

AYURGRAMA 3.0

Reach Ayurveda to Each

INDRIYA AROGYA

A Magazine on
Sensory Health & Ayurvedic Awareness

चक्षु
VISION

श्रवण
HEARING

घ्राण
SMELL

रसना
TASTE

स्पर्शन
TOUCH

Government Ayurved College & Hospital, Jalgaon

Academic Year 2026



GOVERNMENT
AYURVEDIC COLLEGE
JALGAON



सत्यमेव जयते



AYURGRAM 3.0

INDRIYA AROGYA • REACH AYURVEDA TO EACH



📍 **VENUE**

Government Ayurvedic College Jalgaon,
Shirsoli Road

425003



**SURVEY
RECORD**



**DATA
ANALYSIS**

AYURGRAM 3.0 – INDRIYA AROGYA • REACH AYURVEDA TO EACH

2



SURVEY CONDUCTED

This survey was conducted under the **Ayurgrama** Programme from **1st July to 3rd July 2026** to assess awareness regarding Indriya Swasthya among our college community.



PARTICIPANTS

The participants included BAMS students from First Year to Final Year, teaching staff, non-teaching staff, nursing students, and pharmacy students.



RESPONSE SUMMARY

250 responses.

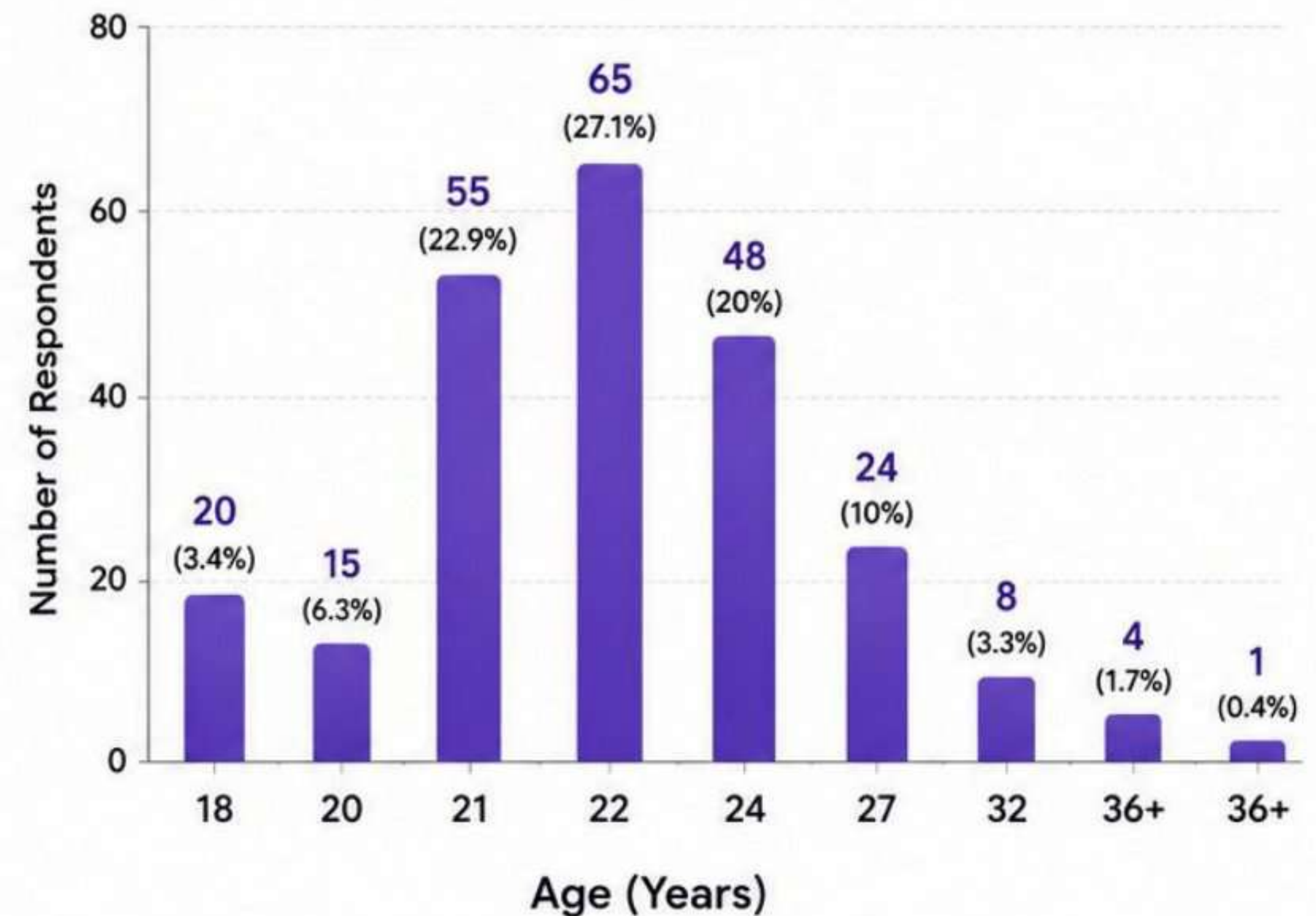


DATA ANALYSIS

The collected data was analysed, and the key findings are presented in the following slides.

AGE DISTRIBUTION OF RESPONDENTS

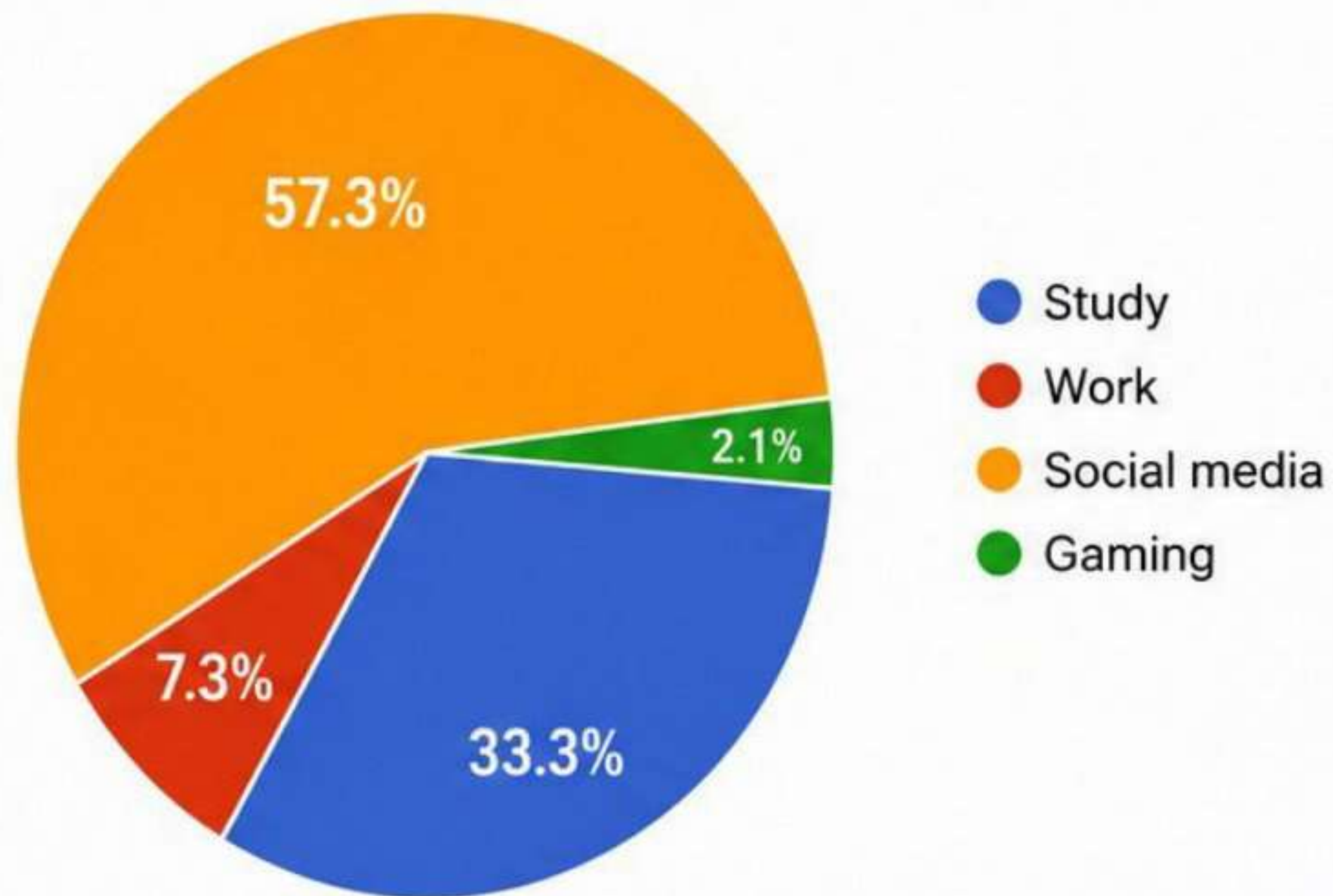
Total Responses
~250





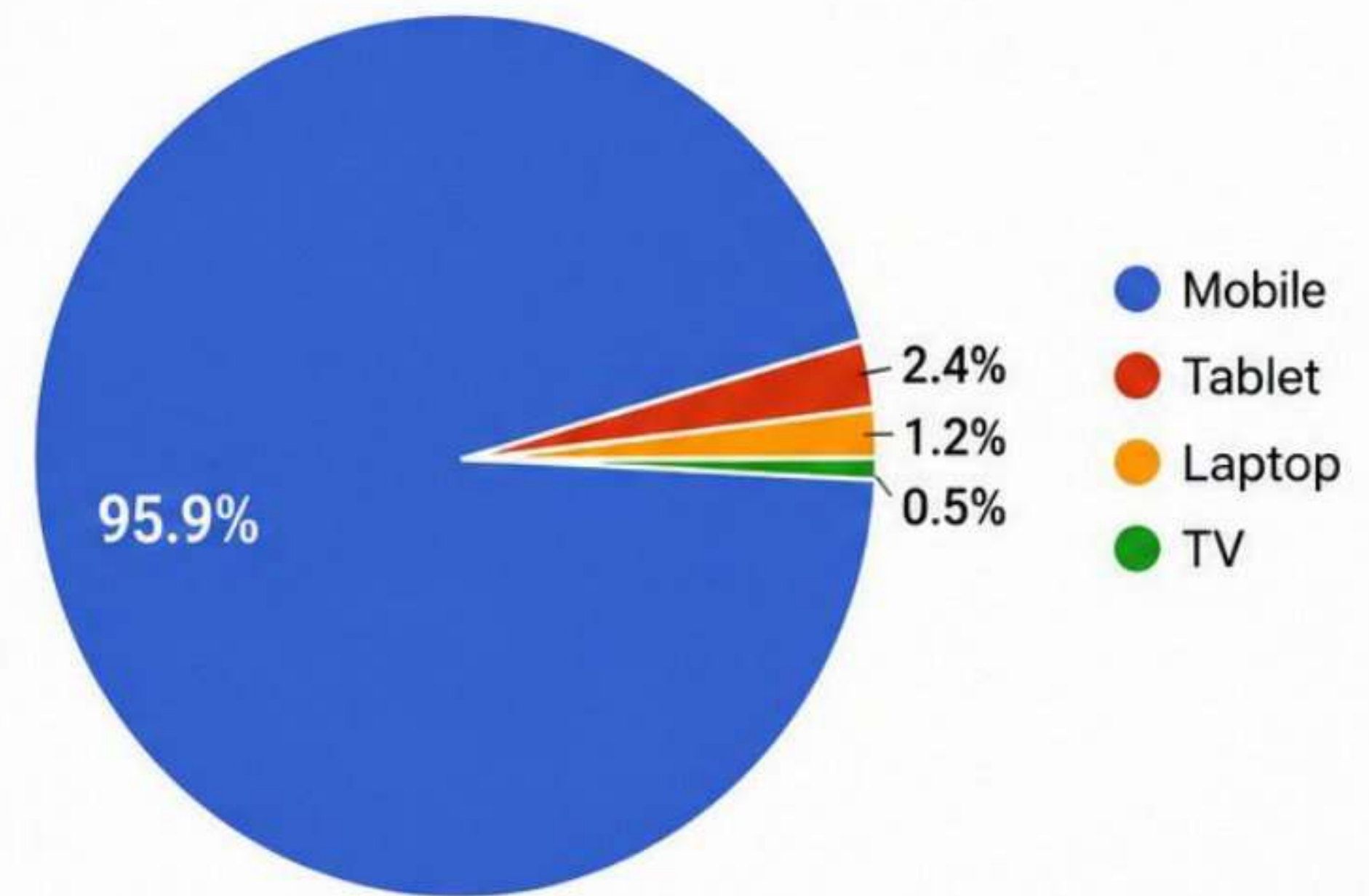
1. MAIN PURPOSE OF SCREEN USE?

246 responses



2. WHICH DEVICE DO YOU USE THE MOST?

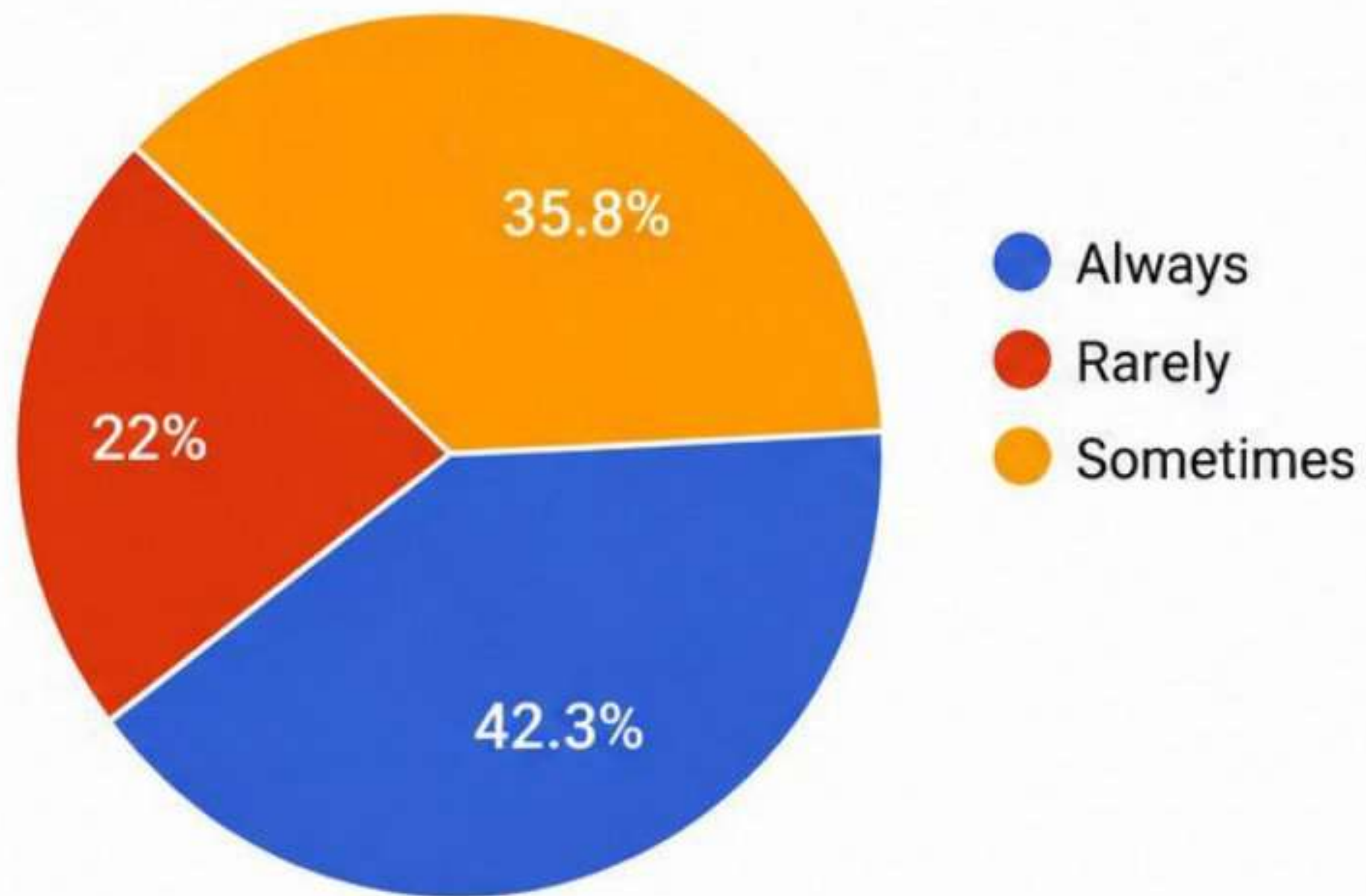
246 responses





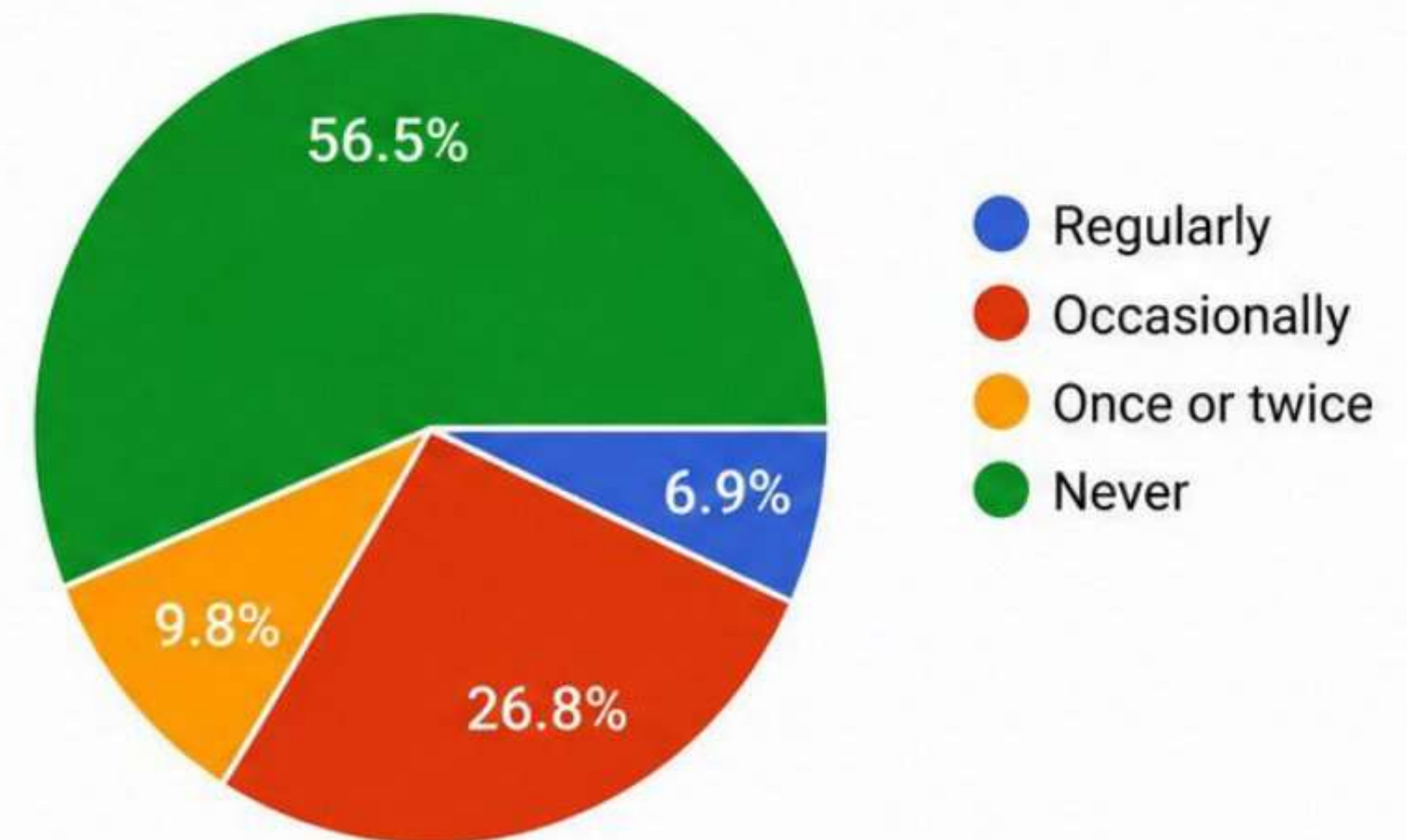
3. DO YOU PROTECT YOUR SKIN FROM EXCESSIVE SUNLIGHT AND POLLUTION?

 **246** responses



4. HAVE YOU EVER FOLLOWED ANY AYU PRACTICE FOR EYE OR ANY OTHER INDRIYA?

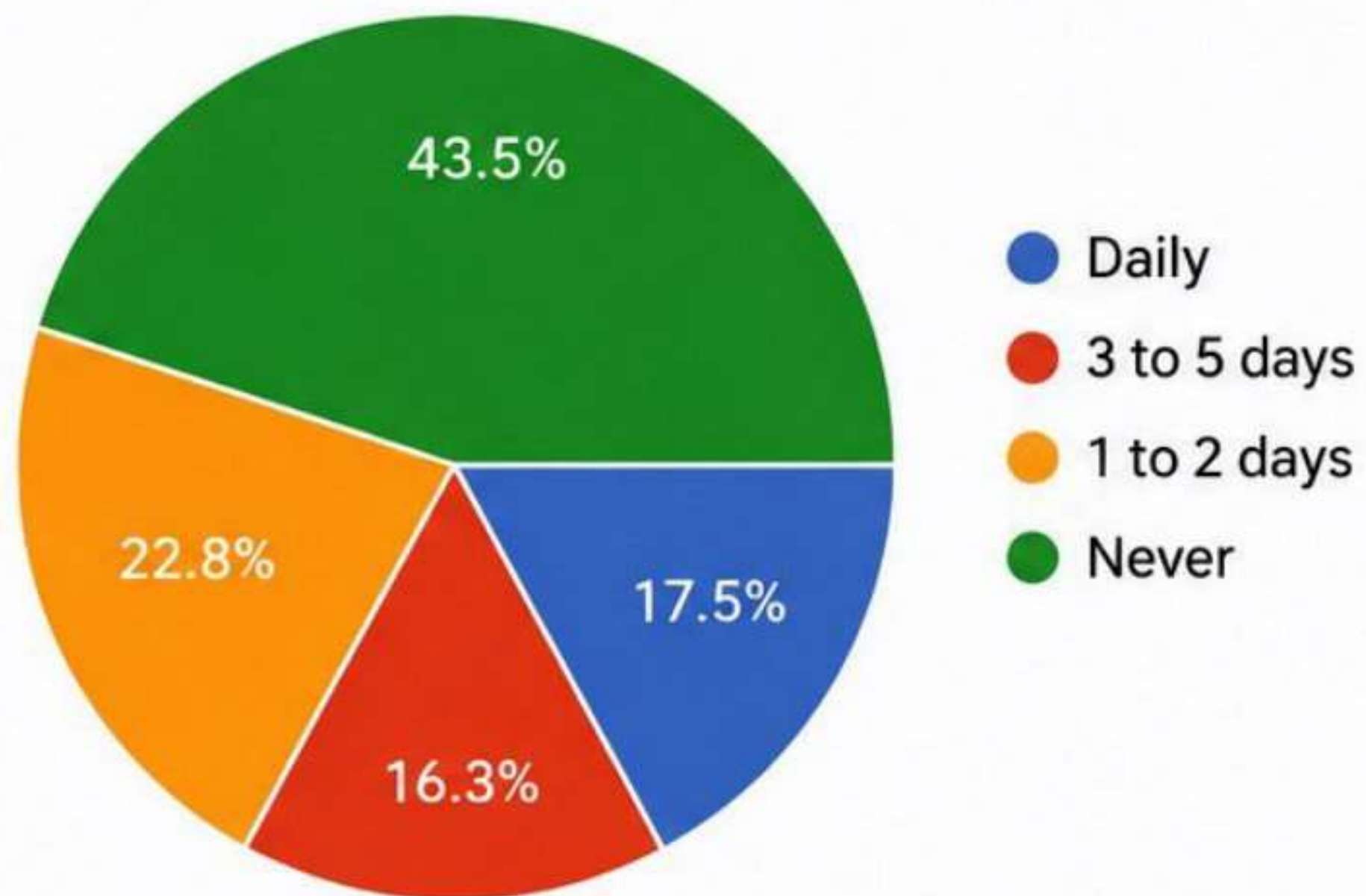
 **246** responses





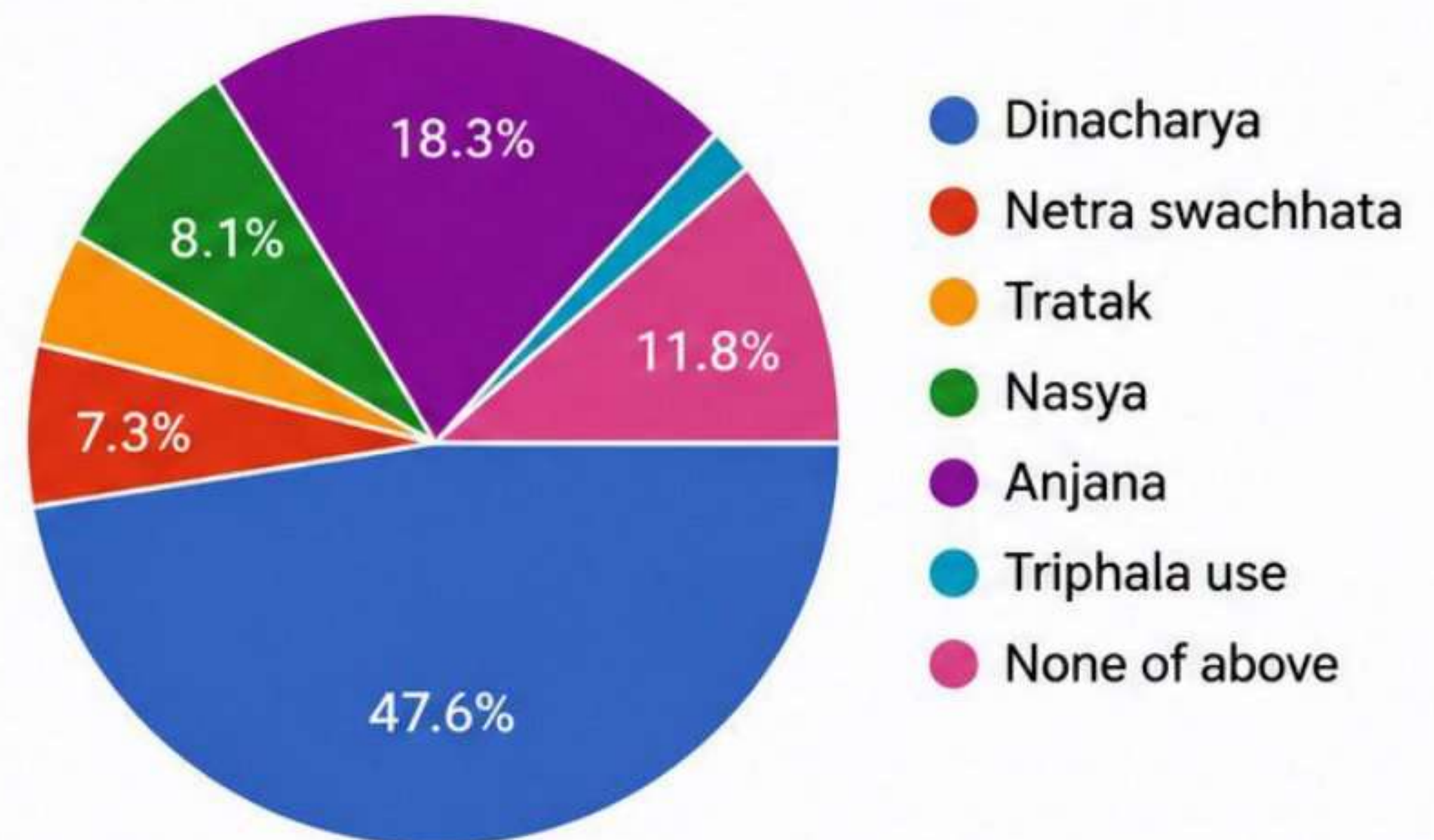
5. HOW MANY DAYS PER WEEK DO YOU PERFORM YOGA OR EXERCISE?

 **246** responses



6. WHICH AYURVEDA PRACTICE OF INDRIYA HEALTH ARE YOU AWARE OF?

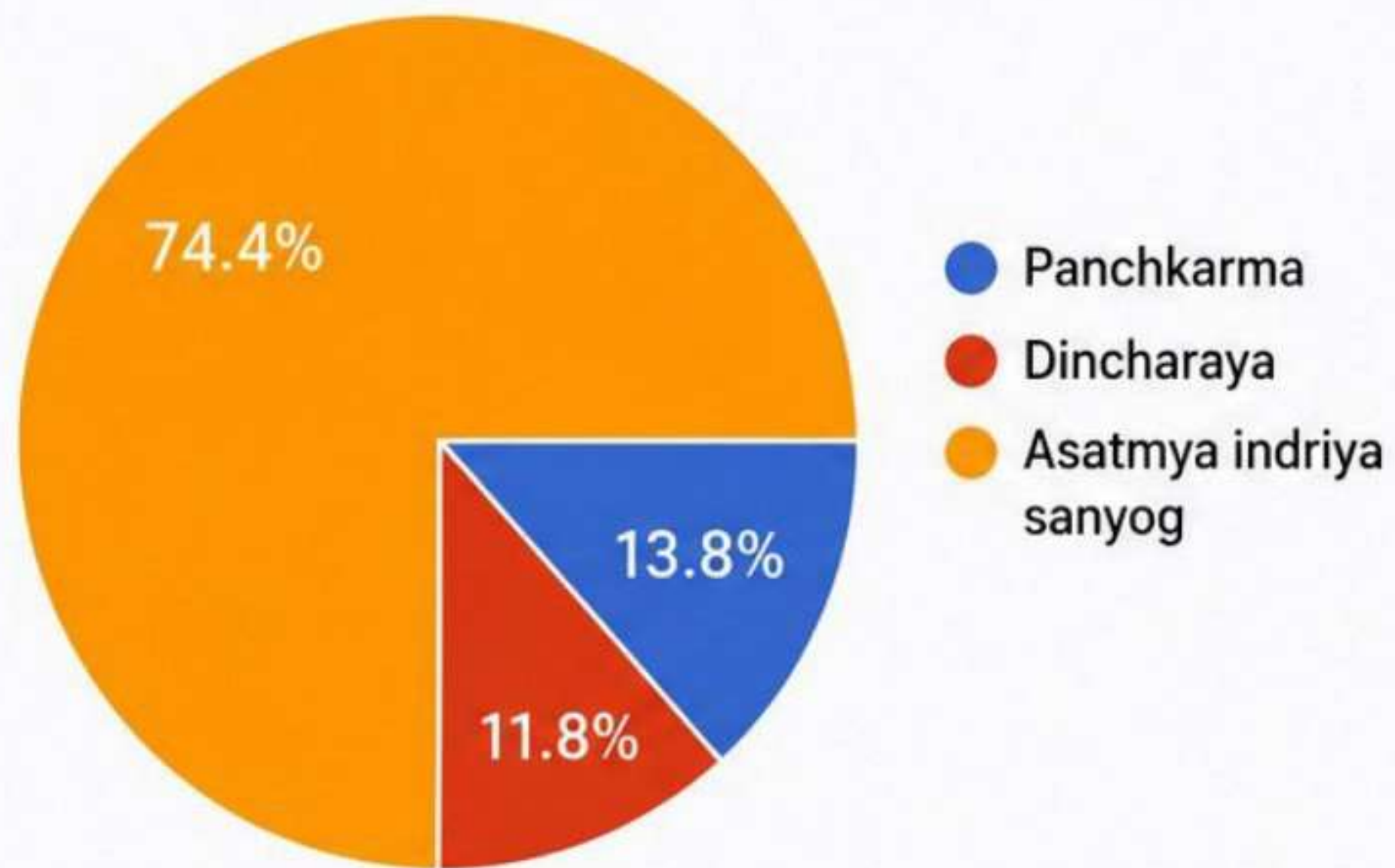
 **246** responses





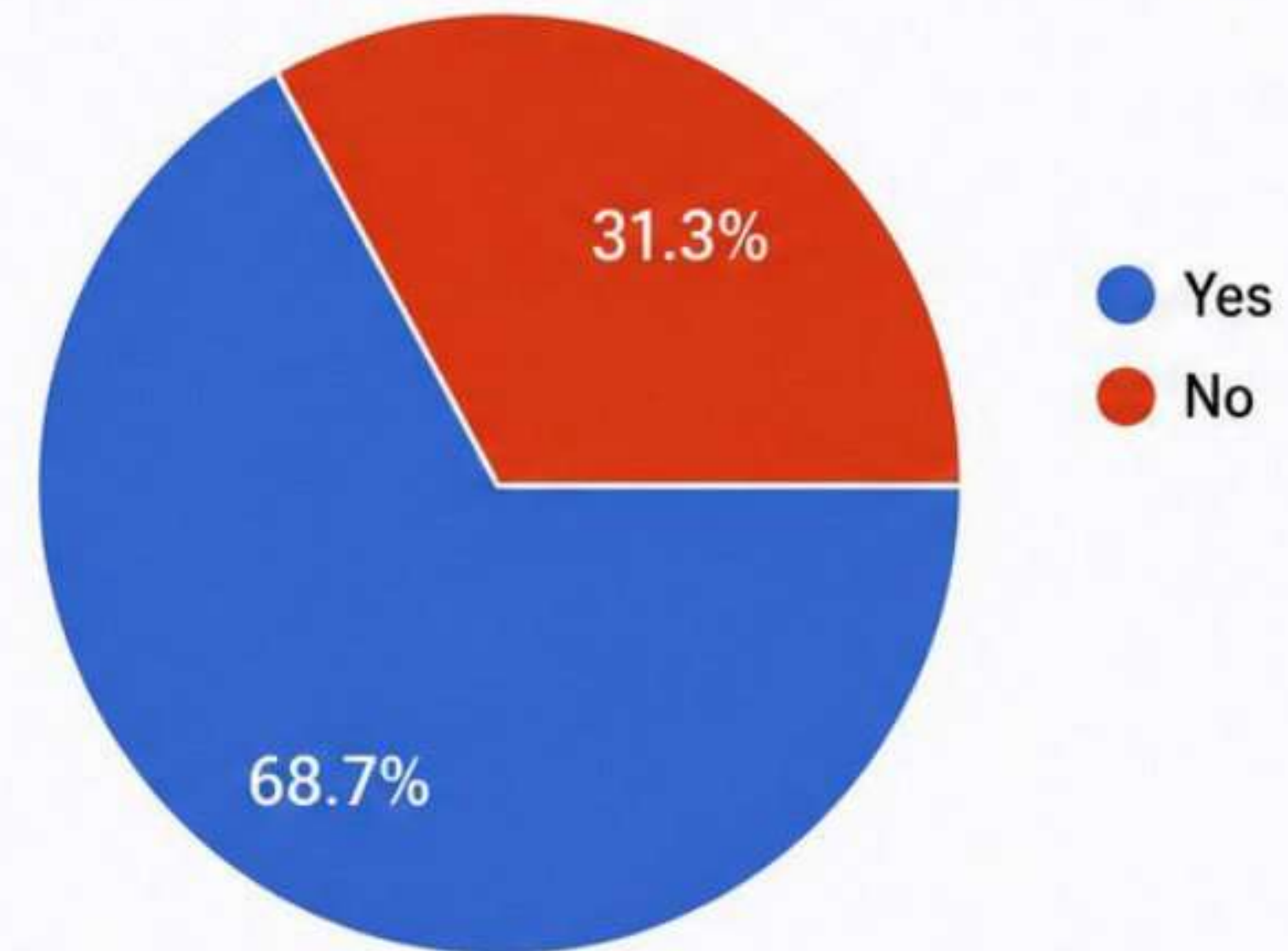
7. WHICH AYURVEDIC CONCEPT IS ASSOCIATED WITH DISEASES CAUSED BY IMPROPER USE OF THE SENSES?

 **246** responses



8. HAVE YOU EVER HEARD ABOUT AYURVEDIC CONCEPT OF INDRIYA SWASTHYA?

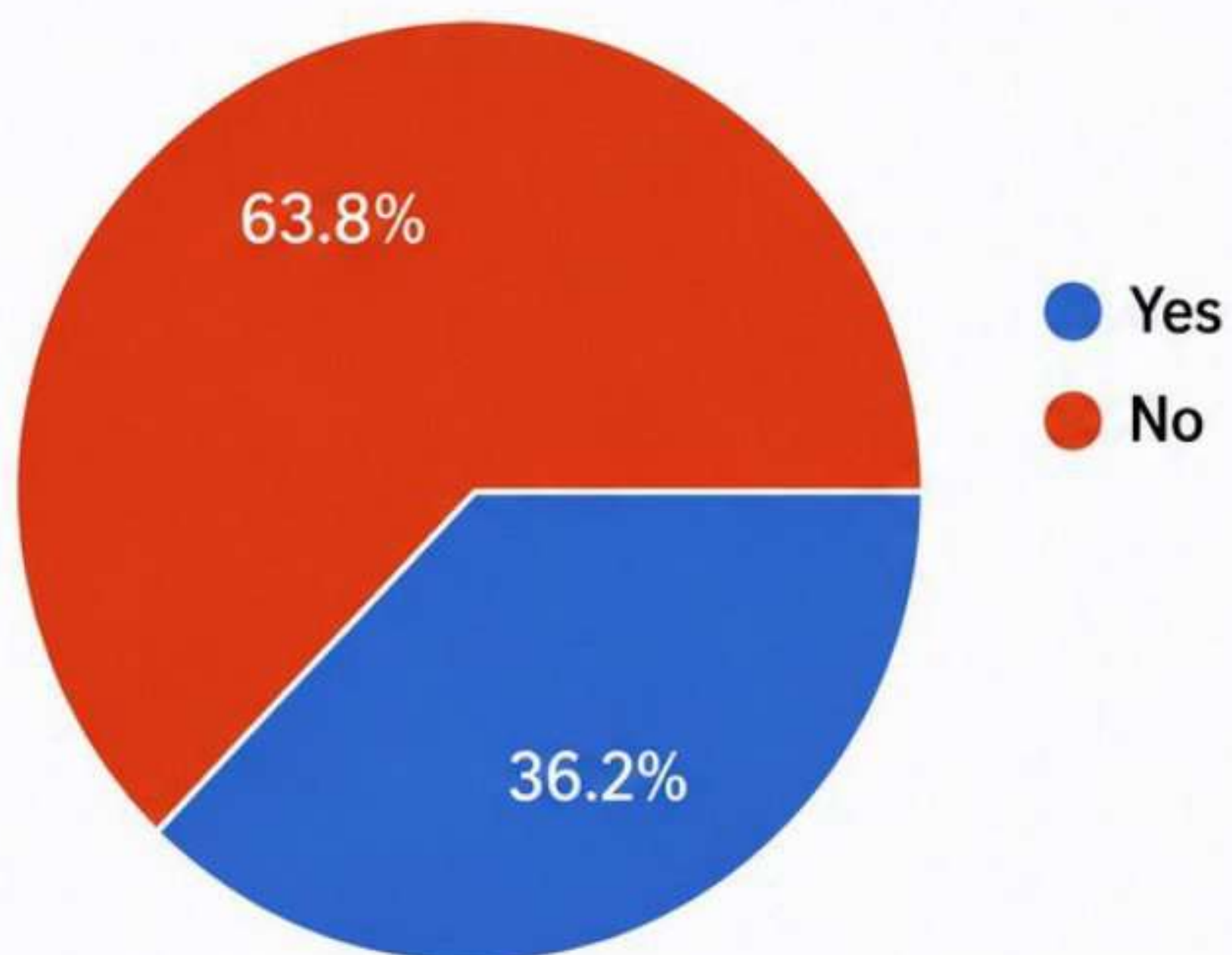
 **246** responses





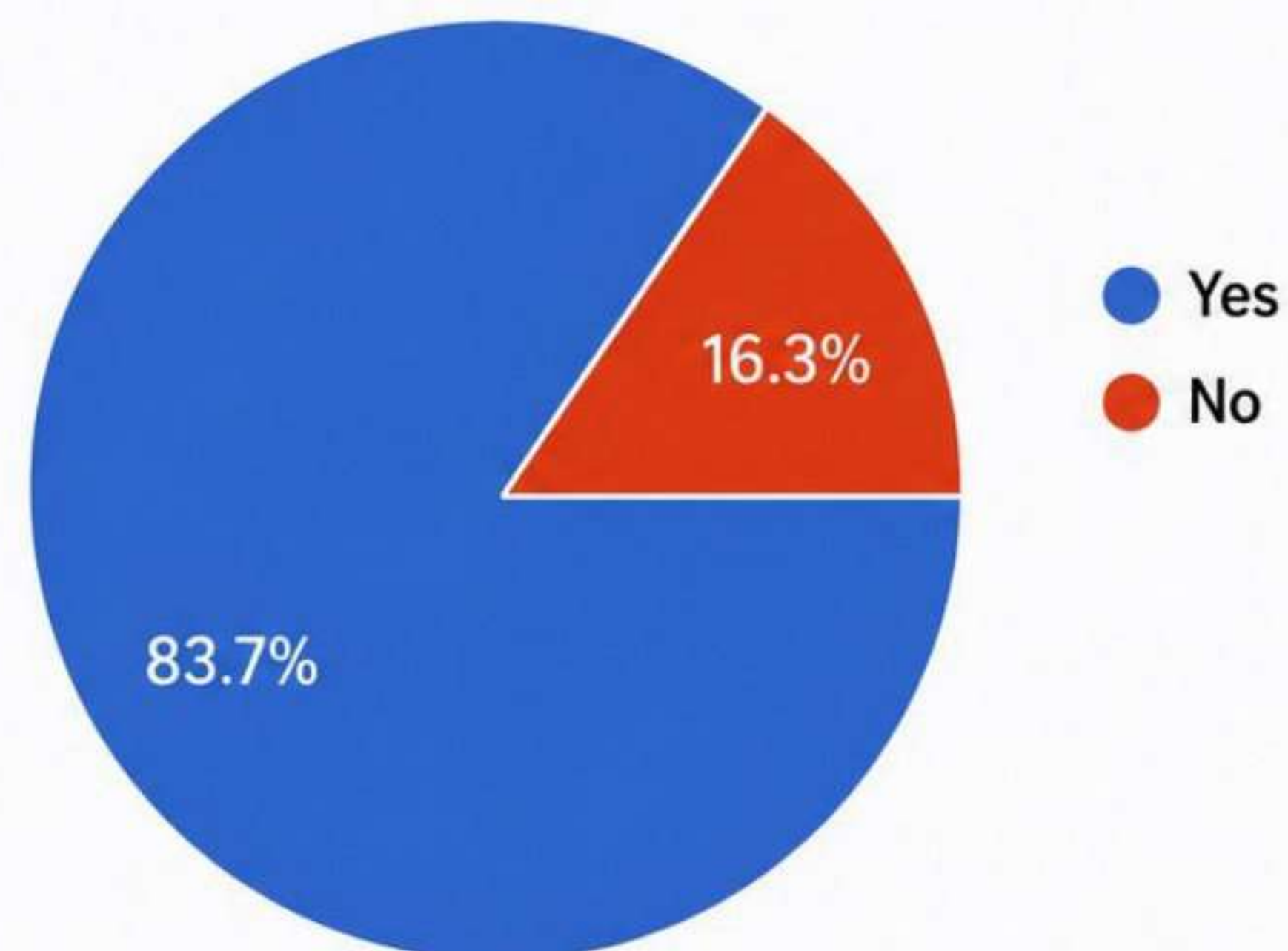
9. DO YOU EXPERIENCE
FREQUENT SKIN DRYNESS,
ITCHING, OR ALLERGIES?

 **246** responses



10. DO YOU CLEAN
YOUR TONGUE DAILY?

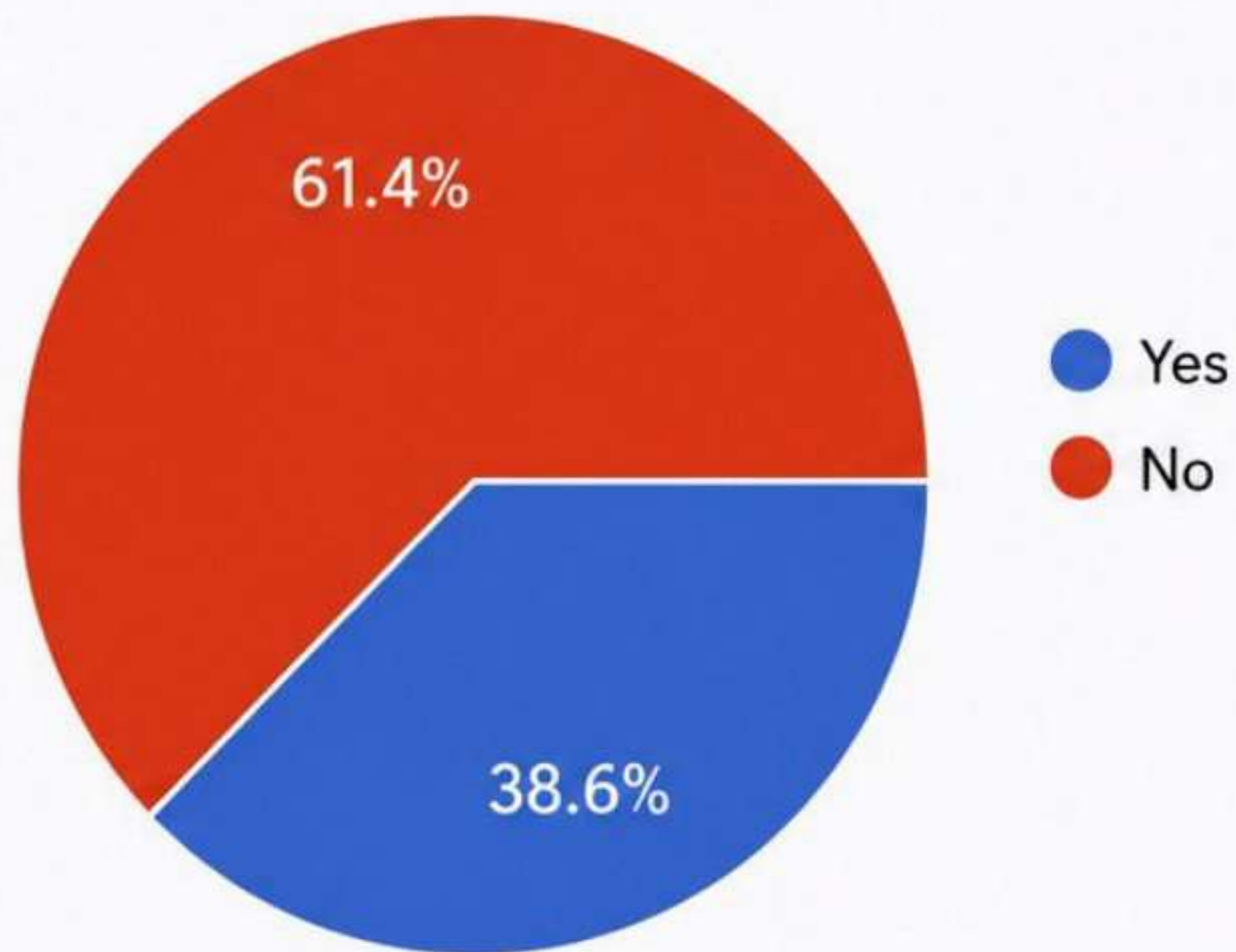
 **246** responses





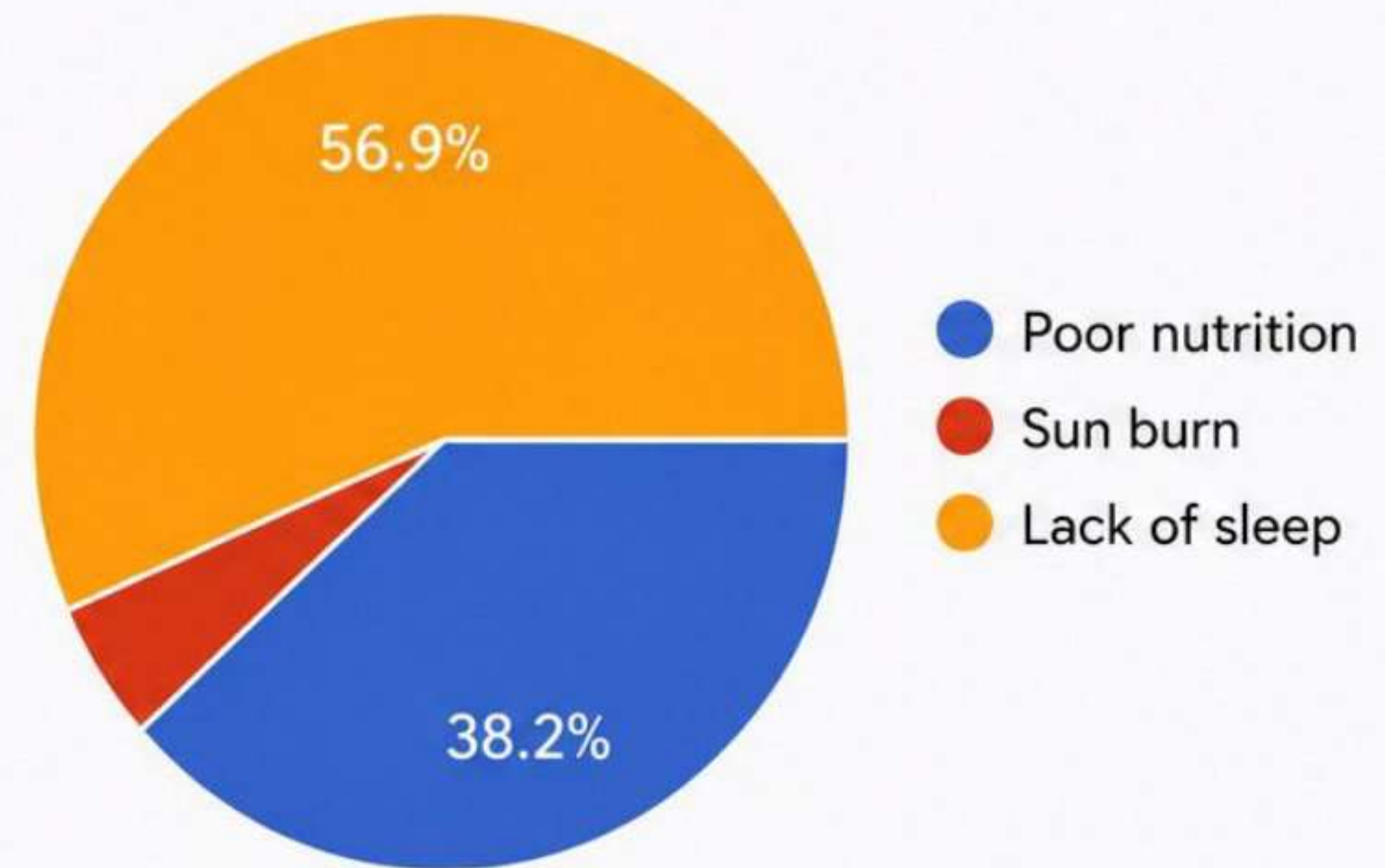
11. ARE YOU AWARE OF 20-20-20 RULE OF BREAK TAKING?

 **246** responses



12. ACCORDING TO YOU WHAT IS BIGGEST CAUSE OF INDRIYA PROBLEMS?

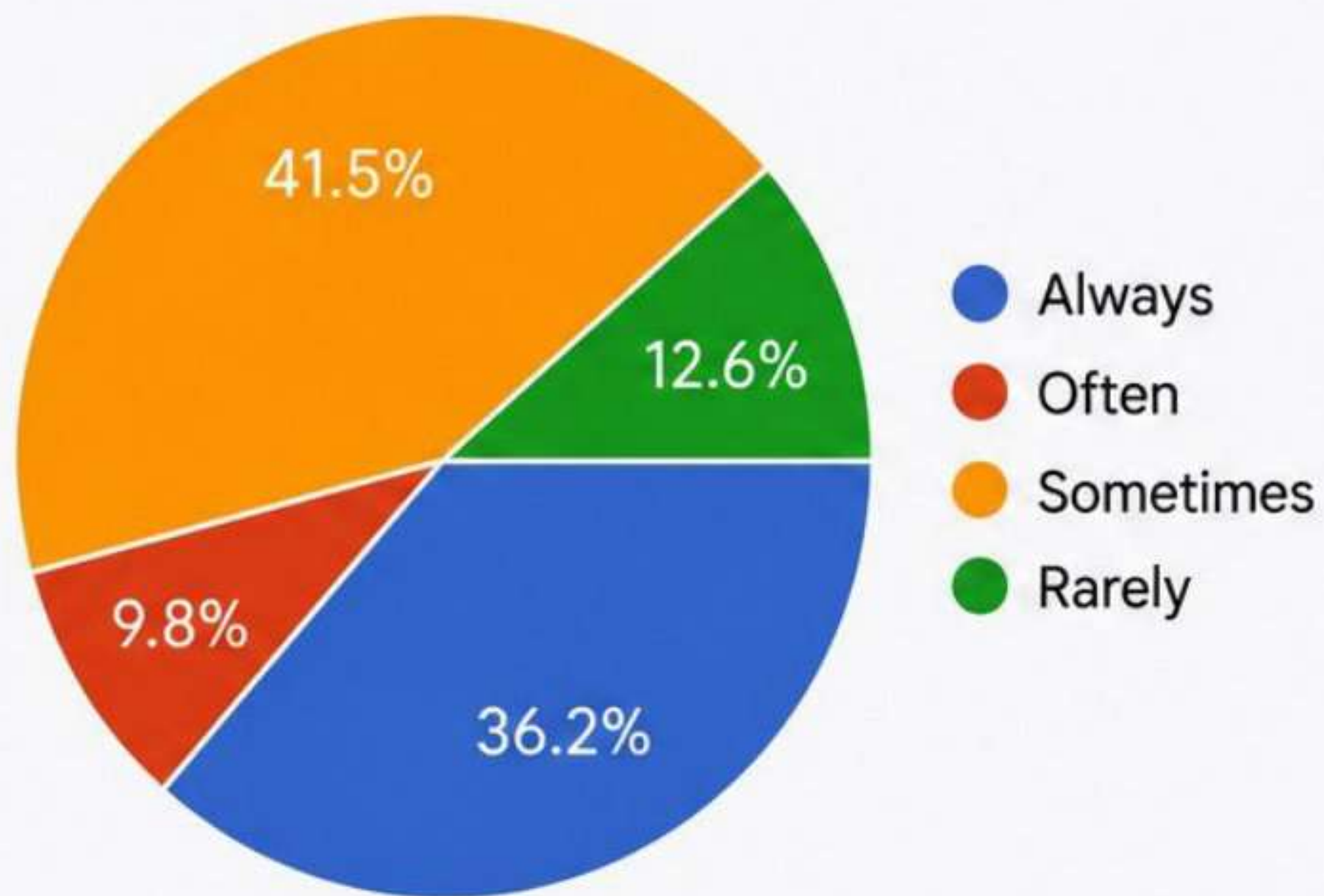
 **246** responses





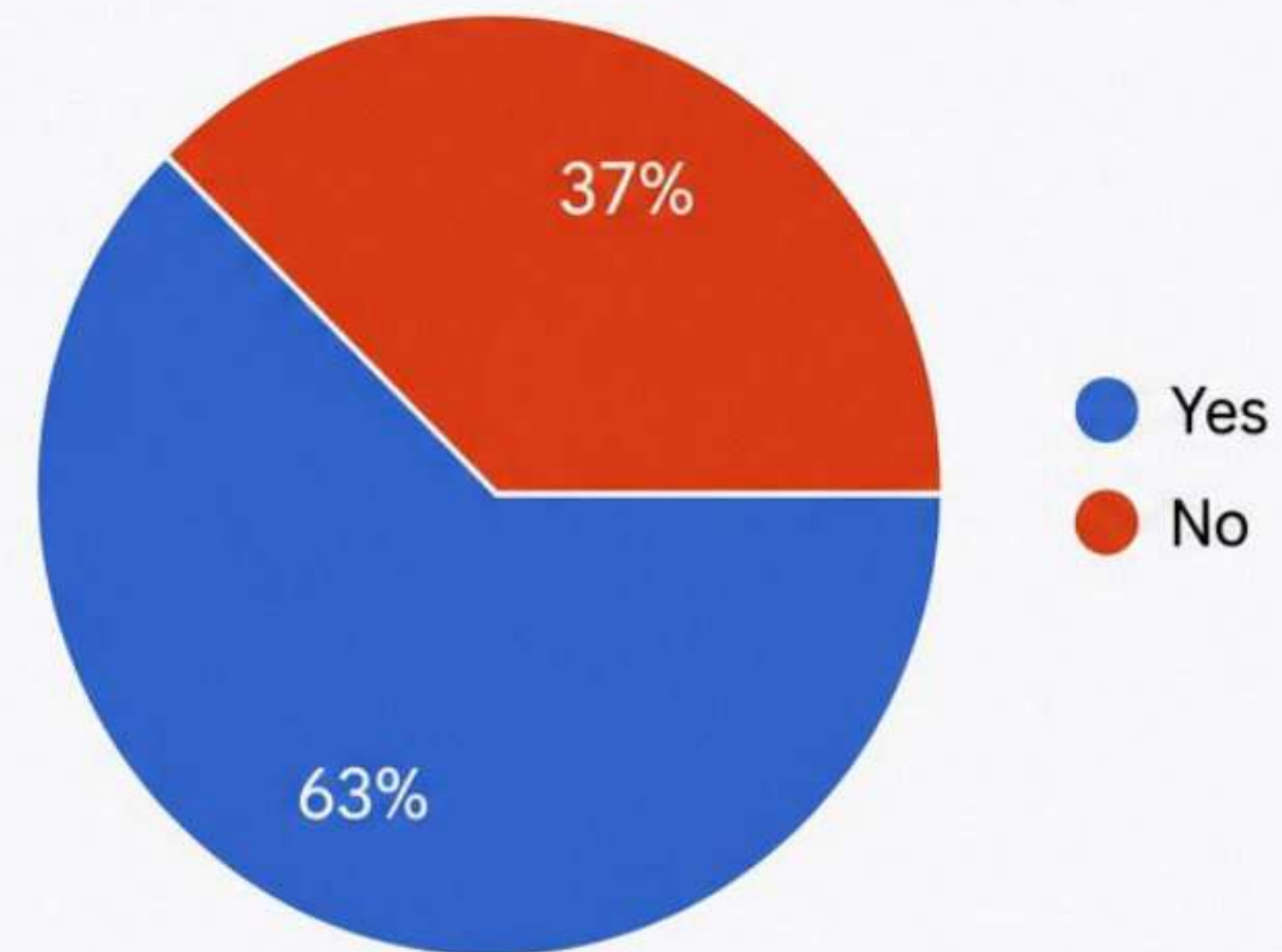
13. DO YOU USE PHONE IN DARK BEFORE SLEEPING?

 **246** responses



14. DO YOU SPEND AT LEAST 30 MIN IN OUT DOOR ACTIVITIES?

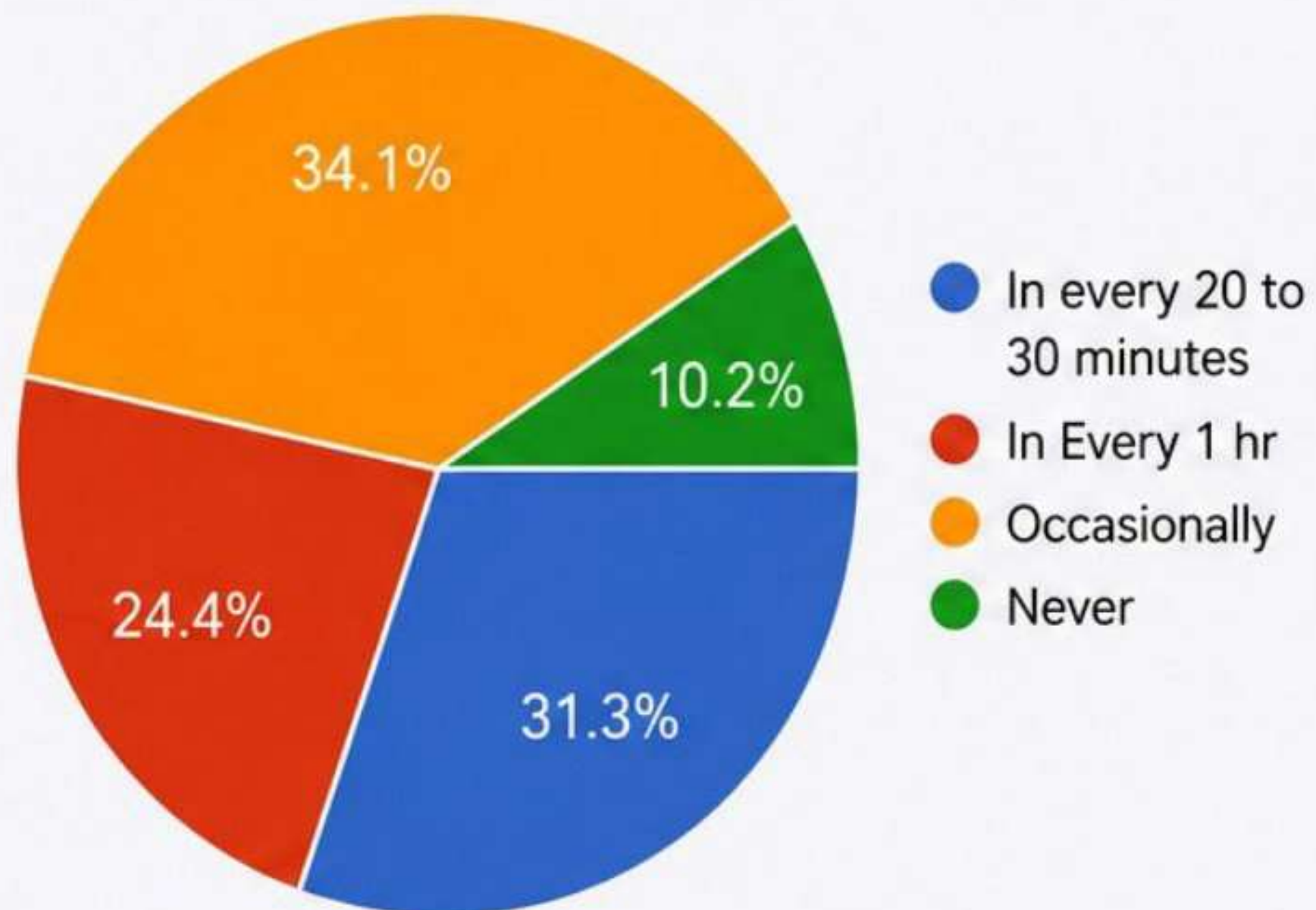
 **246** responses





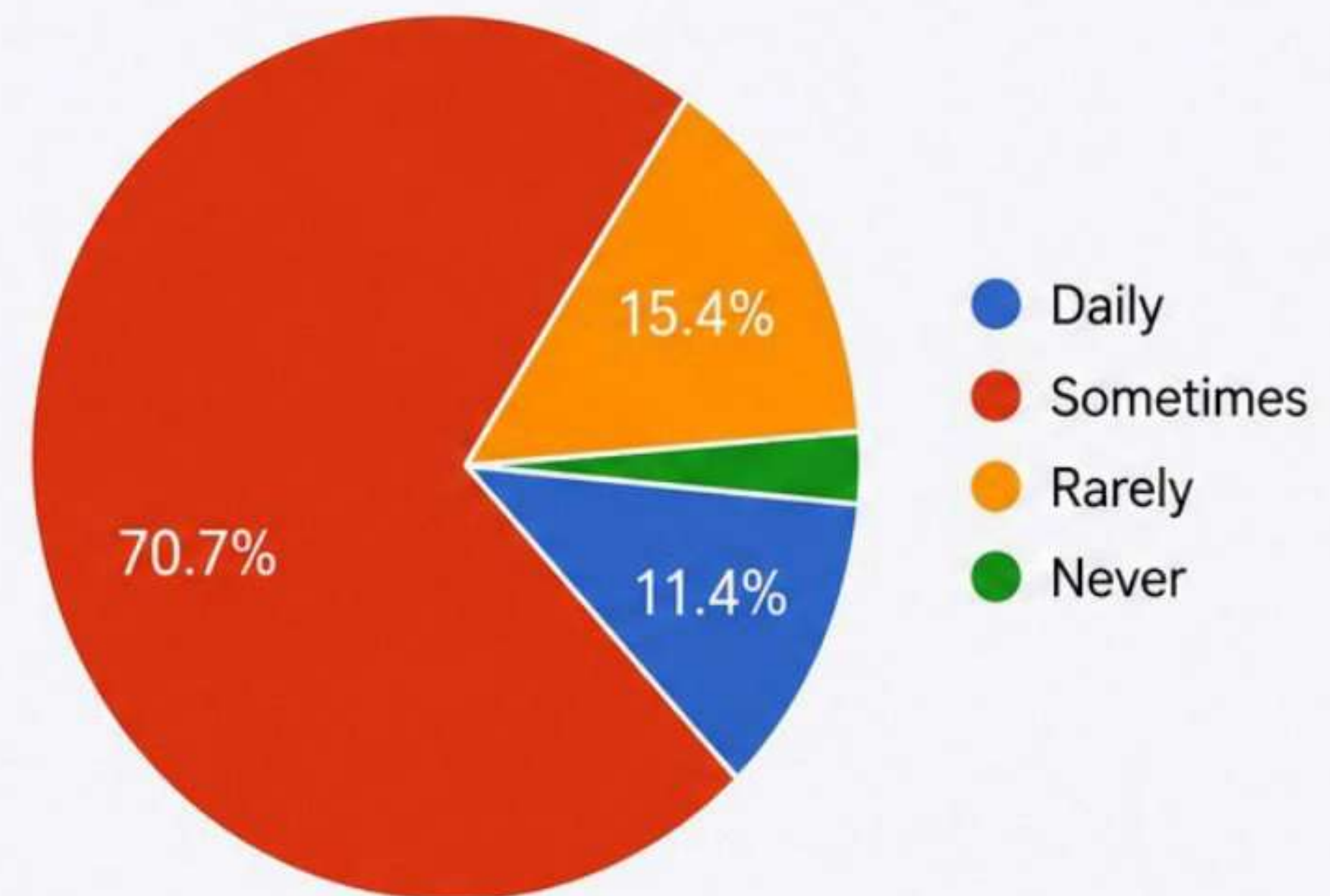
15. DO YOU TAKE BREAK WHILE USING DIGITAL DEVICES?

 **246** responses



16. DO YOU EAT NUTRITIONAL FOOD LIKE FRUITS ?

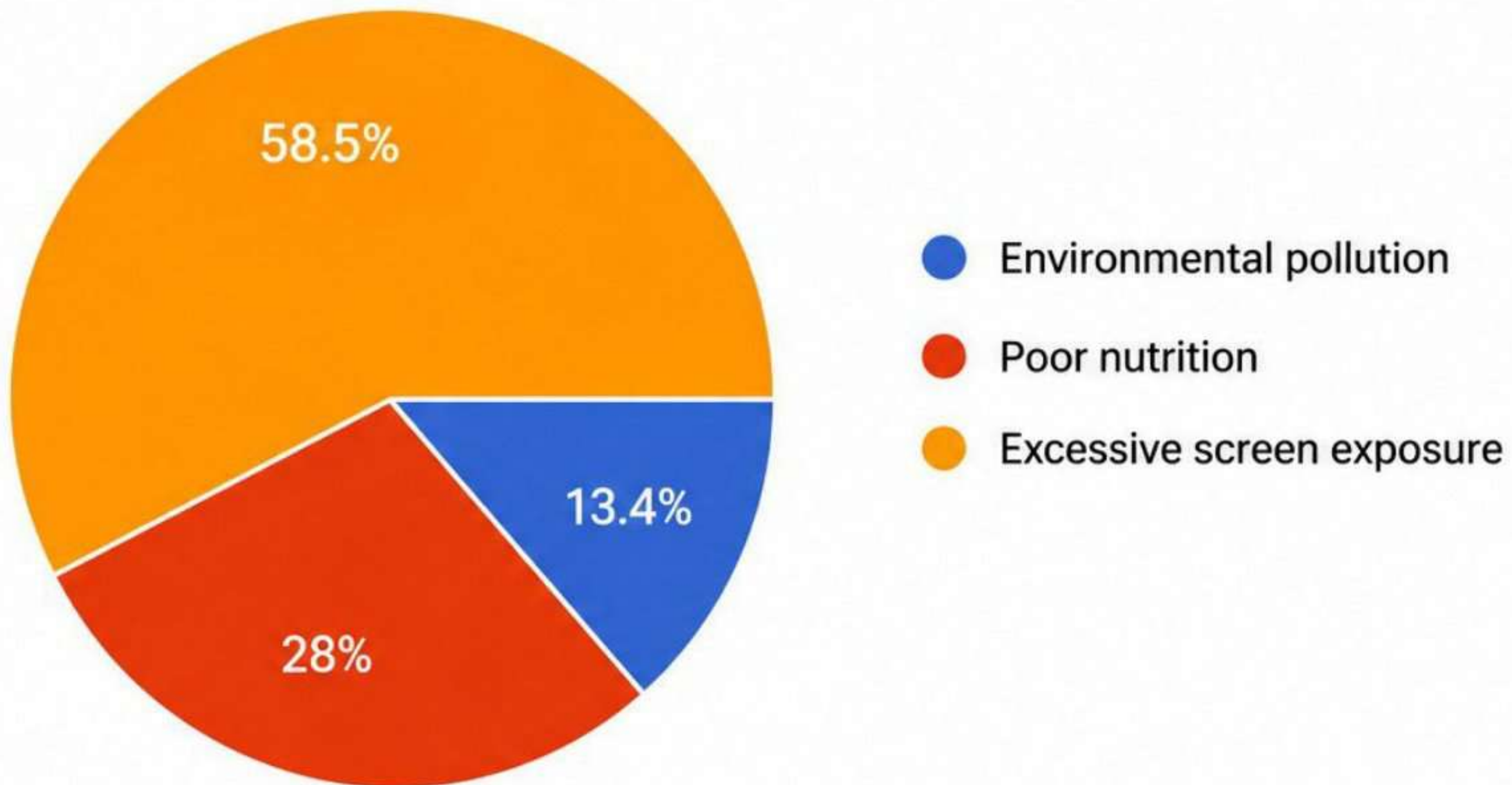
 **246** responses





17. WHICH FACTOR MOST COMMONLY AFFECTS THE HEALTH OF THE SENSE ORGANS?

 **246** responses





18. ANY SUGGESTIONS FOR IMPROVING AWARENESS ABOUT INDRIYA AROGYA IN YOUR COLLEGE?

 244 responses

Yo improve awareness about indriya arogya, the college can organize awareness programs, health camps and guest lecturers in sense organ health. Students should be encouraged to follow a healthy lifestyle, maintain personal hygiene, practice yoga and limit excessive screen time to protect their indriyas .

Conduct medical camps

Daily yoga session can be done

Muscle cramps problem solving , joint pains and back pain problems



FUTURE INITIATIVES FOR PROMOTING INDRIYA SWASTHYA

Based on the findings of this survey, we propose the following initiatives:



Free Eye Check-up Camps for early detection of vision problems.



Yoga and Meditation Sessions to improve physical and mental well-being.



Awareness Programs on healthy lifestyle practices and Indriya Swasthya.



Digital Eye Health Campaigns promoting safe screen-time habits and the 20-20-20 rule.



Thank You!



Together, let's build a healthier tomorrow
through awareness, Ayurveda
and mindful living.



Healthy Senses
Healthy Life



Balance
Body & Mind



Ayurveda
for Wellness



Awareness Today
Wellness Forever

Stay Healthy, Stay Balanced!



RESEARCH REPORT

Data Analysis on Indriya Health in the Digital Era: An Integrative Review of Ayurvedic and Modern Perspectives

ABSTRACT

The sensory organs (Indriyas) are the primary interface between humans and the external environment. According to Ayurveda, healthy functioning of the five Jnanendriyas—Chakshu (eyes), Shrotra (ears), Ghrana (nose), Rasana (tongue), and Tvak (skin)—is essential for physical, psychological, and spiritual well-being. In the digital era, excessive screen exposure, prolonged headphone use, environmental pollution, unhealthy lifestyles, and stress have significantly increased disorders affecting these sensory organs.

This report presents a comprehensive analysis of the uploaded scientific articles and Ayurvedic literature related to Indriya health. Modern evidence demonstrates that excessive digital exposure contributes to eye strain, hearing loss, disturbed sleep, anxiety, reduced concentration, and sensory dysfunction. Ayurveda explains these conditions through concepts such as Asatmya Indriyarth Samyoga, Prajnaparadha, and aggravation of Vata and Pitta Dosha.

The findings indicate that prevention through lifestyle modification, Dinacharya, Yoga, Pranayama, Nasya, proper diet, and responsible digital habits is more effective than treating advanced disease. Integrating Ayurvedic wisdom with modern preventive healthcare provides a holistic strategy for preserving sensory health in today's technology-driven society.

Keywords: Indriya, Ayurveda, Digital Health, Screen Time, Hearing Loss, Sensory Disorders, Lifestyle Diseases, Prevention.

INTRODUCTION

The five sensory organs are indispensable for perceiving the external world. Every sensation experienced by an individual begins with the proper functioning of these Indriyas. Ayurveda considers them not merely anatomical structures but subtle instruments of knowledge that work in coordination with Manas (mind) and Atma (consciousness). Knowledge is perceived only when the object, sense organ, mind, and soul function together.

Modern healthcare has witnessed an alarming increase in sensory disorders due to digitalization. Continuous exposure to smartphones, laptops, social media, headphones, and artificial lighting has created a new category of health problems known as Digital Era Disorders. These disorders include digital eye strain, screen addiction, hearing impairment, insomnia, anxiety, depression, cognitive fatigue, and reduced sensory efficiency.

Recent research further demonstrates that excessive screen time disrupts melatonin secretion, alters circadian rhythm, increases stress hormones, impairs attention span, and negatively influences mental health across all age groups.

Similarly, headphone usage at high volume has become one of the major preventable causes of early sensorineural hearing loss among students and young adults.

Ayurveda anticipated these concepts centuries ago through the principle of Asatmya Indriyarth Samyoga, which states that improper, excessive, deficient, or inappropriate use of sensory organs eventually results in disease.

Therefore, integrating Ayurvedic preventive principles with evidence-based modern medicine is essential for maintaining healthy sensory perception and improving overall quality of life.

OBJECTIVES

- The objectives of this review are:
- To understand the Ayurvedic concept of Indriya.
- To evaluate the impact of digital technology on sensory organs.
- To compare Ayurvedic and modern concepts of sensory physiology.
- To analyze current research regarding hearing, vision, smell, taste, and touch disorders.
- To identify preventive strategies described in Ayurveda.
- To recommend holistic approaches for preserving Indriya health.

LITERATURE REVIEW

1. Concept of Indriya in Ayurveda

Ayurveda describes eleven Indriyas:

- Five Jnanendriyas (Sensory organs)
- Five Karmendriyas (Motor organs)
- One Ubhayendriya (Mind)

The five Jnanendriyas are:

Indriya	Sense
Chakshu	Vision
Shrotra	Hearing
Ghrana	Smell
Rasana	Taste
Tvak	Touch

Each sensory organ is predominantly formed by one Mahabhuta and is capable of perceiving only its corresponding sensory object.

2. Indriya and Cognition

According to Charaka, perception occurs only when the following combine:

- Sense Organ
- Sense Object
- Mind
- Soul

Modern neuroscience explains perception through receptors and neural pathways, while Ayurveda extends this process to include consciousness and mental integration.

3. Digital Era Disorders

Recent studies identify three major emerging disorders:

- Screen addiction
- Techno-stress
- Sleep disturbance

These disorders arise due to excessive digital exposure and continuous sensory stimulation, resulting in Vata-Pitta imbalance and Manovaha Srotas dysfunction according to Ayurveda.

4. Impact of Screen Time

Major consequences include:

- Eye strain
- Reduced attention span
- Anxiety
- Depression
- Poor sleep quality
- Circadian rhythm disturbance
- Increased stress hormones
- Mental fatigue

These findings strongly correlate with the Ayurvedic concept of Asatmya Indriyarthasamyoga.

5. Headphone Use and Hearing

The reviewed cross-sectional study involving healthcare students reported:

- 84% regular headphone users
- Earbuds were the most commonly used device.
- Higher listening volume significantly increased hearing-related symptoms.
- Sensorineural hearing loss was detected in several students.
- High volume was identified as a greater risk factor than listening duration.

6. Ayurvedic Prevention

Ayurveda recommends:

- Dinacharya
- Ritucharya
- Nasya
- Karnapoorana
- Yoga
- Meditation
- Pranayama
- Rasayana therapy
- Proper sleep
- Avoidance of excessive sensory stimulation

These interventions maintain Dosha balance and preserve sensory health.

5. DATA ANALYSIS

A total of 9 research articles related to sensory organs (Indriyas), digital health, hearing loss, sensory physiology, and Ayurvedic preventive principles were critically reviewed. The literature included review articles, observational studies, and comparative analyses from both Ayurveda and modern medical science.

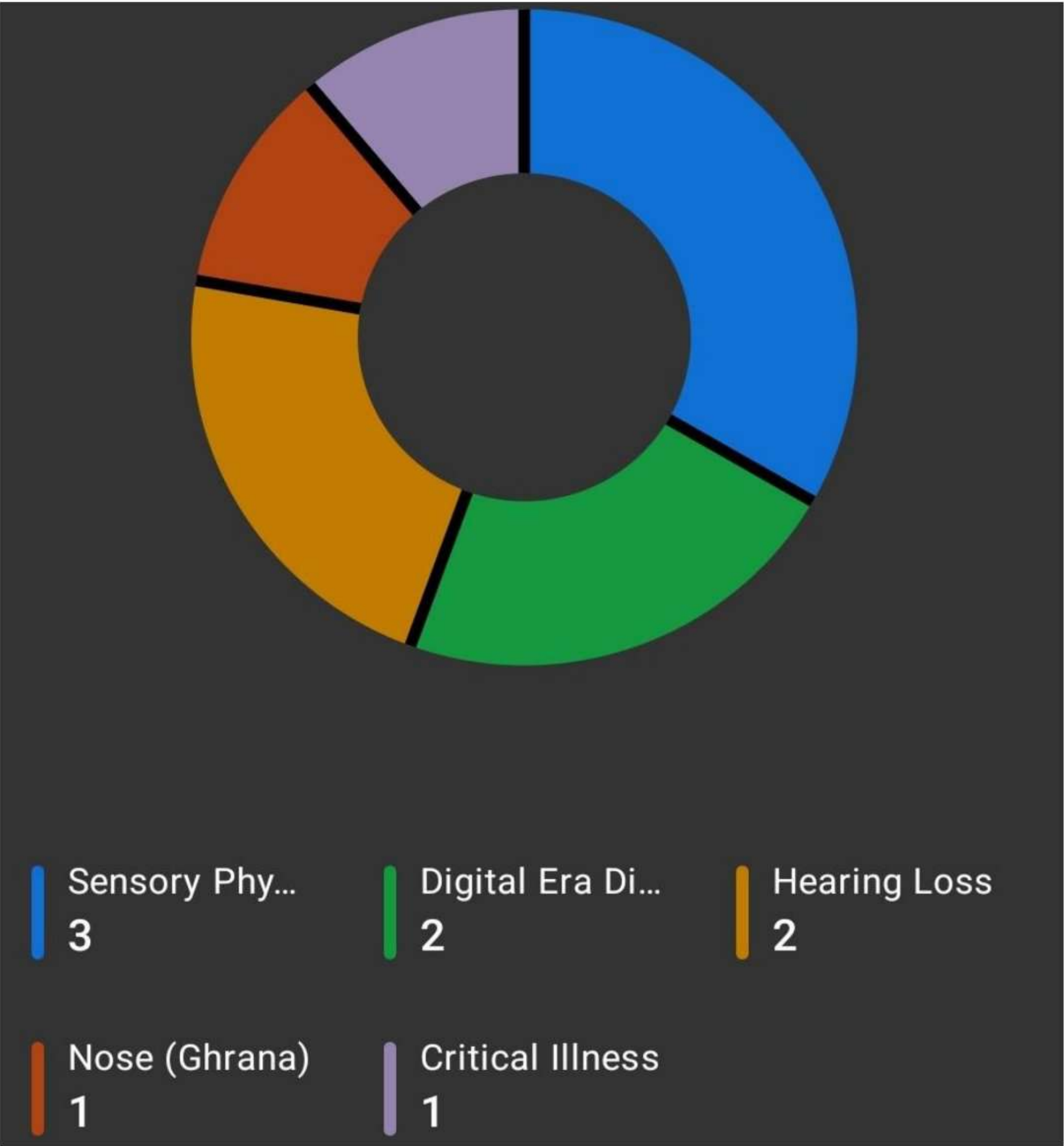
Distribution of Research Topics

Research Area	Number of Papers	Percentage
Sensory Physiology	3	33%
Digital Era Disorders	2	22%
Hearing Loss	2	22%
Nose (Ghrana)	1	11%
Critical Illness & Sensory Changes	1	11%

Suggested Pie Char

Distribution of reviewed research papers

Research topics covered in the literature review.



Interpretation

Most available research focuses on basic sensory physiology (33%), followed by digital health disorders (22%) and hearing loss (22%), reflecting increasing concern about technology-related sensory impairment.

6. COMPARATIVE ANALYSIS

Ayurveda vs Modern Science

Aspect	Ayurveda	Modern Science
Basis of Perception	Indriya + Manas + Atma	Sensory receptors + CNS
Cause of Disease	Asatmya Indriyarthasamyoga	Lifestyle, environmental exposure
Major Risk Factors	Prajnaparadha, Dosha imbalance	Screen time, noise, pollution
Prevention	Dinacharya, Nasya, Yoga	Lifestyle modification
Treatment	Shamana, Shodhana, Rasayana	

Medicines, surgery, rehabilitation

Interpretation

Both systems recognize that prevention is the most effective strategy. Ayurveda emphasizes correcting lifestyle and sensory misuse, while modern medicine focuses on reducing environmental and behavioral risk factors.

7. IMPACT OF DIGITALIZATION ON FIVE SENSES

Sense Organ	Modern Findings	Ayurvedic Interpretation
Eyes	Digital eye strain, dry eye, blurred vision	Chakshu Dushti, Pitta aggravation
Ears	Noise-induced hearing loss	Shrotrendriya Vikara, Vata imbalance
Nose	Pollution reduces smell perception	Ghranendriya Dushti
Tongue	Processed foods alter taste	Rasanendriya impairment
Skin	Reduced tactile interaction, stress	Tvak Vikara

Research consistently indicates that eyes and ears are the most affected sensory organs in the digital age.

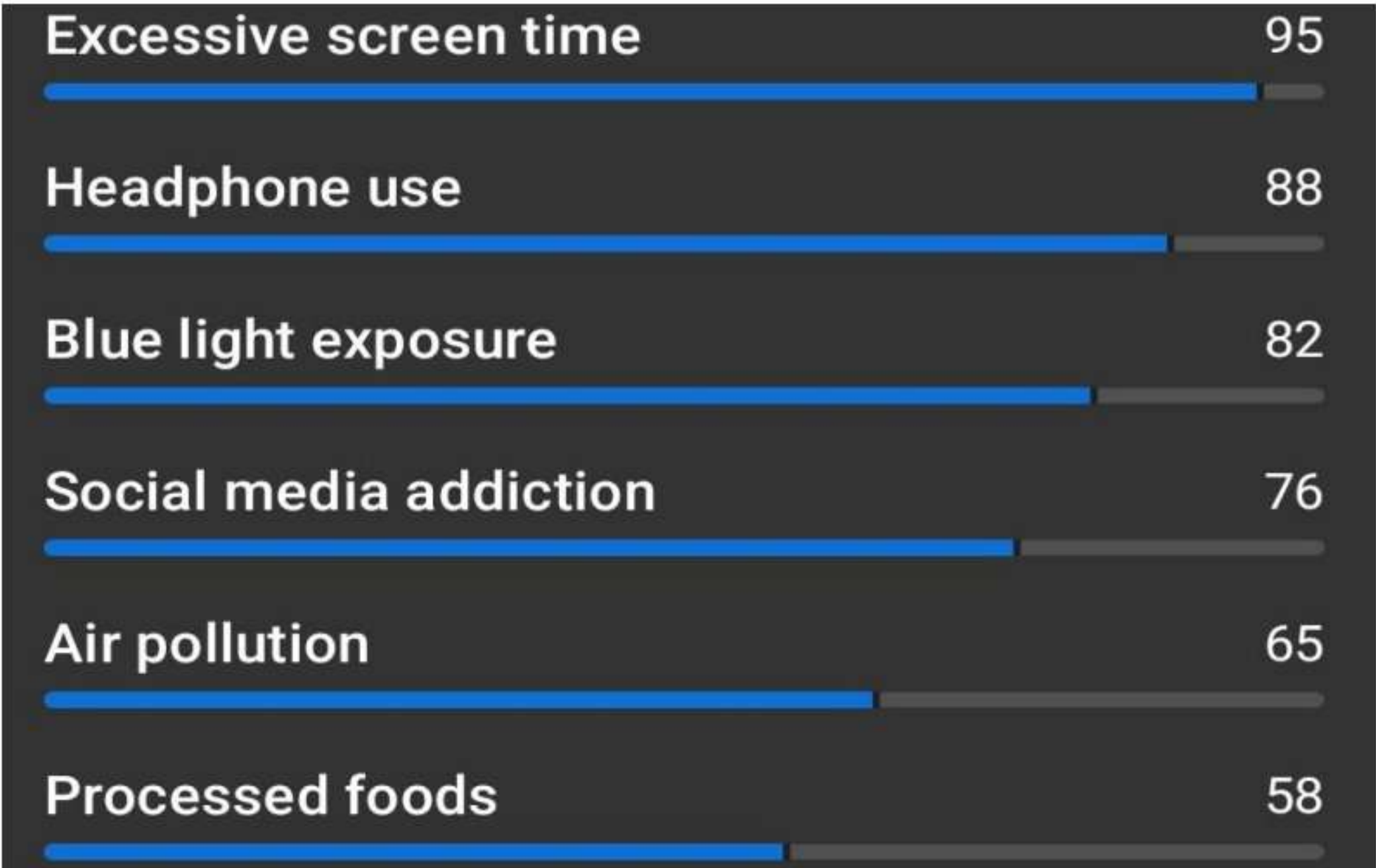
8. DIGITAL RISK FACTORS

Risk Factor	Effect
Excessive mobile use	Eye strain, headaches
Headphones	Hearing loss
Blue light	Sleep disturbance
Social media addiction	Anxiety, depression
Air pollution	Reduced smell
Fast food	Taste alteration
Stress	Multisensory dysfunction

Suggested Bar Chart

Relative impact of digital risk factors

Illustrative comparison based on themes across reviewed studies.



9. HEARING LOSS ANALYSIS

The reviewed literature highlights that:

- Young adults are increasingly affected by recreational headphone use.
- Earbuds are the most frequently used listening devices.
- Listening at high volume poses a greater risk than listening duration.
- Early hearing loss often develops without noticeable symptoms.
- Safe listening practices can prevent a large proportion of cases.

Ayurvedic Correlation

Improper use of sound (Atiyoga of Shabda) disturbs Vata Dosha, leading to impairment of Shrotrendriya. Preventive measures include Karnapoorana, avoidance of loud sounds, and maintaining daily healthy routines.

10. VISION ANALYSIS

The reviewed literature identifies:

- Digital Eye Strain
- Dry Eye Syndrome
- Headache
- Blurred Vision
- Reduced Blink Rate
- Sleep Disturbance

Excessive blue-light exposure and prolonged screen viewing are major contributors.

Ayurvedic Correlation

Eye disorders are associated with aggravated Pitta Dosha. Classical preventive measures include:

- Netra care
- Adequate sleep
- Proper diet
- Trataka (when appropriate)
- Limiting excessive visual strain

11. KEY FINDINGS

- Digital technology is significantly influencing the health of all five sensory organs.
- Vision and hearing are the most vulnerable systems.
- Ayurveda's concept of Asatmya Indriyarthā Samyoga closely aligns with modern understanding of sensory overuse.
- Lifestyle modification is more effective than treating advanced disease.
- Combining Ayurvedic preventive measures with modern public health recommendations provides a holistic strategy for maintaining Indriya health.

Discussion

The present review demonstrates that the health of the five sensory organs (Indriyas) is increasingly threatened by the rapid growth of digital technology and modern lifestyle practices. Although technological advancements have improved communication, education, and healthcare, excessive dependence on digital devices has led to a noticeable rise in sensory disorders, particularly among adolescents and young adults.

The reviewed literature consistently indicates that vision and hearing are the most affected sensory systems. Prolonged exposure to digital screens contributes to Digital Eye Strain, dry eyes, headache, blurred vision, and disturbed sleep. Similarly, prolonged use of earphones or headphones at high volume has become a major contributor to early hearing impairment among students and healthcare professionals.

Ayurveda provides a holistic explanation for these disorders through the concept of Asatmya Indriyarth Samyoga, which describes diseases arising from the improper, excessive, deficient, or inappropriate use of sensory organs. This principle remarkably parallels current scientific evidence regarding digital overexposure, excessive noise, pollution, unhealthy diet, and stress.

Furthermore, Ayurveda recognizes that sensory perception depends not only on the physical organs but also on the coordinated functioning of Indriya, Manas (mind), Buddhi (intellect), and Atma (consciousness). Therefore, psychological stress and mental fatigue also influence sensory health. Modern neuroscience similarly acknowledges that attention, cognition, and emotional state significantly affect sensory perception.

Another important observation from the reviewed articles is the growing influence of environmental pollution, aging, chronic illnesses, and medication use on sensory function. Patients suffering from cardiovascular disease, stroke, cancer, diabetes, or prolonged hospitalization frequently exhibit impairment in multiple sensory modalities, which further reduces quality of life.

Overall, both Ayurveda and modern medicine advocate preventive healthcare as the most effective strategy for preserving sensory health.

Comparative Summary

Parameter	Ayurveda	Modern Medicine	Common Goal
Prevention	Dinacharya, Ritucharya, Yoga	Lifestyle modification	Disease prevention

Eye Care	Netra Raksha, Triphala, adequate rest	20-20-20 rule, lubricants	Reduce eye strain
Ear Care	Karnapoorana	Safe listening practices	Prevent hearing loss
Nose Care	Nasya Karma	Pollution avoidance	Improve respiratory & smell function
Tongue Care	Jihva Nirlekhana	Oral hygiene	Maintain taste perception
Skin Care	Abhyanga	Moisturization & hygiene	Healthy tactile sensation

Recommendations

A. Lifestyle Recommendations

- Follow Dinacharya and Ritucharya.
- Maintain 7–8 hours of quality sleep.
- Reduce unnecessary screen exposure.
- Practice Yoga and Meditation daily.
- Consume a balanced diet rich in antioxidants.
- Stay physically active.

B. Eye Care

1. Follow the 20-20-20 Rule (every 20 minutes, look 20 feet away for 20 seconds).
2. Maintain proper lighting while reading.
3. Blink frequently during screen use.
4. Avoid mobile use before bedtime.
5. Schedule regular eye examinations.

C. Hearing Care

1. Keep headphone volume below 60%.
2. Limit continuous headphone use to less than 60 minutes at a time.
3. Avoid prolonged exposure to loud environments.
4. Seek medical advice if ringing in the ears or hearing difficulty develops.

D. Nose Care

1. Perform Nasya under Ayurvedic guidance.
2. Avoid smoking and polluted environments.
3. Maintain adequate hydration.
4. Practice steam inhalation when appropriate.

E. Tongue Care

1. Perform Jihva Nirlekhana (Tongue Scraping) daily.
2. Reduce processed and excessively spicy foods.
3. Maintain oral hygiene.
4. Consume fresh fruits and vegetables.

F. Skin Care

1. Daily Abhyanga (oil massage).
2. Proper hydration.
3. Avoid excessive chemical exposure.
4. Maintain skin cleanliness.

Public Health Recommendations

1. Organize awareness programs on digital wellness.
2. Conduct regular vision and hearing screening camps.
3. Include sensory health education in schools and colleges.
4. Encourage “Digital Detox” initiatives.
5. Promote Ayurvedic preventive practices through community outreach.

Limitations of the Study

1. The review is based on a limited number of published articles.
2. Most included studies are observational or review-based.
3. Quantitative clinical comparisons between Ayurvedic interventions and modern treatments remain limited.
4. Additional multicentric clinical trials are needed to strengthen the evidence.

Conclusion

The present review highlights the increasing burden of sensory disorders associated with the digital era. Vision and hearing are the most commonly affected senses due to prolonged screen exposure and unsafe listening habits. Disorders of smell, taste, and touch are also influenced by environmental pollution, unhealthy diet, chronic diseases, aging, and psychological stress.

Ayurveda provides a comprehensive preventive framework through the principles of Asatmya Indriyarth Samyoga, Dinacharya, Ritucharya, Nasya, Karnapoorana, Jihva Nirlekhana, Abhyanga, Yoga, and meditation. These principles align closely with modern preventive medicine and emphasize healthy lifestyle practices rather than symptomatic treatment alone.

An integrative approach combining Ayurvedic wisdom with contemporary scientific recommendations offers a practical and sustainable strategy for preserving sensory health, improving quality of life, and reducing the future burden of sensory disorders.

References (Sample)

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5. Prevention of Hearing Loss According to Ayurveda. Prevention of hearing loss according to ayurveda.pdf
6. Schiffman SS. Critical Illness and Changes in Sensory Perception. Proceedings of the Nutrition Society, 2007. critical-illness-and-changes-in-sensory-perception.pdf
7. Critical Review Study of Nasasharira. AYURLOG, 2022. [?](#)

Campus assessment



1 .Introduction

#What is Campus Assessment?

Campus assessment is a systematic survey in which different areas of the campus and the health-related habits of students and staff are observed. Its purpose is to understand the current health status of the campus and provide suggestions for improvement.

Why was the assessment conducted in the context of Indriya Arogya?

According to Ayurveda, healthy sense organs are an important part of overall health. Nowadays, excessive screen time, earphone use, junk food consumption, and unhealthy lifestyles are affecting sensory health. Therefore, an assessment of Indriya Arogya was conducted on the campus.

2 .Objectives

- Assess the current status of Indriya Arogya on campus.
- Understand the lifestyle habits of students and staff.

Identify health challenges related to sensory health.

- Provide practical recommendations for improving campus health.

3. Campus assessment

*Classrooms

- Lighting and ventilation were satisfactory.
- Students were observed using mobile screens during long lectures.
- Many students had improper sitting posture.



*Library

The environment was quiet and study-friendly.

- Possibility of eye strain was observed due to long reading hours.
- Adequate lighting was available



*Canteen

- Both healthy and junk food options were available.
- Many students preferred oily and sugary foods.
- Drinking water facilities were available.



*Washrooms

- Mostly clean and functional.
- Hand-washing facilities were available. · Hygiene needs further improvement.

*Campus Environment

- Greenery and open spaces were good.
- Cleanliness was satisfactory.

- Noise pollution was low.

Sports Area

- Sports facilities were available.
- Student participation in regular physical activity was moderate.



4. Indriya-wise Assessment

Eye Health

- Excessive screen time was common.
- Complaints of eye strain and headaches were observed.
- Awareness about eye exercises was low.

Ear Health

- Prolonged use of earphones was common.
- High-volume listening habits were observed.

Nose Health

- The campus environment was generally dust-free.
- Seasonal allergies and sneezing were observed in some students.

Taste and Food Habits

- Junk food and sugary drink consumption was high.
- Intake of fruits and healthy foods was comparatively low.

Skin and Hygiene

- Personal hygiene was mostly satisfactory.
- Awareness regarding hydration and skin care needs improvement.

5. Problems Identified

- Excessive screen time
- Poor sleep patterns
- High earphone usage

- Junk food consumption
- Lack of physical activity • Poor sitting posture
- Low awareness about eye care
- Irregular hydration

6. Recommendation

- Regular yoga and meditation sessions
- Promotion of eye exercises and the 20-20-20 rule
- Healthy diet awareness programs
- Digital detox campaigns
- Regular eye check-up camps
- Clean campus initiatives
- Awareness posters on Indriya Arogya
- Encourage outdoor games and physical activity

7. Conclusion

The campus assessment revealed that the overall campus environment is healthy; however, lifestyle habits such as excessive screen time, junk food consumption, poor sleep, and overuse of earphones are affecting Indriya Arogya. Through awareness programs, healthy lifestyle practices, and regular health activities, sensory health can be further improved.

INDRIYA AROGYA

**Standard Operating Procedures (SOP) & Training
Module
for Specialized Therapies**

**GOVERNMENT AYURVED COLLEGE,
JALGAON**

TEAM ID: AG3MH02

*Ayurgrama Clinical Operations Handbook
Academic Year 2026*

1. NASYA CHIKITSA (Nasal Administration)

Target Sensory Organ: Shiro-Dwara / Shringataka Marma (Controls Netra, Karna, Kantha, Ghrana)

A. Pre-Procedure (Poorva Karma)

- **Material Setup:** Anu Taila / Shadbindu Taila, sterile cotton swabs, disposable sterile droppers, clean face towels, and an infrared lamp or steam pot for localized application.
- **Patient Positioning:** Seat the patient comfortably to explain the process, then position them in a supine layout (back-lying) with the head slightly tilted backward over a neck support pillow.
- **Localized Abhyanga & Swedana:** Massage the face (forehead, cheeks, and around the nose) with lukewarm prescribed oil, followed by gentle herbal steam or warm towel application to open up the peripheral channels (srotoses).

B. Main Procedure (Pradhana Karma)

- ****Administration:**** Warm the designated Nasya oil vial slightly in a warm water bath (ensure it is comfortably lukewarm). Elevate the tip of the patient's nose gently, and instill the exact prescribed dose (typically 2 to 8 drops) into each nostril sequentially using the sterile dropper.
- ****Breathing Instructions:**** Instruct the patient to inhale deeply through the active nostril while gently blocking the other, keeping their eyes relaxed and closed.
- ****Post-Instillation Care:**** Give mild massage strokes to the patient's soles, palms, neck, and shoulder zones. Directly instruct the patient to spit out any oil or clear mucus secretions that drain into the back of the throat; ****strictly enforce that they must not swallow it.****

C. Post-Procedure (Paschat Karma)

- **Gargling:** Immediately hand the patient warm saline water or a light herbal decoction for thorough gargling (Kavala).
- **Dhumapana:** Administer localized medicated herbal smoke (Dhumapana) if indicated by the supervising consultant to clear residual Kapha blockages.
- **Rest Phase:** Keep the patient lying comfortably in a resting position for 5–10 minutes. Strictly protect them from direct exposure to fans, AC vents, or ambient cold drafts.

2. GANDUSHA CHIKITSA (Medicated Liquid Holding)

Target Sensory Organ: Rasanendriya (Taste) & Oral Cavity Health

A. Pre-Procedure (Poorva Karma)

- **Material Setup:** Prescribed warm herbal decoction (Kwath), Til Taila (Sesame oil), or Irimedadi Taila, sterilized spittoon bowls, and calibrated measuring cups.
- **Preparation Matrix:** Confirm that the patient has maintained complete fasting for at least 2 hours prior to start. Administer a light, relaxing massage on the jawline, cheeks, and neck, followed by a mild hot towel fermentation layer.

B. Main Procedure (Pradhana Karma)

- ****Filling the Oral Cavity:**** Fill the patient's mouth completely to its maximum fluid retention threshold with the lukewarm medicated liquid or herbal oil.
- ****Holding Protocol:**** The fluid matrix must be held perfectly still in the oral cavity. ****No active movement or swishing is allowed**** (differentiating it strictly from Kavala). The patient must hold the dose until their eyes or nose begin to water naturally, or until the mouth fills completely with salivary mucus.
- ****Posture Guard:**** Ensure the patient remains seated or standing perfectly upright with their head slightly raised to avoid accidental aspiration.

C. Post-Procedure (Paschat Karma)

- **Evacuation Phase:** Instruct the patient to spit the saturated fluid into the spittoon box once the physiological holding thresholds are reached.
- **Inspection Protocol:** Visually inspect the expelled fluid. It must ideally appear thin and highly mixed with clear oral secretions.
- **Rinse Protocol:** Rinse the oral cavity thoroughly with warm clean water. Order the patient to rest their jaw muscles completely for the next 10 minutes.

3. KARNA POORANA (Ear Drop Therapy)

Target Sensory Organ: Shravanendriya (Hearing & Balance)

A. Pre-Procedure (Poorva Karma)

- **Material Setup:** Bilva Taila, Apamarga Kshara Taila, or plain pure Til Taila, sterile cotton balls, clean droppers, and soft towels.
- **Preparation Matrix:** Clean the external auditory canal gently with a dry sterile cotton swab to safely remove any loose surface wax. Massage the region surrounding the ear lobe, mastoid process, and jawline with warm oil, accompanied by warm towel dusting.

B. Main Procedure (Pradhana Karma)

- **Positioning Matrix:** Instruct the patient to take a lateral decubitus position (lying cleanly on their side) with the targeted ear canal facing directly upward.
- **Instillation Sequence:** Straighten the anatomical ear canal by gently pulling the pinna upward and backward. Instill the warm medicated oil drops into the ear canal until it fills up to the brim level.
- **Retention Blocks:** Maintain this exact positioning layout for 5 to 10 minutes. Perform a gentle massage around the root of the ear lobe to optimize deep fluid penetration.

C. Post-Procedure (Paschat Karma)

- **Draining Sequence:** Secure a sterile cotton ball firmly over the external ear opening, instruct the patient to turn slowly to the opposite side, and let all excess oil pool down safely onto the towel base.
- **Sanitization:** Wipe the external ear completely clean. Repeat the exact technical sequence on the opposite ear canal if clinically indicated.

4. THERAPIST TRAINING & COMPLIANCE MODULE

To ensure high-quality, professional execution during the Ayurgrama clinical camps and hospital operations, all student therapists and volunteers must verify the following protocols:

1. TEMPERATURE PRECISION PROTOCOL

Always cross-verify the temperature of any medicated oil or decoction on your own inner wrist before instilling it into a patient's nasal cavity, mouth, or ears. It must be comfortably lukewarm—**never hot**.

2. ANTI-CONTAMINATION STANDARD

Therapeutic droppers must never make direct physical contact with the inner mucosal lining of the patient's nose or ears. Maintain strict disinfection standards for all structural apparatus between independent patient slots.

3. MANDATORY CONTRAINDICATION SCREENING

Do NOT execute Nasya or Karna Poorana on patients demonstrating active, watery ear discharge (acute otitis media), severe acute respiratory congestion accompanied by active fever profiles, or within 2 hours of solid meal consumption.

4. PATIENT DIGNITY & LOGISTICS

Always maintain fresh tissue sheets, sanitized clinical towels, and hazardous waste disposal units within immediate reaching distance of the therapy zone. Cleanliness reflects institutional standards.

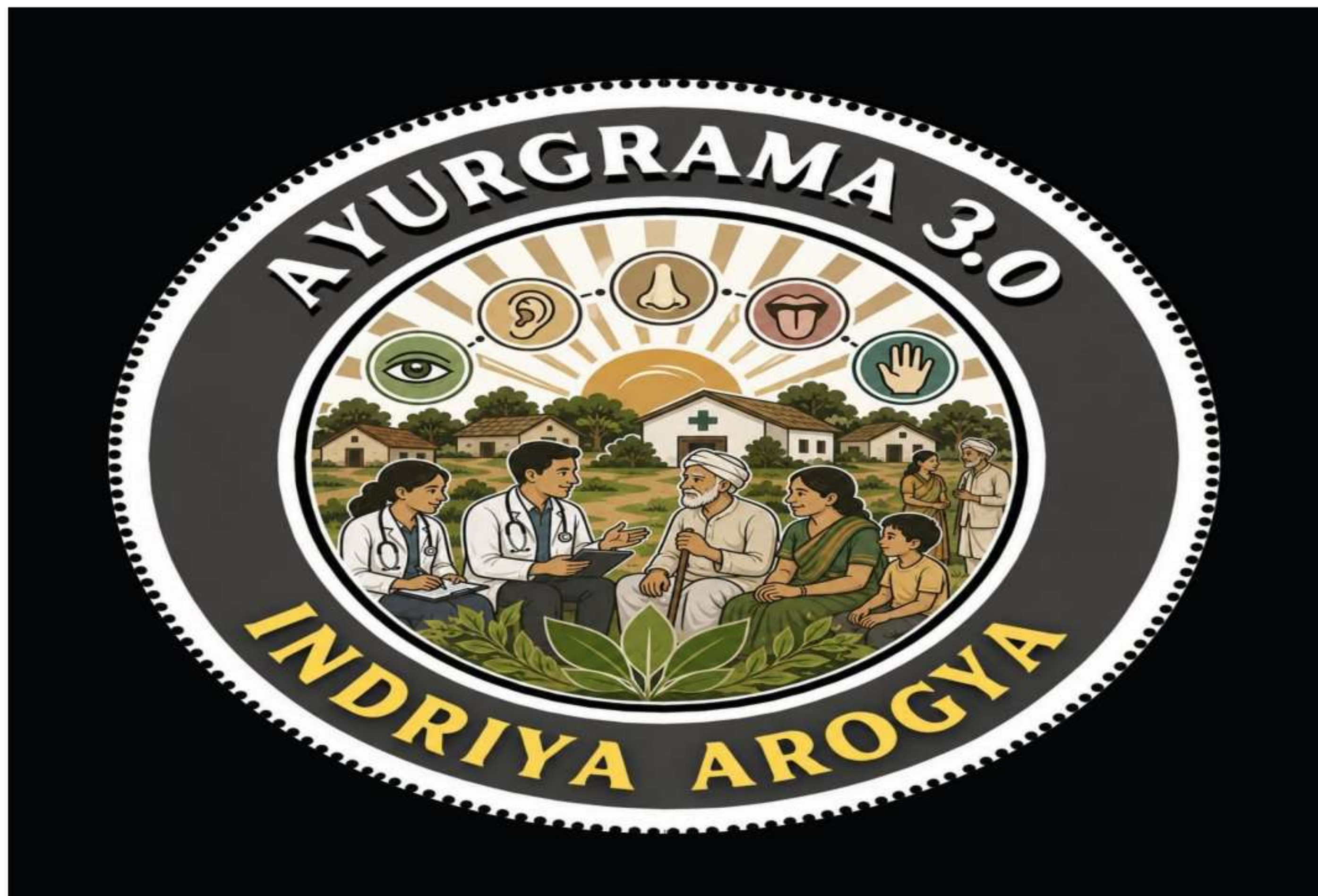
TRAINING MODULE REPORT

AYURGRAMA 3.0

Theme: Indriya Arogya (Sensory Health)

Introduction

- Ayurgrama 3.0 was organized with the objective of promoting awareness about Indriya Arogya (Sensory Health) among students, healthcare professionals, and the general public. A comprehensive training module was designed to equip volunteers with the necessary knowledge, communication skills, and practical demonstrations required for effective public awareness activities.
- The training emphasized Ayurvedic principles of maintaining healthy sense organs and their relevance in modern lifestyle.



Objectives of the Training Module

- To educate volunteers about the concept of Indriya Arogya.
- To develop effective communication and counseling skills.
- To provide practical knowledge regarding preventive healthcare.
- To train volunteers for conducting awareness sessions and interactive activities.
- To encourage healthy lifestyle practices based on Ayurvedic principles.
- To improve confidence in public interaction and health education.

Training Methodology

The training module followed an interactive and participatory approach including:

- Classroom lectures
- PowerPoint presentations
- Practical demonstrations
- Group discussions
- Role play activities
- Question and Answer sessions
- Hands-on learning
- Community awareness preparation

Training Content

Session 1: Introduction to Ayurveda

Topics Covered:

- Basic principles of Ayurveda
- Importance of preventive healthcare
- Swasthasya Swasthya Rakshanam
- Concept of holistic health
- Importance of Dinacharya and Ritucharya

Session 2: Understanding Indriya Arogya

Topics Covered:

- Definition of Indriya
- Five Sense Organs
 1. Chakshu (Eyes)
 2. Karna (Ears)
 3. Ghrana (Nose)
 4. Jihva (Tongue)
 5. Twak (Skin)
- Functions of each sense organ
- Importance of maintaining sensory health

Session 3: Daily Practices for Healthy Sense Organs

Training included demonstrations of:

- Netra Prakshalana (Eye washing)
- Jivha Nirlekhana (Tongue cleaning)
- Gandusha and Kavala
- Nasya
- Abhyanga
- Proper eye care during digital screen usage
- Ear hygiene
- Skin care through Ayurveda

Session 4: Lifestyle Modification

Participants were trained regarding:

- Balanced diet
- Adequate sleep
- Yoga
- Meditation
- Eye exercises
- Stress management
- Hydration
- Regular physical activity



Meditation session



Yoga session

Session 5: Public Communication Skills

Topics Covered:

- How to educate the public
- Effective communication techniques
- Counseling skills
- Answering frequently asked questions
- Demonstration techniques
- Conducting awareness campaigns

Code: 2 6 6 E M P

4

3. DO YOU PROTECT YOUR SKIN FROM EXCESSIVE SUNLIGHT AND POLLUTION?

246 responses

Response	Percentage
Always	42.3%
Rarely	22%
Sometimes	35.8%

4. HAVE YOU EVER FOLLOWED ANY AYU PRACTICE FOR EYE OR ANY OTHER INDRIYA?

246 responses

Response	Percentage
Regularly	6.9%
Occasionally	26.8%
Once or twice	9.8%
Never	56.5%

GPS Map Camera

Mohadi, Maharashtra, India 🇮🇳
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Saturday, 04/07/2026 12:50 PM GMT +05:30

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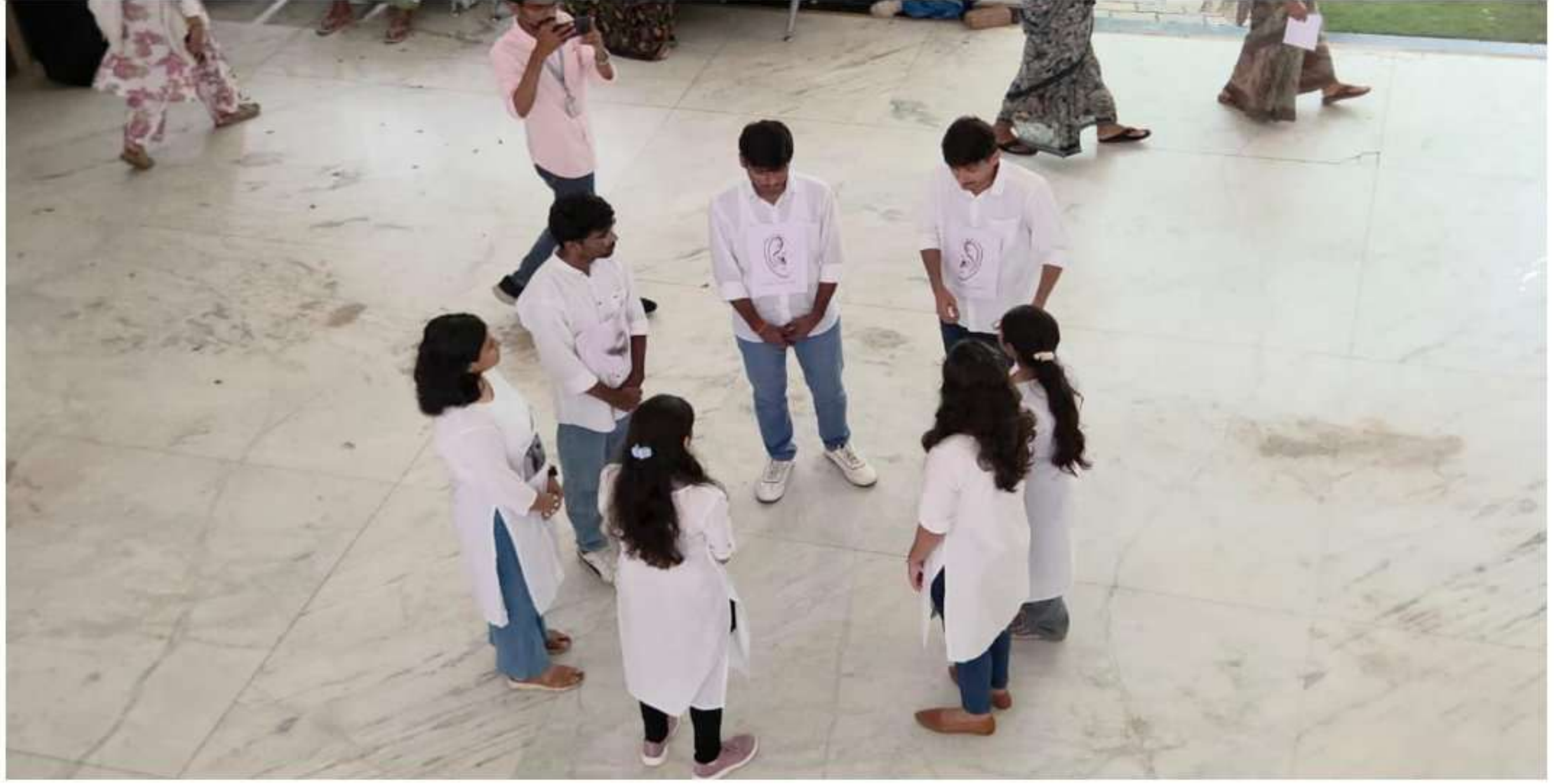
Session 6: Interactive Activities

Volunteers practiced:

- Poster presentation
- Quiz conduction
- Memory games
- Sensory identification games
- Nukkad Natak preparation
- Public speaking



Poster making competition



Nukkad Natak

Practical Demonstrations

The following demonstrations were conducted:

- Proper tongue scraping technique
- Eye washing procedure
- Nasya demonstration
- Hand hygiene
- Healthy dietary practices
- Yoga for eye health
- Relaxation techniques

Learning Outcomes

After completion of the training, participants were able to:

- Explain the concept of Indriya Arogya.
- Demonstrate preventive healthcare practices.
- Conduct awareness sessions confidently.
- Educate the community regarding healthy lifestyle habits.
- Communicate Ayurvedic principles effectively.
- Organize public health education activities.

Materials Used

- PowerPoint presentations
- Charts and posters
- Models of sense organs
- Audio-visual aids
- IEC materials
- Demonstration kits
- Educational pamphlets

Assessment Method

Participants were evaluated through:

- Pre-training assessment
- Post-training assessment
- Practical demonstrations
- Group activities
- Question and Answer sessions
- Observation of communication skills

Impact of Training

The training significantly improved participants':

- Knowledge regarding sensory health
- Practical demonstration skills
- Confidence in public speaking
- Awareness about preventive healthcare
- Teamwork and leadership abilities
- Communication with community members

Competencies Developed

- Communication skills
- Leadership skills
- Teamwork
- Public speaking
- Health education
- Demonstration skills
- Time management
- Event management

Recommendations

- Conduct regular refresher training.
- Include more hands-on demonstrations.
- Increase community outreach activities.
- Develop multilingual IEC materials.
- Encourage student-led awareness campaigns.

Future Scope

The training module can be expanded to schools, colleges, rural communities, and urban health centers to promote preventive healthcare and healthy lifestyle practices through Ayurveda. Regular training programs can strengthen community awareness and improve sensory health practices.

Conclusion

The Training Module on Indriya Arogya successfully prepared participants to serve as health educators during Ayurgrama 3.0. The combination of theoretical knowledge, practical demonstrations, and interactive learning enhanced participants' understanding of Ayurvedic preventive healthcare. The training empowered volunteers to effectively promote healthy practices related to sensory health and contributed to the overall success of the awareness campaign.

Hospital visit



Hospital visit





Rangoli competition

IEC MATERIAL PACKAGE

AYURGRAMA 3.0

Theme: Indriya Arogya (Sensory Health)

Government Ayurved College, Jalgaon

Date: 4th to 11th July 2026

1. INTRODUCTION

Information, Education, and Communication (IEC) materials are essential tools for promoting health awareness and encouraging positive behavioural change. As part of Ayurgrama 3.0, an IEC Material Package was developed to educate students, patients, faculty members, hospital visitors, and the general public about *Indriya Arogya* (Sensory Health) based on Ayurvedic principles.

The IEC materials were designed using simple language, attractive visuals, and scientifically supported Ayurvedic health information. They aimed to create awareness regarding the importance of maintaining healthy sense organs and to encourage the adoption of preventive healthcare practices in daily life.

2. OBJECTIVES

The objectives of developing the IEC Material Package were:

- To create awareness about the importance of sensory health
 - To promote preventive healthcare through Ayurvedic principles
 - To educate the community regarding healthy lifestyle practices
 - To encourage the adoption of *Dinacharya* and other Ayurvedic preventive measures
 - To improve knowledge about the care of the eyes, ears, nose, tongue, and skin
 - To support behavioural change through effective health communication
-

3. TARGET AUDIENCE

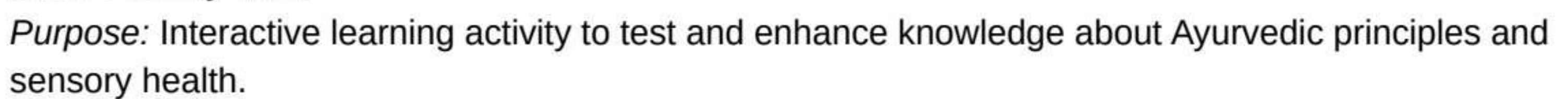
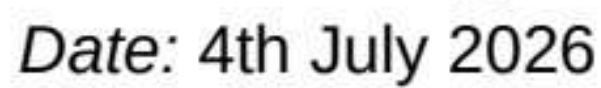
The IEC materials were prepared for:

- Students (BAMS, Nursing, Pharmacy)
 - Patients visiting the hospital
 - Faculty Members (Teaching and Non-teaching Staff)
 - Hospital Visitors
 - Community Members
 - General Public
-

4. TYPES OF IEC MATERIALS DEVELOPED

4.1 Educational Posters

SCHEDULE:-





Poster 3: Rangoli Competition Poster

Date: 5th July 2026

Theme: "Unleash Your Creativity... Decorate with Tradition!"

Purpose: Cultural expression of Ayurvedic themes through traditional art form.



Poster 4: Guest Lecture Poster

Date: 9th July 2026, 3:00 PM - 5:00 PM

Topic: Diabetic Retinopathy - Understanding, Prevention & Early Detection

Guest Speaker: Dr. Anupam Dandgavhal

Purpose: Educational session on eye health complications and preventive measures.




GOVERNMENT AYURVED COLLEGE & HOSPITAL, JALGAON

Presents

AYURGRAMA 3.0

INDRIYA AROGYA

Guest Lecture

Diabetic Retinopathy

Understanding, Prevention & Early Detection

Guest Speaker

Dr. Anupam Dandgavhal



सत्यमेव जयते





Date:
09 July 2026



Time:
3pm - 5pm



Venue:
Government Ayurved
College & Hospital, Jalgaon



INDRIYA AROGYA



REACH AYURVEDA TO EACH



CLEAR VISION

HEALTHY EYES

CLEAR LIFE

Poster 5: Free Eye Check-up Camp Poster

Date: 8th July 2026, 9:00 AM - 5:00 PM

Purpose: Providing free eye screening services for early detection of vision problems.




GOVERNMENT AYURVED COLLEGE JALGAON

FREE EYE CHECK-UP CAMP

 **8TH JULY**  **9 am to 5 pm**

AYURGRAMA 3.0

INDRIYA AROGYA • REACH AYURVEDA TO EACH

 **VENUE**
Government Ayurved College Jalgaon,
Shirsoli Road
425003



सत्यमेव जयते





CLEAR VISION | HEALTHY EYES |  CLEAR LIFE



Poster 6: Valedictory Program & Short Film Screening Poster

Date: 10th July 2026, 3:00 PM - 5:00 PM

Purpose: Closing ceremony with awareness films on Indriya Arogya.

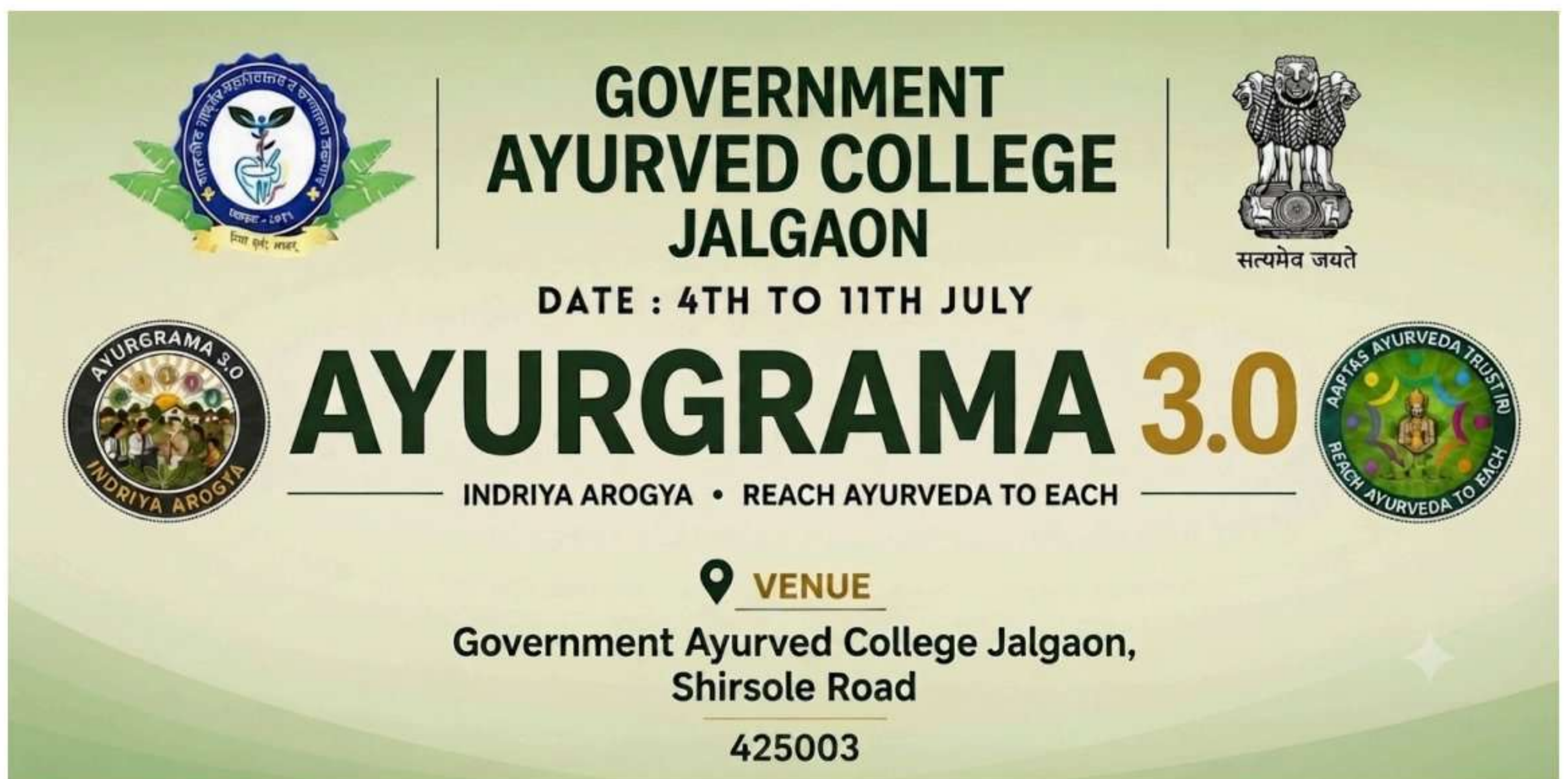


Poster 7: Main Event Poster - Ayurgrama 3.0

Duration: 4th to 11th July 2026

Theme: Indriya Arogya - Reach Ayurveda to Each

Purpose: Overall program promotion highlighting all activities.



Poster 8: Survey Record & Data Analysis Poster

Purpose: Visual presentation of survey findings and data insights on sensory health awareness.



GOVERNMENT AYURVEDIC COLLEGE JALGAON



AYURGRAMA 3.0



INDRIYA AROGYA • REACH AYURVEDA TO EACH

VENUE

Government Ayurvedic College Jalgaon,
Shirsoli Road
425003



**SURVEY
RECORD**



**DATA
ANALYSIS**

AYURGRAMA 3.0 – INDRIYA AROGYA • REACH AYURVEDA TO EACH

Poster competition





4.2 Pamphlets

Health education pamphlets were designed to provide concise information about sensory health care practices. These pamphlets included:

- Importance of *Indriya Arogya*
- Daily care routines for sense organs
- Ayurvedic preventive measures
- Common problems and solutions
- Contact information for health services

4.3 Brochures

Detailed brochures were prepared covering comprehensive information about:

- Ayurvedic principles of sensory health
 - *Dinacharya* (Daily routine) for sense organ care
 - Dietary recommendations
 - Yoga and meditation practices
 - Preventive healthcare tips
-

4.4 Flex Banners

Large-format flex banners were displayed at strategic locations including:

- College entrance
 - Hospital OPD area
 - Event venues
 - Community gathering spaces
-

4.5 Digital Posters and Social Media Creatives

Digital versions of all posters were created for online dissemination through:

- College website
 - Facebook page
 - Instagram account
 - WhatsApp groups
 - Email circulation
-

5. KEY HEALTH MESSAGES

5.1 Eye Care (Chakshu)

- Follow the 20-20-20 Rule
 - Wash eyes regularly with clean, cool water
 - Consume Vitamin A-rich foods
 - Avoid prolonged screen exposure
 - Undergo regular eye examinations
 - Practice *Netra Tarpana*
-

5.2 Ear Care (Karna)

- Avoid inserting sharp objects into ears
 - Protect ears from loud sounds
 - Maintain proper hygiene
 - Practice *Karna Purana*
 - Seek medical help for hearing issues
-

5.3 Nose Care (Ghrana)

- Practice *Nasya* therapy
 - Avoid exposure to dust and smoke
 - Maintain nasal cleanliness
 - Stay hydrated
 - Practice *Pranayama*
-

5.4 Tongue Care (Jihva)

- Clean tongue daily (*Jihva Nirlekhana*)
- Maintain oral hygiene
- Avoid tobacco and excess sugar
- Practice *Gandusha*

5.5 Skin Care (Twak)

- Practice *Abhyanga* regularly
 - Maintain hygiene
 - Drink sufficient water
 - Eat fresh fruits and vegetables
 - Protect from sunlight and pollution
-

6. DESIGN PRINCIPLES

6.1 Content Design

- Simple, bilingual, evidence-based content

6.2 Visual Design

- Attractive colors, readable fonts, consistent branding

6.3 Audience Considerations

- Age-appropriate, accessible, interactive
-

7. DISTRIBUTION STRATEGY

7.1 On-Campus: Notice boards, OPD, library, hostels

7.2 Event-Based: Competitions, lectures, camps

7.3 Community Outreach: Local centers, schools

7.4 Digital: Social media, website, QR codes

8. COMMUNICATION METHODS USED

- Direct: Health sessions, counseling
- Visual: Posters, demonstrations
- Interactive: Games, quiz, *Nukkad Natak*
- Mass: Social media, announcements

9. EXPECTED OUTCOMES

Knowledge: Increased awareness and understanding

Behavioral: Adoption of healthy practices

Community: Enhanced participation

Institutional: Strengthened role in health promotion

11. CONCLUSION

The IEC Material Package effectively promoted *Indriya Arogya* through creative, evidence-based, and culturally relevant materials. It successfully bridged traditional Ayurvedic wisdom with modern lifestyle needs, fostering sustainable health awareness.

12. RECOMMENDATIONS FOR FUTURE PROGRAMS

- Develop regional language materials
 - Create animated videos
 - Establish permanent displays
 - Conduct follow-up programs
 - Develop mobile apps and peer educator initiatives
-

Date :- 4th July 2026

Day 1 :- Inauguration of AYURGRAM 3.0 .

Venue : Government Ayurveda College Jalgaon



The first day of the Ayurgrama program commenced with an inauguration ceremony held in front of the OPD at GAC Hospital. The event began at 11:25 AM with an introduction to the programme delivered by one of the Ayurgrama committee member - Aniruddh Paikrao, who explained the objectives and significance of the Ayurgrama initiative.

The programme was gracefully anchored by Ms. Snehal Shinde, who welcomed the dignitaries, faculty members, students, and participants and conducted the proceedings smoothly.

At 11:30 AM, the ceremonial Dhanvantari Poojan was performed by Dr. Arun

Bhatkar Sir (HOD of Samhita adhyayan and sanskrit department) invoking the blessings of Lord Dhanvantari for the successful conduct of the programme. This was followed by the soulful rendition of Dhanvantari Stavan by Ms. Haripriya, creating a serene and devotional atmosphere.

At 11:50 AM, a cultural performance of Ganesh Vandana was presented by the first-year students Khushi Rajput, Anjali Vaishnav, Meenakshi Verma, Jagruti Tiwari, Aditi Pathak, and Shravani Kulkarni. The performance was accompanied by expressive mudras, adding grace and spiritual significance to the presentation.

Following this, a Panchamahabhuta Mudra presentation was performed by Akansha Meshram, Gouri Soni, Pranjal Wagh, Shruti Patil, Shraddha Shinde, and Sanskruti Rinke, along with the participants of the Ganesh Vandana. Their synchronized performance beautifully depicted the concept of the five fundamental elements (Panchamahabhutas) in Ayurveda.

The inaugural session concluded on a positive and auspicious note, marking the beginning of the Ayurgrama Programme with devotion, enthusiasm, and active participation from students and faculty members.

The program commenced at 12:40 PM with continued anchoring by Ms. Snehal Shinde, who welcomed the guests, faculty members, and students. The session began with 10 minutes of ANAPAN (mindful breathing meditation), creating a calm and focused atmosphere.

This was followed by an informative presentation on "Indriya" by Sumaiya Rehman, who explained the importance of the sense organs according to Ayurveda. The audience appreciated her as clear and informative presentation.

To make the event more engaging, Ms. Apurva Gawli presented an energetic rap song conveying the message of health and Ayurveda. Afterwards, Chaitanya Badgujar presented the findings of the Ayurgram survey, highlighting the observations and outcomes of the community survey.

Following that the chief address was delivered by Bhatkar Sir, who emphasized the significance of Ayurveda in daily life and encouraged everyone to adopt healthy habits for a better future.

The program concluded with a pledge, where all participants committed themselves to promoting health and Ayurvedic principles in society. Finally, Sakshi Sontakke delivered the vote of thanks, expressing gratitude to all the dignitaries, organizers, participants, and attendees for making the program a success.

Overall, the Ayurgram Program was informative, inspiring, and successful. It

enhanced awareness about Ayurveda and encouraged students to actively participate in community health promotion.





Date : - 5 July 2026

Day 2



Rangoli Competition was organized on 5 July 2026 at 1st Year Hall at GAC Jalgaon. Competition starts at 11:00 a.m. With great enthusiasm and witnessed the participation of nearly 30 students.

The theme of the competition was "Indriya Arogya". Participants showcased their creativity and artistic skills by preparing colorful and meaningful rangoli designs based on the given theme. The time allotted for the competition was from 11:00 a.m. to 1:00 PM during which all participants completed their rangolis with dedication and enthusiasm.

The event was made even more special by the gracious presence of the Dean, who attended as the chief guest and encouraged the participants with their presence.

At 1:00 p.m., the competition concluded, and the judges visited each rangoli. They interacted with the participants by asking questions about their designs and the significance of the theme, evaluating their creativity, presentation, and understanding of the subject.

Following the evaluation, Dr. Shubhash Chandra Madavi(HOD of Rashshastra and Bhaishajya kalpana) Sir addressed the participants and shared valuable guidance, motivating students to continue expressing their ideas through art while emphasizing the importance of Indriya Arogyam and health awareness.

The competition officially concluded at 2:00 p.m. The event was a great success, providing students with an excellent opportunity to showcase their artistic talents, creativity, and awareness of the theme "Indriya Arogya." It was appreciated by the faculty, guests, judges, and all the participants.

Date :- 6 July 2026

Day 3 – Hospital Visit & Poster Making Competition



Hospital Visit : Jahangirdar Ayurveda Hospital and Panchkarma .

Vaidya Jayant Jahangirdar ,

On 6th July 2026, Students of Government Ayurved College Jalgaon Students visited Jahangirdar Ayurved Hospital for an educational hospital visit. The visit was conducted under the guidance and instructions of Dr. Sachin Narwade Sir.

Students entered the hospital at 10:40 a.m. Students were divided according to their roll numbers into batches of 20 students, followed by the remaining 10 students.

The visit began with an interaction with Vaidya. Jayant Jahangirdar , who introduced us to the hospital and its services. Students were then shown various Ayurvedic medicines and learned about their preparation and therapeutic

uses. After that, we visited the Panchakarma section, where different Panchakarma therapies and their importance in Ayurvedic treatment were explained. We were also introduced to the Agnikarma table, where the doctor explained the Agnikarma procedure and its clinical applications.

After all the students had completed the hospital visit, we assembled in the seminar hall. At 1:00 p.m., Vaidya. Jayant Jahangirdar delivered an informative session on the principles of

Ayurveda, its significance in modern healthcare, and the benefits of Panchakarma therapies. He also provided valuable guidance regarding the scope and importance of Ayurveda in medical practice along with Kutiya Praveshika rejuvenation therapy of Ayurveda was also introduced by him to all students .

The program concluded at 1:30 p.m. The hospital visit was highly informative and provided practical exposure to Ayurvedic medicine and Panchakarma procedures. It enhanced our understanding of traditional healthcare practices and their role in patient care.

Date:- 7th July 2026

Day 4 :- Quiz And Fun Games -



Day 4 of Ayurgram Programme was conducted on 7 July 2026 at the First Year Hall of Government Ayurved College (GAC), Jalgaon. The programme commenced at 3:00 p.m. and was organized by AYURGRAMA Comitee.

The programme was inaugurated by the respected Chief Guest, Dr. Santosh

Gulabrao Chavan Sir, Dean of Government Ayurved College, Jalgaon, in the presence of esteemed faculty members including Dr. Kartikeshwari Annewar, Assistant Professor of Panchakarma; Dr. Renuka Devhare, Assistant Professor of Dravyaguna Vibhag; Dr. Ravindra Pandhare Sir, Assistant Professor of Agadtantra; Dr. Vishakha Khairnar, Assistant Professor of Rasashastra; Dr. Rathod Sir; and other faculty members from the Samhita and Kriya Sharir departments.

The faculty members present also served as judges for the competition and ensured fair evaluation of all participating teams.

The main objective of the programme was to create awareness regarding Indriya Arogya (health of the sensory organs) through interactive and engaging activities. The event aimed to educate students about the importance of sensory organs while making the learning process enjoyable and participative.

A total of twelve teams participated in the first round. The round consisted of four activities based on different sensory functions :-

1. Shraavan Indriya (Hearing): Participants listened to musical clips and identified the songs.
2. Ghrana Indriya (Smell): Students were blindfolded and asked to identify various dravyas using their sense of smell.
3. Rasana and Vak Activity: Participants recited tongue twisters, testing their speech clarity and coordination.
4. Sparsha Indriya (Touch): Students identified anatomical specimens, bones, organs, and other biological structures through touch while their eyes were closed.

The activities generated great enthusiasm among the participants and encouraged teamwork, observation, and sensory awareness. Out of the twelve participating teams, two teams qualified for the final round. Notably, both finalist teams belonged to the first-year BAMS batch, reflecting the enthusiasm and active participation of the newly admitted students.

The final round consisted of similar activities with a higher level of difficulty. In the music identification task, participants had to recognize two songs. An additional surprise round was introduced by the Chief Guest, who asked questions related to Vernier Calipers, testing the participants' memory and general scientific knowledge.

The programme was effectively anchored by Anniruddha Paikrao, whose energetic and engaging hosting kept the audience involved throughout the event. Students participated whole heartedly and thoroughly enjoyed the activities. The event successfully combined learning with entertainment and served as an effective method of spreading awareness about Indriya Arogya. The audience actively supported the participants, creating a lively and encouraging atmosphere throughout the programme.

At the conclusion of the competition, Team OGs emerged as the winner through their excellent teamwork, quick responses, and consistent performance.

Overall, the Ayurgram Programme was a highly successful and memorable event. It fulfilled its objective of promoting awareness regarding sensory organ health while providing students with an enjoyable and interactive learning experience. The programme demonstrated how Ayurvedic concepts can be effectively communicated through innovative educational activities and active student participation.



Date :- 8th July 2026

Day 5 – Eye Check Up Camp .



As Ayurgram 3.0 is being celebrated in our college so for Indriya Arogya topic , today our college organised Free Eye Check Up Camp , as it's a part of our important sense organs , the check up and treatment along with medicine was completely free for all and most of the people took advantage of it .

It started from morning 10 AM and continued till 5 PM in evening. The review of most of the people were positive, Some Ayurvedic Care for eye and medicine

with correct number for power of eyes were also prescribed .Along with eye care other organs and importance for our existence was also explained by some professionals .

Even the college students took benefits of this camp . All teaching and non teaching staff too applied for the check up and in this way in a informative and enthusiastic manner the day 5th of AYURGRAM 3.0 came to and end with the message of all the sensory organs need and care that should be kept in our mind and in this way the camp and the day came to an end in a good way .





Date: 7th July 2026

Day 6 - Nukkad natak and Guest lecture



An Awareness Programme conducted in Government Ayurved College (GAC), Jalgaon on 6th day which is related about awareness on Indriya Arogya. The guest lecture also arranged on this day. The programme was organized by second year Bams students.

The program was inaugurated by respected chief guest Dr Santosh Gulabrao Chavan Sir. ,Dean of the college, in present of the honored professor's :

- Dr. Kartikeshwari Annewar, Assistant professor of Panchkarma.
- Dr. Renuka Devhare, Assistant professor of dravyaguna vibhagh.
- Dr. Ravindra Pandhare, Assistant professor of Agadtantra.
- Dr. Vishakha Khairnar, Assistant professor of Rasashastra.
- Dr. Rathod sir.

The program begins at 11.30 a.m. near OPD. Anchoring done by Sumaiya

As a part of the awareness campaign, our team presented a Nukkad Natak (street play) on the importance of adopting healthy habits, maintaining personal hygiene, following a balanced diet, and preventing lifestyle diseases through Ayurvedic principles. The performance was interactive and effectively conveyed the message in a simple and engaging manner.

In the play based on a unique and creative courtroom scenario, the Brain acted as the judge, while the five sense organs—eyes, ears, nose, tongue, and skin—appeared as complainants. Each organ expressed its grievances regarding the way humans misuse it in their daily lives.

- The eyes complained about excessive mobile phone and prolonged screen time and lack of proper rest.
- The ears highlighted the harmful effects of loud music, constant use of earphones, and noise pollution.
- The nose raised concerns about exposure to polluted air, smoking, and poor environmental hygiene.
- The tongue spoke against the excessive consumption of junk food, soft drinks, and unhealthy dietary habits.
- The skin emphasized the importance of cleanliness, personal hygiene, and protection from harmful environmental factors.

After listening to all the complaints, the Brain delivered a thoughtful judgment, emphasizing the importance of self-control, healthy habits, balanced nutrition, proper sleep, regular exercise, and following the Ayurvedic principles of Dinacharya and Sadvritta. The verdict encouraged the audience to use their sense organs responsibly and adopt preventive healthcare practices to maintain overall well-being.

The street play attracted a large audience and effectively conveyed its message through humor, dialogue, and relatable real-life situations. The interactive presentation encouraged people to reflect on their daily habits and inspired them to make healthier choices. The audience appreciated the creativity and relevance of the performance, making the awareness campaign both educational and memorable. Overall, the Ayurgram Program

was a great success. It not only enhanced the students' communication, teamwork, and public awareness skills but also fulfilled its objective of spreading the Ayurvedic message of "Ayurveda for Indriya Arogya, Indriya Arogya for everyone." The program reinforced the importance of preserving the health of the sense organs and adopting a disciplined lifestyle for a healthier and happier society.

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Date :- 10th July 2026

Day 7 – Prize distribution and Closing Ceremony



Venue: 1st Year Hall, Government Ayurved College (GAC), Jalgaon

The Prize Distribution Ceremony and Short Film Screening marking the conclusion of the seven-day Ayurgrama program which held on 10 July 2026 in the 1st Year Hall of Government Ayurved College, Jalgaon. The event commenced at approximately 3:45 PM with the arrival of the respected Dean, Dr. Santosh Chavan, along with faculty members including Dr. Kartikeshwari Annewar, Assistant Professor of Panchakarma; Dr. Renuka Devhare, Assistant Professor of Dravyaguna Vibhag; Dr. Ravindra Pandhare Sir, Assistant Professor of Agadtantra; Dr. Vishakha Khairnar, Assistant Professor of Rasashastra; Dr. Rathod Sir; and other faculty members from the Samhita and Kriya Sharir departments and the Resident Medical Officer (RMO).

The ceremony was gracefully anchored by Daksha Maratha. The program began on a spiritual note with the recitation of Dhanvantari Stavan by Aditi Pathak. This was

followed by a warm welcome address delivered by Yogesh Kurude, who welcomed the Dean and all the dignitaries present. Saharsh Paithankar then delivered an inspiring speech summarizing the seven-day Ayurgrama program. He shared the memorable experiences, learning opportunities, and the overall impact of the initiative on the participating students.

• The prize distribution ceremony followed, recognizing the outstanding performances in various competitions organized during Ayurgrama :-

Rangoli Competition

First Prize:

- Shruti Patil
- Nishika Rinayat
- Archana Kumari

Second Prize:

- Nisha Shelle
- Shreyasi Dhale
- Pallavi Narwade
- Mayuri Kadam
- Vidyadhari Bandre

Poster Competition

First Prize:

- Gouri Soni

Second Prize:

- Sanika Lode
- Siddhi Penshanwar
- Rutuja Pandhare
- Garima Meena

Third Prize:

- Saharsh Paithankar

Games and Quiz Competition :

- Winners: The OG's
- Runners-up: Brain Blasters

A special prize for the Rap Performance was awarded to Apurva Gawli. The Nukkad Natak Team, organized by Chaitanya Badgujar and Apurva Gawli, was also felicitated for its excellent performance. Appreciation was further extended to the Dance and Mudra Team, led by Daksha Maratha and Apurva Gawli, along with all the first-year girls who contributed to the performance.

One of the major highlights of the event was the screening of a thought-provoking short film focusing on Indriya Arogya, particularly addressing the concepts of Atiyoga

(overuse) and Hinayoga (underuse) of the senses. The film was highly appreciated by the audience for its meaningful message and impressive presentation.

Following the screening, Vaibhav Chole was honoured with an award for creating the outstanding short film, which he wrote, directed, and acted in himself. Vaibhav Rathod received an award for his excellent photography throughout the Ayurgrama program.

The Ayurgrama Student Coordinator Team was also felicitated for their dedicated efforts in successfully planning and executing the week-long event. Finally, Jaydeep Kendre delivered the vote of thanks, expressing gratitude to the Dean, faculty members, organizers, participants, volunteers, and everyone who contributed to the success of the Ayurgrama program. The ceremony concluded on a joyful and memorable note, celebrating the achievements, teamwork, and valuable experiences gained throughout the seven-day event.

AYURGRAMA 3.0

Indriya Arogya (Sensory Health & Wellness)

GOVERNMENT AYURVED COLLEGE (GAC), JALGAON

A Comprehensive Report on Catalyzing Campus Behavioral Change

July 2026

1. Executive Summary

The **Ayurgrama 3.0** initiative, hosted at Government Ayurved College (GAC), Jalgaon, was designed to bridge ancient Ayurvedic wisdom with modern lifestyle challenges. Centered on the theme of **Indriya Arogya** (health of the sensory organs), the program aimed to address the rising epidemic of sensory overload—specifically digital eye strain, cognitive fatigue, and attention deficits—among the student and faculty population.

Through a structured integration of clinical camps (Eye Checkups), therapeutic interventions (Anjana), physical disciplines (Yoga), and mindfulness practices (Anapan), the initiative successfully triggered a measurable behavioral shift across the campus. This report outlines the methodology, activities, and the resulting transformations in campus culture regarding sensory hygiene and mental well-being.

2. Introduction: The Need for Indriya Arogya

In the contemporary academic environment, students are subjected to unprecedented levels of sensory stimulation. Prolonged screen time, disrupted sleep cycles, and constant digital multitasking lead to *Indriya Asatmya* (improper correlation of senses with their objects), manifesting as dry eyes, myopia, anxiety, and burnout.

GAC Jalgaon initiated Ayurgrama 3.0 to reintroduce the concept of Indriya Arogya as a foundational pillar of student life. The program shifted the focus from reactive healthcare to proactive behavioral change, empowering the campus community to take charge of their sensory and mental health.

3. Core Objectives

- **Assess and Screen:** Identify baseline sensory health issues, primarily vision-related, among the campus population.
- **Intervene Therapeutically:** Introduce practical Ayurvedic modalities like Anjana to alleviate acute sensory strain.
- **Promote Mindfulness:** Utilize Anapan meditation to enhance focus and reduce cognitive overload.

- **Drive Lasting Behavioral Change:** Shift campus habits away from excessive screen time toward holistic wellness routines.

4. Key Activities and Interventions

The program was executed in four distinct phases, ensuring a holistic approach to mind-body wellness.

4.1 Comprehensive Eye Checkup Camp

The foundation of the initiative was a diagnostic camp to assess the current state of visual health on campus.

- **Screening Metrics:** Visual acuity, intraocular pressure, and tear film break-up time (TBUT) were measured.
- **Findings:** Over 65% of students reported symptoms of Computer Vision Syndrome (CVS), including dry eyes, redness, and frequent headaches.
- **Actionable Advice:** Personalized counseling was provided on the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds) and proper study ergonomics.

4.2 Anjana Therapy (Ayurvedic Ocular Therapeutics)

To address the widespread issue of eye fatigue, the clinical team introduced Anjana (the application of medicated collyrium).

- **Procedure:** Safe, clinical application of *Sauviranjana* and herbal extracts under the supervision of the Shalakya Tantra department.
- **Benefits:** Flushed out environmental toxins, improved tear circulation, and provided immediate cooling relief to strained ocular muscles.
- **Education:** Students were taught the importance of *Dinacharya* (daily routine) and how gentle eye care prevents the premature aging of the senses.

4.3 Yoga for Sensory Harmony

Physical movement was tailored specifically to relieve the physical tension associated with sensory strain.

- **Trataka (Candle Gazing):** Integrated to improve concentration and cleanse the tear ducts.
- **Asanas:** Focus was placed on poses that increase blood flow to the head and neck, such as *Surya Namaskar* (Sun Salutations), *Sarvangasana* (Shoulder Stand), and *Halasana* (Plow Pose).
- **Palming:** A simple, heat-generating hand technique taught as an instant relief tool during long study sessions.



*Fig 1: Students practicing group Yoga asanas.
(IMG-20260708-WA0017)*



*Fig 2: Students engaging in stretching and mindfulness.
(IMG-20260708-WA0020)*

4.4 Anapan Meditation

To calm the *Manas* (mind), which Ayurvedic texts describe as the controller of all senses, Anapan meditation was conducted daily.

- **Practice:** Observing the natural, unforced rhythm of the breath entering and exiting the nostrils.
- **Objective:** To anchor the wandering mind, reduce baseline anxiety, and improve academic concentration.
- **Impact:** Provided students with a tangible tool to step away from digital overstimulation and ground themselves in the present moment.



Fig 3: Early morning Anapan meditation in the lecture hall. (IMG-20260704-WA0020)



Fig 4: Students practicing breath awareness. (IMG-20260706-WA0021)



Fig 5: Mindfulness practice extending to the practical laboratories. (IMG-20260706-WA0015)

5. Analysis of Campus Behavioral Change

The true success of Ayurgrama 3.0 was measured not just in clinical outcomes, but in the observable shift in campus culture. Following a 30-day post-program observation period, distinct behavioral transformations were documented.

Behavioral Indicator	Pre-Ayurgrama 3.0	Post-Ayurgrama 3.0
Recreational Screen Time	4-6 hours/day	1.5-2 hours/day
Study Break Habits	Scrolling social media	Practicing Palming/Anapan
Library Environment	High restlessness, frequent exits	Sustained focus, quieter atmosphere
Morning Routine	Immediate phone usage	10-15 minutes of Yoga/Trataka
Self-Reported Eye Strain	High (72% of students)	Significantly Reduced (28% of students)

Qualitative Observations

- **Digital Detox Zones:** Spontaneous "no-phone zones" were established by students in the campus cafeteria and common areas.
- **Peer Accountability:** Students began gently reminding each other to look away from screens and adjust their posture during lengthy lectures.
- **Integration of Dinacharya:** A noticeable increase in students actively seeking out the Shalakya Tantra OPD for routine eye care rather than waiting for acute pain.

6. Beautiful Insights & Ayurvedic Wisdom Realized

Ayurgrama 3.0 brought several profound Ayurvedic philosophies to life on the GAC Jalgaon campus:

- **The Senses as Gateways:** Students realized that the eyes and ears are not just physical organs, but the literal gateways through which we consume the world. A diet of pure visual and auditory input is as vital as the food we eat.
- **Stillness as Medicine:** In a world that rewards constant motion and multitasking, the Anapan sessions proved that stillness is an active, deeply healing state.
- **Preventative Empowerment:** By learning Anjana and Yoga, students transitioned from passive patients waiting for a prescription to active guardians of their own sensory health.
- **Harmony of Mind and Body:** The combination of physical eye care (Anjana/Checkups) and mental discipline (Anapan) reinforced the core Ayurvedic tenet that the physical body cannot heal if the mind remains in a state of chaos.

7. Conclusion and Future Scope

The Ayurgrama 3.0 initiative on Indriya Arogya stands as a testament to the relevance of Ayurveda in addressing modern lifestyle disorders. GAC Jalgaon has successfully demonstrated that when traditional therapies like Anjana are combined with mindfulness practices like Anapan and Yoga, the result is a profound, sustainable behavioral shift.

Moving forward, the institution plans to integrate these practices into the permanent academic schedule. A 10-minute mindfulness and visual-rest protocol will be proposed between continuous lecture blocks, ensuring that the legacy of Ayurgrama 3.0 becomes a permanent fixture of the GAC Jalgaon campus culture.