

## REPORT

<b>TITLE OF THE WEBINAR:</b>	A STEP TOWARDS HEALTHY LIFE THROUGH AYURVEDA
<b>SCHOOL:</b>	RK Ayurvedic College and Hospital
<b>DEPARTMENT:</b>	Ayurveda
<b>NAME OF THE ORGANIZER/S:</b>	RK University, Rajkot
<b>DATE OF CONDUCTION:</b>	06/05/2020
<b>TARGET AUDIENCE:</b>	General Public

### Brief Details:

#### 1. Objective of the program:

To make people aware about how to follow the Ayurveda in a correct way and what is to be avoided that circulates falsely in the name of Ayurveda.

#### 2. Brief description of the program:

- Acharya Charaka has mentioned that 'Even a poisonous substance can be converted into an excellent medicine when prepared and administered using the right methods. Conversely, even a good medicine may act as a potent poison if improperly administered'. It signifies the importance of proper administration of the medicines.
- Along with the quality and proper dose of a medicine, there is an equal or slightly more importance of proper administrator.
- For this we organised a webinar series "A STEP TOWARDS HEALTHY LIFE THROUGH AYURVEDA"
- Acharya Charaka believes that a wholesome diet is essential for the maintenance of the health; sleep is essential for happiness.
- Therefore, obesity and leanness are specifically caused by improper sleep and diet.
- Diet has major a role in individual's health. If someone is cautious to be healthy but unaware of proper diet rules then it all will be in vain.
- Health starts with what we eat and what we do throughout the day.

#### 3. Outcomes of the program:

- For this free webinar series, we received more than 550 registrations.
- The participants were from diverse backgrounds like businessman, teacher, doctors and students.
- It simply emphasizes the curiosity among the people about the Ayurveda.

#### 4. Details of Speaker

Dr Manoj Pande, Associate Professor, Dept of Samhita Siddhant, ACH.

#### 5. Program Schedule

Date:06/05/2020 | Time: 9:15:00 AM to 11:30:00 AM

Registration Link: <https://rku.ac.in/events/achwebinar1>

Flyer Image:

## 6. Webinar Platform and Links

Platform: Youtube | Registrations: 566 | Participants: 206

Video Link(s):

- <https://youtu.be/taLahoBV5KQ>

Name & Signature of  
Principle  
Applicants

**(Digital signature are allowed)**

Name & Signature of  
Head of Institute with institute seal