

Innovation in Ayurveda Ahara for Global Health

As a part of the celebrations of the 9th Ayurveda Day celebrations, the Department of Swasthavritta and Yoga, Tilak Ayurved Mahavidyalaya, Pune organised an Exhibition on Innovation in Ayurveda Ahara for Global Health.

The exquisitely displayed Exhibition had the concept of the importance of Shadrasatmak Ahara and Ahara Vidhi Vidhan at the core.

The display had a representation of balanced diet meal in the form of a traditional Maharashtrian platter.

The innovation aspect for AYUSH AHARA was displayed in the form of :

1) Charcuterie board/ Grazing boards-Healthy Bites
Nibbling Boards for Vata Prakruti

2) Mocktails- Panaka Shots for Pitta Prakruti

3) Cheese/ Chocolate Fondue- Mudga Yusha Fondue for
Kapha Prakruti

This combined the fundamental foundations of Ahara concept of Ayurveda and the traditions of food consumption in the world.

The Exhibition was Conceptualized and Executed by Vd Maithili Naik, Assistant Professor Swasthavritta and

Yoga under the guidance of Prof Vd Mihir Hajarnavis, Head of Department Swasthavritta and Yoga. The Post Graduate students Dr Ajay Paighan, Dr Rohit Pawar and Dr Hritvik Nande rendered help.