



CLUB PROJECT REPORT – RID 3030

Zone 1

Club Name – Rotaract Club of VSPM Physios

Project Name – Azadi ka Amrut Mahotsav

Project Mode – Ground meet

Start Date – 29/12/2021

End Date – 29/12/2021

Venue – Maheshwar Vanprasth Ashram Goshala, Gonhi, Nagpur

Reporting Date – 31/12/2021

Description of Project in Brief

Club Report – 2021

By Rtr. Umisha Rathi

We distributed 400 bottles of Samsamani Vati Ayurvedic Immunity boosters to elderly people in the Ashram. For this event we went to Maheshwar Vanprasth Ashram, Gonhi, Nagpur, Maharashtra

11:50 AM - 12:10 PM - Distribution of medicines to the old people of the ashram

12:10 PM - 12:30 PM - Distribution of medicines to people of gorakshan

1:00 PM - 1:30 PM - Distribution of medicines to pandits of Ramkrishna Mandir

Before distributing these medicines, we told the people that these medicines are made by the Ayush Mantralaya and are certified by the Indian government. We told them that these medicines increase the immunity and they have to take 1-1 medicine post lunch and dinner. We further added that since these medicines are ayurvedic, they will not cause any harmful effects on the body. After returning home, we distributed these medicines to our family members, neighbors' and people nearby as well.

Delay the first, postpone the second and prevent the third;

Amidst the rising cases of the new variant of corona -OMICRON, we decided that as upcoming doctors it is our duty to help the society and its people from the wrath of the third wave as according to WHO, omicron is declared as a variant of concern and it has a high mutant rate. So, the only possible cure against it is prevention. Aligning to this thought, we decided to distribute immunity-boosting medicines approved by the Indian government (Ayush Mantralaya). Our target people were the elderly as they have low immunity and they quite often present with co-morbidities. As said OLD IS GOLD, so saving the old is equivalent to saving gold. In order to prevent the third wave, we need to prevent as much casualties as possible and along with full vaccination, increasing one's immunity is also mandatory. Since

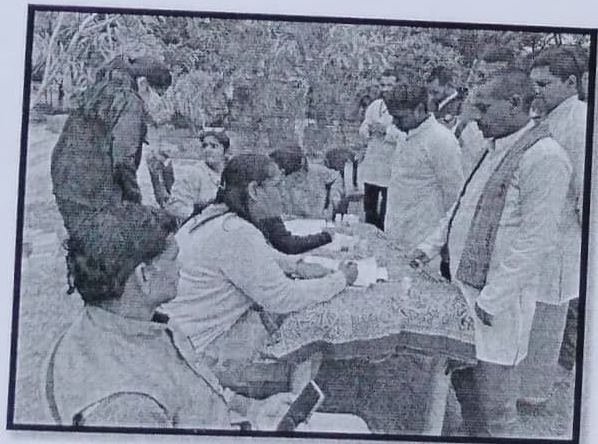
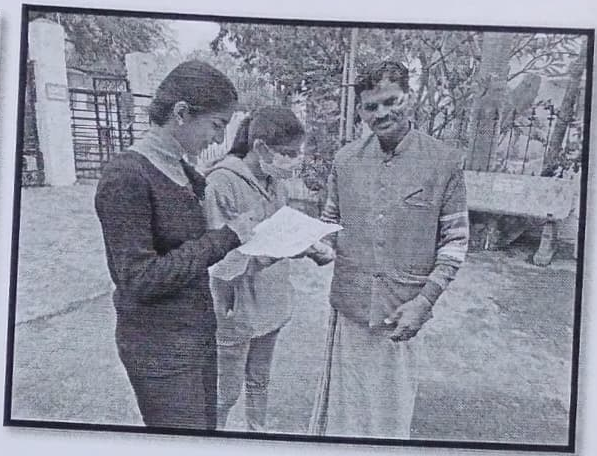
the senior citizens are fully vaccinated, we decided to help them increase their immunity and thus distributed medicines.


All the receivers were very happy as we provided them the booster bottles free of cost. They applauded and praised our club and we feel proud that somewhere we helped them in reducing the risk of their lives.

We are thankful to ministry of AYUSH, Government of India for recognizing our club, Rotaract club of VSPM Physios and granting us the permission to distribute Samsamani Vati (prophylactic medicine to boost immunity) under Azadi ka Amrut mahotsav.

THANK YOU!

-RAC VSPM Physios





आजादी का अमृत महोत्सव

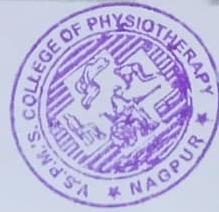
कोविड-19 के दौरान रोग प्रतिकारक क्षमता को बढ़ावा देने के लिए आयुर्वेद आधारित आहार और जीवन शैली के लिए दिशानिर्देश

आयुष मंत्रालय, भारत सरकार द्वारा जारी कोविड-19 महामारी के दौरान स्वयं की देखभाल के लिए आयुर्वेदिक निवारक उपाय और कोविड-19 के प्रबंधन के लिए आयुर्वेद एथ योग पर आधारित राष्ट्रीय नैदानिक प्रबंधन प्रोटोकॉल।

**आयुष मंत्रालय
भारत सरकार**

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