

## **Report on the Celebration of 9th Ayurved Day**

**Department:Agadtantra**

**Institution:.A. Podar Medical College (Ayu), Worli, Mumbai**

**Date of Event: 26/10/2025**

**Venue - OPD Premises**

**Time - 9 to 12.30**

### Introduction

The Agadtantra department of R. A. Podar Medical College celebrated the 9th Ayurved Day with a special program focused on \*mental health awareness\* for patients at M. A. Podar Hospital. This event aimed to promote the integration of Ayurvedic principles with modern mental health practices.

### Inauguration

The program was inaugurated by Dr. Sant Madam, Dean of R. A. Podar Medical College. In her address, she underscored the importance of mental health within Ayurvedic philosophy and encouraged participants to engage in holistic health practice

### Program Highlights

- PPT Presentation on Mental Health Awareness: The program featured a detailed presentation on mental health issues, including common disorders and the Ayurvedic perspective on mental well-being. The presentation was tailored to engage patients and encourage them to address their mental health openly.

- Speakers and Contributors:

- HOD Agadtantra:Dr. Lahankar Madam provided valuable insights into the relevance of Ayurveda in mental health.

- Assistant Professors: Dr. Savita Madam and Dr. Sumit Sir contributed to the presentation and facilitated discussions.

-PG Students: All postgraduate students from the department actively participated, assisting in the organization and delivery of the program, ensuring a collaborative environment.

## Conclusion

The event was well-received, with participants expressing appreciation for the relevant content and the opportunity to discuss mental health. The program successfully highlighted the significance of mental health within the Ayurvedic framework and encouraged a holistic approach to well-being.

## Acknowledgments

We extend our heartfelt gratitude to Dr. Sant Madam for her leadership, Dr. Lahankar Madam for her guidance, and the efforts of Dr. Savita Madam and Dr. Sumit Sir. Special thanks to all PG students for their dedication in making this event a success.



