



# Newsletter



**Sri Sri College of Ayurvedic Science & Research Hospital**

Centre of Ayurvedic Excellence

Sri Sri Vihar, Sri Sri University, Bidyadharpur-Arilo, Cuttack - 754006, Odisha, India





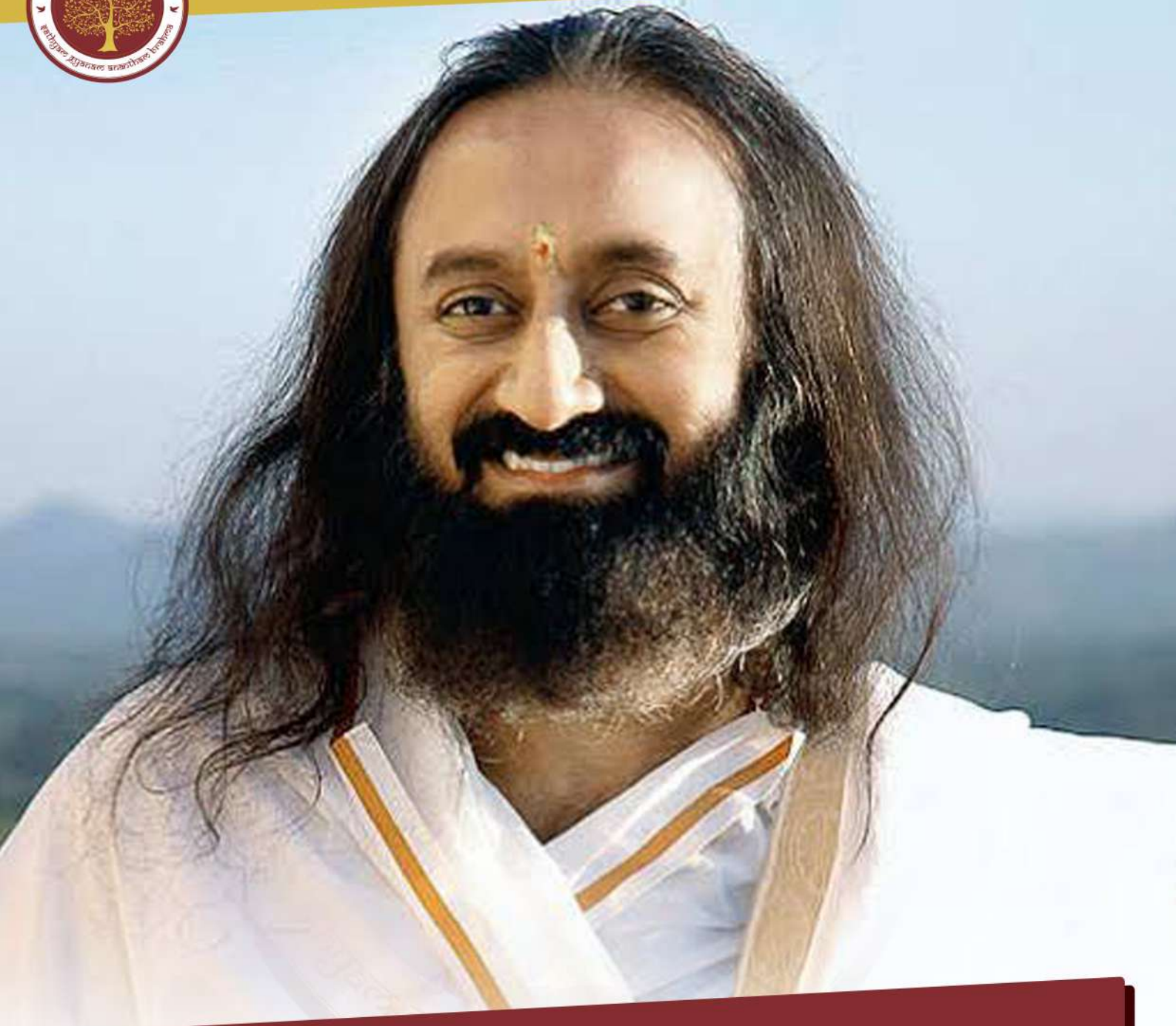
॥ श्री धन्वन्तराये नमः ॥



### **Dhanwantari - The God of Medicine**

An Avatar of Lord Vishnu, Evolved during the churning of Milk Ocean ( Samudra Manthan). He is worshipped for the good health and wellbeing of all.





“Health is Disease-free body, Quiver-free breath, Stress-free mind, Inhibition-free intellect, Obsession-free memory, Ego that includes all, and Soul free from sorrow.”

**Sri Sri Ravi Shankar**  
Founder & Lifetime President  
Sri Sri University



## Editorial



Dear Readers,

I feel extremely grateful for getting a chance to serve SSU with best of my abilities, specially for being a part of team SSUAYH. I hope this Newsletter will serve us as a guide to introspect ourselves and metre our effort and achievements.

It is my pride privilege to express my deep sense of gratitude to Param Pujya Gurudev Sri Sri Ravi Shankar ji and the whole team of Sri Sri University and Ayurveda Hospital for their encouragement, timely support and maximum cooperation extended to enable publication of this newsletter. This newsletter is a mirror of present ongoing activities of the Ayurved Hospital in it's function and insidious development.

I am thankful to the whole team who is working hard to accomplish all the tasks for ongoing development of Sri Sri College of Ayurvedic Science & Research Hospital.

**Dr. Sandhya Sadana**  
Editor





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## Messages

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The Sri Sri Ayurved Hospital with integrated facilities to build up standard research oriented institution stands with the dynamic vision of Gurudev. The foundation stone (Shilanyas) Ceremony for Ayurveda College held in presence of Gurudev Sri Sri Ravishankar Ji and Chief Minister, Odisha Shri Naveen Patnaik Ji on 21<sup>st</sup> September 2019 was a dynamic kickstart. Recently Ayurveda Hospital started it's functioning with all clinical departments including Kayachikitsa, Kaumarbhritya physiotherapy, osteopathy panchakarma& IPD Section, etc. I would like to extend my heartiest congratulations to the team who worked with hard labour to bring the Hospital in the way to success.

We will soon emerge as a centre of excellence for Ayurveda with Research & Development.



**Ms. Rajita Kulkarni**  
President, Sri Sri University

“

My hearty congratulations to the whole team of administrator, specialist doctors for their continuous efforts for the development of Ayurveda Hospital services at Sri Sri University. It is my pleasure that Ayurveda Hospital started with providing all services including OPD & IPD facilities, Pathology, Surgery, Panchakarma, etc. SSU will not only be the center for disease cure but also for developing highly skillful doctors in the near future.

SSU will create new benchmarks for health care and wellness in the world as it will be providing holistic health combining the wisdom of the Best of East and West. Wide array of noninvasive treatment procedures along with Ayurveda will be available as Meru, Murma, osteopathy, physiotherapy, etc, making it a holistic health care and wellness center.



**Prof. (Dr.) A.K. Singh**  
Vice Chancellor,  
Sri Sri University

“

Ayurveda gives maximum emphasis for the promotion of positive health and prevention of disease. I am very much thankful to Gurudev Sri Sri Ravishankar Ji for providing an opportunity to serve the people in various means i.e. multiple ways of health and healing on the favour of his sacred vision. This institution plans to provide all essential needs to make world-class Ayurveda Hospital with College in future days. With the objective of providing Best of East and Best of West in this vital junction of eastern India in this location, SSU Ayurveda Hospital and College is established to produce the best doctors to serve the people of the world and to make them disease free, which is the birth right of every individual.

I congratulate my whole team of SSUAYH and wish them all the success for their noble endeavour.



**Mr. Narendra Lamba**  
Director of Operations,  
Sri Sri University



## Messages

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It is my pride privilege to be a part of this internationally famous organisation which started it's functioning under the sacred vision of Pujya Gurudev Sri Sri Ravi Shankar ji. The Ayurveda Hospital aims to establish an world class Ayurveda College with integrated Hospital with an objective to strengthen the research & development wing for for the management of common & critical diseases. Due to the limitation of dimension of a particular branch of medicine, this is the high time to work together for solving problems in different critical diseases. This institution plans to fill the gap between ancient and modern treatise. This newsletter is just a bird's eye view of the ongoing set up. I wish the dream project would solve the health strategy in due course of time.



**Prof. (Dr.) Durga Prasad Dash**  
Head Clinical Services  
SSUAYH

“

It is a great honor to be a part of this Hospital which is expanding in aligned vision and mission of Gurudev Sri Sri Ravi Shankar ji. We are here to provide the best of East and West health care services in holistic way and affordable way to all. Apart from providing curative treatment for the disease, we here provide preventive health care for all age and class of people for a better physical & mental health. I am thankful for all the efforts made by our hospital staff for improved patient care with love and dedication. We appreciate all those who have been to the hospital and given their feedback which really helping us to achieve the highest satisfaction.



**Dr. Prasanna K. Pattanaik**  
Deputy Medical Superintendant  
SSUAYH

“

**“Ayurveda is the most sacred science of life beneficial to humans, both in this world beyond.”**

It is my great pleasure to extend heartiest greetings to the readers of the second volume of first issue of the newsletter of Sri Sri Ayurveda Hospital. With the blessings of Poojya Gurudev Sri Sri Ravishankar ji, we started Ayurveda Hospital with modern facilities & standard treatment for mankind. This will provide a suitable & holistic atmosphere after gathering the wisdom of east & west.



**Dr. Armaan Pariksha**  
Resident Medical Officer  
SSUAYH

## **"SHILANYAAS"**

### **Foundation stone laying ceremony of Sri Sri Ayurveda College of Ayurvedic Science and Research Hospital- SSU**

With the Vision of Gurudev Sri Sri Ravi Shankar Ji, Sri Sri University is in the process to start Sri Sri College of Ayurvedic Science and Research Hospital inside the campus. In this regard Ayurveda Hospital has been started with functioning of OPD, IPD, Panchakarma, etc. in it's existing buildings of SSU since April 26, 2019.

Foundation stone laying ceremony - "Shilanyaas" for upcoming Ayurveda Collage & Hospital was held in presence of Gurudev Sri Ravi Shankar ji and Chief Minister, Odisha Shri Naveen Patnaik ji on 21<sup>st</sup> September 2019 at 11am.

### **Guests of Honor of the Occasion**

- Hon'ble Minister of Child and Family Welfare, Odisha, **Shri Naba Kisore Das**
- Hon'ble Member of Parliament, Cuttack Odisha, **Shri Bhartuhari Mahatab**
- Founder of Avadh and Gopin Group, Gujarat, **Shri Lavjibhai Badshah**
- the chairman of Cooper Investors and our esteemed speakers Lightened the Lamp as per Indian Traditions, **Mr. Peter Cooper**

Gurudev Sri Sri Ravi Shankar enlightened the audience and exclaimed with pride that this university is an oasis of knowledge, wisdom and happiness for the entire world. He also congratulated the entire state administration for putting in their heart and soul in developing the state and making it reach great heights .He said Ayurveda is indias gift to the world and people in the west are realising its impact.

Honourable Chief Minister of Odisha Shri Naveen Pattnaik addressed "while Ayurveda's intrinsic value contributing to the wellness of the body & mind has now proven to be equally significant to that of modern science. Although ayurveda is a 5000 years old tradition , it is now a global trend. I believe , the growth of health institutions in Odisha can substantially improve wellness, provide better health services and promote health tourism. He also said, both public and private initiatives will go a long way in realising the dream of "Healthy Odisha, Happy Odisha". He ended by thanking Sri Sri Ravi Shankar Ji for this endeavour to set up this facility.

Prof. (Dr.) Ajay Kumar Singh, Vice Chancellor of Sri Sri University addressed "Sri Sri College of Ayurvedic Science & Research Hospital" aims at making India a leader in integrated and holistic medicine and reviving the ancient traditional Ayurvedic sciences, by establishing this Ayurvedic College cum Hospital with modern facilities, promoting cutting-edge scientific research. Sri Sri University is all set to bring the best of eastern wisdom and western innovation in education and health care".





**Spot  
Light**





## DEVELOPMENTAL PROGRAMMES



In SSU we believe inner peace and outer dynamism with this motto the new academic year started with PROFESSIONAL AND PERSONAL DEVELOPMENT PROGRAMME held at SSU (19<sup>th</sup> -22<sup>nd</sup> June. 2019), facilitated by our honorable President Mrs. Rajita Kulkarni ji for faculties and staff.



A strategy is a long-term plan of action designed to achieve a particular goal. Strategic meet is all about understanding the intercommunication between the departments and redefining the goals.



**Training at University Level**

This helped us to frame our Goals & Targets, Boosted the energy of whole team with a focused vision to achieve the common Goal, brought a spirit of enthusiasm in whole team.





## NAAC Awareness Training programme

Our DMS Dr. Prasanna Pattnaik (Deputy Medical Superintendent) attended NAAC workshop on behalf of team SSUAYH on 1<sup>st</sup> July 2019 conducted by Prof. (Dr.) A.K.Singh from Banaras Hindu University (BHU) discussed on NIRF Ranking, IQSC, focused on SSR (Self Study Report), Consequence Focused Area, Academic, Administration, Research and Extension Activities.

## Regular Activity Meetings at SSUAYH



Regular meetings (internally) is a part of our hospital functioning to discuss about all the things related to hospital. Planning about the key responsibilities among the Team.

## Promoting Ayurveda Development

### NATION HEALTH MISSION HAPPINESS PROGRAMME

28<sup>th</sup> June 2019, Dr. Prasanna Pattnaik (DMS at Sri Sri Ayurveda Hospital) delivered a talk on scope of Ayurveda to the participants of NHM Staff belongs to different places of Odisha.



Dr. Pattanaik Speaking about Ayurveda to NHM Happiness Group



## FREE HEALTH CAMPS

On the occasion of national doctors day (1<sup>st</sup> July 2019). Sri Sri Ayurveda hospital, SSU team has offered a health week for all the staff faculty and others at SSU .



NADI PARIKSHA Camps AT SRI SRI UNIVERSITY (22<sup>nd</sup> & 23<sup>rd</sup> July 2019) Sri Sri Ayurveda hospital in association with Sri Sri Tattva offered Nadi Pariksha Camp by Dr. Gouri Shankar Mishra Ranchi on 22<sup>nd</sup> and 23<sup>rd</sup> of July 2019 at sruthi building for all the new students of SSU.

## HOSPITAL TOURS

### INTRODUCING THE IMPORTANCE OF AYURVEDA TO THE DEPARTMENT OF YOGA

Students of various departments of SSU visited our hospital along with their faculties. Further, our Doctors team guided and explained them about different departments and gave the glimpse of Ayurveda in the daily regimen. Also conveyed how the Ayurveda and yoga together maintain physical ,mental health and overall personality development.





## HERBAL GARDEN

Bachelor students of SSU visited herbal garden they learnt many new things about the medicinal uses. They had a glimpse of herbs used in the treatments.



The word seva comes from the sanskrit root, sev meaning to "attend" or "to go towards". seva is generally understood to be "service". we believe in, that service is not a department, it is an attitude.

Staff of SSUAYH - Once in every month serve in the kitchen & participate in plantation & other seva attributes.



## ESTABLISHMENTS



Out Patient Department (OPD)



Pharmacy



Reception Desk



Herbal Garden



Lounge



Records Room



Panchakarma Treatment Room



IPD Block



Emergency Clinic



Dressing Corner



Emergency General Ward



New Herbal Garden (In Process)



Pathology

The entire operations as of now is funded through Internal sources. However for future growth, external support will be imperative.

## STAFF RESIDENCE



Our SSUAYH provides residence to all our labour staff along with food, 24X7 water and electricity supply with proper hospitality.

## Establishment of Clinical Departments

All Clinical Departments like Kaya Chikitsa, Panchakarma, Shalya Tantra, Shalakya Tantra, Prasutitantra & Stree roga, Kaumarbhritya, and Swasthavritta & Yoga established with adequate infrastructure and functioning.



## PANCHAKARMA TREATMENTS

**ABHYANGA:** Rejuvenates body tissues, promotes health and prevents aging process.

**UZHICHIL:** This therapy rejuvenates the body and reduces the pain, improves the blood circulation and balances tridosha.

**SHIRODHARA:** This is very effective for reducing stress and tension, helps in relaxation for more sound sleep and improvement of eyesight.

**MUKHALEPAMA:** Luxurious face massage with an herbal paste made of different rejuvenating herbs, which nourish and cleans the skin, living it soft and clear mukhalepam helps in preventing aging of skin, avoids pigmentation and improves the skin tones.

**MERU CHIKISTHA:** This therapy helps in restoring and balancing the energy forces of the body that regulates the physiological equilibrium to perform better function of the body mind soul.

**HAIR AND SKIN CARE:** It improves hair texture, prevents hair fall & dandruff. Treatments like shirodhara, talopadichill, takradhara, thalam helps to strengthen hair.

**VAMANA, VIRECHANA & VASTI** Therapies are important treatment procedures for cleansing majors helps if root of the disease is too deep.





## PHYSIOTHERAPY

### The Path Way to Enjoy Long Term Pain Relief

Physiotherapy assists people to restore, maintain and maximize their function, strength, movement and overall wellbeing.

#### Benefits

- Increases strength of joints and muscles
- Manages breathing problems
- Cardiac strengthening exercises to prevent chest congestion



## MARMA THERAPY

The ancient definition of Marma points handed down to us through the centuries, The Marma points links to the subtle channels called Nadis (similar to meridians in the Chinese system of medicine). Just as in the physical body the passageways become blocked by toxins, so too the tiniest of mental stresses will cloud or obstruct these subtle points, reducing the flow of energy. Gentle pressure on the Marmas releases the blocks and allows prana or life energy to flow to the connecting organs or tissues giving them a new lease of life. The Marma technique is potentially the most restorative of the Ayurvedic treatments as it harmonizes the body's built-in energy network. The Marma is widely popular as a treatment. Simple and effective, with a minimum of equipment, it can be practised anywhere.

#### Benefits

Marma helps develop the body's immune system and longevity of both the body and mind, by ensuring the proper balance and flow of hormones, fluids, immune factors etc. Marma supports the healing process of many diseases. It can also be used to just get a peaceful mind.





## EMERGENCY CLINIC

Sri Sri Ayurveda Hospital's Emergency Department also known as an Atyika Department. The emergency department of our SSU hospitals operate 24 hours. Although staffing levels may be varied in an attempt to reflect patient volume. Patients are treated, and discharged rapidly, the times from arrival to triage increased, but times from triage to treatment were relatively stable. Our SSU Ayurveda Hospital is equipped with highly trained Doctors and trained paramedic staff . There are four nurses on duty & specialised doctors available in OPD 24 x 7 round the clock for emergency.

### POLICY FOR TREATMENT

Free preliminary treatment for Staff & Faculty, Security & Housekeeping, Veda boys, Students, Guests like injections, dressing, drips, etc.



Ambulance Facility

## Health Column Published in The Samaja News Paper

The Article is about the fungal infection of nails written by Dr. Milli Bisoi (RMO, SSUAYH) was published in very famous local news paper "The Samaja".

- How to treat the fungal infection on nails is described in the health column.
- Haldi(turmeric) have the anti bacterial property so that item works as an anti fungal also.

Article by SSUAYH staff  
Dr.Milli Bisoi



ଡାକ୍ତର ମିଲି ବିଶୌର  
ଶ୍ରୀ ଶ୍ରୀ ଆୟୁର୍ବେଦ, ଭୁବନେଶ୍ୱର

କଣ୍ଠନୟା ଓ ପାଣିଖିଆ

ସାଧାରଣତଃ ବସନ୍ତରେ ସବୁଜିବ  
ନଷ୍ଟରେ ମହାମା ଜୀବିତା ହାରା  
କଣ୍ଠନୟା ଓ କଣ୍ଠ ବଦଳେ ଅନ୍ୟାନ୍ୟ  
ପକ୍ଷୀ ଜୀବିତା ହାରା ପାଣିଖିଆ ଦୁର୍ଘଟ  
ହୋଇଥାଏ । ବନ୍ଦୁ ଓ ବଳିଷ୍ଠତା  
ବଦଳ ପେଟିରେ ଘୋଳି କଣ୍ଠନୟାରେ  
ଜଗାଇଲେ ଉପକ୍ରମ ନିଶ୍ଚିତ ।  
କଣ୍ଠନୟାରେ ଅନ୍ୟ ଶାରୀରିକ  
ବର୍ତ୍ତନ ଅନ୍ୟ ପ୍ରଭୃତି ବଳା ବଳିଷ୍ଠତା  
ଏକା ପରିହାସିଥାଏ । ପାଣିଖିଆରେ  
ବରଣା ଜଗାଇଲେ ଉପକ୍ରମ  
ନିଶ୍ଚିତ ।



## Integrated Health Summit

Gurudev's vision for catering the health needs of people of East and North East, drives us today to set up new foundations for the 5000-Year-old healing system. As we aim at bringing together various medical health care systems available in India and abroad on a common platform, so as to provide to the society with an integrated health approach, we have hosted a national seminar on Integrated Health Summit on 21<sup>st</sup> September, 2019. It started with the welcome address by Mrs. Rajita Kulkarni, President Sri Sri University.

**1. Our guest of honour Mr. Peter Cooper**, Chairman, Cooper Investors said, *"The University has a lot to offer as it believes in an integrated system where the ancient wisdom combines with modern science"*

**2. Dr. Girdhar Gyani**, Director General of The Association of Health care providers. He highlighted that *"The integrated medical system is a landmark initiative & the holistic approach in health care is the need of the hour"*

**3. Dr. N.C .Das**, Professor in Kayachikitsa who is the former principal of K A T S Ayurveda College and Hospital. He said, *"This was an excellent convention on integrated medicine and as focus must be on promotion of good health through all possible means."*

**4. Mr. Juan Guillon**, Departmental head of Osteopathy at Sri Sri University, promoting Osteopathy as an alternative to medicinal healing. He shared his expertise on the field of Osteopathy.

**5. Dr. V S Ramachandra**, An experienced and eminent cardiologist in Hyderabad, practicing at Sri Sri Holistic Hospitals, Kukatpally. He has also performed several invasive procedures, excimer laser angioplasties, cutting balloon angioplasties. He spoke on the conventional treatment method Allopathy .

**6. Dr. Ramesh Bhat**, Professor in Shalyatantra and Principal Sri Sri College of Ayurvedic Science & Research Hospital, Bengaluru. He spoke on knowledge of Ayurveda and it's practical application strengthen the upliftment of the system worldwide.

**7. Yoga Guru Padmashri Bharat Bhushan**, The only "Padmashri" recipient in the field of Yoga in 1991 by the President of India Shri R. Venkatraman and the explorer of the Indian Spiritual Science of Yoga in more than 60 countries. He spoke on importance of Yoga in modern times.

**8. Dr. B. R. Sharma**, Dean of Yoga and Naturopathy, Sri Sri University gave the concluding remarks for Session one.

**9. Dr. Sandhya Sadana**, Chief Administrative Officer of Sri Sri Ayurveda Hospital, concluded the Summit with Vote of Thanks.



## A Few Glimpses of the Ceremony:





## 4<sup>th</sup> National Ayurveda Day

on 25<sup>th</sup> October 2019



Lord Dhanwantari Jayanti was observed as National Ayurveda Day all over the India since 2016. As per the directive of Ministry of Ayush, Government of India 4<sup>th</sup> National Ayurveda Day was celebrated on 25<sup>th</sup> & 26<sup>th</sup> of October 2019. On this occasion following activities were done by SSUAYH.

### 1. Ayur Daud Walkathon with Central Research Institute of Ayurveda

Timings were from 6:30- 8:30 AM at Biju Patnaik Park, Forest Park, Bhubaneswar for Swastha Bharat



On the occasion of 4<sup>th</sup> National Ayurveda Day, the 25<sup>th</sup> October 2019 (Friday), Sri Sri Ayurveda Hospital, SSU Cuttack observed this day by Organizing the Half Marathon 'RUN FOR AYURVEDA' in association with CARIHD, CCRAS, Bhubaneswar from Biju Patnaik Park, Bhubaneswar.

### Seminar on "Leading Life Ayurveda Style"

**2. Dr. Kshirabdi Tanaya Routray**, Associate Professor of Samhita & Siddhanta, SSN Ayurved College & RI, Nrusinghnath was invited as a guest to give a lecture to all the staff and students of SSU on "Leading Life Ayurveda Style". She has enlightened and emphasized importance of following Dinacharya, Ritucharya, Aahara, Vihara, and also importance of right pattern of sleep in human life.





## Dhanwantari Homa on on 26<sup>th</sup> October 2019

### 3.Dhanvantri Homa ~ The beginning of Diwali Celebrations

Homa is the most ancient and sacred ceremony in the Vedic tradition. The vibrations of Vedic Hymn created by the Homa have a profound effect on the atmosphere and surroundings. Dhanvantari Homa bestows health, removes ailments and increases longevity. The unique value of this homa is well emphasized in Ayurvedic classics with its potency to destroy the negative energy.



The Dhanwantari Homa has performed with the presence of Veda Students with enchanting of Matras in a chorus to create the atmosphere holy & sanctity.


ସ୍ୱାସ୍ଥ୍ୟ କଥା



**ଡାକ୍ତର ଅରମାନ ପରିକ୍ଷା**

ଶ୍ରୀ ଶ୍ରୀ ଆୟୁର୍ବେଦ ଚିକିତ୍ସାକର୍ମ କ୍ଷେତ୍ରରେ ମଧୁମେହର ଉଚିତ ଉପଚାର

ଇନ୍ସୁଲିନ୍ ପ୍ରାଣର ତିନୋଟି ପତ୍ର ନିତ୍ୟ ଚୋବାଇ ଖାଇବା ଦ୍ୱାରା ରକ୍ତଶର୍କରା ମାତ୍ରା କମ୍ ହୋଇଥାଏ । ଏପରି କି ଏହା ସେବନ କରିବା ଦ୍ୱାରା ଏଲୋପ୍ୟାଥକ ଔଷଧ ବା ଇନ୍ସୁଲିନ୍ ମାତ୍ରା କମାଇବାକୁ ପଡ଼ିଥାଏ । ଆୟୁର୍ବେଦ ବିଶେଷଜ୍ଞଙ୍କ ପରାମର୍ଶରେ ରକ୍ତ ଶର୍କରା ପରୀକ୍ଷା କରି ଚକ୍ରସ୍ଥାରେ ପତ୍ରର ମାତ୍ରା ନିର୍ଦ୍ଧାରଣ କରିବାକୁ ପଡ଼ିଥାଏ ।

### Health News by Dr.Armaan (RMO, SSUAYH) (In Odia News Paper "The Samaj" on 29<sup>th</sup> October 2019)

Health Column on home remedy for diabetes to reduce blood sugar level, was given by Dr. Armaan Pariksha in the leading Local Newspaper.

He mentioned that, Instead of taking regular Insulin dose with multiple pricks in a day one can practice by taking three leaves of Insulin plant daily, that can decrease the Insulin dose. All can use this leaves with the advice of the Ayurvedic Physician.



## AYURYOG

World Assembly of Ayurveda Yoga and Naturopathy: 07<sup>th</sup> November 2019



World's largest conclave for yoga was organized at great India exposition mart limited at greater Noida. Our Chief Administrative Officer Dr. Sandhya Sadana has attended the conclave.

### The following were the Activities of the event:

- Yog Shivar by Yogrishi Swami Ramdev ji Maharaj
- Mahasatsangh by Gurudev Sri Sri Ravishankarji
- Yoga Shivar/satsanghs by Gururji Dr HR Nagendra, Swami Chidanand Saraswati, Dr Chinmay Pandya, Maa Hansaji Jayadeva Yogendra, Swami Bharat Bhushan, Vishwas Mandlik, Swami Amrta Súrýánanda Mahá Rája, Swami Maheshwarananda Puri and Sadhvi Bhagawati Sarasawati
- AYURYOG Expo with over 600 stalls

## ASTHAA 2019,

The "Path Breaking International Conference on  
Holistic Approach to Diabetes Mellitus" (9<sup>th</sup> & 10<sup>th</sup> November 2019)

Dr. Prasanna Pattnaik was the part of the event. **ASTHAA** (Astang Ayurveda for Health And Academics) is an initiative by "Astang Ayurveda". It is a non-profit making charitable trust registered under the Indian trust Act 1882.

Around 300 Ayurveda, Yoga & Naturopathy doctors from different parts of the country and abroad were invited to attend the international conference. The conference was all about the holistic approach to Diabetes Mellitus and how it can get a proper solution if Ayurveda and yoga join their hands.





## Workshop on Building Healthy Hospitals Chennai on 16<sup>th</sup> October 2019

**Dr. Sandhya** was invited as a guest to attend a workshop on **"Building Healthy Hospitals"** hosted by **ACME Consultancy**, Chennai and **AHPI** (Association of Healthcare Providers, India), Delhi. It was a very productive workshop which covered over view of all the aspects, to be considered while making of healthy hospital to make it more affordable, sustainable and viable.



## SSUAYH at Bali Yatra, Cuttack

On 12<sup>th</sup>-20<sup>th</sup> November 2019

Baliyatra (Boita Bandana) literally means A Voyage to Bali. It is the Asia's largest open trade fair. This festival is held in Odisha (a state in eastern India), in the city of Cuttack at Gadagadia Ghata of the Mahanadi river, to mark the day when ancient Sadhabas (Odia mariners) were travelled to different Islands with their wooden boats for the purpose of business. They also travel to the distant lands of Bali, as well as Java (at the time of the voyage known as "Yawadvipa"), Sumatra, Borneo (all in Indonesia), and Sri Lanka (formerly Ceylon) for trade and cultural expansion. To commemorate this, the festival is celebrated every year from the day of Kartika Purnima (full moon day of the month of Kartika) according to Odia Calendar.

Free Health Camp was hosted for 8 Days by Sri Sri Ayurveda Hospital, SSU in the Yatra Place, and many facilities like Ayurveda Consultation, Nadi Pariksha, therapeutic Yoga, Osteopathy Consultation and treatment were provided. All these facilities were setup in the pavilion with private chambers for qualitative treatment approach to highlight upcoming Sri Sri College of Ayurvedic Science & Research Hospital.

Chief justice of odisha, honorable Kalpesh Satyendra Jhaveri and Collector & District magistrate of Cuttack Shri Bhabani Shankar Chayani also visited our health camp.

During the period of Health Camp, the institution offered different types of treatment facilities practised given in the photographs. The eminent persons from the University and outside the University visited the camp to see the offerings and facilities available in our Hospital for the benefit of the patients as well as healthy people. Everyone explained with justified approach of given treatments in different ailments.



## A Few Glimps of the Bali Yatra Event:



**SRI SRI AYURVEDA HOSPITAL**  
SRI SRI UNIVERSITY  
Panchakarma Treatment

- Basti (Anuvasana, Greeva, Janu, Kati, Yoga, Matra)
- Upanaha
- Nasya
- Shiro Lepa
- Shiro Pichu
- Talapodichi
- Virechana
- Abhyanga
- Suchapana
- Shirodhara
- Ksheera Dhooma
- Marma Chikista
- Patra Pinda Sweda
- Sarvanga Udwartana
- Sthanika Abhyanga

Contact for Appointment : 0671-7132670 / 671



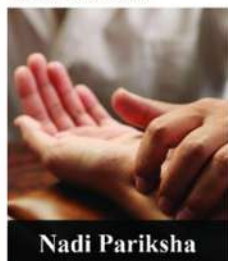
LEARN LEAD SERVE

## SRI SRI AYURVEDA HOSPITAL

SRI SRI UNIVERSITY

Offers

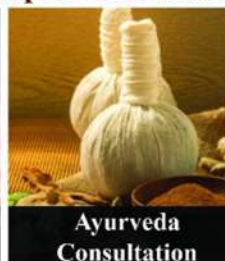
Health Camp at Bali Yatra - 2019



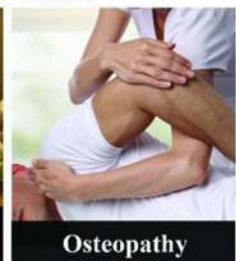
Nadi Pariksha



Yoga Consultation



Ayurveda Consultation



Osteopathy

Note : Nadi Pariksha is done on an empty stomach or 2 ½ hours after consuming food. You may have water during this period.

## Dabur Pharma Felicited Doctors of SSUAYH

on 29<sup>th</sup> November 2019



Dr. Armaan Pariksha



Dr. P.K. Pattanaik



Dr. M.R. Sahoo



Dr. B.K. Chinnara



## Joining of Dr. Durga Prasad Dash as Clinical Head Service

On 6th December 2019 with in the premises of SSU



With Director of Operation  
& Chief Administrative Officer

A few words from Dr. Durga Prasad Dash

“ It is my immense pleasure to be a member of SSU Family with the blessings of Sri Sri Ravishankar Ji. I am happy to take my responsibilities .”

Dr. Durga Prasad Dash is a professor of Ayurvedic Pediatrics i.e. Kaumarbhritya. He has completed his M.D.(Ay) degree at Utkal University and Ph.D at Rajasthan Ayurveda University, Jodhpur. He had worked in undergraduate & postgraduate teaching for about 17 years and PG guide for 12 years. His books like. *“Garbhpanishad”* and *“Paediatrics in Ayurveda”* are published by Chaukhamba Publication and M.S. Swaminathan research foundations, Chennai respectively. His research articles published in national & international index journals. It is a happy moment for Sri Sri University family to get him as Head Clinical Services to look after hospital and upcoming college activities. We are expecting his excellent vision will help to strengthen our Ayurvedic hospital to establish in an international platform.

With the Hospital Team





## Awareness Lecture of Ayurveda at Sri Sri Balvidya Kendra Teacher's Workshop



SSBVT workshop was Organised for SSBVK at Sri Sri University on 3<sup>rd</sup> December 2019 where Dr. Armaan Pariksha, described about Ayurveda & it's Awareness to all teachers of their stream. He explained when to use Ayurvedic Medicines with it's multi dimensional action in different diseased conditions for the recipients. He also highlighted all the facilities & services currently available at SSUAYH.

## Awareness Lecture on Ayurveda

Delivered by Prof. (Dr.) Durga Prasad Dash for Sanskrit deptt., SSU

With the consent of head of Sanskrit Department, an awareness lecture has been delivered by Prof. (Dr.) Durga Prasad Dash about basic principles of Ayurveda. The lecture highlights the treatment principles described in Ayurvedic classics are not only for curing diseased individuals but also for the healthy one's to maintain their healthy & happy life. The body constituents like Dosha, Dhatu & Mala are described briefly to explain body physiology. The roll of Panchamahabhuta, Indriya, Tanmatra are explained to describe psychomotor disorders. Different examples were given to explain Sattwa, Raja & Tama like psychological components responsible to understand disease free state. The facilities available in Sri Sri Ayurveda Hospital are discussed. Facility of O.T., Male & Female Panchakarma, Special Pediatric treatment facilities in the hospital are shared with the department.





## Emergency Department Services at IPD Block Guru Pooja and Satsang on the occasion of Pitaji's Birthday

On the occasion of Pitaji's Birthday we shifted our emergency department to IPD block of Ayurveda Hospital for smooth operations on 8<sup>th</sup> December 2019. Our Director Operations Mr. Narendra Lamba shared his experience that being a non Ayurveda degree holder how Pitaji was treating his patients with the power of Ayurveda. He also develop Nadi Pariksha during his period and sometimes he used to visit patient's house when patient was unable to come to him. With this instance one can understand his struggling to provide effective and better treatment for the poor peoples.

Hence to remember his dedicative work, the institution established Emergency Department Services at IPD Block on his birthday. The emergency service will help the students and staff of Sri Sri University as well as the general public who are aspirant to take better holistic treatment.



Gurupuja by Swamiji



Address by Director Operation



Satsang

The Satsang was arranged on the occasion of Pitaji's birthday with the devoted staff of Sri Sri University and Ayurveda Hospital. During Satsang everyone enchanted Guru Pooja and discussed about the insidious development of Ayurveda after freedom. The objective of Satsang is to get rid of negative energy, destroy evil eyes, and avoid demonic influence. As an output a holistic and calm atmosphere has been created. Along with this we also innagurated our IPD block, Operation Thatre & post operation ward on 8<sup>th</sup> December 2020



Distribution of Prasadam



## Camp for Veda Boys

On 13<sup>th</sup> December 2019

A Health check up camp was arranged for the students of Gurukul to check their health status and counselling done to determine the psychological status of 40 children. The entire health check up and counselling done by Prof. (Dr.) Durgaprasad Dash, Ayurvedic Pediatrician of Sri Sri Ayurveda Hospital, SSU.

It is observed that, the Veda students wear neat & clean dress as per their recommended cloth, very few of them suffering from viral allergic rhinitis, body ache, cough as symptoms. These are usual childhood problems because of growing age. They are advised to maintain their sanitation in food and water intake also regular practice of yoga and usual play with happiness.





## President SSU Ms. Rajita Kulkarni Visited IPD Block on 18<sup>th</sup> December 2019

President Sri Sri University Ms. Rajita Kulkarni visited IPD Block of Sri Sri Ayurveda Hospital to detect all facilities for the patients. During her visit she has discussed about day wise development of IPD block, emergency care service, waste management system with Head Clinical and DMS. During her visit Mr. Narendra Lamba (Director Operation), Prof. (Dr). A. K. Singh ( Vice Chancellor) and Prof. (Dr.) Sanghamitra Mohanty visited the campus, After visitation from IPD all staff assembled in the Football Playground to participate multiple events with joy.



On 18<sup>th</sup> December 2019 a strategic meet was arranged with all functioning departments of Sri Sri University to discuss about the update developmental scenario of individual departments. The development of Ayurveda Hospital was discussed and everybody appreciated the work of whole team & it's achievements in months.



Dr. Milli Bisoi, Dr. P.K. Pattanaik, Mr. Narendra Lamba, Prof. (Dr.) D.P. Dash, Ms. Rajita Kulkarni, Prof. (Dr.) A.K. Singh standing from Left to Right at the playground.



## Dr. Pattanaik's Participation in ASICON 2019

Venue: SUM Hospital, Bhubaneswar, on 18<sup>th</sup> December 2019

79<sup>th</sup> Annual Conference of the Association of Surgeons of India Nurturing the Surgical Technologies for better care held at SUM Hospital, SOA University Campus II, Bhubaneswar from 18<sup>th</sup> December 2019 to 21<sup>st</sup> December 2019.

He visited several stalls, discussed and observed several new treatment models like: *VENASEAL in the management of Varicose Veins, Closure Fast Procedures for Varicose Veins, Endo Vision & Laparoscopy system, Laser for Proctology, Plasma & ETO Sterilization System, Leg Stirrups, Advanced Endoscopic camera System, Remote Patient Monitoring System (RPMS), Ultrasonic Surgical System.*

### At the Event.....





## Innaguration of Operation Theatre (OT) with Guru Puja On 19<sup>th</sup> December 2019

On 19<sup>th</sup> December 2019 our first surgery with well equipped OT was scheduled for which Guru Puja was performed in the presence of Swamiji and staff of Ayurved Hospital, SSU. A Fistula case was operated by Shalya Specialist Dr. P.K. Pattanaik & Dr. Armaan Pariksha (Medical Officer) assisted him during the surgery. Mr. Nirmala Chandra Behera (Pharmacist) also ssisted as scrub side assistant and maintained sterilisation and monitored patient's vitals. Mr. Ratikant Rout (LAB Technician) performed pre-operative blood tests as per requirement. The case improved very soon and follow up of case done in regular intervals.





## Feedback From Patients

I have severe knee joint pain and backache since 10 years. My son is an art of living teacher. When he informed me about the Ayurveda Hospital situated at Sri Sri University, Cuttack. With curiosity I had came for treatment. Now I am completely relieved from symptoms. At last I am thankful to the doctors of Ayurveda Hospital..... Jay Gurudev



I have Psoriasis problem since last 5 years. I went through the Allopathy treatment upto now. Recently I came for Ayurvedic treatment at Sri Sri Ayurveda Hospital, Sri Sri University and I go through Panchakarma treatment & Ayurvedic medication for last 10 days. Now my Psoriasis is in control. My wife has the same problem with knee joint pain. After Ayurvedic treatment with Panchakarma therapy she also got relieved from the problem. At last I am thankful to the doctors of Ayurveda Hospital..... Jay Gurudev



I came to Sri Sri Ayurveda Hospital for treatment. My son is a sevak of this University, he guided me to come over here for Ayurvedic treatment. I had joint problem in big joints, then I took the treatment of panchakarma, meru chikista. Now my pain is relieved and I am happy for this Ayurveda treatment. I am thankful to the consultants of this hospital.... Jay Gurudev





## Team SSU-Ayurveda Hospital



**Prof. Dr. Durga Prasad Dash**  
Head Clinical Services

BAMS - Sambalpur University, Burla,  
M.D (Ayurveda) - Utkal University, Bhubaneswar  
Ph.D - RAU, Jodhpur  
Professor, Department of Kaumarbhritya,  
Sri Sri College of Ayurvedic Science and Research Hospital



**Dr. Sandhya Sadana**  
Chief Administrative Officer

Sr. Orthopedic Physiotherapist, an Educationist,  
QMS Lead auditor and Yoga Trainer.  
Auditor, Transpacific Certifications limited, New Delhi  
Chief Administrative Officer at Sri Sri College of Ayurvedic  
Science & Research Hospital, SSU  
Warden, Girls Hostel at Sri Sri University



**Dr. Prasanna Kumar Patnaik**  
Deputy Medical Superintendent

BAMS, Utkal University, Orissa  
MS (Ayu), Rajiv Gandhi University of Health Science,  
Karnatak, FARCS  
Consultant Surgeon & Proctologist,  
Consultant Laser Surgery in Anorectal Diseases



# Team SSU-Ayurveda Hospital

## Dr. Batakrishnan Chinnara

MD, Kaya Chikitsa Utkal University, Orissa  
Senior Consultant  
Department of Kaya Chikitsa



## Dr. Milli Bisoi

BAMS, Berhampur University, Orissa  
Resident Medical Officer  
Department of Panchakarma



## Dr. Armaan Pariksha

BAMS, Sambalpur University, Orissa  
Resident Medical Officer  
Department of Prasuti Tantra & Stree Roga



## Dr. Manas Sahoo

BAMS, Utkal University, Orissa  
Resident Medical Officer  
Department of Kaya Chikitsa



## Para Medical Staff

## Mr. Nirmal Chandra Behera

**Pharmacist** Bachelor of Pharmacy,  
Bijupattanaik University of Technology,  
Rourkela, Odisha



## Mr Ratikant Rout

Diploma in Medical Laboratory  
Lab Technician, Technician, DMLT/DMRT  
Examination Board, Odisha





# Team SSU-Ayurveda Hospital

## Para Medical Staff



**Ms. Ipsita Priyadarshini**  
B.Sc Nursing,  
Nurse

**Ms. Durga Sahoo**  
Midwifery Board, Odisha  
Auxiliary Nurse



**Ms. Pratibha Pragyanmayee Swain**  
Midwifery Board, Odisha  
Auxiliary Nurse

**Ms. Itishree Routray**  
Midwifery Board, Odisha  
Auxiliary Nurse



## Technical Staff



**Tribikram Sahu**  
BCA  
Data Entry Operator-Cum- Web Designer



# Team SSU-Ayurveda Hospital



**Mr. Dushmanta Mahapatra**  
Panchakarma Therapist (Male)

**Mr. Hadibandhu Behera**  
Panchakarma Therapist (Male)



**Ms. Sarojini Mahji**  
Panchakarma Therapist (Female)

**Ms. Sujata Tripathy**  
Panchakarma Therapist (Female)



**Mrs. Sujata Dhir**  
Panchakarma Therapist (Female)

## Assisting Staff:



**Mr. Gyana Ranjan Nanda**  
Office Assistant

**Mrs. Namita Bhoi**  
House keeper



**Mrs. Subasi Sahoo**  
House keeper

**Mrs. Pramodini Sahoo**  
House keeper





## MOVING TO OUR BIGGER VISION



Upcoming Sri Sri Ayurveda Hospital & College Our aim is to develop an Ayurveda teaching hospital with a capacity of 300 IPD beds with a 100 seater Ayurveda college at Sri Sri University in Odisha by 2020







**Upcoming Sri Sri Ayurveda Hospital & College  
At Sri Sri University, Cuttack - Odisha**

Projected Hospital



## **Sri Sri College of Ayurvedic Science & Research Hospital**

**Centre of Ayurvedic Excellence**

Sri Sri Vihar, Sri Sri University, Bidyadharpur-Arilo, Cuttack - 754006, Odisha, India



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