a life-saving program that aims to provide free medical and surgical services to poor communities living in rural or urban areas by a mobile team with varieties of medical specialized services., medical camps provide free medical advice, medicine to the unfortunate people
Brief Report	Health camps bridge gaps in nutrition by providing access to nutritious meals, nutritional counseling, and awareness programs on balanced diets. By nourishing young bodies and minds, these initiatives pave the way for a healthier tomorrow.
Photograph	 <p>The top photograph shows a banner for 'Dr. Shikha's Medical Camp' (डॉ. शिखरा का मेडिकल कैंप) with text in Hindi and English. The banner lists the camp as being organized by the 'Dr. Shikha's Medical Camp' and mentions 'Dr. Shikha's Medical Camp' and 'Dr. Shikha's Medical Camp'. The bottom photograph shows a group of people, including students and staff, seated at a long table covered with a red cloth, with medical staff standing nearby.</p>


Activity Report	
Academic Year	2024
Name of the Activity	Chyawanprash preparation
Date of the Activity	24-12-2024
Number of Students	40
Number of Teachers	17
Organized By	Extension Activity Cell
Objective	Chyawanprash preparation involves preparing a decoction of herbs, followed by dried extract preparation, subsequent mixture with honey, and addition of aromatic herb powders (namely clove, cardamom, and cinnamon) as standard
Brief Report	<p>Chyawanprash is a comprehensive herbal tonic with almost 50 ingredients. It is considered as an Ayurvedic Rasayana which helps to improve immunity and physical strength.</p> <p>Chyawanprash also helps to remove toxins from the body and improves heart health by lowering cholesterol levels. It is good for improving vigor, vitality and delays the aging process due to its antioxidant properties.</p>
Photograph	 


Activity Report	
Academic Year	2025
Name of the Activity	Free medical camp
Date of the Activity	13-01-2025
Number of Students	45
Number of Teachers	15
Organized By	Extension Activity Cell
Objective	A Free medical Camp can be considered as a life-saving program that aims to provide free medical and surgical services to poor communities living in rural or urban areas by a mobile team with varieties of medical specialized services., medical camps provide free medical advice, medicine to the unfortunate people
Brief Report	Health camps bridge gaps in nutrition by providing access to nutritious meals, nutritional counseling, and awareness programs on balanced diets. By nourishing young bodies and minds, these initiatives pave the way for a healthier tomorrow.
Photograph	

Activity Report	
Academic Year	2024
Name of the Activity	International yoga day
Date of the Activity	21-06-2024
Number of Students	00
Number of Teachers	23
Organized By	Extension Activity Cell
Objective	Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga
Brief Report	The fundamental purpose of yoga is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development.
Photograph	

Activity Report	
Academic Year	2024
Name of the Activity	Tree plantation
Date of the Activity	26-07-2024
Number of Students	00
Number of Teachers	11
Organized By	Extension Activity Cell
Objective	Tree plantation is the process of transplanting tree seedlings to improve the environment. Trees provide oxygen, reduce pollution, and help to slow global warming.
Brief Report	Tree plantation is very necessary because trees provide oxygen to the environment and make the air quality better. If more trees are planted, then the world's environment will become a safer place to live in. Tree plantation also reduces pollution, thus making the life of future generations secure.
Photograph	

Activity Report	
Academic Year	2024
Name of the Activity	Fresher party
Date of the Activity	28-12-2024
Number of Students	60
Number of Teachers	23
Organized By	Extension Activity Cell
Objective	The purpose of Fresher's Party is to welcome new students in a friendly atmosphere and to encourage their creative impulses to boost their confidence.
Brief Report	The main aim of this party is to give an affectionate welcome to new students. Such parties instill confidence in students and enhance their creativity.
Photograph	

Activity Report	
Academic Year	2024
Name of the Activity	The 10th World Ayurveda Congress & Arogya
Date of the Activity	12-12-2024 – 15/12/2024
Number of Students	00
Number of Teachers	05
Organized By	Extension Activity Cell
Objective	The 10th World Ayurveda Congress & Arogya Expo is scheduled to be conducted in Dehradun, Uttarakhand from 12-15 December 2024. The focal theme of the Congress is “Digital Health-An Ayurveda Pererspective”.
Brief Report	As part of a larger intellectual movement under the aegis of the Swadeshi Science Movement undertaken by Vijnana Bharati, WAF is a platform that would take Ayurveda to the world for all the benefits mankind can draw from traditional health sciences. The objectives of WAF reflect global scope.
Photograph	

Activity Report	
Academic Year	2024
Name of the Activity	Desh ka prakriti parikshan
Date of the Activity	26-11-2024 – 25/12/2024
Number of Students	60
Number of Teachers	18
Organized By	Extension Activity Cell
Objective	The Desh ka Prakriti Parikshan initiative, under the Ministry of AYUSH, aims to bring Ayurveda to every individual's doorstep by helping people know about their unique Prakriti, or Ayurvedic body type.
Brief Report	The vision of our Honourable Prime Minister Shri Narendra Modi and the guidance from the Minister of State for AYUSH, Shri Prataprao Jadhav, this national program is managed by the National Commission for Indian System of Medicine (NCISM) and aims to inspire individuals across India to incorporate Ayurveda-based lifestyle practices
Photograph	

Activity Report	
Academic Year	2025
Name of the Activity	Makar Sankranti 2025
Date of the Activity	14/01/2025
Number of Students	60
Number of Teachers	18
Organized By	Extension Activity Cell
Objective	It essentially marks the transition of the sun from the zodiac of Sagittarius (dhanu) to Capricorn (makara).
Brief Report	Celebrated every year in mid-January, Makar Sankranti signifies the sun's transition into Capricorn (Makara Rashi). This festival represents new beginnings, gratitude, and prosperity. This year, it is observed on Tuesday, January 14, with vibrant celebrations and great enthusiasm
Photograph	