

## **Report of the Certificate Course on Food as Medicine- Ayurvedic Nutrition and Herbal Therapy conducted for the students of European Academy of Ayurved from 24.2.2024 to 1.3.2024**

The Rashtriya Shikshan Mandal's Tilak Ayurved Mahavidyalaya, Pune had organized a Certificate course on 'Food as medicine- Ayurveda Nutrition and Herbal therapy' for students of European Academy of Ayurved.

A group of 17 students from the Academy headed by Mrs Kirsten Rosenberg were present for the course from 24/02/2024 to 01/03/2024. The course was conducted as per application from The Director, European academy of Ayurved, Birstein, Germany and as per approval from Rashtriya Shikshan Mandal, Pune.

Dr D. P. Puranik -President of Rashtriya Shikshan Mandal was the Patron of the course.  
Dr Saroj Patil -Principal, Tilak Ayurved Mahavidyalaya, Pune was the Advisor for the course.  
Dr Mihir Hajarnavis -Vice Principal. Tilak Ayurved Mahavidyalaya worked as Coordinator of the course.

Teaching faculty members of Tilak Ayurved Mahavidyalaya, Pune were the resource persons for various topics.

At the onset of the programme for the introduction of students to the faculty members and a brief outline of the seminar was given to the students.

### **Day 1 (24/02/2024 Saturday)**

#### **Morning session**

A Lecture on Diet cases and recipes in digestive disorders was conducted by Dr Yoginee Patil.

A demonstration and practical training of Dietary recipes in digestive disorders was conducted by Dr Ashvini Bodade and Dr Yoginee Patil.

#### **Afternoon session**

A Lecture on Diet cases and recipes in maternal health was conducted by Dr Rucha Ganu,

A demonstration and practical training of Dietary recipes in maternal health was conducted by Dr Mrunali Phapale and Dr Rucha Ganu

### **Day 2 (25/02/2024 Sunday)**

#### **Morning session**

A Lecture on Diet cases and recipes in neurological disorders was conducted by Dr Mihir Hajarnavis

A demonstration and practical training of Dietary recipes in neurological disorders was conducted by Dr Maithili Naik and Dr Mihir Hajarnavis

#### **Afternoon session**

A Lecture on Diet cases and recipes in cardiovascular disorders was conducted by Dr Anand Barve.

A demonstration and practical training of Dietary recipes in cardiovascular disorders was conducted by Dr Indira Ujagare and Dr Anand Barve

**Day: 3(26/02/2024 Monday)****Morning session**

A lecture on Diet cases and recipes in geriatric diseases was conducted by Dr Manjiri Deshpande  
A demonstration and practical training of Dietary recipes in geriatric was conducted by Dr Darshana Ubhale and Dr Manjiri Deshpande

**Afternoon session**

A Lecture on Diet cases and recipes in Diabetes Mellitus was conducted by Dr Sadanand Deshpande  
A demonstration and practical training of Dietary recipes in diabetes mellitus was conducted by Dr Sangeeta Sawant and Dr Sadanand Deshpande

**Day 4 (27/02/2024 Tuesday)****Morning session**

A study tour to Ayurved Rasashala, Karve road Pune was organized. Dr. Suhas Kulkarni –General Manager of Ayurved Rasashala briefed the students about the product range and distributed the therapeutic index to the students. Dr. Ashvini Bodade coordinated the visit of Ayurved Rasashala. Visit to Seth Tarachand Ramnath Charitable Ayurvedic Hospital, Pune was organized. Dr Kalyani Bhat Deputy Superintendent of the hospital explained about the functioning and treatment modalities available at the hospital.

**Afternoon session**

A Lecture on Diet cases and recipes in Respiratory diseases was conducted by Dr Anjali Damle.  
Demonstration and practical training of Dietary recipes in and Respiratory diseases was conducted by Dr Pradnya Gathe and Dr Anjali Damle

**Day 5 (28/02/2024 Wednesday)****Morning session**

Gunas of Aharavarga Part 1

Gunas of Aharavarga Part 2

These were held and conducted by Dr Apoorva Sangoram and Dr Asmita Jadhav.

**Afternoon session**

A Lecture on Diet cases and recipes in Obesity was conducted by Dr Mihir Hajarnavis

A demonstration and practical training of Dietary recipes in Obesity was conducted by Dr Soniya Kale and Dr Mihir Hajarnavis

**Day 6 (29/02/2024 Thursday)****Morning session**

A lecture on Diet cases and recipes in allergy and skin diseases was conducted by Dr Mihir Hajarnavis

A demonstration and practical training of Dietary recipes in allergy and skin diseases was conducted by Dr Saroj Patil , Dr Supriya Gore and Dr Mihir Hajarnavis.

Field a visit to the medicine the garden of Tilak Ayurved Mahavidyalaya was organized by the Dravyaguna Department under the guidance of Dr Gauri Gangal where the students got a glimpse of the wealth of medicinal plants availability in India.

**Afternoon session**

A lecture on Diet cases and recipes in obesity was conducted by Dr Asmita Jadhav,

A demonstration and practical training of Dietary recipes in child health was conducted by Dr Madhura Kulkarni and Dr Asmita Jadhav

**Day 7 (01/03/2024 Friday)****Morning session**

A lecture on Diet cases and recipes in Mental Health was conducted by Dr Sneha Kulkarni,

A demonstration and practical training of Dietary recipes in mental health was conducted by Dr Sayali Kulkarni and Dr Sneha Kulkarni.

The programme concluded with Valedictory function. Dr D. P. Puranik, President of Rashtriya Shikshan Mandal was present as the President of the valedictory function. Dr Mihir Hajarnavis gave an overview of the deliberations of the course. Dr Saroj Patil, Principal of the college addressed the gathering. The students gave enthusiastic feedbacks about the excellent organization of the sessions over the course of 7 days.

Certificates of participation to the students of the course, Resource persons of the course and volunteers were given away at the hands of the dignitaries of the function. Dr Kirsten Rosenberg Director of European Academy expressed her thoughts about the course. Dr Dilip Puranik sir appreciated the participation of the European students and addressed the students and faculties.

Dr Maithili Naik compered the programme and proposed the vote of thanks.