



Mandsaur University

Mandsaur Institute of Ayurved Education & Research

Department of Swasthavritta & Yoga

Report on Guest Lecture

Organized by: Department of Swasthavritta & Yoga

Date: 24th January 2026

Venue: Lecture Hall,

Batch: 2nd Year BAMS (2023–24)

Topic: *Ayurveda in Public Health*

Guest Speaker: Dr. Suchendra Sahu, Associate Professor, LN Ayurvedic College & Hospital, Bhopal

Learning Objectives:

- To understand the relevance of Ayurvedic principles in public health.
- To explore the preventive and promotive aspects of *Swasthavritta*.
- To relate classical Ayurvedic knowledge to modern public health challenges.
- To recognize the scope of Ayurveda in national health programs.

Report Summary:

The Department of Swasthavritta & Yoga successfully organized a Guest Lecture on 24th January 2026 for the 2nd-year BAMS students (2023–24 batch). The lecture was delivered by the esteemed **Dr. Suchendra Sahu**, Associate Professor at LN Ayurvedic College & Hospital, Bhopal, on the topic "**Ayurveda in Public Health.**"

Dr. Sahu provided an in-depth understanding of the role of Ayurveda in modern public health systems. He highlighted the relevance of classical Ayurvedic principles such as *Swasthavritta*, *Dinacharya*, *Ritucharya*, *Rasayana*, and *Janapadodhwamsa* in the prevention and control of diseases. He further emphasized the integrative role Ayurveda can play in addressing public health challenges such as malnutrition, lifestyle disorders, and community sanitation.

Key points discussed during the session included:

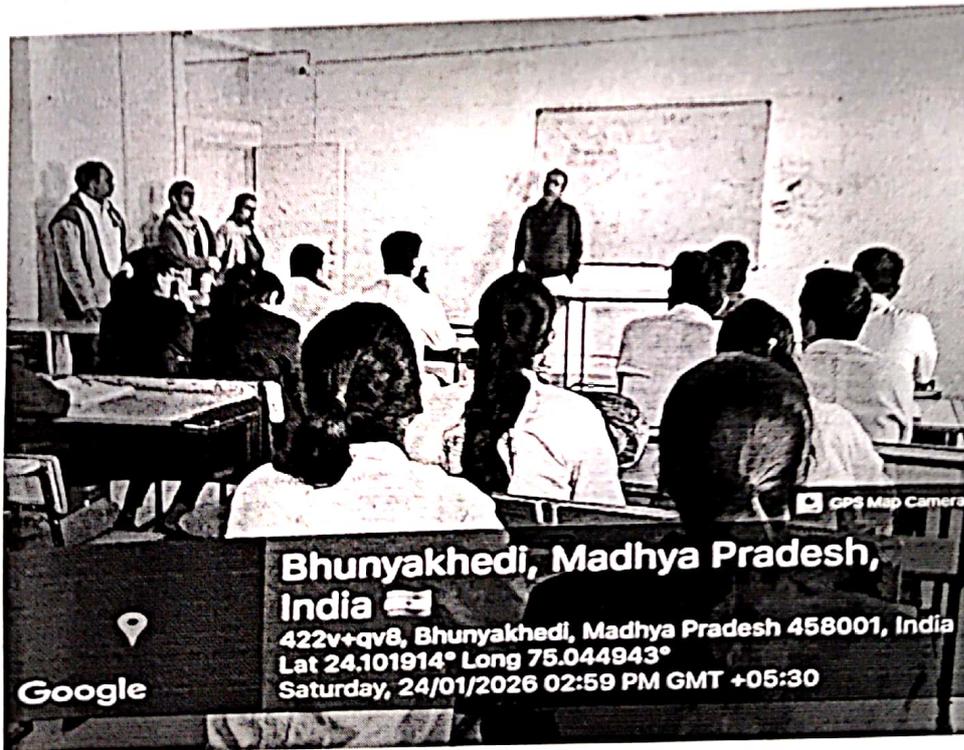
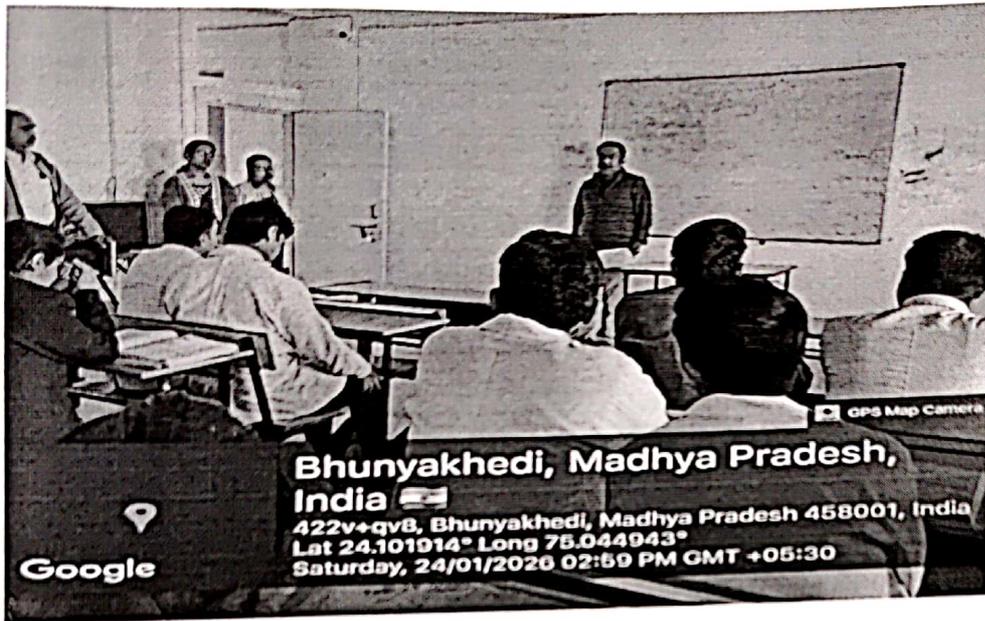
- Preventive health care through Ayurveda
- Public health applications of *Swasthavritta*
- Role of Ayurveda in national health programs
- Community awareness and education using Ayurvedic principles
- Importance of promoting Ayurvedic practices at the grassroots level

The lecture was followed by an interactive Q & A session where students clarified their doubts and shared their thoughts. The session was informative, inspiring, and well-received by the students.

Attendance:

Students of 2nd Year BAMS (Batch 2023–24) along with faculty members of the Department of Swasthavritta & Yoga.

Master:- Photo:-



Signature

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Dept. of Sanskrit & Yoga
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