

## ■ KPSVS AYURVEDIC MEDICAL COLLEGE AND HOSPITAL MANVI



**Kalmathada Puja Shri Virupaksha Shivacharya(KPSVS)Ayurved Medical College And Hospital at Manvi,Raichur district,Karnataka is the first institution of its kind to be established in this part of the Karnataka state.The institution was established in the year of 1996 by a dedicated band of enthusiastic in Ayurveda headed by His Holiness Sri.Shatastala.Brahmi.Shivamurthy Shivacharya Maha Swamiji,Klamath,Manvi.The Ayurvedic Medical institute is dedicatedd to the achievement of the excellence in both Ayurvedic education and Research.**



**Poojya Sri Virupaksha Shivacharya**  
**Kalmath, Manvi**



**Our Beloved Founder**  
**His Holiness Sri. Shatastala Brahmi,**  
**Dr. Shivamurthy Shivacharya Maha Swamiji**  
the pontiff of Sri Muttirajendra Narayana Kalmath, Nara Manvi



## ■ THE AYURGRAMA 2.0 PRESENTS



**The Ayurgram 2.0 is the platform where we can spread the awareness to the people about the Ayurveda. Ayu means life and gram means village so**



**It means that to spread the life science to the people Of the village who are not aware About the Ayurveda and how to deal with the diseases through simple living.We had started our journey with Ayurgram by being so enthusiasm and energetic because this was the first time we were going to start something new for the people of the village.We fell so blessed by doing this all activity with the students as**



**well the peoples.**



**We the Aptas Team with our cheer leader our Coordinator Dr.Sumangala HM with energetic move.As we all were ready to give our bestest effort to make this Ayurgram remarkable.**





**Today Was the 1st Day of our Aaptas 2.0**

As we have set our dress code. We all gathered in the village at 7:30Am



We started our Yoga at 8:00Am We did lots of exercise as it keeps our mind calm.The next we did is charaka samhita recitation.











The Charaka Samhita



Recitation





The Charaka recitation start from 8:30 to 9:00Am. After that we had our breakfast from 9:15 to 9:45



Am. After breakfast we started our inauguration program in which we did Ganesh Aarti first.



Ganesh Aarti



Inauguration program

started from 11:00am -2:00pm in which guests gathered and some of them explained us about ayurveda and some of them gave us motivation





speech. Plantation program  
has started in between 3:00-3:45pm, in which our guests planted some



medicinal herbs. As you can  
see the happiness after Plantation.





Some students also actively participated for the Plantation of herbs.



As our group also did the Plantation and we were so happy.





After end of program we have captured a group photo with our guests.

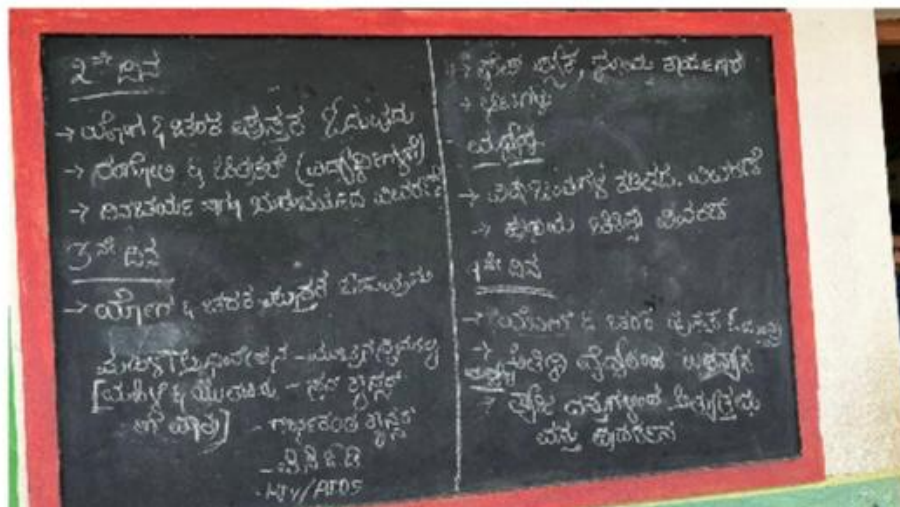
The day 2 started with 8:00am with the Yoga and the charaka samhita reading and the pranayama till 9:00am.

After the Yoga and Charaka samhita reading we did the breakfast from 9:15am to 11:00am in which we did The arrangements of the next activity.

# The Board writings



The board writings through which the students and the people will get the idea about the activity we will conduct in the upcoming days.



After the board writings we started

Drawing competition for the school students





Students show their enthusiasm for the competition and they were so happy and blessed as they got the opportunity Of shoeing their creativity.We have also provided the crayons to the students.The competition started from 11:15am to 1:00pm.





These Are some of the Drawings which the students have made And it was so brilliant way to express their way.After the Drawing competition we did the Lunch from 1:00pm





to 2:00pm



After

our lunch We took new activity from the students that is the Rangoli competition and he students were So creative and they show their creativity in the rangoli by filling the



colour which give joy to us as well as to The students.



The competition started from 2:30pm to 3:30pm. After the completion of the competition at 4pm I which we did all the checking of the Rangoli and giving marks After 4:00pm to 4:30pm we started the DiAcharya and Ritucharya model and ppt Demonstration.





After the completion of the ppt and model presentation in which our team Had provide them the information about the different seasons and what they should consume for being healthy.

After that at 4:45pm to 5:30pm we did the Charaka Procession Rally In which we took the 9th and 10th std students so that they create awareness About Charaka and even we said the slogan and create the villagers awaken ana aware About the charaka.



The Rally was full of fun and knowledgeable. After all these activities we started our activity review meeting from 5:30pm to 6:30pm





In this Activity we share our opinion on the Drawing and Rangoli winners and saw their Drawing and discuss The winners.

The DAY wasss superrrr Dupperr funnnnn....

Thee total Funds=40 rupees for A4 sheets,100 rupees for 10 crayon boxes,7 white rangoli packets 105rupees 7 coloured rangoli packets 210rupees,10rupees A4 Result sheets,Jersey 6150rupees.

## 3rd Day

So our 3rd day started at 7:00am we gathered at our college premises and start our journey.

We reached the school at 7:30am and started our schedule that is Yoga and Charaka Samhita Recitation from 8:00 am to 9:00am.



The villagers as well as all the school students And even the faculty join us for the Yoga session.



Students feel so happy by doing the exercise as they got the chance to know about the Yoga and their benefits. After 9:00am we did our breakfast till 10:00am





This is our tasty Breakfast. After our breakfast we again start our activity round with the students but this time we also invited the ladies as we have arranged the ladies session of PCOD and menstrual cycle and all the topic related to the ladies.



The session start from 10:15am to 12:30pm and the ladies session contain breast and cervical cancer awareness, contraceptive knowledge, also we showed them the ayurvedic face pack workshop.





The students got the knowledge how To manage themselves from all these types of poisonous reptiles. After the session of this we started the session of first aid kit Demonstration from 2:30pm to 3:00pm



We did the Demonstration on the students and she shares her experience and she felt so good her skin feel shiny and smooth.

After all this session we had our lunch from 12:30pm to 1:30pm

After our lunch We started our 2nd activity that is to bring awareness to the students about the snake bite, scorpion bite and management from 2:00pm to 2:30pm



The students got the knowledge of using the first aid kit whenever they got hurt they were so happy by Demonstration and the other Activity.



After all these activities had compelled we did our review meeting from 3:15pm to 4:15pm



And our day 3rd ended with the happiness in our faces as well as on the students faces.....

# BASIC UNITS OF LIFE

## 4th Day

Our 4th Day start at 7:00am we started our journey we reached our destination at 7:30am.As we reached there we saw the students were already waiting for us to do the activity as they were super excited and happy.We started doing yoga at 8:00am to 9:00am in which we did Yoga as



well as Charaka samhita recitation.



The enthusiasm of the students makes us happy and proud too.After all the Yoga and exercise we did our breakfast from 9:00am to





10:00am.

This was the tastyyy breakfast we had. After our Breakfast we had conducted the Guest lecture in which we had called our Kriya Sharir professor Dr. Rakhi mam for the lecture on “Mental Health”

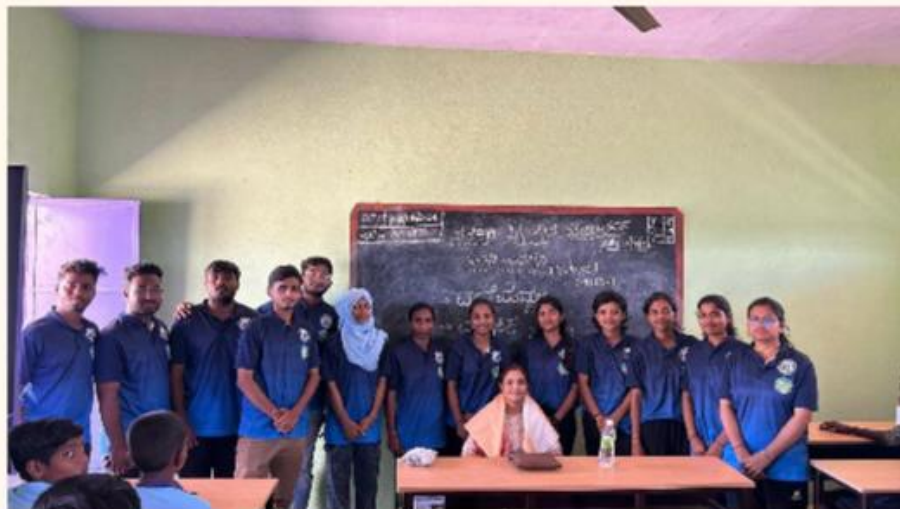
The lecture started from 10:30am to 12:00pm in which our professor Had given the very brilliant knowledge about the mental health and the food which we should intake and what precautions we should do in our day to day life.



The students eagerly listen to her lecture and even they give all the response She felt soo good by coming here and joining And



sharing hair knowledge. After her lecture ended We felicitated her with the shawl and she was so happy and fell blessed



After the Guest lecture we went to





have our lunch From 1:00pm to 2:30pm  
lunch for us and it was super tasty we all enjoyed it a lot.

Today Was so special

After 2:30pm we went to School and we conduct a activity which is know as “Best out of Waste”  
in which the students have brilliantly made the model even we also made some of the models





Even their teachers and our lecturer appreciate the students of their hard work.



Our Team Head had also made a model of pen stand and flower pot with the help water bottle to inspire the students.



The students of other classes and the teachers also liked our idea and the hard work of the students. This activity had take place from





3:00pm to 4:30pm

After all the

Activities we had our review meeting from 4:30pm to 5:30pm In which we discuss about the whole Day and the activities and to whom we should give the prizes.The day END with the smile on our faces as well as on the students faces we had a great day.

# The Ideal Part

## Day 5

Today Was the first day of our Aaptas We started our journey from 7:00am we reached our destination at 7:30am and started our Yoga And charaka recitation from 8:00am till 9:00am. We did The pranayama and did all the exercise.







These are the exercise we did today the students were So enthusiastic and they had a great morning by doing the Yoga.After



9:00am till 10:00am we did our Breakfast.

breakfast and it was so yummy we had a great morning breakfast.

Yesss this is our tasty

After our breakfast from 10:30am till 12:30pm we had conducted the cultural programme which contains dance competition and singing competition.



The dance was so fantastic and great we had a great joy and enjoyment the students were soo good and best at their





work.

This line was true "Student

Rock And we were Shocked" After 12:30pm till 2:00pm we had our lunch.



Ohhh yess look at our tasty lunch it was super tastyyy and super fabulous. After 2:00pm to 4:00pm we had conducted the survey On the topic "Mental Health" awareness and games for the youngsters.



This was the game of acting which the students have to select the paper and they have to act like



that.



They had done the great job and it





was so super Fun.

All were so happy



and so excited.

The games for the

small Childrens were funny. The small children were firstly So confused and after some times they enjoyed the game and we disturb the chocolate to the students who had given the correct answer to the quiz.



After that we had conducted

outdoor games for the adult childrens







The outdoor Games were so super

we all had played it and enjoyed it a lot.



So after all the activate we had our

meeting on activity review from 4:00pm to 5:00pm in which we discussed all the activity

# Today's Reports

6Th Day

We have started our day from morning 6:30am from our location to chikalparvi



As we reached our destination at 7:00am we started conducting Yoga and charaka recitation and pranayam from 8:00am to 9:00am







After the Yoga and exercise we had  
our breakfast from 9:00am to 10:00am



This is our Breakfast super tasty  
and it's called "poha" and the tea. After our breakfast we went Again to the school For the  
further activity in which we have conducted the Medical Camp From 10:00am to 2:00pm



We have also assigned our respective doctor from our college and they have handle all the patient very carefully. We have provided them the best treatment which was free for all the villagers.





Almost we have covered 120 patients and we very so happy because we have also gathered the knowledge of attending the patients as Well as how to treat them.



We had also made the Ayurvedic juice which is named as Nannari Juice for the villagers After the treatment. The villagers were so happy from our work.

We had our lunch 2:00pm to 3:30pm



After the Medical Camp we had conducted a small street play on the topic "Sadvrutta".In which we have explained the



different types of Sadvrutta.

1.Take bath everyday.



2.Keep Your surrounding clean and tidy



3.Cut





your nails twice in a week

4. We should always smell good



5. We should maintain our spirituality.



6. Be kind to

everyone living Being. These are the topics we convey to the villagers. This activity was from 3:30pm to 4:10pm. After 4:10pm we conducted The survey by asking the about their health and their Opinion about the Ayurveda.

Here we ended our day with the review meeting from 5:15Pm 6:00pm



So the end with a smile on our faces.



# Day 7th

Our 7th day start from 6:30am and we reached our destination at 7:00am. As our first work is to practice the Yoga and Charaka Samhita Recitation and Pranayama and it started from



8:00am to 9:00am



After the Yoga we Did our breakfast



from 9:00am to 10:00am

This is our

Breakfast which was super tasty. After our breakfast we did the seminar of smoking tobacco and alcohol addiction Awareness From 10:30am to 11:30am

After 11:30am we conducted the Ayurvedic Drink workshop which was started from



10:30am to 12:30pm

The Ayurvedic drinks contains these ayurvedic herbs. After this Activity we had our lunch from 12:30pm to 1:30pm.





This was our lunch. This lunch was the best one as it was so tasty and satisfying.

After our lunch we conducted our valedictory programme from 2:00pm to 3:00pm





The

valedictory Programme was so memorable As the school principal and the other staff gave a



outstanding Speech and praises us a lot

Even

we have invited our chief guest as our sSara. After the valedictory Programme we started the prize Distribution from 3:00pm to 3:15pm to the winner of Drawing, Rangoli and Dance



competition





The students were So happy by receiving the gifts as they got their hark work payout. After the prize distribution we had done the public review in which we took the review of the students of the school about our



Ayurgram activity of those 7 days.



The students were So happy from our works and all our Activities as well all the staff of the school they all approached Us a lot we fell so blessed.Also we conduct the Dance function







The students enjoyed a lot. We also have a got a surprise for the school students And the staff Members As we did a small activity in which we provide them the charts With photos which contains the students and our photos



After that from 4:30pm to 5:15pm we did our final activity meeting review in which we discuss all our activity and so sadly we all were missing the school students.





We were so happy from the childrens of That school as they were so so adorable and intelligent and they always used to show the enthusiasm For all the activity. Really we Are going to miss them a lot.

of today's and discuss all tomorrow's event planning. Really Today Was the best day we had saw it was super funny, enjoyable and memorable.



## ● FUNDS SPENT:

1. Maruthi Books and Stationary = 575Rs.
- 2 Mahalaxmi Supermarket = 1732Rs.
3. Sri Sugureshwar medical and general store = 429Rs.
4. Maruthi Books and Stationary = 280Rs.
5. Nandi medical and general store = 350Rs.
6. Stage expense = 8000Rs.
7. Travelling expenses = 800Rs.

## **• CONCLUSION**

**Thank you so much AYURGRAM as you have given us the opportunity to see the village life. Thank you for giving us the chance to participate in such a precious Competition as this Brings the major changes in the villages and also helpful for is to develop our skills as well as for the school students. Until now this was the best competition we had conducted or participated as we come to know about the livelihood of the villagers. Just because of your programme we get to know more About the Charaka as well as Benefits of Ayurveda.**



*Thank  
you!*