

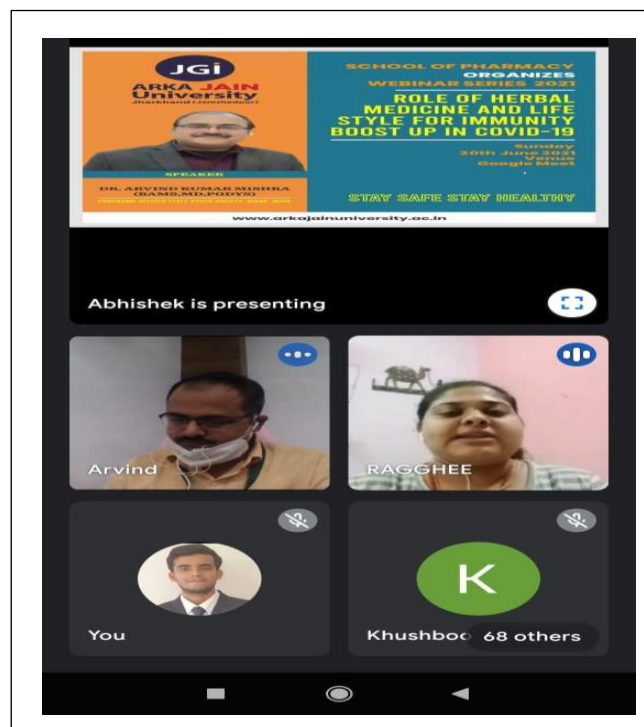
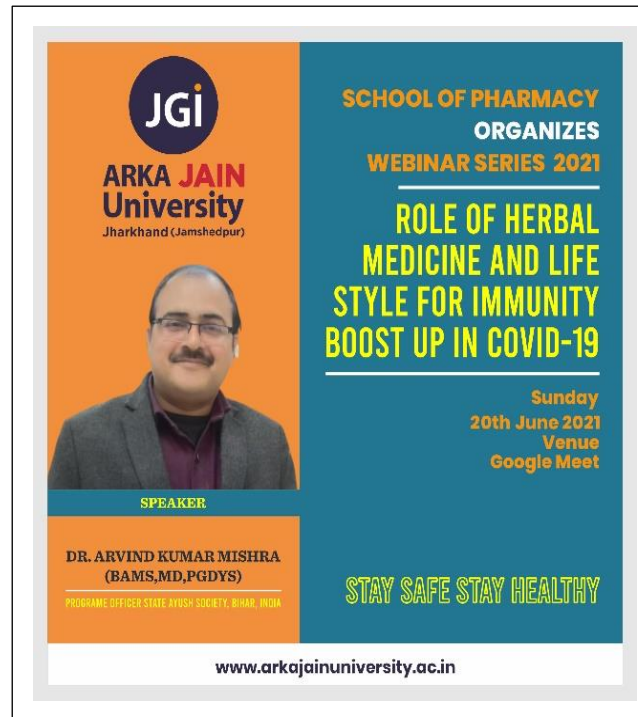
**Report on "ROLE OF HERBAL MEDICINE AND LIFE STYLE FOR
IMMUNITY BOOST UP IN COVID-19"**
Held on – 20/06/2021

Date of Event	20 th June 2021
Name and Type of Event	"ROLE OF HERBAL MEDICINE AND LIFE STYLE FOR IMMUNITY BOOST UP IN COVID-19" _ Non-academic/Academic
Conducted by	School of Pharmacy
No. Of Participant	68

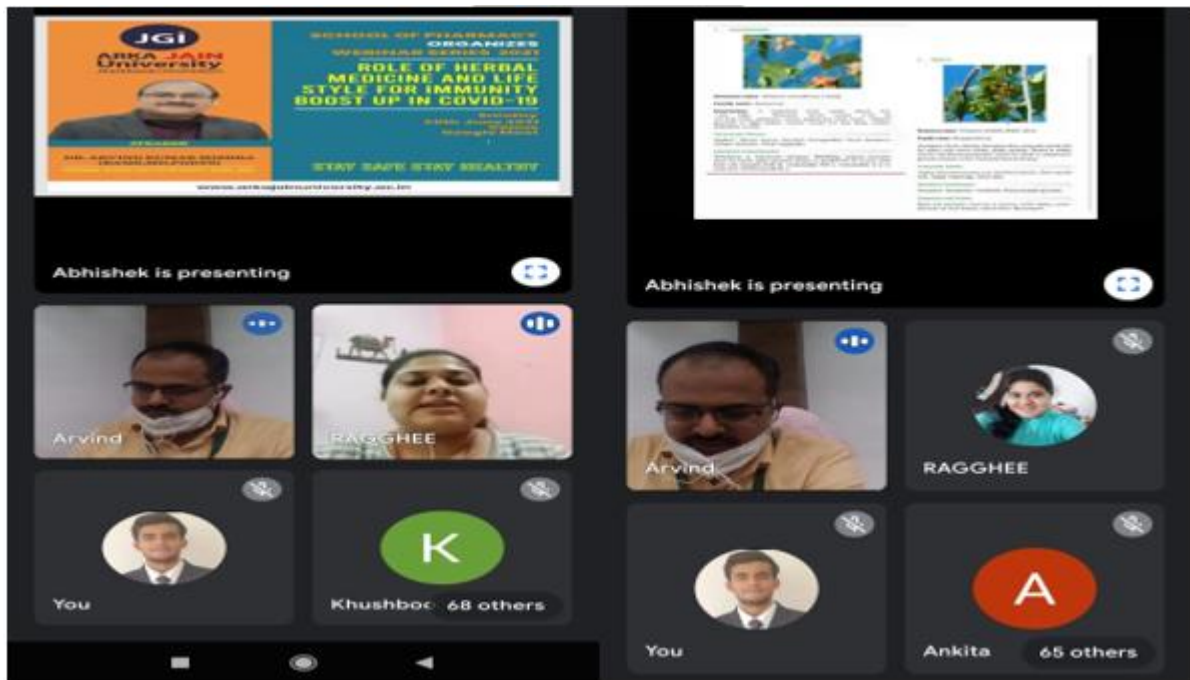
On 20th June 2021 SCHOOL OF PHARMACY ORGANIZED a webinar under the WEBINAR SERIES 2021 with DR. ARVIND KUMAR MISHRA with the topic " ROLE OF HERBAL MEDICINE AND LIFE STYLE FOR IMMUNITY BOOST UP IN COVID-19". DR. ARVIND KUMAR MISHRA (BAMS,MD,PGDYS) PROGRAMME OFFICER STATE AYUSH SOCIETY, BIHAR, INDIA has done his B.A.M.S from Govt Ayurvedic college Darbhanga Bihar,(Kameshwar Singh Darbhanga Sanskrit university Darbhanga) Bihar and POST GRADUATION in DRAVYAGUNA from S.V Ayurvedic college, Tirupati, N.T.R university of Health sciences, Vijayawada, Andhra Pradesh state. Apart from these he has also done POST GRADUATE DIPLOMA COURSE IN YOGA from Nalanda Open University. He has presented many more papers out of which "Perspectives of Phytomedicine and Medicinal Plants Conservation", "Oushadha Prayoga in Pranavaha Sroto vikara (Respiratory Disorders)", "Role of Ayurveda in Management of Geriatric disorders", "Novel Clinical Pharmacological Approaches in Search of New Ayurvedic Drugs" and Study Of Anti Stress Effect Of *Ashwagandha* W.S.R To Work Related Professionals are popular.

Session was started at 11:30 AM. In this session he has explained the importance of role of herbal medicine and lifestyle for immunity boost up in covid-19 our esteemed guest Dr. Arvind Kumar Mishra, Program coordinator, Ayush Society, Bihar, explained how we can achieve a disease free life just by changing our lifestyle/ habits in a positive direction. He also explained the basic constituents of ayurvedic thought which are based on three basic attributes which are: Vat: which is the energy of movement. Any activity that has to do with the movement is vat. Pit: which really means fire but is synonymous with digestion assimilation and nutrition. Kaph: which is associated with water and physical structure. He also explained about the risk of various diseases due to the bad lifestyle and which may increase in millions by the year 2035 such as PCOD; diabetes; hypertension; lower back pain; osteoporosis that will reach the hike of 77%. He also suggested that for combating with these disease we should change our lifestyle by opting for healthy foods, eating freshly made foods in house, not opting for junk foods and following yoga sessions on the daily basis. By following these habits any person can lead a healthy, disease free life. By drinking healthy herbs such as Tulsi, ashwagandha, methi, ajwain can help in living a life free from stress, PCOD, hypertension and many more. He had also given some information regarding the patents of haldi due to its anticancer, hepatoprotective, antifungal, antibacterial, antiviral activities and also he reminded to all of us why haldi has so much importance in our culture/ daily life. He also discussed about 20 medicinal plants which have been recognised by the Government of India as an immunity booster in this Covid-19.

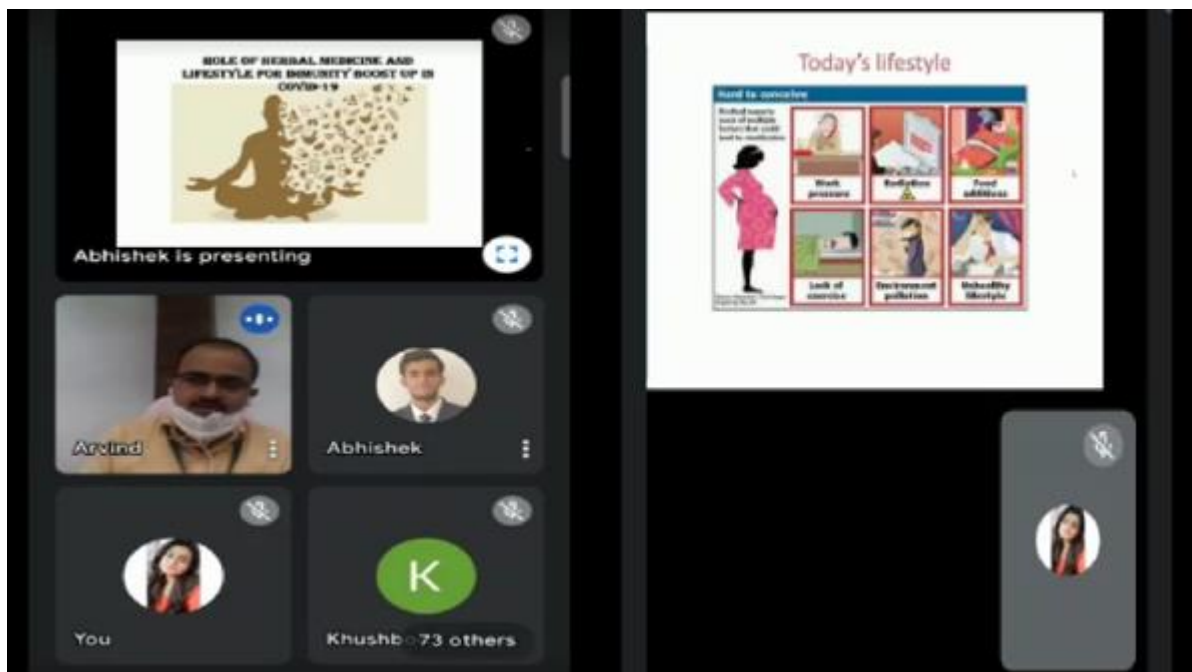
The session was inaugurated by Honourable Director Mr. Amit Srivastav, VC of ARKA JAIN University Dr. S.S. Razi, Honourable Registrar of ARKA JAIN University Mr. Jasbir Singh Dhanjal and Dignitaries from different institutions. Dr Jyotirmaya Sahoo Dean of School of Pharmacy had given the welcome speech Miss Khusboo Raj, Asst. Professor, School of Pharmacy had given the vote of thanks and Miss Yogita Kumari, Asst. Professor, School of Pharmacy had hosted the event.



STUDENT REPRESENTATIVE RAHGHEE BHATTACHARYA HOSTED THE WEBINAR



DR. ARVIND KUMAR MISHRA ADDRESSING THE PARTICIPANTS



TOKEN OF APPRECIATION OFFERED TO DR. ARVIND KUMAR MISHRA

