



### Activity Report

INSTITUTE	R.N. KAPOOR MEMORIAL AYURVEDIC MEDICAL COLLEGE & HOSPITAL		
DEPARTMENT	DEPARTMENT OF AYURVEDA SAMHITA SIDDHANTA		
ACTIVITY TYPE	Webinar on Prakriti & Ahar –Ayurveda Ahar Observance of 7 <sup>th</sup> National Ayurved Day		
DATE	01/10/2022	Duration – 11.00 AM- 2.00pm	
YEAR/CLASS	First year BAMS	No. of Participants	40
FACULTY COORDINATOR	Dr. ANIRUDHA PATHAK		
FACULTY CONTACT DETAILS	7486060683		

### Details about the activity

As per the guild lines of NCISM Ayurved Day is celebrated from 12/09/2022 to 23/10/2022. We have celebrated 'Har Din Har Ghar Ayurved"under the banner 75th of Azadi Ka Amrit Mahotsav on 01/10/2022.

Webinar was organized on the topic "Ayurved Aahar-Prakriti and Ahar" by the speaker Dr.Shruti Phatak Associate Professor, Department of Kriya Sharir School of Ayurveda, D.Y. Patil University, Nerul , Navi Mumbai, Maharashtra. Concept of prakriti was very well explained by the speaker.This session was well appreciated by the students and teachers. 40 students got benefited. Session was concluded with thanks given by Dr.Aniruddha Pathak Assistant Professor Department Ayurveda Samhita and siddhanta.

Co-ordinator

Dr. Anirudha Pathak

Assistant Professor

Samhita Siddhant

APJ Abdul Kalam University Indore (M.P.) 

**R.N. Kapoor Memorial Ayurvedic Medical College & Hospital**

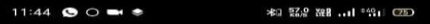
Webinar on topic : Ayurveda Aahar - Prakruti & Aahar on the occasion of " 7<sup>th</sup> National Ayurved day"




**Dr. Shruti Phatak**  
Associate Professor  
Department of Kriya Sharir  
D.Y. PATIL UNIVERSITY NAVI MUMBAI

**SATURDAY 01 OCT 2022**  
**11:00AM - 02:00PM**





11:44 



- The principles of *Ayurveda* are based on the concept of *Tridoshas- Vata, Pitta* and *Kapha*, the dynamic forces with distinct characteristics that shape all things in the universe .
- *Tridoshas* are nothing but a combination of *Panchamahabhutas - Prithvi, Aap, Teja, Vayu, Akasha* in different permutations & combinations..
- In humans, the *Doshas* control all mental, emotional, and physical functions and responses, and also determine the state of the soul.

Dr Shruti Phatak's screen

11:48 





Dr Anirudha Pathak

Dr Shruti Phatak

Ankit Rathore

Dr Anjana Pathak

11:42 



**Diet Customization as per "Prakruti"**

**Dr Shruti Phatak**  
( M.D. , Ph.D. - Kriya Sharir )  
Associate Professor ,  
Dr D Y Patil School of Ayurved ,  
Nerul , Navi Mumbai

Dr Shruti Phatak's screen