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Dr. A. Ainapure
Sr. Dietitian

Themes for Paper Presentation Significance of Ayurveda in Health Maintenance



Attaining Wellbeing through Indigenous Dietetic Knowledge



Stress Management through Yogic Science



Eminence of Geetarahasya in this era

Two Best Paper Prizes in Each Session

CONVENER

Dr. Manoja Joshi
Assistant Professor, Dept. of Ayurved

SESSION COORDINATORS

Dr. Monali Beke
Assistant Professor, Dept. of Ayurved
Priya Darshane
Assistant Professor, Dept. of Ayurved

R.S.V.P.

Mrs. Sushma Pathak
Telephone: 020 24403035

Lokamanya Tilak Ayurved Ratna Puraskar

will be awarded to

Prof. (Dr.) Jayant Deopujari

President, CCIM

At the hands of

DR. DEEPAK J. TILAK

Hon. Vice Chancellor, T.M.V., Pune.

in the Presence of

Prof. (Dr.) S. P. Sardeshmukh



Tilak Maharashtra Vidyapeeth
Mukund Nagar, Gultekdi, Pune-411037.

Deemed to be a University
(Declared under Sec 3 of UGC Act by Govt. of
India)

Accredited by NAAC with B++ Grade

International Conference

LOKMANYA TILAK

Maker of Modern India

Day: 2

Sub-theme: SWASTHYAYOG

(स्वास्थ्ययोग)

23rd January 2020



Organized by

The Late Vd. P. G. Nanal

Department of Ayurved and Yoga

Tel No: 020 24403035, 24403080

E mail: ayurvedconference@gmail.com

ayutmv@gmail.com

Venue: Auditorium, 7th Floor, Jayantarao Tilak
Sankul, 'C' Wing, T.M.V., Pune.

ABOUT TILAK MAHARASHTRA VIDYAPEETH

National education through fine blend of traditional and modern teaching (knowledge) as well as to democratize quality higher education by empowering the masses and reaching the unreached is the aim of T.M.V. The Vidyapeeth has achieved tremendous progress through quantitative expansion and qualitative improvements on various academic fronts. The Vidyapeeth is committed to maximize the knowledge and skills of students, thus making them competent and self employable. The ethics of value – based education system are strictly followed in the Vidyapeeth to promote good character building among the young generation.

ABOUT DEPARTMENT of AYURVEDA

The Late Vd. P.G. Nanal Dept of Ayurveda And Yoga is wholeheartedly spreading the divine knowledge of Ayurvedic Sciences since its inception on 1st December 1921.

Currently department is engaged in promoting Ayurveda through three different areas; academic, clinical insight and innovative research.

The department has completed four research projects of which three projects were in collaboration with CCRAS, Ministry of AYUSH, Government of India.

The Department has achieved a grand success in the form of a record in Asia Book and India Book of Records for the performance of Most Yoga Stances Performed on Shivavandana in 2019.

The department is conducting programs like Post Doctoral, Ph.D., M. Phil., M.A.(Yoga), M.Sc. (Nutritional and Food science) and some Diploma courses.

ABOUT THE CONFERENCE

The Father of modern medicines *Hippocrates* has said that “*Health is the greatest of the human blessings*”. And this ‘*Health or Swasthya*’ is achieved only by marrying optimal indigenous nutrition with righteous behavioral regimen. *Swasthya* is just not physical fitness but has widespread application to mental, social and spiritual wellbeing.

This state of wellbeing is maintained by appropriate employment of Ayurved, Yoga and indigenous dietetic sciences. Thus the conference aims at focusing on the sensitization about these three pillars of health maintenance.

Healthy food is a key to healthy life. The changed life style and occupational challenges have altered our food habits. This conference aims to focus on the Ayurvedic approach towards this present concern.

CALL FOR PAPERS

Research papers are invited on the topics given previously.

GUIDELINES FOR THE PAPER

The abstract should be of maximum 300 words using Times New Roman Font (12 points) Marathi, Sanskrit Baraha Font (12 points), and should be sent to.....

ayurvedconference@gmail.com

Dates for submission : Abstract to be submitted before 13th January 2020

Full papers before 20th January 2020 .

REGISTRATION FEES AND DATES

Rs 1000/- till 20th January 2020

Rs. 1200/- for spot registration

PAYMENT DETAILS

Online payment details are as follows.

Name of the beneficiary : Tilak Maharashtra Vidyapeeth

Bank Account No : 20027051387

IFSC Code- MAHB0000320

MICR No – 411014056

Kindly mail the NEFT details to

finance@tmv.edu.in &

ayurvedconference@gmail.com

DD should be in favor of “Tilak Maharashtra Vidyapeeth, Pune.”

9.00am-10.00am	Registration & Breakfast
10.00am – 11.00am	Guest Lecture Dr. Shankar Abhyankar
11.00am-12.30pm	Award Ceremony <i>Lokmanya Tilak Ayurved Ratna Puraskar</i> to Dr. Jayant Deopujari President, CCIM
12.30 pm - 12.45 pm	World Record Winning Yoga Performance
12.45 pm – 1.45 pm	Lunch Break
2.00 pm – 3.00 pm	Guest Lecture Prof. Dr. B. V. K. Sastry (Vice Chancellor, <i>Yoga-Samskrutham</i> University, Florida, U.S.A.)
3.00 pm - 5.00 pm	Paper presentation- Parallel Sessions
5.00 pm	Valedictory function