

**ASHOKRAO MANE AYURVEDIC MEDICAL COLLEGE
AND HOSPITAL,**

VATHAR TARF VADGAON

DEPARTMENT OF SWASTHVIRITTA AND YOGA

NON-LECTURE ACTIVITY

POSTER MAKING COMPETITION

REPORT

DATE: 25/02/2026

Department of Swasthvritta and Yoga had arranged non-lecture activity of Poster Making Competition for 2nd year students on 25th Feb. 2026 at 2.30pm to 4.30pm. Topic of Poster making competition was discussed as per group and syllabus. Students actively participated in the event. Dr Vikram Shelke sir was the judge of the event. Prizes are as below:

1. A) Disinfection
B) Curative code of soil
2. A) Mother & Child Healthcare
B) Panchakosha
3. A) Disaster Management
B) Modes of disease transmission

DISINFECTION: AYURVEDIC & MODERN

AIM: TO UNDERSTAND THE PRINCIPLES, TYPES, & AGENTS OF DISINFECTION

Ayurvedic Approach

- Concept:**
 - Krimi
 - Rakshoghna
 - Janapadoshdhwaj
- Methods:**
 1. Dhupana
 2. Prakashana
 3. Krimighna Dravya
- Herbs:**
 1. Nimb
 2. Haridra
 3. Guggulu
 4. Tulsi
- Advantages:**
 - ✓ Natural
 - ✓ Eco-friendly
 - ✓ Holistic

DISINFECTION

→ Reduce Microbial Load ←
→ Prevention of Infection ←

Chain of Infection

Modern Approach

- Definition:**
 - Elimination of Pathogenic micro-organism (except spore)
- Type:**
 - ▲ High level
 - ▲ Intermediate level
 - ▲ Low level
- Agents:**
 1. Alcohol (70%)
 2. Chlorine
 3. Glutaldehyde
 4. Hydrogen peroxide
- Methods:**
 1. Physical (heat, uv)
 2. Chemical (Alcohol, Halogen)

CONCLUSION: Both systems aim to prevent infection. Modern method act rapidly, while Ayurveda provide natural & e-friendly protection.

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PRANAYAMA
- The Art of Yoga Breathing

CONCLUSION: Breathe in wellness, exhale and prosper!

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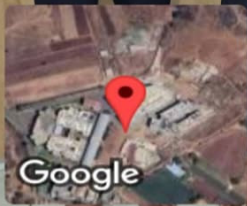
World Leprosy Day

Introduction

Aim

Objectives

Conclusion



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DISINFECTION: AYURVEDIC & MODERN

History

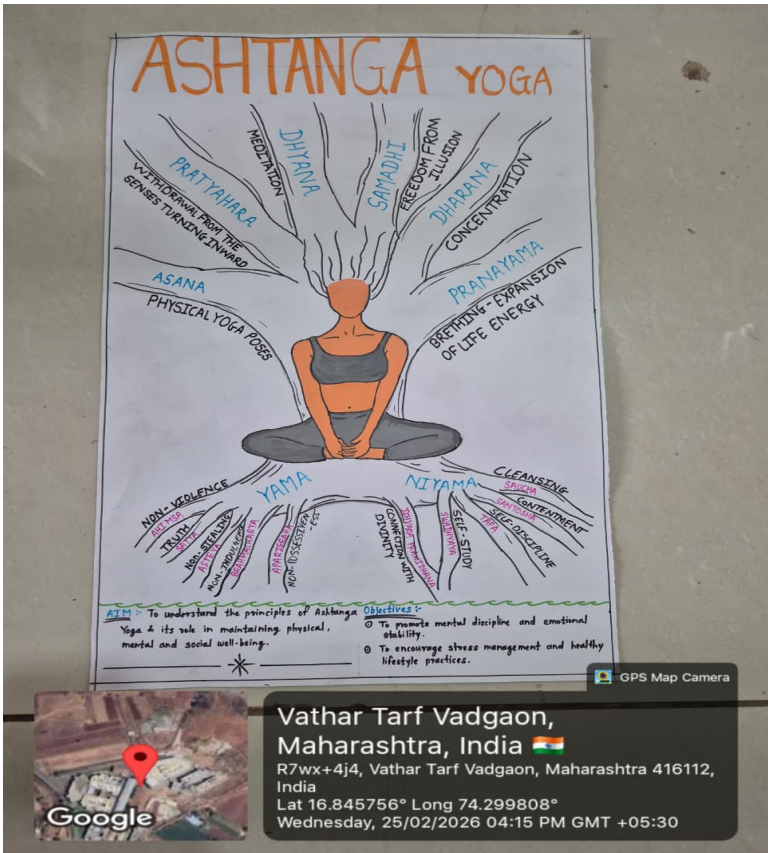
Types

Disinfectants



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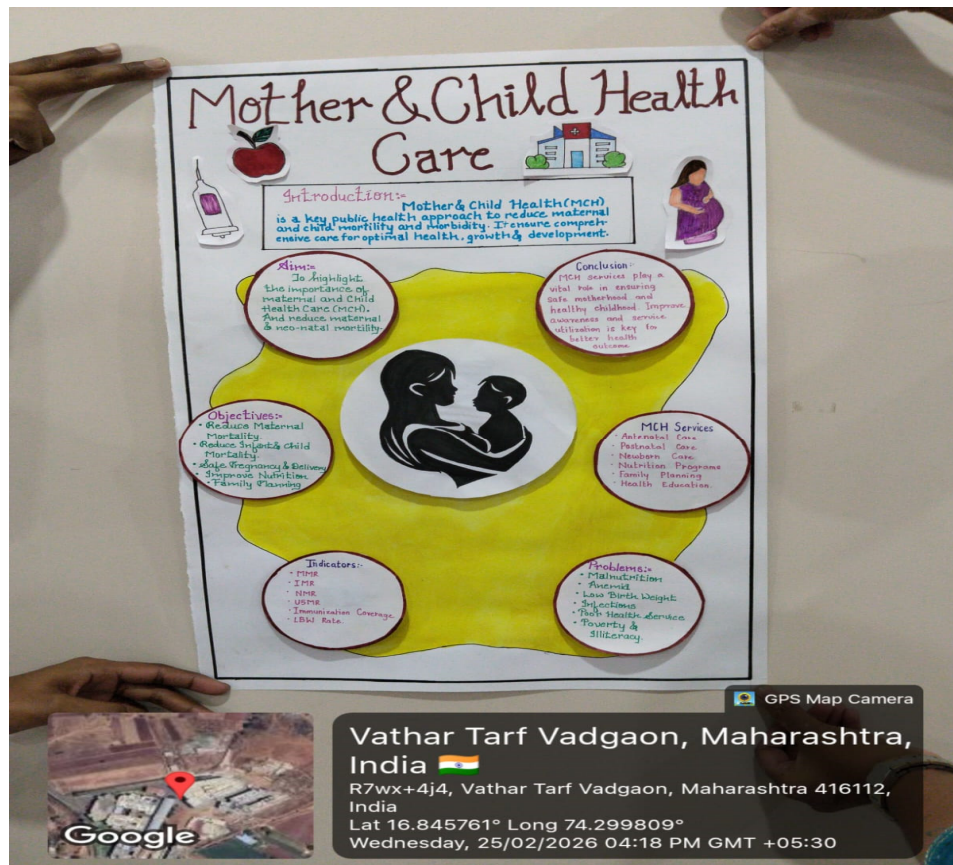


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Mother & Child Health Care

Introduction:- Mother & Child Health (MCH) is a key public health approach to reduce maternal and child mortality and morbidity. It ensure comprehensive care for optimal health, growth & development.

Aims:- To highlight the importance of maternal and child health care (MCH). And reduce maternal & neo-natal mortality.

Conclusion MCH services play a vital role in ensuring safe motherhood and healthy childhood. Improve awareness and service utilization is key for better health outcome.

Objectives:-
 - Reduce Maternal Mortality
 - Reduce Infant & Child Mortality
 - Reduce Pregnancy & Delivery Complications
 - Improve Nutrition
 - Family Planning

MCH Services
 - Antenatal Care
 - Postnatal Care
 - Neonatal Care
 - Nutrition Programme
 - Family Planning
 - Health Education

Indicators:-
 - IMR
 - IIR
 - MMR
 - U5MR
 - Immunization Coverage
 - LBW Rate

Problems:-
 - Malnutrition
 - Anaemia
 - Low Birth Weight
 - Stillbirths
 - Poor Health Services
 - Poverty & Illiteracy