



**Mangalayatan University**  
**Mangalayatan Ayurveda Medical College &**  
**Research Centre, Beswan, Aligarh, UP**  
**(202146)**

**Academic Visit Report 2025**

**[2<sup>nd</sup> Professional BAMS; Batch: 2023-2024]**

  
**Signature tour Coordinator**

  
**PRINCIPAL**  
**Mangalayatan Ayurveda Medical**  
**College & Research Centre**

**Acknowledgement:**

At the outset, we would like to convey our sincere gratitude to the Mangalayatan University, Aligarh for giving this unique opportunity to participate in the academic visits at the MAMR&RC. We would also like to convey my sincere thanks to Dr. Manoj Kumar Sharma, Principal & Dean, MAMR&RC for giving great support.

We are highly indebted to Dr. Rajesh Dhakad, Vice-Principal and HoD Department of Ras Shastra & Bhaishajaya Kalpana for his guidance and constant supervision as well as for providing necessary information regarding the visit locations.

This was a unique experience to work as a group during the visit to Chandigarh-Shimla-Kufri. We enjoyed the study tour and learned many things during this visit.

## **Objective of the Tour**

As the part of NCISM curriculum field exposure is essential for subject understanding and practical application. There are few objectives which were focused during visit:

1. To provide **practical exposure** to Ayurvedic concepts studied in 2nd Professional subjects such as **Dravyaguna, Rasashastra & Bhaishajya Kalpana, Roga Nidan, and Charaka Samhita**.
2. To study **Ayurveda-based lifestyle modification programs** implemented at health retreats.
3. To gain practical exposure to **Yoga Asanas, Pranayama, Dhyana, and relaxation techniques** used for health promotion.
4. To understand the role of **Yoga and Meditation** in stress management, mental health, and prevention of lifestyle disorders.
5. To encourage students to **adopt and propagate healthy lifestyle practices** based on Swasthavritta and Yoga principles.
6. To develop **professional attitude, discipline, and teamwork** through experiential learning.
7. To improve **communication skills** by interacting with practitioners, pharmacists, and experts.

## **Schedule of Study Tour**

### **➤ Day 01: 15<sup>th</sup> December 2025: Mangalayatan University, Beswan – Chandigarh (By Traveller Van)**

6:00 AM: Depart from university campus

8:00 AM: Breakfast at local restaurant

1:00 Pm: Halt at Sonipat, Haryana for lunch

5:00 PM: Reached Chandigarh

5:30 PM: Check in to hotel

6:30 PM: Left hotel for local sight scene; visited Rock Garden and Sukhna Lake

8:30 PM: Dinner at the Chandigarh local restaurant

9:30 PM: Reached hotel & overnight stay at Chandigarh

### **➤ Day 02: 16<sup>th</sup> December 2025: Chandigarh – Shimla (Himachal Pradesh) (By Traveller Van)**

6:00 AM: Check out from Chandigarh hotel & depart for Shimla

10:00 AM: Breakfast at restaurant in the way to Shimla

1:00 PM: Reached Shimla

2:00 PM: Visted “Indian Institute of Advanced Study, Shimla & Horticulture department of Institute”

4:30 PM: Checked in Shimla Hotel and Lunch

6:00 PM: Visited Mall Road Shimla to explore local heritage

9:00 Pm: Dinner & overnight stay at Shimla

### **➤ Day 03: 17<sup>th</sup> December 2025: Shimla – Kufri (By Traveller Van)**

8:00 AM: Left for Kufri

9:00 AM: Halt for breakfast

11:00 AM: Reached Kufri

11:30 AM: Visit to “Himalayan Nature Park & Kufri Zoo”

1:30 PM: Lunch at HPTDC Cafe Lalit Kufri

2:30 – 6:00 PM: Adventure activity at Kufri

8:00 PM: Reached hotel at Shimla for dinner & Overnight Stay

➤ **Day 04: 18<sup>th</sup> December 2025: Shimla – Junga (By Traveller Van)**

9:00 AM: left for State Forensic Laboratory, Junga

11:00 AM: Breakfast

12:30 PM: Reached Junga

1:00 PM: not able to visit State Forensic Laboratory due to unavailability of staff

4:00 PM: Reached Shimla

5:00 PM: Visit to mall road for Dinner and Shopping

9:00 PM: back to Shimla hotel for overnight stay

➤ **Day 05: 19<sup>th</sup> December 2025: Patanjali Wellness Centre; Aashirwad Health Retreat, Shimla (By Traveller Van)**

7:00 AM: Checked out from hotel & left for Patanjali Wellness Centre

9:30 AM: Halt for breakfast

10:30 AM: Reached centre

10:45 AM – 11:30 AM – Yoga session

11:30 AM – 1 PM – Complete tour to centre

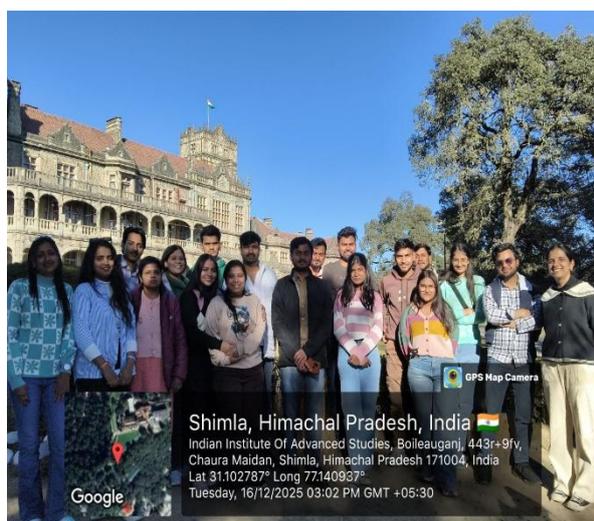
1:00 PM – Lunch at centre

1: 30 PM – left for Aligarh

7: 00 PM – Dinner at Panchkula

**20<sup>th</sup> December 2025; 9 AM reached Mangalayatan University**

# Indian Institute of Advanced Study, Shimla, Himachal Pradesh (16<sup>th</sup> December 2025)



## Visit to IAS & Horticulture department

At Indian Institute of Advanced Study (IAS), students gained exposure to interdisciplinary research, academic resources, and the historical significance of the institution, which helped broaden their intellectual perspective beyond conventional classroom learning. The interaction emphasized the importance of research, critical thinking, and documentation in higher studies. The visit to the Horticulture Department complemented their Ayurveda curriculum by providing practical knowledge of medicinal plants, cultivation techniques, plant identification, and sustainable horticultural practices. Students learned about the role of soil, climate, and organic methods in enhancing the quality of medicinal herbs used in Ayurvedic formulations. Overall, the visit strengthened the students' understanding of the scientific and practical foundations of Ayurveda, encouraging experiential learning and a deeper appreciation of research and plant-based therapeutics.

# Himalayan Nature Park & Kufri Zoo, Shimla, Himachal Pradesh (17<sup>th</sup> December 2025)

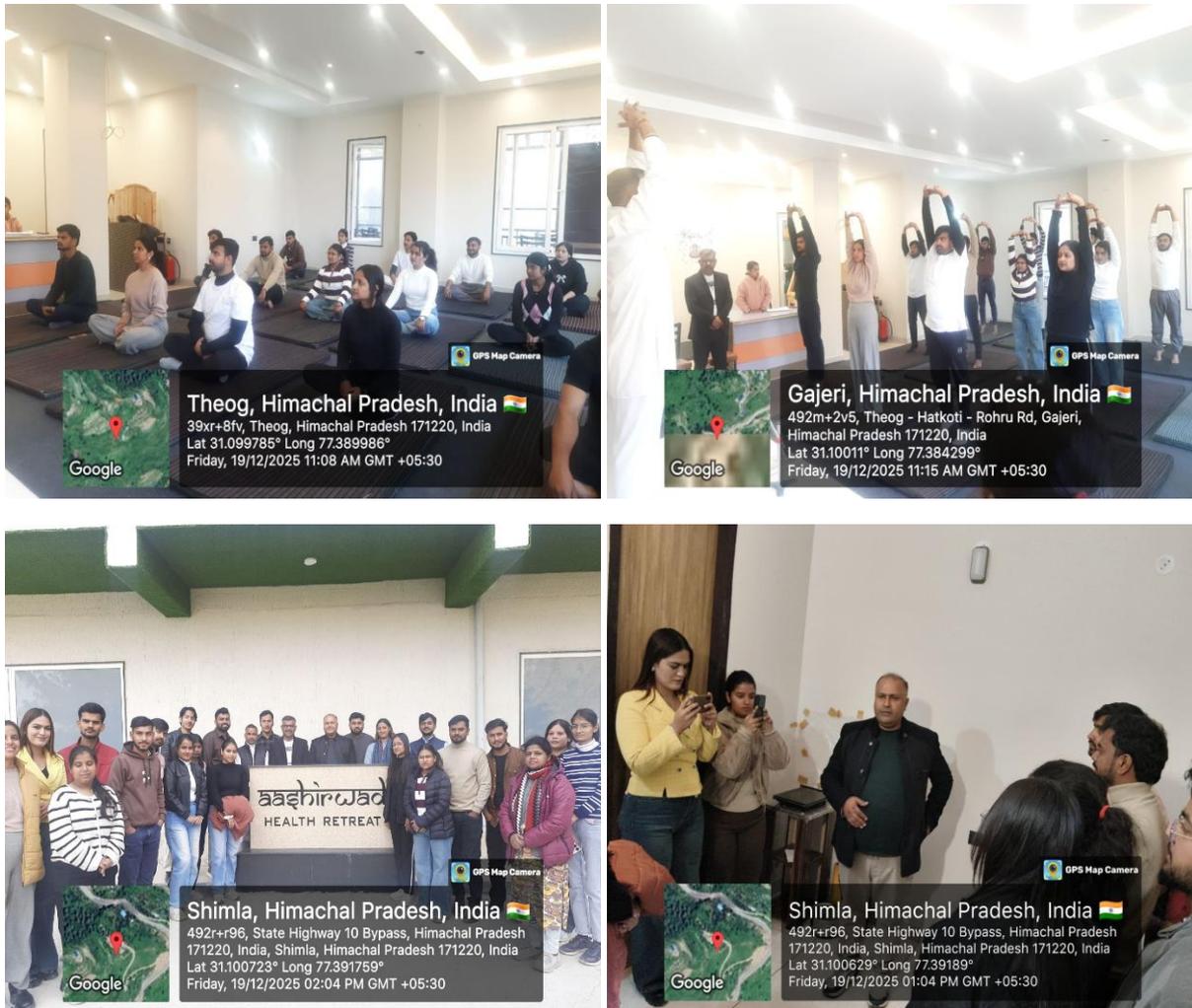


## Visit to Kufri Zoo, Shimla

The visit to Himalayan Nature Park and Kufri Zoo was a valuable learning experience for the students, offering direct exposure to the rich biodiversity of the Himalayan region. Students observed various endemic and medicinally important plant species as well as native wildlife, helping them understand the close relationship between ecology, conservation, and human health. The visit enhanced their awareness of environmental balance, wildlife conservation, and the impact of habitat preservation on natural resources used in Ayurveda. Interactions with forest and park officials provided insights into biodiversity management, conservation strategies, and the importance of protecting endangered species. Overall, the visit reinforced the concept of harmony between nature and health, enriching the students' ecological understanding and supporting holistic principles central to Ayurveda.

# Patanjali Wellness Centre; Aashirwad Health Retreat, Shimla, Himachal Pradesh

(19<sup>th</sup> December 2025)



## Visit to Patanjali Wellness Centre, Shimla

The visit to Patanjali Wellness Centre, Aashirwad Health Retreat, Shimla, was a highly enriching and immersive learning experience for the Ayurveda students. The day began with a one-hour practical yoga session, where students actively participated in asanas, pranayama, and meditation, gaining firsthand insight into their therapeutic benefits for physical and mental well-being. This was followed by an interactive session that delved into the scientific principles behind yoga, naturopathy, and Ayurveda, highlighting their integrated approach to preventive healthcare and holistic healing. Students also explored the wellness centre and observed various therapies offered, such as infrared steam baths, colon hydrotherapy, and other detoxification treatments. These practical exposures helped students understand the application of traditional therapies in a modern wellness setting and their role in promoting overall health. The visit not only reinforced theoretical concepts but also provided students with a broader perspective on evidence-based traditional practices and their relevance in contemporary healthcare systems.