



## Report on

### **“9<sup>th</sup> National Ayurveda Day Celebrations”**

#### **Webinar on “Ayurveda & Nutrition”**

Department of Chemistry, Shyam Lal College, University of Delhi in collaboration with IQAC, SLC celebrated 9<sup>th</sup> National Ayurveda Day on 29<sup>th</sup> October 2024 by organizing a webinar on “Ayurveda & Nutrition”. In this event two invited lectures were delivered by the eminent personalities including Dr. Nisha Sharma from Patanjali Yogpeeth and Prof. Geeta Singh, Director, Centre for Professional Development in Higher Education, University of Delhi, Delhi. Prof. Singh was the Chief guest of the programme. The students of Chemistry Department also shared their knowledge on Indian Ancient Medicinal Practices and Classical Indian Food Habits.

Ayurveda is not only just a medical system but also a manifestation of our symbiotic relationship with nature. It is a well-documented system of healthcare, wherein prevention of disease and promotion of health are both given due consideration. Lord Dhanvantari is considered as divine propagator of Ayurveda; therefore, Dhanvantari Jayanti (Dhanteras) has been celebrated as Ayurveda Day since 2016. The objectives of Ayurveda Day include integrating Ayurveda into mainstream healthcare, reducing disease burden, and promoting Ayurvedic healing principles to foster a healthier society.

The event was attended by the students of B.Sc. (Honours) Chemistry, B.Sc. Physical Sciences with Chemistry, and the staff and faculties of Chemistry Department, SLC. More than 30 students, faculty member and others participated in the event. Among these, 10 students competed for power point presentation competition by showcasing the importance of Ayurveda in our life which include introduction to Ayurveda, Ayurveda in lifestyle, Ayurveda and its principle, Tridosha Unveiled: The Secret to Radiant Skin, the three Gunas and qualities of food, significance of Ayurveda in our life, Ayurveda Innovation for Global Health and many others. In this competition first three positions were secured by Swati Sharma

(B.Sc. Honours Chemistry, 1st Year), Srishti Negi (B.Sc. Honours Chemistry, 1st Year) and Parshvi Jain (B.Sc. Honours Chemistry, 3rd Year), respectively.

First speaker of the event was Dr. Nisha Sharma from Patanjali Yogpeeth. She talked about benefits of Ayurveda and its necessity to improve our lifestyle. She also shed light on the topic by giving suitable some examples. She described the concept the tridoshas Vata, Pitta and Kapha, their impacts, body types according to these doshas and preferred foods for the same. Afterward, Prof. Arkaja Goswami, TIC of the Department of Chemistry, welcomed the Chief guest of the event Prof. Geeta Singh. In her keynote address, she recounted the experience of people whose life have been transformed by adopting sustainable, ancient ayurvedic practices. She also mentioned that the knowledge of Ayurveda and its implementation in our life will be beneficial in dealing with modern lifestyle-based health issues. Dr. Ankit Mittal (Co-convenor) delivered the vote of thanks.

Registration link provided to the students was [https://docs.google.com/forms/d/e/1FAIpQLSeHxsBoor0niop9OceyNYKDGwYKi7cGDwSOeiFqWQrp99IkPw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeHxsBoor0niop9OceyNYKDGwYKi7cGDwSOeiFqWQrp99IkPw/viewform?usp=sf_link)

The event was conducted online through the Google Meet link: <https://meet.google.com/scc-pwdy-ojy>




SLC (University of Delhi)  
SHYAM LAL COLLEGE

NAAC ACCREDITED A++

**9<sup>th</sup> National Ayurveda Day Celebrations**  
on  
29<sup>th</sup> October 2024

**Webinar on “Ayurveda & Nutrition”**



Organized by  
**Department of Chemistry in  
collaboration with IQAC, SLC**

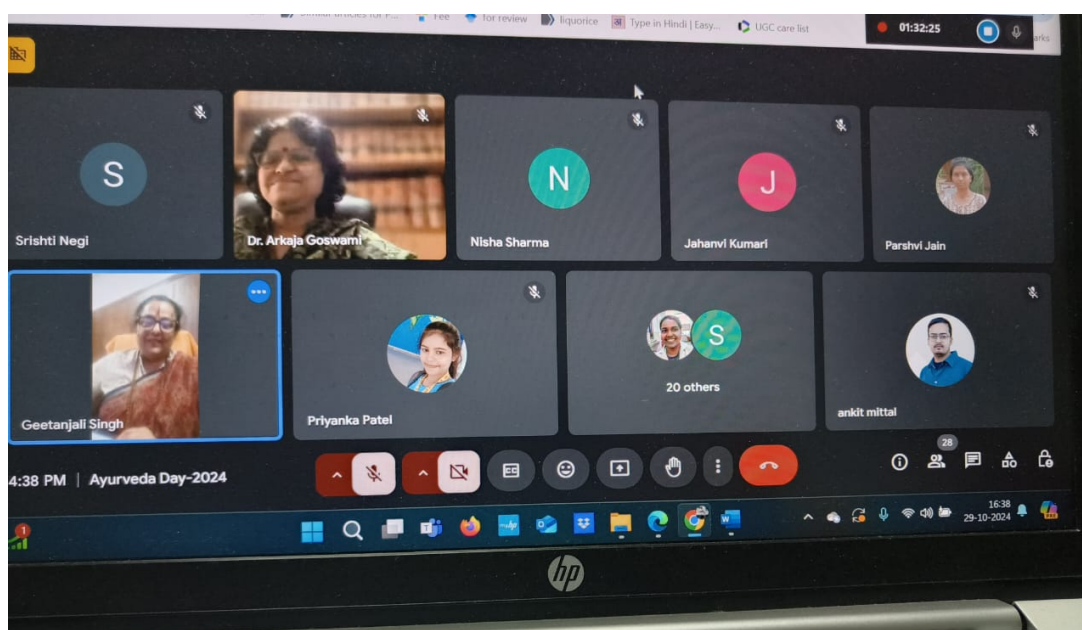
Prof. Arkaja Goswami  
Convenor  
TIC, Chemistry

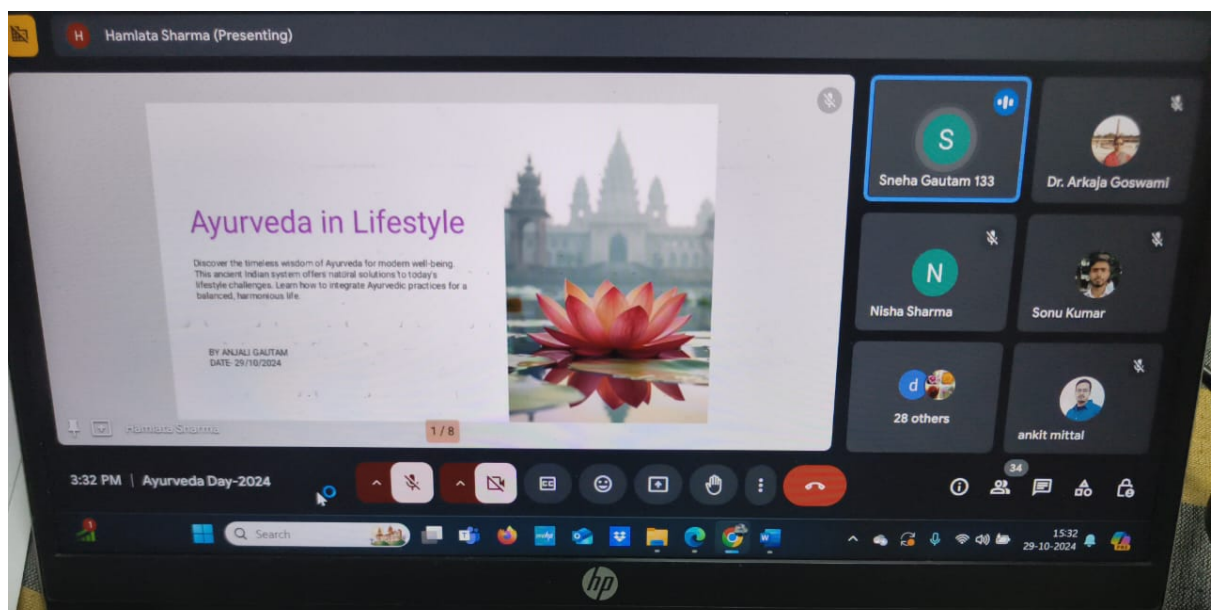
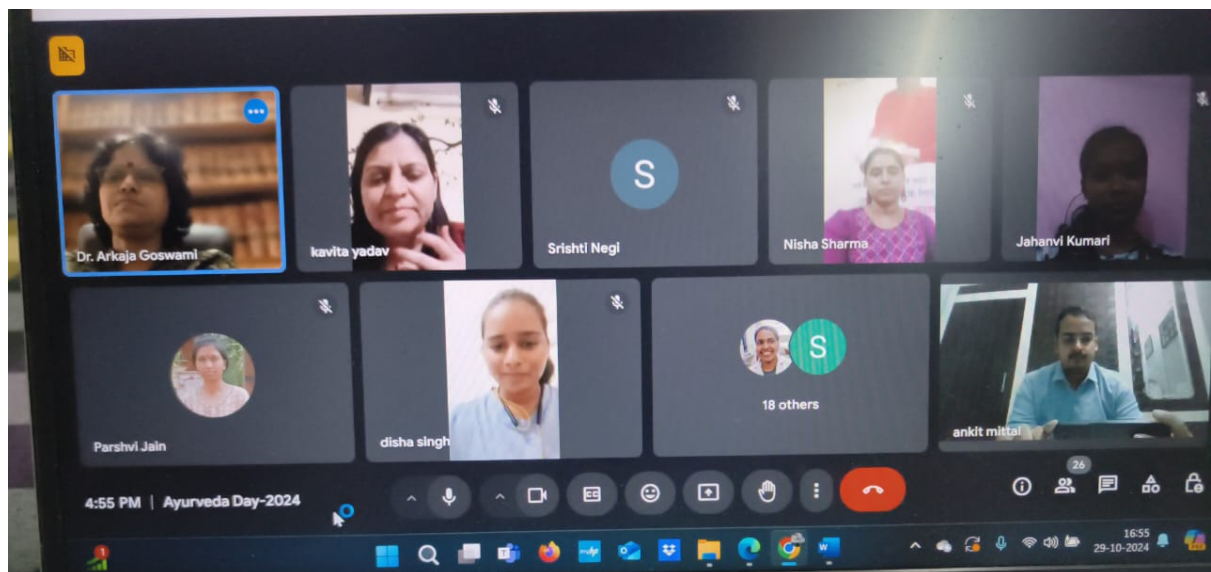
Prof. Rabi Narayan Kar  
Principal, SLC

Dr. Ankit Mittal  
Co-Convenor

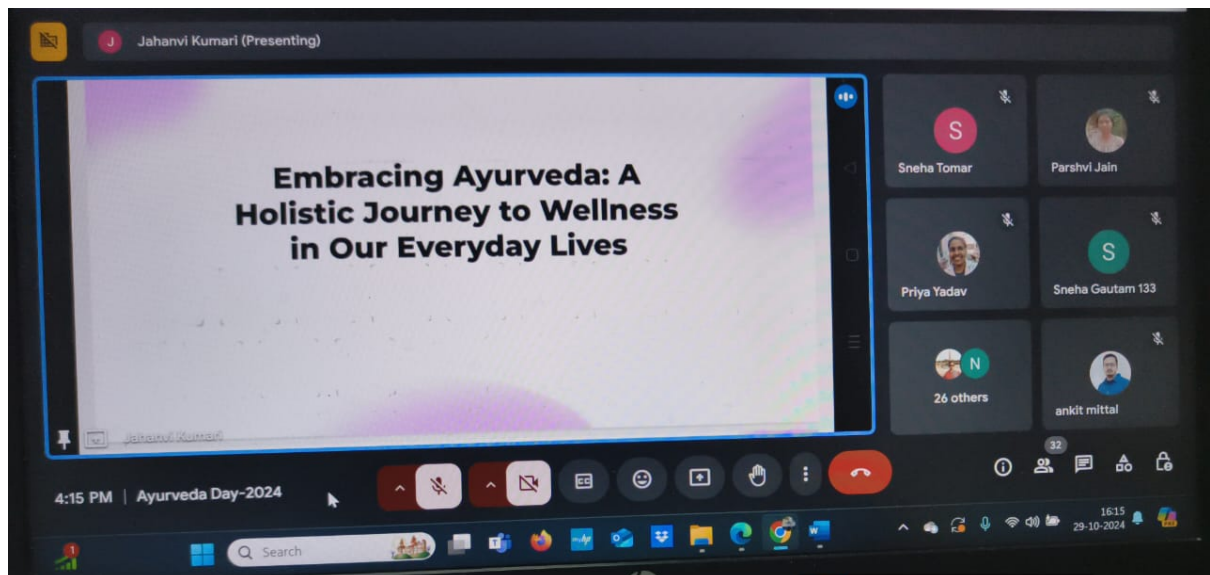
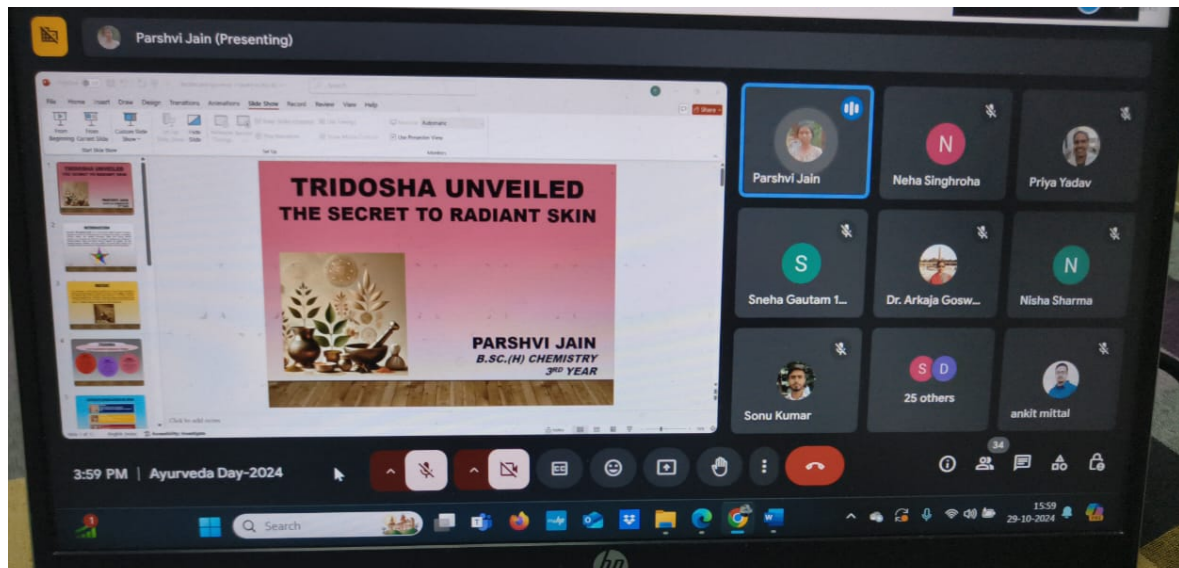
Google Meet Link: <https://meet.google.com/scc-pwdy-ojv>

## Photographs:









## List of participants:

1	Timestamp	Name of the student	Course	Year	Roll number	Participation type	Title of presentation, if presenting	Email id	Contact number
2	10-28-2024 18:04:50	Ashu Pal	B.Sc (H) Chemistry	2nd	232636	Attend		1705asp@gmail.com	9953909850
3	10-28-2024 18:07:07	Gaurav Verma	B.sc. physical Science with chemistry	2nd	232068	Attend		Gauravverma1724@gmail.com	08127326406
4	10-28-2024 18:07:08	Anurag Rai	B. Sc(Hons) Chemistry	2nd	232627	Attend		anuragrai8931875772@gmail.com	7007540460
5	10-28-2024 18:07:53	Shweta kaintura	Bsc physical science with chemistry		242016	Attend		shwetakaintura20@gmail.com	9536170359
6	10-28-2024 18:07:57	Aoujasva Veer Vitram Singh	BSc Chemistry Hons		232605	Attend		aoujasvavsingh@gmail.com	6397230876
7	10-28-2024 18:15:25	Srishti Puri	B.Sc Chemistry honours	1st	242603	Attend		srishtipuri121@gmail.com	8512801738
8	10-28-2024 18:18:06	Shiv prakash verma	B.Sc (H) Chemistry	2nd	232633	Attend		shivprakashverma777@gmail.com	9999047739
9	10-28-2024 18:31:56	Nitya Nand Pandey	Ba program. history+ political science	2nd	230282	Attend		nnpandey200530@gmail.com	9213343119
10	10-28-2024 18:45:44	PRİYANKA PATEL	Bsc Hons Chemistry	2nd YEAR	232623	Present	Introduction to Ayurveda	priyanka892007@gmail.com	8081072359
11	10-28-2024 18:54:27	Anjali Gautam	Bsc chemistry (Hon's)	1year	242616	Present	Ayurvedic lifestyle	anjali.gautam1433@gmail.com	9953188859
12	10-28-2024 19:06:08	Jahnavi Sharma	Bsc physical sciences with chemistry	1st	242005	Attend		jahnavi.sharma29102006@gmail.com	9354210704
13	10-28-2024 19:08:31	Parshvi Jain	B.Sc (H) Chemistry	3rd	222608	Present	Tridosha Unveiled: The Secret to Radiant Skin	parshvijain2005@gmail.com	9990299991
14	10-28-2024 19:29:41	Vinita	BSc Chemistry honours		232643	Attend		maanvini430@gmail.com	7827285945
15	10-28-2024 19:42:19	Neha	BSc(hons) chemistry	3rd	222625	Present	The three( gunas) qualities of food	singhroha1977@gmail.com	9306440703
16	10-28-2024 20:16:53	Shubhankar	Bsc physical science with chemistry		222057	Attend		shubhankarchaudhary2017@gmail.com	8506958630
17	10-28-2024 20:17:47	Tiya Sharma	Bsc physical science with chemistry	3rd	222046	Attend		tiyasharma40992@gmail.com	9310541825
18	10-28-2024 20:23:03	Disha Singh	Bsc(hons) Chemistry	2nd year	232630	Present	Principle of ayurveda.	dishasingh0204ds@gmail.com	7701928384
19	10-28-2024 20:43:45	Priya Yadav	B.Sc. Hons Chemistry	3rd year	222626	Present	Introduction Of Ayurveda	priyaydv1310@gmail.com	9311011502
20	10-28-2024 21:39:45	Vivek Pandey	Bsc physical science with chemistry	1 year	242007	Attend		vpbnr1234@gmail.com	9341269003
21	10-28-2024 21:58:38	Hriddesh Rathore	B.sc physics science with chemistry	1st	242072	Attend		hriddeshrathore008@gmail.com	8796391028
22	10-28-2024 22:27:07	Jahnavi Kumari	Bsc chemistry honours	First year	242618	Present	Significance of ayurveda in our life	jahnavi2007@gmail.com	8699112642
23	10-29-2024 0:56:53	Sneha Tomar	Bsc chemistry honours	1st	242612	Present	Ayurveda Innovation for Global Health	tomarsneha007@gmail.com	9354166297
24	10-29-2024 3:04:56	Srishti Negi	B.Sc Chemistry Honours	2024	242602	Present	Ayurveda Day	srishtinegi74@gmail.com	7683021006
25	10-29-2024 7:13:31	SUPRIYA	B.SC (PHYSICAL SCIENCE WITH CHEMISTRY)		222089	Attend		shivjeetsingh9818@gmail.com	9015030037
26	10-29-2024 8:44:34	Swati Sharma	B.S.C Chemistry (honours)		242606	Present	Ayurveda and its principle	hamlatasharma4@gmail.com	7818890898
27	10-29-2024 9:20:12	Mansi Sharma	Bsc Physical Science with chemistry	3rd	222080	Attend		mansisharma2112003@gmail.com	9654982276
28	10-29-2024 9:39:56	Trapiti Srivastava	Bsc Hons chemistry	First	242632	Attend		trapitisrivastava302@gmail.com	9956102687
29	10-29-2024 9:42:01	Aarchi	BSc physical science with chemistry	3rd	222004	Attend		aarchidhama16@gmail.com	8979868064
30	10-29-2024 10:29:21	Pratibha Mahato	Bsc chemistry hons	1st	242605	Attend		pratibhamahato399@gmail.com	9911226293
31	10-29-2024 11:03:49	Sristi gunung	B.Sc hons chemistry	1st	242630	Present		Shristice63@gmail.com	9717081672
32	10-29-2024 14:17:03	Swati Kumari	Bsc(h) chemistry		232641	Present		drupa2085@gmail.com	9142168464
33	10-29-2024 14:26:37	Divyanshi sharma	Bsc chemistry honours		242617	Attend		divyanshisharma548@gmail.com	6397474564
34	10-29-2024 14:54:18	Bhumil Sharma	Bsc physical science with chemistry	1st	242034	Attend		Bhumisharma2810@gmail.com	9799921376
35	10-29-2024 14:57:04	Suhail	B.Sc Physical science with chemistry		222037	Attend		suhail3042@gmail.com	9315247808
36	10-29-2024 15:06:25	CHIRAG	Bsc physical science with chemistry	1st	242019	Attend		Jaiswalchirag2006@gmail.com	7011986291

**Convenor:** Prof. Arkaja Goswami (TIC, Chemistry)

**Co-Convenor:** Dr. Ankit Mittal