



SGSPM's

Smt. Vimladevi Ayurvedic Medical College & Hospital  
Wandhari, Chandrapur

## Guest Lectures/ Webinar

Name of Organizing Department: SwasthavariHq

Co-organizer:

Date: 15/06/2021 Day: Tuesday Time: 2:00 PM to 5:00 PM

Guest Speaker: DR. Medha Kulkarni  
Professor, HOD SwasthavariHq department  
All India Institute of Ayurveda

Moderator for the Session: DR. Jyoti Vauthi

Topic of Guest lecture/ Webinar: Achar (Srietz Achar)

Offline Attendee of Webinar/ Guest Lecture:

Sr. No. Name Designation Signature

- 1) DR. Vauthi Jyoti
- 2) DR. Kosenkar
- 3) DR. Dahule
- 4) PR. Chandekar
- 5) DR. Deshmukh Agestambur Desh
- 6) DR. Kathale
- 7) DR. Pazare
- 8) DR. Gunja Dahilkar

|                                     |    |
|-------------------------------------|----|
| No. of Pre-Registration for Webinar |    |
| No. of Online Attendee for Webinar  | 56 |
| No. of Feedback for Webinar         |    |

**Document Attached herewith:(Hard copy)**

(Webpage/Invitation, Registration list, Online participants list, Feedback list)

**Proceedings:**

On the occasion of International yoga day the department of swasthawitta and yoga arrange webinar series. online basis on dated. 15/06/21 we coordinately invite DR. Medha Kulkarni (Professor) HOD of Swasthawitta depart from All India Institute of Ayurved. Madam gives us knowledge of Aahar, basic concept of Aahar, and its dimensions of regarding to our health and guide for diet chart according to Prakriti.

*Franky*  
Moderator

Co-organizer

*Pravinkumar*  
Organizer

*L. S. R. S.*  
Principal

# What is present scenario?

- The importance of aahar is being underestimated in the fast moving modern world.
- The customs in eating, the ways of cooking, eating habits of the fast moving modern world are changing for the worse.

• So to increase awareness about a balanced and nutritious diet ultimately a healthy lifestyle is the aim of swasthivrita

6/19/2021

B.P.U.D.C.V.Patil College of Ayurved and research center,  
 Pimpri, Pune, Maharashtra

## Aahar concept in Ayurveda

*Happiness*

Processing of the food substance  
 - processing results in the transformation of food substances and their attributes

Examples of processing's - washing, cleaning, dilution, heating, roasting, boiling, cooking, frying, churning, storing, mulling, fermenting, preservation etc.

### samskara



The transformation of attributes by processing's  
 as by nature light becomes lighter when scraped.




Dr. Jyoti Varth


Prerna Tilak

### Digestion physiology

- Digestion is a process in which agent converts complex ingested food in such a form that can be readily assimilated in the body.
- Stomach and liver (Gastric digestion)
- Sushkshra sanchaya (Mucous digestion)
- The three Ming (Lam)
- Kapha sanchaya
- Amla sanchaya (most commonly accepted)
- Kshudra sanchaya

### Diet and disease

- Diet causes diseases
- Diet cures diseases












































### Importance of diet

- What is the need of medicine to a person who follows the diet in diet.

Close

## Participants (56)

-  Priya Ghemde   
-  P Priyanshu   
-  RJ Rohini jadhav   
-  RJ Rutuja Jadhav   
-  SB Sakshi Burghate(09)   
-  SD Sakshi Deshpande   
-  S Sakshi Verma   
-  SB Sanket Burhan   
-  SK Sejal kale   
-  SP Shivam Pareek   
-  SV Shraddha Vaidya 