



वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE

Physical Research Laboratory, Ahmedabad

Committee for Azadi Ka Amrit Mahotsav (C-AKAM) & Swachhta Pakhwada Committee (SwPC) -2023

Special Lecture on the theme International Year of Millets (IYM 23) – on Millets, Ayurveda, Swachhta, and healthy lifestyle /



A special lecture on “स्वास्थ्य-सूत्र - "मेरा स्वास्थ्य-मेरी जिम्मेदारी"

To create domestic and global demand and to provide nutritional food to the people, the Government of India proposed to the United Nations for declaring 2023 as the International Year of Millets (IYoM-2023). The proposal of India was supported by 72 countries and United Nations General Assembly (UNGA) declared 2023 as the International Year of Millets on 5th March 2021. This led to the Hon'ble Union Finance Minister making a Budget announcement on 1st February 2022: “2023 has been announced as the International Year of Millets.

In this context, as a part of Azadi ka Amrit Mahotsav and the yearlong Swachhta Pakhwada activity, a special lecture on the theme International Year of Millets (IYM-23) on Millets, Ayurveda, Swachhta and Healthy Lifestyle was organized on Monday, 19 June 2023 in K. R. Ramanathan Auditorium.

Vd. Dr. Jaiprakash Ram, MD., Ph.D., Regional Ayurveda Research Institute (RARI), Ministry of Ayush, Ahmedabad was invited to deliver a special lecture on the theme International Year of Millets (IYM 23) – on Millets, Ayurveda, Swachhta, and healthy lifestyle. The subject of the lecture was “स्वास्थ्य-सूत्र - मेरा स्वास्थ्य-मेरी जिम्मेदारी”.

Vd. Dr. Jaiprakash Ram initiated his talk with a Sanskrit shloka from Charak Sanhita related to Health. Further, he explained the basic food habits and routine lifestyle. He highlighted the significance of the celebration of IYM-2023. Vd. Dr. Jaiprakash Ram informed us about the various health benefits of millets and their suitability for cultivation under tough conditions marked by climate change. He discussed the importance and benefits of millets, their types, and their distribution.

He elaborated upon three categories of regulatory principles of the body, mind, and behavior in Ayurveda, called Vata, Pitta, and Kapha dosha. Ayurveda is a boon to human beings wherein hidden root causes of any disease can also be detected and cured with the help of Ayurveda. He also explained the daily lifestyle of human beings and how it affects the routine body cycle. Further, he informed us about the disadvantages of having opposite foods and also about the necessity of water requirement for our bodies.

The lecture was attended by Director, PRL, Dean PRL, Registrar, PRL, PRL staff members, research scholars, PDFs, and trainees. PRL members from Udaipur Solar Observatory and Mt. Abu joined online through the WebEx link. After the lecture Question & Answer session was arranged.

Thereafter, the Director PRL felicitated him with a PRL memento and Tulsi saplings.

The program ended with a vote of thanks.



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Glimpses of the event

