



Aarihant Ayurvedic Medical College and Research Institute
Swarnnim Institute of Health Sciences
At - Bhojan Rathod, Gandhinagar



“National Workshop”

INSTITUTE	AARIHANT AYURVEDIC MEDICAL COLLEGE AND RESEARCH INSTITUTE AT - BHOYAN RATHOD , GANDHINAGAR
ACTIVITY NAME / EVENT NAME	National Workshop on Approach to Pain Management : Exploring Agnikarma and Viddhakarma
MONTH	April -2024
DATE OF THE EVENT	10 th April 2024
DURATION	09:00am to 05:00pm
PLACE	Bharatmata Townhall, Kalol, Gandhinagar
SPEAKERS	- Dr. Subhangi Badole - Dr. Manasi Jagtap
GUESTS	- Dr. Hasmukh Soni (GAMA, Chairman) - Dr. Hiren Kadikar (Academic Direct, SSIU)
CHIEF PATRON	- Shri Rishabh Jain (President, Swarnnim Startup and Innovation University) - Shri. Adi Rishabh Jain (Vice President, Swarnnim Startup and Innovation University) - Dr. Ragin Shah (Provost, Swarnnim Startup and Innovation University) - Dr. Hiren Kadikar (Academic Director, Swarnnim Startup and Innovation University)
PATRON	- Dr. Jaimin Patel (Assistant Academic Director, Institute of Health Sciences) - Vd. Rakesh Salve (Director of Ayurveda, Aarihant Ayurvedic Medical College & Research Institute) - Dr. Navin Banarase (Principal, Aarihant Ayurvedic Medical College & Research Institute)
ORGANIZING	- Dr. Sonali P. Ladhi (Professor and HoD, Swasthavritta

SECRETARY	and Yoga Department)
PROGRAM CO-ORDINATOR	- Dr Abhinav Sonawane (Associate Professor, Shalyatantra Department)

COMMITTEES NAME	COMMITTEE MEMBERS
Registration Committee	Dr. Avinash Bholane Dr. Dharmisha Kahlodia
Stage decoration, Inaugural function Committee	Mrs. Neelisha Jani Dr. Sheela Malivad Dr. Drashti Patel Dr. Devangi Doshi
Resource person Committee	Dr. Abhinav Sonawane Dr. Manasi Jagtap
Discipline and parking Committee	Dr. Nandakishor Umale Dr. Sameeksha Gurav Dr. Vishwesh Shrivastava Dr. Vrushani Vyas
Food and water Committee	Dr. Santosh Gurav Dr. Vaibhav Bhadane Dr. Tushar Punse Dr. Pooja Kalne
Social Media, PR, Photography and Videography Committee	Dr. Hardik Parmar Dr. Tejal Ganvit Dr. Binal Gondalia Dr. Ruchika Choudhary
Felicitation Committee	Dr Sagar Ital Dr. Pooja Gopalani Dr. Ruchita Warole Dr Dimple Gadhvi
Scientific committee	Dr. Yogeshkumar Gite Dr. Sameeksha Gurav Dr. Raunak Yadav
Transport Committee	Dr. Santosh Tale Dr. Namdev Vanganekar Dr. Chirag Vaghela Dr. Alaknanda
Anchoring Committee	Dr. Hetal Mori Dr. Dimple Gadhvi

Objective of the event:

A workshop is a structured and interactive session designed to create an environment for meaningful work and to guide a group through a process that will lead to great outcomes. Workshops are designed to engage participants and foster their active involvement in the process. Agnikarma and Viddhakarma are essential procedure for pain management. Various types of pain managements are mentioned in Ayurveda texts, among them Agnikarma and Viddhakarma are widely practiced in clinics. So, Aarihant Ayurvedic Medical College & Research Institute which is constituent of Swarnim Startup and Innovation University had organised National Workshop at Bharatmata Townhall, Kalol on 10th April, 2024.

Flow of the event:-

- National Workshop was started at 09:00am with Spot Registration and delicious Breakfast and Tea. Parallel Paper presentations were also started. Programme was started with Dhanvatari Vandana & Lamp lighting by guests and all participants. Programme was hosted by Dr. Hetal Mori and Dr. Dimple Gadhavi. Principal welcomed guest lecture **Dr. Shubhangi Badole**, Professor Shalyatantra Department G. D. Pol Foundation's YMT Ayurvedic Medical College & P. G. Institute Navi Mumbai, Maharashtra for her lecture on **Approach to Pain Management: Exploring Agnikarma and Viddhakarma**. After that 2nd Lecture was conducted on **Introduction of Viddhakarma by Dr. Manasi Jagtap**, Assistant Professor, Rasashastra and Bhaishajya Kalpana Department. Inaugural function was done by Dr. Hasmukh Soni (GAMA, Chairman), Dr. Hiren Kadikar (Academic Director, Swarnim Startup and Innovation University), Mr. Harsh Trivedi and Jaimin Patel (Assistant Academic Directors, Swarnim Institute of Health Sciences), Vd. Rakesh Salve (Director of Ayurveda, Professor & HoD, Rasashastra and Bhaishajya Kalpana Department) and Dr. Navin Banarase (Principal, Professor & HoD, Rachanasharira Department), Dr. Arvind Chauhan (Principal, Venus Institute of Physiotherapy), Dr. Amit Vyas (Principal, Aarihant School of Nursing)
- After lunch break live demonstration of Agnikarma and Viddhakarma was performed by Dr. Shubhangi Badole, which was followed by Question and Answer session. Remaining paper presentations were done in afternoon. **Poster Presentations and Paper were Judged by Vd. Rakesh Salve** (Director of Ayurveda, Professor & HoD, Rasashastra and

Bhaishajya Kalpna Department), Dr. Santosh Tale (Professor & HoD, Pachakarma Department), Dr. Yogeshkumar Gite (Professor & HoD, Kayachikitsa Department), Dr. Sameeksha Gurav (Professor & HoD, Agadanttra Department), Dr. Nandkishor Umale (Professor, Panchakarma Department), Dr. Vaibhav Bhadane (Professor, Kriyasharira Department) At the end of the programme winner of posters and paper presentations were announced and felicitated with trophies and certificates.

After that Valedictory certificate and memento was given to Dr. Shubhangi Badole. Vote of Thanks was given by Dr. Sonali Ladhi. Programme was concluded National Anthem.

Significance / Outcome:

- Approximately 500-550 students and faculties from all over India had been taken benefit of this workshop.
- 26 Paper and 22 Posters were presented; Best three Winners of each were announced and awarded with trophy and certificate.
- Through this workshop students gain very informative knowledge and learn practical approach of Agnikarma and Viddhakarma.

Sr. No.	Title	Winner
Best Poster		
1	Reflexology	Mansi Patel, Krupali Patel, Dhrumit Panchotiya
2	Matrabasti: a Holistic Approach in Relieving Menstrual Pain	Harita Cholera
3	Basti in Acute Renal Colic	Mohit Surkar
Best Paper		
1	Management of Vatakantaka with Agnikarma using Mruttika Shalaka	Ishita Patel, Kruti Bhavsar
2	Effect of Agnikarma in Management of Ghridhrasi - A case study	Urmila Chaudhary
3	Agnikarma – Safe Alternative For Pain Management In Chronic Heel Pain With Special Reference To Planter Fascitis - A Case Report	Twikal Parmar, Archana Gamit







