

**CELEBRATING SILVER JUBILEE YEAR
2025**

SANKALP TO SIDDHI ALUMNI LECTURE SERIES



Vd Swapnil Navale
BAMS,DYA, ANT,BST.
Ayurved Spine
Consultant



Topic - Spinocare Treatment For Spine Disorders

Organized by

Ashvin Rural Ayurved College Alumni Association

Dr Nishant Ingle
President
ARAC Alumni Association



Dr Shyamal Nirmal
Principal
ARAC, Manchi Hill



14 August, 2025



10:00 am - 11:30am



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



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

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Report on Guest Lecture

As part of the "Sankalp to Siddhi Alumni Lecture Series 2025", a guest lecture was organised at Ashvin Rural Ayurved College, Manchi Hill, Sangamner under the banner of the Alumni Association on 14th August 2025, at the Conference Hall of the Institute, from 10:00 am to 12:30 pm.

The programme was chaired by Principal Dr. Shyamal Nirmal and co-chaired by Dr. Sanjeev Lokhande.

The session commenced with anchoring by Dr. Nishant Ingle, President of the Alumni Association, who warmly welcomed the dignitaries, faculty members, and students.

Miss Ishwari Jagdale then introduced the guest speaker, Dr. Swapnil Navale, highlighting his academic achievements and contributions to Ayurveda.

Before the commencement of the main lecture, Principal Dr. Shyamal Nirmal addressed the gathering, sharing words of encouragement and underlining the importance of such academic interactions for students' holistic development.

Dr. Swapnil Navale then delivered his lecture on "Spine Disorders and their Management", where he explained in detail the causes, symptoms, and line of treatment for various spinal problems. He provided valuable insights into both Ayurvedic approaches and modern perspectives, focusing on practical treatment methods, lifestyle modifications, and integrative care. The lecture was highly informative, beneficial to students, and enriched their clinical understanding.

The felicitation of the guest was done by Institute Director Mr. Annasaheb Balme, who appreciated Dr. Navale's contribution to Ayurveda and his dedication towards sharing knowledge with students.

On this occasion, a special felicitation of Dr. Gitanjali Aher, Lecturer, Rog Nidan Dept., was also done for her remarkable achievement of being selected for a research project in South Korea. This proud moment brought immense recognition to the institute and served as an inspiration for students and faculty alike.



The audience comprised Second Year and Final Year BAMS students, who actively participated in the interactive discussion and clarified their doubts.

Teaching faculties present on the occasion were:

Dr. Vidya Sarode - HOD, Striroga & Prasuti Tantra

Dr. Geeta Dattir - Lecturer, Panchakarma

Dr. Vikram Shelvale - Associate Professor, Balrog Dept.

Dr. Jayashree Kolhe - Associate Professor, Agadatantra

Dr. Priyanka Adhav - Lecturer, Samhita

Dr. Dnyaneshwar Shinde - Lecturer, Samhita

Dr. Siddhesh Kanade - Lecturer, Anatomy

Dr. Nikita Shelke - Lecturer, Kriya Sharir Dept.

Dr. Pooja Deshpande - Associate Professor, Kriya Sharir Dept.

Dr. Jyoti Khandare - Lecturer, Kaumarbhritya (KC Dept.)

Dr. Martin Shaikh - Associate Professor, Shalya

Special thanks were given to Mr. Ashok Parvat and Mr. Ganesh Gawade from the office staff for their dedicated support in the smooth management of the programme.

At the end of the programme, Dr. Swapnil Navale Sir graciously gifted a Sound System to the Alumni Association, which will be highly useful for future academic and cultural events.

The programme concluded with a Vote of Thanks by Dr. Nishant Ingle, who expressed gratitude to the guest speaker, dignitaries, faculty members, students, staff, and especially acknowledged Dr. Navale Sir's generous contribution towards the Alumni Association.



[Signature]
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