One-Day National Webinar on the Food Practices of Rajasthan and Assam: Ayurveda Purview Organized by Ministry of Ayush In Association with Government Ayurveda Medical College, Guwahati, Assam & National Institute of Ayurveda, Deemed to be University, Jaipur

Date: 23.11.2021

Timing: 2.00 – 3.00 PM

Online Platform: Google Meet

Program was inaugurated by the Prof.(Dr) R.K.Sharma, Principal Government Ayurveda Medical College, **Guwahati**, Assam.

Speaker of the Event: There were two speakers in the event

- Speaker: Dr Kashinath Samagandi, Associate Professor, NIA, DU, Jaipur Topic: Traditional Food of Rajasthan: Ayurveda Purview
- Speaker: Dr.Noba.K.Hazarika, Assistant Professor, GAC, Guwahati Topic: Traditional Food of Assam: Ayurveda Purview

Event was moderated by Dr.Biswajit Das, Assistant Professor, GAC, Guwahati

Participants: More than 100 students and faculties of both the institute was attended the event as a audience.

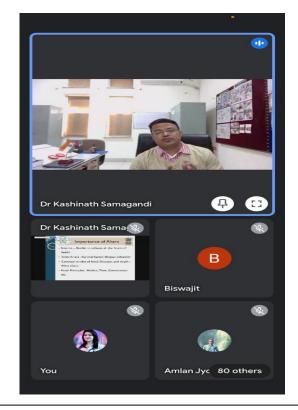
Brief Note about the Webinar:

Importance of the Ayurveda is to achieve all the facet of health viz., Physical, Mental, Social and Spiritual health. Ahara as the trayopasthamba was given primary importance because Ahara alone has the quality to impart the all sorts of health. Ayurveda emphasize to focus on the food which are local and seasonal and also enumerates the importance of choosing the food according to the Desha (habitat), Kala (time) and Prakriti. Traditional foods consumed by the Rajasthani are according to the prevailing seasonal variation and ecological condition. Ayurveda also enumerates to take the food after considering the local environmental condition. Rajasthani food recipes namely Dal Bhati (Angara Karkatika), Churma, Ghrita Pura (ghewar), Phene (Wheat vermicelli), Ghatta ki Sabji etc were advised to consume in Winter, Jou ki Ghuli, Bajre ki Guli, Gehu ki gule are the kind of butter milk preparation recommended in Summer, Bejad ka roti (Mixed grain flour) in Vasanta Ritu, Shigru ki saag, Shigru patra sabji, Shigru pushpa sabji in monsoon season are consumed. All the recipes are according to the Ayurveda Doshic principles. Knowledge, which is prevailing in the particular region as a tradition, has relation with the Ayurveda way of food consumption. Along with the choosing the right food grains and recipes even there is recommendation to assess the Agni, Matra and Kala of consumer to get the desired effect. In the same way, the other speaker also elaborated the food recipes prevailing in the Assam under the purview of Ayurveda.

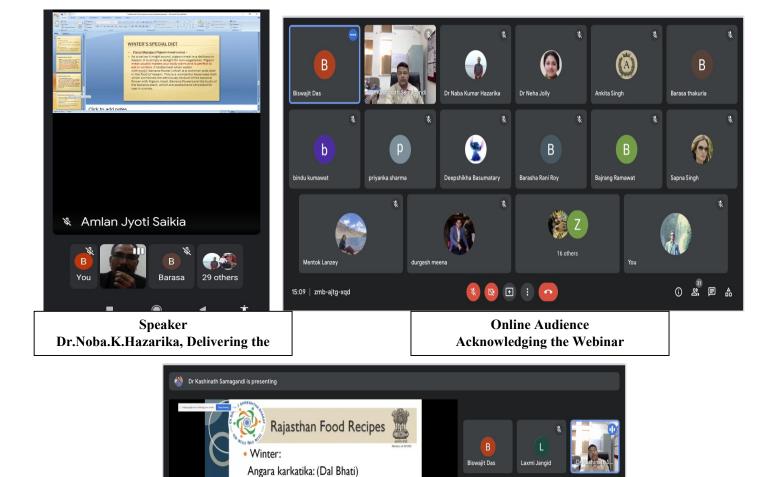








Speaker Dr.Kashinath Samagandi, Delivering the lecture



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Dr Neha Jolly

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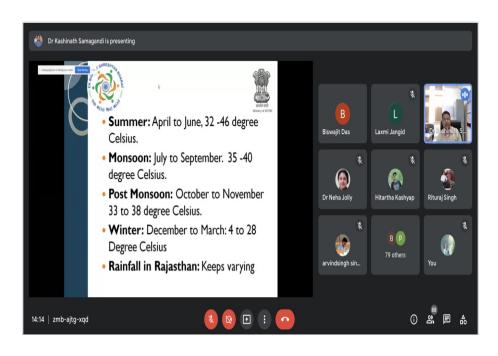
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Hitartha Kashyap

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Churma – (may be compared with Saktu)

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