

Introduction

Gokul Ayurvedic College deeply concentrates upon the intensification of academic standards which would fulfil dreams of students and parents who shows their trust upon our institution, right from the start. This institution not only helps the students gain theoretical knowledge, but also helps them gain practical knowledge from the hospital side. It is crucial for students to have an exemplary practical path to affirm the theoretical aspects of indigenous system of medicine. Our vision is to groom our students with sound theoretical knowledge with practical skills. It is fulfilled by the consolidation of co-curricular activities along with main stream learning process.

Activities Conducted

1.Examinations

1.1 Internal Assessment Examinations:

Internal assessment examinations are being conducted in every three months to make students update with the syllabus. Prior to university examinations, periodic internal tests build up confidence in students.

1.2 Surprise Tests

Surprise tests find its own way to mould students to beat the unexpected. It helps students to improve writing and presentation skills as they are bound to attempt the test extemporaneously. Teaching staffs used to conduct surprise tests keeping the strategy of bringing the best out of students. These are conducted every month.

1.3 Samhita Pathana

Students participate in the Samhita Pathana prior to the commencement of the college or during the Samhita Classes. First, Second and third year students read Ashtanga Hridaya and Charaka Sanhita under the guidance of Samhita Teachers

1.4 Medicinal Plant and Dry Drug Identification

Identification of medicinal plants is one of the most important aspect for students of Ayurveda. Students are made familiar with the Identification of Drugs in the Herbal Garden along with the microscopic view of certain plants along with Dravyaguna theory session. Department of

Dravyaguna Vijnana conducts identification of medicinal plant and dry drugs by organizing 'Medicinal Plant and Dry Drug Identification Competitions'. This helps to improve identification skills.

1.5 Prepared Medicine Identification Competition

Students of 2nd Prof.BAMS are regularly trained to handle various preparations as per their Bhaishajya Kalpana syllabus. Developing the skill to identify the finished product helps in understanding a particular formulation with aid of physical parameters. This will also furnish the base for better understanding of the formulation with other parameters during their higher studies. Hence Department of Rasashastra and Bhaishajya Kalpana conducts competitions to identify prepared medicine to nurture interest of students in Pharmacy related tasks.

2. WEBINARS/ SEMINARS- 2022

2.1 Guest Lectures

Guest Lectures on various topics were conducted by the Faculties of Gokul Ayurvedic College, Sidhpur.

In the month of January Dr. Miral Patel, Assistant Professor, Department of Shalakyta Tantra, delivered a lecture on Overview of Middle Ear Disorders and its Management at Parul University.

Dr. Nikita Parmar, Assistant Professor, Department of Swasthavritta, addressed about the role of Ayurveda in the Prevention of Communicable Disease to the students of Parul University.

Gokul Global University had organised a Seminar on Suicide Prevention on occasion of World Suicide Day in which the Speaker was Dr. Sunil Joshi, Prof & HOD, Department of Swasthavritta.

Under the Banner of Azadi Ka Amrut Mahotsava, a number of Guest Lectures were organised for various Target Groups.

The topics for these were Ayurveda Diet for Healthy Progeny by Dr. Sudesh Lamoriya, Associate Professor, Department of Prasuti Tantra and Stri Roga, Importance of Ayurveda Diet by Dr. Snehal Deshmukh, Assistant Professor, Department of Sasthavritta, Demos on Use of Millets in recipes for General Public, by Dr. Priya Chandrakumari, Assistant Professor,

Department of Dravya Guna, Ayurvedic Diet for Children, Youth and Geriatric by Dr. Amirthesh K, Assistant Professor, Department of Dravya Guna, Seasonal Ayurveda Diet by Dr. Hirva, Assistant Professor, Department of Samhita Siddant, Ayurvedic Diet for Common Symptoms and Disease, Dr. Amrita, Professor and HOD, Department of Samhita Siddanth. The target Group Included Students, Faculties and Public.

2.2 Invited Guest/ Subject Expert/ Speakers

Guest lectures provide an important educational experience for students based on real world life experience. Students get to see the insight and perspective of the guest lecturers specific field. This helps the students to create a meaningful learning connections.

Subject Experts/ Speakers were invited by the Gokul Ayurvedic College to improve the knowledge of the Students and Faculties. 11 Speakers solicited the events in this current year.

Dr, Sachin Deva, Prof. & HOD, Department of Roga Nidan, spoke on Clinical Case Recording , making it beneficial to the UG Students.

Dr. D.S Dave. Rtd. Principal from Govt. Ayurveda College, Vadodara conducted two seminars on Sushruta Samhita- A Birds View in two parts.

On Account of World Hepatitis Day, a guest lecture by Dr. Mahesh K, Senior Physician in the Clinical Research Department of Arya Vaidyashala, Kottakal was arranged by the Institution on the topic Liver and Biliary Tract Disorders, in which there was active participation from the Students and Faculty of the College.

A lecture on Importance of Organ Donation, by Dr. Arpita Shetty, Assistant Professor, Dept. of Rachana Shareera from Adichunchangiri Ayurvedic Medical College, Bengaluru on World Organ Donation Day, for Students and Faculty of Ayurveda.

A series of Guest Lecture by Faculties from Parul University was conducted for students of Gokul Ayurvedic College. The topics were on basis of Application and Importance of Nidan Panchaka, Samhita, Rasaoushadhis. Importance of Dravya Guna by Dr. Sachin Deva, Dr. Amit Upasane, Dr. Prasanna Mathad, Dr. Satej Bane respectively.

As a part of World Heart Day, a guest lecture for the students and faculty was organised by Gokul Ayurvedic College, on the topic Nidan Vivechana of Hridroga by Dr. Sachin Deva, Prof. & HOD, Dept. of RogaNidana. from Parul Institute of Ayurveda, Vadodara.

2.3 Transitional Curriculum

(A Lecture series for Fresher B.A.M.S students to explore extensive dimensions of Ayurveda)

As instructed by Central Council of Indian Medicine (C.C.I.M) a series of 34 lectures were organized for newly joined 1st Professional B.A.M.S students. The Inaugural Function was conducted in which the Registrar of Gokul Global University, graced the occasion. The Principal of Gokul Ayurvedic College, Dr. Sunil Joshi, spoke about the academic point of view.

Details of Transitional Curriculum sessions:

SL.NO.	DATE	TIME	TOPIC	RESOURCE PERSON
1.	18.04.2022	11.00AM-12.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor, Gokul Ayurvedic College
2.	18.04.2022	3.00PM-4.00PM	Orientation	Dr Sunil Joshi Prof & HOD Gokul Ayurvedic College
3.	18.04.2022	4.00PM-5.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor, Gokul Ayurvedic College
4.	19.04.2022	10.30AM-11.30AM	Demonstration Procedures	Dr. Priya Chandrakumari Asst. Professor Gokul Ayurvedic College
5.	19.04.2022	4.00PM-5.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor, Gokul Ayurvedic College
6.	20.04.2022	9.30AM-11.00AM	“Essential moral values for success in life” (Motivational speech by eminent person of ASU)	
7.	20.04.2022	4.00PM-5.00PM	“Legacy of Ayurveda” (Lecture by eminent person from ASU)	

8.	21.04.2022	10.00AM- 11.00AM	Professional Medical ethics	Dr. Sachin Deva Associate Professor Department of Roga Nidana PIA, Vadodara
9.	21.04.2022	11.30AM- 1.00PM	Skills-Basic life support and First aid	
10.	21.04.2022	2.00PM- 3.00PM	Importance of Diet in ASU	
11.	21.04.2022	3.00PM- 4.00PM	Team Building Activities	Mr. Pradhyumansinh Raj Director Carrer Development Wing Gokul Global University
12.	21.04.2022	4.00PM- 5.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor, Department of Samhita Siddhanta Gokul Ayurvedic College
13.	22.04.2022	10.00AM- 11.00AM	Personal health and Hygiene (Dinacharya)	
14.	22.04.2022	12.00PM- 1.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Department of Samhita Siddhanta Asst.Professor, Gokul Ayurvedic College
15.	22.04.2022	11.00AM- 12.30PM	Biomedical waste management	Dr. Sunil Joshi Dean GokulAyurvedic College Siddhpur
16.	22.04.2022	2.00PM- 3.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Department of Samhita Siddhanta Asst.Professor, Gokul Ayurvedic College
17.	22.04.2022	3.30PM- 4.30PM	Recent advances in ASU	
18.	23.04.2022	10.00AM- 11.00AM	Yoga and Meditation	Dr.Abhaysingh J Patil Assistant Professor Department of Swasthavritta

				BGGAC,Rajkot
19.	23.04.2022	12.00PM- 1.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor, Department of Samhita Siddhanta Gokul Ayurvedic College
20.	23.04.2022	2.00PM- 3.00PM	Computer skills	Manoj Patel IT Head Gokul Global University
21.	23.04.2022	3.30PM- 4.30PM	Know regulatory bodies & statutory bodies & major AYUSH institutions	Dr. Amirthesh K Asst. Professor Gokul Ayurvedic College
22.	25.04.2022	2.00PM- 3.00PM	Vadatu Samskritam	Mr.Jaysinh Gohil Asst.Professor Department of Samhita Siddhanta Bhargava Ayurvedic College Anand
23.	25.04.2022	4.00PM- 5.00PM	Vadatu Samskritam	Dr Pritesh Shukla Associate Professor, Department of Samhita Siddhanta GPIASR, Anand
24.	26.04.2022	12.00PM- 1.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor Department of Samhita Siddhanta Gokul Ayurvedic College
25.	26.04.2022	2.00PM- 3.00PM	Biodiversity and ASU	
26.	27.04.2022	11.00AM- 12.00PM	Biodiversity and ASU	
27.	27.04.2022	2.00 P.M- 3.00 P.M	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor Department of Samhita Siddhanta Gokul Ayurvedic College
28.	28.04.2022	10.00AM- 11.00AM	Stress management and capacity building to address medical challenges	
29.	28.04.2022	11.30AM- 12.30PM	National Health Status, Goals & Policies	

30.	29.04.2022	11.00AM- 12.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor Department of Samhita Siddhanta Gokul Ayurvedic College
31.	29.04.2022	3.00PM- 4.00PM	Vadatu Samskritam	Mr.Manjeet Vadher Asst.Professor Department of Samhita Siddhanta Gokul Ayurvedic College

Know your Campus

The students were introduced to the University Campus. The teachers from Gokul Ayurvedic college accompanied the students.

Pre test, Post Test and Feedback

A pretest and post test as conducted for the students before and after the inaugural function. The students were able to understand about the course in a better way after the function. A feedback form was also collected from the students side after the completion of curriculum.

2.4 Workshop

A three day workshop on Marma Chikitsa (Basic Tenets in Ayurveda and Therapeutic Approaches) was conducted by Gokul Ayurvedic College from 30/06/2022 to 02/07/2022. The workshop covered all the aspects of Marma Chikitsa. The Speaker helped the students to identify the symptoms based on each affected Marma and also guided them with the treatment aspect. 175 Students Participated in the same

One Day Workshop on BLS Training and Breast Cancer Awareness was conducted by Gokul Ayurvedic College in which the UG Students and Faculties participated. The workshop was held on 07/10/2022 in which 300 participants were involved.

3. World Environment Day

On account of World Environment Day Medicinal Sapling Cultivation and Distribution was conducted.

3.1 Medicinal Sapling Cultivation

Cultivation of Medicinal Plants play an important role in the life of students and also the villagers. Inorder to sensitize the students towards the need to preserve our environment and ecology, the Department of Dravya Guna Vigyana, Gokul Ayurvedic College, conducted Medicinal Plant Cultivation Drive. 135 Medicinal Plant Saplings were cultivated on two different occassions. 75 saplings were cultivated by the Chairman of Gokul Global University, Shri. Balwant Singh Rajput on 23/03/2022 and this area was termed as Poshaka Vana. 60 saplings were cultivated on 05/06/2022 by the second year students of Gokul Ayurvedic College on account of World Environment Day. The Importance of the saplings planted was explained. The Programme was graced by the Pro Vice Chancellor Dr. Akhil Sayyed and The Principal of Gokul Ayurvedic College, Dr. Sunil Joshi.

3.2 Medicinal Plant Distribution

Distribution of Medicinal Plants help the Villagers to create awareness about these in day to day life. 150 Medicinal Plants were distributed in different Villages of Sidhpur. Awareness Classes stating the importance of these plants to the public was conducted.

4. International Yoga Day

The 8th International Yoga Day was celebrated across the Globe on 21st June 2022. Gokul Ayurvedic College organised many activities during this event.

4.1 Webinar

A webinar on Importance of Yoga in today's Era was conducted by Dr. Krunal Sinh Thakor, Assistant Professor, Department of Swasthvritta, Indian Institute of Ayurveda and Research, Rajkot as a part of international Yoga Day. The Faculties and Students of the college participated in the same.

4.2 Essay Competition:

Essay Competition was organised on occasion of International Yoga Day in collaboration with Azadi ka Amrut Mahotsava on 16/06/2022. The topic of the competition was Karo Yog Raho Niroga. 17 students participated in the competition. The Essay was written in English, Hindi and Gujarati.

4.3 Rangoli Competition

The students participated in the Rangoli Competition that was organized on account of International Yoga Day collaborating with Azadi Ka Amrut Mahotsava on 17/06/2022. 5 groups of 4 students each participated in the Competition. The topic for the Competition was *Karo Yog Raho Niroga*.

4.4 Yoga Competition

Yoga Competition was organised for students on 20/06/2022 as a part of International Yoga Day in collaboration with Azadi Ka Amrut Mahotsava. A total of 5 students participated in the same.

5. Charaka Jayanti Celebration

Charaka Jayanti is celebrated as a tribute to Acharya Charaka who is also known as Father of Indian Medicine. In the holy month of Shravan, the 5th Day of the Shukla Paksha is celebrated as Charaka Jayanti to venerate the contribution of Acharya Charaka in the field of Ayurvedic Science.

Charaka Jayanti Celebration was organised in Gokul Ayurvedic College from 01/08/2022 to 05/08/2022. Various Competitions were organised for the Student Community.

5.1 Pick and Speak

On 01/08/2022, Pick and Speak was conducted, where the students were asked to pick up a topic from the Lots given and speak. The students eagerly took part in this competition and gave their best performances.

5.2 Samhita Poojan and Pathana

Samhita Poojan and Pathana was organised by the Dept. of Samhita, Gokul Ayurvedic College. The Pro Vice Chancellor , Gokul Global University and the Principal, Gokul Ayurvedic College, Dr. Sunil Joshi inaugurated the Function. The Faculties along with the students performed Charaka Samhita Pathan, on 02/08/2022.

5.3 Poster Competition

Poster Competition was conducted for the Students of all the three years of B.A.M.S. on 03/08/2022. The topic of Poster competition was Dinacharya. Posters were presented by Students and answered the questions put forth by the judges.

5.4 Elocution Competition

Elocution Competition was held on 04/08/2022. Topic of the competition was. The Students actively participated in this competition also.

5.5 Quiz competition

Quiz competition was organised as a part of Charaka Jayanti Celebration. 3 groups containing 2 students each participated in the competition.

6. World Nutrition Day

As a Part of World Nutrition Day Ayur Food Fest was conducted on 10th September 2022. Atleast 17 groups of Students contributed to this Fest. The Students prepared different food recipes in Ayurvedic way like Ayurveda Panipuri, Ayurveda Chaas, Beetroot Halwa etc. The Programme was inaugurated by the Chairman of Gokul Global University, Shri. Balwant Singh Rajput.

7. Book Exhibition

Gokul Ayurvedic College along with Chaukambha organised a three day Book Exhibition for the students on F.Y.B.A.M.S, S.Y.B.A.M.S and T.Y.B.A.M.S. The students were highly benefitted from this exhibition as they could go through books of various authors in each subject.

8. Student Activities

Gujarat Gyan Guru, Govt. of Gujarat, organised a Taluka Level Quiz Competition on 10/07/2022, in which Our Student From FYBAMS participated and won the 9th position.

9. Medical Camps

Medical Camps are held every week in different villages of Sidhpur. The patients are consulted for their problems and medicines are given accordingly. Awareness is created amongst the people about the Life Style Disorders. Follow up of the patients who consulted during the Medical Camp was also carried out.