

## **REPORT ON AYURVEDA COLLEGE VISIT** **ORGANIZED BY WOMEN EMPOWERMENT CELL**

Women Empowerment Cell (WEC),GCET had organized a visit to the G J Patel Ayurveda medical College on 26<sup>th</sup> September 2023. The WEC team comprising of 25 girls and 7 faculty members started in college bus at 2:00 pm from GCET and reached the Ayurveda college at 2:25pm. The team was warmly received and briefed about the visit plan by professor Dr .Saritha Bhutada.

The group was first taken to pharmacy testing lab. In this lab information about Ayurveda herbs ,medicines, various methodologies used in the preparation of tailas and churnas were clearly showed and explained. Thereafter students were led to quality testing lab, anatomy lab, dissecting hall and given a detailed explanation of the same. Various human anatomical models and even explanation of dissecting aspects of a human cadaver was a gripping experience for all group members. This educational expedition left an indelible impression on all involved, providing a comprehensive and immersive understanding of the multifaceted world of Ayurveda.

From the intricate nuances of medicine preparation, eloquently elucidated by the ayurvedic doctors, to the insightful tour of various Sanskrit-named departments such as 'PANCHKARMA', 'RASASHASTRA', 'SHALYA TANTRA', 'KAYACHIKITSA' and many more was an enlightening experience. Every aspect of the visit was designed to deepen the participants' connection with Ayurveda.

The yoga session not only fostered a physical connection but also instilled the essence of integral well-being, demonstrating that Ayurveda extends beyond the medicinal realm to encompass physical, mental, and spiritual balance. The presentation on Ayurvedic cosmetics further emphasized the natural and sustainable aspects of Ayurveda, shedding light on how these products promote not only external beauty but also internal harmony. As the visit ended with personalized health checkups, the girls had the privilege of engaging with ayurvedic practitioners, allowing them to address their specific health concerns. This hands-on experience cemented their understanding of Ayurvedic healthcare, emphasizing its individualized and patient-centric approach. The group started back by 5:40 pm and reached GCET at 6pm. It was undeniably an enriching and transformative experience.

In its entirety, this visit exemplifies the commitment of the Women Empowerment Cell to empower women through education and holistic well-being. Such initiatives do not merely impart knowledge but spark transformations, nurturing not only intellectual growth but also personal empowerment. The visit to the Ayurvedic College stands as a testament to the potential of education in nurturing all-inclusive well-being, contributing significantly to the empowerment of women who will, undoubtedly, carry these insights into their future endeavours.

