

## **Introduction to Ayurveda**

Webinar organised by Sanskrit Department on Saturday, 23.05.2020, between 3.00 and 4.30PM

Resource person:

Dr . Venugopalan Sankaran

Professor

Department of Sanskrit

Sri Jayendra Saraswati Ayurveda College and Hospital (SJSACH)

Nazretpet ,Chennai.

Emphasising the need to understand the fountainhead of Medical science written in Samskrtam namely **\*\*Ayurveda\*\*** a webinar on 'Introduction to Ayurveda' was hosted . The speaker outlined the basics of Ayurveda and its relevance to present day .The session also deliberated on various diseases and treatments that it offers for the benefit of mankind.

Over 100 plus participants attended the webinar.