

**CELEBRATING SILVER JUBILEE YEAR
2025**

SANKALP TO SIDDHI ALUMNI LECTURE SERIES



Dr Vinaya Kamble



Dr Sharvari Dalvi



**Organized by
Ashvin Rural Ayurved College
Alumni Association
&**



Students' Support Career Guidance and Placement Cell

For Final Year BAMS Students



21 July, 2025



**10:00 am –
12:30pm**



**Conferance Hall,
Ashvin Rural Ayurved
College, Manchi hill,
Sangamner, Maharashtra**



एकलव्य आ. भ. वि.जा. ज. व मागासवर्गीय सेवाभावी संस्था, संचलित

अश्विन रुशल आयुर्वेद कॉलेज व रुग्णालय

साध्वी प्रीतीसुधाजी महाराज नगर, मांची हिल, आश्वी बु॥, ता. संगमनेर, जि. अहिल्यानगर ४१३ ७१४ (महाराष्ट्र)

फोन : (०२४२५) २९९४०६, मो. ८४१२०६४६८६, ९६८९०९९०७७

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सुचना

सर्व अध्यापक व चतुर्थ वर्ष बी.ए.एम.एस. अभ्यासक्रमाच्या विद्यार्थ्यांना सुचित करण्यात येते की, सोमवार दि. २९/०७/२०२५ रोजी सकाळी १०.०० वाजता रौप्य महोत्सवी वर्ष २०२५ - "SANKALP TO SIDDHI – Alumni Lecture Series" अंतर्गत महाविद्यालयाच्या माजी विद्यार्थ्यांनी कु. विनया कांबळे व कु. शर्वरी दळवी यांचे विद्यार्थ्यांसाठी मार्गदर्शनपर व्याख्यान Arac Alumni Association & Student Support, Career Guidance & Placement Cell, यांचे संयुक्त विद्यमाने व्याख्यानाचे आयोजन करण्यात आलेले आहे. तरी सर्व विद्यार्थ्या व अध्यापकांनी वेळेवर कॉन्फरन्स हॉल येथे उपस्थित रहावे.



Prachar
w/c प्राचार्य
अश्विन रुशल आयुर्वेद कॉलेज व हॉस्पिटल
मांची हिल, आश्वी बु॥, ता. संगमनेर
जि. अहमदनगर, पिन-४१३७१४

Report of Alumni Guest Lecture

Date : 21st July 2025 , Monday

Time : 10.00 am sharp

Venue : Conference Hall of ARAC, Manchu Hill, Sangamner.

On 21st of July 2025, the Student Support Career Guidance and Placement Cell (SSCGPC) along with ARAC Alumni Association had jointly organised a "Motivational Talks" guest lecture aka interactive session for the final year BAMS students.

Respected principle mam, vice principle along with the various faculty members the program started with poojan of Lord Dhanwantari along with stavan. Then the alumni Dr. Sharvari Dalvi and Dr Vinaya Kamble were briefly introduced and were felicitated by dignitaries on the dais. Principal mam gave a nice motivation to start the lecture.

The Body of the lecture includes following points mention below :-

Guest : Dr. Vinaya Kamble (2nd yr PG Scholar, Dept of Samhita Siddhant, AIIA, New Delhi)
Dr. Sharwari Dalvi (Ayurbodh Chikitsalaya & Panchakarma Centre, Kalyan)

Dr. Sharwari Dalvi :-

- Mam started with vande guru parampara and then shared her experience in Autism.
- Survey report was shared regarding what to do next after BAMS ? What truly matters to me? What excites or energizes me? What do I not want anymore? All these questions were to be asked to figure out where we stand.
- Mam talked about how earlier she wanted interested in Ayurveda and then she faced OPD related to a cancer patient to a BAMS doctor.
- Case was shared related to leukemia and effects of Ayurvedic medicine.
- Steps to build a strong OPD :-
 1. Find a guru and start seeing patients.
 2. Identify dravya.
 3. Start making medicines.
 4. Choose a Swadhyay Granth.
- To understand in between the lines of sutra :-
 1. Intro to CRAV and exam through which we can find a guru as per our capability.
 2. In , CRAV she learned about autism spectrum, Shalakya tantra, Visha Chikitsa, and Hospital Management.
 3. Some marketing tricks were amazing.
 4. Visha Vaidya in Kerala and case discussion corelevance of Garavisha and Dooshivisha, Doodhivishari, Bilwadi, Nilitushyadi Kashayam.
 5. Keraliya Panchakarma Paddhati i.e Snehana, Swedana, Basti, Virechana, Nasya, and their types.
 6. Basti putas, Netryakriya kalpas, Tarpanam.



7. Ayurveda interpretation of Autism. (Hampers Agni-Oja-Mana) .

Dr. Vinaya Kamble :-

- “Anubhava ha takkal padlyananatr cha kangva aahe”.
So mam decided to give the comb before we go bald.
- Clinical practice or PG?
- Options after BAMS : Private practice, Job opportunities, PG, Research.
- Goal clarification and giving reasons for it (finding our interest) , peer pressures.
- Taking classes for PG : Pawar Sir , Ajit Patil Sir, others
- Grasping styles may differ from each and everyone, research teaching methods before enrolling.
- Internship must be done, it should not be ignored during PG preparation.
(Once gone, it never comes back)
- Thoughts and stress while we prepare.
- Study time during internship for PG :- MT, ET, Night duty, Daily commitment.
- Preparing before exam :- Shloks always helps in PG preparations.
- Never underestimate yourself.
- Peer pressure will always dominate over your confidence.
- Never question just read, fix ratio initially to solve the questions.
- Branch and Institute selection.
- PG and college are two different things that help in personality development.
- Development towards active learning from passive learning, problem solving over memorization.
- PG provides us opportunities in high level government and administrative positions.
- What after PG? Depends upon thought of an individual.

Key points :-


- ☐ Stick to standard sources
- ☐ Follow a realistic timetable
- ☐ Revise Regularly
- ☐ Practice MCQs everyday
- ☐ Take care of Mind and Body
- ☐ Avoid overloading with multiple sources.
- ☐ Join study groups and online communities.

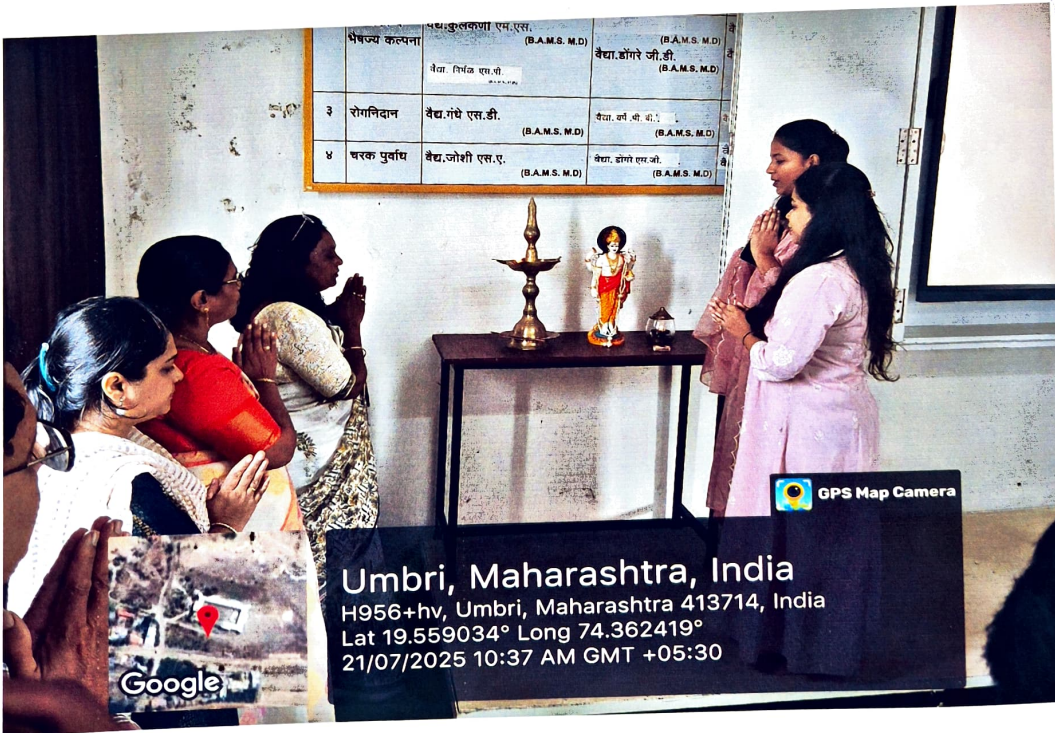
The program was concluded with vote of thanks and with the aim to arrange and setup many more such alumni sessions for students on different agendas as this sessions was all worth it for students to listen to. Appreciated!!!

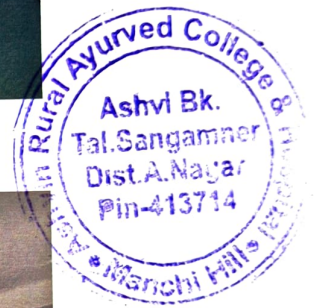

President

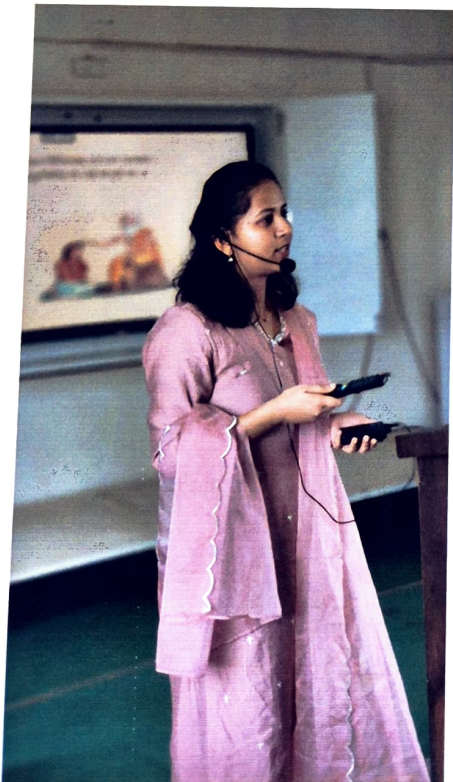
Ashwin Rural Ayurved College & Hospital
Alumni Association, Manchi Hill, Sangamner(MS)




Principal
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