

PRAVAHA'25 – Innovative Insights on Mental Health

PRAVAHA'25 – Innovative Insights on Mental Health was a two-day international conference organized by the Department of Kayachikitsa, Maria Ayurveda Medical College & Hospital on 27–28 November 2025. The programme successfully integrated classical Ayurvedic principles with modern mental health perspectives, promoting evidence-based practice, academic exchange, and research in Ayurvedic psychiatry. The Registration Committee efficiently managed online and spot registrations, payment verification, ID cards, delegate kits, and coordination, ensuring smooth flow throughout the event. A total of 476 delegates registered (259 external, 217 internal), with 253 external delegates attending. Major bulk registrations were from Immanuel Arasar College (119), AVC Coimbatore (67), Nandha College (18), Karavali College (11), Pankaja Kasturi College (9), VPSV College Kottakkal (7), and Ahalia College Palakkad (7).

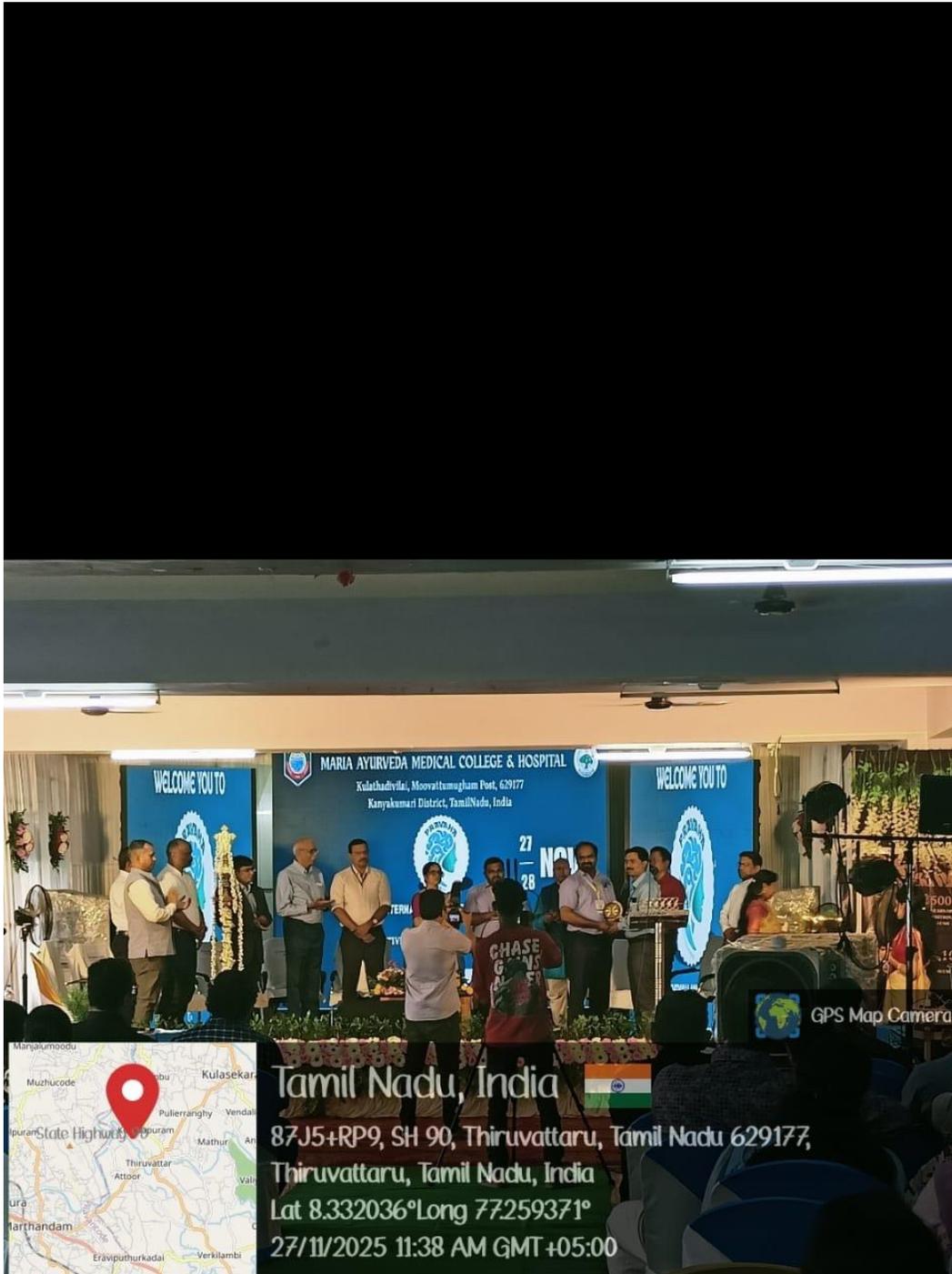
Scientific Sessions and Competitions

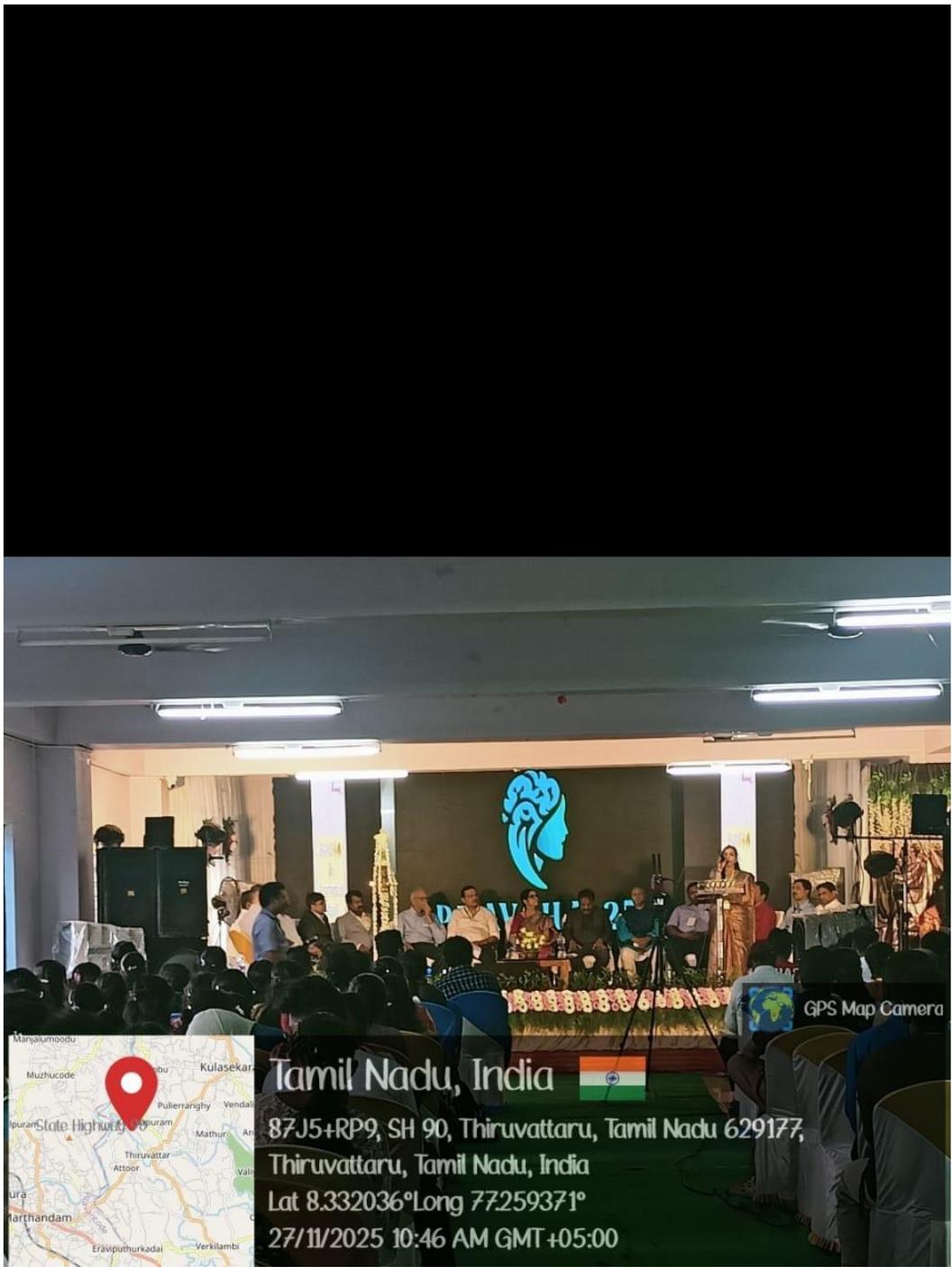
The conference featured eight scientific sessions over two days, including expert lectures, panel discussions, Q&A sessions, and UG, PG, and faculty paper and poster competitions. Key themes covered child mental health, Panchakarma in psychiatric disorders, Ayurvedic psychology, global mental health, Satvavajaya Chikitsa, psychotropics, and daily mental health management. Prizes were awarded during the valedictory function, followed by the scientific report presentation and acknowledgements.

Tarangam – Inter Ayurveda College Cultural Fest

The Tarangam Inter Ayurveda College Cultural Fest, held on 27 November 2025, showcased student talent in classical, western, and folk dance, along with vocal and instrumental music. Selected through a prior virtual screening, finalists performed before professional judges. Winners were honoured on 28 November in the presence of Deputy Superintendent of Police Parthiban, fostering creativity, unity, and cultural exchange among participating colleges.

Event Photographs



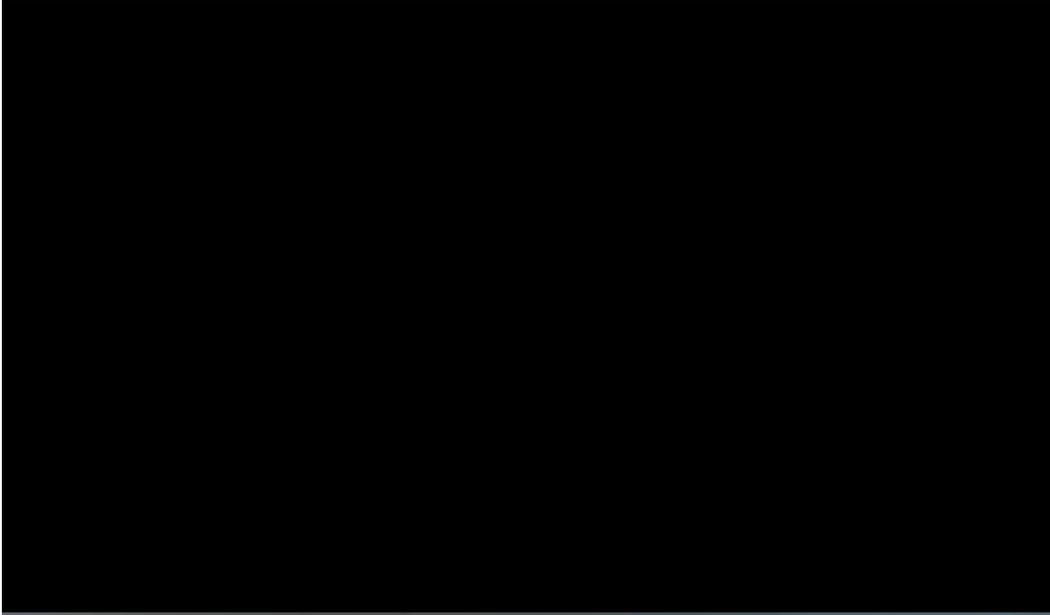


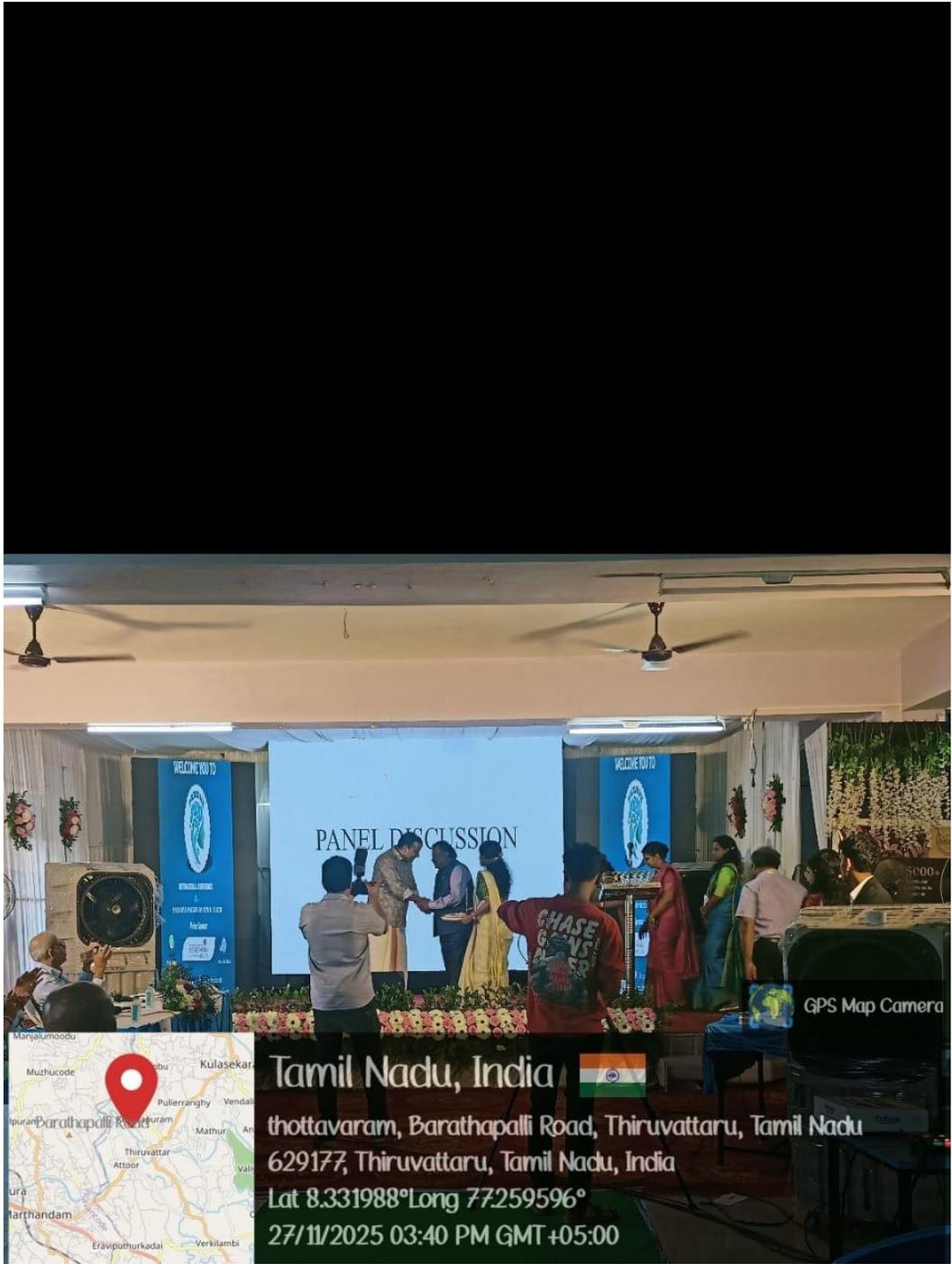
Tamil Nadu, India



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PANEL DISCUSSION

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