



AAPYAM AYURVEDA FOUNDATION ®

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

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

AAPYAM AYURVEDA FOUNDATION ®

YEAR REPORT 2023 – 2024





AAPYAM AYURVEDA FOUNDATION ®

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

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	
6.	Dr.Pradeep E. K	MD (Ayu)	Chief Consultant, Aapyam Mudai Clinic, Malpe, Udupi 576102
7.	Dr.Divya Jyothi	MD Phd	
8.	Dr. Ranjani Deshpande	MS (Ayu)	
9.	Dr. Pankaj Patil	MD (Ayu)	Chief Consultant, Patil Hospital 2 nd floor butale building Beside Raj Computers, Halyal Circle Athani



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ನೀವೂ ನಮ್ಮ ಜೊತೆ ಹೆಜ್ಜೆ ಇಡಿ. . .

ನಮ್ಮ ಸಂಸ್ಥೆಯ ಸಮಾಜಮುಖಿ ಕಾರ್ಯಗಳಿಗೆ ನೀವೂ ಕೈ ಜೋಡಿಸಿ. ಹೀಗೆ ನಮ್ಮೊಂದಿಗಿರುವುದು....

- ದಾನಿ ಸಂದರ್ಶನಗಳ 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 ಅಗತ್ಯಗಳಿಗೆ ಸ್ಪಂದಿಸುವ ಅವಕಾಶ ಕಲ್ಪಿಸಿಕೊಡುವುದು.

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, ಸಿ.ಎ. ಬಿ.ಎಸ್. ರಸ್ತೆ, ಸಾಗರ - ೫೭೭ ೪೦೧
ಹಿರಿಯರ, ಬೆಳ್ಳೆ, ಕಮಾಟ, ಭಾರತ. ದೂರ: ೦೮೧೮೩ - ೨೨೯೯೭೭
ಇ-ಮೇಲ್: aapyamayurvedafoundation@gmail.com
ವೆಬ್: www.aapyamayurveda.com

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

Chief Patron
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Principal, SDM College of Ayurveda & Hospital, Hassan

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Apyam
Ayurveda Foundation®

ಆಪ್ಯಂ
ಆಯುರ್ವೇದ ಪ್ರತಿಷ್ಠಾನ (೦)

ಭಿನ್ನ ದುರಿಗಳ ಇಂದ್ರಧನವಿದು, ಬೈತೆರಿವಾಗಿ ಹಾವು |
ಹಿಗುರು ಹುಸರಿ ಬರಿವ ಹೂವಿಗೆ ತೊನವ ಭವನೇ ಛಾಮಕ ||
ಮೈಟ ಬದುಕರಿ ವೇದನಾಕವ ಮುಕುತಿ ನುಸುನದ ನೂತುಕ |
ಭಿನ್ನ ಕಂಠದಿ ಇಂಪು ದನಿಯು ಸುನಿಸಿ ಜೀವನ ಗೋಪುಕ ||

APYAM 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 13th September 2013, it is in vision of gratifying varied facets of Ayurveda to factions of all ages with utmost conscientiousness.

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

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

ಸಾಕಾರಗೊಂಡ/ ಉದ್ದೇಶಿತ ಕಾರ್ಯಕ್ರಮಗಳು:
ಆಪ್ಯಂ ಆಯುರ್ಧಾರ - ಜನಸಾಮಾನ್ಯರಿಗೆ ಆಯುರ್ವೇದ ತಿಳುವಿಕೆ - ಪ್ರಾತ್ಯಕ್ಷಿಕೆ.
ಆಪ್ಯಂ ಪ್ರಬೋಧನಾ - ಸ್ನಾತಕ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ವಿದ್ಯಾರ್ಥಿಗಳಿಗಾಗಿ ರಾಷ್ಟ್ರಮಟ್ಟದ ಕಾರ್ಯಾಗಾರ.
ಆಪ್ಯಂ ಸಂವಾದ - ಆಯುರ್ವೈದ್ಯರೊಳಗಿನ 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 ವೈದ್ಯಕವಾದ ದಿಶೆಯಲ್ಲಿ ಅಪ್ರಕಟಿತ ಆಯುರ್ವೇದ ಸಾಹಿತ್ಯದ ಪುನಶ್ಚೇತನ ಹಾಗೂ ನಿಯಂತ್ರಣಗಳ ಪ್ರಕಾಶನ.

ವೈದ್ಯಕವೃಂದದ ಕ್ಷೇಮಾಭಿವೃದ್ಧಿಗಾಗಿ

- ಸಿದ್ಧಾಂತ ಆಧಾರಿತ ಚಿಕಿತ್ಸೆಯ ಪುನರ್ನಿರ್ಮಾಣ ಹಾಗೂ 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 ಹಾಗೂ ಗಿಡಮೂಲಿಕೆಗಳ ಉಪಯೋಗದ ಬಗ್ಗೆ ಸೂಕ್ತ ತಿಳುವಿಕೆ.
- 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 th main 4 th cross, Gaurav Nagar, JP Nagar 7 th phase, Bengaluru 560 078
4.	Dr.Nikhila Hiremat	
5	Dr. Ravi Bhat	Annapoorna, Behind Jagadurga Temple, Balaji layout, Kanarpady Udupi 574118
6.	Dr.Divya Jyothi	
7.	Dr.Pradeep E. K	Edakkana House, Post Permude via Mangalpady, Kasaragod Kerala 671324
8	Dr. Ranjani Deshpande	136, 4 th main 4 th cross, Gaurav Nagar, JP Nagar 7 th phase, Bengaluru 560 078
9.	Dr. Pankaj Patil	Opp. Sanjay Gandhi English Medium School P.O Athani



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AAPYAM AYURVEDA FOUNDATION PROGRAMMES

1. State Level Workshop on Ayurveda and wellness.

Date : 18-06-2023
Venue : Shree Yoga Vijnana Kendra, Bengaluru
Time : 10:30 AM- 4:00 PM
Theme : Workshop on Ayurveda and wellness
Organizers : Shree Yoga Vijnana Kendra , Bengaluru
Participants : 200
Speaker : Dr. Niranjana Hegde.

On the Occasion of 9th International Yoga day, Shree Yoga Vijnana Kendra Bengaluru organized a state level workshop on Yoga, Ayurveda and wellness, In this Workshop Dr Niranjana Hegde emphasized on the importance of Yoga in our day to day life and benefits of Yoga, He also had a session on Ayurvedic Lifestyle in which he spoke about the tradition of dinacharya (daily routine) which is one of the single most powerful Ayurvedic tools for improving overall health and well-being.

In the Another session about Ayurvedic Diet DR. Niranjana Hegde informed about the Ayurvedic diet which has been around for thousands of years. Unlike many other diets, the Ayurvedic diet provides personalized recommendations about which foods to eat and avoid based on your body type. He told Ayurveda is a form of holistic medicine from India that focuses on promoting balance between your body and mind.

Speaker Informed about 3 Doshas and how balancing them becomes important for overall wellbeing. As According to Ayurveda, five elements make up the universe — vayu (air), jala (water), akash (space), teja (fire), and prithvi (earth). These elements are believed to form three different doshas, which are defined as types of energy that circulate within your body. Each dosha is responsible for specific physiological functions.

Around 200 Participants benefited from this workshop, Here are glimpse of Workshop.



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SHREE YOGA VIJNANA KENDRA
No.405, 12th A Main Rd, Sector A, Yelahanka New Town,
Bengaluru, Karnataka 560064

**WORKSHOP ON
AYURVEDA & WELLNESS**

On the occasion of 9th International Day of Yoga

DATE
JUNE 18, 2023
Sunday

TIME
10.30 AM-4 PM

VENUE
Shree Yoga
Vijnana Kendra

Speaker

Discussion on:

YOGA

Ayurvedic Lifestyle

Ayurvedic Diet & Nutrition

Full day workshop

Dr. Niranjan Hegde
B.A.M.S., M. Sc, M.D. (Ay), (Ph.D.)
Chief Medical Officer (CMD)
Aapyam Ayurveda Treatment Centre,
Sagara
Professor at Ashwini
Ayurveda Medical
College and PG Centr, Davanagere

FREE ENTRY AND OPEN TO ALL

HERBAL TEA AND QUICK LUNCH IS ALSO PROVIDED

Please call / send a Whatsapp message to 9480939408 / 9880390011 to confirm your presence

Program Brochure



Inauguration: Lighting the lamp



Talk On Ayurveda , Yoga and wellness



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Felicitation

Co – ordinated by:

Dr. Niranjan Hegde

Chairmen, AAF® Sagara



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2. Ayurveda Guest Lecture KSU .

Date : 08-08- 2023
Venue : KSU, Bengaluru
Time : 10 am – 1 pm
Topic : ???
Organizers : Karnataka Samskrit University, Bemgaluru
Participants : 60
Speaker : Dr Niranjana Hegde

Description:

Details of the programme

Particulars	Spearhead
Prayer	Students
Welcome Speech	KSU Member
Presidential Address	Dr. Ahalya S
Chief Guest	Dr. Niranjana Hegde
Vote of Thanks	KSU Member



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Dr. Ahalya S, Vice Chancellor introducing about the guest Dr. Niranjana Hegde





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Co – ordinated by:
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3. Ayurveda Health check-up camp and Guest Lecture

Date : 1-06-2024

Venue : Ashwini Medical College & Hospital, Davanagere

Time : 9am – 5pm

Theme : Health check up camp and Lecture on Ayurveda and wellness

Organizers : Aapyam Ayurveda Foundation Sagar and Ashwini Medical College

Participants : 100

A Free Medical Health Check-up camp at Davanagere was Organized by Ashwini Medical College in collaboration with Aapyam Ayurveda Foundation Sagara,

The objective of the camp was to provide information regarding diet, exercise and weight control and lifestyle changes. Doctors of Ashwini Medical College along with Dr. Niranjana Hegde monitored BP, Sugar, Thyroid levels of gathered public and advised them to follow up with their local doctors or Public Health Centers if they feel anything not right.

Dr. Niranjana Hegde gave lecture on Ayurveda and how ayurveda helps in wellness of the human body which comprises three body states: Vata, Pitta, and Kapha. He told When the three body states are in perfect harmony, the individual enjoys good health, whereas an imbalance causes diseases





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Chairman, AAF® Sagara



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

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

4. Ayurveda Awareness programme.

Date : 1-06-2024

Venue : Kalagrama Gnana Bharathi , Bengaluru

Time : 4:30 PM

Theme : Health Awareness

Organizers : Inspire Film Institute and Parampara Studios Bengaluru.

Participants : 300

On the Occasion of State level Essay competition and Ayurveda Awareness program, Chief guest Dr Niranjana Hegde addressed the gathering and shared information on Ayurveda and discussed on how Ayurveda helps to improve your life and he told 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.

Details of the programme

Particulars	Spearhead
Prayer	Deligates
Welcome Speech	Shri. Shreenivas PC
Chief guest	Dr. Niranjana Hegde
Inauguration –Lighting the lamp	By Guests
Keynote address	Shri. Basavaraju



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Parampara
ಪರಂಪರಾ

ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಫಿಲಂ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ (ರಿ.)
ನಾಗರಪಾಡಿ, ಬೆಂಗಳೂರು 560 072.

ಪರಂಪರಾ ಪುರಿಯೋಗ ಹಾಗೂ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಫಿಲಂ ಇನ್ಸ್ಟಿಟ್ಯೂಟ್ ಅಡಿಯಲ್ಲಿ ಕರ್ನಾಟಕ
ವಿದ್ಯಾ ಸ್ಪೂರ್ತಿ ಮುಖೇನ ರಾಜ್ಯಮಟ್ಟದ ಪ್ರಬಂಧ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ವಿಜೇತರಾದ ಪದವಿ ಮತ್ತು
ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ ಸಮಾರಂಭ.

ಕರ್ನಾಟಕ ವಿದ್ಯಾ ಸ್ಪೂರ್ತಿ
ಉದ್ಘಾಟನೆ
ಸನ್ಮಾನ್ಯ ಶ್ರೀ. ಎಂ. ಕೃಷ್ಣಪ್ಪ
ಜ್ಞಾನಪೀಠ, ವಿಜಯನಗರ ವಿಶ್ವವಿದ್ಯಾಲಯ ಕ್ರೀಡಾ ಹಾಗೂ
ವಿಜ್ಞಾನ ವಿಭಾಗ, ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ

ಅಧ್ಯಕ್ಷತೆ
ಸನ್ಮಾನ್ಯ ಡಾ|| ಶ್ರೀ.ಜಿ.ಎನ್.ಶ್ರೀಕಂಠಯ್ಯ
ವಿಶ್ವವಿದ್ಯಾಲಯ, ವಿಜಯನಗರ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ
ವಿಜ್ಞಾನ ವಿಭಾಗ, ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ

ಅಭ್ಯಾಗತರು

ಸನ್ಮಾನ್ಯ ಶ್ರೀ. ಶ್ರೀನಿವಾಸ ಪಿ.ಸಿ. ವಿಜೇತ ಸಂಸ್ಥಾಪಕರು ಹಾಗೂ ಪಿ.ಐ.ಓ. ಇಲಾಖೆಯ ಉಪ ನಿರ್ದೇಶಕರು, ಬೆಂಗಳೂರು.	ಸನ್ಮಾನ್ಯ ಶ್ರೀ.ರಾಜು ಎಸ್. ಕೇರಿಗಾರ್ ಪ್ರಾ.ಕ ಉನ್ನತಿಯ ಹಾಗೂ ಕರ್ನಾಟಕ ವಿಜ್ಞಾನ ವಿಭಾಗ.
ಸನ್ಮಾನ್ಯ ಶ್ರೀ. ಡಾ.ನಿರಂಜನ್ ಹೆಗಡೆ ಹೊಸಬಾಳೆ ಪ್ರಾ.ಕ ವ್ಯವಸ್ಥಾಪಕ, ಕರ್ನಾಟಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಬಾಗಲಕೋಟೆ.	ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಬಸವರಾಜು ಮುಖ್ಯ ಅತಿಥಿ, ವಿಜಯನಗರ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ ವಿಜ್ಞಾನ ವಿಭಾಗ ಹಾಗೂ ಪದವಿ ಮತ್ತು ಸ್ನಾತಕೋತ್ತರ ಪದವಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಪ್ರಶಸ್ತಿ ಪ್ರದಾನ ಸಮಾರಂಭ.

30 ಜೂನ್ 2023, ಶುಕ್ರವಾರ 4:30 ಕ್ಕೆ
ಸ್ಥಳ

ಸಾಂಸ್ಕೃತಿಕ ಸಮುಚ್ಚಯ ಕಲಾಗ್ರಾಮ
ಜ್ಞಾನ ಭಾರತಿ, ಮಲ್ಲತಹಳ್ಳಿ ರಸ್ತೆ, ಬೆಂಗಳೂರು 560056.

***** ❖ *****



Program brochure





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5. Aapyam International visit.

Date : 14-09-2023 to 17-09-2023

Venue : Chengdu, CHINA

Time : 4:30 PM

Theme : “Feeding the Future by Sustainable Nutrition”

Organizers : Asian Congress of Nutrition, Chengdu , CHINA

Participants : 800

On the Occasion of 14th Asian Congress Of Nutrition, The ACT organized a formal meeting on the topic “Feeding the Future by Sustainable Nutrition” 13 delegates from all over the world represented their country and shared their thoughts on Food as medicine inheritance and innovation.

Further Details: ?????



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**Day 1 Talk on Ayurveda,
Food and Nutrition**





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Day2: Talk on Ayurvedic food V/S Conventional food





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6. Webinar on Manoprabhutva .

Date : 14-09-2023 to 17-09-2023

Venue : Online Webinar

Time : 2:30 PM

Theme : Manoprabhutva-23

Organizers : Govt Ayurvedic Medical College and Hospital, Mysuru.

Participants : 150

On the Occasion of Ayurveda day celebration, Government Ayurveda medical college and hospital, Mysuru organized a webinar on Manoprabhutwa, a 3 day webinar series in which Dr.Niranjana Hegde along with Dr. Parvatheedevy MP and Dr. Suhas Kumar Shetty shared their views on Ayurveda Psychiatry its basic understandings with management of mood disorders and how to manage that. Around 150 participants gained the knowledge and importance of mental health from this webinar.

GOVERNMENT AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU

NATIONAL WEBINAR SERIES

ON THE OCCASION OF GOLDEN JUBILEE AND NATIONAL AYURVEDA DAY CELEBRATIONS

MANOPRABHUTVA - 23

Organized by:
Department of Post Graduate Studies in Kavachikitsa

Guest Speaker:
Dr. Niranjan Hegde Hosabale
Ayurveda Consultant & Health Psychologist
Aapyam Ayurveda Treatment Centre
Pragathi Nagar,

Date: 26/10/2023 Time: 2:30 PM Platform: Youtube.
Topic: Ayurveda Psychiatry - Basic understanding and Management of Manasa Roga



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GOVERNMENT AYURVEDA MEDICAL COLLEGE & HOSPITAL, MYSURU.
NATIONAL AYURVEDA DAY
MANOPRABHUTVA – 23
26th – 28th Oct 2023

NATIONAL WEBINAR SERIES
GOLDEN JUBILEE CELEBRATIONS

Organized by:
Department of Post Graduate Studies in Kayachikitsa
Time: 2: 30 PM
Platform:Youtube (<https://www.youtube.com/@gamcmysurudeptofkayachikit3490/streams>)

GUEST SPEAKERS

DAY – 1
26/10/23
@ 2:30 PM



Dr. Niranjana Hegde Hosabale
Professor,
Dept of Kayachikitsa, Ashwini Ayurvedic Medical College,
Davanagere. Karnataka

Topic : Ayurveda Psychiatry - Basic understanding and Management of Manasa Roga

DAY – 2
27/10/23
@ 2:30 PM



Dr. Parvatheedevy M P
Superintendent, Govt. Ayurveda Research
Institute for Mental Diseases, Kottakkal

Topic :Psychology in General Practice

DAY – 3
28/10/23
@ 2:30 PM



Dr Suhas Kumar Shetty,
Principal and Medical Director
KAHER's SHRI BMKAMV, Shahapur, Belagavi.

Topic :Ayurvedic Understanding and Management of Mood Disorders

Co – ordinated by:

Dr. Niranjana Hegde
Chairmen, AAF® Sagara



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7. Ayurveda Awareness Programme.

Date : 1-2- 2024
Venue : Sagara
Time : 10 am
Topic : Ayurveda Awareness.
Organizers : Aapyam Ayurveda Foundation.
Participants : 60
Speaker : Dr Niranjana Hegde

Speaker Niranjana Hegde gave a talk on Ayurveda and its importance. He told Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation. He also suggested some life style changes and the concepts of universal interconnectedness, the body's constitution (prakriti), and life forces (doshas) are the primary basis of ayurvedic medicine.





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Aapyam Institute of Indeginous Science and Research programmes.

1. Ayur-Samskritam statelevel workshop Programme.

Date : 28-5- 2024
Venue : KSU , Bengaluru
Time : 10 am to 4:00 PM
Topic : Practical utility of Ayur-Samskritam
Organizers : Aapyam Ayurveda Foundation.
Participants : 150

Details of the programme

Particulars	Spearhead
Prayer	Dr. Arjun Kashyap
Welcome Speech	Dr. Ranjani Deshpande
Presidential Address	
Chief Guest	Dr. Ahalya S
Vote of Thanks	



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Glimpse of Programme.

2. Book Release Function.

Date :

Venue : Bengaluru

Time : 11:00 AM

Organizers : Aapyam Institute of Indeginous Science and Research and Aapyam Ayurveda Foundation

Participants : 80

Book named “Krishna Nee Begane Baro” written by Dr. Ranjani Deshpande was released on