



12 December 2024

PRAKRITI PARIKSHAN SESSION

- ❖ **Hosted by** : Yashwantrao Bhonsale college of Pharmacy
- ❖ **Day** : 01
- ❖ **Date** : 12/12/2024
- ❖ **Event name** : Prakriti Parikshan Session
- ❖ **Department** : NSS
- ❖ **Club** : Sense Club of Yashwantrao Bhonsale college of Pharmacy
- ❖ **Venue** : Classroom, YBCP
- ❖ **Beneficiary** : UG
- ❖ **Type** : Guest lecture , Training
- ❖ **Guest person** : students from Sant Gajanan Maharaj Ayurved Medical College
- ❖ **Mode** : Offline
- ❖ **Days** : 01
- ❖ **Number of students benefitted** : 70
- ❖ **Expenses in Rs.** : - Free

About the Program:

On Thursday, 12th December 2024, a Prakriti Parikshan session was conducted at Yashwantrao Bhonsale College of Pharmacy, which was organized by students from Sant Gajanan Maharaj Ayurved Medical College, Mahagaon, Gadhinglaj. The session aimed to introduce students to Ayurvedic health assessments and personalized health types, providing valuable insights into Ayurvedic practices for better health management.

The event was attended by 70 students from Yashwantrao Bhonsale College of Pharmacy, who actively participated in the session. The participants were guided through the process of Prakriti Parikshan, a method used in Ayurveda to assess an individual's physical and mental constitution, helping them understand their unique health profile.

The session was well-received, with the students learning about different doshas, which form the foundation of Ayurvedic health assessments. The session also included discussions on lifestyle adjustments, diet recommendations, and practices that could help balance one's dosha for improved overall well-being.

The students from Sant Gajanan Maharaj Ayurved Medical College shared their expertise and practical knowledge on Ayurveda, helping the attendees gain a deeper understanding of how personal health types influence well-being and wellness. They emphasized the importance of Ayurveda in promoting holistic health and natural healing.

The Prakriti Parikshan session was not only educational but also an interactive and engaging experience for all participants, who were able to ask questions and receive expert advice on maintaining a healthy balance according to their unique Ayurvedic profiles.

Overall, the event was a great success, fostering a greater appreciation for Ayurvedic health practices among the students, and encouraging them to integrate these practices into their daily lives for better health outcomes.

The Prakriti Parikshan session successfully enhanced students' understanding of Ayurvedic health assessments, providing insights into doshas and personalized healthcare. Participants gained practical knowledge on analyzing their Prakriti and received lifestyle recommendations based on Ayurvedic principles. The interactive session encouraged discussions, fostering interdisciplinary learning between pharmacy and Ayurvedic students. It also emphasized the importance of Ayurveda in disease prevention and holistic wellness. Overall, the event inspired students to explore Ayurveda as a complementary approach to modern healthcare and encouraged further research in this field.

Glimpses of the Event:



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Digital Prakruti Certificate

Govt
Mini

This is to certify that

Simran Govind Korgaonkar

has successfully completed the 'Prakruti Parikshan',
the campaign "Desh Ka Prakruti Parikshan" and made the Campaign a big s
in **Govind Korgaonkar** based on your responses during this 'Prakruti Pariksh
your Prakruti is **Kapha-Pitta dominant**.

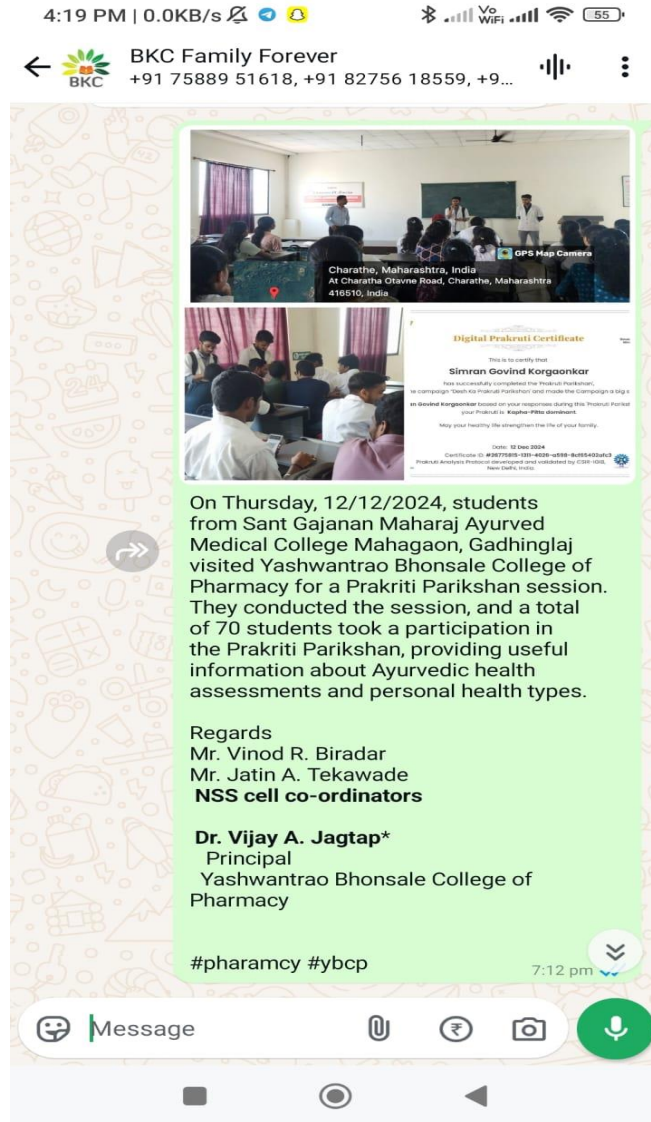
May your healthy life strengthen the life of your family.

Date: 12 Dec 2024

Certificate ID: #26775815-1311-4026-a598-8cf65402afc3
Prakruti Analysis Protocol developed and validated by CSIR-IGIB,
New Delhi, India.



Social Media



Place- Sawantwadi

Date – 12/12/2024

Report Prepared & approved by

Mr. Vinod Biradar, Mr. Jatin Tekawade
NSS Coordinator YBCP

Dr. Vijay A. Jagtap
Principal