



Indian Institute of Medical Sciences Ayurved College

Permitted by National Commission for Indian System of Medicine, New Delhi.

Affiliated to Maharashtra University of Health Sciences Nashik.

Institution ID-NCISM-AYU0821, MUHS-123131, CET CELL-03138

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Date: 26/11/2025

National Level Webinar

Event Title:- National Level Webinar on“Hypothyroidism: Ayurvedic Perspective & Panchakarma Management”

Date: 25 November 2025

Time: 1.00 PM to 4.00 PM

Mode of Conduction-Online platform (Zoom) and live streaming on the official Zoom & YouTube channel of the college.

Organising Department :- Department of Roga Nidan Evam Vikriti Vigyan

Event Co-ordinators:-

- **Dr. Smita Kaloge,**
Professor & HOD, Department of Roga Nidan Evam Vikriti Vigyan
- **Dr. Mayur Patil,**
Assistant Professor, Department of Roga Nidan Evam Vikriti Vigyan

Introduction

The Department of **Roga Nidan Evam Vikriti Vigyan**, Indian Institute of Medical Sciences Ayurved College & Hospital, Nashik, successfully organized a **National Level Webinar** on the topic *“Hypothyroidism: Ayurvedic Perspective & Panchakarma Management”*. The webinar aimed to enhance academic understanding by integrating classical Ayurvedic concepts with modern clinical approaches in the management of Hypothyroidism. The programme provided an academic platform for undergraduate students, postgraduate scholars, faculty members, and Ayurveda practitioners from across the country.

Objectives of the Webinar

- To provide comprehensive knowledge of Hypothyroidism from an Ayurvedic as well as contemporary medical perspective.
- To understand the role of Dosha, Dushya, Agni, and Srotas in the pathogenesis of Hypothyroidism.
- To correlate Ayurvedic Samprapti with modern diagnostic parameters.
- To emphasize the importance of Panchakarma procedures in the effective management of Hypothyroidism.
- To encourage clinical application of Ayurvedic principles among students and practitioners.
- To promote academic interaction and continuing medical education at a national level.

Distinguished Speakers & Academic Sessions

Speaker 1

Dr. Anish Anil Pandit

Associate Professor,
Department of Roga Nidan Evam Vikriti Vigyan,
Farate Patil Ayurveda College, Shirur, Pune.

Dr. Pandit elaborated on classical Ayurvedic concepts related to Hypothyroidism, including Dosha involvement, Samprapti, Nidana, and diagnostic principles. He emphasized the clinical relevance of Ayurvedic parameters in understanding endocrine disorders.



Speaker 2

Dr. Datta Bapardekar

Associate Professor,
Department of Panchakarma,
APM's Ayurveda Mahavidyalaya, Sion, Mumbai.



Dr. Bapardekar delivered an insightful session on Panchakarma management of Hypothyroidism. He discussed therapeutic procedures such as Virechana, Basti, and supportive therapies, supported by clinical case examples and practical guidelines.

Participation

The webinar received an overwhelming response with **502 registered participants** from various Ayurvedic institutions across India. The participants included:

- Undergraduate (BAMS) students
- Postgraduate (MD/MS Ayurveda) scholars
- PhD research scholars
- Teaching faculty
- Practicing Ayurvedic physicians

The interactive question-answer sessions enabled participants to clarify clinical doubts and gain deeper insights into the subject.

MUHS Observer

The programme was observed by **Dr. Laxmikant Joshi**, Professor, A.S.S. Ayurveda College, Nashik, appointed by MUHS. He appreciated the systematic organization, academic depth, relevance of the topic, and active participation of attendees.

Organizing Committee

The webinar was successfully organized under the leadership and guidance of:

- **Dr. Smita Kaloge** – Professor & HOD, Department of Roga Nidan Evam Vikriti Vigyan
- **Dr. Mayur Patil** – Assistant Professor, Department of Roga Nidan Evam Vikriti Vigyan

Guidance and Patronage:

- **Dr. Sampat G. Bhatane** – Principal, IIMS Ayurved College & Hospital, Nashik

Academic Outcome

- Participants gained clarity on the Ayurvedic diagnostic approach to Hypothyroidism.
- Enhanced understanding of Panchakarma modalities and their clinical utility.
- Strengthened integration of classical Ayurvedic concepts with modern clinical practice.
- Encouraged evidence-based and holistic treatment planning.

Feedback & Response

Feedback received from participants was highly positive. Attendees appreciated the clarity of presentations, clinical relevance, and systematic explanation of therapeutic approaches. The webinar was found to be highly beneficial for academic enrichment and clinical practice.

Conclusion

The National Level Webinar on “*Hypothyroidism: Ayurvedic Perspective & Panchakarma Management*” was conducted successfully and fulfilled its academic objectives. The programme served as an effective platform for knowledge dissemination and professional interaction. The Department of Roga Nidan Evam Vikriti Vigyan expresses sincere gratitude to MUHS Nashik, respected speakers, the MUHS observer, participants, and the organizing team for their valuable support and cooperation, making the event a noteworthy academic success.

National Level Webinar

" 25th November 2025 ".

SBSS
Indian Institute of Medical Sciences Ayurved College, Nashik
in collaboration with
Maharashtra University of Health Sciences, Nashik

Department of Rognidan & Vikriti Vigyan
Presents
“National Level Webinar” On
“Hypothyroidism: Ayurvedic Perspective & Panchakarma Management”

Dr. Anish Pandit
B.A.M.S., M.D. (Rognidan & Vikriti Vigyan)
Associate Professor, Dept. of Rognidan & V.V.
Pharate Patil Ayurvedic Medical College,
Shirur, Pune
Topic: “Hypothyroidism: An Ayurvedic Clinical Perspective.”

Dr. Datt Bapardekar
BAMS MD (Panchakarma)
Associate Professor Dept. of Panchakarma,
APM's Ayurved Mahavidyalay and Seth R. V.
Ayurved Hospital, Sion, Mumbai
Topic: “Hypothyroidism: Panchakarma Management”

Free Registration
Link: - <https://forms.gle/9KkvwV5K9xNPpEizC7>
QR Code: -

Webinar Coordinator
Dr. Smita Kaloge 9689546719
Dr. Mayur Patil 9029202035

Date: 25/11/2025 Time: 1:00 pm – 4:00 pm

Department of Rognidan & Vikriti Vigyan
“National Level Webinar”
On

“Hypothyroidism: Ayurvedic Perspective & Panchakarma Management”

Webinar Schedule 25/11/2025

Date: 25/11/2025 Time: 1:00 pm – 4:00 pm

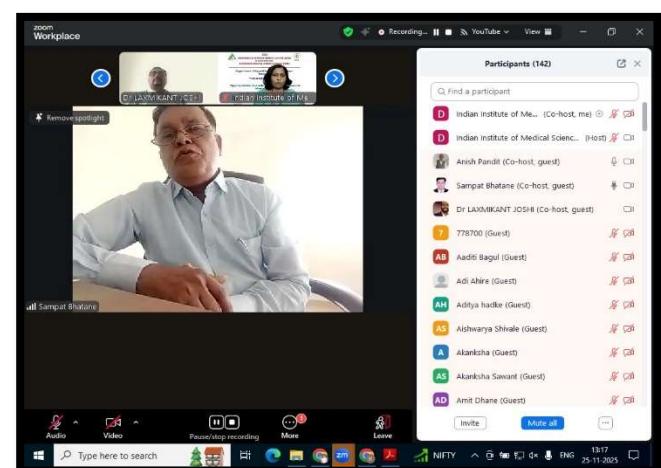
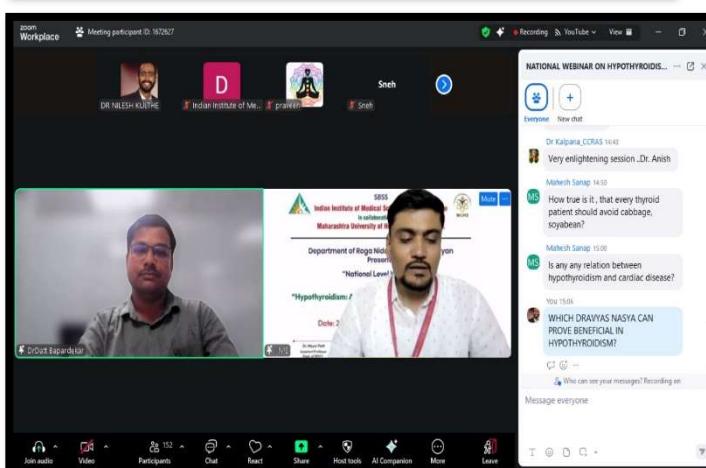
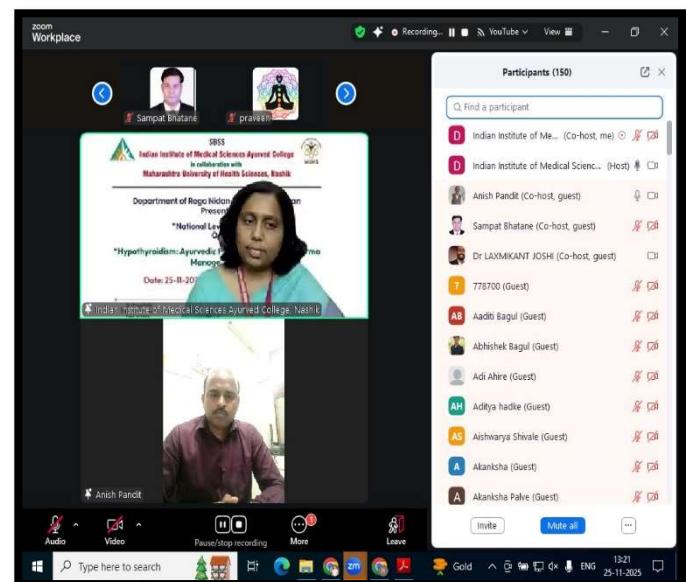
Sr No	Time	Event	Name
1	1:00 pm – 1:05 pm	Introduction of Webinar	Dr. Smita Kaloge
2	1:05 pm – 1:10 pm	Principal’s Address	Dr. Sampat G. Bhatane
3	1:10 pm -1.15pm	Introduction of Speaker	Dr. Mayur Patil
First Session			
Topic:-“Hypothyroidism: An Ayurvedic Clinical Perspective ”			
4	1.15pm -2.15pm	Lecture –First Session	Speaker Dr. Anish Pandit
5	2.15pm-2.30pm	Question Answer Session	Faculty / Students
Second Session			
Topic: -“Hypothyroidism: Panchakarma Management”			
6	2.30pm -2.35pm	Introduction of Speaker	Dr. Mayur Patil
7	2.35pm-3.35pm	Lecture –First Session	Speaker Dr. Anish Pandit
8	3.35pm -3.50pm	Question Answer Session	Faculty / Students
9	3.50pm-4.00pm	Feedback session with wrap-up	Dr. Smita Kaloge

Workshop Coordinator
Dr. Smita Kaloge -9689546719
Dr. Mayur Patil -9029202035

Webinar Schedule

Date: 25/11/2025

Time: 1:00 pm – 4:00 pm



"Hypothyroidism: Ayurvedic Perspective & Panchakarma Management"

The Organizing Committee and the **Department of Rognidan & Vikriti Vigyan** express their sincere and heartfelt vote of thanks to the **Principal, Indian Institute of Medical Sciences, Ayurved College**, for constant encouragement, academic leadership, and kind support, which were instrumental in the successful organization of the National Level Webinar.

The Department also conveys its deep sense of gratitude to the **Maharashtra University of Health Sciences (MUHS), Nashik**, for continued academic guidance, regulatory support, and encouragement, which inspire institutions to conduct quality academic activities in alignment with University norms and standards.

The invaluable support and guidance extended by the **Principal and MUHS, Nashik**, have significantly contributed to the successful conduct of the **National Level Webinar on “Hypothyroidism: Ayurvedic Perspective & Panchakarma Management”**, held on **25/11/2025**, and are gratefully acknowledged.

Smita Kaloge
26/11/2025
Event Co-ordinator
Dr.Smita Kaloge



Sampat Bhatane
26/11/2025
Principal
Dr. Sampat Bhatane