



Eklavya A. B. V. J. J. Va. M. Sevabhavi Sanstha's Sanchalit
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) 299406, Mob. 9373788599, 9689019077
Email: ashvin.ayurved@gmail.com, ashvin.ayurved@rediffmail.com Website: www.arac.co.in

Out Ward No. A.R.A.C/ 484 /2024

Date: 3 / 12 / 2024

To

Dept of Research Stat and panchakarma

According to our National seminar schedule, the month of December is your seminar month.

So arrange seminar before ending the December month 2024.

Contact guest speaker

Create invitation letter

Create seminar pamphlet and schedule

Create attendance sheet for students

Create attendance certificate for guest speaker

Create geotag photo

Create seminar report

And submit to organizing secretary and office.



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



To,

The Principal

Ashvin Rural Ayurved College,
Manchi Hill, Ashvi Bk, Tal- Sangamner,
Dist: Ahilyanagar.

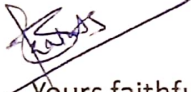
Sub: Approval for CME By Panchkarma Dept.

Respected Madam,

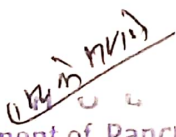
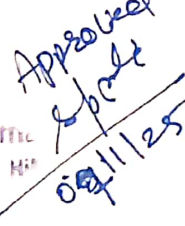
With reference to the above mentioned subject our Panchkarma Dept. has arranged a CME by Dr. Atul Deshmukh (Ayurvedacharya, Sangamner) on the topic **"PANCHAKARMA AND YASHASWI ANUBHOOT CHIKITSA"** which was to be arranged in December 2024 as per the given schedule of CME Dept.

So, we kindly request you to grant us the approval for the same on dated 8th Jan. 2025.

Thank You


Yours faithfully

Dr. Kalukhe A. S.


Department of Panchakarma
Ashvin Rural Ayurved College, Manchi Hill

09/11/25



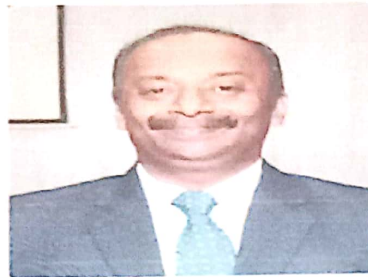
Eklavya A.B. V.J.J.Va. M. Sevabhavi Sanstha's Sanchalit
ASHVIN RURAL AYURVED COLLEGE & HOSPITAL
MANCHI HILL, ASHVI BK, TAL-SANGAMNER,
DIST-A. NAGAR (M.S.) 413714

CORDIALLY INVITES YOU TO JOIN A CME ON

Topic- Panchakarma & Yashwi Anubhoot Chikitsa

Organized by

Department of Panchakarma
ASHVIN RURAL AYURVED COLLEGE & HOSPITAL



Eminent Guest Speaker
Vd. Atul B. Deshmukh
(Ayurvedacharya)



DATE : 08th Jan 2025 (Wednesday) TIME: 10:30 AM & onwards
Venue:-Conference Hall, Ashvin Rural Ayurved College, Manchi Hill

Principal

Dr. Shyamal P. Nirmal
Prof. Dept. of Rasashastra & B.K.

Chairperson

Dr. Mandar K. Bhanage
Prof. and HOD Dept. of Panchakarma

Co-Chairperson

Dr. Ambadas S. Kalukhe
Asso. Prof. Dept. of Panchakarma

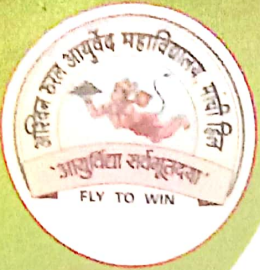
Organizers

Vda .Manasi V. Deshmukh
Vda. Geeta M.Datir
Assist. Prof. Dept. of Panchakarma

Organizing Secretary

Dr.Aatiq Momin
Assist. Prof. Dept. of Rasashastra & B.K.





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Out Ward No. A.R.A.C/ 503

12025

Date: 10 / 01 / 2025

REPORT OF PANCHAKARMA AND YASHASWI ANUBHOOT CHIKITSA

Name of Activity: CME

Date and time: - 08/01/2025, 11 to 1 pm

Venue: - Conference Hall, ARAC, Manchi Hill.

Topic: - Panchakarma & Yashaswi Anubhoot Chikitsa

Guest Speaker: - Dr Atul B Deshmukh

Organizer: - Dept of Panchakarma

Participants: - Teachers, PG, Interns and UG 4th year

Summary

CME was arranged by Panchakarma dept. on 08/01/2025 in Seminar Hall, ARAC, Manchi Hill on the topic of **Panchakarma & Yashaswi Anubhoot Chikitsa**. The session was attended by teaching faculties, PG, Interns & UG 4th Year student.

For this CME Dr. Atul Deshmukh Sir from Sangamner was invited as a guest speaker. The CME was arranged by Panchakarma Dept. CME was initiated by Akshada Gite (4th Year Student). Then Dr. Atul Deshmukh Sir was introduced by Shital Jadhav (4th Year Student). Felicitation of guest was done by Dr Mandar Bhanage Sir and Dr Khandizod Sir.

Dr. Atul Deshmukh Sir has started the session with introduction to panchakarma and its historical context. Dr. Atul Deshmukh Sir had explained, that panchakarma is a set of five therapeutic procedures in Ayurveda aimed at detoxifying the body, promoting physical and mental well being and restoring



balance to the doshas. They explained that this ancient ayurvedic treatment system is considered one of the most effective ways to cleanse and rejuvenate the body and mind. The five therapies i.e Vaman, Virechana, Basti, Nasya & Raktamokshan were very well explained by him along with the importance of getting Guru like Rajvaidya Dr Jamdagni Sir.

Dr. Deshmukh Sir had explained that the primary objective of Panchakarma is to balance doshas, eliminate toxins (Aama), strengthen the immune system & restore natural harmony within the body.

They told about the Anubhoot Chikitsa. He explained that Anubhoot Chikitsa is patient centered approach where treatment is tailored to the persons life, history, lifestyle, Symptoms & the nature of their imbalance.

Key features of Anubhoot Chikitsa i.e., personalization, Holistic approach, mind body connection, long term healing was very well explained by Deshmukh Sir.

Sir has shown different successful cases treated with Panchakarma in his esteemed 10 bedded IPD, Shri Vishwagandh Ayurved Hospital at Sangamner. He also explained some emergency cases treated with Panchakarma. He showed Agnikarma, Vidhakarma and Jalaukavacharan importance to treat different classical cases through his PPT presentation.

The CME provided in depth understanding about both Panchakarma & Anubhoot Chikitsa emphasize balance and the restoration of health through a natural, individualized approach of Panchakarma & Anubhoot Chikitsa are vital components of ayurvedic medicine that work synergistically to promote complete health being. Together they represent a powerful framework for holistic health, offering long lasting benefits for both body & mind.

The session was ended with vote of thanks to Dr. Atul Deshmukh Sir done by Dr. Bhanage Sir (HOD & Prof.Panchkarma Dept.)

Dr. Kulkarni Sir and Dr. Khandizod Sir also stated the humble behavior of Atul Sir who said after the CME that the lecture was इदं न मम ।

Handwritten signature
Department of Panchakarma
Ashwin Rural Ayurved College Manchi Hill

Handwritten signature
Principal
Ashwin Rural Ayurved College & Hospital
Manchi Hill, Ashvi Bk., Tal. Sangamner
Dist. Ahmednagar, Pin-413714

HOSPITAL
Sangamner,

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Out Ward No. A.R.A.C/ 501 120 25

Date: 08/01/2025

CIRCULAR

It is being informed to all Teachers, PG students, Interns & UG Final year. The department of Panchakarma has organized a CME on the topic "Panchakarma And Yashaswi Anubhoot Chikitsa"

Date- 08th Jan 2025

Time- 11 Pm to 1 Pm

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

Speaker- Dr. Atul B. Deshmukh

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

Handwritten signature
HOD of Panchakarma
Ashvin Rural Ayurved College Manchi Hill

Dept. Of Panchakarma

Copy to,

- 1) Notice Board
- 2) All Dept. HOD
- 3) Academic In-Charge of PG, Interns & UG Fourth Year
- 4) Supretendent

Principal

Handwritten signature
Principal
Ashvin Rural Ayurved College & Hospital
Manchi Hill, Ashvi Bk., Tal. Sangamner
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Email: ashvin.ayurved@gmail.com, ashvin.ayurved@rediffmail.com Website: www.arac.co.in

Out Ward No. A.R.A.C/ 15545 /20 25

Date: 9 / 01 / 2025

APPRECIATION & ATTENDANCE LETTER


To,
Dr. Atul B. Deshmukh
Ayurvedacharya,
Sangamner.

Respected Sir

Thank you for delivering a very informative lecture on 8th Jan. 2025 in our 'Panchakarma CME' which was held at Ashvin Rural Ayurved College, Manchi Hill, Ashvi BK, Tal- Sangamner, Dist- Ahilyanagar.

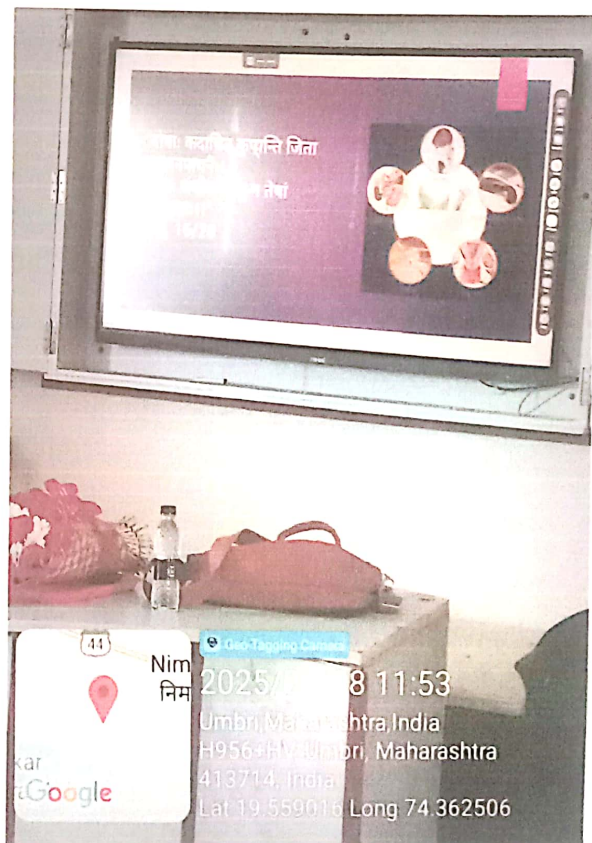
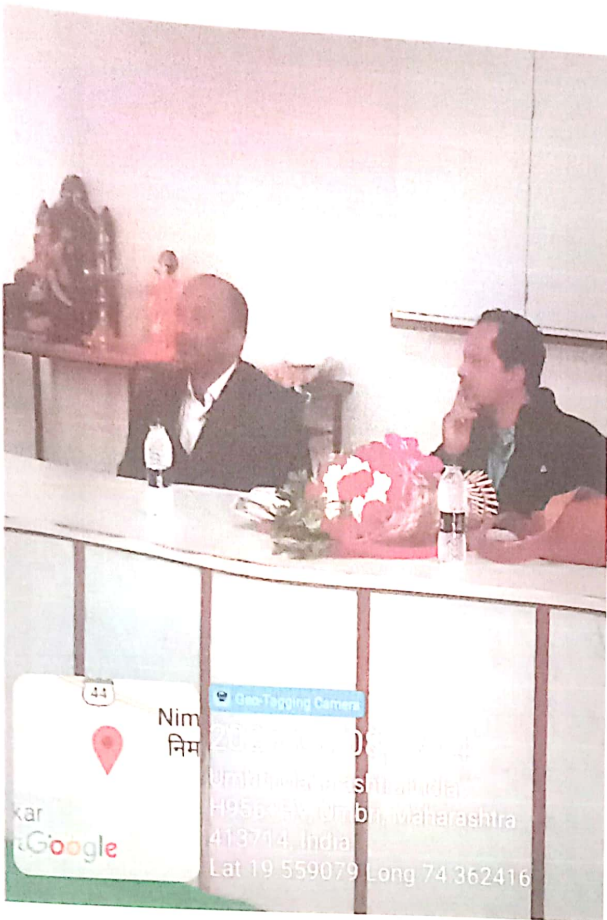
The session was very precise and enlightening for us. All the participants were learned from the knowledge. Looking forward for your active co-operation in the future endeavors.

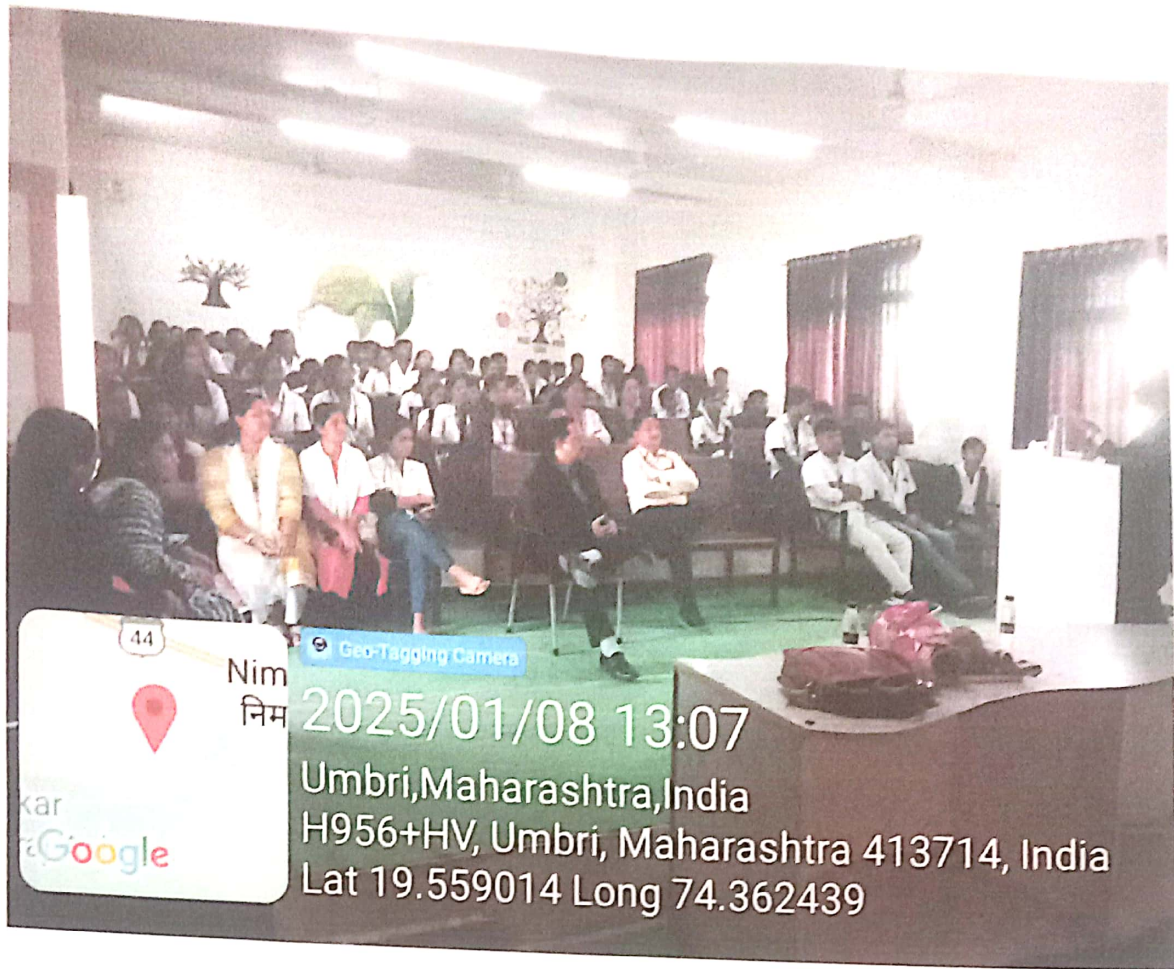
Thank You,


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









Geo-Tagging Camera

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निम

2025/01/08 13:07

Umbri, Maharashtra, India

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Department of Panchakarma
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Dist. Ahmednagar, Pin-413714

08/01/25)

CME (Guest Lecture)

Dept of Panchakarma

पंचकर्म शास्त्री मशहूदी अनुभूत चिकित्सा

Attendance Sheet of Faculties

Name	Dept	Sign
1) Dr. Nishant Ingle	Raza Bk	
2) Dr. Ashwini I. Manoj	Raza Bk	
3) Dr. Ankita Kale	Kayachikitsa	
4) Dr. Vikram Shinde	Balming	
5) Dr. Jyoti S. Khandane	Kayachikitsa	
6) Dr. Priyanka R. Meher	Kayachikitsa	
7) Dr. Tushar Deshpande	Dranaguna Vigyan	
8) Vd. Sharvasi G. Dongare	Samhita Siddhant	
9) Dr. Priyanka Adhav	Samhita Siddhant	
10) Dr. Geeta Dahir	Panchakarma	
11) Dr. Khandized Sushma	Shalyatantra	

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Ashvin Rural Ayurved College, Manchi Hill



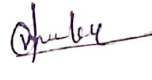
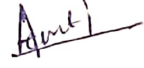
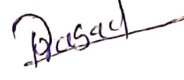
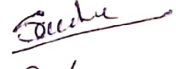

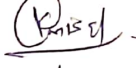
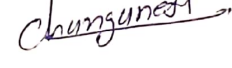





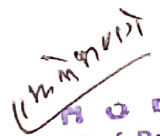
Attendance of Intern's

08/01/25

Name

sign

- | | |
|-----------------------|--|
| 1) Gaikwad vidheshwar |  |
| 2) Dhage Sanskruti |  |
| 3) Madake Datta |  |
| 4) Palve aarti |  |
| 5) Waghmare prasad |  |
| 6) palve Sachin |  |
| 7) kimaya Chaudhari |  |
| 8) komal misal. |  |
| 9) Sagar changure. |  |
| 10) Ved patil |  |
| 11) Abhijit Kase |  |
| 12) Hansraj selale. |  |


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Department of Panchakarma
Ashvin Rural Ayurved College, Manchi Hill


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Attendance of PG

02/01/25

ASHVIN RURAL AYURVED COLLEGE AND HOSPITAL, MANCHI HILL

First Year MD/MS Ayurved -2024-25

SUB-RASASHASTRA 2 Bk

Sr.No	Candidate Name	SIGN
1	GANGADE RUTIKA RAJENDRA	<i>[Signature]</i>
2	LAMBE ADALI BHAGWAN	
3	USHIRI DIPALI GANGARAM	
4	DHARMADHIKARI DEHA NILESH	<i>[Signature]</i>
5	GOSAVI NIVEDITA NIRANJAN	<i>[Signature]</i>
6	WAGHMODE SHUKACHARYA SANTRAM	

SUB- BALROG

Sr.No	Candidate Name	SIGN
1	SHARMA ANKIT ARUNKAR	<i>[Signature]</i>
2	BOBADE PRASANNA VIKAS	<i>[Signature]</i>
3	CHOPADE DARSHANA RAMESH	<i>[Signature]</i>
4	MAHAJAN ASHWINEE RAVINDRA	<i>[Signature]</i>
5	KADAM PRITHVIRAJ SHIVRAJ	<i>[Signature]</i>

SUB- KAYACHIKITSA

Sr.No	Candidate Name	SIGN
1	JADHAV DIKSHA RAMRAO	<i>[Signature]</i>
2	RAHAGE RONAK RAJARAM	<i>[Signature]</i>
3	SHAHA SUPRIYA PRASHANT	<i>[Signature]</i>
4	DABHADE HETASHREE ANIL	<i>[Signature]</i>
5	PAWAR HARISHSINH BALKRUSHNA	<i>[Signature]</i>
6	PRADHAN POOJA BABASAHEB	

SUB- PRASUTI TANTRA AND STREE ROGA

Sr.No	Candidate Name	SIGN
1	NAHIRE NILIMA NARAYAN	<i>[Signature]</i>
2	KHANDAGALE SHIVANI ANIL	<i>[Signature]</i>
3	MORE SRUSHTI PRABHAKAR	<i>[Signature]</i>
4	CHAVAN AKSHATA RAVINDRA	<i>[Signature]</i>
5	JADHAV AKASH ANIL	<i>[Signature]</i>

SUB- SHALYA TANTRA

Sr.No	Candidate Name	SIGN
1	JADHAV VITTHAL KASHIRAM	<i>[Signature]</i>
2	MOHRIR VIKRANT PRASHANTRAO	<i>[Signature]</i>
3	RAUT ANIKET VIJAYKUMAR	<i>[Signature]</i>
4	GAIKWAD GAYATRI GORAKH	<i>[Signature]</i>
5	JAWANJAL VATSAL SUNIL	<i>[Signature]</i>
6	SANKPAL POOJA BALASAHEB	<i>[Signature]</i>

Department of Panchakarma
Ashvin Rural Ayurved College, Manchu Hill

[Signature]
Principal
Ashvin Rural Ayurved College & Hospital
Manchu Hill, Ashvi Bk., Tal. Sangamner
Dist. Ahmednagar. Pin-413714

108/01/25

Attendance of UG 4th Year

Sr.No	Name of Student	Sign
1	Abhang Rushikesh Gorakshanath	<u>Abhang</u>
2	Ahire Pratik Dipak	<u>Ahire</u>
3	Barge Pragati Shivaji	<u>Barge</u>
4	Bhoir Rajeshwar Kiran	<u>Bhoir</u>
5	Bidwai Sahil Santosh	<u>Bidwai</u>
6	Bodke Madhuri Pandurangrao	<u>Bodke</u>
7	Burhade Snehal Sanjay	<u>Burhade</u>
8	Chame Vaibhav Ashok	<u>Chame</u>
9	Chavhan Nandini Uttam	<u>Chavhan</u>
10	Dale Dnyaneshwari Deepak	<u>Dale</u>
11	Dhakane Shejal Shivaji	<u>Dhakane</u>
12	Dhere Supriya Mohan	<u>Dhere</u>
13	Dhivar Sangharsh Bhikaram	<u>Dhivar</u>
14	Dhondge Sanket Arvind	<u>Dhondge</u>
15	Dombale Aniket Bnadu	
16	Gaikwad Anushri Pravin	<u>Gaikwad</u>
17	Gaikwad Devidas Bappasaheb	<u>Gaikwad</u>
18	Gaikwad Ram Khushal	<u>Gaikwad</u>
19	Ghorpade Nikhil Nanasaheb	<u>Ghorpade</u>
20	Gite Akshada Ranganth	<u>Gite</u>
21	Gupta Gauri Jitendra	<u>Gupta</u>
22	Hake Pratiksha Devidas	<u>Hake</u>
23	Inamadar Andan Arif	<u>Inamadar</u>
24	Jadhav Dnyaneshwari Sakharan	<u>Jadhav</u>
25	Jadhav Shital Rajaram	<u>Jadhav</u>
26	Jape Rutuja Ashok	<u>Jape</u>
27	Jaware Rushikesh Manohar	
28	Kadu Shreyas Santosh	<u>Kadu</u>
29	Kare Shreddha Anil	<u>Kare</u>
30	Kawathekar Saurabh Sanjay	<u>Kawathekar</u>
31	Kenchgunde Harshita Laxman	<u>Kenchgunde</u>
32	Khemnar Ganesh Annasaheb	<u>Khemnar</u>
33	Khomane Gaurav Sanjay	<u>Khomane</u>
34	Khulpe Namrata Arun	<u>Khulpe</u>
35	Kokane Swarali Nagnath	<u>Kokane</u>
36	Kokate Pratik Babasaheb	<u>Kokate</u>
37	Machave Divya Anilrao	<u>Machave</u>
38	Momin Alyana Noormahamad	<u>Momin</u>
39	More Digvijay Rajendra	<u>More</u>
40	Nagare Rutik Walmik	<u>Nagare</u>
41	Navsare Amol Dileep	<u>Navsare</u>
42	Nikam Arti Gitaram	<u>Nikam</u>
43	Patil Snehal Dinesh	<u>Patil</u>
44	Pawar Atharw Pramod	
45	Pawar Priyanka Jalindar	
46	Rankhamb Rupali Ananta	<u>Rankhamb</u>
47	Rathod Sachin Ankush	<u>Rathod</u>
48	Salve Pooja Ashok	<u>Salve</u>
49	Sarak Arti Kuber	<u>Sarak</u>

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50	Satav Shital Yashvant	<i>Satav</i>
51	Somvanshi Nivedita Umbraj	<i>Nivedita</i>
52	Surve Yash Shamkant	
53	Tale Ankit Gajanan	<i>Ankit</i>
54	Velhal Vikas Saurabh	
55	Vhadgar Supriya Arun	<i>Supriya</i>
56	Wagh sainath Baburaw	<i>Sainath</i>
57	Yadav Sakshi Sudhir	<i>Sakshi</i>



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Out Ward No. A.R.A.C/ 15535 /2025

Date: 07/01/2025

INVITATION LETTER

To,
Vd. Atul Babasaheb Deshmukh
Director,
Shree Vishwagandh Ayurved Hospital
Sangamner


Sub: Letter of Invitation for a Guest Speaker (Resource Person)

Respected Sir,

We are Inviting you as a Speaker of our CME Organized by Panchakarma Department. Kindly share your knowledgeable speech on Ayurveda, Dated 08/01/2025 on 10:30 AM onwards our staff and UG, PG students & Interns.

Thank you




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

OK

Received

