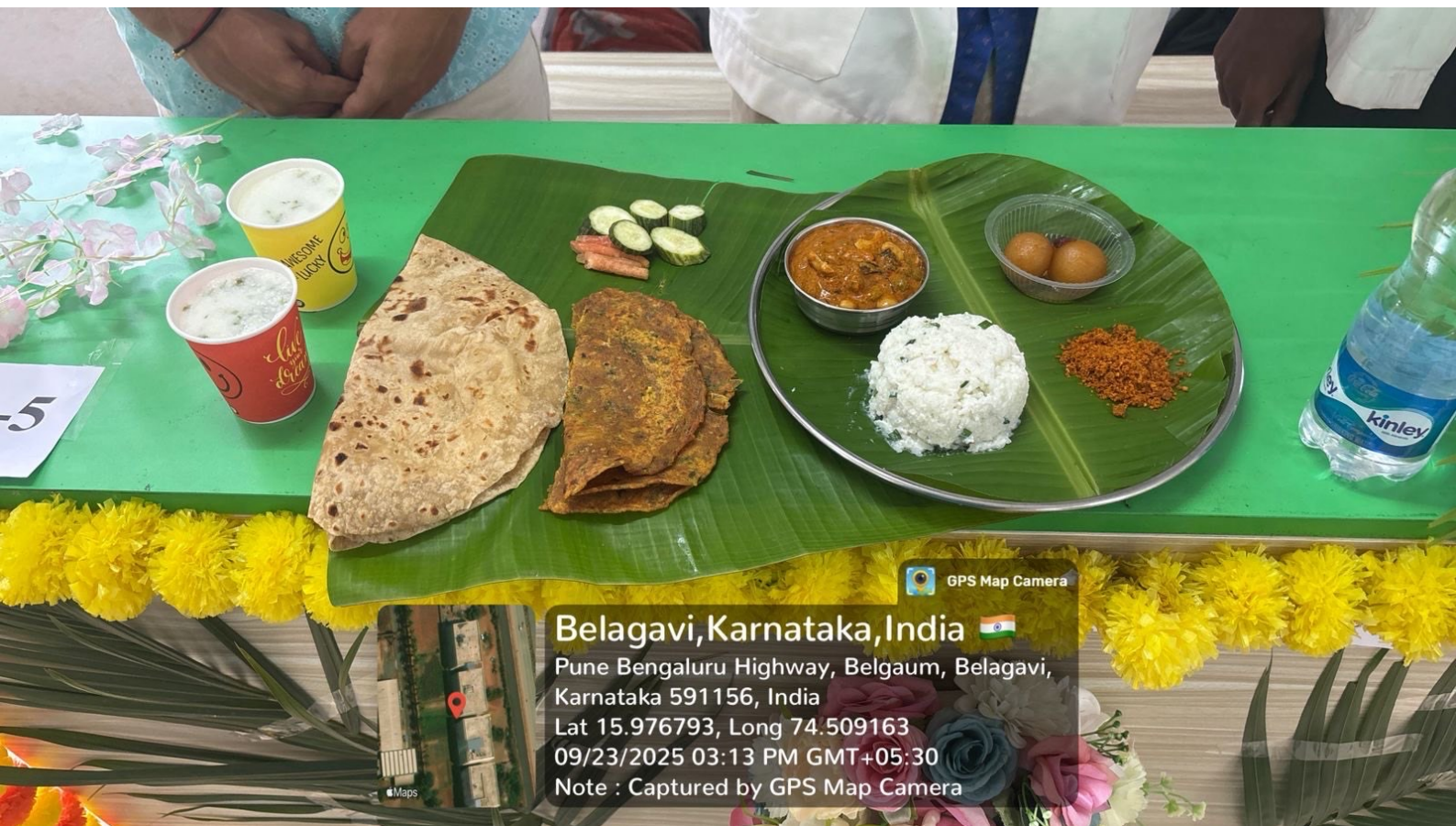


As part of the Ayurveda Day celebrations, a special activity on "Plating of a Balanced Diet" was conducted for students on National Ayurveda Day 23.09.25. The objective of the program was to create awareness about the importance of a wholesome and balanced diet in maintaining health.

The session encouraged students to recognize the role of diet in promoting growth, immunity, concentration, and overall wellness.

Active participation was observed, with students creatively presenting nutritious meal plates that reflected the Ayurvedic principle of "Hitabhuk, Mitabhuk and Rutubhuk"

5:24 PM



Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976793, Long 74.509163

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera



Belagavi, Karnataka, India 🇮🇳

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.977074, Long 74.509628

09/23/2025 03:12 PM GMT+05:30

Note : Captured by GPS Map Camera



Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976769, Long 74.509224

09/23/2025 03:14 PM GMT+05:30

Note : Captured by GPS Map Camera



GPS Map Camera

Belagavi, Karnataka, India

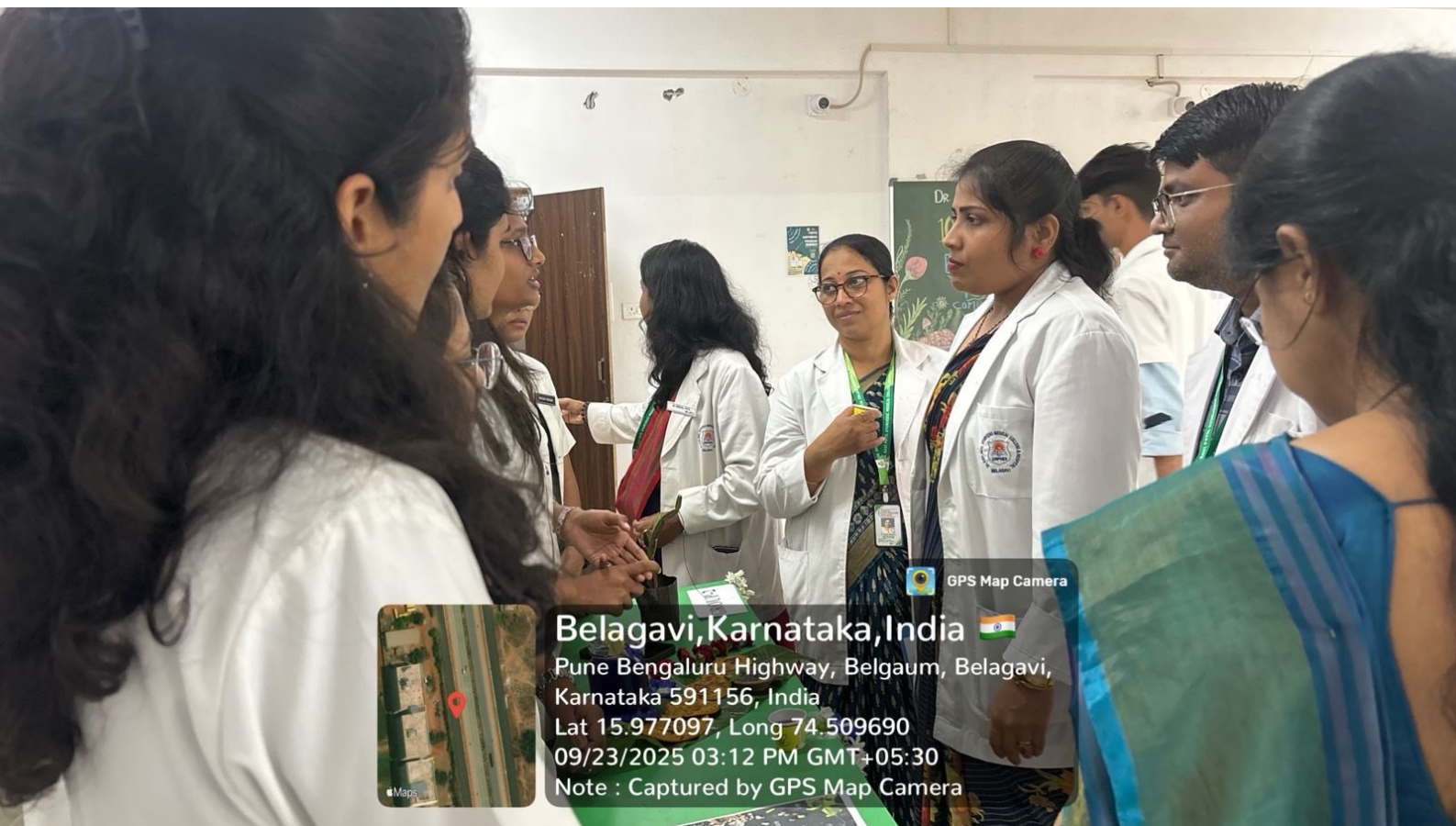
Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.977083, Long 74.509670

09/23/2025 03:12 PM GMT+05:30

Note : Captured by GPS Map Camera





Belagavi, Karnataka, India 🇮🇳
Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India
Lat 15.977097, Long 74.509690
09/23/2025 03:12 PM GMT+05:30
Note : Captured by GPS Map Camera



Belagavi, Karnataka, India 🇮🇳

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976839, Long 74.509330

09/23/2025 03:15 PM GMT+05:30

Note : Captured by GPS Map Camera



GPS Map Camera



Belagavi, Karnataka, India 

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.977083, Long 74.509670

09/23/2025 03:12 PM GMT+05:30

Note : Captured by GPS Map Camera



Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976896, Long 74.509312

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera



Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976976, Long 74.509375

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera



GPS Map Camera



Belagavi, Karnataka, India 🇮🇳

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976939, Long 74.509352

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera



GRO

RIG

GPS Map Camera

Maps

Belagavi, Karnataka, India 🇮🇳

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976724, Long 74.509495

09/23/2025 03:14 PM GMT+05:30

Note : Captured by GPS Map Camera



GPS Map Camera

Belagavi, Karnataka, India 🇮🇳

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.977107, Long 74.509667

09/23/2025 03:12 PM GMT+05:30

Note : Captured by GPS Map Camera



Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976747, Long 74.509138

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera

GPS Map Camera

GROUP-6

Sharad Ritucharya



Virechana **Raktamokshan**

Shodhana (Purification therapies) in Sharad Ritu
Sharad is considered the best season for Virechana (purgation).

1. Virechana Karma (therapeutic purgation)
Removes aggravated pitta from the body.
Classical medicines used: Triphala, Arisattika churna, etc.

2. Raktamoksha (bloodletting therapy)
Especially useful if pitta is lodged in blood (raktadushti) causing skin eruptions, boils, urticaria.
Methods: -alekharacharita (leech therapy) is considered gentle and season appropriate.

DIET PLAN

Breakfast (Light & Cooling)

1. Warm cow's milk with a teaspoon of ghee.
2. Rice flakes (poha) with raisins and almonds (lightly sweet).
3. Sweet wheat porridge with cardamom.
4. Fresh fruits: pomegranate, apple, amla, pear.
5. Tender coconut water (optional).

Midday Meal (Light Meal)
(Lunch is the heaviest meal in Ayurveda, but in Sharad it should be light and cooling)

1. Steamed rice with moong dal (green gram) - seasoned with mild spices.
2. Ghee (1-2 tsp) over rice/dal.
3. Sauté vegetables: bottle gourd, ridge gourd, patola, drumstick leaves.
4. Amla chutney or pomegranate chutney.
5. Wheat chapati instead of heavy millets.
6. Buttermilk (mild, not sour).

Evening Snacks

1. Fresh seasonal fruits (pomegranate, guava, pear, apple).
2. Light tikki/kachaya based soup (bottle gourd soup with coriander).
3. Roasted lotus seeds (makhana) with little ghee.
4. Herbal drinks: sugarcane juice, amla juice, or diluted pomegranate juice.

Dinner (Light & Early)

1. Thin rice gruel (kanji/pe) with moong dal.
2. Wheat chapati with pumpkin or ridge gourd curry.
3. Small portion of Khichdi (rice + moong dal with ghee).
4. Warm milk with a pinch of cardamom at bedtime.

TEAM MEMBERS

1. MOHAN.M.BAGADE
2. SAIKUMAR.M.CHINVAGOL
3. ROHAN.J.MAJAGAVI
4. HRISHIKESH.S.GINDE

**TEAM
ODD ONES**

**BALANCED DIET
(SHARAD RITUCHARYA)**

GROUP-6

Belagavi, Karnataka, India

Pune Bengaluru Highway, Belgaum, Belagavi,
Karnataka 591156, India

Lat 15.976703, Long 74.509454

09/23/2025 03:13 PM GMT+05:30

Note : Captured by GPS Map Camera