



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

अश्विन रुरल आयुर्वेद कॉलेज व रुग्णालय

साध्वी प्रीतिसुधाजी महाराज नगर, मांची हिल, आश्वी बु।।, ता. संगमनेर, जि. अहिल्यानगर ४१३ ७१४ (महाराष्ट्र)
फोन : (०२४२५) २९९४०६, मो. ८४१२०६४६८६, ९६८९०१९०७७
Email:ashvin.ayurved@gmail.com, ashvin.ayurved@rediffmail.com Website:www.arac.co.in

जा.क्र.अ.रु.आ.म. /

समस

/ २०२६

दि. २३ / ०१ / २०२६

CIRCULAR

It is being informed to all teachers, that the department of Kriya Sharir has organized a teacher seminar under Teacher Learning Program on the topic "Prakruti and Nadi Yantra in Kriya Sharir"

Date- 24/ 01 /2026

Time- 10am

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

Speaker- Dr. Girgune Chandrkant S.

Attendance of all Teacher is mandatory for TLP

C Girgune
HOD,

(Dept. of Kriya Sharir)



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

Copy To -

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



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 LECTURE UNDER
TLP ON

‘Prakruti and Nadi Yantra in Kriya Sharir’

Organized by

Department of Kriya Sharir
ASHVIN RURAL AYURVED COLLEGE & HOSPITAL



Eminent Speaker

Dr. Chandrakant Sukdev Girgune
Prof. and HOD Kriya Sharir Dept.
Ashvin Rural Ayurved College & Hospital Manchi Hill

DATE: 24th Jan 2026 (Saturday) TIME: 10:00 AM

Venue: - Seminar Hall, Ashvin Rural Ayurved College, Manchi Hill

Principal

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

Chairperson

Dr. Dhananjay B. Bairagi
Prof. Dept. of Kriya Sharir

Co-Chairperson

Dr. Abhijit B. Durge
Asso. Prof. Dept. of Kriya Sharir

Organizing Secretary

Dr. Nikita S. Shelke
Assi. Prof. Dept. of Kriya Sharir

Organizing Coordinator

Dr. Vikram A. Shelvale
Asso. Prof. Dept. of Balrog



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

ASHVIN RURAL AYURVED COLLEGE & HOSPITAL

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Out Ward No. A.R.A.C/ 15862 12026

Date: 28 / 01 / 2026

REPORT ON TLP PROGRAM

Department of Kriya Sharir

Name of activity -TLP Program Organized by Kriya Sharir Department

Date and Time -24st JAN 2026, (10 AM)

Topic -Prakruti and Nadi Yantra in Kriya Sharir

Venue- Kriya Sharir Department, ARAC Manchi Hill

Participants- All Faculty Member's & PG Students

The Department of Kriya Sharir organized a Teaching Learning Program (TLP) for teaching staff to enhance their academic knowledge and teaching skills in core Ayurvedic subjects.

The resource person for the session was Dr. Girgune Chandrakant Sir, Professor and Head, Department of Kriya Sharir. Dr. Nikita Shelke, assistant professor of Kriya Sharir department has introduced our speaker. He delivered an informative lecture on the topic "Prakruti and Nadi Yantra in Kriya Sharir."

Sir explained the concept of Prakruti, which is the natural body constitution of an individual formed at the time of conception based on the dominance of Doshas — Vata, Pitta, and Kapha. He discussed different types of Prakruti and their physical, physiological, and psychological features. He emphasized the



importance of Prakruti assessment in maintaining health, disease prevention, diet planning, lifestyle advice, and treatment selection.

In the second part of the session, Sir explained Nadi Yantra and the importance of Nadi Pariksha (pulse examination) in Ayurveda. He described how Nadi reflects the condition of Doshas and the internal state of the body. He also explained the use of Nadi Yantra as a modern supportive tool for a better understanding of pulse examination and its clinical relevance.

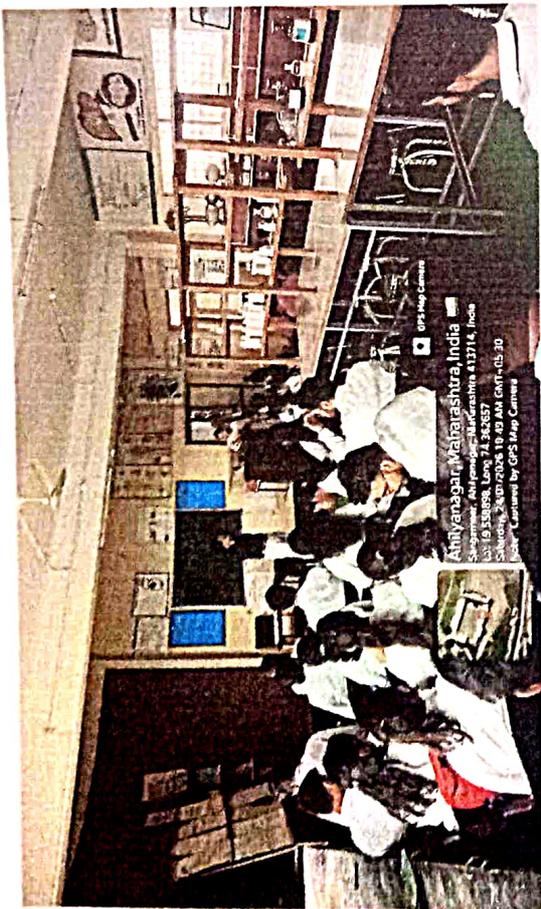
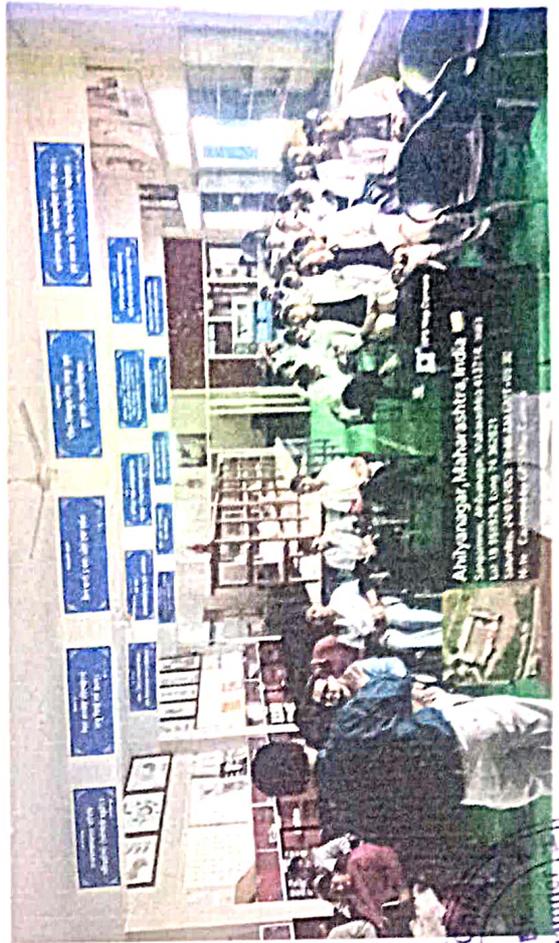
The session was highly informative and interactive. Teachers actively participated in the discussion and exchanged their views regarding the practical application of Prakruti and Nadi examination in teaching and clinical practice.

Overall, the TLP program was very beneficial and helped in strengthening the academic and clinical knowledge of the teaching staff. The Department of Kriya Sharir expressed sincere gratitude to Dr. Girgune Chandrakant Sir, for his valuable guidance.



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





Ahilya Bhoj Hospital
 Tal. Sangamner
 Dist. A. Nagar
 Pin-413714

Ahilyanagar, Maharashtra, India
 Latitude: 20°19'58.98"N
 Longitude: 74°34'28.57"E
 Altitude: 2407.2026 19.89 AM GMT+05:30
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Ahilyanagar, Maharashtra, India
 Latitude: 20°19'58.98"N
 Longitude: 74°34'28.57"E
 Altitude: 2407.2026 19.89 AM GMT+05:30
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Kriya Sharir
TLP Präsent

24/01/2026

- 1) Dr. Jyoti S. Khorndane (J. Khorndane)
- 2) Dr. Nikita S. Shelke (N. Shelke)
- 3) Dr. Siddhesh R. Korade (S. Korade)
- 4) Dr. Priyanka B. Adhau (P. Adhau)
- 5) Dr. Ganesh G. Nauth (G. Nauth)
- 6) Dr. Atiq I. Momin (A. Momin)
- 7) Dr. Geeta M. Patil (G. Patil)
- 8) Dr. Amal Chandran (A. Chandran)
- 9) Dr. Nirvya. T. S. (N. T. S.)
- 10) Dr. C. S. Girgure (C. S. Girgure)
- 11)
- 12)

P.G students

1) Dr. Mohini . S. Patil

~~Mohini~~

2) Dr. Sujog D. Banarasi

~~Sujog~~

3) Dr. Renuka A-Shinde

~~Renuka~~

4) Dr. Neha . G. Patil

~~Neha~~

5) Dr. Pooja S. Mali

~~Pooja~~

6) Dr. Jivika P. Deshmukh Deshmukh

7) Dr. Rujai . B. Dange

~~Rujai~~

8) Dr. Akshada Rauf

~~Akshada~~

9) Dr. Prizank Tale

~~Prizank~~

10) Dr. Tushar Inoburkar

~~Tushar~~

11) Yash Patil

~~Yash~~

12) Shreyesh Rathod

~~Shreyesh~~

13) Ankita A. Jadhav

~~Ankita~~

14) Bhavika S. Patil

~~Bhavika~~

15) Atisha Patil

~~Atisha~~

16) Nayan Parekar

~~Nayan~~

17) Anshale Sneha

~~Anshale~~