

'Report of the programme on Ayurveda Aahara'

A one day sensitization programme on Ayurved Aahara was jointly organised by Rashtriya Ayurved Vidyapeeth , New Delhi and Tilak Ayurved Mahavidyalaya,Pune on Saturday 25th March 2023 at NIMA Auditorium of Tilak Ayurved Mahavidyalaya,Pune.

The objective of the programme was to provide the knowledge of Ayurved Aahar including regulatory aspect, its role in healthy lifestyle and ways to incorporate Ayurved Aahar in day to day life. Also to promote the good quality food products and enhance the entrepreneurship possibilities in this sector.

Total 129 participants from all over Maharashtra have been participated in the programme.

The programme was inaugurated at the hands of Dr. V.V.Doiphode, Rashtriya Guru from RAV, Principal Dr. Sadanand Deshpande, RAV co-ordinator, Dr. Poonam Bajpayee were also present on the dias.

Dr. Sadanand Deshpande gave the welcome address. Dr.Poonam Bajpayee, RAV co-ordinator explained about the background of the programme. Dr.Doiphode in his address told regarding the functioning of RAV. Dr.Manjiri Deshpande proposed vote of thanks. The programme was co-ordinated by Dr. Apoorva Sangoram and Dr. Manjiri Deshpande.

After inauguration programme, first lecture was taken by Dr.Mihir Hajarnavis , professor & HOD of Swasthavritta Department on FSSR-2022 for Ayurveda Aahara. The second lecture was delivered by Prof.Dr.Charu Bansal on Entrepreneurships as a career option in Ayurveda Aahara. Both the lecture were elaborative and explained in good interactive manner. The certificates of participation were distributed in the valedictory function. The programme ended with National Anthem.

The entire programme was co-ordinated by Dr. Apoorva Sangoram and Dr. Manjiri Deshpande under the guidance of Principal Dr. Sadanand Deshpande.