

Consulate General of India , Shanghai

Ayurveda Day - 2021
Webinar on “Ayurveda for Poshan”

On November 2, the auspicious Dhanwantri Day, the Consulate General of India, Shanghai and Centre for Innovation in Science and Social Action (CISSA), Thiruvananthapuram, Kerala marked the Ayurveda Day 2021 by jointly organising a Webinar themed “Ayurveda for Poshan” on the relevance of Nutrition in the current COVID-19 Pandemic scenario. The various topics discussed at the Webinar included ‘Practical Applications of Ayurvedic Dietary Principles in Therapeutics’, ‘Concepts of Food and Nutrition in Ayurveda’, ‘The Art and Science of Food and Food Consumption in Ayurveda’, and ‘Significance of Nutrition in Mother and Child Health care from Ayurveda Perspective’.

2. The Webinar brought together some of the best experts in the field of Ayurveda including Prof (Dr) Bhushan Patwardhan, Former Vice Chairman, UGC; Prof (Dr) G.G. Gangadharan, Director, Ramaiah Indic Specialty Ayurveda Restoration Hospital, Bangalore; Dr. Vaidya P. Rammanohar, Research Director, Amritha School of Ayurveda, Kollam; Prof (Dr) Jayan Damodaran, Dean Faculty of Ayurveda Kerala University of Health Science; Dr. Sriranjini Jaideep, Researcher & Wellness Consultant, Mississauga, Canada; and Dr. N. Hemalatha Potti, HoD, Kaumarabhrithya, Amrita School of Ayurveda, Kollam, from India. The Consul General of India in Shanghai, Dr. N. Nandakumar inaugurated the Webinar.

3. In his inaugural address, the Consul General highlighted the relevant role Ayurveda Nutrition can play in improving health in the post pandemic scenario. He urged Ayurveda practitioners and enthusiasts to contribute for bringing greater awareness about Ayurveda in the rest of the world including China. He also spoke about the various steps taken by Government of India in popularizing and developing the Indian System of Medicine. In key note speech, Prof. Bhushan Patwardhan, emphasized the importance of having natural, seasonal and regional food for good health. He pointed out that even though fortification of food and advancement in nutraceuticals is needed, ultra processing and adulteration of food can be fatal to health. He also spoke about the various initiatives taken by the national and international organisations including the UN for providing nutritious food to all human beings. He also advocated integrating the Indian system of Medicine including Ayurveda with modern system system of medicine.

4. During the panel discussion, the experts elaborated on the dietary principles of Ayurveda and the importance of nutrition in maintaining the balance of body and mind, explained the medicinal and even poisonous properties of food including dos and don'ts covering what, how, when, and even where to eat, illustrated the traditional recipes fortifying essential nutrients in simple preparations such as ‘Kālan’ (a kerala recipe using curd, banana, Yam etc) and anti-cancerous properties of ‘Sāmbār’ helping in preventing colon cancer with relevant citations. An overview of the nutritional aspects of mother and

child healthcare along with some practical suggestions on the dietetics of women and children were also discussed at the Webinar.

5. The event witnessed enthusiastic participation from various fields including Doctors, Research Scholars, Students, Yoga and Meditation Experts, and members from Business community. They expressed the need for knowledge sharing by exchange programs between faculty and students of reputed universities and collaborative projects of research by various organizations.

Shanghai

2nd November, 2021
