



GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC
Guru Nanak Salai, Velachery, Chennai – 600042.

School of Academics

Department of Plant Biology and Plant Biotechnology

Event Title	Nature's Way of Nurturing: The Long Forgotten Life Style	
Category	Webinar	
Date	From : 24.08.2020	To : 24.08.2020
No. of Resource Person	Dr. K. V. VASUDHARINI, Ayurvedic Physician	
No. of Participants	80	

(1) Report Description

The objective of this webinar is:

The purpose of the webinar is to create awareness about how the Ayurvedha expand their presence role in building immunity against various ailments.

(2) Report

Department of Plant Biology and Plant Biotechnology of Guru Nanak College, (Autonomous), Velachery, Chennai under the aegis of the Office of the Dean (Academics) organized Webinar on "Nature's Way of Nurturing: The Long Forgotten Life Style "on 24/08/2020 between 03.00 pm. to 04.30 pm, through Google Meet Platform, where around 80 participated from various states

The Principal Dr. M. G. Ragunathan welcomed the Speaker, dignitaries of the College Management, Faculty members and the participants .Dr. M. Gopi, HOD, gave the introductory address, Dr. Poonam Sethi, Assistant Professor, Plant Biology and Plant Biotechnology introduced the Resource person to the participants. Dr. L.R.S. Kalanithi, Vice principal Student affair, highlighted that this webinar is need of the hour and she mentioned that this webinar will sure bring back our Traditional Medicine in our day to day life practice to live a long and healthy life. Dr. K. V. VASUDHARINI, B.A.M.S, AYURVEDIC PHYSICIAN & PROFESSIONAL CONSULTANT was the resource person who briefed the Specific lifestyle

interventions and highlighted major preventive and therapeutic medicinal properties in Ayurveda. She gave a brief lecture on how Traditional Medicine is used in the prevention, and treatment of physical and mental illnesses. She gave few Ayurvedic treatment procedures tips that helps in treating s a variety of health- and life-threatening diseases. Finally she presented elaborately the various techniques and nuances involved in the preparation of higher order medicines and the remarkable effects of their. She also answered to all the queries of the participants

Dr. E.Gayathiri, Assistant Professor ,Plant biology and Plant biotechnology gave the concluding remarks and proposed the vote of grateful thanks to all those who had helped to make the webinar a success.

(3) Invitation Copy



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RE-ACCREDITED AT "A" GRADE BY NAAC, AFFILIATED TO UNIVERSITY OF MADRAS
GURU NANAK SALAI, VELACHERY, CHENNAI - 600 042.

SCHOOL OF SCIENCES

DEPARTMENT OF PLANT BIOLOGY AND PLANT BIOTECHNOLOGY

ORGANISES

A NATIONAL WEBINAR ON

THE LONG FORGOTTEN LIFE STYLE: THE NATURE'S WAY OF NURTURING

RESOURCE PERSON



Dr. K. V. VASUDHARINI, B.A.M.S
AYURVEDIC PHYSICIAN & PROFESSIONAL CONSULTANT

On 24th August, 3.00 - 4.00.p.m., @ Google meet

E - CERTIFICATES WILL BE PROVIDED TO ALL PARTICIPANTS

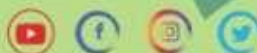
Dr. M. G. RAGUNATHAN
PRINCIPAL

Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

FOR FURTHER DETAILS CONTACT:

 biologyshift1.hod@gurunanakcollege.edu.in

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PLANT
BIOLOGY &
PLANT
BIOTECHNOLOGY



(4) Certificate Copy



(5) Photos

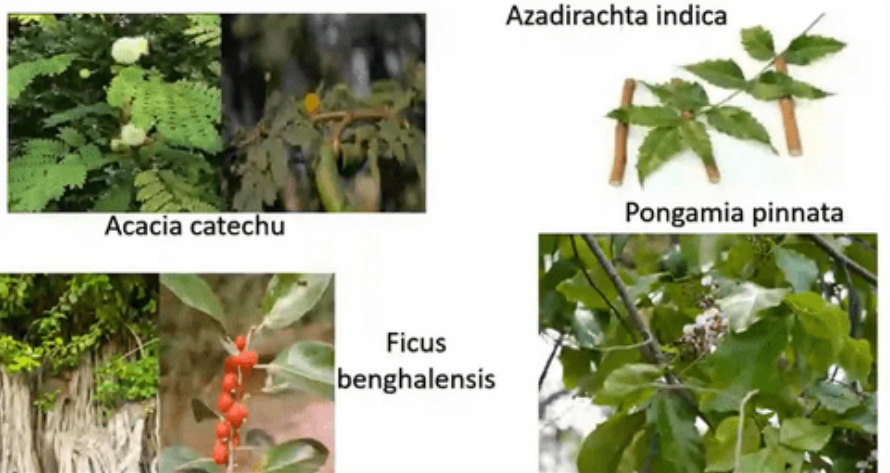


Sesame
Sesamum indicum

Urad dal
Vigna mungo

Coconut
Cocos nucifera

1:05:47 21:55



Acacia catechu

Azadirachta indica

Pongamia pinnata

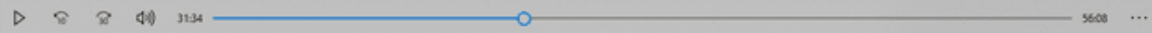
Ficus benghalensis

21:55 1:05:47

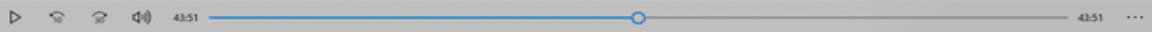
Find the botanical names and families of:



- Avarampoo / ஆவாரம்பூ
- Kasturi manjal
- Poolankizhangu
- Rose



Foods





Jiraka
Cuminum cynimum

Pepper
Piper nigrum



Ajwain
Trachyspermum ammi

