

**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)
COLLEGE OF AYURVED & HOSPITAL, PUNE
REPORT OF AYURVED DAY CELEBRATION**

Subject – Ayurved Day Celebration

Place – Bharati Ayurved Hospital

Time & Date – 9 am -2 pm, 29 October 2024

Report –

The *Ayurveda Day 2024* at Bharati Vidyapeeth (Deemed to be University), College of Ayurved & Hospital, was celebrated under the guidance of Principal Prof. Dr. A. B. Patil and Medical Director Prof. Dr. Shubhangi Katkar. The theme for this year's celebration was "Ayurveda and Women's Health."

The hospital was beautifully decorated for the occasion, which began with a *Dhanwantari Puja* conducted in the presence of the Medical Director and other senior officials. The event was well-attended by faculty, nurses, office staff, and paramedical personnel, with over 75 people in attendance.

Dr. Swati Mohite, Professor and Head of the Department of Prasutitantra and Streerog, delivered an insightful lecture on the theme, "Ayurveda and Women's Health." She highlighted the role of an Ayurvedic lifestyle in preventing gynaecological



disorders and promoting holistic treatment. Dr. Mohite emphasized the importance of *Langhan* (fasting) & diet as a preventive measure for various diseases. Her talk was attended by more than 35 women, accompanied by their male relatives, making it a comprehensive and engaging session for all.

