



Sanjeevani Multipurpose Foundation's  
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• Affiliated to Maharashtra University Of Health Sciences, Nashik •

## DEPARTMENTAL ACTIVITY

### Granthokta Chyavanprash Preparation

**Title:**

Granthokta Chyavanprash Preparation Activity

**Date:** 19 & 20 December 2023



**Place:** Dept. Of Rasashastra Evam Bhaishajya Kalpana,

Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale.

**Objective:**

To familiarize 2nd year BAMS students with the traditional preparation process of Chyavanprash and its significance in Ayurveda.

**Activity Summary:**

**A] Introduction:**

The session commenced with an introduction to Chyavanprash, highlighting its ingredients, historical significance, and health benefits as per Ayurveda.

**B] Practical Demonstration:** Students actively engaged in a hands-on session to prepare Chyavanprash following traditional methods under the guidance of HOD & Professor, Dr. Satwashil Desai and Assistant Professor Dr. Kedar Todkar.

### C] Ingredients and Process:

The students learned about the selection of herbs, their proportions, preparation techniques, and the importance of each ingredient in the formulation.

D] Quality Control and Safety Measures: Emphasis was placed on maintaining hygiene standards, quality control checks, and safety measures during the preparation process.

### E] Discussion and Q&A:

A discussion ensued regarding the therapeutic uses, dosage, and relevance of Chyavanprash in modern healthcare practices. Students raised queries, encouraging an interactive session.

F] Conclusion: The activity concluded with an appreciation of the students' active participation, a recap of key takeaways, and encouragement to apply this practical knowledge in their future endeavors.

### G] Outcome:

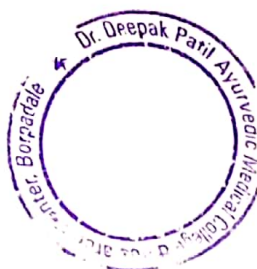
- 1)Enhanced understanding of the traditional preparation of Chyavanprash.
- 2)Practical experience in handling Ayurvedic formulations.
- 3)Improved awareness of quality control and safety measures in herbal preparations.

H] Future Recommendations: Encouragement to explore further practical sessions and applications of Ayurvedic formulations, fostering a deeper understanding of traditional medicines.

### Courtesy:

The entire activity was supported and encouraged by President Dr. Deepak Patil, Secretary Dr. Swati Patil, Managing Director Dr. Smita Patil and Principal Dr. Nitin Tatpuje.

Last but not the least, Entire batch of second year BAMS took special effort for success of this event.



  
**Principal**  
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