



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Academic Year: 2024-25

Report on Workshop on Ayurved and Arthritis
Organized by IQAC, Health Care Centre and ICC

Day & Date: Thursday, 3rd April 2025

Time: 2.30 pm to 6.30p m

Introduction:

A workshop on "Ayurved and Arthritis" was successfully organized by IQAC, the Health-care Centre, and the Internal Complaints Committee (ICC) on 3rd April 2025, from 2:30 PM to 6:30 PM. The event took place in the college premises and witnessed enthusiastic participation from faculty, students, and staff members.

The workshop commenced with an introduction by Dr. Mrs. Jayashri Aphale, IQAC Coordinator, who highlighted the importance of understanding arthritis through the lens of Ayurvedic science. The esteemed resource person for the workshop was Dr. Pravin Mane, a highly accomplished practitioner of Ayurveda with 18 years of experience in Karad.

About the Resource Person:

Dr. Mane holds a BAMS degree and serves as the Chief Physician at Mitram Ayurved, Kolhapur. He has developed his own line of Ayurvedic medicines and has conducted numerous initiatives aimed at spreading awareness about health and wellness:

- Delivered **30 lectures** on diabetes prevention.
- Conducted **25 sessions** on leading a healthy lifestyle.
- Featured in interviews on **Satara Akashvani** discussing Ayurveda and hair health, and on **Kolhapur Akashvani** discussing digestive health.
- Hosted **100 episodes** on **Mann Deshi Radio** about living a healthy life.
- Delivered online lectures on patient nutrition and treatment during the COVID-19 pandemic, benefiting colleges, sports institutions, and other communities.
- Runs an **Ayurveda-focused YouTube channel** with **126 educational videos**.
- Recipient of the prestigious **Sahyadri Bhushan Award**.
- Delivered talks on local Ayurvedic plants and their medicinal value.
- Served as the **Principal Guide** at the Cyrus Poonawalla Institute, Kolhapur.

Highlights of the Session:

Dr. Mane shared his expertise on the causes, symptoms, and Ayurvedic approaches to managing arthritis. He emphasized the role of a healthy diet, Ayurvedic herbs, and lifestyle modifications in alleviating arthritis symptoms. The audience gained insights into how Ayurvedic treatments and yoga can complement conventional therapies to achieve better outcomes. Prin. Dr. Shivling Menkundale chaired the session and explained the significance of ayurved ,Panchkarmand Yoga in today's busy life.on this occasion Physical Dorector and Coordinator of Health –Care Centr Ms.Smita Kumbhar announced **10 days Yoga camp for arthritis** for womenand appealed participants to join it for health betterment.

The event was skillfully compered by **Mr. Dilip Pawar**, who ensured smooth proceedings throughout the event. The vote of thanks was delivered by **Ms. Smita Kumbhar**, expressing gratitude to Dr. Mane, the organizers, and the attendees for making the event a success.This informative and interactive session inspired attendees to adopt a more holistic approach to health and highlighted the timeless relevance of Ayurveda in modern healthcare.**87** students and **29** teachers benefitted with this guidance.

Total Beneficiaries (116)

Photos:





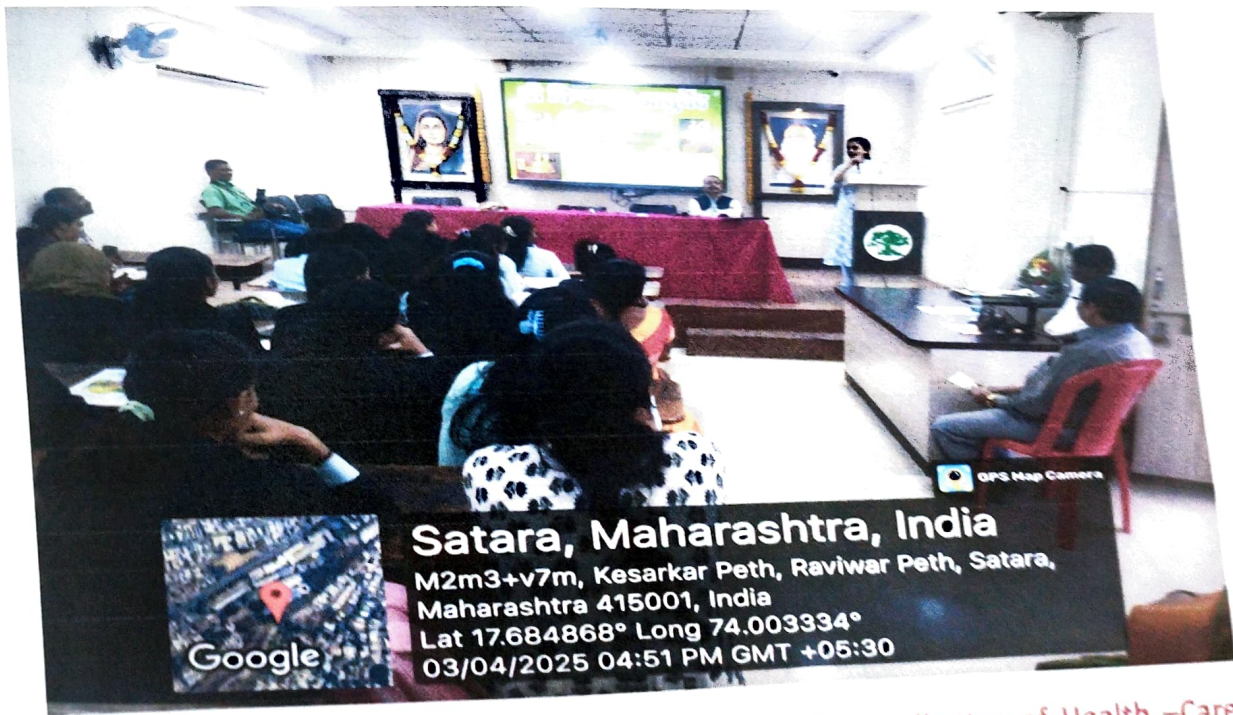
Dr.Pravin Mane Explaining the significance of Ayurved and Yoga for health



Participants 'appreciation at the guidance by Dr. Mane



Actual demo of ayurvedik treatment on student suffering from migraine and sinus



Ms. Smita Kumbhar, Organizer of workshop and Coordinator of Health -Care Committee expressing Vote of Thanks

Smita
 Director of Physical Edn.
 S. P. Mahila Mahavidyalaya,
 Satara

Shobhale
 IQAC
 Co-ordinator

Savitribai Phule
 Principal
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