



KMCT

AYURVEDA MEDICAL COLLEGE

Approved by NCISM and Affiliated to Kerala University of Health Sciences

TO WHOM SO EVER IT MAY CONCERN

**This is to certify that the information in the attached documents is verified by
me and is true to the best of my knowledge**



Aradhana

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MEDICAL COLLEGE



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7.3.1 INSTITUTIONAL DISTINCTIVENESS

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🌐 www.kmctayurvedacollege.org



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7.3.1 INSTITUTIONAL DISTINCTIVENESS SWASTHYA - Ayurveda Wellness Ambassadors Program

The vision of KMCT Ayurveda Medical college is to be an institution of excellence in Ayurvedic education, research and healthcare. One of the way to attain this is by engaging students in promoting Ayurvedic wellness principles and practices within the campus and surrounding communities. As a huge campus consisting of various institutions such as medical college, dental college, nursing college, pharmacy college and allied health sciences colleges, the opportunity and challenges for our college in promoting Ayurveda is huge.

Through SWASTHYA, our student Ayurveda Wellness ambassador program we are cultivating leadership, communication, and organizational skills among students while fostering a deeper understanding and practical application of Ayurvedic lifestyle concepts. The faculties and students of the institution act as Ayurveda wellness ambassadors promoting Ayurveda within the campus and community.

The college has a dedicated Ayurveda Wellness Ambassadors Club where students interested in health and well-being collaborate. The club along with college union organises and collaborates for various wellness activities, organizing outreach programs, and promoting Ayurvedic practices on campus. Students develop leadership skills by managing teams, planning events, conducting outreach programs, and coordinating with faculty and community leaders. This provide a platform to nurtures their communication and organizational skills.

We organise programs under 4 distinctive categories ie,

1. Student led wellness activities
2. Campus wide wellness campaigns
3. Community outreach and wellness drives
4. Organising quizzes, challenges and competitions

Programmes conducted:

1. Student-Led Wellness activities

a. Ayurvedic Health & Lifestyle activities:

Students conduct wellness activities and workshops on campus, focusing on Ayurvedic principles like Dinacharya (daily routine), Ritucharya (seasonal routine), healthy eating, and stress management. Students regularly distribute pamphlets and brochures on healthy living, diet and other awareness topics among patients and visitors within the campus

b. Practical Demonstrations:

Students lead practical sessions on preparing herbal home remedies, Ayurvedic cooking, and basic self-care treatments such as Abhyanga (oil massage) and detox routines among patients.

2. Campus-Wide Wellness Campaigns

a. Celebrating Ayurveda days and events

Institution organize thematic wellness programs during special days such as national Ayurveda day, international yoga day where students participate in various activities like yoga sessions, meditation workshops, and herbal remedy tutorials. These campaigns promote holistic well-being through Ayurveda among students and staff.

b. Herbal Garden Initiative:

Students are given equal responsibility in cultivating and maintaining an herbal garden on campus. This give them practical experience with medicinal plants and allow them to share knowledge about their therapeutic benefits within the campus community. Students from different campuses of the institution visit the herbal garden and learn about various medicinal plants available within the campus.

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3. Community Outreach & Awareness Drives

a. Health Awareness Camps in Local Communities:

As part of the program, students take part in health awareness drives and camps in nearby villages and towns. They educate the community on preventive healthcare using Ayurvedic practices, distribute herbal medicines, and provide simple wellness solutions.

b. Collaboration with Schools:

Students work with local schools to teach basic Ayurvedic concepts to children, such as the importance of balanced diet and ayurvedic lifestyle and regimen. Students conduct regular visits to A C shanmugasdas memorial ayurvedic child and adolescent care center. Classes were conducted for students and parents of loveshore special school, pannicode where they are informed on ayurvedic lifestyle management strategies on diseases like autism spectrum disorders.

c. Providing Assisted Living facility to Santhwanam (Old Age & Destitute Home)

Our institute believes in giving assistance with daily living activities, medical care, and other support services to individuals who are no longer able to live independently and require assistance with activities of daily living and their medical health care. KMCT Ayurveda Medical college Hospital has joined hands with Santhwanam Charitable Trust which is active in this area for many years. There are two residence facilities under the trust, separate for men and women.

It comprises a well-organized team headed by a social worker, attenders, nurse, students, interns and a senior medical officer who accompanies them on periodic visits to the Centre. Regular checkups, early disease identification and modification of drugs is appropriately done so that unnecessary hospital visits may be avoided. Regular assessment of vitals and basic blood routines are done. Ambulance services are provided for easy transportation to hospitals at time of need. IP and OP services including medicines and therapies are provided free of cost for the inmates. In case of hospital admission, KMCT provides treatment completely free of cost irrespective of the illness or duration of the hospital stay

4. Competitions

a. Campus Wellness Challenges:

Students and staff participate in activities inspired by Ayurveda such as ayurvedic Cookery competitions and preparation of food items relying on the concepts of Ayurveda. The idea is to foster a healthy and competitive spirit around well-being on campus.

b. Ayurveda Quiz & Competitions:

The college organises Ayurvedic quiz competitions, debates, and case study challenges where students compete on their knowledge of Ayurveda. These events enhance their learning while promoting Ayurveda as a holistic health system.

Outcomes:

1. Leadership and Communication Skills: Students develop leadership qualities, gain practical organizational experience, and improve communication skills through public workshops and outreach.
2. Increased Awareness of Ayurveda: The program raise awareness of Ayurvedic practices within the campus and surrounding communities, making wellness and preventive care more accessible.
3. Holistic Development: Students will cultivate a balanced lifestyle, integrating Ayurvedic wellness principles into their daily routines, which they can share with others.
4. Community Engagement: Through outreach initiatives, students contribute to public health education, reinforcing Ayurveda's role in preventive healthcare.

Conclusion

This extracurricular activity promotes a hands-on, leadership-driven approach to learning and

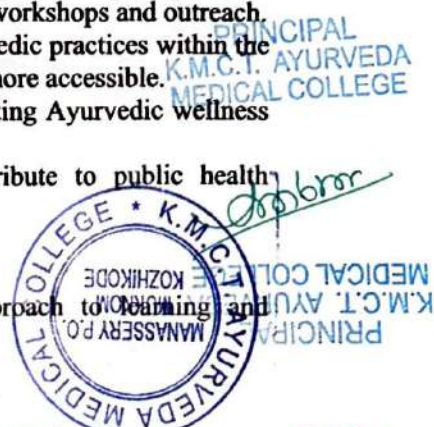
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spreading Ayurveda's principles. The misconcepts among the common public and other professional regarding Ayurveda are also addressed through the activities of our ambassadors. It strengthens the connection between the institution and the community, while offering students opportunities for personal and professional growth.

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HERBAL GARDEN



Handwritten signature

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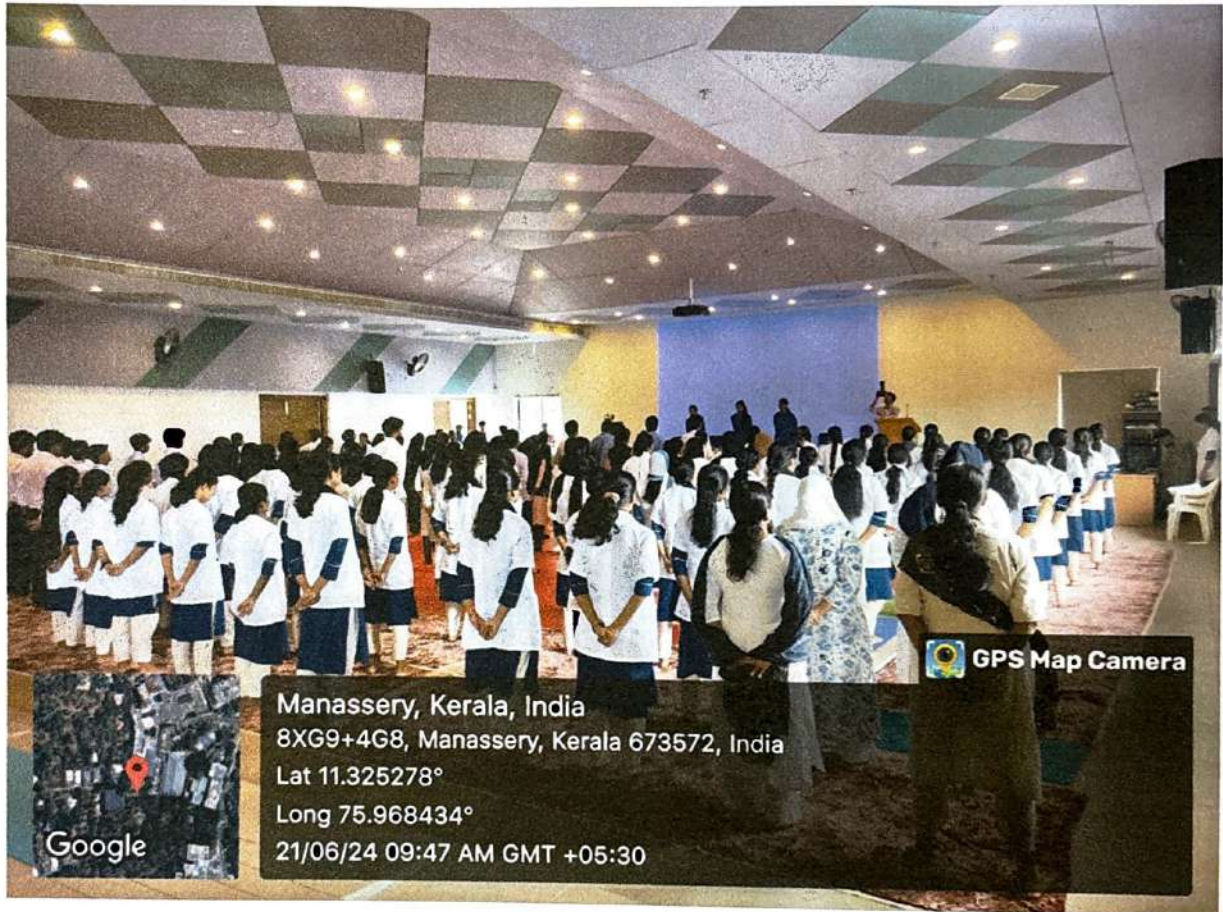




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YOGA DAY CELEBRATION



Signature

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MEDICAL CAMP



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AWARENESS CLASS FOR PARENTS OF MENTALLY DISABLED CHILDREN



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