



Report on

“10th National Ayurveda Day Celebrations”

Webinar on “Daily Ayurvedic Rituals for Holistic Well-Being”

Date: 23rd September 2025

Time: 11:00 A.M. Onwards

Venue: Seminar Hall, SLC

No of Participants: 80

The Department of Chemistry, in collaboration with the IQAC, Shyam Lal College, University of Delhi, celebrated the 10th National Ayurveda Day on 23rd September 2025 by organizing a keynote session on “Daily Ayurvedic Rituals for Holistic Well-Being”, followed by student presentations on various topics related to Ayurveda. The program commenced at 11:00 A.M. in the Seminar Hall of the College.

The event began with a traditional lamp-lighting ceremony, accompanied by Saraswati Vandana, followed by the National Anthem and the University Kulgeet.

Ayurveda, one of the most ancient and well-documented systems of medicine, continues to remain equally relevant in modern times. Its holistic approach—applicable to both healthy individuals and those suffering from ailments—is truly unparalleled. The central aim of Ayurveda is the prevention of disease and the promotion of health, with a focus on harmony between the body, mind, and spirit.

The celebration of Ayurveda Day seeks to integrate Ayurveda into mainstream healthcare, highlight its strengths and unique treatment principles, reduce the burden of disease, morbidity, and mortality, and explore its role in National Health Policy and Programmes. It also aims to create greater awareness among today’s generation about the rich Ayurvedic principles of healing, fostering a healthier and more balanced society.

Previously, Ayurveda Day was observed on Dhanteras, worshipping Lord Dhanvantri who emerged from the ocean during Sagar Manthan carrying a pot of elixir. It is now celebrated on

23rd September, coinciding with the autumnal equinox—a day when day and night are nearly equal. This astronomical event, representing balance in nature, beautifully mirrors the Ayurvedic philosophy of balance between mind, body, and spirit.

The event was attended by the students of B.Sc. (Honours) Chemistry, B.Sc. Physical Sciences with Chemistry, and the staff & faculties of Chemistry Department, SLC. A total of 60 students, 12 faculty members and 8 others participated in the event. The students also participated in power point presentation competition by showcasing the importance of Ayurveda in our life which include Harmony within: Ayurveda's path to complete well-being; Origin of Ayurveda and its importance; Holistic Radiance: Doshas & Your Skin; The Science of time in Ayurveda: Chrono-Ayurveda and Zero Waste: Ayurveda's Future etc. In this competition first three positions were secured by Bhaskar Gupta (B.Sc. Physical Sciences with Chemistry, 4th Year), Swati Sharma (B.Sc. (H) Chemistry, 2nd Year) and Parshvi Jain (B.Sc. (H) Chemistry, 4th Year), respectively.

The speaker of the event, Vaidya Viraj Shastri ji, is a renowned Ayurvedic practitioner with over 20 years of rich clinical experience. A specialist in cancer, skin diseases, and diabetes management, he has successfully treated and guided more than one lakh patients through the wisdom of Ayurveda. Widely known for his popular social media presence, he has over 2.8 million followers on his Facebook channel “Bharat ke Vaidh”, where he shares Ayurvedic knowledge and lifestyle tips with people across the nation. In 2016, he also conducted the program “Fit Rhe India” on DD Sports, which received wide appreciation. Rooted in traditional learning, he pursued his studies in a Gurukul, embodying the authentic and holistic values of Ayurveda. His mission has always been to bring ancient Ayurvedic wisdom to modern society.

During his keynote session on “*Daily Ayurvedic Rituals for Holistic Well-Being*”, Vaidya Viraj Shastri offered valuable insights into practical routines and time-tested principles that promote balance, health, and overall well-being. He discussed the benefits of Ayurveda with real-life examples and elaborated on the Tridoshas — Vata, Pitta, and Kapha body types, explaining preferred foods and lifestyle practices for each. A question answer session was also conducted with our key note speaker to gain more insights about Ayurvedic practices in our daily life and to satisfy our students curiosities.

The program concluded with a Vote of Thanks delivered by Dr. Ankit Mittal (Co-Convenor).

Registration link provided to the students was

https://docs.google.com/forms/d/e/1FAIpQLSfc8P_D7hVWK55Jaamk2JnVfbA1U2GP8jkelc3J4i-RKE24IQ/viewform?usp=sharing&ouid=112675965386407988381

Speaker joined online through the Google Meet link: <https://meet.google.com/cay-ujbm-nwi>



The poster is for a seminar celebrating the 10th National Ayurveda Day on 23rd September 2025. It is organized by the Department of Chemistry in collaboration with IQAC, SLC. The poster features the logos of Shyam Lal College, University of Delhi, and the National Ayurveda Day. The text is in English and Hindi. The background is a light green with a subtle floral pattern.

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC ACCREDITED A++

Celebrating the 10th National Ayurveda Day
on
23rd September 2025

Seminar (with Online Keynote Session) on
“Daily Ayurvedic Rituals for Holistic Well-Being”


राष्ट्रीय आयुर्वेद दिवस

Organized by
Department of Chemistry in
collaboration with IQAC, SLC

Dr. Ompal Singh Yadav Convenor TIC, Chemistry	Prof. Kusha Tiwari Director, IQAC	Prof. Rabi Narayan Kar Principal, SLC
Dr. Ankit Mittal Co-Convenor		

Organizing Team: All Faculty Members of Chemistry Department



SLC (University of Delhi)
SHYAM LAL COLLEGE
 NAAC ACCREDITED A++



Department of Chemistry in collaboration with IQAC
celebrates

10th National Ayurveda Day 2025



Vaidya Viraj Shastri
 Renowned Ayurvedic Practitioner
 20+ Years of Clinical Experience
 Guided 1 Lakh+ Individuals

Program Highlights:

- 🌿 **Keynote Session:** "Daily Ayurvedic Rituals for Holistic Well-Being"
- 🎓 **Student Presentations** on Ayurveda's role in health & wellness

📅 **Date:** 23rd September 2025

🕒 **Time:** 11:00 A.M. Onwards

📍 **Venue:** Seminar Hall, SLC

Dr. Ompal Singh Yadav
 Convenor
 TIC, Chemistry

Dr. Ankit Mittal
 Co-Convenor

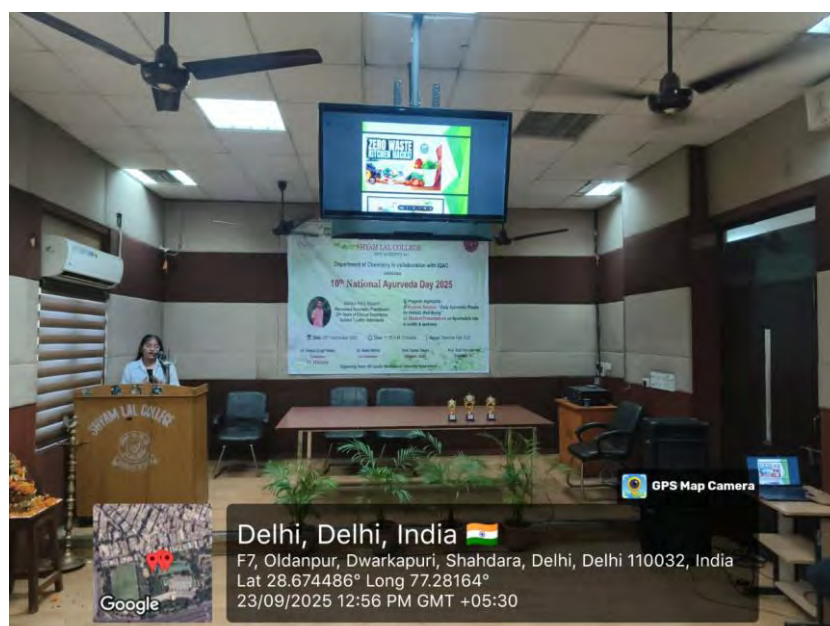
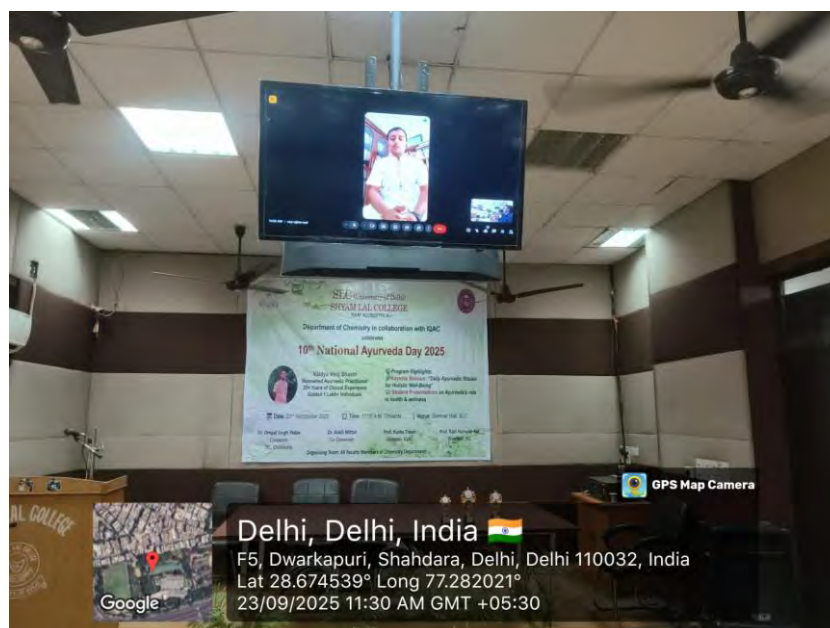
Prof. Kusha Tiwari
 Director, IQAC

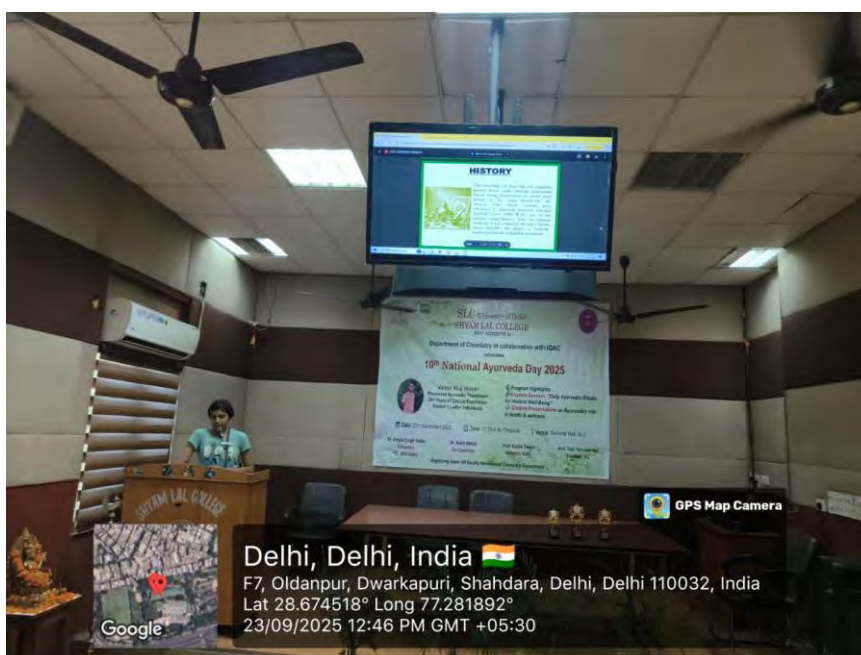
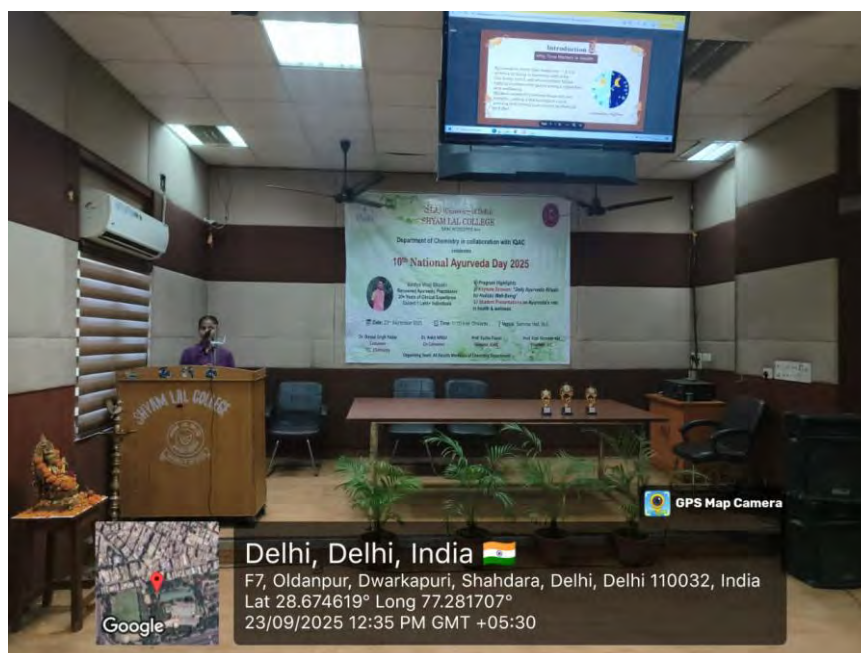
Prof. Rabi Narayan Kar
 Principal, SLC

Organizing Team: All Faculty Members of Chemistry Department

Photographs:









List of faculty members and students:

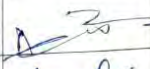
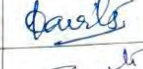
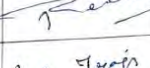
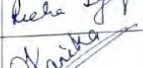



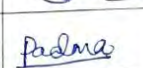


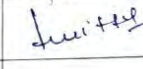

Faculty Attendance Sheet

Event: 10th National Ayurveda Day Celebrations

Date: 23rd September 2025

Time: 11:00 AM Onwards

Venue: Seminar Hall, SLC

S.No.	Name of the Faculty	Department	Signature
1.	Dr. Aditi Raut	Chemistry	
2.	Dr. Kavita Yadav	Chemistry	
3.	Dr. Reeta Sharma	Chemistry	
4.	DR. RICHA TYAGI	CHEMISTRY	
5.	Dr. Karika Chakraborty	Chemistry	
6.	Dr. Anant K. Upadhyay	Commerce	
7.	Dr. Rakesh Pant	Chemistry	
8.	Dr. Omprakash Singh	Chemistry	
9.	Dr. Padma Dechar	Chemistry	
10.	Anil Kumar	Chemistry	
11.	Ram Karam	OFFICE	
12.	Dr. Ankit Mittal	Chemistry	

Students' Attendance Sheet

Event: 10th National Ayurveda Day Celebrations

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Venue: Seminar Hall, SLC

S.No.	Name of the Student	Course/Year	Signature
1.	Parishvi Jain	Bsc(H) Chemistry IV th Yr.	<i>Parishvi Jain</i>
2.	Piyush	Bsc(H) Chemistry V th sem	<i>Piyush</i>
3.	Diya Jha	"	<i>Diya Jha</i>
4.	Priyanka	"	<i>Priyanka</i>
6.	Anurag	"	<i>Anurag</i>
7.	Disha	"	<i>Disha</i>
8.	Sagar Verma	BSC(H) Chemistry III rd Sem	<i>Sagar Verma</i>
9.	Adesh	"	<i>Adesh</i>
10.	Ankit	"	<i>Ankit</i>
11.	Ajush Joshi	"	<i>Ajush Joshi</i>
12.	Arya dev	"	<i>Arya dev</i>
13.	Anushika	BSC(P) Chemistry IV year	<i>Anushika</i>
14.	Aditi	BSC(P) Electronics 4 th yr	<i>Aditi</i>
15.	Bhaskar Gupta	B.Sc.(Prog.) Chemistry 4 th year	<i>Bhaskar Gupta</i>
16.	Aditya Raj Verma	B.Sc.(Prog.) Chemistry 4 th year	<i>Aditya Raj Verma</i>
17.	Priya Yadav	BSc(Hons) Chemistry (4 th)	<i>Priya Yadav</i>

S.No.	Name of the Student	Course/Year	Signature
18.	Mukul Yadav	Bsc. Chemistry Hons. (3 rd year)	Mukul
19.	Ashu Pal	"	Ashu
20.	Tanu Yadav	"	Tanu.
21.	Vinita	"	Vinita
22.	Sonam Yadav	"	Sonam Yadav.
23.	Swati	"	Swati Kumari.
24.	Ritika	Bsc. Chem (H) (1 st yr)	Ritika
25.	Tanya	"	Tanya
26.	Kashish	"	Kashish.
27.	Ansh Narang	"	Ansh
28.	Ghanshyam	"	Ghanshyam
26	Umanand	"	Umanand
27	Niket Dharwal	Bsc Chem Hons. (1 st year)	Niket
28	Kishan	"	Kishan.
29	Prina	"	Prina
30	Abhijeet Singh	"	Abhijeet
31	Dimple Kashyap	"	Dimple.
32	Pratibha	Bsc. Chemistry (Hons.)	Pratibha
33	Srishti Negi	"	Srishti
34	Aashi	Bsc. Chemistry (Hons) (4 th year)	Aashi.

S.No.	Name of the Student	Course/Year	Signature
35.	Naincy	BSc Hons. chemistry (IV th year)	Naincy
36.	Preeti Mandal	" "	Preeti Mandal
37.	Anish Kumar	BSc Physical Science with chemistry	Anish
38.	Aadusva Veer Vikram Singh	BSc chemistry hons. (III rd year)	Aadusva
39.	Drakshi Raj	BSc chemistry (1 st)	Drakshi
40.	Anjni	BSc chemistry honour (1 st)	Anjni
41.	Arshi Parveen	BSc hons. chem (1 st)	Arshi
42.	Jahanvi Kumari	BSc. chem (H) (2 nd)	Jahanvi
43.	Shiv Prakash Verma	B.Sc (H) chemistry (3 rd)	Shivprakash
44.	Pavani Raviya	BSc. (H) chem. (2 nd)	Pavani
45.	Anchal	"	Anchal
46.	Suraj	"	Suraj
47.	Justin	B.Sc (H) Chemi (2 nd)	Justin Kr
48.	Arun	"	Arun Kumar
49.	Aryan Bundela	"	Aryan
50.	Soniya	"	Soniya
51.	Kartik Singh	B.Sc (H) Chemi (1 st)	Kartik Singh
52.	Mohit	B.Sc (P) IV	Mohit
53.	Anjali Gautam	B.Sc. Chemistry (H) 2 nd	Anjali
54.	Swati Sharma	"	swati sharma.

