

Report for Expert session on "Upgradation of Sustainable Lifestyle through Ayurveda" under Mission LiFE an initiative by GEDA

Date: 27th March 2024

Time: 10:30 AM - 1:00 PM

Venue: Government MCA College, Maninagar

Event: Expert Lecture on "Upgradation of Sustainable Lifestyle through Ayurveda"

Organizer: GEDA (Gujarat Energy Development Agency)

Speaker: Dr. Viral Shah, Ayurvedic Doctor

Number of student present: 64

Number of staff present: 10

Introduction:

On 27th March 2024, Government MCA College, Maninagar, hosted an expert lecture as part of the "Mission Life" event organized by GEDA (Gujarat Energy Development Agency). The lecture aimed to shed light on the theme of "Upgradation of Sustainable Lifestyle through Ayurveda." The distinguished speaker for the session was Dr. Viral Shah, a seasoned Ayurvedic Doctor with over 20 years of experience in the field.

Event Details:

The lecture commenced at 10:30 AM and continued until 1:00 PM. Dr. Viral Shah captivated the audience with his profound knowledge and expertise in Ayurveda. The session was interactive, engaging students and faculty members alike in discussions and Q&A sessions.

Initially, Dr. Chetan B. Bhatt provided a concise introduction of Dr. Viral Shah, acknowledging his extensive experience of over two decades in the field. Dr. Shah's profound connection with nature was highlighted, exemplified by his daily practice of conscientiously choosing the appropriate Nakshatra and day when gathering leaves from trees. This practice underscores his deep concern for the environment and Earth's well-being.

Key Highlights:

Introduction to Ayurveda: Dr. Shah began by providing an overview of Ayurveda, emphasizing its holistic approach to healthcare and its relevance in modern times.

Sustainable Lifestyle Practices: He elaborated on various sustainable lifestyle practices advocated by Ayurveda, including dietary habits, daily routines, and environmental consciousness.

Integration of Ayurveda in Daily Life: Dr. Shah discussed practical ways to incorporate Ayurvedic principles into daily routines, promoting balance and harmony.

Environmental Conservation: The speaker emphasized the interconnectedness between human health and environmental wellbeing, advocating for eco-friendly practices.

Ayurveda and Energy Conservation: Dr. Shah highlighted Ayurveda's emphasis on energy conservation, both at the individual and societal levels, aligning with the objectives of GEDA's mission.

Conclusion:

The expert lecture on "Upgradation of Sustainable Lifestyle through Ayurveda" proved to be an enriching experience for the students and faculty members of Government MCA College, Maninagar. Dr. Viral Shah's insights provided valuable guidance on adopting a more sustainable and holistic approach to life, aligning with GEDA's mission of promoting energy efficiency and environmental sustainability.

We extend our heartfelt gratitude to Dr. Viral Shah for sharing his expertise and knowledge with us. Special thanks to GEDA for organizing this insightful event, contributing to the enlightenment and empowerment of the academic community.





