

## Dr. Ujjwala Sakarkar: 32 Years of Dedication to Ayurveda, Healthcare and Social Welfare

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*Bringing together medical education, patient care, tribal health initiatives and women's empowerment, Dr. Ujjwala Sakarkar has dedicated more than three decades to serving society.*

For 32 years, Dr. Ujjwala Sakarkar has contributed to Ayurveda, medical education, healthcare services and social welfare. As Principal and Medical Superintendent at Dr. Rajendra Gode Ayurved College, Hospital and Research Centre in Amravati, she combines academic leadership with a commitment to patient care and community development.

With 16 years of experience in college administration, she has focused on educational quality, student guidance and the values of compassionate healthcare. Her journey reflects a belief that medical education should develop not only professional knowledge but also practical skills, responsibility and sensitivity towards patients.

### **Promoting Ayurveda Through Education and Patient Care**

An important part of Dr. Sakarkar's work is promoting awareness of Ayurveda, including its treatment approaches, traditional health principles, diet and lifestyle practices.

She believes students need opportunities to apply their theoretical learning in practical settings and understand the importance of treating patients with care and respect. Through her academic and administrative responsibilities, she works to strengthen the learning environment and encourage future healthcare professionals to approach their responsibilities thoughtfully.

Her work also reflects an effort to make traditional health knowledge more accessible to the public while keeping patient needs at the centre of healthcare delivery.

### **Extending Healthcare Support to Melghat**

For the past two years, Dr. Sakarkar has reportedly been involved in health-related initiatives in the predominantly tribal region of Melghat. The work focuses on malnourished children and pregnant women, with attention to appropriate nutrition, necessary medical care and awareness of maternal and child health.

Such initiatives are important in communities where access to healthcare information and services can be challenging. By supporting awareness and care-related efforts, the initiative aims to help families better understand nutrition and the importance of healthcare for mothers and children.

Her involvement reflects a broader view of medical service—one that reaches beyond hospital settings and engages with community needs.

## Supporting Women and Children Through Charitable Work

Social welfare is another significant dimension of Dr. Sakarkar's journey. For the past five years, she has served as president of the **Late Indirabai Manoharrao Charitable Trust**, established by her father.

Through the trust, activities include value-based classes for children and initiatives intended to support abandoned, widowed and economically vulnerable women. The broader aim is to help women work towards financial independence and live with greater confidence, while encouraging children to develop ethical values and a sense of social responsibility.

This work brings together two important goals: supporting women as they build more independent lives and nurturing values among younger generations. It also demonstrates how charitable initiatives can complement professional work by responding to needs within the wider community.

## Recognition for Service and Commitment

Dr. Sakarkar was honoured as a "**Corona Warrior**" for her contribution to healthcare services during the COVID-19 pandemic. On **23 September 2025**, she also received the **Dhanwantari Award**, according to the details provided for her profile.

These recognitions acknowledge different aspects of her professional journey, from healthcare service during a challenging period to her continuing involvement in Ayurveda, education and social welfare.

## A Journey Guided by Service and Empowerment

Dr. Ujjwala Sakarkar's work brings together three closely connected areas: healthcare, education and community service. Her responsibilities as an academic leader, her involvement in tribal health initiatives and her work through a charitable trust reflect a commitment to improving lives through knowledge, care and social support.

Her journey also highlights the importance of making healthcare education meaningful, extending community outreach to underserved populations and creating opportunities for women to work towards self-reliance.

After more than three decades of service, her professional path continues to represent the values of dedication, compassion and social responsibility. Her story offers an inspiring reminder that leadership can have a lasting impact when professional expertise is combined with a genuine commitment to the well-being of others.

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