



Shri V. M. Mehta Institute of Ayurved

Smt. T.V. Mehta Charitable Foundation

Date: - 25/08/2022

Expert Session on Ayurveda As "Mirai"

Shri V. M. Mehta Institute of Ayurved, Anandpar has organized the expert session on "Ayurved as Mirai", as a part of "Azadi Ka Amrut Mahotsav" dated on 25/08/2022 in our college.

Dr. Krishna U. K., Director at Nippon Ayurveda School, Tokyo, Japan gave their expert session started in morning by explaining the culture and tradition in Japan and how Ayurved has flourished there time by time, along with that how Ayurved has evolved in different countries specifically in Japan throughout decades. He has also explained glimpses of some of the Ayurved 'Dinacharya', 'Rutucharya' and 'Madhyapan' related rituals in culture of Japan. In afternoon session, he had started explaining nuances of Ayurveda which is supposed to be practised routinely that have effect not only on longevity of human but also 'Swasthya' explained as per Ayurveda. He has also explained the importance of 'Adhyayan, Adhyapan and Tadvidhya Sambhasa' in students' as well as teachers' life for learning and pedagogy respectively. He has concluded his speech by saying 'Ayurved as Mirai', which roughly translates as "Ayurved is Future". Total 180 students and 25 faculties were enlightened and inspired from his wisdom on Ayurved.



N. S. Karam
Principal

PRINCIPAL

**SHRI V.M. MEHTA INSTITUTE OF AYURVEDA
GARDI VIDYAPITH - ANANDPAR**



