The event, PUBLIC LECTURES ON AYURVEDA titled "आयुर्वेद- एक जीवनशैली - series 2" was organised on 10th March 2019, Sunday by the Directorate of AYUSH, Govt of Maharashtra in association with I-CARE, Mumbai and 8 Ayurveda colleges of Mumbai, Pune & Nashik in the campus of R. A. Podar Medical College (Ayu), Mumbai – 18.

Organiser:

Dr. Sanjay Mukherjee, IAS Secretary, Medical Education & Drugs Dept. Govt of Maharashtra
Prof. Vd. K. R. Kohli Director, Directorate of AYUSH, Govt of Maharashtra
Vd. G. Y. Khati Dean, R. A. Podar Medical College (Ayu), Mumbai. Govt of Maharashtra

- The Public Lectures event was organised for the general public with an aim to highlight the preventive and therapeutic potential of Ayurveda in Lifestyle related Non Communicable Diseases (NCD’s) like Diabetes, Obesity, Cardiac diseases etc. Free online and spot registration facility was made available for this event.

- Exponents and Stalwarts of Ayurveda from across the country were invited as Guest Speakers to deliver lectures to the general public on role of Ayurveda in most commonly prevalent lifestyle related disorders

- Approximately 500 persons from general public as well as teachers and post graduate students from 4 State Govt Ayurved Colleges and 7 Ayurved colleges from Mumbai, Pune and Nashik were registered and actively participated in this event.
Leading Ayurvedic Drug Manufacturing Companies like Dabur India Limited, Aimil Pharma, Himalaya Drug Company, Sane Care Madhavbaug were actively supported, sponsored and participated in this event.

ACRI, Mumbai, the regional office of CCRAS, New Delhi also participated in this event and displayed various IEC material like books, journals and publications of CCRAS, New Delhi for the benefit of the public.

Vedayu Health, a private company dedicated to promotion & propagation of Ayurveda also participated in this event.

The Ayurved Colleges were also participated in the Medicinal Plants Exhibition, wherein informative charts and live specimens of 206 medicinal plants, which are beneficial in Diabetes, Arthritis, Gastrointestinal Disorders, Liver disorders, Respiratory Disorders, Immunology, Gynaecological disorders were systematically arranged for public view.

Dr Sanjay Mukherjee, IAS, Hon'ble Secretary, Medical Education & Drugs Department, Govt of Maharashtra was the Chief Guest of this Event. Shri Sanjay Deshmukh IAS, Former Secretary, Medical Education & Drugs Department, Govt of Maharashtra and Vd. K S Dhiman, Director General, CCRAS, New Delhi were graced this event.
• At the outset, all the dignitaries visited the Medicinal Plants Exhibition and stalls of the Ayurveda Drug manufacturing Companies. The systematic and informative display of medicinal plants and the street play performed by students of co organizing Ayurved Colleges was appreciated by one and all.

• This was followed by the formal **Inauguration of E-Library of R A Podar medical College (Ayu), Worli, Mumbai** at the auspicious hands of Dr Sanjay Mukherjee, IAS. This E-Library sponsored by I-CARE Mumbai and is situated on the first floor of New Ras Shastra Building of the college. On this occasion, Prof. Vd. K.R. Kohli, Director of AYUSH, Maharashtra State, Prof. Vd. K. S. Dhiman (Director General, Central Council for Research in Ayurved Sciences, New Delhi), Prof. Vd. V.K Joshi (Professor Emeritus, Faculty of Ayurveda Institute of Medical Sciences, BHU, Varanasi and Dean, Vd. D. V. Shukla and the college faculties and staff were present. This library has been installed with most advanced Server having 38TB storage capacity along with the complete set of ten computers having unlimited high speed (50 mbps) internet facility. The E-Library will make available the text books in digital format that are needed for undergraduate and postgraduate students, as well as PhD Scholars for their routine academics as well research purposes. The system has been created to take print out of free digital journals along with scanning facility is made available to everyone with nominal charges. In this E-Library internet surfing services will be offered free of cost to all.

• Thereafter, the Inaugural ceremony of the event commenced with the auspicious **Dhanvatari Stavan & Poojan** and was presided by Dr Sanjay Mukherjee, IAS, Hon'ble Secretary, Medical Education & Drugs Department, Govt of Maharashtra. Shri Sanjay Deshmukh IAS, Former Secretary, Medical Education & Drugs Department, Govt of Maharashtra and Vd. K S Dhiman, Director General, CCRAS, New Delhi also graced this event.
Prof K R Kohli, Director AYUSH, Govt of Maharashtra welcomed all the dignitaries and audience and highlighted the growing incidences of Non communicable and lifestyle related disorders and the stressed the important role of Ayurved in its prevention and management of these disorders.

The Hon'ble Chief Guest, dignitaries and Deans/Principals of all Ayurved college's were welcomed and felicitated.

Shri Sanjay Deshmukh, IAS, Former Secretary, Medical Education & Drugs Department, Govt of Maharashtra in his speech appreciated this initiative of organizing Public Lectures on Ayurveda & Medicinal Plants Exhibition and also congratulated the organisers for organizing this second event in a larger scale and for longer duration than the first event held last year.
Prof. Vd. K. S. Dhiman, DG, CCRAS, New Delhi stated that there is a need for an independent AYUSH Health services wing at Central and State Govt. level, which will be run separately and it would provide health facilities up to the ground level, which would cover all strata of the society. He also urged everyone to practise the lifestyle modification, diet, exercise and daily routine mentioned in Ayurveda.

Dr Sanjay Mukherjee, IAS, Chief Guest of the Event in his speech appreciated the Modern Gurukul System Concept for Ayurveda being implemented for the first year BAMS students of R. A. Podar Medical College (Ayu), Worli, Mumbai by Prof Vd. K. R. Kohli. He stated that, the harmonious relationship between a teacher and student leads to the flourishing the knowledge and education of the particular science. He specially mentioned the ancient literature is the treasure and wealth of Ayurveda and we have to preserve its essence as it is. He also emphasized on obtaining knowledge of Ayurveda by reading the original Samhita Granthas and not on the translated texts.
• Prof D V Shukla, In Charge Dean, R A Podar Medical College (Ayu), Worli, Mumbai expressed vote of thanks and concluding remarks for the Inaugural function.

• Thereafter the Invited Guest Speakers delivered lectures on their respective topics and all the lectures were very well received by the audience.

• Prof. Vd. M. S. Baghel (Ex.Director, IPGT and RA Gujarat Ayurved University, Jamnagar) spoke on "Ayurvedic Management of Common Gastrointestinal Disorders" He mentioned that daily routine, dietary intake, proper schedule of diet and diet plan are essential to prevent gastrointestinal disorders. Use of seasonal fruits, balanced diet and consuming all dietary articles in moderation is always helpful. Due to improper and unwarranted use of allopathy drugs, the gut flora gets damaged and hence, now a days costly ‘Faecal transplant’ is routinely done in western countries. The take home message of Vd. Baghel was Learn and Earn Health”.

• Prof. Vd. V.K Joshi (Professor Emeritus, Dept of Dravyaguna, Faculty of Ayurveda, Institute of Medical Sciences, BHU, Varanasi) delivered lecture on “Ayurvedic {Medicinal Plants in Daily Use” He described the health benefits of common medicinal plants which are used in our day to day life.
• Prof. Vd. K. S. Dhiman, DG, CCRAS, New Delhi delivered lecture on "Ayurvedic management of Sinusitis, Nasal Allergies and Chronic cold". He outlined the prevalence and causative factors of these diseases and their prevention and ayurvedic management with medicines and Nasya karma.

• Prof. Vd. Prasanna Rao (Principal, SDM Ayurved College and Hospital, Hassan, Karnataka) spoke about “Ayurvedic Management of Urinary Disorders and Urinary Stones”. He highlighted the causes, pathology and ayurvedic management of urinary disorders and urinary stones and do's and don'ts for their prevention which was well appreciated by the public.

• Prof. Vd. Ajay Kumar Sharma (Ex. Director, National Institute of Ayurveda, Jaipur ) delivered a very informative lecture on "Importance of Diabetes, Obesity-An Ayurvedic perspective". He explained the principles of Ayurveda in diagnosis and management of diabetes and obesity. He urged the public to be conscious about their daily dietary intake and routine exercise, in order to prevent the complications of obesity and diabetes. He also emphasised early and timely detection of diabetic complications.
• Dr Rohit Sane (CEO, Sane Care Madhavbaugh) delivered the concluding speech on "Diet and Lifestyle intervention in Cardiac Diseases". He cited his pilot studies on the cardiac disorders and ayurvedic management, wherein the efficacy of ayurveda medicines and treatment modalities in cardiac disorders was found to be statistically significant and these articles were published in renowned medical journals like Lancet, Nature etc.

• The public lectures on Ayurveda session was concluded with vote of thanks by the Vd.D.V.Shukla, Dean (Adhoc), RAPMC, Mumbai. He thanked one and all who directly or indirectly made this event a great success.

• A Poster Competition for the Modern Gurukul System batch students of FYBAMS on selected ayurvedic medicinal plants was simultaneously conducted in the college campus near medicinal plants exhibition area and independently judged by 3 separate judges (Dravyaguna Experts) from outside colleges.

• The following prizes were given to the winners at the hands of Vd. K. S. Dhiman, DG, CCRAS, New Delhi - First prize of Rs.11, 000/- to ‘Arjun Group’, 2nd prize of Rs.5000/- to ‘Bramhi Group’ and third prize of Rs.3000/- was shared between ‘Amruta & Tulasi Group’ students.

• The event was concluded by recital of the auspicious Pasayadaan.