



SWARNIM
INSTITUTE OF HEALTH SCIENCES



NIRAMAYAM
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SWARRNIM
STARTUP & INNOVATION
UNIVERSITY
WHERE IDEAS COME ALIVE.

SWARRNIM **TOP 50** IN INDIA
Ranked in

Institutions on Innovation Achievement

Swarrnim Ranked In **Top 4 Private** Universities
Selected from Gujarat.

Announced by

Shri M. Venkaiah Naidu

Hon'ble Vice President of India



ARIIA 2020

All India Rank



Ministry of Education
Government of India



ARIIA



MHRD'S
INNOVATION CELL
(GOVERNMENT OF INDIA)



MESSAGE FROM THE PATRON

At Swarnim University, we strongly believe that human minds are capable of dreaming about anything and have strong willpower to achieve those dreams as well. Our mission is to tap into the creativity and potential of the youth and provide them with a platform where they can shine. The need of today's market is not the same as before. There is more demand for intellectuals who are dynamic, visionary, and most importantly, innovative. The times that we live in demand more innovative thinkers who are ready to take up any challenge posed to them. Keeping the market requirement and the current education system in mind, we designed innovative courses and programs that enhance the skills, creativity, and confidence of the students. By conducting brainstorming sessions, seminars, group discussions, case studies, project presentations and thought-provoking events, we enable the youth to think out of the box. We don't just strengthen their skill set, but also come up with ways to make them proficient enough to confront organizational challenges. We make them intellectually adept; socially and technically sound through initiatives like regular brainstorming sessions, seminars, group discussions, case studies, project presentations and thought-provoking events. We promise to not just strengthen their knowledge base but make them proficient enough to confront organizational challenges. It gives me immense pleasure to invite you all to be a part of this progressive and revolutionary educational setup where top-notch facilities are available and superior teaching methods are implemented. On behalf of the entire Swarnim family, I would like to request you to come and check this institute for yourself and get to know what we offer. Now's the time to take charge of your life and take it to greater heights. Choose to enrich yourself with better education for a brighter future.



**Shri Rishabh
Gayappasad Jain**
President & Founder, Swarnim

A strong educational background helps you a long way in building a better life.

We live in times where we see maximum efforts put in by the youth in the segment of start-ups. There are so many start-ups coming up every single day, that one wouldn't be wrong in terming this the century of start-ups. In fact, start-ups have transformed and revolutionized the way products are made and launched. With rapid technological innovations, one can notice how it has changed the landscape of education. Being an entrepreneur aficionado myself, I found great pleasure in being associated with this institution. I believe that start-ups are what's going to take India and the youth to the next level and therefore, I chose to assist in nurturing the idea of start-ups and entrepreneurship. We believe in creating a synergy between the industry and academia through quality education. Our expert team of faculty are committed to constructing and facilitating opportunities where the students can practice and experience creativity. Moving one step ahead, Swarnim aims to create Job Creators and not Job Seekers. Packed with umpteen opportunities to meet and greet great industry experts, we have built an environment where students don't just gain textbook knowledge but get to learn from the experienced entrepreneurs.



Shri Vivek Anand Oberoi
Co Founder, Swarnim



Mr. Adi Rishabh Jain

Vice President, Swarnnim

Intelligence coupled with great character is the true goal of our educational Institution. Swarnnim fosters an inspiration of being a one-of-a-kind institute in India which solely focuses on educating the youth on start-ups and becoming entrepreneurs. What gives us strength is our institutional values of integrity, honesty, and transparency. I feel that the nation needs more innovative minds out there who create better jobs and provide quality services. And therefore, it gives me immense satisfaction to be a part of an institute that compliments my vision for the nation. Our dedicated staff works towards fostering an entrepreneurial attitude, imparting industry-related knowledge, and sharpening the skills of young minds. We aim to reinforce the culture of respect, excellence, and open communication by playing a pivotal role in every student's life. I wish to utilize my multicultural skills of creativity, the experience of management and leadership to help in the establishment, management, as well as the operations of the University.



Ms. Nikitaa Jain

MD – Global & Head of
Women Entrepreneurship
Development Cell, Swarnnim

I am extremely proud of the rich tradition of providing Industry oriented education that our university has upheld since its founding. We have been successful in disrupting existing education patterns in India by introducing the courses focusing on skill-building, entrepreneurship, innovation, and thought leadership. Our programs prepare students to become leaders with the moral depth and intellectual intensity. As thought leaders, women possess more potential with their knowledge and research contributions to driving change both at the university and across the globe. Hence our Women Entrepreneurship Development Cell works parallel to and augments the efforts of Swarnnim Incubation Center wherever a women entrepreneur is taking the lead. I cordially invite all who are interested in expanding the knowledge and enriching their careers to explore our university.



Dr. Ragin Shah

Director General
Swarnnim Startup and
Innovation University

It gives me immense pleasure to welcome you all to the hub of advanced learning where innovation, startup and entrepreneurship are a hallmark of the University. In order to make our students future-ready, our curriculum is designed in a manner that ignites a healthy competitive spirit among the aspirants. I feel that it is our responsibility to enlighten the young minds and enrich them with valuable lessons that make them the market leaders of tomorrow. Our role is not just imparting education regarding startups and entrepreneurship. We wish to make a mammoth-like contribution to the development of India by providing global leaders. We aim to offer the best of education, interdisciplinary approach in research and imminent approach to creativity and innovation. When young minds join us, they join a revolution that is aimed at creating a better nation. Join us and allow us to add value to your life through education and experience-sharing.



Dr. Ramsinh Rajput

**Chief Administrative Officer
Swarnnim Startup and
Innovation University**

Swarnnim is the first university in India to offer courses on entrepreneurship and startups. To meet worldwide standards, we continue to develop the best learning environment. The institute offers academic programmes with accreditation to aid students in enhancing their business acumen, soft skills, and latent talents. We are honoured to represent this movement as its flag bearers, and we want India to be the nation where the most startup ideas are created.



Dr. Upendra Patel

**Registrar,
Swarnnim Startup and
Innovation University**

Welcome to the large and lush campus of Swarnnim University. It gives me immense pleasure to welcome you all to this enriching campus where we make leaders who are capable of leading the nation to greatness. We are committed to offering outstanding education and training in our state-of-the-art classrooms, and research facilities. Creating an environment of innovation, startup, and entrepreneurship, we wish to enable our students so that they can find a suitable career and make a future where they are their own boss. We are able to create such an enriching course by employing worthy professors and also calling professionals who are experts in their own fields. We don't just stress upon the knowledge aspect, but also look into the overall development of children studying here. We believe that the youth must be all-rounders so that they can take up any challenge ahead in life. We provide opportunities for students to develop their personalities in terms of sports and cultural activities, so that they become good human beings. Knowledge creation and dissemination take place through our highly qualified and experienced faculty members. When you choose Swarnnim, you are choosing a brighter future for yourself. Come and join the institute where learning is a delight and where leaders are born!



Mr. Hiren Kadikar

**Academic Director- Health Science
Swarnnim Startup & Innovation University**

The philosophy of Swarnnim University is to go beyond the books and connect young minds to the professionals of the field. That's why we are the first of a kind University that is solely into spreading knowledge regarding startup and entrepreneurship. The Swarnnim Institute of Health Science encourages students to go beyond the classes and engage with society. Keeping this vision in mind, Swarnnim Institute of Health Science has successfully treated over 5000 patients ever since its inception. In fact, it is considered to be a flag bearer of school welfare projects at Swarnnim Startup and Innovation University. The institute is dedicated to providing world-class pharmacy education that is backed by strong research. Apart from that, the University has also succeeded in filing many patents, organizing health camps and promoting startup ideas. It is indeed a matter of pride to be associated with such an institute where there is rich knowledge-sharing. I welcome you to come and be a part of the golden future with Swarnnim.



Dr. Kavita Kshatriya

Academic Dean
Swarnim Startup and Innovation University

As the Academic Dean, I am proud to be part of a community dedicated to excellence in education and research. We also understand the importance of research and scholarship in advancing knowledge and addressing societal challenges. Our university supports faculty and student research across a broad range of disciplines and encourages interdisciplinary collaboration. I believe that a strong academic foundation is essential for my future success. I would like to see the university continue to prioritize academic excellence and provide resources and support to students to help them achieve their full potential. Additionally, I would like to encourage the university to invest in new technologies and innovative teaching methods to enhance the learning experience for students. As the world becomes increasingly digital, I believe it is important for the university to stay ahead of the curve and prepare students for the changing demands of the workforce.



Vaidya Rakesh Salve

Director of Ayurvedic & Professor
Aarihant Ayurvedic Medical college & Research Institute, Gandhinagar
Swarnim Start-up & Innovation University

Being a part of Swarnim Institute of Health Sciences, Aarihant Ayurvedic Medical College and Research Institute is fortunate to be handed over the platform to perform and deliver its best, be it academics or clinical responsibilities. Evolution is the law of nature and those who can adapt to this constant change will only survive in the long race. Hence this year's Souvenir is also modified and updated which includes invited articles, case studies which are treated successfully at the respective institutes, standard medicines prepared at our campus and health care facilities which are available at our campus. As a member of this Swarnim Health Science family, every person reading this souvenir, including me, should pledge to be a proactive member in achieving short term as well as long term goals. These goals may be personal, institutional or university goals. Ultimately, every personal achievement will directly or indirectly contribute to the development of the University as a whole. Thank you and regards...!!!



Dr. Navin Sureshrao Banarase

Principal, Aarihant Ayurvedic Medical College &
Research Institute, Gandhinagar

Over the quarter of year, the college magazine has provided opportunity to staff and faculties to portray their topics of interest and share their ideas to promote and implement for the development of students. I feel extremely happy to speak to a through the magazine bringing out reports of activities and health services done by students of the institute. Publishing a magazine is indeed a tedious and Hercules task. Articles in this contribute their intellectual insight and excellent work of their clinical exposure and research with activities of students. This will be definitely useful for becoming a healthy society and for a strong nation. My message is "Aim always high "as high as the sky to be for the best future of students.



Dr. Arvind Kumar

**PhD Physiotherapy,
MBA Hospital Management)
Principal & Professor
Venus Institute of
Physiotherapy**

"Health is the greatest wealth. Take care of your body, for it's the only place you have to live." It is with great pleasure and a sense of anticipation that I extend my warmest greetings to each member of our esteemed academic community. As we embark on yet another academic year, I am delighted to witness the continued growth and progress of our Faculty of Physiotherapy. The dedication and commitment of our faculty, the diligence of our staff, and the enthusiasm of our students have been pivotal in maintaining the high standards of education and research for which our institution is renowned.

I would like to extend my heartfelt gratitude to the editorial team and contributors who have labored tirelessly to curate a publication that mirrors our ethos of excellence and inclusivity. Your dedication and passion are the bedrock upon which this publication stands, and it is through your efforts that the magazine has evolved into an esteemed chronicle of our academic year. As we look forward to the upcoming year, let us carry forward the spirit of inquiry, collaboration, and innovation that has been the hallmark of our institution. Together, we shall continue to scale new heights of academic brilliance and contribute meaningfully to the field of physiotherapy.

I eagerly anticipate the unveiling of this year's University Magazine, and I am confident that it will be a source of inspiration and pride for all of us.



Dr. Amita Peters

**(M. D. - Homoeopathy)
Principal & Professor (Aarihant Homoeopathic Medical college & Research Institute, Gandhinagar)**

This is so tangible to share that Aarihant Homoeopathic medical collage & RI is having a friendly & exciting academic environment, in which the views, values, ideas, vision & experience of students are shared & analyzed by experts through continuous interception among students and facilities.

I am Proud to affirm that our first batch has successfully completed their academic professional studies. The unique blend of theoretical knowledge & clinical practice witnessed here when our students confidently treat patients with homoeopathic medicine following our Master Hahnemann "footsteps. Students are constantly challenged by skills, hard work, patients' exposure & innovative earn academic credits. The special feature in this magazine is the glimpses of our student's innovation.

We are proud of the professional learning opportunities available at our campus. I take these opportunities to express our sincere gratitude to the management, Parents & editorial board for engagement & unstinted support as ever.



Dr. Amit Vyas

**(Ph.D. - Community Health Nursing)
Principal, Aarihant Institute of Nursing, Swarnim Start-up & Innovation University**

Aarihant Institute of Nursing is a constituent unit of Swarnim Startup & Innovation University which is managed by GP Jain Charitable Trust, which is approved by Govt of Gujarat, Indian Nursing Council & Gujarat Nursing Council. We offer two programs (GNM & B.Sc. Nursing).

Nursing is an honorable profession, where students will gain a large base of knowledge and learn service to society, accountability, autonomy, a code of ethics, professionalism, and organizational skills. Nursing is a disciplinary study with many opportunities, and you can expect great career growth and a good livelihood. We consistently strive to provide you with the best educational experience for our students and hope that you will have a great experience when you attend our institution.

I welcome you to join the Sephali Memorial Nursing Institute (SMNI) family for pursuing a journey of exploration to discover new shores of skill & thrill so that together, we can host humanity to cosmic echelons of health, immunity & immortality, awaiting pioneers at higher horizons. Best of Luck...!!!!

Golden rules of Eating – Food (Aahar)



Dr. Sameeksha Santosh Gurav

Professor & HOD,
Department of Agadtantra,
Aarihant Ayurvedic Medical College
& Research Institute.

Food is the inextricable part of our Bhartiya tradition and culture. But these days due to the influence of Western culture there has been a diversion and that is becoming the leading causative factor for lifestyle disorders viz. Obesity, diabetes, hypertension, etc.

A lot of emphasis is laid on food in Ayurveda. Several chapters are dedicated in all classical texts to food. Food definition, its types, quantity to be consumed, rules, methods, and timing of eating have been described in detail in Samhitas by our Acharyas. It is described that after the consumption of food, a person's health should be maintained and it should also help in preventing disease development in the future. But in this era, we are paying little attention to what we eat. It is the need of the hour that we must take a pause and check our eating habits if we wish to stay healthy. There are certain rules explained in Ayurvedic scriptures for eating food. These rules were followed in all homes a few decades ago but slowly there have been a decline. A steep downward slope can be seen in the analysis. Rules laid down are

1. Ushnam (Hot Food)– The food should be consumed while it is still hot. As it kindles our digestive power and facilitates its digestion. But what we are doing today is exactly the opposite. We eat precooked food or we prepare the food and refrigerate it and consume it for several days and sometimes even weeks. This practice should be stopped.

2. Snigdham – Snigdha (oil/ghee) should be consumed as it nourishes the body, increases power, and brings a glow to the skin. It is proven in research that ghee increases the bioavailability and absorption of vitamins and minerals. Ghee is the source of Vitamin A, D, and E which causes an increase in WBC and helps fight infections, regulates the immune system, and repairs damaged skin respectively. It alters brain function by improving memory and concentration. These days we avoid eating ghee/oil in the pretext of healthy eating. Fat-free food is marketed as healthy food which actually is the causative factor for various disorders.

3. Matravat – Food must be consumed in proper quantity. It should be neither too less nor too much. It leads to the balance of tridoshas (Vata, Pitta, and Kapha), increases life span, gets digested completely, excretion is also proper and it also helps in keeping digestive fire normal. On the other hand, if we consume very little food we usually tend to do so under the name of a strict diet. It leads to the development of Vata disorders namely arthritis, dryness in the skin, constipation etc. Excessive intake of food leads to the development of aam in the body (i.e., increase in toxins). This aam leads to the manifestation of several diseases like fever, obesity, diabetes, diarrhea, etc.

4. Jeernam – Food must be consumed only after the earlier eaten food is completely digested. Because that leads to the normalcy of doshas, kindles digestive fire, channels for digestion open at the proper time, and increases life span. If this rule is not followed it leads to obesity and also the semi-digested and undigested food gets mixed together and increases the doshas. So, ask yourself do you eat when you are really hungry or do you eat because the clock shows that it is lunchtime? Intermittent eating should also be avoided because that also causes several diseases.

5. Virya viruddha – The concept of viruddha aahar (incompatible food) is described in detail in Ayurveda. It leads to the development of toxicity in the body. Research shows that a combination of banana and milk causes an increase in SGOT and urea along with alterations in the heart, Liver, and spleen. Hence, we must be consciously aware of what we are eating. There are a variety of incompatible food combinations that we consume like salt and milk (chapati with salt and milk), fruits with milk (shakes and drinks), curries prepared with milk cream, certain drinks are available in the market under the name of healthy shakes which are made of ingredients that are incompatible with each other and over the period of time cause manifestation of certain disorders.

6. Naati drut and naati vilambit – The people who eat fast do not chew their food properly and in turn their digestion is impaired. Digestion starts in the mouth when the food is mixed with saliva during chewing. If the person is a very fast eater food will not get mixed with saliva and in turn lead to improper digestion. Moreover, the food can also enter in nasopharynx and lead to choking. Eating too slowly does not satiate you, hence you will consume more food. When the food is consumed for a longer duration, it results in improper digestion as the food eaten first in order will get digested and the food eaten last will remain undigested and convert into toxin.

7. Ajalpan ahasan tanmana bhunjit – One should not indulge in talking or laughing or viewing at the time of eating. Our whole concentration should be on food. If one wishes to have desired beneficial outcomes from food. Many people have the habit of watching Television or mobile at the time of eating. That should be checked and stopped.

Hence lastly it can be concluded by saying that our life is dependent on food and we must be watchful regarding how, what, and when he/ she is consuming. If we are always aware then we will be successful in maintaining our health as well as the health of people around us.

The Aromatic Tapestry of Indian Spices: A Kitchen's Best Friends



Dr. Dharmisha Kahadoliya

Assistant Professor,
Department of Dravyaguna,
Aarihant Ayurvedic Medical College,
Gandhinagar.



Dr. Avinash Bholane

Associate Professor
Department of Dravyaguna,
Aarihant Ayurvedic Medical College,
Gandhinagar.

Introduction

Indian cuisine is renowned for its bold flavours, vibrant colours, and diverse culinary traditions. At the heart of this culinary excellence lies a treasure trove of spices that have been used for centuries to create some of the world's most beloved dishes. Indian spices not only add depth and character to food but also offer a myriad of health benefits. In this article, we explore the rich tapestry of Indian spices commonly used in kitchens across the country.

1. Turmeric (Haldi)

Turmeric is often referred to as the "golden spice" due to its vibrant yellow colour. It is a key ingredient in Indian cooking and is known for its anti-inflammatory properties. Turmeric lends its earthy and slightly bitter flavour to dishes like curries and rice.

Medicinal uses: Anti-inflammatory, Analgesic, Complexion enhancer

2.Cumin (Jeera)

Cumin is an essential spice in Indian cuisine, known for its warm and nutty flavour. Whether used in tempering, spice blends, or as a seasoning for rice and vegetables, cumin adds a distinct depth and aroma to dishes. It is also believed to aid digestion.

Medicinal uses: Appetizer, Digestant, Anti-inflammatory, Analgesic

3.Coriander(Dhania)

Coriander, in its fresh leafy form (cilantro) and dried seed form, is ubiquitous in Indian cooking. Coriander seeds are ground to make coriander powder, an integral part of curry blends. Fresh cilantro leaves are used as a garnish and flavour enhancer in various dishes.

Medicinal uses: Mouth freshener, Appetizer

4.Cardamom (Elaichi)

Cardamom is the queen of spices, known for its intense, sweet, and floral flavour. It's often used in Indian sweets, chai tea, and various rice dishes. Both green and black cardamom are used in Indian cuisine, each offering a unique aroma.

Medicinal uses: Appetizer, Digestant, Anti-inflammatory, Expectorant

5.Cinnamon (Dalchini)

Cinnamon imparts a warm and slightly sweet flavour to many Indian dishes. It is often used in spice blends like garam masala and is a common addition to both savoury and sweet recipes.

Medicinal uses: Appetizer, Digestant, Cardio stimulant, Expectorant

6.Cloves (Laung)

Cloves are a highly aromatic spice with a strong, pungent flavour. They are used sparingly in Indian cooking to add depth and aroma to dishes like biryani and curry. Cloves are also known for their analgesic properties.

Medicinal uses: Antimicrobial, Appetizer, Digestant, Mouth freshener

1.Fenugreek (Methi)

Fenugreek seeds and leaves are used in Indian cooking for their distinct bitter taste and aroma. The seeds are commonly used in pickles and spice blends, while the leaves are used in dishes like methi paratha and dal.

Medicinal uses: Appetizer, Carminative, Galactagogue, Anti-inflammatory

2.Red Chilies (Lal Mirch)

Indian cuisine would not be the same without the fiery kick of red chilies. Whether dried, powdered, or as fresh green chilies, they add a spicy dimension to curries, chutneys, and various regional dishes.

Medicinal uses: Analgesic, Anti-inflammatory, Cardio stimulant, Antipruritic

3.Mustard Seeds (Rai)

Mustard seeds are used in the tempering process of many Indian dishes, releasing a nutty flavour and a subtle heat when popped. They are commonly used in pickles and certain curry bases.

Medicinal uses: Appetizer, Antibacterial, Analgesic

4.Asfoetida (Hing)

Asfoetida is a resinous spice known for its strong and pungent aroma. It is used in small quantities to enhance the flavour of lentils and various vegetarian dishes. Asfoetida is often a key ingredient in Indian spice blends.

Medicinal uses: Appetizer, Cardio stimulant, Antibacterial, Analgesic

Conclusion

Indian spices are the heart and soul of the country's cuisine. They not only elevate the flavour of dishes but also offer a range of health benefits. From turmeric's anti-inflammatory properties to the digestive aids of cumin and fenugreek, these spices have been used for centuries in traditional Indian medicine. In Indian households, the spice rack is more than just an assortment of condiments; it's a collection of stories and heritage, passed down through generations. So, the next time you savour the rich, complex flavours of Indian cuisine, take a moment to appreciate the aromatic tapestry woven by these spices in the heart of the Indian kitchen.

“Magic of Healing Hands”



Dr. Bansi Savaliya

Assistant Professor
MPT in Orthopedic Conditions
Venus Institute of Physiotherapy

Physiotherapy, for layman people, is important because it helps improve physical health and well-being through various means:

Pain Relief: Physiotherapists can alleviate pain from injuries, chronic conditions, or surgeries, allowing individuals to lead more comfortable lives. **Mobility Improvement:** Physiotherapy enhances flexibility, strength, and range of motion, making it easier to move and perform daily activities. **Injury Prevention:** It helps prevent injuries by teaching proper body mechanics, posture, and exercises to strengthen vulnerable areas.

Rehabilitation: After surgery or injury, physiotherapy aids in the recovery process, facilitating a faster return to normal activities. **Chronic Condition Management:** It provides strategies to manage conditions like arthritis, diabetes, or heart disease, improving quality of life. **Respiratory Health:** Physiotherapy can assist in breathing problems, such as asthma or COPD, through techniques like breathing exercises. **Balance and Fall Prevention:** Physiotherapy helps maintain balance and coordination, reducing the risk of falls, especially in older adults. **Mental Health:** It can boost mental well-being by reducing stress, anxiety, and depression through physical activity and relaxation techniques. **Sports Performance:** Athletes benefit from physiotherapy for injury prevention, performance enhancement, and recovery. **Holistic Health:** Physiotherapists consider the whole person, addressing physical, emotional, and social aspects of health.

In summary, physiotherapy plays a crucial role in improving physical function, reducing pain, and enhancing overall health and quality of life for individuals of all ages and backgrounds.

Physiotherapy is important for layman people because it helps improve physical health and well-being. **It Relieves Pain:** Physiotherapy can reduce pain from injuries, chronic conditions, or surgeries. **Restores Mobility:** It helps regain movement and function after injuries or surgeries. **Prevents Injuries:** Physiotherapists provide exercises and advice to prevent future injuries. **Manages Chronic Conditions:** It aids in managing conditions like arthritis, diabetes, and heart disease. **Enhances Quality of Life:** It improves overall physical fitness, making daily activities easier. **Promotes Independence:** Physiotherapy helps individuals maintain independence as they age.

Personalized Care: Physiotherapists tailor treatments to each person's unique needs.

In summary, physiotherapy is vital for maintaining and improving physical health and quality of life.

હોમીયોપેથી એક સંપૂર્ણ ચિકિત્સા પદ્ધતિ



Dr. Chandni Ganatra

Associate Professor
in Anatomy Dept.
Arihant Homoeopathic Medical
College and Research Institute

માનવજીવન અનેક નાનીમોટી સમસ્યા થી ઘેરાયેલ છે, આ સમસ્યાઓની ચિંતા માં મનુષ્યો અનેક રોગો નો શિકાર બને છે. આપડે આ રોગો માંથી મુક્ત થવા માટે વિવિધ ચિકિત્સા પદ્ધતિ નો ઉપયોગ કરીએ છીએ, બધી જ સારવાર પદ્ધતિ માં એકદમ નિર્દોષ અને આડઅસર વિના ની કોઈ સારવાર પદ્ધતિ હોય તો તે છેતે છે હોમોએપેથીક ચિકિત્સા પદ્ધતિ .

હોમોએપેથી ની શોધ Germany માં વર્ષ ૧૭૮૦ માં ડૉ. હનેમન એ કરી હતી. એ પોતે એલોપેથી ચિકિત્સા પદ્ધતિ માં ડિગ્રી ધરાવતા હતા પરંતુ તેમને એ સારવાર પદ્ધતિ થી સંતોષ ન હતો, તેથી તેમને નવી સારવાર પદ્ધતિ વિકસાવી હોમીયોપેથી. તેમને અસંતોષ ને કારણે એલોપેથી પ્રેક્ટીસ છોડી ને અલગ- અલગ પુસ્તકો નું ઇંગલિશ ભાષા માં અનુવાદ કરવા લાગ્યા. એ દરિમયાન એક પૌરાણિક ચિકિત્સા પદ્ધતિ ના પુસ્તક માં વાંચવા મળું કે જે વસ્તુ રોગ ઉત્પન્ન કરી શકે છે એ એને મટાડી પણ શકે છે, તો એ ઉપર થી એમને સિંકોના છાલ નો પ્રયોગ કર્યો અને એ સફળ નીવડ્યો. એ ઉપરથી એમને અનેક દવા બનાવી અને મનુષ્યો ઉપર તેને સાબિત (prove) કરી ને એમના લક્ષણો નોંધ્યા અને તેનું એક નોંધપોથી બનાવી.

તો આ રીતે એમને હોમીયોપેથી સારવાર પદ્ધતિ નો પાયો નાખ્યો તેમજ વિશ્વ કક્ષા એ ના એ પ્રથમ ચિકિત્સક થયા જેમને માનવ જાતિ ને આપવાની ઔષધી , માનવ પર સાબિત કરી હતી.

હોમોએપેથી સારવાર પદ્ધતિ ના ફાયદાઓ

૧. આડ અસર રહિત
 ૨. રોગ ઉપર ઝડપ થી કામ કરતી દવા
 ૩. બાળકો, પુખ્ત ઉંમરના દર્દીઓ , વૃદ્ધો માટે ખુબ જ અનુકૂળ કારણ કે તે સ્વાદ માં મીઠી અને આકાર માં નાની છે.
 ૪. કોઈ ખાસ પરેજી નું પાલન કરવાનું નથી ઔષધી લેતી વખતે.
 ૫. દવા નું ખર્ચ ઓછું છે
 ૬. જુના અને હઠીલા રોગો ને મૂળ થી મટાડે છે.
 ૭. હોમોએપેથી દવા રોગના કારણ પાર કામ કરે છે, જેથી રોગ પાછો નથી થતો.
 ૮. મનોશારીરિક રોગ એટલે સાયકોસોમેટિક રોગો પર કામ કરે છે... જેમ કે સોરિયાસીસ, પેટ ને લગતી તકલીફ.
 ૯. અનિદ્રા, વાળ ખારવા, એલર્જી ની ફરિયાદ, રોગપ્રતિકારક શક્તિ વધારવા, વારસાગત રોગો ને આવતી પેઢી માં જતા અટકાવા.
 ૧૦. પ્રીવેન્ટીવ હેતુ એટલે રોગ ને થતા પેહલા જ અટકાવી દેવા હોમોએપેથી ઔષધી નો સવિશેષ જ્ઞાણ છે, જેમ કે કોવીડ-૧૯ ઇન્ફેક્શન માં Ars. Alb દવા, ડેન્ટ્યુએ માં eupatorium perf. દવાએ સારા પરિણામો આપ્યા છે.
- હવે તો વર્લ્ડ હેલ્થ ઓર્ગાનિશન એ હોમોએપેથી વિશ્વ ની સૌથી વધુ વપરાતી બીજા સ્થાન ની સારવાર પદ્ધતિ તરીકે જાહેર કરી છે. તો આ રીતે હોમોએપેથી એક વૈકલ્પિક નઈ પણ સંપૂર્ણ ચિકિત્સા પદ્ધતિ છે.

Department Of Repertory & Case Taking Homoeopathy And Religion



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- From a superficial understanding of homoeopathy, it is difficult to see any connection with religion. Yet the deeper aspects of homoeopathy are, like religion, contrary to the materialistic principles that 'Scientists' would have us believe regulate material existence.
Homoeopathy
- In order to see any such connections we must first state concisely what homoeopathy is. The basic ideas upon which homoeopathy rests may be stated as follows:
- Material substances can affect the health of organisms including man. When material substances are potentized their ability to influence health, their power as medicines, actually increases. Such medicines can produce changes in the menstrual cycle, the sex urge, moods of the mind, sleep, dreams and the sense of well-being as well as the functions and structures of the body. Medicines diluted beyond the 12th centesimal potency contain none of the original material substance.
- Ultimately all disease symptoms (mental and physical) arise from an unknown and invisible source within the organism. External environmental factors, including bacteria and viruses merely excite into activity disease processes already present, they are not the ultimate causes of symptoms. Some exceptions here include poisons and radiation, which directly damage the physical fabric of the body. To cure an illness a medicine must be given that is itself capable of producing the same illness. From the above list we can make certain speculations and conclusions regarding the nature of a living organism.
- The body is a physical machine that contains an invisible entity or dynamics upon which diluted substances act. The vital force maintains the functions and structures of the physical body and "is" the subconscious mind. Without the vital force, the body is just a corpse, with no powers of assimilation, reproduction, chemical activity, movement, temperature control, etc. Disease originates from errors which are contained with -in the vital force and which prevent it from having perfect control of the mind and body. These errors come from past failures and past illnesses (hence miasmatic theory). Remedies imitate so closely the contents of error-memories that they stimulate the vital force to review and discharge the actual errors. In doing this the power such errors have over the vital force is reduced to nil.
- The vital force being non-physical is like the conscious mind. Yet these are two quite distinct and separate entities. The conscious mind is the immortal spirit, whereas the vital force is the body-soul. The ancestry of the vital force stretches back to the origins of life on earth, via the sperm-egg contacts. Life originated when vital forces began to organize molecules in to distinct structures (cells) with reproductive power and motility. Thus, life did not come from matter (as science thinks), but came from life - i.e., spiritual beings or entities.
- The doctrine of the vital force fits so closely the facts of homoeopathy that it is remarkable that science has never shown much interest in the subject. One reason may be that all Vitalist theories about life come very close indeed to the spiritual, and science is never prepared to get tangled up with subjective truths. This is where religion comes in.

Department Of Repertory & Case

Taking Homoeopathy And Religion

In spite of all the differences between the various religions, there are some things that all religions have in common. We can list them.

- That man is not just a physical entity, but is in essence non-physical and immortal.
- That the physical universe is itself entirely a creation of a spiritual being (God).
- That death is no end, but merely the separation of the spirit from the body.
- That triple space, matter and energy cease to exist (subjectively and objectively) when death occurs - i.e., the entire universe disappears when we die.
- Some religions (indeed most) believe that spirits can recover from their self-absorption after death and re-enter the physical universe, returning either as spirits with no form (ghosts) or taking up a new body and living again. Even Christians believed this prior to 553 AD.

Conclusions

James Tyler Kent was probably the greatest homoeopath to see the connection between religion and homoeopathy. His homoeopathic writings are full of religious speculations and they are well worth reading. Some quotes which I give at the end of this article serve to illustrate some of his ideas.

In conclusion, what we can say about homoeopathy and religion is that there are some definite connections between them. They agree very broadly about the nature of man and of life, they support each other logically and they complement one another.

In my view homoeopathy is a spiritual technique, a spiritual discipline, that heals sickness by addressing that in each of us - vital force and spirit - from which the body, was created and by which it is maintained. In this sense therefore homoeopathy is far more than a system of medicine. When practiced properly it holds out to humanity a means of self-understanding, self-discovery and self-help as important and as valid as any religion on earth.

Quotes from Kent

- "You cannot divorce medicine and theology. Man exists all the way down from his innermost spiritual, to his outermost natural.
- "There is an innermost to everything that is, or else the outermost could not be.
- "All matter is capable of reduction to its radiant or primitive form.
- "The vital force dominates, rules and co-ordinates the human body.
- "There is no cell in man that does not have its Will and understanding, its soul-stuff, limbus or simple substance.
- "Man cannot be made sick or be cured except by a substance as ethereal in quality as the vital force.
- "There are two worlds; the world of thought or immaterial substance and the world of matter or material substance.
- It is the imperfect machine that causes death. The vital force is of the Soul and cannot be destroyed or weakened. It can be disordered but it is all there.
- "Radiant substances have degrees within degrees, in series too numerous for the finite mind to grasp.
- "Thinking and willing establishes a state in man that identifies the condition he is in. As long as man continued to think that which was true and held that which was good to the neighbor, that which was uprightness and justice, so long man remained free from the susceptibility to disease, because that was the state in which he was created.
 - "Man, today is destroyed as to his interiors so that truth looks as black as smoke, and false philosophy as bright as the sun."

Is Vital Force material or Immaterial?



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Dr Samuel Hahnemann in all his wisdom available in those days compounded that the material body is animated by a spirit-like immaterial Vital force that operates in unbounded sway to sustain life. He attributed derangement of vital force as the initial process contributing to disease ultimate. However, in modern times students of homoeopathy find it hard to accept immaterial concept of vital force.

This has led to confusion in minds of philosophers who are aware through Indian Holy texts that the soul remains unchanged in sickness and health hence Dr Kent's hypothesis of soul controlling vital operations gets ruled out. Dr Amar Sinha Nigam a well-known homoeopath from Pune, India has propounded the concept that Vital force is Oxygen. However, this too has its flaws because we are all aware that simply supplying adequate amount of oxygen is not enough to revive a coma patient. Hence, I conclude that Although Oxygen is one of the master elements, Vital force could be a bunch of those 0.6 percent elements still unknown to world scientists. I strongly feel that vital force is a material thing and not simple substance like an energy taught by Dr Kent. I beg to differ from views given by our respected pioneer but this step is in order to make homoeopathy more scientific. No one should feel that I am objecting to Dr Hahnemann's ideas baselessly. We all aspire to know deeper than what already exists. Not only modern science but also the homoeopaths believing upon physiological school, pathological stand point, also criticized Dr Hahnemann for introducing such obsolete theory in homoeopathy. Dr. T.P Wilson, in editorial of Medical Advance (Jan 1884) wrote "We reject the assumption of life principle, first because it is unscientific and secondly because it is not needed to account for the phenomenon of life, health and disease".

Carpenter writes in Human physiology: By resting assumption of a vital principle of organic agent as affording a sufficient amount of all that is mysterious in the nature of life, we really remove it from the domain of scientific inquiry. Dr Gavial in his first part of 'Textbook of Homoeopathy' writes: from the natural laws of physiology thus far presented, no vital force can be inferred. Richard Hughes claimed Vital force to be hypothetical and suggested to reject it.

The growing knowledge in the molecular biology from the midst of twentieth century gave more serious hit over Vital force theory. I welcome your valuable suggestions to have health discussion on the said topic to deepen our understanding.

PUBLICATION BY FACULTIES

Ayurvedic Management of Vipadika (Palmo-Plantar Psoriasis) A Case Study



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In ancient texts most skin diseases are mentioned under the title of Kushtha Roga. Vipadika is a kind of Kushtha which is included in the Kshudra Kushta. Different Acharyas have given different signs and symptoms of Vipadika. As per Acharya Vagbhata, it is characterized by Pani Pada Sphutana (Cracking of the skin of palms & soles) Teevra Vedana (Severe pain), Manda Kandu (mild itching) & Saraga Pidika (red patches of soles). It is a chronic and recurring condition. It is predominantly Vata and Kapha Doshaja Vyadhi. Based on the clinical features it resembles palmo-plantar psoriasis. In the present case report, A 49-year-old female patient has complained of excessive dryness, pain and fissures in palms and soles for 3 & ½ years (on & off). She was clinically diagnosed as a case of Vipadika (Palmo-plantar psoriasis). The patient was treated with Ayurvedic management of Khudra Kushtha, after 1 month of follow up the patient had significant relief in symptoms at the end of three months of treatment.

Keywords: -Vipadika, Kushtha Roga Ayurvedic management.

Study To Assess The Effect Of Trayodashang Guggulu And Ksheerabala Taila- Anuvasana Basti In The Management Of Janu Sandhigata Vata W.S.R. To Osteoarthritis Of Knee Joint: A Review



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Sandhigata vata which can be correlated to Osteoarthritis, is one of the predominant vata vikara and it is Yasya vyadhi, located in Marmasthisandhi due to vata-kapha dosha imbalance described in Ayurveda. As there is pronounced degeneration of Asthi and Majja dhatu along with decreased strength of Mansadhatu, balya and yogvahi chikitsa is needed which can be achieved by proper Panchakarma treatment which is very unique because of its preventive, promotive, prophylactic and rejuvenating properties as well as providing radical cure.

Acharya Charaka has mentioned common treatment for Vatavyadhi i.e. repeated use of Snehana, Swedana, Basti, Mrudu virechana; while acharya Susruta has mentioned the treatment for Sandhigata vata clearly as snehan, upanaha, bandhana & unmardana; Acharya Vagbhat has mentioned snehan, sweden and mrudu sanshodhan in vatavyadhi.

Janu Sandhigata vata is caused by 2 factors- i.e. Avarana janya, Dhatu kshaya janya. in this trial of study Dhatu kshaya janya Sandhigata vata is taken, which is known as Nirupstambhit janu sandhigata vata (Osteoarthritis).

It is a non-inflammatory degenerative condition of joints characterized by degeneration of articular cartilage and formation of new bone i.e. osteophytes. There is no treatment available which can prevent or reverse or block the disease process in modern sciences except NSAIDS, Analgesics, Intra Articular injections of adrenocorticosteroids, and surgery, which cause a heavy economic burden on patients' pockets with unwanted side effects. As per Ayurvedic Samprapti & principal of treatment, we choose study which are quoted in Vatavyadhi Chikitsa & Nidan Chapter of Yogratanakar for Sandhigata Vata.

Effect Of Holistic Yoga On Anxiety Symptoms In College Going Females With PCOS In Gujarat: A Quasi-experimental One-way Study”



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To find the effects of holistic yoga on college going girls with anxiety and PCOS. the purpose of the study was to measure the level of depression among females suffering from polycystic ovarian syndrome and to find out the effect of yoga on the level of depression among females suffering from polycystic ovarian syndrome. Methodology: There will be an interactive introductory lecture about the topic and all girls of the college will attend this lecture. 40 girls with PCOS will be selected for the holistic yoga session. The yoga performed will be basically the asanas and meditation and lecturers on holistic yoga lifestyle and stress management. All these asanas will be performed with 6 repetitions with 10 seconds of hold and 15 seconds of resting period. This yoga asanas will be performed daily till 1 hour for 6 weeks. Result: Changes in the anxiety level after the holistic yoga program were seen and also significant changes in weight, waist and hip circumference have been seen in the college going girls in Gujarat with PCOS. Conclusions: 6 Weeks Holistic Yoga Program in college going girls with PCOS was seen as more effective than the other regular exercise to reduce weight, waist and hip circumference with anxiety symptoms respectively.

Keywords: Yoga; Polycystic ovarian syndrome; Anxiety symptoms.

The Effects Of Ultrasound And Cryotherapy On Pain, Range Of Motion and Disability In Patient With Frozen Shoulder A Comparative Study”



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Frozen shoulder (FS) is signified by pain and stiffness in the shoulder joint; limited range of motion and pain are the most common symptoms. It is also known as adhesive capsulitis or periartthritis (PA). FS has a prevalence of approximately 2 to 5 % in the general population. The incidence among women is 1.6 to 4-fold higher than in men. Functional impairments caused by FS consist of Limited Reaching, particularly during overhead or to the side activities. METHODOLOGY: Patients were analyzed pre and post treatment for shoulder pain severity by pain scale (VAS), SPADI and range of motion (ROM) of the shoulder joint by using goniometer. Total 40 Patients were taken and divided in two group. Group A received ultrasound with conventional physiotherapy and Group B received cryotherapy ultrasound with conventional physiotherapy for 6 days a week for 4 weeks. CONCLUSIONS: Ultrasound with Conventional Physiotherapy is more effective in frozen shoulder to reduce Pain, Functional disability and improve Shoulder range of motion.

KEYWORDS: Frozen shoulder, Visual analog scale, Ultrasound therapy, Cryotherapy, Rang of motion, Shoulder Pain and Disability Index

A Survey On Perspective About The Role Of Robotics In Neuro Rehabilitation Among Physiotherapists Of Ahmedabad.



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The world health organization estimates that approximately 15% of the world's population has a few forms of disability. Rehabilitation has a key role in reducing the level of disability. Application of robotics devices in rehabilitation help to achieve this goal. Robot-mediated neurorehabilitation is a growing and advanced field for treating neurological disease. The effectiveness of robotics therapy is ambiguous. Robotics therapy is a novice treatment in the physiotherapy profession and not that much-studied are executed in the field of robotics. Aims and Objective: To determine the attitude towards the role of robotics in neurorehabilitation among physiotherapists of Ahmedabad. Methodology: A cross-sectional observational study was conducted in 128 physiotherapists of Ahmedabad and snowball sampling was used. An online survey becomes executed with a self-reliant questionnaire. The questionnaire contains questions associated with perspectives about the role of robotics in neurorehabilitation. The statistical evaluation became accomplished with Microsoft Excel 2019. Result: Our finding suggests that from the 128 subjects, 95(74%) were agreed robotics play important role in neurorehabilitation, 22(17%) were Neutral, and 11(9%) disagreed. Conclusion: We found that most of the physiotherapists think robotics devices play important role in neurorehabilitation. 17% of physiotherapists are not sure and the rest of the physiotherapists think robotics devices do not play important role in neurorehabilitation.

Key Words: Neurorehabilitation robot, Qualified Physiotherapists, Ahmedabad.

To Study Pulmonary Functions Of Street Vegetable Vendors An Observational Study



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Occupational lung disease remains one of the most common work-Related injuries. Inhaled dust can result in a range of tissue injury in the lung and can lead to significant respiratory insufficiency. Street vendors are an integral part of economies around the world and it is a dominant occupation in urban areas of developing countries. Vendors get exposed to several environmental pollutants that consist of NO₂, CO and other volatile chemicals and because of the inhalation of that air can causes changes in their lung volumes and capacities. Because of the increased population and industrial development several environmental conditions are deteriorating, increased traffic also increases the pollution So, this air pollution has an impact on organs which can lead to development of respiratory and cardiovascular diseases. Aim: To study the pulmonary functions of vegetable vendor Conclusion: The result of the present study concludes that there is a decrease in the pulmonary functions of street vegetable vendors. In this study the street vegetable vendors have higher risk of obtaining obstructive type of pulmonary impairment and spirometry analysis shows statistical more affection in smoker compared to non-smokers. Due to their occupation, as the duration of exposure to environmental pollutants increases, FEV₁(forced expiratory volume in 1st second) decreases.

Effect Of Aerobics Training And Strengthening Exercises On Anxiety, Depression, Functional Status And Quality Of Life In Participants Recovered From Covid-19: An Experimental Study”



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Majority participants who have recovered from COVID-19 are facing various psychological complications along with altered functional status and reduced QOL. Aerobic training, strengthening training along with conventional therapy are useful to relieve psychological trauma, affect functional status and QOL. Objectives: The purpose of this study is to determine whether if they are individually effective on functional status, anxiety, depression and QOL which are measured by PCFS scale, HADS and 6MWD. Design: An experimental study. Methodology: 90 people who met the eligibility requirements were enrolled in the study and split into 3 groups. Group A (n=30) was receiving conventional physiotherapy, Group B (n=30) received conventional physiotherapy with Aerobic training and Group C (n=30) received conventional therapy with strengthening training for a period of 4 weeks. PCFS scale, HADS and 6MWD were taken before and after the treatment in all groups. Results: Data was analyzed using appropriate statistical tests using SPSS 26. There was statistically significant effect PCFS, HADS (anxiety and depression components) and 6MWD ($p < 0.05$) in all groups but conventional therapy with aerobic training (Group B) was found to be more effective than other treatments of Group A and Group C. Conclusion: This study concludes that conventional therapy, aerobic training and strengthening training are having similar effects on anxiety, depression, functional status and QOL among participants recovered from COVID-19. However conventional therapy with aerobic training show more effectively followed by conventional therapy with strengthening training and conventional therapy alone. Key words: Post COVID-19, Anxiety, Depression, Aerobic training, strengthening training

Effects Of Resistance And Agility Training On Fallrisk In Patients With Osteoporosis – A Comparative Study”



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Osteoporosis is a bone disease that causes the bones to become less mineralized and brittle. Fractures may result from bone thinning, particularly in the wrist, hip, and spine. Aim: The goal of the current study was to contrast the effects of resistance training and agility training on individuals with osteoporosis' risk of falling. Settings and Design: A comparative study was conducted at the Venus Institute of Physiotherapy Outpatient department. Subjects and Methods: 45 patients with osteoporosis were enrolled in the trial and randomly split into two groups. For eight weeks, or three sessions per week, Group A received resistance training, and Group B received agility training. Both the Timed Up and Go test (TUG) and the Berg Balance Scale (BBS) were used to assess fall risk prior to and during therapy. Statistical Evaluation t-test analysis was performed using the Windows version 20 of the SPSS program. We estimated the mean and standard deviation. Statistical significance was set at $P < 0.05$. Result: A total of 40 participants—20 from Group A and 20 from Group B—completed the study. Both groups showed a statistically significant decrease in fall risk for the TUG test ($P < 0.05$) and BBS score ($P < 0.05$). Compared to the agility training group, resistance training reduced the risk of falling more. Conclusions: According to the study, an 8-week resistance training program reduces the chance of falling more effectively than an agility training program.

Key-words: Fall risk, Osteoporosis, Exercise, Resistance Training, Agility Training

Correlation Of Body Mass Index With Physical Activity And Health Related Quality Of Life In Geriatric Population



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MPT in Community Health and Rehabilitation
Venus Institute of Physiotherapy

Geriatrics is defined as a branch of medicine which deals with the disease, disabilities & care of aged person. Inactivity may lead to overweight and obese in elderly people. With the increasing ageing population and the extension of life expectancy, improving health-related quality of life of older adults is an important public health issue. Health related quality of life is a predictive factor of mortality in older adults. Purpose: The purpose of this study to find the correlation of Body Mass Index with Physical Activity and Health related quality of life in Geriatric population. Methodology: An observational study was conducted by convenience sampling on Geriatric population. The height and weight of participants was measured by measure tape and weighing scale. International Physical Activity Questionnaire for Elderly was used for physical activity, and Older People's Quality of Life Questionnaire was used for Health-Related Quality of Life of geriatric population. Printed version of questionnaire was given to all elderly participants in the convenient language. Result: Mean Age of Geriatric population is 70.04 ± 6.11 years. Parametric test was applied to find the correlation between body mass index and Quality of Life. And non-parametric were used to find the correlation between body mass index and physical activity. Conclusion: As the body mass index increases, physical activity in geriatric population decreases. As the physical activity increases, quality of life in geriatric population increases.

Keywords: geriatric population, physical activity quality of life, body mass index.

Clinical Study On Copd Emphasis On Migraine With Homoeopathic Management And Miasmatic Understanding



DR. VINEETA NEERAJ KUMAR

Assistant Professor,
Department of Surgery,
Aarihant Homoeopathic Medical College
& Research Institute,

The frequency and characteristics of headache in patients with chronic obstructive pulmonary disease (COPD) is not clear and there are only a few studies that have assessed the relationship between chronic hypoxemia and headache. Oxygen travels down into the lungs and through the walls of the lungs into the bloodstream. COPD can clog or destroy portions of the lungs, making it difficult to inhale oxygen and exhale carbon dioxide. In this context, one of the most enigmatic but clinically important events are an acute exacerbation of the respiratory symptoms. Miasmatic analysis of the data will reveal the miasmatic predominance. Homoeopathic literatures speak volumes of treatment of such cases with medicines. Thus, the topic has been taken, to work, to see the efficacy of constitutional homoeopathic medicine in treatment of COPD with migraine.

SPECIAL ACHIEVEMENT BY FACULTY

AYURVEDIC

Vd. Rakesh N Salve, Director of Ayurveda.

Seminars attended:

- Attended Ayurved Parva on 11.11.22 - National Seminar organised by Ayurved Vyaspeeth at Nagpur, Maharashtra.
- Attended National Workshop on Manuscriptology at Parul University, Vadodara, Gujarat.

Guest Lectures:

- Rasashastra in Clinical Practice - Ahmedabad - 23.07.22
- We are what we eat - RARI Ahmedabad - 18.10.2022.
- Vagbhata Sahavas - Surat - 10.12.22 & 11.12.22.
- Aarogya Vardhini - AYUSH Samruddhi - 29.01.2023.
- UG Transitional Curriculum - MRIAS, Gandhinagar - 23.02.2023.
- Sanskar - PG Transitional Curriculum - GAAC, Ahmedabad - 18.04.2023.
- Ashtanga Hridaya Adhyayan Shibir - Jamnagar - 28.09.2023

Dr. Navin Banarase, Principal, Professor, Rachana Sharir Department

- No. of Paper Publication – 2 & CME Attended.
- Workshop of making models of silicon and plastination technique in Oct 2023.
- Team member arranged the Ayush Mela in Kalol.
- National workshop of marma chikitsa in Parul university Jan 2023.
- Invited as an external expert in BOS of monark university in march 2023.
- Icon Ayurveda as a invitee in Sumandeep Vidyapeeth in June 2023.
- Appointed as a member of the program advisory committee at TEC-PDEU, Gandhinagar may 2023.
- Appointed as a subject expert for interview component of PHD entrance exam in Swaminarayan university.
- Invited as external examiner of anatomy in Venus college of physiotherapy & Mandsour University, Madya Pradesh.
- Member of academic council in Swarnim startup and innovation university April 2023.
- Arranged the blood donation and sickle cell anemia detection camp in April 2023.
- Guest Lecture: "Gender sensitization" Aarohant homeopathic College, Swarnim university on April 2023.

Dr. Tridev Patil, Associate Professor, Rachana Sharir Department

- International CME on Dissection Demonstration & Scientific Sessions on Marma Sharir. Pratyasha 2023.
- Review of Ahara Vidhi Vidhana dietetic recommendation by acharya charaka.
- Publication topic - conceptual and anatomical study of Trimarma applied aspect. March 2023. ISSN no.978-93-94450-35-6.
- Best paper presentation award in Pratyasha 2023.

Dr. Drashti Patel, Assistant Professor, Rachana Sharir Department

Publications

- Marma Shariram, Urdhvasakhagat Marma, vol-2, ISBN- 10:935515433X.
- Marma Shariram, Manyu and Shirogat marma, vol-1, ISBN-13:978-935515430.
- KURPARA MARMA- AN ANATOMICAL Review Article, JAAR VOL V ISSUE XII JAN-FEB 2023. ISSN: 2347- 6362.
- Seminar: "National Workshop on Rachana Sharir Nirmitee 2023".

Dr. Santosh Gurav, Professor & H.O.D, Sanskrit-Samhita-Siddhant Dept.

- 1 Chapter Sept 2022, Sanskrit Somnath University Bhartasya Bauddhik aatmanirbhartayam Sanskrit shastranam bhumika, Role of Sanskrit in Ayurvedic Chikitsa.
- Guest Lecture - National Health Status Goals And policies, Manjushree Research Institute of health sciences, Gandhinagar, Feb -2023.
- Sept 2022, Sanskrit Somnath University Bhartasya Bauddhik aatmanirbhartayam Sanskrit shastranam bhumika, Role of Sanskrit in Ayurvedic Chikitsa.
- Elaboration of Visha in Rasa classics w.s.r to Rasamanjiri, IJRAR, UGC approved Journal, Vol. 10, issue 3, ISSN - 23481269, July -2023.

Dr. Sagar Ital, Associate Professor, Sanskrit-Samhita-Siddhanta Department

•6 days CME attended at ITRA Jamnagar, Gujarat.

Dr. Sayali Bendal, Assistant Professor, Sanskrit-Samhita-Siddhanta Department

•6 Days CME attended at Ayurved Mahavidyalaya, Sion, Mumbai.

Dr. Avinash Bholane, Associate Professor, Dravyaguna Department

•6 Days CME attended at Govt. Ayurveda College, Jabalpur

Dr. Namdev Vanganekar, Associate Professor, Rasashastra & Bhaishajya Kalpana Dept.

•6 Days CME attended - ITRA, Jamnagar.
•8th Convocation ceremony of Gujarat Ayurved University, Jamnagar, held on 25/04/2023.
•3 Gold Medals for Highest Marks in Final MD (Ayu - 2016).
•1 Gold Medal for Highest Marks in Final MD (Ayu - 2016) in the speciality of Rasashastra.
•1 Gold Medal for Highest Marks in Final MD (Ayu - 2016) in speciality of Bhaishajya Kalpana.

Dr. Mansi Jagtap, Assistant Professor Rasashastra & Bhaishajya Kalpana Dept.

•Attended National workshop on Marma chikitsa 2023.
•Attended Advanced Research and Methodology workshop 2023.
•Attended Workshop on 'Quality Parameters and Standardization of drugs, MUHS.
•National workshop on Scientific writing and Publications.

Dr. Vrushani Vyas, Assistant Professor, Rasashastra & Bhaishajya Kalpana Dept.

•Paper published in September 2023, A Preliminary Pharmaceutico analytical study of Gairikadi Malhar w.s.r Rasatarangini, European journal of Pharmaceutical and medical Research.
•25th April 2023, 8th Convocation ceremony of Gujarat Ayurved University, Jamanagar.
•Gold medal for highest marks got in Rasashastra speciality in Final year M.D Oct.2021.
•Gold medal for highest marks got in Bhaishajya Kalpana speciality in Final year M.D Oct.2021.

Dr. Manik Godbole "Professor & H.O.D Roganidan & Vikriti Vigyan Dept.

•Guest Lecture on the topic "Creating hope through action" at Swarnim University Gandhinagar.

Dr. Sameeksha Gurav, Professor & H.O.D Agadtantra & Vidhivaidyak Dept.

Publication

•1 Chapter Sept 2022, Sanskrit Somnath University Bhartasya Bauddhik aatmanirbhartayam Sanskrit shastranam bhumika, Dhatu Vigyan in Ayurvediya Sanskrit Vangmay.
•Elaboration of Visha in Rasa classics w.s.r to Rasamanjiri, IJRAR, UGC approved Journal, Vol. 10, issue 3, ISSN - 23481269, July -2023.

Guest Lecture on the topic

•Professional Medical Ethics, Manjushree Research Institute of Ayurvedic Science, Feb-2023
•Understanding learning group learning and group dynamics, Manjushree Research Institute of Health Sciences, Feb 2023."

Paper Presentation

•Sept 2022, Sanskrit Somnath University Bhartasya Bauddhik aatmanirbhartayam Sanskrit shastranam bhumika, Dhatu Vigyan in Ayurvediya Sanskrit Vangmaya.

Dr. Pooja Kalne, Assistant Professor, Agadtantra & Vidhivaidyak Department

•Organised national webinar on topic cybercrime.
•Worked as assistant co- Ordinator in Azadi ka Amrut Mahotsav.
•4 articles published in 2023.

Dr. Sonali Ladhi, Professor & H.O.D, Swasthavritta & Yoga Department

•6 Days CME attended at AIIA, Delhi, on 22-27th Aug2022.
•Eminent speaker Preventive aspect of Ayurveda _at State Aayush Training center Kolavada-Gandhinagar,20th sep2022.
•1 Paper published A case study 18th May 2023.

Dr. Tejal Ganvit, Assistant Professor, Swasthavritta & Yoga Department

•6 Days CME attended at Government Ayurved College, Varanasi - 13.02.2023 to 18.02.2023

Dr. Ruchita Worle, Assistant Professor Kaumarbhritya Department

•6 Days CME attended at Balangir on 4/9/2023 to 9/9/2023

Dr. Chirag Vaghela, Assistant Professor, Shalyatantra Department

•Paper Presented at Desh Bhagat University Punjab

Dr. Tushar Punse, Associate Professor, Kayachikitsa Department

- 6 Days CME attended at D. Y Patil Pune on 20th to 25th June 2022.
- Guest Lecture on World Heart Day on CPR 3rd October 2023

Dr. Binal Gondalia, Assistant Professor, Kayachikitsa Department

- 6 Days CME for teachers of Kayachikitsa attended on 20 to 25 June 2022 at Pune.

Dr. Ruchika Chaudhary, Assistant Professor, Kayachikitsa Department

- 3 research articles published (published in April 2023).
- Title: Ayurvedic Management of Vipadika (Palmo- plantar psoriasis - A case study journal of Ayurvedic Holistic Medicine publication: vol11 issue 4. year: April ,2023 eISSN-2321-1563

Dr. Santosh Tale, Professor & H.O.D, Panchakarma Department

Book Publication

- Panchakarma Sudha Nidhi.
- 6 days CME for teachers attended at ITRA Jamnagar.
- 2 Research articles published in international journal.
- webinar 04 Seminar international 1.

Dr. Nandkishor Umale, Associate Professor, Panchakarma Department

Publication

- Role of Ayurveda in substance used Disorders.
- Best paper presentation award – DGCON 2023, Parul University, Vadodara.

Dr. Hetal Mori, Assistant Professor, Panchakarma Department

- "3 Research articles, last one was in June 2022. (TITLE: A CASE STUDY OF AYURVEDIC MANAGEMENT OF PSORIASIS/EK-KUSHTHA, Journal name: World Journal of Pharmaceutical Research. Publication: Volume 11, Issue -8, 977-982, Year: June 2022, (DOI:10.20959/wjor 20228-24579) ISSN: 2277-7105)"

Dr. Abhinav Sonawane Associate Professor, Shalyatantra department

- Guest lecture: in 'Ayush Samridhi', international webinar series on occasion of Maharshi Sushruta Jayanti.

PHYSIOTHERAPY

Dr. Arvind Chauhan (Principal & Professor) Assistant Academic Director, MPT Orthopedic, PhD, MBA

- Editor in International Journal of Physiotherapy and cancer rehabilitation
- Taken expert lecture in 1st GAPTCO, Gujarat state 2022 conference.
- Invited as a expert member of PhD Scholar Viva-voce and MPT Viva-voce in various university.
- Attended 4th International conference of Physiotherapy in 2022 in Udaipur, Rajasthan
- Received "PHYSIORATNA" in 1st GAPTCO, Gujarat state 2022 conference.
- Reviewer since 19th June 2022 in the INTERNATIONAL JOURNAL OF RESEARCH AND ANALYTICAL REVIEWS.
- ACADEMIC EXCELLENCE AWARD for Excellent contribution in the Field of Physiotherapy in 4th International Physiotherapy Conference 2022.
- Taken Expert lecture in Various Institute and Conferences.
- Invited as a Resource person of seminar on "Mental Physical Spiritual Health" on 12th February 2023.
- Invited as a Resource person to conducted workshop on "Synopsis Designing & Ethical issues in Physiotherapy" on 19th October 2023.
- External Examiner and a paper setter in various university.

Dr. Jaynesh Vandra MPT Orthopedic & Sports, PhD Scholar, IAFT, MBA

- Completed PG Diploma in Hospital and Health Care Management from Ahmedabad Management Association and California State University.
- Participated in various Physiotherapy camps Ongoing PhD in Physiotherapy
- Published total 7 Articles in Journals and Having H Index 2
- Elected as Reviewer in 2 Journals.
- Attended Short Term Training Program (STTP) in Research: Methodology Published an article in IJMER (INTERNATIONAL JOURNAL)
- Certified Fitness and Aerobic Trainer
- Running a Website for Knowledge on Fitness and Medical Topics: Fit is Fabulous

Dr. Rima Pandya: (MPT Ortho)

- As a Guest lecturer on topic of “Transitional Curriculum for First profession” at BAMS course on 22th February, 2023 Organized by Aarhant Ayurvedic medical college & Research Institute at Swarnim Startup & Innovation University Gandhinagar, Gujarat.
- Conducted a WORKSHOP ON “MULLIGAN THERAPY” on 8th May 2023 in Venus Institute of Physiotherapy at Swarnim Startup & Innovation University Gandhinagar, Gujarat.

Dr. Nehansi Chauhan: (MPT Neuro)

- As a speaker on topic of Intellectual Disorder- Down Syndrome on occasion of World Down Syndrome Day on 21st March, 2023 at Swarnim Startup & Innovation University Gandhinagar, Gujarat.
- Attended Pre-conference of the 60th National conference of IAP on “Sports Rehabilitation” on 13th November, 2022 at Zydus Hospital, Ahmedabad.
- Attended 1 international and 2 State level conferences.

Dr. Drashti Shah: (MPT Neuro)

- As a speaker on topic of “Intellectual Disorder- Down Syndrome” on occasion of World Down Syndrome Day on 21st March, 2023 at Swarnim Startup & Innovation University Gandhinagar, Gujarat.
- As a speaker on topic of Exploring the possibility for Physiotherapy in “Cognitive Rehabilitation” on occasion of World Mental Health Day at Swarnim Startup & Innovation University Gandhinagar, Gujarat.
- Securing 1st Position in Sports event of Cricket 12th Gujstate Conphys.
- Published Anthology Book: Half Heart Without You 2022.
- Attended 2 international and 10 State level Workshops, 3 international and 6 State level Conferences along with presentation of 1 Paper and 2 Poster in international Virtual Conferences.

Dr. Kosha Gor: (MPT Cardio)

- Certified Antenatal and Postnatal Trainer, 2023
- Attended 3 International and 2 National level Conferences and published 4 Article in International journals, 2023

Dr. Chinmayi Gohel: (MPT Cardio)

- Attended 2 international, 6 National level conferences and attended 1 international and 2 National level Workshops
- As a Guest lecturer on topic of “Pathological gait and it’s Management in Shree Sahajanand Institute of Physiotherapy on September, 2023.
- Publication in INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH, 2023

Dr. Honey Panchal: (MPT Rehab)

- Publication in International Journal of science and Healthcare Research and International Journal of Science and Research, 2023
- Conducted Seminar on "ROLE OF PHYSIOTHERAPY IN ANTENATAL CARE" at Venus Institute of Physiotherapy on 28th April, 2023.
- Certified trainer of Neuro dynamic Solution and Muscle Energy Techniques.
- Attended workshop on Cancer Rehabilitation, 2023

Dr. Banshi Savaliya: (MPT Ortho)

- Presented paper in 13th National Physiotherapy Summit-2023 organized by R.K University, Rajkot.
- Outstanding Academic Performance award received from Swarnim Startup & Innovation University Gandhinagar, Gujarat in academic year 2022-2023
- As a speaker on topic of “Introduction to Foam Rolling and Fascial Manipulation” on occasion of World Down Syndrome Day on 10th March, 2022 at Swarnim Startup & Innovation University Gandhinagar, Gujarat.

HOMOEOPATHIC

Dr. Nirav Bhatt, Professor and HOD, Department of Repertory

- Invited as resource person for C.M.E. under AYUSH Ministry (Govt. Of India), Topic: Biography of Dr J T Kent and Dr C. Herring, Motiwala (National) Homoeopathic Medical College and hospital, Nashik, 2023.

Dr Chintan Pandya, Professor, Department of Practice of Medicine

- 6 Day CME Programme on Research Methodology & Biostatistics sponsored by Ministry of AYUSH, Govt. Of India from 20th March to 25th March 2023 at Dr. M.P.K. Homoeopathic Medical College, Jaipur 2023.

Dr. Mantosh Yadav, Associate Professor in the department of Surgery

- PhD from Tanta University, Sri Ganganagar 2023.

Dr. Jayoti, Associate Professor, Dept. Physiology & Biochemistry

- Physiology & Biochemistry (CBDC) Sri Sairam homeopathic medical college & Research center 11th Sept to 16th Sept 2023, Chennai.

Dr. Rajiv Rui Peres, Assistant Professor, Department of Organon of Medicine and Philosophy

- Attended CME of Organon of Medicine, August 2023

Dr. Priyanka Chauhan, Assistant. Professor, Dept. Physiology & Biochemistry

- Physiology & Biochemistry module-1, 31st Oct to 5th Nov 2023 by Mangilal Nirban homeopathic medical college & RI, Bikaner.
- Physiology & Biochemistry (CBDC) Sri Sairam homeopathic medical college & Research center 11th Sept to 16th Sept 2023, Chennai.

Dr. Vineeta Neeraj, Assistant Professor dept. of SURGERY

- Attended workshop on scientific writing at M.P.K Homoeopathic Medical College Jaipur in Jan 2023

Dr Jaya Srivastava, Assistant Professor, Dept of Community Medicine

- Attended three CME, 2023

Dr Disha Shrotriya, Assistant Professor, Dept of Repertory

- Research Paper published in 2023

Dr Kinjal Patel, Assistant professor Department of Practice of Medicine

- more than 15 races across state and national in Swimming, Cycling and Running in the current year of 2023
- selected as a Bicycle Mayor of Ahmedabad by BYCS Amsterdam 2023.

NURSING

Ms. Pinal R Ghoghara, Assistant Professor, Dept of Obstetrical and gynecological Nursing

- As External Examiner in subject of Community Health Nursing in the Gujarat University.
- As Research Guide for a Different Health Regarding Topics.

Ms. Sejal R Patel, Assistant Professor, Dept of community health nursing

- As External Examiner in subject of Community Health Nursing in the Gujarat University.
- As Research Guide for a Different Health Regarding Topics.

Ms. Nirmika acharya, Assistant Professor, Dept of Obstetrical and gynecological Nursing

- Attending 1st state level conference 2023 on redefining women's health through innovations in midwifery practice.
- As External Examiner in subject of Obstetrics and Gynecology in Nursing the Gujarat University, HNGU University and Parul University.
- Done training of MNCH & Perinatal care training Conducted by UNICEF.

Ms. Megha Raval, Sr. Nursing Tutor

- As External Examiner in subject of Community Health Nursing & Midwifery at Gujarat Nursing Council.

SPECIAL ACHIEVEMENT BY STUDENT

Department of Ayurved



Meshva Sunilbhai Patel
1st Rank
1st YEAR BAMS



Shakika N. Maru
1st Rank
2nd YEAR BAMS



Ishita D. PATEL
1st Rank
3rd YEAR BAMS

Department of Physiotherapy



Om Barot
1st Rank
1st YEAR BPT



Nittu Kumawat
1st Rank
2nd YEAR BPT



Zala Urja
1st Rank
3rd YEAR BPT



Chotara Shraddha
1st Rank
4th YEAR BPT



Dr. Krupa Shastri
1st Rank
1st YEAR MPT



Dr. Bansri Savaliya
1st Rank
2nd YEAR MPT

Department of Homoeopathic



Mauli Bathani
1st Rank
1st YEAR BHMS



Ishika Patel
1st Rank
2nd YEAR BHMS



Divya G. Maheshwari
1st Rank
3rd YEAR BHMS



Himani Jadeja
1st Rank
4th YEAR BHMS

Department of Nursing



Disha Chavda
1st Rank
1st YEAR GNM



Vanshita J. Panchal
1st Rank
1st YEAR B.Sc Nursing



Pinkal J. Senma
1st Rank
2nd YEAR B.Sc Nursing



Ayushi A. Bhavsar
1st Rank
3rd YEAR B.Sc Nursing



Armi R. Patel
1st Rank
3rd YEAR B.Sc Nursing



Reshma Rout
1st Rank
4th YEAR B.Sc Nursing

ACTIVITIES 2022-23

AYUSH MELA-2023



A joint initiative of Ayurveda College and Kolvada and Government Ayurveda Hospital has organized a district level Ayush Mela on the seventh of January 2023 at Bharat Mata Town Hall, Kalol.

This fair started at 8.00 am. At the beginning of this fair, yoga camp, Prabhat Feri and cultural programs like Bhawai, Diaro, Drama on Ayush theme were organized. Exhibition of Aushadhi (Botanical Plant), Ayurvedic Cosmetic products & Ayurvedic food Stalls was a unique attraction of this AYUSH mela. Students from Arihant Ayurveda College gave information regarding human organs, Displayed ayurvedic products At, Last memorable Cultural programme was performed by Our College students.

Outcome: Participants provided information about maintaining general health. Medicines were distributed to needy patients by our experts.



Shishyopanayana Ceremony

Ayurveda, the indigenous medical science is having a unique way in selection of student for learning medical science and it always upholds the diligence of medical students backed by good ethical conducts. In present days “Shishyopanayana Ceremony” is conducted as an initiation to learn Ayurveda for the newcomers. In Indian system of education the students are inducted for learning various branches of knowledge in the Gurukula under certain Guru. For this the Upanayana ceremony was organized by Aarihant Ayurvedic Medical College & Research Institute of Swarnim Startup and Innovation University on 28th feb 2023.



Startup Projects In Ayurvedic Department



World Environment Day

Environment Awareness Rally and Tree Plantation was conducted in SSIU Campus under the able guidance of Dr. Navin Banarase (Principal, AAMC & RI), Dr. Tejal J. Ganvit, Dr. Dharmisha Kahdoliya. The theme for World Environment Day 2023 was focus on solutions to plastic pollution under the campaign #BeatPlasticPollution on 5th June 2023

Outcome: More than 20 plants were planted in the garden; more than 250 students had participated and around 30 members of AAMC & RI actively participated in this event.



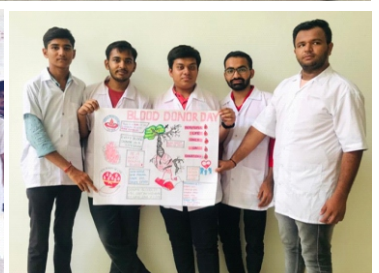
Sudden Cardiac Arrest & CPR Awareness Programme

Sudden Cardiac Arrest and Cardiopulmonary Resuscitation (CPR) Awareness Programme was arranged for students of Aarihant Ayurvedic Medical College and Research Institute by Kayachikitsa Department on 9th June 2023. Dr. Tushar Punse conducted an introductory session on Cardiac arrest, CPR and emergency first aid management. Dr. Tushar and Dr. Jaimin Vaghela demonstrated CPR on dummy models. 200 students, teaching, non-teaching and hospital staff actively participated in this program.



WORLD BLOOD DONOR DAY

To raise awareness of the need for safe blood and to thank voluntary, unpaid blood donors for their life-saving gifts of blood, Kriyasharir Department of Aarihant Ayurvedic Medical College & Research Institute, organized the event on 14th June 2023. An informative session on world blood donor day, poster competition and reel competition was conducted on this occasion.



9th International Day Of Yoga

International Day of Yoga celebration was organized by the Department of Swasthavritta & Yoga, Aarihant Ayurvedic Medical College & Research Institute.

As a part of celebration essay competition, rangoli competition and Yoga competition was organized. Students across all the academic years participated enthusiastically.

Celebration of International Day of Yoga started with Omkara, Yoga Session (Asanas), Instructed by Mrs. Kavita Vyas & Team According to Common Protocol of Yoga ; Loosening Exercise; Standing Asanas – Tadasana, Vrikshasana, Trikonasana, Padahastasana; Sitting Asanas- Padmasana, Vajrasana, Ushtrasana, Shashankasana, Gomukhasana; Supine Asanas – Pavanamuktasana, Setubandhasana; Prone Asanas – Bhujangasana, Shalabhasana; Kapalabhati; Pranayama- Anuloma-Viloma, Bhramari were very well performed by the participants. Session was ended with Omakara.

Shloka Chanting was done by 3rd Year Students, Winners of competitions were announced felicitated with certificates & trophies by Dr. Ramsinh Rajput, Dr. Rakesh Salve, Dr. Navin Banarase and Dr. N.M Patel Sir. Session concluded with the National Anthem & Refreshment.



Guru Purnima Celebration

The event of Guru Purnima Celebration was arranged by Aarihant Ayurvedic Medical College and Research Institute. As a part of celebration various competitions were organized like Shloka recitation competition, Quiz competition, Rangoli Competition and Video/Reel Competition. Almost 80 students participated in this event. All the faculties, hospital staff marked their presence for the event.



NATIONAL DOCTOR'S DAY

As a part of the celebration of National Doctors day, Dr. Abhinav Sonawane gave an informative lecture on Artificial Intelligence in Ayurveda and Dr. Chirag Vaghela conducted an informative session on Ethics in Ayurveda.

Date: 4/7/2023



Awareness Rally & Seminar on occasion of World Organ Donation Day



Every year August 13 is observed as World Organ Donation Day to raise awareness about the importance of organ donation. As a part of celebration a seminar and rally were organized by Arihant Ayurvedic Medical College & Research Institute. The Anatomy department had arranged "An organ information based ramp walk competition. 1st year BAMS students actively participated in this competition. Each organ & small parts of each system of the human body were well explained by students. Dr.Manik Godbole & Dr.Daivdhalma ma'am judged the students and gave them rank Date: 11/08/2023



By Agadtantra Evum Vidhi Vaidyak Department at Sundarvan Ahmedabad on 1st sep 2023



Department of Swasthavritta & Yoga, AAMCRI arranged industrial study tour/ site visits for 3rd Year BAMS, Students at Adani Group, Mundra.
Date: 13 & 14/09/2023

SUICIDE PREVENTION DAY



The theme of this year is – Creating hope through action. This seminar was organized on 28th september 2023 by Rasashastra evum Bhaishajya Kalpana dept of AAMCRI. Dr Manik Godbole (Professor & HOD, Rognidan Dept.) addressed the participants on the topic of suicide prevention.

3rd NATIONAL PHARMACOVIGILANCE WEEK

On occasion of 3rd National Pharmacovigilance week: 17 to 23 september, 2023, Department of Rasashastra evum Bhaishajya Kalpana, AAMCRI had organised seminar on PHARMACOVIGILANCE IN AYURVEDA: CONCEPTS & REGULATION. The theme was 'Boosting public confidence in pharmacovigilance'. Dr. Vrushani Vyas (Assistant Professor, RSBK Dept.) and Dr. Manasi Jagtap (Assistant Professor, RSBK Dept.) gave an informative & knowledgeable presentation on Pharmacovigilance in Ayurveda.



CELEBRATION OF WORLD DOWN'S SYNDROME DAY

On 21st March of 2023, the Venus Institute of Physiotherapy celebrated the World Down's Syndrome Day. All faculties and Students of B.P.T were joined the celebration. It contained the Seminar on the topic of Intellectual disabilities in Down's Syndrome followed by the Poster making competition by students of B.P.T.

VENUS
INSTITUTE OF PHYSIOTHERAPY
Approved by Government of Gujarat & CSIRT

On Occasion of
WORLD DOWN'S SYNDROME DAY
SEMINAR ON:
INTELLECTUAL DISORDER - DOWN'S SYNDROME

SPEAKER
DR. NEHANSI CHAUHAN
(M.P.T in Neuro)
Assistant Professor
Venus Institute of Physiotherapy

SPEAKER
DR. DRASHTI SHAH
(M.P.T in Neuro)
Assistant Professor
Venus Institute of Physiotherapy

With Warm Regards
Dr. Arvind Chauhan

Seminar Hall
Sarmim Startup & Innovation University
21 MARCH 2023 | 01 PM ONWARDS

Staff Members & Students
Venus Institute of Physiotherapy

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INDUSTRIAL VISIT AT MISSION HEALTH AND SCIENCE CITY

On 7th April, 2023, Students of BPT were assigned to go for an educational visit of Mission health and Science city.



INTERNATIONAL WORKSHOP ON SPINAL AND JOINT MANIPULATION AN OSTEOPATHIC AND CHIROPRACTIC APPRECIATION

The Venus Institute of Physiotherapy has organized “An International Workshop on Spinal and joint Manipulation- an osteopathic and chiropractic approach” on 10th and 11th April, 2023 with the prime mandator of the Workshop Dr. Giuseppe Ragno (Osteopath D.D, Master in Posturology, an Assistant teacher at the ATSAI Scuolo di osteopatia, Italy).



Orientation Program Of Batch 2023-24 OF BPT & MPT

On the date of 05/10/2023, the Venus Institute of Physiotherapy had organized the orientation Program of new upcoming batch of BPT 1st year and MPT 1st year (2023-24). It was co-ordinated by Dr. Honey Panchal and Dr. Drashti Shah as they are class co-ordinators of new upcoming batches. The breakfast was planned for the parents and students in the plaza area of front building. After having breakfast, everyone was gathered for some group activities like painting the posters, fun games etc. They enjoyed a lot in painting their thoughts followed by gathered in the seminar hall for orientation program.

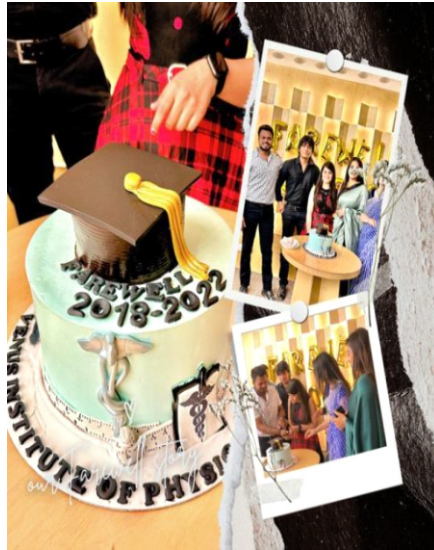
The program was hosted by Dr. Bansi Savaliya and Dr. Honey Panchal. Dignitaries like Dean, Academic Director, HODs of Ayurveda, Homoeopaedic, Nursing, Placement, Pharmacy and IE. They all started the program with Saraswati Vandana followed by felicitation of everyone. The Incharge principal of Institute delivered the introductory speech to students and parents to motivate them. Dr. Honey Panchal delivered the orientation in the form of powerpoint presentation to make everyone understand about the college, Physiotherapy field and facilities provided by our Institute. After the brief orientation of the Institute, students of BPT arranged various games for the new batch of BPT and MPT. Every student enjoyed a lot there. After gaming session, the campus visit was planned by Dr. Jaynesh Vandra. He made them visit the whole campus including Venus Institute of Physiotherapy. Around 1:00 PM, everyone went for lunch in the canteen. The ended on great note.



FAREWELL 2023

Farewell

Class of 2018



On 13th of May 2023, the batch of 2019, the current final year batch along with Student management committee have arranged the Farewell party of their beloved seniors of batch 2018-2023.

The farewell party provided an opportunity to recognize outstanding achievements and contributions made by students during their college journey. Gifts were presented to individuals who were presented there. This acknowledgment of their hard work and dedication served as a motivating factor for the students and left a lasting impact on their memories. To encourage interaction and foster a sense of camaraderie, various interactive activities were organized during the farewell party. Photo booths with props were set up, allowing students to capture special moments with their friends and faculty. Additionally, an arrangement of games like blow the candle were done to enhance more entertainment.

Basic Life Support training

On 28th April, 2023, students of BPT of Venus Institute of Physiotherapy were participated in the seminar of "BLS training" conducted by Dr. Ekta Chaudhary at the seminar hall of Shelby hospital, Naroda.



Physiotherapy Week

On the occasion of WORLD PHYSIOTHERAPY DAY, the Venus Institute of Physiotherapy organised the celebration for a whole week. The Celebration included Seminar on Accupressure and food stall (day 1), Community outreach and survey (day 2), Intercollege sports competition (day 3), rangoli and poster making competition along with cultural event (day 4)





**Day 4
Poster Presentation**



**Day 3
Sports Competition**



**Day 4
Rangoli Competition**



**Day 4
Cultural Event**



Ayush Mela

We are happy to inform you that Aarihant Homoeopathic Medical College & RI has successfully completed celebrating Global Surgery Day today. More than 60 students participated in making models on different surgical topics under the guidance of Surgery dept. (Dr Mantosh Yadav and Dr. Vineeta Neeraj Kumar).

Prabhat phery to evening cultural programs of Ayush mela at Kalol. The event was the part of Central government awareness Programme for the public towards Ayush education & treatment.



College has signed MOU with Central Council of Research in Homoeopathy, New Delhi for Research and Development in Homoeopathy, April 2023

National Seminar

National Seminar was organised by Aarihant Homoeopathic Medical College on 20th April 2023 which was concluded by Dr Navin Pawaskar's interaction with Faculty members & interns, in which he guided and encouraged doctors to first identify common health issues prevalent in our surrounding communities and intern develop hospital services to cater to their needs. The speaker also visited our college premises, each & every department and guided us with his valuable inputs.



Medical Camps

Aarihant Homoeopathic Hospital organize regular camps, camps are organized weekly in adopted villages Sertha, Arsodiya, Saij, tintora and Uvarsad, our team including faculties visit regularly to their respective villages with medicines. We also provide counseling, health awareness, hygiene awareness to the people of the villages.



Visit at Dr R.P.Patel institute

All photos of Dr Hahnemann houses were there. students were visited life History of Dr Kent with original photos. 66 students visited to the center and Professor Dr. Mahesh gite, Asst. Professor Dr Disha Shrotriya were coordinated as a faculty of the Aarihant Homoeopathic Medical college on 1st March 2023.





First batch completed Internship of Aarihant homoeopathic medical college & Research institute in 2023.



First batch of Aarihant Homoeopathic medical college & research institute 2017-18



Blood Donation Camp At The Hospital

Breast feeding week Poster competition

Project Work Department of Community Medicine



HEALTH CAMP



RED CROSS VISIT



SCHOOL HEALTH PROGRAMME



NURSES DAY

Nutrition day



Aarihant Institute Of Nursing Organized Nutritional Day On 03/08/23

SPORTS DAY



CHN VISIT



Katigraha - A Case Study

Dr Yogeshkumar Gite, Dept. of Kayachikitsa

History of present illness

A 42-year male patient suffering from Katigraha since the last 12 months attended Kayachikitsa OPD at Shri Janardan Swami Ayurved Hospital was selected.

present complaints

Kati Shula, Sphika Shula and Pada Shula

History

History of fall and trauma over low back one and half year ago.

History of Treatment: Modern medicine treatment, got temporary relief.

Hetu

Family History: Matrukul: Vatavyadhi

Ahara: Ruksha, Katu-Tikta Pradhan ahara, Vatakar ahara

Vihara: Teacher, Long-term standing job, daily up and down on stairs, Trauma over low back.

Diagnosis: Katigraha

Samprapti

Hetu sevan → Vata prakopa → Rasa, Mansa and Asthi dhatu dushti → Rikta strotas pooran by prakupita vata at Kati Pradesh → Katigraha.

Chikitsa Vivarana

- Swacchand Bhairava Rasa 250 mg BD orally with Rasna kwatha anupana (40 ml BD) after meal (Adhobhakta Aushadh Sevan Kala) for 60 days.
- Katibasti¹⁵ with Rasna¹⁶ Siddha Taila for 30 minutes, daily once for 7 days per month.

Follow up

Patient was asked to attend follow up at the interval of every 15 days. Required assessment parameters were noted.

Symptoms were graded according to following criteria

The Patient achieved promising relief in symptoms. Considering Subjective criteria, Kati Shula, Sphika Shula and Pada Shula relieved completely while Kati Stambha relieved partially. Overall, he got 90% relief.

Ayurveda, safe alternative for irritable bowel syndrome with special reference to

Vataj Grahani- A case report

Dr Nandakishore Umale, Dept. of Panchkarma

Irritable bowel syndrome (IBS) is a group of symptoms that occur together, including repeated pain in your abdomen and changes in your bowel movements, which may be diarrhea, constipation, or both. Vataj Grahani shows particular symptoms like pain, bloating, borborygmi, constipation or diarrhea.

Patient: A 37-year case male came to Panchakarma OPD of Aarihant Ayurvedic Medical College and Research Institute

Symptoms: Increased frequency of motion, abdominal cramps, mucus discharge while defecation, and incomplete evacuation.

Case diagnosed on Rome IV criteria and Manning's Criteria.

Management: Agnideepana , Yogas Vasti krama with Takra Vasti, shirodhara and shaman drugs like Grahaniapat Rasa, Mustakarishtha and Panchamruta Parpati, Manas Mitra vatakam along with dietary and lifestyle modifications.

The treatment aims at balancing of Agni, removal of vitiated doshas, removal of causative factors and pacification of residual doshas. Personalized ayurvedic treatment plan depending on causative factors can consider a safe treatment plan for IBS.

Result: Patient got relieved in 3 weeks. All the symptoms like Increased frequency of motion, abdominal cramps, mucus discharge while defecation, and incomplete evacuation were alleviated after the treatment.

Plantar Fasciitis with Calcaneal Spur - A Case Study

Dr Abhinav Sonawane, Dept. of Shalyatantra

Patient name XYZ

56 year old female

Address - Ahmedabad

Diagnosis - Plantar fasciitis with calcaneal spur.

A 56 year old Patient came to the Shalyatantra OPD of Aarihant Ayurvedic college and Research Institute. She was suffering from severe heel pain in both feet from the last 1 to 2 years. Symptoms had aggravated since the last 2 months. Patient was unable to walk properly. She felt stabbing pain in heels, on and off throughout the day. Pain became very severe when she attempted to walk after a brief period of rest.

Detailed history was taken. It was found that the patient has not used any footwear since the last 20 years. Even for outdoor walking she never used any footwears. Also it was found that the patient had increased walking (as an exercise) from the last 4 to 5 months.

A thorough clinical examination was conducted. An X ray was suggested to aid further diagnosis. After examination and investigations it was found that the patient has calcaneal spurs in both feet. The diagnosis was made; Plantar fasciitis with calcaneal spur.

Calcaneal spur.

A heel spur or bone spur is a bony growth that pokes out from the bottom of your heel, where your heel bone connects to the ligament running between your heel and the ball of your foot (the plantar fascia). Heel spurs affect about 15% of people. Heel spurs develop over time. Most people don't realize they have a heel spur until they seek help for heel pain.

Plantar fasciitis happens when overuse stretches or tears your plantar fascia, the ligament that runs between your heel and the ball of your foot. If you have plantar fasciitis, you'll probably feel intense stabbing heel pain that comes and goes throughout your day. The pain eases once you walk for a bit but comes back if you sit and then get up to walk some more.

Following treatment was decided for this patient.

Agnikarma - at the most tender point on the heel.

- Tab vaatvidhvas 2 tab bd
- Tab trayodashang guggul 2 bd
- Plantar stretching exercise
- Patient was advised to start wearing footwear with silicone insoles.

The treatment was continued for 3 weeks. In the first follow up patient had 30 to 40 percent relief in symptoms. In the next week there was 60 percent relief in heel pain. She was able to walk without support. In the third week there was significant relief in all the complaints. She reported only occasional heel pain.

It has been 5 months since the treatment. There was no recurrence of symptoms.

Case Report – A Case Of Tinea Nigra Of Palm

Dr. Amita Peters (Author) M.D. (Homoeo.)

Principal & Professor in Dept. of Homoeopathic Materia Medica
A.H.M.C. & RI

Dr. Ramkrishna Mishra (Co-author) M.D. (Homoeo.)

Asst. Professor in Department of Practice of Medicine
A.H.M.C. & RI

Tinea nigra is an infrequent, superficial fungal infection, mainly caused by *Hortaea werneckii*, which is not much reported in India. A male 50-years old, patient came to the homoeopathic OPD of the Aarihant homoeopathic medical college, Gandhinagar, showing dark plaques on the palms of both hands of 2-4 cm², on examination short brownish hyphae. To our knowledge, this is the first case of tinea nigra from the OPD of college. This may be due to the actual rarity of the condition or to underreporting.

Introduction –

Tinea nigra is a dark patch of infected skin. It only affects the most surface-level layer of your skin and is not a dangerous condition. It's not very common, but you'll recognize it for the unique effect it has on your skin.

Its most likely to affect your extremities and shows up more often in tropical climates. Tinea nigra is treatable and doesn't usually have long-term effects on your health. Another distinctive sign of tinea nigra is where it appears. Tinea nigra commonly affects palms of your hands and the soles of your feet. It can also develop on your neck, because tinea nigra doesn't cause discomfort.

Tinea nigra caused by infection of the *Hortaea werneckii*. *Hortaea werneckii* thrives in hypersaline environments or bodies of water with extremely high salt content, e.g. the dead sea, which is one of the saltiest lakes in the world, it could be found in rotten wood, dirt, composted materials, and sewage, the fungus can enter the skin through smallest cut or opening in your skin.

Homoeopathy based on principles of "Similia similibus curanture" but some medicines can also be prescribed on the basis of keynote symptoms and referring to these symptoms with material medica, *Rumex Crispus*, *Natrum mur*, *Taraxcum*, *Tuberculinum*, *Bacillinum* and some others.

Case

Date – 14/07/2023

A male, 50 years old age, resident of Kalol, Gandhinagar, came to me with complaints of –

- Thickness of the skin of the palm, with itching, all over the both palms.
- Skin of the palm was hard and exfoliation was also there in the middle of the palm.
- The lesion on the middle of the right palm,
- Modalities - Itching was more during the noon.

General –

Thirst – very thirsty, every hour

Thermal – Chilly++

Desire – Milk and milk product

Aversion – spicy++

Dreams – snake ++, death of self++

Mind –

Anxious ++, easily get nervous, obsessive for the hand washing, fixed thinking,

Prescribing Totality –

Skin eruption, thick palm

Dream snakes

Chilly

Thirsty++

Prescription –

Date – 14/07/2023

Natrum mur 1M, Single dose first day stat,

Ranunculus B 200, OD, for 3 days, from second day

Date	Complaints	prescription
7/08/2023	He is better, his eruptions decreased Thickness decreased Itching increased	No medicine
23/08/2023	Eruptions got much better Itching also decreased Thickness is very much decreased He also had other Tinea corporis lesions on neck and arms also decreased	No medicine
8/09/2023	There is no any eruption now No itching	No medicine and treatment stopped

Result and Discussion

This case report describes the importance of single individualized constitutional homoeopathic treatment in a very obstinate condition called as Tinea Nigra. The so-called diseases of the skin are the diseases of the constitutions of the persons, and not the diseases of their skin. Tinea Palmaris is an internal disease of the organism having the outward eruption with the fungi thriving in a certain fashion. The fungi are the guest of the diseased host; cure the host's diseased state and the fungus, the ringworm, dies off from lack of a proper medium. Tinea Nigra as well as all other skin diseases shows disgust yet a perfectly clear skin may enclose a very diseased organism. A skin diseased person possesses a much better constitution with all his internal organs in a better state. Healthy individuals do not catch fungal infection. It is essential that their health is tainted in some way to provide nourishment to the parasite to thrive on. As mushroom could not be grown except under certain conditions nor the *Hortaea werneckii* to cause tinea nigra. The Tinea nigra is not the disease itself but its scavenger. Cure the internal disease and this scavenger dies. In this case, the task of treating ringworm by external application was so unsatisfactory, so uncertain, so tedious and an entire failure that the patient resorted to homoeopathic treatment to get the permanent cure. And thus, the external treatment of ringworm is wrong because it deals only with the external manifestations of the internal ailment. The individualized homoeopathic remedies *Natrum mur* and *Rannunculus bulbosus* was selected on the basis of the mental and physical generals and characteristic particulars and thus caused marked improvement in the skin condition along with significant improvement in the other skin complaints (patient told later) as well of the patient. First *Natrum mur* 1M was prescribed then from next day *Rannunculus bulbosus* 200 was prescribed according to the constitution and the response to the medicine following the homoeopathic principles. Itching, erythema, induration along with the eruptions in raised border improved much and in duration of 2 months there is no any sign of skin lesion. Thus, the outcome of this case proves the efficacy of single, individualized,

Conclusion

Despite all the antifungal treatment available for the cases of Tinea Palmaris, relapses are very frequently seen. This case which was earlier suppressed by the continuous use of ointments and lotions came in search of permanent cure to Homoeopathy. The case report showed marked improvement in main complaint, associated complaints as well as general health of the patient with single, individualized homoeopathic medicine.



Case Study 1: Empowering Potential - Cerebral Palsy Patient Thrives at Venus Institute of Physiotherapy Department

Patient Profile:

- Name: Samarth Sadhu
- Age: 4.5 Years
- Diagnosis: Cerebral Palsy (Spastic Type)
- Date of Admission: 20th Nov 2022

Introduction:

Samarth Sadhu, a determined 4.5 year-old, presented at the Venus Institute of Physiotherapy Department with a diagnosis of Cerebral Palsy, a condition that affects his motor control and coordination.

Challenges:

Samarth faced significant mobility challenges due to his spastic-type Cerebral Palsy, which manifested as both spastic and dyskinetic movements. This complexity demanded a comprehensive approach to his physiotherapy.

Assessment:

An extensive assessment was conducted to understand Samarth's unique needs:

1. Functional Mobility Evaluation: His ability to perform essential activities of daily living (ADLs) was assessed to identify specific areas requiring intervention.
2. Gross and Fine Motor Skills Evaluation: Fine motor skills such as handwriting and gross motor skills like walking and standing were assessed to gauge his current functional level.
3. Postural Assessment: Detailed observation of Samarth's posture in various positions was carried out to identify areas of imbalance.

Treatment Plan:

1. Neuromuscular Re-education: Specialized exercises targeting both spasticity and involuntary movements were employed to improve motor control. (Stretching exercise & Balance activities)
2. Mobility Training: Intensive gait training was introduced to enhance Samarth's ability to walk independently. This included the use of assistive devices and orthotics.
3. Speech and Language Therapy: Collaborative sessions addressed speech difficulties, improving his

communication skills.

Progress and Outcome:

Over 9 months of dedicated therapy, Samarth exhibited remarkable progress. His balance improved significantly, and he gained the ability to seat independently. His communication skills also showed notable enhancement.

Empowering Futures:

Through the combined efforts of the Venus Institute of Physiotherapy Department's expert team, Samarth has made remarkable strides towards independence and improved quality of life. This case exemplifies the transformative impact of comprehensive and collaborative care in the lives of children with complex neurodevelopmental conditions like Cerebral Palsy. The Institute remains committed to enabling every patient's potential, embodying a future where limitations are transcended by determination and expert care.

FEW CASES TREATED IN HOMOEOPATHIC HOSPITAL

New look at the case

1. Mr. Z. age 32 yrs. The only son of his parents, came with his mother with the following complaints- Gas, acidity, burning in abdomen which is relieved with drinking water. He has been suffering since 10 yrs. with these troubles. Now since last 3 days he was crying with feeling of hopelessness and anxiety for his parents. "what would happen to my parents in my absence". he said.

Appearance – tall lean and thin. Fair skin tone.

Occupation – works in some private company. Dealing with accounts matter and has to devote long time from morning till evening.

p/h – caesarean baby due to mal position. He was weak since birth. He suffered from recurrent fever. Once had to be hospitalised for the fever, was not being controlled.

f/h – nothing specific. Mother is housewife. Father retired; gets very meagre pension, so the patient has to try hard to earn to manage his poor economic condition.

Mind – short tempered. Emotional. Fear of having some serious disease as he is not getting relief from his abdominal distress allopathic and ayurvedic treatment. Became hopeless and frustrated.

Thermal – chilly.

Other symptoms:- bowels do not move regularly. Tendency towards diarrhoea. Has developed anal fissure of late.

Looking to his temperament weeping mood, sympathetic attitude, anxiety for future, dissatisfaction with self (Nit ac)

Patient presenting the most prominent symptom, either physical or mental (acute symptoms) should be taken care of at first before individualising his case as a whole. I have been always following this principle and found it never disheartening.

Here is a case of endoscopically established gastritis with duodenitis, whose emotional state is given due importance resulting cure of his psycho-somatic problem.

For 3 days the patient had been weeping continuously, being so emotional worrying about the fact that who would look after his present aliment. In this case the patient had sense of over-responsibility and a strong anxiety about future.

Rx

I gave him Pulsatilla 1M in water potency. Tds On 20.04.2023 (I was running Short of LM potency of Puls.)

24.04.2023.>> in fissure stool became soft. REPEAT puls 1MB.D. did not complain about his abdominal burning and gas, acidity.

29.04.2023.>> fissure. Slept well. Now right side of his tongue edge and root of tongue seen ulcerated. SL for one week.

06.05.2023 some peculiar sensation in both side of temporal region. sL 1 dr. kali phos 12x b.d.

11.02.2023.>> puls 1M added water potency o.d

06.06.2023 much better. sL

17.06.2023 anal bleeding seen to +. > by drinking cold. Headache > after vomiting. Sach 200/1 dry dose.

20.09.2023. gas+ headache, jerk of body <headache. Carbo veg 200/1 stat. followed by bell 200/1 and then influenza 200/1 dose (h/o recurrent fever)

After this he needed no medicine

As I study the case twice. Once for the first prescription and then again when the patient reports of him when the patient reports of him being cured. Here in this case I prescribed first on the basis of his prominent mental state of mind (ph. Fear of future; Emotional which indicated puls.) but when I looked for these symptoms in synthesis repertory, no Pulsatilla is found vide the following rubrics which are coined carefully from the instant case:-

Conscientious about triffling indicats puls as 2nd grade med.)

Responsibility, taking responsibility too seriously (no puls), ardent (Nux; but no puls) under the rubric excitement puls is indicated as 2nd grade med.)

Nausea after coition clinical verification

2. Mrs M.B. (age 47) of came on 05.02.2023 for her back ache after sustaining an injury to her sacrum by falling from two wheeler pain <at 4 a.m.> by massaging. Menopause 7yrs back. Apptite, thirst – normal. 5 FTND

Her backache was cured with a few after this she came with a few doses of arnica 1M and ruta 200 after this she gets nausea after intercourse

Rx

I found only two medicines are indicated against the rubric coition after:- kali c and mos

Based on her weak back I selected the very first medicine kali carb and gave 0/1 o.d. morning. For 10 days (30.03.2023)

On 21.04.2023 she reported to have complete relief from nausea coition after a few doses of kali carb 0/1

Vertigo on act of lying

3. Mrs. K. 54, wife of a police had been treated for a long period of time in different hospital for her vertigo which was supposed to be the result of her cervical spondylosis but could not get any vertigo whenever she tried to lie she could lie down keeping her head sidewise. She support of wall on her back and keeping her head straight frontwise and gradually sliding down her body in that position.

Other symptoms:

Feet burning, can not walk on bare foot as it <<her feet burning and it>> in rainy and winter season.

She can not tolerate least heat of sun as it brings her headache. Can not enjoy sun-head even in winter but can put on all sorts of heavy clothes.

Thirstless. Can not drink water in empty mouth, must eat something to drink water.

Apetite normal. Can not tolerate fasting at all. Hungry in early morning. Must eat something at 10-11 a.m.

Desire salty food. Takes extra salt. Mind – tense due to her mentally retarded daughter who can not speak. One daughter who can not speak. One daughter has got married but she is not happy due to son in law. Hasty in action and when eating. Fears thunder storm.

Sleep disturbed due to anxiety.

Heel get cracked in winter. Her skin of hand is dry and must use glycerine in winter days.

Uses neck belt which gives some relief in vertigo.

Rx

Looking to her oversensitivity to sun and thunderstorm I gave her nat. carb. 30 o. d. morning (water potency) for 10 days. (15.03.2023).

12.04.2023 better. Given nat. carb. 30 added potency o.d. for 7 days

03.05.2023 better SL for 10 days.

18.05.2023 now a days she does not need using neck belt and she need not lie down. With help of wall on her back.

13.06.2023 much better SL for 15 days.

21.07.2023 completely relieved of vertigo and she has no pain in neck.

Case of fright

4. 6 year old male child was having fever since 15 days about, he took treatment from one Homoeopathic doctor (brother of the mother) but no relief

He was not getting better, then referred to me, when she was referred to that time he was having Fever, which was about 101 -102 F, weakness, used to be active when there was no fever then again he used to get fever and he gets very dull and sleepy he don't want to move.

Mother told the history of the fright when there was one parade of the Mhakar was going in the town and got frightened by the appearance of the people in that parade, after 2 days he started getting fever

Thirst – very much

Thermal – Hot

Appetite - decreased

Sleep – very much, most of the time sleep

Dream – fearful

Rx

23/04/2023

Based on the history of fright and sleep pattern with other general

Opium 1m was prescribed

He had fever for 1 day more, repeated the dose of the Opium 1M

no change of the medicine

26/03/2023

No fever since 2 days

Sleep is also got better

Appetite got better

Dr. Ramkrishna Mishra
M.D. medicine (Hom.), C.C.P.H.
Assistant Professor
Dept. Of Practice of Medicine
AHMC&RI

MEDICINES PREPARED IN SWARNIM

HEALTHCARE

Aarihant Ayurvedic Medical College and Research Institute

Department Of Rasashastra Evum Bhaishajya Kalpana And Swarnim Health Care

Sr. No.	Product list	Benifits
1	Arjun Churna (B.P.Ni.)	Cure heart conditions
2	Amalaki Churna (B.P.Ni.)	Rich source of Vitamin C, antioxidant, Rejuvenator property
3	Ashwagandha Churna (B.P.Ni.)	Balya use fore weight gain, Rejuvenator property
4	Giloy Churna (B.P.Ni.)	Antiviral property, Cure skin conditions
5	Haritaki Churna (B.P.Ni.)	Rejuvenator property, help to proper digestive fire, Laxative, detoxification of body
6	Swarnim Kwath Churna (Ayush ministry)	Viral diseases like Covid 19
7	Shankh Pushpi Churna (B.P.Ni.)	Sharpen memory, to treat anxiety and stress conditions
8	Shatavari Churna (B.P.Ni.)	Use for lactating mother to increase breast feeding, PCOS
9	Sunthi Churna (B.P.Ni.)	Improve digestive fire, balance aam and vata condtions
10	Tulsi Churna (B.P.Ni.)	Cough, cold, intermediate fever
11	Yashti madhu Churna (B.P.Ni.)	Cough, sore throat, Upper Respiratory Tract Infection
12	Gokshuradi Guggulu (Sharangdhar Samhita)	Kidney stone, Urinary tract infection, dysuria
13	Guduchi Ghanvati (D.G.Vi.)	Covid 19, viral diseases
14	Kanchanar Guggulu (Sharangdhar Samhita)	Thyroid disease, PCOS, lipoma, Non-cancerous tumour
15	Triphala Guggulu (Sharangdhar Samhita)	Infectious disease, control pus formation, piles
16	Vasa Tablet (B.P.Ni.)	Productive cough, chest congestion
17	Swarnim Hand Sanitizer	Decreases risk of illness
18	Sitopladi churna (AFI)	Cough, chest pain, Tuberculosis
19	Rasayan tab (Astanghriday)	Good for hair growth, rejuvenator property
20	Pippali Churna (B.P.Ni.)	cure infection, help to reduce Aam in body
21	Hingvashtak churna (Astanghriday)	digest the food, deepan- appetizer, manage abdominal pain
22	Nirgundi tail (charak Samhita)	Pain relieve externally , it has analgesic and antiinflammatory action, helps to treat Rhumetoid arthritis
23	Panchgun tail (R.T.S &Si.P.S)	wound Healing property, externally use for pain relieve in osteoarthritis
24	Kaishor guggulu (Sharangdhar Samhita)	skin diseases, Blood purifier, gouty arthritis
25	Khadiradi vati (Vrund.)	To cure disease of Oral cavity and dental condition, oral antiseptic

FACILITIES AVAILABLE AT VENUS INSTITUTE OF PHYSIOTHERAPY

Venus Institute of Physiotherapy offers Electromyography (EMG) and Nerve Conduction Velocity (NCV) diagnostics. These tests assess the functionality of muscles and nerves in the body. EMG measures muscle electrical activity, helping diagnose neuromuscular disorders, while NCV evaluates nerve function and identifies issues like nerve damage or compression.

1. Cardio-respiratory Rehabilitation: Our dedicated team provides tailored exercise programs and lifestyle modifications for patients recovering from lung-related conditions. We focus on improving cardiovascular fitness, endurance, and overall well-being.

2. Orthopedic Physiotherapy: For orthopedic patients, we offer a comprehensive approach. This includes targeted exercises, manual therapy, and education to aid recovery from musculoskeletal injuries, surgeries, or conditions like arthritis.

3. Neurological Rehabilitation: We provide individualized care for patients with neurological disorders such as stroke, pediatric care, dystrophies and cerebral palsy. Our treatments aim to enhance mobility, coordination, independence and utilizing evidence-based techniques. Our therapies focus on maximizing function and improving quality of life.

4. Rehabilitation for Sports: Physiotherapy rehabilitation facilities for sports typically include a range of specialized equipment and services designed to help athletes recover from injuries, improve their performance, and prevent future injuries. These facilities aim to provide a holistic approach to sports rehabilitation, helping athletes recover from injuries, regain their competitive edge, and stay injury-free in the future. The specific services and equipment available can vary depending on the facility's size, location, and focus.

FACILITIES AVAILABLE AT AHMC& RI

1. Biochemistry lab – most of the blood investigations and urine investigation are done for the patients in IPD & OPD

2. X – Ray – X-ray is also available at the hospital for the different patients of joint, lungs and other disorders

3. Medicines – large range of Homoeopathic medicines are available at the hospital dispensary including Biochemic drugs.

4. Physiotherapy – patients admitted at Homoeopathic hospitals can take benefits of the physiotherapy when required.

5. ICU and Surgery ward – ICU is available at the Homoeopathic Hospital for the emergency conditions also minor surgeries like warts, corns, abscess etc. are done at the OT by expert doctors.

6. Oxygen plant – fully functioning oxygen plant is also installed for the hospital.

FACILITIES AVAILABLE AT AAMC& RI

total 9 specialty OPDs namely Kayachikitsa, Panchakarma, Shalyatantra, Shalakyatantra (Netra and Karna-Nasa), Balroga, Striroga, Swasthavritta, Dental OPD and Casualty. Hospital has 100 beds in 6 IPDs namely Kayachikitsa, Panchakarma, Shalyatantra, Shalakyatantra (Netra and Karna-Nasa), Balroga and Striroga along with an additional 6 bedded ICU. Well equipped Pathology laboratory, X-Ray unit and Ayurvedic Dispensary provides free of cost facilities to all OPD and IPD patients. There are a total 23 Ayurvedic and 11 Modern Medical consultants to look after the patients of their concerned specialty. OT complex consists of General OT, Netra OT, Minor OT, Labour Room, Neonatal care room, Autoclave section etc., which is well equipped to serve the patients. Aarohant Ayurvedic Hospital provides following free of cost facilities to patients,

- Free consultation
- Ayurvedic Medicines
- Well-equipped Panchakarma Theatre
- Ksharasutra therapy
- Major and Minor surgeries
- AnteNatal check-up and Normal Labour
- Eye care and Eye check up
- Dental check-up and Dental procedures
- Basic Hematological and Biochemistry investigations
- X-Ray and Sonography
- 24 x 7 free Ambulance service
- Total 69 Camps Conducted throughout the year

STARTUP PROJECTS IN VENUS INSTITUTE OF PHYSIOTHERAPY

Sr. No.	Name Of Student	Title	Guide
1	Krunal Raval	Radio Calisthenics	Mr. Saurabh Kumar
2	Dhruv Jadeja		
3	Yartik Dholariya		
4	Dax Vyas		
5	Parth M Raval	Population Census Aap	Mr. Saurabh Kumar
6	Mansi D Panchal		
7	Anant R Chovatiya		
8	Khushboo J Rana		
9	Manisha S Makwana		
10	Rashika Sharma	HomePhysio (Physios at your doorstep)	Mr. Saurabh Kumar
11	Geetanjali Patel		
12	Bilva Desai		
13	Arshiya Patel		
14	Asma Malek		
15	Prince Kumawat	EXO-SUIT	Mr. Saurabh Kumar
16	Yash Dholakiya		
17	Yadav Adarsh		
18	Lawrence Parmar		
19	Shraddha Chotara	ROM Measurement App	Mr. Saurabh Kumar
20	Disha Patel		
21	Patel Nishabharti	Iron and drying with washing machine	Mr. Saurabh Kumar
22	Makwana Aratiben		
23	Vyas Dax		
24	Charmi Patel	Aquatic Treadmill	Mr. Saurabh Kumar
25	Darshita Patel		
26	Rajvi Patel		

STARTUPS BY AHMC& RI FACULTIES AND STUDENTS

Name of start-up	Ingredient	Benefits
SCALPO-CARE HOMOEOPATHIC HAIR OIL	Eclipta Alba Q Hibiscus rosa-sinensis Q Nardostachys Jatamansi Q	Hair fall, dandruff, splitting, thinning of hairs
E-MOISTURA	Echnicea Q Azadaricta Indicaq Hydrastis Q Calendula Q Ointment Base Cocnut Oil Shea Butter Bee Wax	For Atopic Dermatitis And Excessive Dry Skin
HEAT STROKE KIT	Natrum Carbonicum 200 Glonoinum 200	Congestive headache after sunstroke, confusion with dizziness, general debility caused by summer heat, ill effect of drinking cold water when overheated .
NASAL SPRAY	Blatta Orientalis 200	acute asthmatic attack, stuffed nose
HOMOEOPATHIC MEDICATED BANDAGE	Calendula- Mother tincture Ledum Pal- 200	anti-inflammatory, Effective for cuts and suppuration.

GROUP PHOTO **TEACHING FACULTY**



Faculty Group Photo Of Homoeopathic Department



Faculty Group Photo Of Physiotherapy Department



Faculty Group Photo Of Nursing Department



Faculty Group Photo Of Ayurvedic Department

સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટીએ ઝથા કોન્વોકેશન કે પર ઉદ્યોગસાહસિકોની નેક્સ્ટ જનરેશનનું અભિવાદન કર્યું



અમદાવાદ, ૨૧મી એપ્રિલ ૨૦૨૩ઃ સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટી, ઉદ્યોગસાહસિકતા અને નવીનતાને પ્રોત્સાહન આપવા માટે સમર્પિત અસલી શૈક્ષણિક સંસ્થા, તાજેતરમાં ૨૧મી એપ્રિલ, ૨૦૨૩ના રોજ તેના સ્નાતક વર્ગની કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને ડોમિયોપેથિક સેનો પર ધ્યાન કેન્દ્રિત કરશે. જે ઓલોપિક એક્ટિવિટી અને ક્લિનિકલ પ્રેક્ટિસ દ્વારા શીખવા માટે એક સર્વસાથી અભિનવ પ્રદાન કરશે. વધુમાં, વિદ્યાર્થીઓ દ્વારા આયુર્વેદિક દવાઓ અને ૨૮ ઠંડાઈ-મંત્રી દવાઓને તૈયાર કરવાનો અનુભવ મેળવશે.

તમારી પ્રતિભા, વિચારો અને યોગદાન વિષય માટે મુલ્યાનકરણ. માનનીય કેબિનેટ મંત્રી શ્રી રૂપિકેશભાઈ પટેલે કહ્યું, સમાનર, ઓલિમ્પિક ચેમ્પિયન અને ઉદ્યોગસાહસિક શ્રી અભિનવ બિન્દ્રા દ્વારા સ્વર્ણિમ ટોકનું સંચાલન કરવામાં આવ્યું હતું, જેમાં વિદ્યાર્થીઓએ આજની ઝડપથી બદલાતી દુનિયામાં નવીનતા અને ઉદ્યોગસાહસિકતાના મહત્વ પર એક વિશિષ્ટ ઈન્ટેરક્ટિવ સેશન કર્યું હતું. "હું માનું છું કે સ્વર્ણિમ ટોક જેવા સચોટ ભવનનું ઉદ્યોગસાહસિક ઈન્કુબેશનના વિકાસ અને વિકાસ માટે જરૂરી છે. હું એક અદ્ભુત ઈન્ટેરક્ટિવ સેશનનો ભાગ બનીને ખુશ છું જેમાં વિદ્યાર્થીઓ મારા અનુભવોમાંથી શીખી શક્યા અને તેમની ઉદ્યોગસાહસિક યાત્રામાં મદદ કરવા માટે મુલ્યવાન આંતરક્રિયા મેળવી શક્યા." શ્રી અભિનવ બિન્દ્રા, ઓલિમ્પિક ચેમ્પિયન અને ઉદ્યોગસાહસિક એ જણાવ્યું હતું. મેડિકલ સાયન્સ, ટેકનોલોજી, બિઝનેસ એક્ટિવિટીઝ, અર્બન

પ્લાનિંગ અને એક્ટીવિટીઝમાં તેમની શૈક્ષણિક સિદ્ધિઓ બદલ ટોચના ટ વિદ્યાર્થીઓને ગોલડ મેડલ અપાવી સન્માનિત કરવામાં આવ્યા હતા. ગોલડ ઈન્કુબેશન ઈનોવેશનને ગોલડ મેડલ સાથે પણ ઓળખવામાં આવ્યા હતા. "ગ્રેટ ઈકોલોજીકલ સુક્રેસ" પરના તેમના એકસપેશનલ કાર્ય માટે રાજ મહેતા, "મોનિંગ પ્લસ બેવરેજિસ" માટે અદર્શ પટેલ, અને યા પટેલ તેમની નોંધપાત્ર રચના "મોમેન્ટ ઓફ લાઈટ" માટે. એકંદરે, કોન્વોકેશન કે સમારોહ એક યાદગાર પ્રસંગ હતો જે નવીનતા, ઉદ્યોગસાહસિકતા અને શિક્ષણમાં ઉત્કૃષ્ટતાને પ્રોત્સાહન આપવા માટેની પ્રતિબદ્ધતાને દર્શાવે છે. તેમના સંબંધિત ભોગોમાં સકારાત્મક અસર થવાની અને દેશના વિકાસમાં આપવા માટે સમર્પિત અઝલ્લી શૈક્ષણિક સંસ્થા, તાજેતરમાં ૨૧મી એપ્રિલ, ૨૦૨૩ના રોજ તેના સ્નાતક વર્ગની સિદ્ધિઓની ઉજવણી કરવામાં તેની કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને ડોમિયોપેથિક સેનો પર ધ્યાન કેન્દ્રિત કરવામાં આવ્યું હતું. "હું એક અદ્ભુત ઈન્ટેરક્ટિવ સેશનનો ભાગ બનીને ખુશ છું જેમાં વિદ્યાર્થીઓ મારા અનુભવોમાંથી શીખી શક્યા અને તેમની ઉદ્યોગસાહસિક યાત્રામાં મદદ કરવા માટે મુલ્યવાન આંતરક્રિયા મેળવી શક્યા." શ્રી અભિનવ બિન્દ્રા, ઓલિમ્પિક ચેમ્પિયન અને ઉદ્યોગસાહસિક એ જણાવ્યું હતું. મેડિકલ સાયન્સ, ટેકનોલોજી, બિઝનેસ એક્ટિવિટીઝ, અર્બન

સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટીએ ઝથા કોન્વોકેશન કેપર ઉદ્યોગ સાહસિકોની નેક્સ્ટ જનરેશનનું અભિવાદન કર્યું



આયુર્વેદિક કાર્યાના ભવિષ્યને મજબૂત બનાવવા આયુષ ભવનનું ઉદ્દઘાટન કરવામાં આવ્યું હત સમારોહમાં શ્રી રૂપિકેશભાઈ પટેલ, માનનીય કેબિનેટ મંત્રી અને શ્રી અભિનવ એ. બિન્દ્રા, ઓલિમ્પિક ચેમ્પિયન અને એન્ડ્રી પ્રીનિયર ઉપસ્થિત રહ્યા. સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટી દ્વારા ૧૯૦૦ વિદ્યાર્થીઓને કોન્વોકેટ કરવામાં આવ્યા હતા અમદાવાદ, ૨૧મી એપ્રિલ ૨૦૨૩ઃ સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટી, ઉદ્યોગસાહસિકતા અને નવીનતાને પ્રોત્સાહન આપવા માટે સમર્પિત અઝલ્લી શૈક્ષણિક સંસ્થા, તાજેતરમાં ૨૧મી એપ્રિલ, ૨૦૨૩ના રોજ તેના સ્નાતક વર્ગની સિદ્ધિઓની ઉજવણી કરવામાં તેની કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને ડોમિયોપેથિક સેનો પર ધ્યાન કેન્દ્રિત કરવામાં આવ્યું હતું. "હું એક અદ્ભુત ઈન્ટેરક્ટિવ સેશનનો ભાગ બનીને ખુશ છું જેમાં વિદ્યાર્થીઓ મારા અનુભવોમાંથી શીખી શક્યા અને તેમની ઉદ્યોગસાહસિક યાત્રામાં મદદ કરવા માટે મુલ્યવાન આંતરક્રિયા મેળવી શક્યા." શ્રી અભિનવ બિન્દ્રા, ઓલિમ્પિક ચેમ્પિયન અને ઉદ્યોગસાહસિક એ જણાવ્યું હતું. મેડિકલ સાયન્સ, ટેકનોલોજી, બિઝનેસ એક્ટિવિટીઝ, અર્બન

કેન્દ્રિત કરશે, જે ઓલોપિક એક્ટિવિટીઝ અને ક્લિનિકલ પ્રેક્ટિસ દ્વારા શીખવા માટે એક સર્વસાથી અભિનવ પ્રદાન કરશે. વધુમાં, ડોમિયોપેથિક સેનો પર ધ્યાન કેન્દ્રિત કરશે. "આયુષ ભવન એક આદર્શ શિક્ષક ટેક અને આયુષ સેન્ટર વિદ્યાર્થીઓને કોન્વોકેટ કરવામાં આવ્યા હતા અમદાવાદ, ૨૧મી એપ્રિલ ૨૦૨૩ઃ સ્વર્ણિમ સ્ટાર્ટઅપ એન્ડ ઈનોવેશન યુનિવર્સિટી, ઉદ્યોગસાહસિકતા અને નવીનતાને પ્રોત્સાહન આપવા માટે સમર્પિત અઝલ્લી શૈક્ષણિક સંસ્થા, તાજેતરમાં ૨૧મી એપ્રિલ, ૨૦૨૩ના રોજ તેના સ્નાતક વર્ગની સિદ્ધિઓની ઉજવણી કરવામાં તેની કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને કોન્વોકેશન સંબંધિત કાર્યક્રમોમાં આયુર્વેદિક અને ડોમિયોપેથિક સેનો પર ધ્યાન કેન્દ્રિત કરવામાં આવ્યું હતું. "હું એક અદ્ભુત ઈન્ટેરક્ટિવ સેશનનો ભાગ બનીને ખુશ છું જેમાં વિદ્યાર્થીઓ મારા અનુભવોમાંથી શીખી શક્યા અને તેમની ઉદ્યોગસાહસિક યાત્રામાં મદદ કરવા માટે મુલ્યવાન આંતરક્રિયા મેળવી શક્યા." શ્રી અભિનવ બિન્દ્રા, ઓલિમ્પિક ચેમ્પિયન અને ઉદ્યોગસાહસિક એ જણાવ્યું હતું. મેડિકલ સાયન્સ, ટેકનોલોજી, બિઝનેસ એક્ટિવિટીઝ, અર્બન

SWARNIM STARTUP AND INNOVATION UNIVERSITY
Ayush Bhavan inaugurated on campus

EXPRESSNEWSERVICE
AHMEDABAD, APRIL 21

AT THE convocation ceremony of Swarnim Startup and Innovation University in Gandhinagar, Health, Medical Education, Higher and Technical Education Minister Rushikesh Patel on Friday inaugurated Ayush Bhavan on the university's campus, de-

signed to provide comprehensive research, industrial exposure and clinical practice opportunities to students, faculties and doctors. The specialised courses offered at Ayush Bhavan will focus on Ayurvedic and Homeopathic fields, providing a holistic approach to learning through industrial exposure and clinical practice. Additionally, students will gain hands-on experience in prepar-

ing over 60 Ayurvedic medicines and over 28 FDCA-approved medicines, the university said. "Ayush Bhavan will be an ideal think-tank and a robust pathway for AYUSH field," Patel said. Olympic champion and entrepreneur Abhinav Bindra presided over "Swarnim talk" at the ceremony where students spoke on the importance of innovation and entrepreneurship.

સ્વર્ણિમ સ્ટાર્ટઅપ યુનિવર્સિટી સંચાલિત અરિહંત આયુર્વેદિક કોલેજ ખાતે લ્હા વિશ્વ આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી



૨૧ મી જુનના રોજ, સ્વર્ણિમ સ્ટાર્ટઅપ યુનિવર્સિટી સંચાલિત અરિહંત આયુર્વેદિક કોલેજ ખાતે લ્હા વિશ્વ આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી કરવામાં આવી. આ વર્ષની યોગ થીમ યોગ દોર વસુધૈવ કુટુંબકમ પર રંગોળી, નિબંધ અને યોગ સ્પર્ધાન આયોજન કરવામાં આવ્યું હતું.

૨૧મી જુને સાર્વજનિક યોગ અભ્યાસક્રમ તથા વિજેતાઓને પ્રમાણપત્ર અને ઈનામ આપીને સંબોધિત કરવામાં આવ્યા. આ કાર્યક્રમમાં યુનિવર્સિટીના ૩૫૦ જેટલા વિદ્યાર્થી અને સ્ટાફ મિત્રોએ ઉત્સાહભરે ભાગ લીધો હતો. કાર્યક્રમનો અંત રાષ્ટ્રગીત સાથે કરવામાં આવ્યો.

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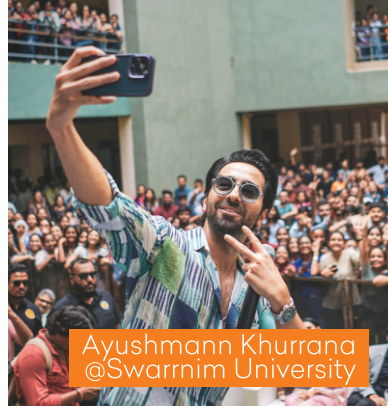
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SWARRNIM BEYOND ACADEMICS



Swarnim Talk with Abhinav Bindra

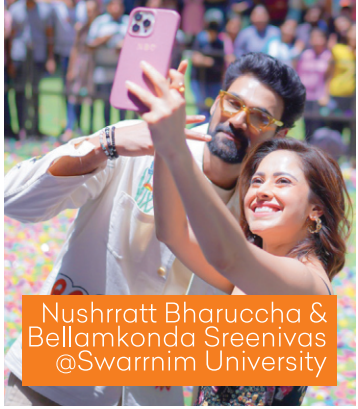


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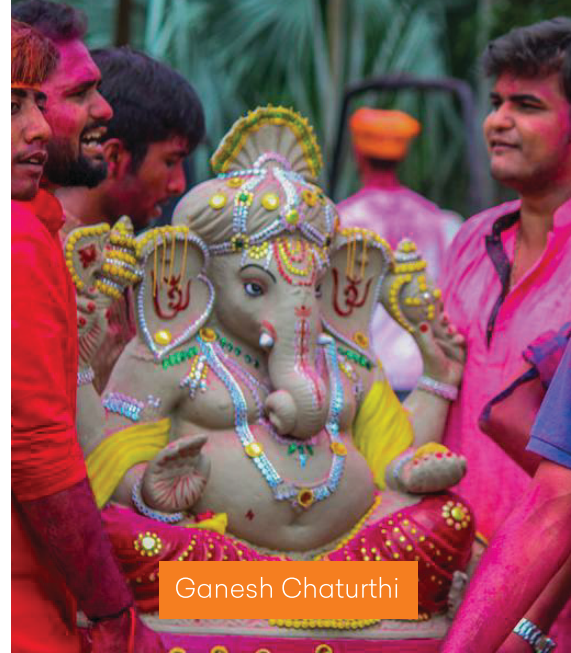




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