



KAYA AYURVEDIC COLLEGE AND RESEARCH CENTER, (Nainital, Uttarakhand-263126)



Report on 10th Ayurveda Day Celebration- Information and Awareness Drive on Medicinal Plants

Introduction

Ayurveda, the ancient science of life, has always emphasized the holistic approach to health and well-being. To promote awareness about its significance and inspire the younger generation to preserve and practice traditional medical knowledge, Ayurveda Day is celebrated across the country every year. On this occasion, Kaya Ayurvedic College and Research Centre, Haldwani, organized a special program on campus to highlight the role of medicinal plants in healthcare.

The event was conducted under the guidance of Dr. Kiran Bahuguna, Assistant Professor, Department of Dravyaguna, who took the lead in educating and engaging students through an interactive awareness drive. The celebration aimed at bridging classroom learning with real-life exposure by familiarizing students with medicinal plants and their therapeutic uses.



Objectives of the Event

The program was designed with the following key objectives:

- To celebrate Ayurveda Day by creating awareness about medicinal plants.
- To introduce students to the practical aspects of Dravyaguna, the Ayurvedic science of medicinal plants and drugs.
- To demonstrate the uses of herbal drugs in disease management and prevention.
- To familiarize students with dried samples of drugs and their importance in Ayurvedic pharmacognosy.
- To promote appreciation of Ayurveda's contribution to healthcare and inspire future practitioners to apply this knowledge.

Event Details

Date: 16 /9/2025

Time: 11:30 AM onwards

Venue: Kaya Ayurvedic College & Research Centre, Haldwani

Event In-Charge: Dr. Kiran Bahuguna, Assistant Professor, Department of Dravyaguna

Participants: Students from Kaya Medical College, Pal Nursing College, and Paramedical College. The program witnessed active participation from students of different disciplines, thereby promoting interdisciplinary learning and exchange of knowledge.

Description of Activities

1. Visit to the Herbal Garden

The celebration commenced at 11:30 AM with a guided tour of the Herbal Garden located within the college premises. The garden, which houses a variety

of medicinal plants, served as a live classroom for the students. Dr. Kiran Bahuguna introduced the participants to a wide range of herbs used in Ayurvedic practice.

Each plant was explained in detail, including: Identification features such as leaf structure, color, and growth patterns, medicinal properties described in classical texts, practical applications in treating various diseases. Students were particularly fascinated by the fact that many of these plants are not only part of Ayurvedic formulations but are also commonly found in households and used in home remedies. The interaction in the herbal garden helped students appreciate the direct connection between nature and health.



2. Visit to the Dravyaguna Museum

Following the herbal garden visit, the students proceeded to the Dravyaguna Museum of the college. Here, they were introduced to an extensive collection of dried drug samples that form a vital part of Ayurvedic education and research.

During the museum session, the points which were highlighted were- importance of dried samples in preserving plant materials for long-term academic use, techniques of drug identification through organoleptic features such as color, odor, texture, and taste, role of raw drug samples in clinical practice, formulation, and research, need for proper documentation and classification of drugs as per Ayurvedic principles. The museum visit provided students with an opportunity to observe firsthand the transition of medicinal plants from fresh herbs to preserved drug samples



Outcomes of the Program

The celebration of Ayurveda Day through this awareness drive proved to be both educational and inspiring. The following outcomes were achieved:

Students gained practical exposure to the identification and uses of medicinal plants, they understood the importance of preserving dried drug samples and their role in education and clinical application, the program strengthened the interdisciplinary bond among students of Ayurveda, nursing, and paramedical sciences. It created awareness about the relevance of Ayurveda in modern times and its potential in addressing health challenges. Students expressed enthusiasm to learn more about herbal medicine and its role in promoting preventive healthcare.

Conclusion

The Ayurveda Day celebration at Kaya Medical College and Research Centre, Haldwani was a successful and enriching experience for all participants. Under the guidance of Dr. Kiran Bahuguna, the program not only highlighted the academic and clinical importance of medicinal plants but also instilled in students a sense of pride in India's traditional system of medicine.

The visits to the herbal garden and Dravyaguna museum provided students with hands-on learning opportunities, bridging the gap between theory and practice. The event proved to be an inspiring initiative that will motivate students to further explore the treasures of Ayurveda and contribute to the promotion of holistic healthcare.

By combining knowledge, practice, and awareness, the celebration reflected the true spirit of Ayurveda — the science of life and well-being.

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EVENT 2- LECTURE CUM EXPO ON AYURVEDIC FORMULATIONS

The 10th Ayurveda Day was celebrated with great enthusiasm on 16 September 2025 at Kaya Rasashala, Department of RSBK, Kaya Ayurvedic College & Research Center. Organised as an Expo on Ayurvedic Pharmaceuticals, the event aimed to raise awareness about Ayurvedic drug manufacturing and provide hands-on exposure to students regarding pharmaceutical processes, machinery, and quality-testing methods. The celebration began at 12:15 PM with the participation of students from the 2nd Professional BAMS course of Kaya Ayurvedic college & Research Center, as well as students from Pal College of Nursing and Pal College of

Paramedical Sciences. Dr. Gunjan Thapliyal, Assistant Professor in the Department of Rasashastra and Bhaishajya Kalpana, welcomed the participants and introduced the objectives of the programme. She then demonstrated various machines used in Ayurvedic pharmaceutical manufacturing, including the pulveriser, end runner

tablet punching machine, wet grinder, capsule-filling machine etc, explaining their operating mechanisms, applications, and significance in preparing quality medicines. Following this, the participants observed the Ayurvedic process of Bhasma preparation and the use of traditional Puta systems for the calcination of minerals and metals, which highlighted how classical knowledge is integrated with modern scientific methods. The session also included a demonstration of quality-testing procedures for prepared medicines, where



instruments such as the rotatory evaporator, water bath, distillation apparatus, tablet disintegration apparatus, and friability apparatus etc were explained in detail. Parameters like hardness, weight variation, and disintegration time were discussed, emphasising the importance of quality assurance in pharmaceutical practices. The event provided an excellent opportunity for students to understand the integration of traditional Ayurvedic pharmaceutical wisdom with contemporary equipment and standards. It enhanced their understanding of the scientific aspects of Ayurvedic drug manufacturing and encouraged them to maintain quality and precision in preparing formulations. The programme concluded on a positive note, with gratitude expressed to all faculty members, staff, and students whose cooperation and participation contributed to the success of the celebration

After lunch, 2:00 PM onwards Prakriti Parikshan of students of Paramedical and B. Sc Nursing was done by Dr. Nivedita Giri. The detailed analysis of Prakriti was based on the CCRAS proforma. Dr. Nivedita Giri explained the importance of Prakriti in maintaining a good lifestyle and also importance of Prakriti in disease prevention.



The program was completed at 4:00 PM with the vote of thanks by Dr. Shweta Paul (Associate professor Dept of Ras shastra and Bhasajya kalpana). The entire program was conducted under the supervision of Dr. Neha Upadhyay (Assistant Professor Dept. Of Kaya Chikitsa).