



**SWAMINARAYAN
UNIVERSITY**

THE RESERVIOR OF ALL KNOWLEDGE

Faculty of Ayurveda

A Report of National Nutrition Week Celebrations

Jointly Organized By : Department of Swasthavritta & Department of Rachana Sharir

Date of Event : 06th & 07th September 2022

Guest Speaker : **Dr. Ami Rajani**, Associate Professor,
Government Akhandanand Ayurveda College, Kolawada

Details of events:

First week of September is celebrated as National Nutrition week to raise awareness about proper eating habits and nutrition. This year the theme of National Nutrition week was “**Celebrate a world of flavours**” to encourage people to have a healthy lifestyle while enjoying the flavours of food.

Department of Swasthavritta and Department of Rachana Sharir jointly organized different events to celebrate the National Nutrition Week 2022.

The Events conducted are as follows:

1. Hitahaar-Healthy Recipe competition
2. Skit – “Agni Ki Atmakatha”
3. Guest Lecture on Ahara by eminent speaker Dr Ami Rajani

Day 1:

Hitahaar-Healthy Recipe competition

- ▶ **Event Venue** : Department of Swasthavritta & Yoga
- ▶ **Date of Event** : 06th September 2022

Event Details:

A Healthy Recipe Competition was conducted among third year BAMS students. Total five teams had participated in the event namely -

1. MasterChef Ayurveda
2. Nutry Gems
3. Satwik Foodies
4. Shakes & Shots
5. Ayur Sweet



Satwik Foodies



1st Winner

2nd Winner



Nutri Gems

3rd Winner



MasterChef Ayurveda



Shake & Shots



Ayur Sweets



Each team had been given 1-hour preparation time. They had prepared the healthy dishes in an innovative manner. Rasashastra and Bhaishajya Kalpana Department provided the cooking space and necessary items for preparation of the recipes. The prepared healthy dishes were exhibited after preparation and teaching faculty of Ayurveda college was invited to visit the Exhibition. The participating team members explained the method of

preparation along with health benefits of the dishes they prepared. A team of Judges comprised of Dr. Shanti R Nair, Dr. Zalak Patel and Dr. Harikrishnan Menon evaluated the dishes based on their contents, nutritional benefits, cooking methodology and overall presentation of the dishes and declared the winners.

Winners of the Event:

- First prize - Team Satvik Foodies
- Second Prize - Team Nutry Gems
- Third prize - Team MasterChef Ayurveda

Day 2:

- ▶ Event Venue : Prarthana Hall SSVG
- ▶ Date of Event : 07th September 2022

Event Details:



Inaugural Session:

The session commenced with Manglacharan by 3rd year students followed by lighting the lamp by Shastri Swami Premswarupdasji, Swami Bhaktinandandasji & Principal, Dr. Rohit Gokarn. Dr. Rohit Gokarn delivered an introductory speech on Ahara and its importance in health. Shastri Swami Premswarupdasji blessed the event with his *Ashirvachana* and highlighted the

significance of Ahara in our life. The inaugural session was coordinated by Mr. Jitendra Jani.



Ganesh Vandana

As a part of Indian tradition the beginning of any auspicious programme is with Salutation to Lord Ganesha. For salutation and welcoming of Lord Ganesha a graceful & well synchronized dance art “Ganesh Vandana” was performed by 3rd year students to begin the programme. All the students and attendees appreciated the dance art and the performance by students.

Skit - “Agni Ki Atmakatha”

Around 25-30 students of 3rd Year BAMS performed a skit on “Agni Ki Atmakatha” highlighting the importance Agni (digestive Fire) for maintenance of health. The script, direction and presentation of the skit was brilliant. The concepts of Agni mentioned in Ayurveda was well expressed into the skit. All the students, faculty members and guests enjoyed and appreciated the skit and the students for their fantastic performance.



Agni Ki Atmakatha





Guest Lecture

An eminent speaker Dr Ami Rajani, Associate Professor, Government Akhandanand Ayurveda College, Kolawada, delivered a guest lecture on “Concept of *Ahara* in Ayurveda.” Dr Ami Madam explained all the concepts in detailed manner with practical examples. Students enjoyed the lecture and appreciated madam for her in depth knowledge in the subject.



The whole event of Day 2 was very well coordinated and presented as Anchor by Mittal 3rd BAMS student.

Prize Distribution

The winners of the competition were announced by Dr. Shanti Nair

First Prize : Given by Dr Rohit Gokarn sir to Satvik Foodie Team

Second Prize : Given by Dr Ami Rajani to Nutri Gems Team

Third Prize : Given by Dr Priyadarshini Nambiar to MasterChef of Ayurveda

Appreciation certificates were given to all other participants

The event was concluded with the vote of thanks by Dr. Amol Koshti



First Prize - Satvik Foodie Team



Second Prize - Nutri Team



Third Prize - MasterChef of Ayurveda Team



Organizing Committee Members

Dr. Amol Koshti

Dr. Visakh Sakthidaran

Dr. Ayana R.

Dr. Hiral Jadav