



Departmental Activities: Department of *Kaumarabhritya*

Annual report –January 2025- December 2025

Department of *Kaumarabhritya* is providing OPD and IPD care to pediatric patients besides organising various medical camps in nearby schools and villages. Department conducts *Swarnaprashana* for children every month on *Pushya Nakshatra* day and a total of around 1400 children were benefited by it in the year 2025.

Report of Medical Camps conducted by Kaumarabhritya Department

Department of *Kaumarabhritya* in association with Department of *Prasootitantra* and *Striroga* conducted a two days medical camp on 28/1/25 and 29/1/25 in **Adya Academy school, Swami Vivekananda Road, Jigni, Anekal, Bangalore** and total of 76 children on 28/1/25 and on 29/1/25 a total of 102 children were examined. Healthy children were educated about importance of nutritious food, physical activities and less screen time. Children needing consultation were referred to *Kaumarabhritya* OPD. Additionally, 23 teenage girls were screened for various health issues. They were educated about the menstrual hygiene and other menstruation related issues. All female staff of the school was given consultation.

A medical camp was conducted by the department on 1/3/25 in **Global Indian International school, Bannerghatta Road Bangalore**, from 9:00 AM to 3:00 PM. All the students and their parents were briefed about importance of healthy food, exercise, outdoor activities and reduction in screen time.

Kaumarabhritya department of Sushruta Ayurvedic Medical College & Hospital in collaboration with SVYASA University, Prashanti Kuteeram, Jigani, conducted a **personality development camp (PDC)** for children from 1/4/2025 to 10/5/2025. Medical screening for all the children was done at the commencement of each batch. A total of 376 children in four batches were screened and medical care was provided for the those in need. The personality development camp was a resounding success, thanks to the collaborative efforts of SAMC & H and SVYASA University. The camp provided a nurturing environment for children to grow and develop their personalities, ensuring improvement in their physical and mental health



A free medical camp was organised by Department on 19/8/2025 in Surajayakanalli village, Bangalore, Karnataka from 10:AM to 3:00 PM. To mark the celebration of month long breastfeeding awareness programme, the department of Kaumarabhritya also arranged for a talk on breastfeeding and complimentary feeding for breast feeding mothers.

World Breastfeeding Week Celebration:

On the occasion of **World Breastfeeding Week** (1st to 7th August 2025), the **Department of Kaumarabhritya, SAMC & H, Bengaluru** is organised a series of programs and initiatives to promote, support, and protect breastfeeding practices among the community.

The formal inauguration of the programme commenced with Lord Dhanawantri Puja followed by a brief updating of programme activities and objectives by HOD Dr. Champa Pant. The inaugural programme was graced by Director Dr. B R Ramakrishna, Principal Dr. Alok Roy, Medical Superintendent Dr. Sanghamitra Patnaik, all Deans and faculty members, RMOs, PG students, and interns of the institute.

The following events were organised.

1. The students of BAMS 3rd year were given an **educational talk** by Dr. Champa Pant on 1/8/25 on importance of breastfeeding. They were briefed about the roles and activities they have to take up during the breast feeding week.
2. A **talk** was delivered by Dr. Champa Pant for all the faculty members and students of S-VYASA yoga university, School of Yoga and naturopathy, School of Physiotherapy, Nursing college on breast feeding awareness and importance on 4/08/25.
3. **Students were posted to** PHCs of Mahantalingapura and Jigani Village to provide breastfeeding guidance, diet counselling for lactating mothers on weekly vaccination days.
4. **Survey Study on Breastfeeding and Complementary Feeding Practices** was carried out by BAMS 3rd year students **among** the mothers of infants and young children with an **Objective** of assessing current breastfeeding practices, complementary feeding trends, and awareness levels. Data collection was done during outreach visits by students.
5. **Lactation Awareness and Education Programs** and free medical camp was held in Village Suragajakanahalli from 19/8/25 to 21/8/25 for antenatal mothers, postnatal mothers,



caregivers, medical students, and health workers. Dr. Vanitha T Havinal and Dr. Namitha Rao provided medical consultation to all children. An awareness talk was organized for pregnant and lactating mothers. All BAMS 3rd year students actively attended the programme.

The week was successfully celebrated and played a crucial role in spreading awareness about the lifelong benefits of breastfeeding and promoting the health of future generations.

Departmental research projects:

Department of *Kaumarabhritya* bagged two RGUHS projects for the year 2024-25. These projects were successfully completed.

1. Effect of *Danta-dhawana* on salivary parameters and concentration of *Mukha-Krimi* (oral microbes) with special reference to *Streptococcus mutans*-A triple-blind, n-of-1, randomized controlled, experimental study by Miss Nehaa Suresh under the guidance of Dr. Champa Pant.
2. Effect of *Kunapajala*, a liquid organic manure on the germination and yield of *Vacha* (*Acorus calamus* L.), a drug of importance in *Kaumarabhritya* (Ayurvedic Pediatrics)-A comparative, experimental study by Miss Anushka Survase under the guidance of Dr. Champa Pant.

The department has submitted a SPARK project titled. **Preliminary analysis and efficacy assessment of a Plant-based *Shatadhauta Ghrita* (Hundred times washed fat of *Chyura* seeds) in *Charmadala* (Pediatric Atopic Dermatitis): A Pilot Study** under the guidance of Dr. Champa Pant. The results are awaited.

Publications:

1. Effect of *Danta-dhawana* on salivary parameters and concentration of *Mukha-Krimi* (oral microbes) with special reference to *Streptococcus mutans*-A triple-blind, n-of-1, randomized controlled, experimental study Under review in Rjas
2. Formulation and Nutritional profiling of *Kunapajala* (~Ayurvedic Organic Fertilizer) and its effect on the germination, growth, and yield of *Vacha* (*Acorus calamus* Linn)-An experimental study. Under review in IJAR

Future Plans:



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Sushruta Ayurvedic Medical College & Hospital

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NCISM CODE - AYU0091 RGUHS CODE - A005



1. Overview:

In alignment with the institution's vision for community-based healthcare, the Department of Kaumarabhritya will conduct structured Health Camps across government schools adopted by the institute. The initiative aims to deliver accessible Ayurvedic services and strengthen preventive child healthcare in rural areas.

2. Objectives

- Provide free Ayurvedic consultation and medicines.
- Conduct basic health screening and blood investigations (as advised).
- Administer Swarnaprashana for immunity enhancement.
- Create health awareness among students and teachers.
- Ensure regular follow-up at the hospital with the same consultant.

3. Implementation Plan:

- A total of 14 schools with approximately 860+ students are included in the planned camp series.
- Camps will be scheduled in coordination with each school.
- Each camp will be led by a Kaumarabhritya consultant with RMO and Intern's support.
- A standard screening format will be used for uniform assessment.
- Free consultation and Sushruta Pharmacy medicines will be provided
- Free blood grouping and investigations as suggested by the consultant will be done.
- Free Swarnaprashana on every Pushya Nakshatra
- Children requiring further care will be directed to the hospital.

4. Expected Outcomes

- Early detection of pediatric health concerns
- Improved awareness on preventive Ayurveda
- Strengthened community outreach
- Continuity of care through structured follow-up

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