



2021-2022

Name of the Department/Society: WDC

Name of the Event 5: Common health issues in females: healing through Ayurveda

Date of the Event: 17th August 2021

The purpose of medical science is not to down-scale everything to a physical level, but to penetrate deeper into the realm beyond sensory perceptions and bring a more holistic approach to treatment. In this context, Ayurveda is the perfect example as it combines elements of yoga, food habits and epigenetic social cultures. It can be especially beneficial for women's health as it tackles problems with intricate detail rather than dismissing symptoms as female hysteria- the blunder modern medicine has made for years.

Taking cognizance of this, we at WDC Hansraj in association with Arogya Bharti, Delhi organised a webinar on 'Common Health Issues in Females: Healing through Ayurveda' on 18 August 2021. Our speaker for the session was erudite scholar Dr. Deepa Mishra. She serves as Associate professor and HOD of Prasuti Tantra-stri Roga A&U Tibbia College and Hospital.

The session saw enthusiastic participation of about 100 people from the teaching faculty of Hansraj and students. Our speaker enlightened the audience about various health ailments in women like pcos, UTIs, uterine fibroids etc and how these can be treated through ayurvedic herbs and yoga asanas. The importance of maintaining good health was emphasized with special caution against anxiety and depression. The speaker also recommended ayurvedic ways of improving several aspects of our daily lives like sleeping schedule and diet.

An interactive Q&A session followed after the speaker's address where doubts of the audience were quenched. The webinar ended with a vote of thanks by Professor Maya Verma of the physics department where she thanked the audience, our respected principal Rama ma'am and our convenor Dr. Monika Kaul for logistic support. In all, the webinar was insightful and successfully conducted

