



**Delhi Pharmaceutical Sciences and Research  
University (Established Under Act 07 of 2008, Govt.  
of NCT of Delhi)**

## **DPSRU celebrates “Har Din Har Ghar Ayurveda”**

DPSRU organized a one week program “*Har din Har ghar Ayurveda*” on the theme “Ayurveda for Happy and Healthy Life of Senior Citizens” from 03-08 Oct, 2022 to promote Ayurveda, a field that is now recognized as a wholesome redressal of emerging health problems. The celebration is part of “Ayurveda @ 2047 - Azadi ka Amrit Kaal”.

With the mission of "Health for All", there is an increasing need to focus on the preventive, rehabilitative and curative aspect of disease management. This series of events, organized by DPSRU University, included the contribution of Ayurveda in dealing with the management of chronic lifestyle related diseases and non-communicable diseases, with a special focus on the elderly.

During the whole week celebration, DPSRU distributed Ayurvedic medicinal plants and free Ayurvedic medicines to senior citizens, organized rally for awareness of Ayurveda and a visit to the old age home. The event witnessed lectures from some of the experts from the industry, academia and government.

## **Inaugural Session**

The programme was initiated by lamp lightening ceremony by all the dignitaries followed by *Danvantari Vandana* and university *KulGeet*. The inaugural address was given by Honourable Vice Chancellor Prof. R. K. Goyal followed by a keynote address by the Special Guest of the event Prof.(Dr.) P.K. Prajapati Director, PCIM & H and Head, Department of RS & BK, All India Institute of Ayurveda, New Delhi. The chief guest of the day was Prof. (Dr.) Rabinarayan Acharya, Director General, Central Council for Research in Ayurvedic Sciences, New Delhi. The inaugural programme was also attended by BOG Member Dr. Arun Kumar Agarwal, former Dean, Maulana Azad Medical College, New Delhi.

Prof. Ajay Sharma, HOD, Department of Pharmacognosy and Photochemistry, DPSRU welcomed all the delegates and briefed on the one week programme schedule to the guest and other senior citizen invitees present. In his address, Honourable Vice- Chancellor, Prof. R. K. Goyal explained the modern perspectives of *Ayurveda* and also gave overview on the development of the *Ayurveda* programme in DPSRU University. The dignitaries were felicitated by a bouquet and Lord *Dhanvantari* idol.

The objective of this event was to create awareness on the principles of Ayurveda among the student and community, with special regards to old age people. Prof.(Dr.) P.K. Prajapati delivered a keynote address and shared the aim of *Ayurveda* and branches of *Ayurveda* in which sir give more emphasis on *Jara Chikitsa* which is one of the branch of *Ashtanga Ayurveda*. Prof. Prajapati enumerated on how to delay or prevent various disorders associated with age, with special emphasis on their treatment. Prof. (Dr.) Rabinarayan Acharya explained the various treatments in *Ayurveda* on different body systems. He also highlighted the scope of Pharma students in Pharmacokinetic and Pharmacodynamics studies of Ayurvedic formulations. The programme ended with a felicitation

ceremony of all the senior citizens by the dignitaries and they were presented with Ayurvedic medicinal planters.



### **Free Health Camp**

On the October 4, 2022, DPSRU in collaboration with Rotary Club Central and Hope Ek ASHA, organized a free health check up for senior citizens. The occasion was graced by Prof. Ramesh

K. Goyal, Chief Guest Dr. Raj K. Manchanda, Director, Ayush, Ayurveda consultants, Dr. Ashish Sharma, Dr. Rejanshu and Dr. Rahul Gupta, and Mr. H. S. Chawla from Hope, Ek Asha. The health check-up camp was inaugurated by the chief guest, Dr. Raj K. Manchanda, followed by the welcome address by Prof. Ramesh K. Goyal. He spoke of inculcating knowledge in all kinds of medicine discipline in the course curriculum of the university. Prof. Goyal stressed that with the research tools available at the university; it would help in giving new direction and pave way for reaching innovative outcomes. Furthermore, Prof. Goyal also stated that currently the researchers at DPSRU carry out standardization of drugs, and medicine with respect to efficacy and toxicity. There's an increasing need to go beyond it. DPSRU has signed MoUs with hospital; and therefore this agreement will help DPSRU to reach new avenues in herbal industry.

Dr. Raj K. Manchanda said that Ayurveda is successfully imbibed in every Indian household and home-made Ayurvedic remedies are used as first aid to address the daily health issues. DPSRU must embrace the vision of Ayush, as it is successfully doing right now. Mr. H. S. Chawla also discussed various problems that arise with old age and the remedies we can opt for.

After the inauguration session, health check-up by Ayurvedic consultants as well as Physiotherapists from DPSRU was initiated. Free Ayurvedic medicine samples and Ayurvedic medicinal planters were distributed to senior citizens. Post-lunch, the evening session was started which included an expert lecture by Dr. Ritu Sethi, Consultant Gynaecologist. She was introduced by Director, SPS, Prof. Harvinder Popli. Dr. Ritu spoke on the emerging issues of women's sanitization and hygiene. She also stressed on the requirement



of adequate health service in women hygiene.

### **DPSRU brought in Dussehra with the Benefits of Ayurveda**

On October 5, 2022, DPSRU invited Dr. Sumeet Goel (Technical Officer, CCRAS, Ministry of AYUSH) and OSD to Secretary, Ministry of AYUSH for an online session.

The session started with welcome address by Prof. Ramesh K. Goyal, in which he briefed about the “Har Din Har Ghar Ayurveda” program as

part of 7th Ayurveda 2022 celebration. Prof. Goyal spoke on the various activities carried out in previous days and discussed the importance of Ayurveda in context to Dussehra.

The technical session was started with an expert talk by Dr. Sumeet Goel. He spoke about the best ayurvedic practices for senior citizens. Dr. Goel talked about Ayurvedic diet and how we can incorporate these practices in daily lives. He also enticed the different AYUSH schemes and various initiatives by the Govt. of India to improve the lifestyle of geriatrics which is important as the proportion of elderly people is continuously increasing. The next lecture was given by Dr. Devesh Tewari, Assistant Professor, Dept. of Pharmacognosy and Phytochemistry, DPSRU. He spoke on different ethnopharmacological aspects to improve the lifestyle of geriatrics. Dr. Tewari also discussed the importance of plantation and the role of different ayurvedic plants in alleviating diseases and improving health. The session was ended with concluding remarks and vote of thanks by the host Dr. Foziyah Zakir, Assistant Professor, Dept. of B. Pharm (Ayurveda), DPSRU. A total of 50 participants including students and faculty members attended the online event.

