

OUTCOME REPORT

of

“Health in Your Hands”

A National Symposium on Holistic Healing & Preventive Care of Lifestyle Disorders

23rd October 2021, SOL Campus, University of Delhi



National Symposium on “Health in Your Hands”, Holistic Healing & Preventive care of Life Style Disorders

Venue – Conference Hall, School of Open Learning, (North Campus, Delhi University)

**THEME - AYURVEDIC MANAGEMENT OF 3 LIFESTYLE DISORDERS -
HYPERTENSION, DIABETES & THYROID**

FREE ENTRY
CALL TO REGISTER

 **23rd October 2021 (Saturday)**

INTERACTIVE SYMPOSIUM CUM CONSULTATION ON HYPERTENSION, DIABETES & THYROID

CHIEF GUEST	KEY-NOTE SPEAKERS	
 <p>Dr. BALARAM PANI Chairman - SOL & Dean of Colleges (University of Delhi)</p>	 <p>Dr. ARUN GUPTA Professor & HOD - Panchkarma, Choudhary Bramha Prakash Ayurved Charak Sansthan, New Delhi</p> <p>Topic - Thyroid</p>	 <p>Dr. ALOK SRIVASTAVA Professor & HOD - Panchkarma, Uttarakhand Ayurved University, Dehradun</p> <p>Topic - Hypertension</p>
 <p>Dr. U S PANDEY Principal, School of Open Learning University of Delhi</p>	 <p>Dr. RAMAKANT YADAV Associate Professor Kayachikitsa, All India Institute of Ayurveda, New Delhi</p> <p>Topic - Diabetes</p>	 <p>SHREE V N JHA, President, Peoples' Foundation</p> <p>Vote of Thanks</p>

Get In Touch:
Mr. Rajeev Kumar (+91) 9311549600 | Ms. Neha Singh Tomer (+91) 8851604111
info@peoplesfoundation.in, www.peoplesfoundation.in

SUPPORTED BY:
  

Taking a leap from what amidst restoration of normal activities after a very long and dark spell of covid-19 Pandemic, Peoples' Foundation went a step ahead to promote its goal of spreading the message and awareness about fit and healthy world through holistic healing through integrative medicine.

On October 23rd 2021, we collaborated with prestigious **School of Open Learning (SOL), university of Delhi** and organized a day long **national symposium cum workshop "Health in your Hands - Awareness for behavioral change and early treatment of lifestyle disorders"**. It was aimed to inspire the young generation and academic professionals to promote holistic health and Wellness through alternative medicines.



This interactive symposium cum running consultation witnessed a massive participation, by prevalent COVID restriction standards, by students, faculty members, staff members of SOL, medicine & Pharma professionals, reputed Doctors of Ayurveda and the media fraternity. It witnessed slide presentation on Lifestyle disorders by doctors and an open house for questions and answers with the audience often resulting in instant medical prescriptions too.

Recognizing the need for growing challenge of managing and treating the lifestyle disorders of Hypertension, Diabetes and Thyroid particularly during the COVID pandemic, the symposium provided an opportunity to bring together renowned doctors, researchers, scientist of AYUSH fraternity for sharing their ideas and wisdom on fitness and Healthy lifestyle.

Inaugural ceremony

The symposium supported by SOL, University of Delhi and **partnered by Shree Baidyanath Ayurved Bhawan** was inaugurated by Prof. U S Pandey, principal SOL (DU) in the August presence of the following eminent doctors' domain experts', academics and Pharma representatives

- **Dr. Arun Gupta** – Professor, HOD – Panchkarma, Choudhary Bramha Prakash Ayurved Charak Sansthan
- **Dr. Alok Srivastava** - Professor, HOD – Panchkarma, Uttarakhand Ayurved University
- **Dr. Ramakant Yadav** – Associate Professor – Kayachikitsa, All India Institute of Ayurveda
- **Dr. P K Prajapati** - Professor, HOD – Dept of RSBK, All India Institute of Ayurveda
- **Dr. Anurag Gupta** - Manager – Clinical Trials & Regulatory Affairs, Shree Baidyanath Ayurved Bhawan
- Some eminent academics of SOL



The Opening Ceremony was chaired by professor U S Pandey, Principal, SOL. While lighting the lamp along with other dignitaries professor Pandey, in his opening remarks emphasized the importance of such Wellness and Holistic health symposiums based on Ayurveda for treating Lifestyle disorders.

He stressed on the need and vision of popularizing alternative medicines and treatment through incentivizing the students with **awards of credits in such endeavours**. He also recalled the collective struggle and performance of SOL staff members and teachers during the pandemic.



Dr Nidhi Chaudhary while anchoring the program with professional finesse called upon the eminent guests to the Dias for inaugural welcome session and also acquainted the audience with a brief Saga of the march of huge & prestigious SOL and Peoples' Foundation.

V N Jha, the president of Peoples' Foundation, in his welcome address said that Peoples' Foundation work in the fields of Ayurveda, Agriculture, Environment and Wellness to promote all round development of people. Welcoming the delegates and eminent experts he said that pandemic ravaged world is in urgent need of integrative medicines and Holistic treatment. This symposium is a step in that direction.

The Honorable guests and eminent physician were welcomed and presented mementos by professor U S Pandey, V N Jha, Acharya Mukesh, Rajeev Kumar, Neha Singh Tomar and Shiva Sharma.

**National Symposium on "Health in Your Hands",
Holistic Healing & Preventive care of Life Style Disorders**
THEME - AYURVEDIC MANAGEMENT OF 3 LIFESTYLE DISORDERS -
HYPERTENSION, DIABETES & THYROID
23rd October 2021 (Saturday) Venue - SOL Conference Hall
INTERACTIVE SYMPOSIUM CUM CONSULTATION ON
HYPERTENSION, DIABETES & THYROID

KEY-NOTE SPEAKERS

DR. ANUR GUPTA
Professor & HOD, Postgraduate,
Classical Ayurveda Program
Sri Aurobindo Institute,
New Delhi

DR. ALDE SRIYASTRA
Professor & HOD, Postgraduate,
Lifelong Learning Program
Delhi

DR. RAMANANT TASH
Associate Professor
Kashmir
All India Institute of Ayurveda,
New Delhi

SUPPORTED BY:
Sahyansh Anamayam SHIVA

(+91) 9311549600, www.peoplesfoundation.in



Thrust areas and deliberations

Keeping affordable, curative and Holistic healing of people at large in focus, the symposium brought synergies of Ayurvedic pharma, physicians, Academia and Science together and deliberated on prevalent and prominent Lifestyle disorders of Hypertension, Diabetes and Thyroid and managing and curing them through medicines, dietary patterns, Healthy lifestyle based on dincharya and ritucharya.

Accordingly the following thrust Areas where deliberated –

Hypertension - High blood pressure or Hypertension, leading risk factors for stroke, heart diseases, renal failure etc. is responsible for more than 85 Lakhs death worldwide. Prevalence of Hypertension in India has increased from 28% in Women, 29 % in Men to 32% in Women and 38% in Men. Described as rule of half, half of the patients are unaware about their condition, more than half are not treated and nearly half have ineffective medication.

Dr. Alok Srivastava, Professor & HOD – Panchakarma, Uttarakhand Ayurveda University made a slide presentation on Hypertension and conducted a running consultation and counseling with the audience. He said that India is turning into Hypertension Capital on account of unhealthy lifestyle, consumption of harmful foods, stress and lack of exercise. He also stressed on the need of spreading medical literacy and awareness among the people.



Diabetes Mellitus – Diabetes or high blood sugar level has become an escalating health problem with lifetime risks and **a silent epidemic** involving 3 times more death than COVID. Diabetes have devastating effects in individuals, societies and countries leading to 4 million deaths worldwide every year and enormous health expenditure health expenditure and National Income.

India, often called Diabetes Capital of the World has more than **70 million confirmed cases**, covering 26% urban and 10% rural senior citizens having diagnosed with diabetes. In Delhi, it **cuts across the poor-rich and gender divides** involving 15% people in 45-59 years age group.

Dr. Ramakant Yadav – Associate Professor – Kayachikitsa, All India Institute of Ayurveda New Delhi conducted the workshop on Diabetes through a slide presentation. Dr. Yadav said that while food is very important for nourishing our body & mind, prevention and early detection and management of Diabetes is a real challenge. He stressed on the need of a healthy lifestyle, monitoring and healthy food consumption along with exercise and medicines.



Thyroid - Thyroid disorders have become one of the most common health concerns with more people getting diagnosed with conditions such as Hyper & Hypo Thyroidism as well as Thyroid cancer in India. It is seen in people of all age groups and nearly one in ten Indians have this condition and 60% of them go undiagnosed. While nearly 42 million Indian's suffer from the disease, it is three times more common in women, expecting mothers, diabetic patients.

Dr. Arun Gupta – Professor, HOD – Panchkarma, Choudhary Bramha Prakash Ayurved Charak Sansthan conducted a brief presentation and interactive session on thyroid. Stressed on the need of early detection and lifestyle changes for managing Thyroid, he warned that it might result in a chronic condition with a possibility of long term medication.

Dr Anurag Gupta of **Sri Baidyanatha Ayurveda** made a detailed slide presentation on the fundamental principles of Dincharya and Ritucharya in Ayurveda. He made participants aware about the do's and don'ts of consumption of food and beverages in accordance with seasons, temperatures, days and nights and also individual Gunas. He said such behavioral changes are key to a healthy and productive life



Organizing Committee & Coordinators

An organising committee of faculty members administrative staff of SOL along with coordinators from peoples Foundation was form for registration, stage management, hospitality, transport, audio visual facilities under the chairmanship of rajeev Kumar, general Secretary of peoples Foundation n Shri Rajaram assistant registrar SOL University of Delhi they were assisted by Neha Tomar alok Srivastava and Shiva Sharma



Media and publicity

The national symposium on health in your hands was covered extensively by print electronic and new media. While Hindi & English dailies such as **Virat Vaibhav** and **Pioneer** gave good coverage, **Doordarshan news (national)** ran a clip in its national bulletin.

Closing ceremony and Vote of Thanks

In a colorful closing ceremony, a vote of thanks was delivered by Acharya Mukesh, the Vice President of People's Foundation. While thanking the dignitaries, delegates, members of organizing committee and staff of SOL, he made a special mention of kind-heartedness of **Dr. BALARAM PANI, chairman of SOL and Dean of Colleges, University of Delhi** for his permission to organize this symposium. He also thanked **Prof. U S Pandey, Principal, SOL** for his valuable inputs and ready support. He also praised Shri Rajaram, Assistant Registrar, SOL and Dr. Nidhi Chaudhary the anchor of the program for their support.







जागरुकता

हाइपरटेंशन को बीपी से अलग समझने की जरूरत धीरे-धीरे हाइपरटेंशन कैपिटल भी बनता जा रहा है भारत: श्रीवास्तव



हाइपरटेंशन को ब्लड प्रेशर से अलग समझने की जरूरत है और आज के युग में हाइपरटेंशन और डायबिटीज एक बड़ी समस्या के रूप में नजर आ रहे हैं। भारत को डायबिटीज कैपिटल के रूप में तो जाना ही जाता था अब धीरे-धीरे देश हाइपरटेंशन कैपिटल भी बनता जा रहा है और इन समस्याओं की वजह लोगों की लाइफस्टाइल, खान-पान और तनाव मुख्य रूप से जिम्मेदार हैं। खान पान में नमक का अधिक सेवन, मसालेदार खाना, तेल का अत्यधिक उपयोग, मैटोपा और तनाव ने हाइपरटेंशन की समस्या को अधिक विकराल कर दिया है। यह कहना है आयुर्वेद विश्वविद्यालय, उत्तराखंड के पंचकर्म विभाग के प्रमुख प्रोफेसर डॉक्टर आलोक श्रीवास्तव का। शनिवार को दिल्ली विश्वविद्यालय के स्कूल ऑफ ओपन लर्निंग और पोपुल्स फाउंडेशन के संयुक्त तत्ववधान में हेल्थ इन योर हैंड, हेल्थिस्टिक लीनिंग एवं प्रीवेंटीव केयर ऑफ लाइफस्टाइल डिमार्शरी विभाग पर आयोजित नेशनल सिम्पोजियम के दौरान हाइपरटेंशन विषय पर बोले हुए डॉक्टर श्रीवास्तव ने ये भी कहा की चालीस की उम्र को पार कर चुके लोगों में लाइफ स्टाइल से जुड़ी समस्याएं होने की ज्यादा संभावना होती है क्योंकि चालीस की अवस्था के बाद व्यक्ति का शरीर परिपक्व हो चुका होता है और इसलिए लोगों को अपनी उम्र के हिसाब से अपने खान पान पर ध्यान देना चाहिए।

इससे पहले सिम्पोजियम के उद्घाटन भाषण में स्कूल ऑफ ओपन लर्निंग के प्रिंसिपल डॉक्टर उमा शंकर पांडेय ने लाइफस्टाइल से जुड़े विषयों पर आयोजित इस कार्यक्रम को आवश्यक बताया और कहा की आज हम देखते हैं की हममें से ज्यादातर लोग लाइफस्टाइल से जुड़ी समस्याओं से जुड़ा रहे हैं और इन समस्याओं को दूर करने में

आयुर्वेद अत्यधिक लाभकारी सिद्ध हो सकता है। डॉ. पांडेय ने इस अवसर पर स्कूल ऑफ ओपन लर्निंग के ड्राग कॉविड महासचारी के दौरान किए गए कार्यों पर भी प्रकाश डाला और बताया की महासचारी के दौरान भी स्कूल ऑफ ओपन लर्निंग के सभी शिक्षक गण और कर्मचारियों ने तमाम विपरीत परिस्थितियों के बावजूद भी अपने कार्यों को जारी रखा।

पोपुल्स फाउंडेशन के प्रिंसिपल वी एन झा ने सभी गणमान्य व्यक्तियों, विषय विशेषज्ञों की उपस्थिति पर आभार प्रकट किया और सिम्पोजियम की उपयोगिता पर अपने विचार रखे। वी एन झा ने पोपुल्स फाउंडेशन के बारे में बोलेते हुए कहा की पोपुल्स फाउंडेशन मुख्य रूप से एक गैर लाभकारी संस्था है और इस फाउंडेशन का मकसद समाज और व्यक्तियों के सर्वांगीण विकास पर जोर देना है और इसी को ध्यान में रखकर पोपुल्स फाउंडेशन परिवारण, हेल्थ, एजुकेशन जैसे विषयों पर समय-समय पर सेमिनार, वर्कशॉप, प्रदर्शन जैसे गतिविधियों को आयोजित करता रहता है सिम्पोजियम में चौथी बड़ा प्रकाश आयुर्वेद चक्र संस्थान के प्रोफेसर और पंचकर्म विभाग के विभागाध्यक्ष डॉ. अरुण गुहा ने भी शिरकत की और लाइफ स्टाइल से चुनौतियों और उनके समाधान के बारे में विस्तार पूर्वक बताया। अला इंडिया इंस्टिट्यूट ऑफ आयुर्वेद के कार्याचक्र विभाग के एसोसिएट प्रोफेसर डॉक्टर रमा कान्त यादव ने भी लाइफ स्टाइल से जुड़ी समस्याओं को दूर करने के उपायों के बारे में बताया। इस अवसर पर अला इंडिया इंस्टिट्यूट ऑफ आयुर्वेद के प्रिंसिपल डॉक्टर पी के प्रतापति भी उपस्थित रहे जैकिक वर्तमान में फार्मा कॉपिच कमीशन ऑफ इंडियन मेडिसिन एंड हेल्थोपिथी के निदेशक भी हैं।

est, Delhi

HEALTH IN YOUR HANDS

Symposium organised by DU

STAFF REPORTER ■ NEW DELHI

In association with School of Learning, Delhi University, Peoples' Foundation organised a national level symposium on "Health in your Hands" awareness Generation for behavior and lifestyle changes and early treatment of Lifestyle Disorders. The symposium was aimed to inspire people of new generation with a vision to promote holistic health, wellness as well as awareness for alternative and







