

## SIDDHAKALA AYURVED MAHAVIDYALAYA

Pimparne Road Sangamner Khurd, SANGAMNER- 422 605. Dist.A'Nagar(M.S.)

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Date: 08/12/2025

### Jeevaniya Arogya Mitra Abhiyan

Jeevaniya Arogya Mitra Abhiyan is a community-oriented health initiative of NCISM aimed at promoting holistic well-being through Ayurveda. The campaign focuses on strengthening preventive healthcare practices, creating awareness about lifestyle disorders, and empowering BAMS volunteers—*Arogya Mitras*—to serve as health ambassadors in their communities.

During the Abhiyan, outreach activities were conducted by Siddhakala Ayurved College, Sangamner, in Khandgaon village near Sangamner, including health awareness sessions, household visits, basic health screenings, and counselling on diet, lifestyle, and seasonal regimens. Students and volunteers actively participated in educating families about physical, mental, and social health parameters, emphasising Ayurvedic principles for daily living.

A total of 99 students adopted 99 families from the village and assumed responsibility for follow-up on their physical and mental health throughout their academic journey.

The programme successfully reached a significant number of households, helping identify common health issues and guiding people toward safe, affordable, and traditional healthcare practices. It also strengthened community-institution collaboration and enhanced students' practical understanding of public health.

The Jeevaniya Arogya Mitra Abhiyan continues to inspire preventive healthcare culture and encourages communities to adopt Ayurveda-based wellness practices for long-term health.



**Principal**

**Siddhakala Ayurved Mahavidyalaya  
Sangamner**



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Near Khandeshwar Temple, Khandgaon, M  
422605, India  
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Khandgaon, Maharashtra, India  
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Sangamner, Maharashtra, India  
Kabalneshwar Mandir, Road, Near Shivkrupa Gramin Bigar Sheti Patsanthe, Khandgaon, Sangamner, Maharashtra 422605, India  
Lat 19.539427° Long 74.186862°  
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Khandgaon, Maharashtra, India  
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Khandgaon, Maharashtra, India  
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