



Eklavya A. B. V. J. J. Va. M. Sevabhavi Sanstha's Sanchit

## ASHVIN RURAL AYURVED COLLEGE & HOSPITAL

Sadvi Preetisudhaji Maharaj Nagar, Manchi Hill, Ashvi Bk., Tal. Sangamner,  
Dist. Ahmednagar, Pin-413 714 (M.S.)

Ph.No. (02425) 294090, \_mo. 9373788599, 9689019077

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Ref. No. ARAC/ RN/255/2024

Date: - 03/03/2024

### Circular

It is being informed to all Teachers & Students that, the department of Rognidan has organized a **Teacher Seminar** on the topic "**Pandu Nidan Panchak**"

**Speaker: - Dr. Gandhe Shankarprasad Digambar**

**Date: - 06<sup>th</sup> March 2024**

**Time: - 09:10 AM to 10:30 AM**

**Venue: - Conference Hall, Ashvin Rural Ayurved College, Manchi Hill**

Attendance of all students & Teachers is mandatory for the seminar.

**HOD,**  
Dept. of Rognidan



*spc*  
**Principal**

Ashvin Rural Ayurved College & Hospital  
Manchi Hill, Ashvi Bk., Tal. Sangamner  
Dist. Ahmednagar, Pin-413714

**Copy to,**

- 1) Notice Board
- 2) All Dept. HOD
- 3) Academic In-charge



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**ASHVIN RURAL AYURVED COLLEGE & HOSPITAL**  
**MANCHI HILL, ASHVI BK, TAL-SANGAMNER,**  
**DIST-A. NAGAR (M.S.) 413714**

**CORDIALLY INVITES YOU TO JOIN TEACHER SEMINAR ON**

**"Pandu Nidan Panchak"**

**Organized by**

**Department of Rognidan & V.V.**  
**ASHVIN RURAL AYURVED COLLEGE & HOSPITAL**



**Eminent Speaker**

**Dr. Shankarprasad D. Gandhe**  
HOD & Prof., Dept. of Rognidan & V.V.

**DATE : 06<sup>th</sup> March 2024 (Wednesday) TIME: 09:10:00 AM.**  
**Venue :- Seminar Hall, Ashvin Rural Ayurved College, Manchi Hill**

**Chairperson**

**Dr. Shankarprasad Gandhe**  
HOD & Prof. Dept. of Rognidan

**Co-Chairperson**

**Dr. Priyanka Varpe**  
Asso. Prof. Dept. of Rognidan

**Principal**

**Dr. Shyamal Nirmal**  
Prof. & HOD  
Dept. of Rasashastra & B.k.

**Organization Coordinator**

**Dr. Gitanjali Aher**  
Asst. Prof. Dept. of Rognidan

**Prior Registration is Compulsory for Attendance**

**<https://forms.gle/i89c3oJ4UwqWvfzFA>**

# Ashvin Rural Ayurved College, Manchi Hill

Department of Rognidan evum Vikruti Vigyan

## Seminar Report: Teacher Learning Programme

**Presenter:** Dr. Shankarprasad Gandhe

**Department:** Rognidan

**Topic:** Pandu Nidan Panchak

**Date:** 06 March 2024

**Venue:** 4<sup>th</sup> year classroom

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### Overview:

Dr. Shankarprasad Gandhe delivered an informative seminar as a part of the Teacher Learning Programme, focusing on the topic of Pandu Nidan Panchak. This session aimed to deepen educators' understanding of the diagnostic framework for anemia in Ayurveda.

### Key Highlights:

#### 1. Pandu Overview:

Dr. Gandhe provided an overview of Pandu, highlighting its etiology, symptoms and types according to Ayurveda principles.

#### 2. Nidan Panchak Framework:

The concept of Nidan panchak (five-fold causative factors) in the diagnosis of Pandu was elaborated upon, emphasizing its significance in determining the root cause of the condition.

### **3. Diagnostic Techniques:**

Attendees were introduced to various diagnostic techniques crucial in Ayurvedic diagnosis, including examination of Dosha (bioenergies), Dhatu (tissues), and Malas (waste products), enhancing their diagnostic acumen.

### **4. Therapeutic Approaches:**

Dr. Gandhe provided insights into both classical and contemporary therapeutic interventions for Pandu, emphasizing the role of dietary modifications, herbal formulations, and lifestyle adjustments in managing the condition.

### **5. Preventive Strategies:**

The seminar concluded with a discussion on preventive strategies aimed at averting the onset of Pandu, underscoring the significance of dietary habits, seasonal regimens, and lifestyle modifications in maintaining health.

### **Interactive Session:**

The seminar included an interactive environment where participants actively engaged in discussions, exchanged clinical insights, and sought clarification on diagnostic and therapeutic aspects, enriching the learning experience.

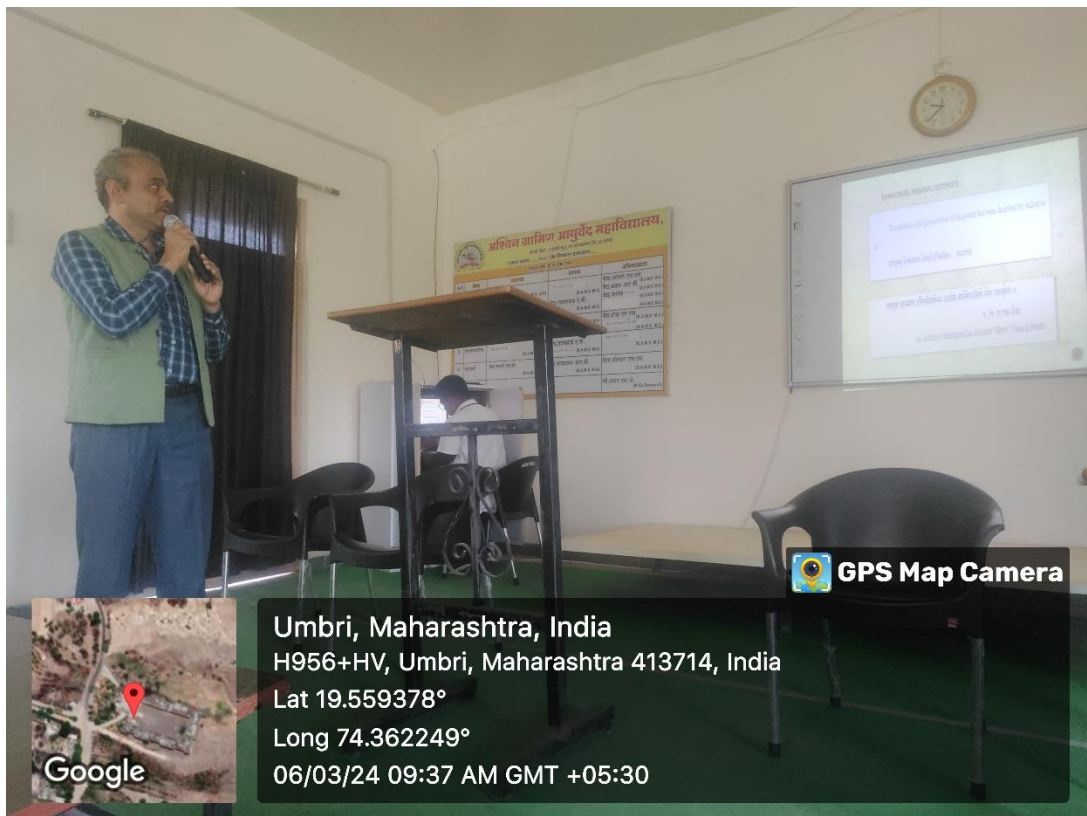
### **Conclusion:**

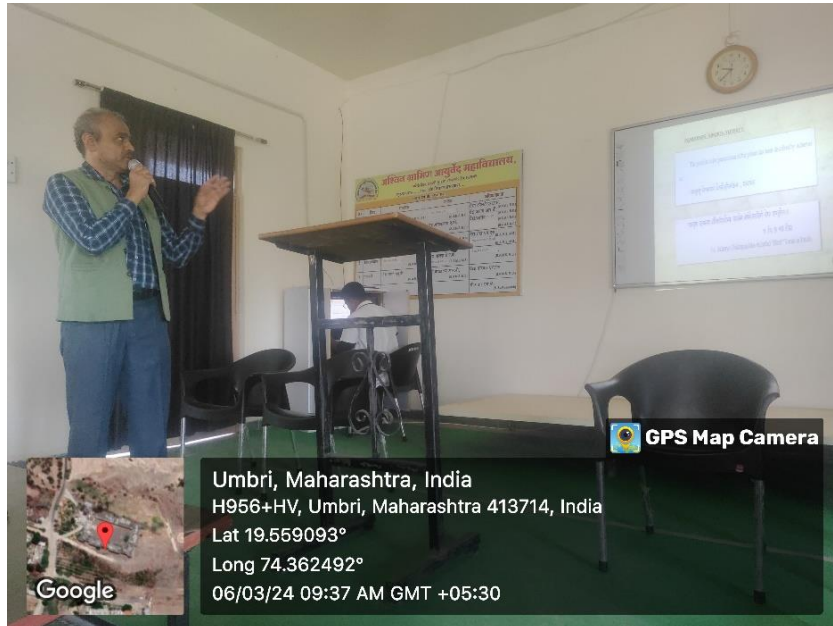
Dr. Shankarprasad Gandhe's seminar on Pandu Nidan Panchak provided educators with a comprehensive understanding of anemia diagnosis and management within the Ayurvedic paradigm. The session equipped participants with practical knowledge and diagnostic skills essential for integrating Ayurvedic principles into their educational and clinical endeavors.

### **Appreciation:**

We extend our gratitude to Dr. Shankarprasad Gandhe for his expertise and guidance in facilitating an insightful seminar. Special thanks to all participants for their enthusiastic participation, contributing to the success of the event.











TLP Program  
Department - Rognidan  
Dr. Gundhe

Date 06/03/2024  
Wednesday  
Time: 9. To 11.

1) Dr. Vikram A. Shelavale

Balrog

Shelavale

2) Dr. Khandized S. G.

Shalya

Khandized

3) Dr. Sonali Subhant Aite

Shalyatantra

SCite

4) Dr. Tushar Wit Deshpande

Dravyaguna Vigyan

Tushar

5) Dr. Aatig I. Momin

Rasa & BK

Aatig

6) Dr. Kolhe Jayashree

Agadtantra  
Kayachikitsa

Kolhe

7) Dr. Manali V. Deshmukh.

Kayachikitsa  
Kayachikitsa

Deshmukh

8) Dr. Jyoti S. Kharolure

Panchekoema

J. S. Kharolure

9) Dr. Ankita K. Kale

Rognidan

Ankita Kale

10) Dr. Manali V. Deshmukh.

Dravyaguna Vigyan

M. V. Deshmukh

11) Dr. Priyanka B. Varpe

Rognidan & V.V.

Varpe

12) Dr. Neha S. Gaonkar

Samhita

Gaonkar

13) Vd. Gitanjali T. Aher

Shanir Koriya

Aher

14. Vd. Sharvati G. Dongare

RSBK

Sharvati

15. Vd. Pooja T. Deshpande

P. T. Deshpande

16. Vd. Gaurav Dongare

Gaurav





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### Attendance of Participants

Name of Activity: TLP Seminar  
Date and Time: 06 march 2024 9 to 10 am  
Venue: 4th year classroom  
Name of Department: Rognidan  
Class and Year :- II<sup>nd</sup> year

Sr. No	Name of Students	Sign
1	Ahire Ajinkya Vilas	<u>Ahire</u>
2	Aldar Mayuri bira	<u>Mayuri</u>
3	Bagul dipali ashok	<u>Bagul</u>
4	Bamne pradnya sandip	<u>Pradnya</u>
5	Bhalke sneha santosh	<u>Sneha</u>
6	Biradar vishaksha madhukar	<u>Vishaksha</u>
7	Bodkhe shubhangi Ramesh	<u>Shubhangi</u>
8	Bondre namrata rajendra	<u>Namrata</u>
9	Borkar hritik appasaheb	<u>Hritik</u>
10	Chaure harshali yashwant	<u>Harshali</u>
11	Chavan pallavi sunil	<u>Pallavi</u>
12	Chavan sayali kavarsingh	<u>Sayali</u>
13	Dabhade jagruti digambar	<u>Jagruti</u>
14	Dandage sagar arun	<u>Sagar</u>
15	Dandawate vaishnavi ambadas	<u>Vaishnavi</u>
16	Dhaybar siddhi ashok	<u>Siddhi</u>
17	Dhimdime shraddha dnyaneshwar	<u>S.D. Dhimdime</u>
18	Ejgar pranita vijaysinh	<u>Pranita</u>





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19	Fule kunal shankar	
20	Funde shantanu shivaji	
21	Gagare shamal dinkar	
22	Gaikwad neha girish	
23	Gaikwad madhuri subhash	
24	Gajhans apurva dilip	
25	Gamre pradnya buddhagosh	
26	Gawate sandhya pandurang	
27	Gondil aishwarya santosh	
28	Gorde manoj arjun	
29	Gugwad piali sanjaykumar	
30	Gupta anchal arvind	
31	Harde ruchita rajendra	
32	Harimkar saurabh ramchandra	
33	Ilag avantika rajendra	
34	jadhav mrunal raman	
35	Jagdale ishwari kalyan	
36	Kadam utkarsha babu	
37	Kale anannya sanjay	
38	Kanwade samirabanu firojkhan	
39	Kendre poonam balasaheb	
40	Kolhal shivkanya shivaji	
41	Londhe dipti khushal	
42	Mane chetan datta	
43	Mathanikar sakshi sanjay	
44	Modak shubham suresh	
45	More rashmi manoj	
46	More shital bhimrao	





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47	Muntode rachana ravindra	<u>Puntode</u>
48	Nakate sakshi nawnath	<u>Nakate</u>
49	Pagare anjali vilas	<u>Pagare</u>
50	Palve surekha vitthal	<u>Palve</u>
51	Pathak vedant tushar	<u>Pathak</u>
52	Patil ganesh jagannath	
53	Patil suraj mangal	<u>Patil</u>
54	Patil vaibhav sanjay	
55	Rahinj rohan bhagwan	<u>Rahinj</u>
56	Rudrawar divya deepak	<u>Rudrawar</u>
57	Salve rutuja santosh	<u>Salve</u>
58	Sanghani jay dhirubhai	<u>Sanghani</u>
59	Sawant shweta tukaram	<u>Sawant</u>
60	Shah juiekumari rambharos	<u>Shah</u>
61	Shaik mehak rajjak	<u>Shaik</u>
62	Shaikh sahil hasan	<u>Sahil</u>
63	Shelar pranav raosaheb	
64	Shinde suraj kamleshkumar	
65	Shirole himanshu chandrakant	<u>Shirole</u>
66	Shisal swapnil shankar	<u>Shisal</u>
67	Shriwastao vivek dinesh	<u>Shriwastao</u>
68	Talekar adarsh manish	<u>Talekar</u>
69	Tambe priti santosh	<u>Tambe</u>
70	Temgire shantanu ramesh	<u>Temgire</u>
71	Thakare vaibhav shalik	<u>Thakare</u>
72	Toche nikita balu	<u>Toche</u>
73	Toke devesh bhaskar	<u>Toke</u>
74	Umap sakshi shahaji	<u>Umap</u>





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75	Valvi ramesh vetta	<u>(V. V. V. V.)</u>
76	Verulkar rutvik vijay	<u>Rutvik</u>
77	Vidye apurva prashant	<u>Prashant</u>
78	Wankhede vaishnavi shankar	<u>Vaishnavi</u>
79	Yadav bandana awadhnarayan	<u>Bandana</u>
80	Yadav sujita narendra	<u>Sujita</u>
81	Bahad mayur dattatray	<u>Mayur</u>
82	Chavan hari achit	
83	Gupta waqish radheshyam	<u>Waqish</u>
84	Hake yogesh bhujangrao	<u>Yogesh</u>
85	Lavhate chetana devidas	<u>Chetana</u>
86	Ptil gaurav arvind	<u>Gaurav</u>
87	Takalkar shrikant ashok	
88	Tandale shivanand sudam	<u>Shivanand</u>
89	Wakchaure abhishek haridas	<u>Abhishek</u>
90	Yadav vinay pyarelal	<u>Vinay</u>
91	Motale Satish Shivamand	<u>Satish</u>
92	Akash Govind Leshinsagar	<u>Akash</u>