

## AZADI KA AMRIT MAHOTSAV & AYUSH WEEK CELEBRATIONS AT THE CALCUTTA HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL – A REPORT

**A**zadi Ka Amrit Mahotsav is an initiative of the Govt. of India to Celebrate & Commemorate 75 years of Progressive India. It also encompasses the celebration of the glorious history of its People , Culture & Achievements.

The Azadi Ka Amrit Mahotsav was celebrated at the Calcutta Homoeopathic Medical College & Hospital in a Befitting Manner. As per guidelines issued by Ministry of AYUSH ,the Mahotsav Commenced from 15.08.21 and is to be celebrated throughout the year. In addition a week has also been earmarked for the activities of Ministry of AYUSH.



Awareness Programme on Diet & Regimen at OPD

Accordingly , being one of the Oldest & Leading AYUSH Institutions in India – ‘AYUSH WEEK’ was observed from 30<sup>th</sup> August to 5<sup>th</sup> September , 2021 at this Institution. A number of Health related activities were undertaken to mark the week .

On 1<sup>st</sup> Sept, 2021 Demonstration of Yoga were done to the OPD Patients by Miss Mitali Garai ,Yoga Instructor & Avik Samanta , Yoga Assistant both Contractual Regular Staff attached with the AYUSH Wellness Clinic of the Hospital.

A Seminar was arranged on 2<sup>nd</sup> Sept, 2021 on the topic ‘Covid Preventive Health Awareness’. It was presented by Prof (Dr) Rajat Chattopadhyay, Principal & Administrator & Dr Himanshu Hait , HOD , Dept of Practice of Medicine , which was well accepted by the Teaching Faculty Members , Students , Hospital Staff & Patients of OPD. Both the speakers also stressed on the Role of Homoeopaths as Covid Warriors in the present scenario.



Ars Alb 30 distribution as Prophylaxis by Prof Rajat Chattopadhyay

On 3<sup>rd</sup> Sept, 2021 – ‘Distribution of AYUSH Medicines ‘as Prophylactic was undertaken. Under the able leadership of Prof (Dr) Rajat Chattopadhyay, Principal & Administrator, the Visiting Physicians, On duty RMO, PGTs & House staff distributed Ars Alb 30 as a Prophylactic against the much dreaded Covid 19 disease to the patients at the Hospital OPD.

On 4<sup>th</sup> September, a Health Awareness Camp was arranged at the OPD. Dr Rakesh Singh , Professor & HOD , Dept of Pathology delivered his speech on ‘General Health & Hygiene’ , that covered on the measures to be taken at

the present Covid Pandemic situation.

On the same day, a General Guideline Programme on Diet & Regimen along with lifestyle to be adopted among the general people with a special Focus to Geriatric Patients was organized . Dr Saptarshi Halder, Lecturer, Dept of Community Medicine & Dr Priyanka Bhattacharjee, Lecturer , Dept. of Physiology presented the guidelines to the Patients assembled in the OPD on the occasion.

All the above mentioned activities were held following Strict Covid Protocols – i.e Physical Distancing, Use of Mask & Sanitizers in the Hospital section.

Report : Dr Kaushik D Das

FEW MORE MOMENTS OF  
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AKAM\_Distribution of Ars Alb30



Glimpse of AYUSH Week Celebrations at the Calcutta HMC



Prof Rakesh Singh giving directions on intake of Ars Alb 30



AKAM Celebrations