



**AAPYAM AYURVEDA FOUNDATION ®**

Pragathi Nagara.Jog Road,Sagar,Shimoga Dist-577401

(O) 08183 – 229977, [aapyamayurvedafoundation@gmail.com](mailto:aapyamayurvedafoundation@gmail.com)

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**AAPYAM AYURVEDA FOUNDATION ®**

**YEAR REPORT 2018 – 2019**





# **AAPYAM AYURVEDA FOUNDATION ®**

**Pragathi Nagara.Jog Road,Sagar,Shimoga Dist-577401**  
**(O) 08183 – 229977, [aapyamayurvedafoundation@gmail.com](mailto:aapyamayurvedafoundation@gmail.com)**

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**Chairman : Dr. Niranjan Hegde**

**Co- chairmen : Dr. Hemachandra Shetty**

**Managing Trustee : Dr. Sriharsha K. V**

**Treasurer : Dr. Ravi K V**

**Members : Dr. Pankaj B. Patil**

**Dr. Ranjani Deshpande**

**Dr. Pradeep E. K**

**Dr. Nikhila Hiremat**

**Dr. Divya Jyothi**



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## Current profile of members

SIN o:	Name	Qualification	Current Profile
1.	Dr. Niranjana Hegde	MD(Ayu)	Chief Consultant,Aapyam Ayurveda Treatment Centre, Sagar, Shimoga Dist, Karnataka 577401
2.	Dr.Hemachandra Shetty	MS (Ayu)	Chief Consultant, Aapyam Ayurveda Clinic, Madyantar Belthangady, Manglore 574224
3.	Dr.Sriharsha K V	MD ( Ayu)	Lecturer, Dept of Samhitha, Sri Sri Ayurveda, Bangalore
4.	Dr.Ravi K V	MD ( Ayu)	Asst Prof, SDM College of Ayurveda, Udupi
5.	Dr.Nikhila Hiremat	MD Phd	Visiting Specialty Consultant, Sritulasi Ayurvedalaya, Bengaluru
6.	Dr.Pradeep E. K	MD ( Ayu)	Chief Consultant, Aapyam Mudai Clinic, Malpe, Udupi 576102
7.	Dr.Divya Jyothi	MD Phd	Chief Consultant, Ayurveda Clinic, Suratkal
8.	Dr. Ranjani Deshpande	MS (Ayu)	Chief Consultant , Sritulasi Ayurvedalaya , Bengaluru
9.	Dr. Pankaj Patil	MD (Ayu)	Chief Consultant,  Patil Hospital 2 <sup>nd</sup> floor butale building Beside Raj Computers, Halyal Circle Athani



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**ನೀವೂ ನಮ್ಮ ಜೊತೆ ಹೆಜ್ಜೆ ಇಡಿ. . .**

ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸಮಾಜಮುಖಿ ಕಾರ್ಯಗಳಿಗೆ ನೀವು ಕೈ ಜೋಡಿಸಿ, ಹೀಗೆ ಸವೆಸಿರಬಹುದು....

- ದಾನಿ ಸದಸ್ಯರಾಗಿ ಸಕ್ರಿಯರಾಗುವುದು.
- ಸಂಸ್ಥೆಯ ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಆರ್ಥಿಕ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಕಾರ್ಯಕ್ರಮಗಳಿಗೆ ಸಹಭಾಗಿತ್ವ ವಹಿಸುವುದು, ಇಲ್ಲವೇ ಪ್ರಾಯೋಜಕರಾಗುವುದು.
- ವಿವಿಧ ಕಾರ್ಯಕ್ರಮಗಳ ರಾಜ್ಯ/ರಾಷ್ಟ್ರ/ಅಂತರಾಷ್ಟ್ರೀಯ ಮಟ್ಟದ ಸಂಯೋಜಕರಾಗಿ, ತಮ, ಮನ, ಧನದ ನೆರವು.
- ಸಂಸ್ಥೆಯ ಮೂಲಕ ಕ್ಷೇತ್ರದ ಆಗತ್ಯತೆಗಳಿಗೆ ಸ್ಪಂದಿಸುವ ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡಬಹುದು.

**Join our pace....**

You can be a part of the endeavors of our foundation in the following ways

- Become a Donor member.
- Monetary support.
- Organizational association/ sponsorship.
- Instrumental as convener/s for State/
- National/ International level programmes.

ಗಾಂಧಿನಗರ ವೃತ್ತ, ಸಿಬ್ಬಿ ಬಿ.ಹೆಚ್. ರಸ್ತೆ, ಸಾಗರ - ೫೭೭ ೪೦೧  
ಹಿವರೂಗ, ಚಿಲ್ಲೆ ಕೋಟಕ, ಭಾರತ. ದೂರ: ೦೮೧೮೩ - ೨೨೯೯೭೭  
ಇ-ಮೇಲ್: [aapyamayurvedafoundation@gmail.com](mailto:aapyamayurvedafoundation@gmail.com)  
ವೆಬ್: [www.aapyamayurveda.com](http://www.aapyamayurveda.com)

**Aapyam**  
Ayurveda Foundation ®  
Reg No. 15GR-4-0089-2013-14

**Chief Patron**  
**Dr. Prasanna N. Rao**  
Principal, SDM College of Ayurveda & Hospital, Hassan

**Chairman**  
**Dr. Niranjan Hegde**  
Sagar, Shivamogga. Ph: 94815 92737

**Co - Chairman**  
**Dr. Hemachandra Shetty**  
Madanbyar, Mangaluru. Ph: 96329 54244

**Managing Trustee**  
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Bengaluru. Ph: 98003 75322

**Treasurer**  
**Dr. Ravi Bhat**  
Arsikere, Hassan. Ph: 96324 52121

**Trustees**  
**Dr. Pankaj B. Patil**  
**Dr. Shree Patil**  
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**Dr. Pradeep E. K**  
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**Dr. J. M. Prajwal Kumar**  
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**Dr. Sahana Shankari**  
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**Aapyam**  
Ayurveda Foundation®

**ಆಪ್ಯಂ**  
ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦)

ಭಿನ್ನ ದುರಿಗಳ ಇಂಧ್ರದವನು, ಬೈತೆರಿವನಿಂ ಪಾಮರ |  
ಬಿಗುರು ಹೊರರಿ ಬಿರಿವ ಹೂವಿನ ತೊನವ ಭರವಸೆ ಛಾಮರ ||  
ಮೈತ್ರ ಬದುಕರಿ ವೇದನಾರವ ಮಿಳಿನಿ ನುಣಿಸುವ ನೂತನ ||  
ಭಿನ್ನ ಕಂಠದಿ ಇಂಪು ದನಿಯು ಸುನಿಸಿ ಜೀವನ ಗೋಪುರ ||

**AAPYAM AYURVEDA FOUNDATION ®** is a pioneering organization of dedicated young minds enduring the task of engendering the authentic principles of Ayurveda for societal welfare. Since, inception on 13<sup>th</sup> September 2013, it is in vision of gratifying varied facets of Ayurveda to factions of all ages with utmost conscientiousness.

**Accomplished/ Intended Programmes :**  
**Aapyam Ayurdhara** - Ayurveda awareness programme for general public.  
**Aapyam Prabodhana** - National level Motivational Symposiums for budding Ayurveda Physicians  
**Aapyam Samvada** - A platform to communicate the issues and challenges concerned with Ayurveda fraternity with policy makers.  
**Aapyam Maanini** - Sensitization programmes specially designed for women  
**Aapyam Mitra** - Resolving problems pertaining to teenagers.

**ಆಪ್ಯಂ ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦)** ಆಯುರ್ವೇದದ ತತ್ವ ಸಿದ್ಧಾಂತಗಳನ್ನು ಸಮಾಜಮುಖಿಯಾಗಿ ರೂಪಿಸುವ ಜವಾಬ್ದಾರಿಯನ್ನು ಹೊತ್ತಿರುವ ಯುವ ತತ್ವಿಯ ಸಂಕೇತ. ಸೆಪ್ಟೆಂಬರ್ ೧೩, ೨೦೧೩ರಲ್ಲಿ ಸ್ಥಾಪಿತವಾದ ಪ್ರತಿಷ್ಠಾನವು, ಆಯುರ್ವೇದದ ವಿವಿಧ ಅಂಗಗಳನ್ನು ಪ್ರತಿಯೊಂದು ದರ್ವೀಷವಾದದ ಜನಸಾಮಾನ್ಯನಿಗೆ ತಲುಪಿಸಿ, ಸ್ಪಷ್ಟ ಸಮಾಜ ನಿರ್ಮಾಣದ ಕನಸು ಕಾಣುತ್ತಿರುವ ವೈದ್ಯಕ ತಂಡ.

**ಸಾಕಾರಗೊಂಡ/ ಉದ್ದೇಶಿತ ಕಾರ್ಯಕ್ರಮಗಳು:**  
**ಆಪ್ಯಂ ಆಯುರ್ಧಾರ** - ಜನಸಾಮಾನ್ಯರಿಗೆ ಆಯುರ್ವೇದ ತಿಳುವಳಿಕೆ - ಪ್ರಾತ್ಯಕ್ಷಿಕೆ.  
**ಆಪ್ಯಂ ಪ್ರಬೋಧನಾ** - ಸ್ನಾತಕ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕಾರ್ಯಾಗಾರ.  
**ಆಪ್ಯಂ ಸಂವಾದ** - ಆಯುರ್ವೇದರೀತಿಯ ಸಮಸ್ಯೆ ಸಮಾಜಗಳಿಗೆ ಸರಕಾರದೊಂದಿಗೆ ಸಂವಾದ, ಮನವಿಗಳಿಗೆ ವೇದಿಕೆ.  
**ಆಪ್ಯಂ ಮಾನಿನಿ** - ಮಹಿಳೆಯರ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಆಯುರ್ವೇದ ಪರಿಹಾರ.  
**ಆಪ್ಯಂ ಮಿತ್ರ** - ಹದಿನೆರೆಯದ ವಿದ್ಯಾರ್ಥಿಗಳ ಜೀವನದ ಗೊಂದಲಗಳಿಗೆ ಸ್ನಾತಕೋತ್ತರ ಪರಿಹಾರ.

**Aims & Objectives**

The foundation caters to the following three sectors

**For the Science**

- To create appropriate platforms for growth of Ayurveda aiming at its worldwide acceptance.
- To make Ayurveda as an integral part of health care management.
- To standardize the traditional knowledge on scientific parameters.
- To document and publish Ayurvedic literature, manuscripts, journals in a scientific manner.

**For the Doctoral Community**

- To encourage principle oriented practice in Ayurveda.
- Creating platform for development of clinical skills.
- To establish clinical institutes for self development of Ayurveda graduates .
- To organize and conduct educational and awareness programmes.

**For the Public**

- Awareness towards application of principles and herbs for better health
- Encourage cultivation of medicinal plants.
- To grant aid in cash or kind for poor needy students.
- To establish, run and manage public utility ventures.

**ಧೈಯೋದ್ದೇಶಗಳು**

ಪ್ರತಿಷ್ಠಾನವು ತನ್ನ ಕಾರ್ಯತಂತ್ರಗಳನ್ನು ಮೂರು ಸ್ತರಗಳಲ್ಲಿ ನಿರ್ವಹಿಸುತ್ತಿದೆ

**ಆಯುರ್ವೇದದ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ**

- ಆಯುರ್ವೇದದ ಬೆಳವಣಿಗೆಗೆ ಸೂಕ್ತ ನೆರವುಗಳನ್ನು ರೂಪಿಸುವುದು ಮತ್ತು ಜಾಗತಿಕವಾಗಿ ಸ್ವೀಕೃತಿಗೊಳಿಸುವುದು.
- ಆಯುರ್ವೇದದವನ್ನು ಸಮಗ್ರ ಆರೋಗ್ಯವ್ಯವಸ್ಥೆಯ ಅವಿಭಾಜ್ಯ ಅಂಗವನ್ನಾಗಿಸುವುದು.
- ಪಾರಂಪರಿಕ ವೈದ್ಯ ಪದ್ಧತಿಯ ವೈಜ್ಞಾನಿಕ ಪುನರ್ನಿರ್ಮಾಣ.
- ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರ ಸಾಹಿತ್ಯವನ್ನು ದೃಢಪಡಿಸುವ ದಿವ್ಯದಲ್ಲಿ ಅಪ್ರಕಟಿತ ಆಯುರ್ವೇದ ಸಾಹಿತ್ಯದ ಪುನಶ್ಚೇತನ ಪಾಲು ನಿರಂತರತೆಗಳ ಪ್ರಕಾಶನ.

**ವೈದ್ಯಕವೃದ್ಧದ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ**

- ಸಿದ್ಧಾಂತ ಆಧಾರಿತ ಚಿಕಿತ್ಸೆಯ ಪುನರ್ನಿರ್ಮಾಣಕ್ಕೆ ಪಾಲು ಅದರ ಅನುಷ್ಠಾನಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ.
- ಚಿಕಿತ್ಸಾ ನೈಪುಣ್ಯತೆಯ ಸಿದ್ಧಿ ಮತ್ತು ಅನುಷ್ಠಾನಕ್ಕೆ ವೇದಿಕೆ ನಿರ್ಮಾಣ.
- ಆಯುರ್ವೇದ ವೈದ್ಯಕ ವೃತ್ತಿಪರತೆಗೆ ಪ್ರೋತ್ಸಾಹವಾಗುವ ಸಂಸ್ಥೆಗಳ ಸ್ಥಾಪನೆ.
- ವೈದ್ಯ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಶೈಕ್ಷಣಿಕ ಮತ್ತು ಜಾಗೃತಿ ಕಾರ್ಯಕ್ರಮಗಳ ಆಯೋಜನೆ.

**ಸಾಮಾಜಿಕ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ**

- ಆರೋಗ್ಯಪೂರ್ಣ ಜೀವನಕ್ಕೆ ಆಯುರ್ವೇದ ಸಿದ್ಧಾಂತ ಪಾಲು ಗಿಡಮೂಲಿಕೆಗಳ ಉಪಯೋಗದ ಬಗ್ಗೆ ಸೂಕ್ತ ತಿಳುವಳಿಕೆ.
- ಔಷಧೀಯ ಸಸ್ಯಗಳ ಕೃಷಿಗೆ ಪ್ರೋತ್ಸಾಹ.
- ಪ್ರತಿಭಾವಂತ ಬಡವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಅಗತ್ಯ ಪ್ರೋತ್ಸಾಹ.
- ಸಾರ್ವಜನಿಕ ಉಪಯೋಗಕ್ಕೆ ಯೋಜನೆಗಳ ಅನುಷ್ಠಾನ ಮತ್ತು ಪಾಲನೆ.



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## Current Address of the members

SIN o:	Name	Address
1.	Dr. NiranjanaHegde	Aapyam Ayurveda Treatment Centre, Sagar, Shimoga Dist, Karnataka 577401
2.	Dr.HemachandraShetty	Durga Krupa House, Ballamanja, Machina Beltangady (Tq) 574224 DK
3.	Dr.SriharshaK V	136, 4 <sup>th</sup> main 4 <sup>th</sup> cross, Gaurav Nagar, JP Nagar 7 <sup>th</sup> phase, Bengaluru 560 078
4.	Dr.Nikhila Hiremat	F-102, TKN Residency, Santrupthi layout, J. P. Nagar 7th phase, Bengaluru 560078
5	Dr. Ravi Bhat	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118
6.	Dr.Divya Jyothi	‘Pancharatna’, 6/22, Near Krishnapura school, Suratkal Post, Mangalore
7.	Dr.Pradeep E. K	Edakkana House, Post Permude via Mangalpady, Kasaragod Kerala 671324
8	Dr. Ranjani Deshpande	136, 4 <sup>th</sup> main 4 <sup>th</sup> cross, Gaurav Nagar, JP Nagar 7 <sup>th</sup> phase, Bengaluru 560 078
9.	Dr. Pankaj Patil	Opp. Sanjay Gandhi English Medium School P.O Athani







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**Co – ordained by:**  
Dr. Niranjan Hegde  
Chairmen, AAF® Sagara



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## 2. Workshop on good parenting.

**Date** : 25-06-2018

**Venue** : Sagara

**Time** : 10:00 AM

**Theme** : Good Parenting

**Organizers** : Aapyam Ayurveda Foundation Sagar,

**Participants** : 50

**Chief Guest** : Dr. Niranjana Hegde

Workshop emphasized on Importance of good parenting and how to achieve it by following below steps. Chief guest Dr.Niranjana Hegde shared this below information in the workshop.

- Be a role model

Children learn by watching their parents, so it's important to model the behaviors you want to see in them. Show them how to behave well and take care of themselves and your family.

- Let your child explore

Children learn from their mistakes, so sometimes it's best to let them be and make their own choices.

- Set boundaries

Setting clear rules and limits helps children learn self-control and responsible behavior. A predictable and consistent household environment can help build stronger relationships with sensitive children.

- Communicate expectations

Clear communication helps families connect and understand each other's roles and responsibilities.

- Show love

Unconditional love, support, and acceptance are important, and spending one-on-one time with your child can help build strong bonds.







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## 3. Ayush workshop.

**Date** : 2-07-2018  
**Venue** : Sagara  
**Time** : 10:00 AM  
**Theme** : Ayurveda and its benefits  
**Organizers** : Aapyam Ayurveda Foundation Sagar,  
**Participants** : 100  
**Chief Guest** : Dr. Niranjana Hegde

Discussed on how Ayurveda helps to improve your life and the good news is, they are simple and easy to incorporate into your daily routine Ayurveda provides personalized lifestyle guidance and a natural, holistic approach through dietary and lifestyle changes, herbs and cleansing therapies. Ayurveda helps with prevention and disease management, improving life satisfaction and enhancing the quality of your longevity.





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**Co – ordinated by:**

Dr. Niranjan Hegde

Chairmen, AAF® Sagara





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## 4. Ayush Seminar for Teachers.

**Date** : 5-08-2018

**Venue** : Mysuru

**Time** : 10:00 AM

**Theme** : Ayurveda and wellness.

**Organizers** : Aapyam Ayurveda Foundation Sagar and Prakruthi Ayurveda Prathistana.

**Participants** : 100

**Chief Guest** : Dr. Niranjana Hegde

Discussed on Ayurvedic treatments and its internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. The concepts of universal interconnectedness, the body's constitution (prakriti), and life forces (doshas) are the primary basis of ayurvedic medicine. And in this seminar Speaker Niranjana Hegde emphasized on simple day to day modifications , Lifestyle changes and Ayurvedic tips for wellbeing.







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**Co – ordinated by:**

**Dr. Niranjan Hegde**

**Chairmen, AAF® Sagara**



# **AAPYAM AYURVEDA FOUNDATION ®**

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## **Aapyam Institute of Indeginous Science and Research programmes.**

### **1. Malaysia Visit- Paper Presentation.**

**Date : 10-02-2018**

**Venue : Kuala Lumpur Malaysia**

**Time : 10:00 AM**

**Theme : A Pilot Study on Alcoholic Liver disorder through the principles of Ayurveda and siddha.**

**Organizers : Ministry of Ayush India and University of Malaya.**

**Participants : 500**

**Chief Guest : Dr. Niranjana Hegde**

Ayurveda is known to be greatly beneficial for the treatment of alcohol-induced liver diseases. The use of natural ingredients like herbs can not only treat the liver disease but also promote the overall well-being of the liver. The treatment will include abstinence from alcohol, as it is very important when it comes to undoing the damage that alcohol has caused to your liver. The natural ingredients that can treat alcohol-induced liver disease include:

Speaker Dr. Niranjana Hegde talked about Phyllanthus or bhumi amla: This natural ingredient acts as a liver cleanser. A great Ayurvedic herb, it will also rejuvenate your liver and protect it.

Turmeric: Packed with antioxidants, turmeric can improve your liver's health considerably. Additionally, its antiseptic and antiviral properties will help to prevent the buildup of virus that causes hepatitis B or C.

Green Tea: Another amazing remedy that works in an amazing way is green tea. The catechins present in green tea supports the functioning of the liver.

Flax seeds: Flax seeds prevent the hormones from circulating in the blood. This reduces the strain on the liver and promotes the well-being of your liver. Additionally, it is also recommended that you choose a healthy diet filled with fresh vegetables and fruits and reduce the consumption of salt, oily, and spicy fried food. Too much of strenuous exercise must be avoided as well.



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*2nd TRADALTH Convention, Kuala Lumpur, Malaysia. 21 Dec'18*

**Co – ordinated by:**

Dr. Niranjan Hegde

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## 2. Yoga Awareness Programme.

**Date** : 20-06-2018  
**Venue** : Shankar Matt Sabhangana , Sagara  
**Time** : 3:00 PM  
**Theme** : Yoga day and Yoga awareness  
**Organizers** : Nehru Yuva Kendra Shivamogga  
**Participants** : 250  
**GuestLecture** : Dr. Niranjana Hegde

On yoga day Speaker Dr. Niranjana Hegde spoke about yoga and its importance. He told Yoga is a physical, mental, and spiritual practice that originated in ancient India. Yoga was traced back as early as past 5000 years when Ayurveda was being practiced. Yoga means union of body mind and soul. The intention of this research is to know the awareness yoga on Mangalore university students and to know the importance of yoga. Yoga can reduce the risk of injury, reduce stress, increase your concentration understand the connection of body and mind, develop the body awareness. The students are more stress during the exams, seminars, training, knowledge and awareness about yoga will play a significant role and benefit the students.





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### 3. Stress Management workshop.

**Date** : 16-02-2018

**Venue** : Lal Bahadur Arts and science college, Sagara

**Time** : 11:00 AM

**Theme** : Personality development programme.

**Organizers** : Youth Red Cross

**Participants** : 250

**Chief Guest** : Dr. Niranjana Hegde

Chief guest Dr. Niranjana Hegde informed about MANAS- MIND IN AYURVEDA AND ITS IMBALANCES and how to come out of it through ayurvedic practices. He told Ayurveda gives equal importance to emotional and physical well-being. The mind and its qualities are well documented in Ayurveda. Just like tridoshas, manas or mind also has trigunas- Sattva (clarity), Rajas (passion), and Tamas (inertia). Imbalances in Rajas and Tamas, unhealthy lifestyles, and stressful experiences bring out emotional disturbances.







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## 4. De-Addiction Awareness Programme.

**Date** : 14-03-2018  
**Venue** : Davanagere.  
**Time** : 11:00 AM  
**Theme** : Addiction Awareness programme for Nurces and Ward boys.  
**Organizers** : Ministry of social justice and empowerment.  
**Participants** : 100  
**Chief Guest** : Dr. Niranjana Hegde

Informed about Panchakarma Therapy for the de-addiction treatment  
This holistic treatment detoxifies the body by removing impurities from it.

Virechana: It cleanses the gastrointestinal tract and purifies the blood. The decontamination of the spleen, stomach, liver, kidneys, colon, intestines, and sweat glands is performed through herbs and laxatives.

Rasayana: This therapy is useful in treating substance abuse and addiction. It increases the body's natural metabolic processes and also improves the mental health of the affected individual.

Speaker Also informed about Ayurvedic Herbs for Healing The Addiction  
Inclusion of natural herbs which helps in freeing yourself from the addiction are:

Turmeric: It is an anti-cancer drug that boosts immunity. Also, it strengthens the lung and heart.

Basil: It is an amazing herb that helps in reducing respiratory infections, lung congestion.  
Consumption of 2-3 leaves per day would not only keep the mouth fresh but at the same time reduce the risk of lung infection.

Ginger: The urge can be controlled by chewing dry ginger. It will manage the symptoms of the addiction due to its anti-inflammatory properties.

Ashwagandha: This herb helps in strengthening and increasing the immunity of the person.

Triphala: Usually the side effect of addiction is constipation. So, Triphala consumption will help it. Also, as it is rich in antioxidants, it boosts immunity by clearing out toxins from the body.



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## 5. Ayurveda Workshop Mysore.

**Date** : 27-09-2018

**Venue** : Mysore

**Time** : 11:00 AM

**Theme** : Importance of manas in clinical practice.

**Organizers** : Prakruthi Ayurveda prathistana Mysore.

**Participants** : 100

**Guest Speaker** : Dr. Niranjana Hegde

Dr. Niranjana Hegde gave lecture on Manas and why it is considered as the factor responsible for yoking atma with shareera and indriya . He told the concept of ayu is based on the state of manas for, manas is chiefly responsible for perceiving sukha, dukha, hita, ahita etc., in relation to life.





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## **6. Regional resources and training**

**Date : 7-08-2018**

**Venue : Chikkamagalur.**

**Time : 11:00 AM**

**Theme : Addiction Awareness programme**

**Organizers : Ministry of social justice and empowerment.**

**Participants : 250**

**Chief Guest : Dr. Shivakumar V.M**

**Guest Lecture : Dr. Niranjana Hegde**

Discussion was made on how Ayurveda helps in removing tocsins from the body, And helps for the de-addiction. Guest Lecture Dr.Niranjana Hegade informed about Ayurvedic treatments and therapies which is holistic treatment detoxifies the body by removing impurities from it.





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## 7. ICRA training programme.

Date : 20-07-2018

Venue : Davanagere

Time : 11:00 AM

Theme : Orientation course for nurse and ward boys.

Organizers : Ministry of social justice and empowerment.

Participants : 100

Chief Guest : Dr. Niranjana Hegde





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## 8. Sankalpa: Hongirana School of Excellence.

Date : 2-08-2018

Venue : MDF arts and science college Sagara.

Time : 11:00 AM

Theme : Personality development programme for students

Organizers : Ministry of social justice and empowerment.

Participants : 80

Chief Guest : Dr. Niranjana Hegde

Dr.Niranjana Hegde gave motivational speech to students on how to improve personality and how to adopt healthy lifestyle to become healthy and stress-free. Around 80 students benefited by this programme.



Co – ordinated by:

Dr. Niranjan Hegde

Chairmen, AAF® Sagara





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## 9. Arogya.com

Date : 28-08-2018

Venue : Sagara

Time : 10:00 AM

Theme : Inauguration of Arogya.com

Organizers : Aapyam Ayurveda Foundation

Participants : 40

Chief Guest : Dr. Niranjana Hegde





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## 10. Ayush Seminar.

**Date** : 11-02-2019  
**Venue** : Shivamogga  
**Time** : 11:00 AM  
**Theme** : Ayurveda and wellness.  
**Organizers** : District Ayush Department Shivamogga  
**Participants** : 100  
**Chief Guest** : Dr. Niranjana Hegde

Discussed on how Ayurveda helps to improve your life and the good news is, they are simple and easy to incorporate into your daily routine Ayurveda provides personalized lifestyle guidance and a natural, holistic approach through dietary and lifestyle changes, herbs and cleansing therapies. Ayurveda helps with prevention and disease management, improving life satisfaction and enhancing the quality of your longevity.





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## 11. RRTC Programme.

**Date** : 2-01-2019

**Venue** : Shankaraghatta

**Time** : 11:00 AM

**Theme** : Prevention of Alcohol and drug addiction.

**Organizers** : Ministry of social justice and empowerment.

**Participants** : 100

**Chief Guest** : Dr. Niranjana Hegde

Guest Speaker Dr. Niranjana Hegde shared some important information on Drug and alcohol addiction. He told it can have serious adverse effects on an individual's life. It can affect them physically and mentally while also affecting them in work, school, or their relationships. Fortunately, there are ways to prevent it. With proper education and word of mouth to the community, drug and alcohol addiction can be stopped before it gets started. He also emphasized on life style changes and how to manage daily stress which is also essential to addiction prevention. There are a number of different ways you might find helpful to reduce your stress levels, including:

- Regular exercise
- Breathing exercises
- Practices like yoga
- Meditation techniques





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## 12. De-Addiction training Programme.

Date : 2-02-2019

Venue : Shivamogga

Time : 11:00 AM

Theme : Prevention of Alcohol and drug addiction.

Organizers : Ministry of social justice and empowerment, Dept of police Shivamogga.

Participants : 100

Chief Guest : Dr. Niranjana Hegde







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## 13. Aapyam Yogashema.

Date : 20-07-2018

Venue : Sagara

Time : 5:00 PM

Theme : Guest Lecture on Ayurveda and book release

Organizers : Aapyam Ayurveda Foundation

Participants : 100

Guest Lecture : Dr. Niranjana Hegde

Dr. Niranjana Hegde spoke about Ayurveda and Ayurvedic treatments and its internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. The concepts of universal interconnectedness, the body's constitution (prakriti), and life forces (doshas) are the primary basis of ayurvedic medicine. And in this seminar Speaker Niranjana Hegde emphasized on simple day to day modifications , Lifestyle changes and Ayurvedic tips for wellbeing.

The book Named “Ageerna “has been released in this event.



**ಅಪ್ಯಂ ಆಯುರ್ವೇದ ಚಿಕಿತ್ಸಾಲಯ ಮತ್ತು ಪಂಚಕರ್ಮ**

ಪ್ರಗತಿ ನಗರ, ಸಾಗರ

**‘ಯೋಗಕ್ಷೇಮ’** ಸರಣಿ ಆಯುರ್ವೇದ ತಿಳುವಳಿಕಾ ಕಾರ್ಯಕ್ರಮ **‘ಉದ್ಘಾಟನೆ’**

ಮತ್ತು

ಪುರಸ್ಕೇಮನೆಯ ಹೆಸರಾಂತ ಆಯುರ್ವೇದ ವೈದ್ಯರಾದ **ಡಾ. ಪತಂಜಲಿ ಕೆ.ವಿ.** ಇವರು ಬರೆದಿರುವ

**• ‘ಅಜೀರ್ಣ’ ಪುಸ್ತಕ ಬಿಡುಗಡೆ ಸಮಾರಂಭ •**

ದಿನಾಂಕ : 04-02-2018 ಭಾನುವಾರ ಸ್ಥಳ : ಅಜಿತ್ ಸಭಾಭವನ, ಸಾಗರ





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## 14. Ayurveda Prameha.

Date : 3-03-2019

Venue : Sagara

Time : 10:00 AM

Theme : Ayurveda for day today Life

Organizers : Aapyam Ayurveda Foundation.

Participants : 100

Chief Guest : Dr. Niranjana Hegde



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## 15. Tadvidhya Sambhasha.

Date : 12-12-2018

Venue : Mysuru.

Time : 10:00 AM

Theme : Workshop on Ayurvedic therapies teachers training.

Organizers : Aapyam Ayurveda Foundation and Prakruthi Ayurveda Prathistana

Participants : 100

Chief Guest : Dr. Niranjana Hegde







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## 15. Health Camp.

**Date** : 22-03-2019  
**Venue** : Sagara  
**Time** : 10:00 AM  
**Theme** : Health Awareness and health camp.  
**Organizers** : Aapyam Ayurveda Foundation  
**Participants** : 80

Conducted General health checkup for elderly people and awareness session was conducted on diabetes and auto immune diseases.







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