

MAJOR SD SINGH UNIVERSITY

ACTIVITY COMPLETION REPORT

1. ACTIVITY OVERVIEW

- **Name of Activity:** Poster Presentation Competition
- **Organised By:** B.A.M.S Herbal Garden Club, Dept. of Dravyaguna Vigyan
- **Date & Duration:** 10/08/2026 (1 Day)
- **Venue:** Institute Ground Floor Corridor
- **Organisers:** Dept. of Dravyaguna Vigyan (Prof. Abhishek Gupta, Dr. Channabasavanna Patil, Dr. Randeep Chaudhary)
- **Contact Details:** +91-8318767161
- **Number of Participants:** 32 Students

2. OBJECTIVES

- To assess students' academic understanding of the subject and foster creative visual representation.
- To increase students' interest in the subject
- To prepare them for out campus competitions in future

3. ACTIVITY DESCRIPTION

Students were divided into 9 groups of 4 members each.

Nominated participants engaged in a 2-hour poster preparation session.

Out of the registered groups, Group 9 had not participate.

Evaluation was conducted by four esteemed institute Judges based on five criteria (5 marks each, max 25 marks=100 Marks):

1. Scientific Understanding and Implementation
2. Visual Design, Creativity, and Attractiveness
3. Presentation Skills (Confidence, Clarity, Communication)
4. Ability to Answer Evaluator Questions
5. Overall Visual & Academic Impact

All evaluators marks were added and best the groups were selected on the basis of marks obtained

- **Firs Prize** - **Group 5**
- **Second Prize** - **Group 4**
- **Third Prize** - **Group 7**

Note: All participating students were appreciated and awarded certificates of participation.

5. OUTCOME OF THE ACTIVITY

1. To enhance students' **scientific knowledge and its practical application.**
2. To develop **creativity and effective visual presentation skills.**
3. To improve **communication, confidence, and presentation abilities.**
4. To promote **teamwork, critical thinking, and problem-solving skills.**
5. To encourage **active participation, healthy competition, and academic excellence.**

6. PARTICIPANTS ROSTER (STUDENTS)

Group	Student Name	Programme	Year
Group 1	Anjali Dubey, Suraj Kumar, Vinamra Baibhav, Azra Fatima	BAMS	2nd Prof
Group 2	Abhishek Maurya, Nikhil Yadav, Ashish Sharma, Manisha Kumari	BAMS	2nd Prof
Group 3	Harshita Kushwaha, Pratiksha Shinde, Harshal Padole, Shivendra Vikram	BAMS	2nd Prof
Group 4	Shivani Yadav, Astha Nirala, Shyamji Sahu, Sakshi Kushwaha	BAMS	2nd Prof
Group 5	Anjali Agarwal, Bhumika Gupta, Anchal Gupta, Varshani Atiq	BAMS	2nd Prof
Group 6	Shruti Tripathi, Mayank Dubey, Vrishiti Mishra, Nisit Raj	BAMS	2nd Prof
Group 7	Arjit Shukla, Aditya Tripathi, Amar Yadav, Anmol Yadav	BAMS	2nd Prof
Group 8	Shraddha, Sujata, Anjali Rajput, Shivam Saxena	BAMS	2nd Prof

7. PARTICIPANTS LIST (FACULTY & STAFF)

S.No.	Faculty/Staff Name	Designation	Faculty/Dept.
1	Prof. Abhishek Gupta	Professor & HOD	Ayurveda / Dravyaguna
2	Dr. Channabasavanna Patil	Associate Professor	Ayurveda / Dravyaguna
3	Dr. Randeep Chaudhary	Assistant Professor	Ayurveda / Dravyaguna
4	Dr. Mohit Kumar Baghel	Professor & HOD	Ayurveda / Rog Nidana
5	Dr. Rakesh K Bhadauria	Professor & HOD	Ayurveda / Kriya Shareer
6	Dr. Reeti Yadav	Associate Professor	Ayurveda / Prasuti Tantra
7	Dr. Kamlesh	Professor & HOD	Ayurveda / Samhita

INSTITUTE OF AYURVEDA
MAJOR SD SINGH UNIVERSITY

Where Ancient Wisdom Meets Modern Wellness

ORGANISED BY
HERBAL GARDEN CLUB
 Dravyaguna Vigyan Department

ACTIVITY NAME
Poster Presentation

TOPIC NAME
“Swasthasya swasthya rakshanam aturasya vikara prashamanam cha”

DATE
 10 AUGUST 2026

TIME
 2 TO 4 PM

VENUE
 INSTITUTE GROUND FLOOR CORRIDOR

Let's Spread Awareness, Preserve Health & Promote Ayurveda

Posters of the Activity

स्वास्थ्यं स्वास्थ्यं रक्षणम्
Prevention & Preservation

**“स्वास्थ्यं स्वास्थ्यं रक्षणम्
आतुरस्य विकार प्रशमनम् च ।”**
(To Protect the health of the healthy
and to alleviate the disorders of the diseased.)

आतुरस्य विकार प्रशमनम् च
TREATMENT & ALLEVIATION

1. आमलकी
Rasayana
Vyasthapana

2. हरितकी
Rasayana
Pathya
Anulomna

3. ब्राह्मी
Medhya
Rasayana

4. अर्जुन
Haidya
Balya

5. निम्ब
Tikta
Krimighna
Kapha Pittahara

6. गुडुची
Rasayana
Jwaraghna

“NATURE HAS THE POWER TO HEAL...”
Dravyaguna helps us understand and apply that power in the right way.

OPEN ME... WHO AM I? OPEN ME... WHO AM I? OPEN ME... WHO AM I?

Group-1
→ Anjali Dubey
→ Azra Fatima
→ Vinamra Baibhav
→ Suraj Kumar

स्वास्थ्यं स्वास्थ्यं रक्षणम् | आतुरस्य विकार प्रशमनम् च ||
Dravyaguna Department

⑥

Presented by: GP ⑥
Shruti, Mayank, Nisit, Vrushiti

विकार प्रशमनं

भेषज कल्पना

द्रव्यगुण का आयाय

अदरक

हरिद्रा

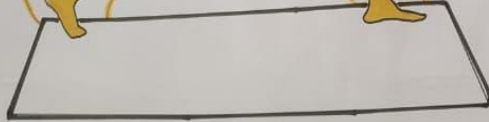
वासा

स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकार प्रशमनं च

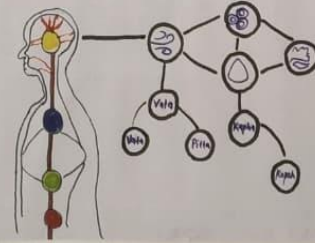
Group No.-2

Balanced diet
(संतुलित आहार)

Mental Peace
(मानसिक शांति)



SUMMARY
IMMUNITY
DINACHARYA



SUMMARY
Herbal Cures
(हर्बल उपचार)
Panchakarma
(पंचकर्म)

Group-2
Nikhil Yadav
Ashish Sharma
Abhishek Maurya
Manisha Kumari

स्वस्थस्य स्वास्थ्य रक्षणम्

आतुरस्य विकार प्रशमनं च ॥

संस्कृत

सत्य, अहिंसा,
दया, धर्म, धैर्य, क्षमा,
यमा का प्रवृत्ति।

रसायन, वायुकरण

ओषध, बल, वर्ण,
स्मृति और रोग
प्रतिरोधक क्षमता।

दिनचर्या

समय पर उठना,
शौच, स्वच्छता,
आयाम, योग, प्रणाम।

ऋतुचर्या एवं आहार

ऋतु के अनुसार आहार-
निर्धार। दूध, दही, मीठा, हरी,
सालिक आहार।



रोग निदान

वैष, धातु, मूल, अग्नि,
पुरुष, निकुति का
प्रयोग।
(दर्शन, स्पर्श, श्रवण, नाडी)

शोधन चिकित्सा

पंचकर्म द्वारा दोषों
का शोधन - विरेचन,
वमन, बस्ती, नस्त्र,
रक्त शोधन।

पथ्य-अपथ्य पातन

रोगानुसार दितकर औषध सेवन,
आहार-निवार से शेष, स्वेदन
से रोग की शान्ति।

रोग निवृत्ति एवं बलवर्धन

रोग शमन, पुनः स्वास्थ्य
की प्रति एवं पुनरावृत्ति
की रोकथाम।

GROUP-8
Sujata Pandey
Shradha Shukla

स्वस्थस्य स्वास्थ्य रक्षणम् आतुरस्य प्रशमनम् च ।

“हिताहित सुखं दुःखमायुस्त
मानं च तच्च शोक्तमायुर्वेदः स उच्यते”

स्वास्थ्य रक्षणम्

- ▲ दिनचर्या, सतुचर्या और व्यवहार का पालन
- ▲ आसक्त आहार और विहार
- ▲ रक्षण करने का उपयोग
- ▲ योग, कर्म, धर्म और आयु की हकी
- ▲ रोगों से पूर्व सुरक्षा (Preventive Care)

आयुर्वेद की दृष्टि

- अमृत आहार
- अमृत विहार
- अमृत आयुष
- अमृत निहा
- अमृत जीवन

“अमृत जीवन से स्वास्थ्य की रक्षा और रोग होने पर ठीक होना के लक्ष्य है।”



प्रशमन :-

- ▷ दवा, धातु, रक्त की अमृत चिकित्सा
- ▷ आसन, ध्यान, योग और योगयोग के लक्षण
- ▷ अमृत और अमृतों द्वारा रोगों का रक्षण
- ▷ अमृत के पदार्थ, रोग आतुरस्य
- ▷ अमृत रोग और रोग रोग

प्रकृति से चिकित्सा तक



Group no-3

Name - Harshita
Pratiksha
Shivendra
Harshali





AYURVEDA

The Science of Life

“स्वस्थस्य स्वास्थ्य रक्षणम्
आतुरस्य विकार प्रशमनम् च”

SWASTHASYA SWASTHYA RAKSHANAM
ATURASYA VIKARA PRASHAMANAM CHA

The prime aim of Ayurveda -
to protect the health of the healthy and to
alleviate the disorders of the diseased.



स्वस्थस्य स्वास्थ्य रक्षणम्

To protect the health of
the healthy.

-  **दृढहार**
(Wholesome diet)
-  **विहार**
(Proper lifestyle)
-  **दिनचर्या**
(Daily Routine)
-  **सद्वृत्त**
(Positive Conduct)
-  **मनः प्रसाद**
(Mental well-being)

“A balanced lifestyle is the
foundation of perfect health.”



आतुरस्य विकार प्रशमनम् च

To alleviate the disorders
of the diseased

-  **निदान परिकर्तन**
(Avoiding the cause)
-  **शोधन**
(Purification)
-  **शामन**
(Pacification)
-  **औषधि**
(Medicine)
-  **स्नेह व करुणा**
(Care & Compassion)

“Relieving pain, restoring balance,
and bringing back well-being”



आयुर्वेद का उद्देश्य

रोग से पहले आरोग्य की रक्षा
और रोग होने पर उसका उपचार।

-  शरीर
-  मन
-  अरुण

सम्यक् संतुलन = पूर्ण स्वास्थ्य



“Prevent disease, promote health, and prolong life -
This is the eternal wisdom of Ayurveda.”

Group No-5

आयुर्वेद का प्रयोजन

"प्रयोजनं चास्य स्वस्थस्य स्वास्थ्यारक्षणं आतुरस्य विकार
प्रशमनं च ॥" (च०सू० 30/26).



स्वास्थ्य शरीर
आयुर्वेद शरीर को दृढ़,
बलवान और रोग
मुक्त बनाता है।



रोगों से रक्षा

आयुर्वेद रोगों की
रोकथाम करता है और
प्रतिरक्षा शक्ति बढ़ाता
है।



Group - 7

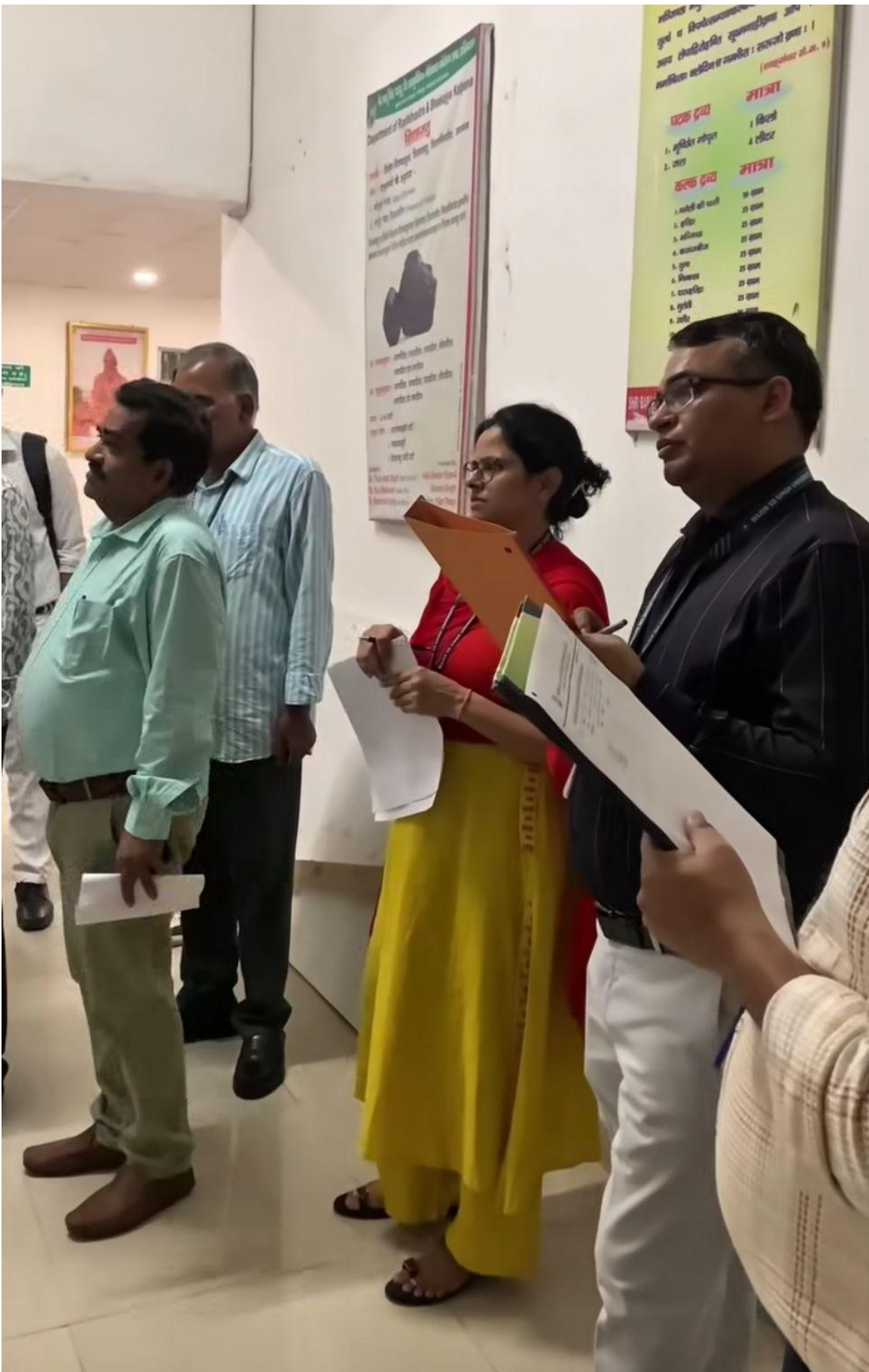
Presented by - Arjit Kumar, Aman Yadav, Anmol Yadav.

Attached Photographs of the Activity













Social Media Link (If any):
<https://www.facebook.com/share/r/1DQ7cvV42o/>

Institute of Ayurveda Major SD Singh University		
Bhojpur Kanpur Road, Fatehgarh, Farrukhabad (U.P)		
Activity Name: Poster Presentation		Date-10-08-2026
Herbal Garden Club (Dravyaguna Vigyan Department)		
S.R	NAME OF THE STUDENT	Signature
1.	Anjali Dubey	Anjali Dubey
2.	Suraj Kumar	Suraj Kumar
3.	Vinamra Baibhav	Vinamra Baibhav
4.	Azra Fatima	Azra Fatima
5.	Nikhil Yadav	Nikhil
6.	Ashish Sharma	Ashish
7.	Abhishek Maurya	Abhishek Maurya
8.	Manisha Kumari	manisha
9.	Harshita Kushwaha	Harshita
10.	Pratiksha Sinda	Pratiksha
11.	Harshal Padole	Harshal
12.	Shivendra Vikram	shivendra
13.	Shivani Yadav	Shivani
14.	Astha Nirala	Astha
15.	Shyam Ji Sahu	shyam
16.	Sakshi Kushwaha	Sakshi
17.	Anjali Aggrawal	Anjali
18.	Bhumika Gupta	Bhumika
19.	Panchal Gupta	Anchal
20.	Varshani Atiq	Atiq
21.	Shruti Tripathi	Shruti
22.	Mayank Dubey	Mayank
23.	Vrishti Mishra	Vrishti Mishra
24.	Nisit Raj	Nisit
25.	Arjit Shukla	Arjit
26.	Aditya Tripathi	Aditya
27.	Aman Yadav	Aman
28.	Anmol Yadav	Anmol
29.	Shraddha	Shraddha
30.	Sujata	Sujata
31.	Anjali Rajput	Anjali
32.	Shivam Saxena	Shivam
33.	Satyesh Sharma	Absent
34.	Abhiraj Shakya	Absent
35.	Khushi Nagar	Absent
36.	Priya Singh	Absent

9
10/08/2026