

DEPARTMENT OF SHALAKYATANTRA

REPORT OF CME

- **Theme-** Navigating Your Pathway Through Better Sinus Health.
- **Organised by-** Department of Shalakya tantra, School of Ayurveda, D. Y. Patil Deemed to be University, Nerul, Navi Mumbai.
- **Date** 10/09/2025
- **Venue-** Centre of Excellence Auditorium 01

The Department of Shalakya tantra, School of Ayurveda, D. Y. Patil Deemed to be University successfully organised one day CME on the occasion of ‘**World Sinus Health Awareness Day**’. The CME brought together dignitaries, faculty members, postgraduate and undergraduate students, delegates from different institutions.

The programme started with Rangoli making and slogan competition for students on 08/09/2025. This event was graced by the presence of our Honourable Vice President and Pro-Chancellor, Dr. Shivani Patil Madam, who appreciated the sincere efforts of the faculty and students and extended her best wishes for the department’s upcoming CME.

On this occasion, we had all gathered with a shared vision – to spread knowledge, raise awareness, and encourage healthier lifestyles through the central theme of this CME. Sinus health, though often overlooked, plays a crucial role in our overall well-being. Beyond being a seasonal inconvenience, chronic sinus issues can impact overall quality of life. This CME was not merely a platform to discuss problems. It was an initiative to create awareness, highlight preventive care, and share the latest advancements in diagnosis and treatment.

The program commenced with the Dhanvantari Pujan and Stavan, followed by the welcome of dignitaries with shawl, śrīphal, and bouquet. Our beloved HOD, Dr. Ashwini Patil Ma’am, delivered the welcome address followed by words of encouragement from our respected dean, Dr. Maheshkumar Harit sir, setting a thoughtful tone for the day.

The academic sessions were enriched by our eminent guest speakers:-

- **Prof. Dr. Sangeeta Salvi** – Vice Principal (PG Studies), Professor & HOD, Department of Shalakya tantra, Tilak Ayurved Mahavidyalaya, Pune. She delivered a thought-provoking session on “Nasa Hi Shiraso Dwaram” where she emphasized the nose as the vital gateway to the head, elaborating on its anatomical and clinical relevance in Shalakya tantra. Her lecture seamlessly integrated Ayurvedic principles with modern perspectives, leaving the audience enriched with deeper understanding.

- **Dr. Bhavika Verma** – Associate Professor, ENT, Head & Neck Surgery, D.Y. Patil University, School of Medicine.

She presented on “Allergic Rhinitis”, providing a comprehensive overview of its pathophysiology, diagnosis, and management from a modern ENT perspective, while also reflecting on its preventive aspects. The session was highly insightful for practitioners and students alike.

- **Dr. Mrudul Chitrakar** – Professor and HOD of dept. of Swasthavrutta and Yoga- All India Institute of Ayurveda Goa. She spoke on “Yoga and Swasthavritta in Sinusitis”, highlighting the crucial role of holistic lifestyle, preventive measures, and yogic practices in maintaining sinus health. Her session beautifully underlined the preventive and promotive aspects of Ayurveda in day-to-day clinical practice.

The sessions were followed by interactive Q&A discussions, allowing students and participants to clarify doubts and gain practical insights. Each talk was highly appreciated for bridging Ayurvedic concepts with modern scientific understanding.

The program also included a Prize Distribution Ceremony for the winners of the Slogan Writing and Rangoli Competition held on 08/09/2025, which added a creative and enthusiastic dimension to the event. The CME was graced by around 200 delegates including UG students, PG students and faculty of Shalakyatantra from various reputed institutes across Mumbai.

The CME concluded with the felicitation of guest speakers with mementoes and tokens of gratitude, followed by a vote of thanks to acknowledge the contributions of the dignitaries, faculty, organizing committee, and enthusiastic participants.

This CME proved to be a grand academic and cultural success. It not only broadened clinical knowledge but also inspired students and practitioners to adopt preventive care, holistic lifestyles, and integrative approaches for better sinus health. Truly, the event reflected the spirit of the theme – “Navigating Your Pathway Through Better Sinus Health.”

Glimpses of the event-

NAVIGATING YOUR PATHWAY THROUGH BETTER SINUS HEALTH
WORLD SINUS HEALTH AWARENESS DAY-2025

10 September 2025
9:00 AM-5:00 PM

C.O.E. auditorium no. 1
D.Y. Patil Deemed To Be University
School of Management,
Nerul, Navi Mumbai 400706

Organising Chairman
Dr. Ashwini Patil
Organising Co-Chairman
Dr. Kavita Thorat Jadhav
Organising Secretary
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Guest Speakers

Dr. Sangeeta Salvi
Vice Principal, Professor and HOD
Department of Shalakyatantra
Tilak Ayurveda Mahavidyalaya,
Pune

Dr. Bhavika Verma
Associate Professor
Department of ENT
D.Y. Patil University, School of Medicine,
Navi Mumbai

Dr. Mrudul Chitrakar
Professor and HOD,
Department of Swasthavritta and Yoga,
All India Institute of Ayurveda,
Goa

DR. VIJAY D. PATIL
[President & Chancellor]
D.Y. Patil Deemed To Be University

DR. SHIVANI V. PATIL
(Vice President & Pro-Chancellor)
D.Y. Patil Deemed To Be University

DR. VANDANA MISHRA
(Vice Chancellor)
D.Y. Patil Deemed To Be University

DR. MAHESHKUMAR HARIT
(Dean) School of Ayurveda
D.Y. Patil Deemed To Be University

DR. ASHWINI PATIL
HOD
Department of Shalakyatantra

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