

Role of Ayurveda in Present Situation

Department of Sanskrit, Mankar College has organized a one day international level webinar on “Role of Ayurveda in Present Situation” on 02.10.2020. The webinar was held on a virtual platform and live streamed over YouTube channel. The speakers of the webinar were .Dr.Sanchita Guha Chaity,Associate Professor, Dept.of Sanskrit. University of Dhaka , Prof.(Dr.)Partha Pratim Das,Professor, Dept.of Sanskrit, Burdwan University, Mr.Partha SarathiSil,Assistant Professor, Dept.of Sanskrit, Tripura Central University. Objective of webinar was to promote prevention of disease cure of sickness. Ayurveda blends our modern lifestyle and health oriented habits,and it helps us to lead a healthy, happy, stress free and disease free life. It narrates the lifestyle in terms of healthy food, healthy surroundings, proper behavioural regime,for an individual and a society. It is essential to know about healthy personal and social life for which one should know his priorities in life, his mental and physical limits and his concern with environment and society.

It’s main goal is to promote good health. Treatments may be geared toward specific health problems.Ayurveda is a system for empowerment, a system of freedom and long life.Ayurveda describes health as a state of being physically, mentally, socially and spiritually fit or in a balanced state.

Youtube link of the webinar:

<https://www.youtube.com/watch?v=kSBFR4aJ86g>