

**National Institute of Ayurveda  
Deemed to be University  
Ayurveda Day 2021  
National Seminar 'Ayurveda for Poshan'  
Schedule of Scientific Session**

Date: 01.11.21

Venue: Main Dome (NIA Play ground)

Registration 7.30AM-9.00 AM

Inauguration: 9.00AM - 10.45AM

Chief Guest: Padmashree Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush

TEA BREAK (10.45AM-11.00AM)

**Scientific session - I**

Time	Resource Person	Topic Title	Chairperson	Rapporteur	Moderator	Co-ordinator
11:00AM-11:30AM	Vd. Jayant Deopujari	Concept of Nutrition in Ayurveda with special reference to Garbhini				
11:30AM-12:00PM	Prof. Mita Kotecha	Food facts and myths: Ayurveda Purview	Prof. B.S. Prasad President, Ayurved, NCISM	Dr.Ashok Kumar	Dr. Reetu Sharma	Dr. Sarika Yadav
12:00PM-12:30PM	Dr. Shiv Kumar Sarin (ONLINE)	Liver fat flames and frames the body				

**Scientific session- II**

12:30PM-01:00PM	Dr. Umesh Kapil (ONLINE)	Intervention for Management of Nutritional Anemia in India	Dr.N.Srikanth, DG, CCRAS (I/C)	Dr.Ajay Sahu	Dr. Sumit Nathani	Dr. Bramha Dutt Sharma
01:00PM-01:30PM	Dr. Rashmi Sharma	Ayurveda Nutrition and Health Relationship with special reference to traditional edible oils like Sesame, Mustard, Ground nut and Coconut				

LUNCH BREAK(1.30PM-2.30PM)

**Scientific Session -III**

02.30PM- 03.00PM	Dr. Srinivasa Wadeyar (ONLINE)	Yusha and its clinical application	Dr.Rakesh Sharma, President, Board of Ethics and Registration for ISM, NCISM	Dr. Rajendra Prasad Shrama	Dr. B.Swapna	Dr.Sakitha.K.S
03:00PM-03:30PM	Dr. AsitPanja	Critical Analysis of Bhojana Samskara in Present Context				
03.30PM -04.00PM	Mr.Mukesh Gupta	Food cultural and Traditions vis a vis Health and Nutrition				

**VOTE OF THANKS**

PLEASE FOLLOW COVID-19 GUIDELINES AT THE VENUE  
KINDLY BE SEATED BEFORE 9.00AM