

1. Training and workshop on Basic Panchakarma Chikitsa.

National ayurveda research and training center (NARTC) conducted training workshop on Basic Panchakarma Chikitsa. The purpose of the training workshop was to upgrade the knowledge and skills of the participants in the overall management of diseases by panchakarma chikitsa. The training was conducted from 6th to 8th Ashoj, 2081 at training hall of NARTC in Kirtipur.

The course was targeted to ayurvedic Paramedics who were interested to upgrade their knowledge and skills in clinical practice by panchakarma chikitsa. Participants were expected to have through theoretical knowledge of panchakarma chikitsa so that they could perceive all the contents of training with ease and understand to its depth. Nineteen participants attended the training. Participants were mostly from government officials and having through theoretical knowledge of panchakarma chikitsa. Participants came to attend the training from Kathmandu as well as from other different places of Nepal.

The financial support for the training was provided by GoN. The arrangement of the training was managed and conducted by the training section of NARTC, which include organizational and logistics management of training materials, refreshment arrangement, coordination with staffs, etc. Facilitators were ayurveda medicine experts having sound knowledge and long clinical experience of panchakarma chikitsa.

The training workshop was conducted according to the developed design assigning sufficient time for different training activities. Facilitators presented concepts which were followed by discussions and explanations. To make more familiarize with the topic, practical sessions were conducted at Panchakarma Department of own Hospital, Kirtipur. Participants were also provided with training materials for future use.

1.1 Objectives

The general objective of the advanced training workshop was to upgrade the knowledge and skills of the participants in overall management of diseases by panchakarma chikitsa through learning by doing approach.

The specific objective of the training workshop was:

- ❖ To enhance the theoretical knowledge of the participants on panchakarma chikitsa.
- ❖ To upgrade the practical knowledge and skills of the participants on panchakarma chikitsa.

1.2 Expected outcome

At the end of the training sessions participants were expected to get impression on the following:

- ❖ Knowledge on panchakarma chikitsa.
- ❖ Skills required for performing panchakarma chikitsa.
- ❖ Provide feedback on contents of training course.

2. Panchakarma Chikitsa Workshop Training Design



Figure 1: Basic Panchakarma Chikitsa Training Workshop Design

Name List of Participants

S.N	Name	S.N	Name
1	Nilam Kumari Yadav	13	Arati Kumari Mandal
2	Mukesh Kumar Rai	14	Ranjeet Kumar Shah
3	Shamsher Tharu	15	Deepa Khatri
4	Puspa Bista	16	Jitendra Kumar Jha
5	Bimal Chandra Jha	17	Basanta Pujara
6	Umesh Das	18	Sharada Gautam
7	Dharmendra Kumar Pandit	19	Bidhya Prasad Yadav
8	Shanti Kumari Bohara	20	Pragya Subedi
9	Suman Timsina	21	Vijay Kumar Yadav
10	Yuvraj Rai	22	Prem Prasad Gautam
11	Sabita Bhattarai	23	Khum Bahadur Dangi
12	Kausa Mahara Saud		

Photographs



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S.N	Name	S.N	Name
1	Laxmi Prasad Panday	15	Narayani Paudel
2	Pramod Kumar Yadav	16	Dipendra Kumar Upaddhyaya
3	Buddhiram Chaudhary	17	Jay Bahadur Rokaya
4	Narayan Prasad Paudel	18	Kapil Dev Sah
5	Anju Basaula	19	Pushpa Tiwari
6	Devaki Timsina	20	Nabin Kiran Bhusal
7	Khemraj Paneru	21	Dev Narayan Shah
8	Dil Bahadur kaineer	22	Ajaya Sharma
9	Sharada K.C	23	Maheshwory Pachhaldanya
10	Rita Khatri	24	Chhabikala Sharma
11	Sunil Kumar Sah	25	Uttam Thakuri
12	Sadhana Chaudhary	26	Shanti Devi Sharma
13.	Kumari Nanda Bohara	27	Krishna Kumar Malakar
14.	Sujata Kushwah		

Photographs

