



OFFICE OF THE PRINCIPAL  
**J.D.S.G. COLLEGE, BOKAKHAT**  
(JOGANANDA DEVA SATRADHIKAR GOSWAMI COLLEGE)  
**(NAAC ACCREDITED WITH 'B' GRADE)**  
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No.JDSGC/.....

Date :

Report of STUDENT SEMINAR

On "Ayurveda: The Knowledge and Science of Health and Wellness"

ORGANISED by Input I: Curriculum Design under Indian Knowledge System, IQAC, JDSG COLLEGE, IN  
COLLABORATION with Department of Commerce & Department of Education, JDSG College, Bokakhat.

Date: 22<sup>nd</sup> June 2024

Venue: J.D.S.G College Bokakhat



  
Principal & Secretary  
J.D.S.G. COLLEGE  
BOKAKHAT

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On 22<sup>nd</sup> June 2024, J.D.S.G College Bokakhat under **Input I: Curriculum Design under Indian Knowledge System, IQAC, JDSG COLLEGE, IN COLLABORATION with Department of Commerce & Department of Education, JDSG College, Bokakhat organised student Seminar on "Ayurveda: The Knowledge and Science of Health and Wellness"**. The program was coordinated by Pratyashi Tamuly, Assistant Professor in the Department of Accountancy (Commerce), and Mrs. Monjumoni Neog, Assistant Professor in the Department of Education, at J.D.S.G. College, Bokakhat. The resource persons for the seminar was, Dr. Ranju Bezbaruah, a Doctor and Medical Officer of Ayurveda from Sahid Kamala Miri Hospital, Bokakhat, and Dr. Rajib Daw, a Doctor and Medical Officer of Ayurveda from Kohora Hospital, Kohora. The program was skilfully anchored by Dr. Anjali Devi, Assistant Professor in the Department of Accountancy (Commerce).

The proceedings commenced with an inaugural ceremony led by Mrs. Dipali Rajkumari, who lit the ceremonial lamp and delivered the welcome address. In her address, Mrs. Rajkumari highlighted the importance of Ayurveda in contemporary life. Following this, Dr. Jayanta Das, IQAC Coordinator and Associate Professor of English at J.D.S.G. College, delivered the inaugural speech, setting the tone for the program.

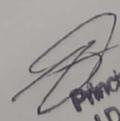
Mrs. Monjumoni Neog then elaborated on the program's objectives, underscoring the significance of the Indian Knowledge System. She emphasized the role of the UGC's MOOCs initiative, which aims to train 1.5 million teachers. She outlined the program's focus on enhancing teacher education and raising awareness among students and the younger generation about ancient arts and culture, customs, traditions, architectural heritage, medical treatments, educational systems, technologies, and more.

Dr. Ranju Bezbaruah began her presentation with an exploration of the historical roots of Ayurvedic medicine, covering its eight branches, application, and development. She discussed the pivotal role of Ayurveda, including its medicinal plants, and highlighted Ashwagandha as the "king of herbs" and Tulsi as the "queen of herbs." Dr. Bezbaruah provided insights into Ayurvedic dietary practices, habits, and Rachayan Therapy, which addresses drugs, diet, and lifestyle.

Dr. Rajib Daw focused on the origins of Ayurveda within Sanskrit literature, referencing the Charak Samhita, and traced the evolution of Ayurvedic health science. He discussed the integration of spiritual health in the WHO's definition of health, the advancements in detox systems, Patanjali yoga and its benefits, and the burgeoning market for medicinal fruits and plants. He also stressed the importance of preserving cultural heritage to maintain cultural identity.

Followed by presentation by, Aditya Das, a B.A. 2nd Semester student from the Department of Education, presented a paper titled "Pranayama: As a Science." His presentation covered the various types of pranayama, their benefits, different mudras, and the interplay between modern science and pranayama,

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particularly in the context of student life. Subsequently, Lachit Kayastha and Ritu Taid, both B.A. 4th Semester students from the Department of Political Science, jointly presented a paper on "Yoga and Pranayama in Ayurveda." They explored the benefits of pranayama and yoga on both mental and physical health and advocated for the incorporation of yoga into everyday life.

The seminar concluded with a vote of thanks delivered by Pratyashi Tamuly, who expressed gratitude to all participants and speakers for their contributions to the success of the program.

  
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