



Indira Gandhi Delhi Technical University For Women
(Established by Govt. of Delhi vide Act 09 of 2012)
Kashmere Gate, Delhi-110006



Department of Electronics and Communication Engineering

Session on
The Benefits of Ayurveda to Cure Common Health Problems

The Department of ECE, in collaboration with IGDТУW Hostel, orchestrated an enlightening expert talk on the benefits of Ayurveda, which took place online on February 26th, 2024. Dr. D.P Arya, Senior Consultant and Ex. Director Ayush, New Delhi, graced the event as the esteemed speaker, providing an in-depth exploration of the three fundamental Doshas - Vata, Pitta, and Kapha. He meticulously dissected contemporary health issues, shedding light on the escalating problem of constipation among today's youth, often exacerbated by erratic eating habits and disrupted sleep patterns. The session was coordinated by Ms. Astha Sharma, JRF along with her student team.

The session served as an invaluable platform, offering attendees a holistic overview of Ayurvedic principles and practices. Dr. Arya eloquently underscored the importance of shuddhi practices for achieving and maintaining internal balance, elucidating strategies to combat common ailments such as constipation through dietary adjustments, herbal remedies, and lifestyle modifications. With a remarkable turnout of over 150 students, the event was undeniably a resounding success, indicative of the growing interest and recognition of Ayurveda's relevance in contemporary health discourse. Participants were enlightened on the significance of adopting balanced eating routines and prioritizing healthy sleep habits to foster overall well-being. Moreover, the session delved into practical advice on fortifying immunity and managing dysmenorrhea, empowering attendees with holistic approaches to address prevalent health challenges. Through an amalgamation of insightful discussions and practical recommendations, students departed the session equipped with a deeper understanding of Ayurvedic principles and armed with invaluable knowledge to make informed health choices, paving the way for enhanced well-being and vitality.

Event Photographs



