



AAPYAM AYURVEDA FOUNDATION ®

Gandhinagar Circle, New BH Road, Sagar, Karnataka- 577401

(O) 08183 - 229977, aapyamayurvedafoundation@gmail.com

Ayurdhara

Date: 21st September 2014
Venue: Tarikere
Time: 10am to 5pm
Details: Ayurveda awareness and medical camp
Participants: 289

Subjects:

1. Introduction to Ayurveda
2. Life style management techniques
3. Discussion
4. Medical checkup

Discussion:

Answered totally 6 questions raised by the participants, regarding

- Effectiveness of Ayurveda in emergency condition
- Ayurveda remedies at home and their effectiveness
- Regarding their individual health issues
- Role of swasthavritta in life style management

Co – ordained by:

Dr. Deepak BSR
Member, AAF® Sagar.



Inaugurating the programme



Speech by Dr. BSR Deepak



Medical Camp



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Aapyam Manini

Date: 21st November 2014
Venue: Madyantaru, DK
Time: 10am to 12pm
Details: Speech on Health and hygiene in adolescent girlf
Participants: 300

Subjects:

1. Introduction to Ayurveda
2. Adolescence and girls
3. Importance of health
4. Achieving health through ayurveda
5. Medical checkup

Guest Speaker: Dr. Shruthi R Sharma
Member, AAF

Discussion:

Answered totally 10 questions raised by the participants, regarding

- Doubts related to puberty
- Lifestyle during adolescence
- Regarding application of yoga and Ayurveda in daily life
- Change in the body during puberty

Co – ordained by:
Dr. Hemachandra Shetty
Co- Chairman, AAF®
Sagar.



Inaugurating the programme



Speech by Dr. Shruthi R Sharma



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Yoga & Pranayama

Date: 2nd October 2014
Venue: Aapyam Ayurveda Chikistalaya Sagara
Time: 7am to 9am
Details: Introduction to yoga and practical demonstration of yoga
Participants: 26

Subjects:

1. Introduction to yoga
2. Yoga and life
3. Pranayama and its importance
4. Practical demonstration

Discussion:

- Ayurveda and yoga
- Use of pranayama in healthy living
- Practice of yoga in various diseases

Co – ordained by:
Dr. Niranjana Hegde
Chairman, AAF® Sagar.



Yoga and pranayama camp



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Free Medical Camp

Date: 8th January 2015
Venue: Sri Tulasi Ayurvedalaya
Time: 10 am to 2pm
Details: Introduction to Ayurveda and free medical camp
Participants: 55

Subjects:

1. Introduction to ayurveda
2. Ayurvdea and science
3. Lifestlye and ayurveda
4. Mediacamp

Guest Speaker

Dr. Shruthi R Sharma
Member, AAF

Discussion:

- Doubts were cleared about treatment in Ayurveda
- Around 35 patients were treated under the medical camp

Co – ordained by:

Dr. Sriharsha K V
Manager, AAF® Sagar.



Guest speech





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AAPYAM AYURDHARA

Date : 03 August 2014
Venue : Sri Gopalaswamy Shikshana Samsthe, Lakshmipuram, Mysore.
Time : 9 am to 5 pm
Theme : Aapyam Ayurdhara
Organizers : Arogya Bharati, Prakruti Ayurveda Pratishthana and Aapyam Ayurveda Foundation
Participants :50

INAUGURAL PROGRAMME

Particulars	Spearhead	Time
Prayer	Dr. Sahana Shankari	09.00-09.03 am
Welcome Speech	Dr. Prasanna Venkatesh Sriranga Ayurveda Nilaya	09.04-09.10 am
Inauguration –Lighting the lamp	By Guests	09.10-09.20 am
Ayurdhara Geete	By Members of Aapyam Ayurveda Foundation	09.20-09.25am
Keynote adress	Dr. Niranjana Hegde- Chairman, AAF	09.25-09.30 am
Vote of Thanks	Dr. Sriharsha K V	09.30-09.35 am

SESSIONS

Session No	Topic	Resource Person	Time
1	Jeevana Sanjevana	Dr. Hemachandra Shetty, Dr. Ravi Bhat	09.45am- 10.50am
10.50 -11.00 am- TEA BREAK			
2	Nimmolagina Ayurveda	Dr. Ravi Bhat Dr. Hemachandra Shetty	10.51am – 11.30am
3	Aapyam Nityavarta	Dr. Sriharsha K V	11.31 am- 12.30 pm
4	Aapyam Sasyasara	Dr. Prajwal Dr. Deepak BSR	12.31am – 01.00pm
1.00-2.00 pm- LUNCH BREAK			
5	Aapyam Prashamana	Dr. Niranjana Hegde Dr. Sahana Shankari	02.00pm – 03.30 pm
6	Ayur-Yaksha	Dr. Hemachandra Shetty Dr. Ravi bhat	03.30pm-04.00pm
7	Manthana	Panel Discussion	04.00pm -04.30 pm
8	Valedictory Programme	Arogya Bharati and Prakruti Ayurveda Pratishthana	04.30 pm-5.00pm

SESSION DETAILS

Session 1	
Theme	JeevanaSanjevana
Spearhead	Dr. HemachandraShetty, Dr. Ravi Bhat
Details	An introductory session of AapyamAyurdhara focused on the need for a holistic system to combat day –to – day health problems. Dr. HemachandraShetty discussed the most common health problems through a Video presentation in a humorous way which was well grasped by the audience.
Outcome	Participants were made aware of the importance of lifestyle in maintenance of health and the scope of Ayurveda in correcting the lifestyle
Session 2	
Theme	Nimmolagina Ayurveda
Spearhead	Dr. Ravi Bhat Dr. HemachandraShetty
Details	Introducing a unique concept of Ayurveda- the science of Prakriti- The Body-Mind Constitution of an Individual Dr. Ravi Bhatintroduced this concept by taking live examples from audience who volunteered for the session. Other coordinators facilitated the session by helping the participants to discover their own Prakriti.
Outcome	Participants were made aware of the most important factor concerned to their being- The concept ofPrakriti
Session 3	
Theme	Aapyam Nityavarta
Spearhead	Dr. Sriharsha K V
Details	Nityavarta- a session stressing the importance of daily routine on the basis of Dinacharya and Rutucharya. Dr. Sriharsha K V in the interest of audience created awareness in the minds of the participants the importance of maintain a proper lifestyle prescribed in Ayurveda in the way adoptable in todays era.
Outcome	Knowledge about the appropriate lifestyle as prescribed in Ayurveda for healthy living
Session 4	
Theme	AapyamSasyasara
Spearhead	Dr. Prajwal Dr. Deepak BSR
Details	AapyamSasyasara – A session on the general know-how about the various herbs and shrubs of Ayurveda which are helpful in combating with various common diseases.
Outcome	Knowledge about various herbs and shrubs for day-do-day use
Session 5	
Theme	AapyamPrashamana
Spearhead	Dr. Niranjana Hegde Dr. Sahana Shankari
Details	AapyamPrashamana was focused on the treatment principles, methods and administration in acute and chronic cases through Ayurveda Dr. Sahana Shankari introduced to the audience the scope and availability of treatment modalities in Ayurveda for different ailments of Women and children
Outcome	Introduction of the basic treatments methodologies prevalent in Ayurveda which can benefit laymen.
Session 6	
Theme	Ayuryaksha
Spearhead	Dr. HemachandraShetty Dr. Ravi bhat
Details	AyurYaksha – Final oral Quiz programme focusing on known facts about the most ancient medical science of the world- Ayurveda.

	Participants were posed with questions related to different aspects of Ayurveda with the help of audio-visual aids.
Outcome	Knowledge about various aspects of Ayurveda
Session 9	Panel Discussion
Spearhead	All directors of Aapyam Ayurveda Foundation
Details	<p>Answered questions raised by the participants, regarding</p> <ul style="list-style-type: none"> • Ayurveda and its uses • Effectiveness of Ayurveda in common disorders. • Food habits according to Ayurveda • And regarding their individual health issues • Disease perceptive in Ayurveda • Diagnosis of disease in Ayurveda
Outcome	All the queries of the audience were satisfactorily answered by the Doctors

AAPYAM AYURVEDA FOUNDATION(R)

AAPYAM AYURDHARA

FEEDBACK ABSTRACT

Date : 03 August 2014

Venue : Sri Gopalaswamy Shikshana Samsthe, Lakshmipuram, Mysore.

Total No. Of participants- 50

	Yes		No	
Did You Feel You can think Differently about your health from now?	100%		0%	
Do you prefer to have such workshops further?	100%		0%	
From the same Speakers?	81.81%		18.19%	
Time management	Good	Very Good	Needs Improvement	Poor
	27.27%	36.63%	36.36%	0
Suggestions	<ul style="list-style-type: none"> • Ayurveda consultation for participants could be arranged • This needs to be more popularized • Practical sessions would be more helpful in understanding “ Mane maddu” • Identification of plants could be arranged live • Highlights of pathyapathya could be told • Practical workshop on preparation of food articles and medicines could be arranged • This kind of workshop could be conducted once in two months • Monthly programmes focused on specific topics can be arranged • The same programme could be conducted in extension areas of Mysore • Preventive aspects and lifestyle modifications could be explained in detail • All sessions could be more interactive 			



Inauguration of the program



Talk on ayurveda



