



Date: 19/09/2025

10th Ayurveda Day Public Awareness Talk

Theme: Ayurveda for People and Planet - आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए

Date: 19th September 2025

Location: Dr. Tanajirao Chorge Paramedical and Industrial Training Institute, Nandawal, Tal. Karveer, Dist. Kolhapur

Organizing Institute: Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale, Kolhapur.

Faculty in Charge: Dr. Parag Vishwas Kulkarni, Associate Professor & HOD, Department of Rog Nidan.

Introduction:

Ayurveda Day is celebrated every year to honor the timeless wisdom of Ayurveda and its contribution to humanity's health and well-being. The year 2025 marks the 10th Ayurveda Day, with the theme "**Ayurveda for People and Planet – आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए.**"

On this occasion, Dr. Deepak Patil Ayurvedic Medical College & Research Centre organized a Public Awareness Lecture at Dr. Tanajirao Chorge Paramedical and Industrial Training Institute, Nandawal, to educate students and faculty about Ayurveda's relevance in today's lifestyle, its preventive and curative benefits, and its role in building a healthier society.

Aims and Objectives:

Introduction to Ayurveda: Familiarize participants with Ayurveda's basic principles.

Importance in Today's Lifestyle: Explain how Ayurveda offers holistic health solutions for modern challenges.

Dincharya & Ritucharya Awareness: Encourage adoption of daily and seasonal regimens.

Preventive & Curative Approach: Highlight Ayurveda's twofold objective – prevention of disease and promotion of health.

Role of Panchakarma: Demonstrate Panchakarma's value in detoxification and rejuvenation.

Yoga & Pranayam Practice: Motivate participants to include yoga and pranayama for physical and mental balance.

Need of Ayurveda: Emphasize the relevance of Ayurveda for sustainable health.

Promotion & Propagation: Inspire students to act as ambassadors for Ayurveda in their communities.

Proceedings of the Event:

The event commenced at 11:30 AM with the welcome of faculty and students. The principal of the host institute introduced the guest speaker, Dr. Parag Kulkarni.

Dr. Parag Kulkarni delivered a detailed and interactive lecture covering:

Basic concepts of Ayurveda (Dosha, Dhatu, Mala, Agni, and Prakriti).

Importance of Dincharya (daily routine) and Ritucharya (seasonal regimen) for health maintenance.

Dietary principles (Aahar) and lifestyle practices (Vihar) for disease prevention.

Role of Panchakarma as a preventive and therapeutic procedure.

Benefits of Yoga, Pranayama, and Meditation for stress management and overall wellness.

Need for greater public awareness and acceptance of Ayurveda in present times.

The lecture was followed by an interactive Q&A session where students actively participated, asking questions about practical applications of Ayurveda in their daily life.

Outcome of the Event:

Awareness Created: Participants gained clarity about Ayurveda's scientific approach to health, its preventive strategies, and curative potential.

Motivation: Students expressed interest in adopting Dincharya and Ritucharya in their routine.

Engagement: Faculty members appreciated the session and encouraged more such activities.

Community Benefit: This lecture contributed to strengthening Ayurveda's visibility among paramedical students, inspiring them to integrate Ayurvedic concepts in healthcare practices.

Conclusion:

The public awareness lecture successfully achieved its objective of spreading Ayurveda's message and inspiring participants to adopt holistic health practices. The session was well received and left a positive impact on students' understanding of Ayurveda.

Future Path Ahead:

Follow-up Sessions: Monthly awareness lectures and workshops on Ayurveda and Yoga.

Practical Demonstrations: Panchakarma awareness camps and yoga practice sessions at the institute.

Community Engagement: Collaboration with nearby villages to promote Ayurveda-based lifestyle changes.

Annual Tradition: Make Ayurveda Day celebrations a regular, well-planned event to enhance participation and awareness every year.

