



Sanjeevani Multipurpose Foundation's  
**Dr. Deepak Patil Ayurvedic Medical College & Research Center**

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•Affiliated to Maharashtra University Of Health Sciences, Nashik •

**DESH KA PRAKRITI PARIKSHAN ABHIYAN**  
**MINISTRY OF AYUSH- GOVT. OF INDIA**  
**NCISM – NEW DELHI, INDIA**



**Conducted by**  
**Dr. Deepak Patil Ayurvedic Medical College and Research Centre,**  
**Borpadale, Panhala, Kolhapur , Maharashtra. 416213**  
**(26th November 2024 – 25th December 2024)**

**1. Title of the Initiative:**

**Desh Ka Prakriti Parikshan Abhiyan-**

An initiative conducted under the guidance of the Ministry of AYUSH, Government of India, NCISM, New Delhi aimed at promoting Ayurveda and identifying prakriti (body constitution) of individuals for better health management and disease prevention.

**2. Vision and Mission of the Initiative:**

**Vision:**

-To integrate the principles of Ayurveda into modern health practices by scientifically evaluating and understanding the prakriti of individuals, thus ensuring personalized healthcare solutions.

**Mission:**

- To raise awareness about the importance of prakriti in maintaining health and preventing diseases.
- To promote Ayurveda's preventive and curative potential among the masses.
- To establish a systematic approach for prakriti analysis on a nationwide scale.

**3. Objectives:**

1. To conduct prakriti assessments of individuals using Ayurveda principles.
2. To provide customized health recommendations based on prakriti.
3. To foster community engagement and awareness regarding Ayurveda.
4. To support the goals of the Ayushman Bharat Digital Mission and National Digital Health Mission by integrating prakriti analysis data.
5. To contribute towards achieving the holistic health objectives of the Ministry of AYUSH.



## **4. Actual Steps and Procedures Conducted in the Initiative:**

### **A. Preparatory Phase:**

- Collaboration with the Ministry of AYUSH and NCISM for technical and software support.
- Mobilization of resources, including trained Ayurveda College Faculty Members, Students, Interns and diagnostic tools, to facilitate prakriti analysis.
- Publicity campaigns to create awareness about the initiative in Borpadale, Panhala, Kolhapur and surrounding regions.

### **B. Implementation Phase (26th November 2024 – 25th December 2024):**

#### **1. Awareness Drives:**

- Community Meetings, Lectures, Audio-Visual Clips Demonstration and distribution of pamphlets to explain the importance of prakriti analysis.
- Digital campaigns through social media platforms and local news channels.

#### **2. App-Based Registration and Data Collection:**

- Citizens in between age group 18 to 60 years were asked to download a dedicated app developed by the Ministry of AYUSH for prakriti analysis.
- Volunteers assisted participants in registering on the app and filling out the detailed questionnaire provided within it.
- All collected data was systematically entered into the app for digital analysis.

#### **3. Prakriti Analysis and Recommendations:**

- After completing the prakriti analysis using the app's software, participants were provided with personalized recommendations directly via the app.
- Citizens were advised to download their prakriti certificate from the app, which included detailed health instructions tailored to their prakriti.
- Recommendations emphasized necessary modifications in Dinacharya (daily regimen) and Rutucharya (seasonal regimen) as per Ayurvedic principles for better health and well-being.

#### **4. Health Consultations:**

In-person consultations were available for individuals requiring further guidance or clarification on their prakriti results.

#### **5. Data Collection and Integration:**

- Digital recording of prakriti analysis results into the dedicated Mobile Application
- Sharing anonymized data with the nodal authorities.

### **C. Collaborative Events:**

Participation in the NCISM Practitioners' Conclave held on 13th December 2024 as part of the 10th World Ayurveda Congress in Dehradun. Insights and preliminary results of the campaign were shared during the event by our Representative Prof. Dr. Prasad Mote.





## 5. Results, Outcomes and Conclusions:

### Results:

**Volunteers: Teachers: 26      Students: 333      Total: 359**

**Participation: Over 85,000 individuals** underwent prakriti analysis during the campaign.

**Awareness:** Significant increase in public awareness about Ayurveda's preventive health potential.

### Data Insights:

- Majority of participants instructed about Dinacharya & Rutucharya.
- Common health concerns were advised for Consultation.

### Outcomes:

1. Enhanced community engagement in adopting Ayurveda-based lifestyle practices.
2. Establishment of a digital repository for prakriti data, aiding future research and policy-making.
3. Promotion of the use of technology in Ayurveda for efficient and accurate prakriti assessment.

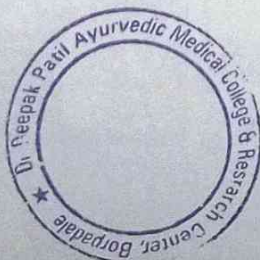
### Conclusions:

The Desh Ka Prakriti Parikshan Abhiyan successfully demonstrated the relevance and applicability of Ayurveda in personalized healthcare. It created a robust foundation for integrating Ayurveda into the mainstream healthcare system through innovative initiatives like prakriti analysis.

## 6. Future Path Ahead:

1. **Expansion of the Campaign:** Extend the initiative to other districts and states, ensuring a larger demographic reach.
2. **Capacity Building:** Train more Ayurveda practitioners and healthcare professionals in prakriti analysis techniques and app utilization.
3. **Enhanced Digital Integration:** Improve the app's features to provide real-time health tracking and additional Ayurvedic resources.
4. **Research Collaboration:** Partner with academic and research institutions to further analyse collected data and develop evidence-based practices.
5. **Integration with National Programs:** Collaborate with Ayushman Bharat and National Digital Health Mission to integrate Ayurveda into India's healthcare framework.

This initiative by Dr. Deepak Patil Ayurvedic Medical College and Research Centre, conducted under the aegis of the Ministry of AYUSH, exemplifies a step forward in the holistic health movement, paving the way for a healthier and more aware society through Ayurveda and modern digital technology.







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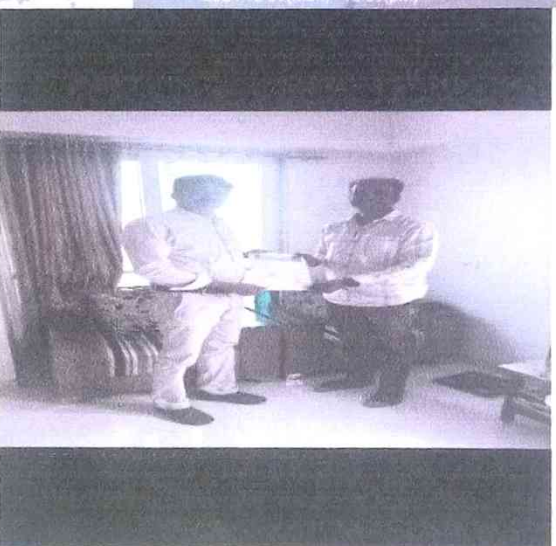
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