

AMAR SEWA MANDAL'S

GOVINDRAO WANJARI AYURVEDIC HOSPITAL & RESEARCH CENTER

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RC: 63/18/12/2024

Date : 18/12/2024

Report on Guest Lecture "Understanding the Panchakarma on Molecular Level" by Dr. Manoj Shamkuwar Sir

Date: 18/12/2024

Time: 11:00 a.m.

Venue: GWACH, Auditorium

Organized by: Govindrao Wanjari Ayurvedic College, Nagpur.

Speaker: Dr. Manoj Shamkuwar, BAMS, MD Panchakarma Specialist.

Introduction:

The guest lecture on "Understanding the Panchakarma on Molecular Level", delivered by Dr Manoj Shamkuwar Sir, was organized to enlighten the students on various aspects of Panchakarma. The session aimed to promote healthier living through practical advice, tips, and professional insights of Panchakarma on maintaining both physical and mental health. Dr. Manoj Shamkuwar is a renowned specialist in Ayurvedic Panchakarma, and their extensive experience in the medical field brought valuable insights into the topic.

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Objective of the Lecture:

The primary goal of the lecture was to educate students and attendees on:

1. Preventive healthcare – How to avoid common illnesses and lead a healthy lifestyle.
2. Importance of Panchakarma – Understanding Panchakarma on various health issues and how to take care of one's physical health.
3. Healthy lifestyle choices – The significance of nutrition, physical activity, and regular check-ups.
4. Impact of modern lifestyle on health – How diet, stress, and sedentary habits affect overall health.

Key Highlights:

Dr. Manoj Shamkuwar Sir , began the session by stressing the importance of Panchakarma. They emphasized that early detection and intervention of diseases can be cured by use of panchakarma. Molecular level study of panchakarma is also explained.

The lecture covered a broad range of topics, including:

- Use of panchakarma in management of lifestyle disorders.
- Lifestyle Choices and Disease Prevention: Dr. Manoj Shamkuwar sir , discussed how modern sedentary lifestyles, poor dietary habits, and lack of physical activity contribute to rising rates of chronic diseases like diabetes, heart disease, and obesity. They stressed the importance of regular health check-ups and use of Panchakarma as a proactive approach to health.

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Interactive Session:

Towards the end of the lecture, Dr Manoj Shamkuwar, opened the floor for an interactive Q&A session. The attendees actively participated, asking questions on topics ranging from Panchakarma and its benefits . Dr. Manoj Shamkuwar, patiently answered all questions, providing practical advice and sharing personal experiences from their career

Conclusion:

The session concluded with Dr. Manoj Shamkuwar Sir, summarizing the key points:

1. The importance of maintaining a balanced diet, regular exercise, and mental well-being.
2. Preventive healthcare and use of panchakarma in prevention of the diseases. A few simple changes in lifestyle can have a profound effect on overall health.

Dr. Manoj Shamkuwar Sir, expressed gratitude to the organizers for hosting the event and encouraged everyone to adopt healthier lifestyles for better longevity and quality of life. The lecture was informative, engaging, and well-received by all attendees.

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Outcome:

The lecture succeeded in raising awareness about health and wellness, motivating attendees to adopt healthier habits in their daily lives. Dr Manoj Shamkuwar Sir, valuable insights have empowered the audience to make informed decisions about their health and well-being.

Minal

Programme Co-ordinator

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