

Parul® University  
NAAC A++



INSTITUTION'S  
INNOVATION  
COUNCIL  
(Ministry of HRD Initiative)



PARUL INSTITUTE OF AYURVED ORGANIZING

SESSION ON

# ACHIEVING PROBLEM- SOLUTION FIT

12  
NOV

9 AM  
ONWARDS

DR. ANITHA H.

HOD, PROFESSOR &  
BRS SECRETARY MEMBER,  
PARUL INSTITUTE OF AYURVED, PARUL UNIVERSITY

**VENUE:**  
SEMINAR HALL,  
PIA, PU

**Coordinator:**  
DR. MAITRY S,  
PIA, PU



Report on  
**“Session on – Achieving Problem–Solution Fit & evidence  
based Ayurved”**

<b>ACTIVITY TYPE</b>	<b>Expert Talk / Interactive Session</b>		
<b>DATE &amp; TIME</b>	12/11/2025	Duration	Half Day
<b>SEMESTER</b>	1 <sup>st</sup> year BAMS students	No. of participants	81
<b>EXPERT NAME WITH DESIGNATION</b>	<b>Dr. Anitha H.</b> <b>HOD, Professor &amp; BRS Secretary</b> <b>Member,</b>  <b>Department of RSBK,</b> <b>Parul Institute of Ayurveda,</b> <b>Parul University</b>		

**Objective:**

- To help students understand the concept of “Achieving Problem Solution Fit & evidence based Ayurved” in the context of innovation and entrepreneurship.
- To guide Ayurveda students in identifying real-world healthcare challenges and developing practical, evidence-based solutions.
- To highlight the importance of interdisciplinary collaboration in solving problems within the Ayurveda and wellness sectors.
- To encourage students to think creatively, apply research-driven methods, and validate their ideas through structured problem analysis and solution design.

## Session Details:

The session on “Achieving Problem–Solution Fit & evidence based Ayurved” was organized by the **PIER Cell & EDC** with coordination of the **Parul Institute of Ayurveda**, Parul University. The program aimed to strengthen students’ innovation skills by teaching them how to identify authentic problems, validate needs, and align effective solutions before building a product or service.


The expert speaker, **Dr. Anitha H.**, shared valuable insights on the stages of innovation, from identifying core healthcare challenges to developing implementable Ayurvedic solutions. She emphasized the importance of understanding user needs, market gaps, and evidence-based validation before moving toward prototyping or commercialization.


Dr. Anitha highlighted several Ayurveda-related issues—such as formulation standardization, herbal product quality, patient adherence, digital Ayurveda consultation, and integrative treatment awareness—and discussed how students could design innovative, sustainable solutions in these domains.

She also illustrated examples of interdisciplinary collaborations, combining Ayurveda with **biotechnology, pharmacology, healthcare management, nutraceutical development, and digital health innovation**, showcasing how these fields together can address complex health challenges.

## Key Insights from the Speakers:

 **Problem Identification:** Understanding unmet needs in Ayurveda practice, education, and industry.

 **Solution Validation:** Aligning innovative ideas with practical, scientifically supported, and user-centric solutions.

 **Interdisciplinary Approach:** Collaboration across Ayurveda, biotechnology, data analytics, pharmacology, and management to create holistic outcomes.

**Diversity of Solutions:** Over **six different solution areas** were discussed — including Ayurvedic nutraceuticals, personalized wellness apps, herbal formulation standardization, Ayurtech devices, teleconsultation platforms, and community wellness programs.

**Innovation Readiness:** Emphasis on ideation, testing, feedback loops, and prototype refinement under innovation frameworks like SSIP and IIC.

### **Learning Outcomes:**

Students developed a clear understanding of how to connect real-world problems with meaningful, scalable solutions. They learned the structured process of achieving problem–solution fit through need assessment, validation, and feedback. The session also enhanced awareness of the interdisciplinary scope of Ayurveda—linking traditional medicine with modern technology, business strategy, and scientific research.

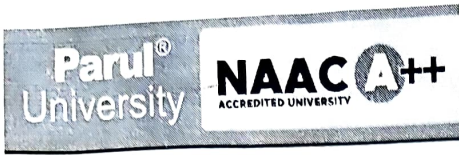
### **Conclusion:**

The session on “**Achieving Problem–Solution Fit & evidence based Ayurved**” by **Dr. Anitha H.** provided an engaging and practical framework for innovation in Ayurveda. Students were inspired to identify community health challenges and work toward validated, sustainable solutions across diverse fields such as herbal research, healthcare technology, and wellness entrepreneurship. The program successfully fostered critical thinking, problem-solving, and interdisciplinary collaboration—key competencies for future Ayurvedic innovators and entrepreneurs.

**Glimpses of the Program**









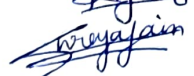






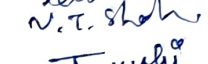



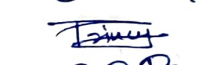




## PARUL INSTITUTE OF AYURVED

### ATTENDENCE SHEET

NAME OF EVENT: ACHIEVING PROBLEM SOLUTION FIT & EVIDENCE BASED AYURVEDA  
NAME OF EXPERT: DR. ANITHA H. (HOD, PROFESSOR & BRS director of PIA)  
DATE & TIME: 12 NOV 2025, Morning Session : 9 AM ONWARDS

Sr. No	Enrolment No.	Name	Signature
1.	25UG020037	Jadav Bhargav J.	
2.	25UG020038	Gandhi Amir A.	
3.	25UG020031	Raj Mukesh Bidhar	
4.	25UG020082	Bati Pishab Ashok Bhai	
5.	25UG020072	BHATT JAINIL SUNIL	
6.	-	Parmar Bharumik Rameshrai	
7.	25UG020085	Rethad Kirtembhei Kanjibhai	
8.	25UG020079	Solunski yash sunesh bhai	
9.	25UG020027	Patil Aniket Omkant	
10.	25UG020040	Chavhan Jay Rakeshbhai	
11.	25UG020020	Jambucha Dhaval V.	
12.	25UG020016	Kandarp prajapati	
13.	25UG020087	Pathan Fatik	
14.	25UG020077	Thakos Ajay	
15.	25UG020048	Rajput Ajitsinh M.	
16.	25UG020043	Yash Devendra	
17.	25UG020078	Chavhan Kuldip J.	
19.	25UG020019	mandantya siddhesh G.	
20.	25UG020041	Khedilker Karish N.	
21.	25UG020057	Joshi Kejur N.	
22.	25UG020084	Solunski Jaysinh B	
23.	25UG020062	Bavaliya Harshikbhai M.	
24.	25UG020086	Dumore Ketan H.	

25	25UG020049	Chanda Abhay maheshbhai	A.M.Chudde
26	25UG020050	Machhi Yash Rameshbhai	YASH
27	25UG020044	Pathak Vansh N.	Vansh
28	25UG020013	Ankeshwara prince parimal	Prince
29	25UG020060	MPHER S PAREKH	<del>S</del>
30	25UG020018	Yukti K. Patel.	Yukti Patel
31	25UG020030	Amee D. solanki	Amee
32	25UG020051	Anshika D. Padapal	<del>A</del>
33	25UG020004	Mansho Patel	Mansho
34	25UG020045	Nidhi Balar	Nidhi
35	25UG020076	Niti Shah.	Niti
36	25UG020047	Shreya Gadhavi	Shreya
37	25UG020002	Nandini Patil	Patil
38	25UG020059	Desai Shreeji R.	Shreeji
39	25UG020008	Hiral Patel	Hiral
40	25UG020063	Manisha Jha	Manisha
41	25UG020006	Baniya Nisha U	N.G. Baniya
42	25UG020042	Dhruvi Ramolia	Dhruvi
43	25UG020017	Churudhan Hiral	H.Churudhan
44	25UG020022	Rathod Khushi H.	K.H. Rathod
45	25UG020054	Parvatiya Nishka	Nishka
46	25UG020074	Rajput Shreya Rajesh	Shreya
47	25UG020068	Rajalati Bhakti Adesh	Bhakti
48	25UG020032	Parvati Rija Anilkumar	Rija
49	25UG020014	Aparnathi Hiral Rasikgin	Hiral
50	25UG020029	Patel Bhumika H.	Bhumika
51	25UG020039	Vankar Hetal V.	Hetal
52	25UG020005	Nikam Pranjod S.	<del>Pranjod</del>
53	25UG020071	Patel Hetvi V.	Hetvi
54	25UG020069	Jiya A. Patel	Jiya
55	25UG020056	Rathod Zalak A	Zalak
56	25UG020065	Patel Kaishna J.	Kaishna Patel.
57	25UG020021	Patel Nisara B.	Nisara
58	25UG020034	Parvati Niyati K.	N.K. Parvati
59	25UG020055	Chauhan Fenil R	Fenil
60	25UG020033	KAVITA Kumari	Kavita
61	25UG020058	Vaidehi Rathod	Vaidehi

62) 25UG020064	Anushka Pathak	
63) 25UG020028	Rami Riya	
64) 25UG020025	Jain Shreya Manoj	
65) 25UG020073	Ruthad Pooiyamka D.	P. D. Ruthad
66) 25UG020083	Patel srushti B.	
67) 25UG020059	Shruti DEEP Raghuvanshi	
68) 25UG020009	Densyben Sanghani	
69) 25UG020010	Nehashi D. Patel	
70) 25UG020066	Bhalu Meedhavi D.	
71) 25UG020075	Jaisasaniya Avani J.	
72) 25UG020012	Pragyapati Suharaben G.	
73) 25UG020001	Shah Vallabhd Tejaskumar	
74) 25UG020011	Thakkar Aayushi	
75) 25UG020052	Makwana Khushi P.	
76) 25UG020046	Keya Shah	
77) 25UG020036	Dattani Yesha	
78) 25UG020024	Dodiya Poojey	
79) 25UG020026	Rama Rudraxi P	
80) 25UG020035	Madgundi Ashu	
81) 25UG020007	Parmar Yesha	