

Department of Chemistry

Report of an Educational visit to All India Institute of Ayurveda (AIIA)

On October 22, 2024, the department of Chemistry took the students of Sri Aurobindo College from the courses **Ayurveda and Nutrition** and **Art of Being Happy** for an enriching educational visit to the All India Institute of Ayurveda (AIIA). This trip aimed to provide hands-on exposure to Ayurveda and help students understand how traditional medicine practices integrate into modern healthcare settings.

Upon arrival at 11:00 am, the students were welcomed by the AIIA staff and introduced to the institute's commitment to combining ancient Ayurvedic practices with contemporary medical science. The visit began with an interactive session with Dr. Ramesh, a renowned Ayurvedic practitioner, who shared foundational principles of Ayurveda, emphasizing its holistic approach to wellness and balance in life. He discussed Ayurveda not only as a form of treatment but also as a lifestyle that fosters preventive healthcare, thus laying the foundation for the rest of the visit.

Following the session, Dr. Jyoti led the students on a tour of various departments, including the Panchakarma Theatre, Shalya Chikitsa, and specialized OPDs for pediatrics and gynecology. They explored departments like radiotherapy, neuropsychology therapy, cardiotherapy, and ENT, observing how traditional Ayurvedic treatments are applied to address complex health concerns. Students were especially intrigued by the Panchakarma theatre, where they saw detoxification techniques used to rejuvenate the body and mind. In the emergency department, they noted how Ayurveda's holistic approach can provide immediate care when needed, a unique aspect of AIIA's facilities.

The students gained valuable insights into Ayurveda's personalized healthcare approach, reinforcing their classroom learning. The visit inspired them further to explore Ayurveda's potential in sustainable and preventive healthcare. This informative experience has broadened their understanding, connecting theoretical knowledge with real-world applications in holistic wellness.



