

**K. G. MITTAL AYURVED COLLEGE**  
NETAJI SUBHASHI ROAD, CHARNI ROAD, MUMBAI- 400 002  
**Department of Rachana Sharir**  
**(January to December 2023)**

Vd. Kshirsagar M. V.

Research Publications:

Sr. No	Title	Journal Name	Date, Issue Vol. & Pg. No.	Publisher & Editor	Standard Number (ISBN/ISSN)
1.	Meditation a Means of Holistic Approach to Health	Ayurlog: National Journal of Research in Ayurved Science	Oct-Dec. 2023, Issue: 5 <sup>th</sup> Volume: 11 <sup>th</sup> , Pg. 1 to 5	Dr. Pushpa Dudhamal	e-ISSN: 2320-7329

On-Line Three Month Certificate Programme on Research Methodology & Biostatistics:

Sr. No	Organizer /Institute Name	Topic	Date & Time
1	CCRAS & NIA	Three Month Certificate Programme on Research Methodology & Biostatistics	02 <sup>nd</sup> Jan. to 31 <sup>st</sup> March 2023, 6 to 8 pm

Participation:

Sr. No.	Name	Venue	Date
1.	MUHS Women's Rally	From Kala-Ghoda to St. George's Hospital, CSMT	8 <sup>th</sup> March 2023
2.	MUHS Breast Cancer awareness & Oral Hygiene rally	From Hutatma Chok to Cama & Albles Hospital, Mumbai	24 <sup>th</sup> March 2023

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Examiner:

Sr. No.	Name	Venue	Date
1.	MUHS Theory & Practical Exams	Different Ayurved Colleges	2023

V.C. Nominee:

1.	MUHS LIC Chairman for P.G.	Podar Ayurved College, Worli, Mumbai	29 <sup>th</sup> March 2023
2.	MUHS VC Nominee	Ideal Ayurved Mahavidyalaya, Poshari, Wada, Palghar.	5 <sup>th</sup> July 2023
3.	MUHS VC Nominee	Ideal Ayurved Mahavidyalaya, Poshari, Wada, Palghar.	4 <sup>th</sup> October 2023
4.	MUHS VC Nominee	NKD Charitable Trust Ayurved Medical College, Nallasopara Ayurved College	15 <sup>th</sup> December 2023

Admission Committee:

Sr. No.	Name	Venue	Batch
1.	P. G. Admission Committee	K. G. Mittal Ayurved College	2023-24
2.	U. G. Admission Committee	K. G. Mittal Ayurved College	2023-24

Miscellaneous:

Sr. No.	Name	Venue	Activity
1.	Shlok Recitation Competition	K. G. Mittal Ayurved College	27 <sup>th</sup> October 2023
2.	UG & PG Departmental Seminars	K. G. Mittal Ayurved College	2023
3.	Delivered Lecture in Transitional Curriculum	K. G. Mittal Ayurved College	Batch - 2023-24
4.	Various committees viz.,	K. G. Mittal Ayurved	2023

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	RTI, Female grievance, enquiry committee, Anti-ragging committee, Student's grievance vomittee, L.M.C etc.	College	
5.	Convocation Ceremony	Catholic Gymkhana, Charniroad, Mumbai.	2023

Vd. Kamble V.S

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Sr. No	Title	Journal Name	Date, Issue Vol. & Pg. No.	Publisher & Editor	Standard Number (ISBN/ISSN)
1.	Udakvaha Srotas moolsthan Nishti Evam Klom Avayava Tulnatmak Abhyas	Ayurlog:National Journal of Research in Ayurved Science	Jan. - March 2023, Issue: 5 <sup>th</sup> Volume:11 <sup>th</sup> , Pg. 1 to 5	Dr. Pushpa Dudhamal	e-ISSN: 2320-7329

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1.	MUHS Women's Rally	From Kala-Ghoda to St. George's Hospital, CSMT	8 <sup>th</sup> March 2023
2.	MUHS Breast Cancer awareness & Oral Hygiene rally	From Hutatma Chok to Cama & Albless Hospital, Mumbai	24 <sup>th</sup> March 2023
3.	International Yoga day	National Sports Clum of India, Mahalaxmi, Mumbai	26 <sup>th</sup> June 2023

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Sr. No.	Name	Venue	Date
1.	MUHS Theory & Practical Exams	Different Ayurved Colleges	2023

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Sr. No.	Name	Venue	Activity
1.	Shlok Recitation Competition	K. G. Mittal Ayurved College	27 <sup>th</sup> October 2023
2.	UG & PG Departmental Seminars	K. G. Mittal Ayurved College	2023
3.	Delivered Lecture in Transitional Curriculum	K. G. Mittal Ayurved College	2023-24 Batch
4.	NSS Medical Camp	Umroli, Palghar	2023
5.	CAP Custodian	K. G. Mittal Ayurved College	2023
6.	Convocation Ceremony	Catholic Gymkhana, Charniroad, Mumbai.	2023

Vd. Tarak Mehta

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**(January to December 2023)**

Research paper presented

Sr.No	Name	Venue	Topic	Date
1.	Yoga Sastra Sangamam	Vivekanandapuram , Kanyakumari	Evolution of Consciousness is Evolution of Life – Acknowledging Consciousness in Plants, in the Light of <i>Āyurved</i> and Heartfulness	24-26 Feb 2023

Research Publications:

Sr. No.	Title	Journal Name	Date, Issue Vol. & Pg. No.	Publisher & Editor	Standard Number (ISBN/ISSN)
1.	Metaphysical Principal ahamkāra: A comparative study in the perspective of Āyurved and Sahaj Marg	Prācyā (Annual Peer Reviewed UGC CARE List Journal on Sanskrit & Related Studies)	2023 Issue, Vol. XV (Part – I - Āyurvedviśeṣāmkah), Pg. 36 to 45	Department of Sanskrit, MDK Girl's College, Dibrugarh (Assam), MDKG College.	ISSN 2278-4004
2	Meditation a Means of Holistic Approach to Health	Ayurlog: National Journal of Research in Ayurved Science	Oct-Dec. 2023, Issue: 5 <sup>th</sup> Volume: 11 <sup>th</sup> , Pg. 1 to 5	Dr. Pushpa Dudhamal	e-ISSN: 2320-7329

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3.	Run for Ayurved organized by RRAP CARI, Mumbai and State Government of Maharashtra	Mahalaxmi Race course	7 <sup>th</sup> November 2023
4.	Madhya-Pradesh Yoga Mahotsav 'Ekatma Abhyan'	Jabalpur, Madhya-Pradesh	21 <sup>st</sup> June 2023

Miscellaneous:

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1.	Shlok Recitation Competition	K. G. Mittal Ayurved College	27 <sup>th</sup> October 2023
2.	UG & PG Departmental Seminars	K. G. Mittal Ayurved College	2023
3.	Supervision MUHS theory exam	K. G. Mittal Ayurved College	Winter & Summer 2023
4.	Delivered Lecture in Transitional Curriculum	K. G. Mittal Ayurved College	2023-24 Batch
5.	Convocation Ceremony	Catholic Gymkhana, Charniroad, Mumbai.	2023

Prof. & HOD

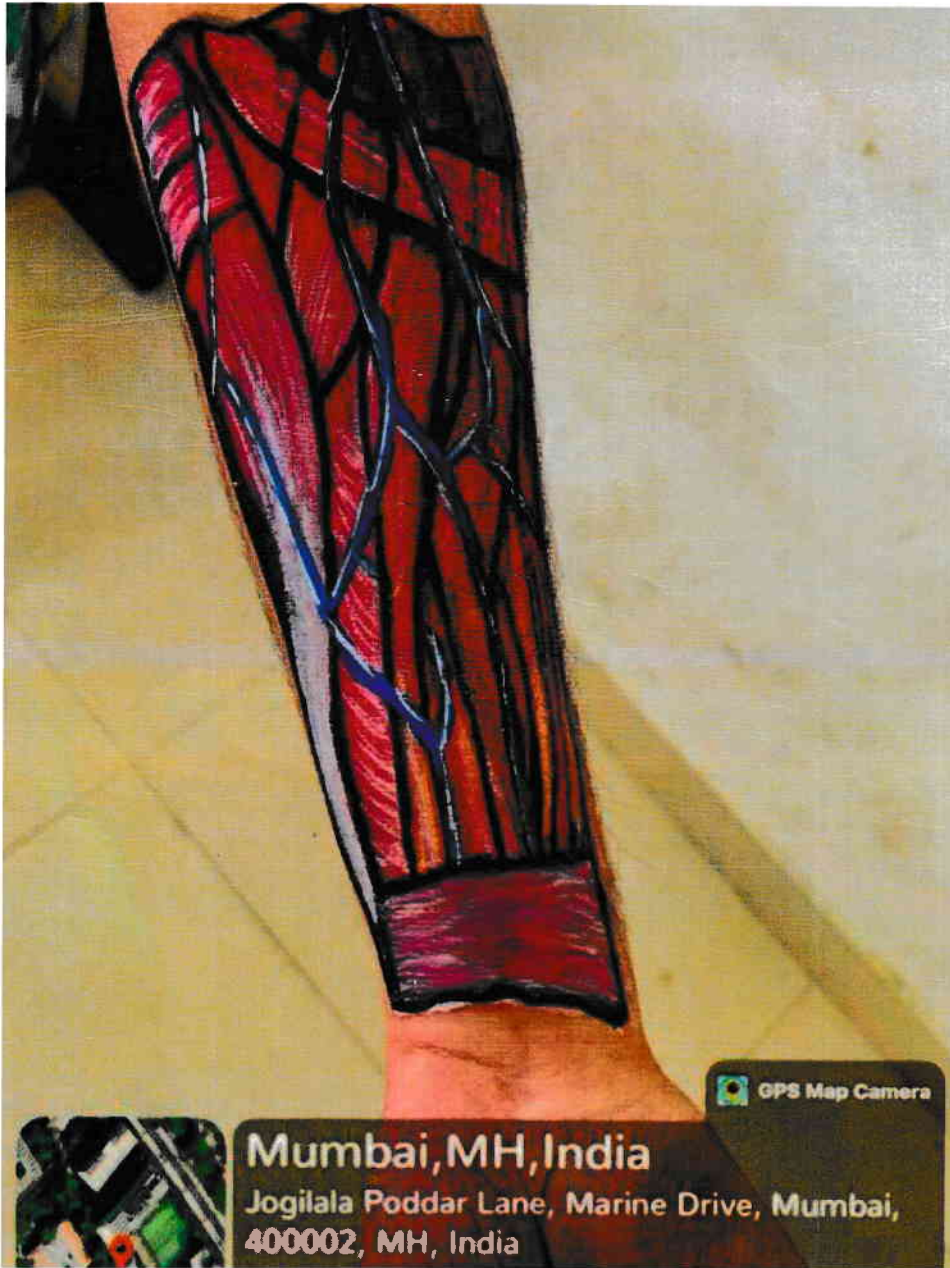
**K.G. MITTAL AYURVED MAHAVIDYALAYA, MUMBAI**

**RACHANA SHARIR**

**4th Periodical examination (BAMS I)**

**Name – Aishwarya shahu. Roll no. – 28. Date – 04/01/2024**

**Topic – Body painting ( Anterior compartment of forearm)**





# DORSUM OF HAND



GPS Map Camera

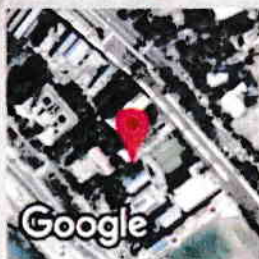
Mumbai, Maharashtra, India

WRX9+XJC, Netaji Subhash Chandra Bose Rd, Chowpatty, Girgaon, Mumbai, Maharashtra  
400004, India

Lat 18.949889°

Long 72.820046°

04/01/24 04:07 PM GMT +05:30



Google

# ARM MUSCLES



 GPS Map Camera



**Mumbai, Maharashtra, India**

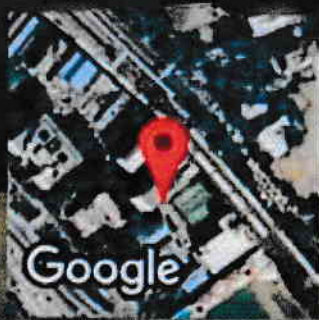
Vaidyaraj Ramgopal Sharma, Girgaon, Netaji Subhash Chandra Bose Rd, Nana Chowk, Girgaon,  
Mumbai, Maharashtra 400002, India

Lat 18.949952°

Long 72.820184°

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# FOREARM SUPERFICIAL



**Mumbai, Maharashtra, India**

Smt. K. G mittal ayurveda medical college and hospital Netaji Subhash Chandra

Bose Rd, Nana Chowk, Girgaon, Mumbai, Maharashtra 400002, India

Lat 18.950028°

Long 72.820152°

04/01/24 03:36 PM GMT +05:30