

**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

1. Speaker: Dr Kashinath Samagandi, Associate Professor, NIA, DU, Jaipur

Topic: Traditional Food of Rajasthan: Ayurveda Purview

2. 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.

National Webinar on Food Practices of Rajasthan and Assam Ayurveda Purview
 Organized by
 GOVT. AYURVEDIC COLLEGE GUWAHATI-14, ASSAM
 AND NATIONAL INSTITUTE OF AYURVEDA JAIPUR, RAJASTHAN
 23RD NOVEMBER, 2021

Inaugurator

 Prof. (Dr.) R.K. Sharma
 Principal, Govt. Ayurvedic College Guwahati, Assam

Speaker

 Dr. Kashinath Samagandi
 Associate Professor
 NIA, Deemed University Jaipur, Rajasthan

Speaker

 Dr. Naba Kr. Hazarika
 ASSISTANT PROFESSOR
 GAC, GUWAHATI, ASSAM

Moderator

 Dr. Biswajit Das
 ASSISTANT PROFESSOR
 GAC, GUWAHATI, ASSAM

To join the meeting on Google Meet, log in time : 1:45 pm IST
 click this link: <https://meet.google.com/zmb-ajtg-xqd>

75 Azadi Ka Amrit Mahotsav
 Ministry of AYUSH
 एक कदम स्वच्छता की ओर

MINISTRY OF AYUSH Organizes NATIONAL WEBINAR

Rajasthan ASAM MAP
 EK BHARAT SHRESHTHA BHARAT
 एक भारत श्रेष्ठ भारत

Local Foods and Recipes of Rajasthan & Assam Ayurveda Purview

National Institute of Ayurveda, Deemed to be University, Jaipur
 Association with
 Government Ayurveda College, Guwahati, Assam

14:02 zmb-ajtg-xqd

Rama Kanta Sharma

You Bairana Riturai 44 others

**Principal Prof.(Dr) RK Sharma
 Inaguration and Welcome Address**

Dr Kashinath Samagandi

Dr Kashinath Sama

Importance of Ahara
 - Ahara - Bhutesh is the basis of health
 - Ahara - Santhi factor (digestion)
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 - Ahara - Santhi factor (digestion)
 - Ahara - Santhi factor (digestion)

Biswajit

You Amlan Jyc 80 others

**Speaker
 Dr.Kashinath Samagandi, Delivering the lecture**

WINTER'S SPECIAL DIET

- **Pastor Mandeir (Pigeon meat curry)** - As small as it might sound, pigeon meat is a delicacy in Assam. It is known as a delicacy for non-vegetarian. Pigeon meat is usually roasted for 30-40 minutes and is perfect to eat in winters. It tastes best when eaten with spicy (homemade) rice which is a common side dish in the food of Assam. This is a wonderful Assamese dish which combines the delicious texture of the tender meat with Pigeon meat. Barasa Pongosa is the butch of the Barasa guest, which are prepared and introduced for use in cuisines.

Click to add notes.

Amlan Jyoti Saikia

Participants: You, Barasa, 29 others

Participants: Biswajit Das, Dr. Kashinath Samagandi, Dr. Naba Kumar Hazarika, Dr. Neha Jolly, Ankita Singh, Barasa thakuria, bindu kumawat, priyanka sharma, Deepshikha Basumatary, Barasha Rani Roy, Bajrang Ramawat, Sapna Singh, Mentok Lanzey, durgesh meena, 16 others, You.

15:09 | zmb-ajtg-xqd

Speaker
Dr.Noba.K.Hazarika, Delivering the

Online Audience
Acknowledging the Webinar

Rajasthan Food Recipes

- **Winter:**
Angara karkatika: (Dal Bhati)
Churma – (may be compared with Saktu)

Participants: Biswajit Das, Laxmi Jangid, Dr. Kashinath S..., Dr. Neha Jolly, Hitartha Kashyap, Rituraj Singh, arvindsingh sin..., 78 others, You.

14:14 | zmb-ajtg-xqd

Climate Data for Rajasthan:

- **Summer:** April to June, 32 -46 degree Celsius.
- **Monsoon:** July to September. 35 -40 degree Celsius.
- **Post Monsoon:** October to November 33 to 38 degree Celsius.
- **Winter:** December to March: 4 to 28 Degree Celsius
- **Rainfall in Rajasthan:** Keeps varying

Participants: Biswajit Das, Laxmi Jangid, Dr. Kashinath S..., Dr. Neha Jolly, Hitartha Kashyap, Rituraj Singh, arvindsingh sin..., 79 others, You.

14:14 | zmb-ajtg-xqd