

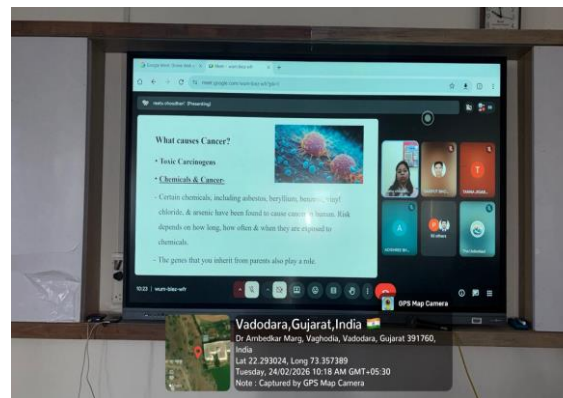
# PARUL INSTITUTE OF AYURVED & RESEARCH

## EXPERT LECTURES 2026

### EXPERT LECTURE ON CANCER THROUGH THE LENS OF AGADATANTRA

The Department of Agadatantra, Parul Institute of Ayurved and Research, organized a Guest Lecture on the topic “**Cancer through the Lens of Agadatantra**” on **24th February 2026 from 10:00 AM to 11:00 AM** as a part of ongoing academic enrichment initiatives for students and faculty members. The activity was conducted in alignment with **Sustainable Development Goal (SDG-3)**, with the objective of promoting awareness regarding preventive healthcare and integrative medical approaches.

The expert speaker for the session was **Dr. Reetu R. Chaudhary, Assistant Professor, Department of Agadatantra, SMBT Ayurvedic College and Hospital, Dhamangaon, Nashik**. She was invited considering her academic expertise and experience in the field of Agadatantra and Ayurvedic toxicology. The program was organized under the guidance of **Dr. Sariput Bhosikar, Professor and Head**, along with coordinators Dr. Adishree Bhat, Dr. Supriya Sakhare, and Dr. Ajith Krishnan.



### EXPERT LECTURE ON ROLE OF SAMHITAS IN CLINICAL PRACTICE

The Department of Kriya Sharir, Parul Institute of Ayurved and Research, organized a **Guest Lecture on “Role of Samhitas in Clinical Practice”** for postgraduate students on **03 April 2026, 02:00 PM to 03:00 PM**.

The session was delivered by **Dr Jayprakash Ram, Research Officer, CCRAS, RARI, Ahmedabad**, who elaborated on the significance of classical Ayurvedic texts (Samhitas) in day-to-day clinical practice. He emphasized how fundamental concepts mentioned in Samhitas guide diagnosis, treatment planning, and holistic patient care.

The program was **coordinated by Dr. Kajal R. Senghani**. The session began with a formal **introduction of the guest speaker by Dr. Priyanka Solanki**, who highlighted the academic achievements and contributions of the expert.



### EXPERT LECTURE ON DOSHA–DHATU–MALA THEORY: BRIDGING CLASSICAL AYURVEDA AND CONTEMPORARY PHYSIOLOGY

The **Department of Kriya Sharir**, Parul Institute of Ayurved and Research, organized a **Guest Lecture** on the topic “**Dosha–Dhatu–Mala Theory: Bridging Classical Ayurveda and Contemporary Physiology**” for postgraduate students of Kriya Sharir. The session was conducted to strengthen conceptual understanding and research orientation among PG scholars.

The program was conducted under the guidance of **Dr. Mariya Husain**, Associate Professor & Head, Department of Kriya Sharir, and coordinated by **Dr. Priyanka Solanki, Dr. Shulbha Bhosle, and Dr. Kajal Senghani**.

The session began with a **formal introduction of the guest speaker by Dr. Athira**, R3 Postgraduate Scholar, who highlighted the academic achievements and teaching experience of **Vaidya Mandar Bedekar**, Professor and Head, Department of Kriya Sharir, Shri V. M. Mehta Institute of Ayurveda, Anandpar, Jamnagar.

Following the introduction, **Vaidya Mandar Bedekar** delivered an enlightening lecture focusing on:

- Conceptual framework of **Dosha, Dhatu, and Mala** as fundamental components of Sharira

- Functional interpretation of Tridosha in relation to **neuro-endocrine and metabolic regulation**
- Dhatu physiology and tissue metabolism in comparison with **modern tissue biology**
- Mala and waste elimination in relation to **excretory and detoxification systems**
- Homeostasis and adaptive mechanisms from an **integrative physiological perspective**

The lecture effectively bridged classical Ayurvedic descriptions with modern scientific understanding, enabling students to appreciate the **relevance of Ayurveda in contemporary biomedical science**.

After the lecture, an **interactive discussion session** was conducted where students actively discussed their **postgraduate research topics**, methodological approaches, and conceptual doubts. The expert provided valuable suggestions for refining research objectives and selecting appropriate outcome measures.

The session concluded with a **Vote of Thanks delivered by Dr. Mariya Husain**, who expressed sincere gratitude to the guest speaker for sharing his profound knowledge and motivating the students. She also appreciated the active participation of postgraduate scholars and the efforts of the organizing team.



### **EXPERT LECTURE ON AYURVEDIC CONCEPTS OF DIGESTION**

The **Department of Kriya Sharir**, Parul Institute of Ayurved and Research, organized a **Guest Lecture** on the topic “**Ayurvedic Concepts of Digestion**” on **13th March 2026** for postgraduate students of Kriya Sharir.

The session was conducted under the guidance of **Dr. Mariya Husain**, Professor & Head, Department of Kriya Sharir, and coordinated by **Dr. Kajal Senghani**.

The program commenced with a formal welcome and **introduction of the guest speaker**, highlighting her academic achievements and expertise in the field of Kriya Sharir.



## EXPERT LECTURE ON IMPORTANCE OF RACHANA SHARIR IN CLINICAL PRACTICES

- The guest lecture was conducted by Dr. Kishor Madavi for PG Scholars, aimed to provide insights in Importance Rachana Sharir in clinical practices on **09/03/2026 in Department of Rachana Sharira.**
- An interactive question and answer session to address student queries. The session was both engaging and highly informative. The students found the lecture clear and interesting.
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## EXPERT LECTURE ON IMPORTANCE OF SHATACHAKRA IN CLINICAL PRACTICES

- The guest lecture was conducted by Dr. Prahalad Raghu for PG Scholars, aimed to provide insights in Importance of Shatachakra in Clinical Practices on **10/03/2026 in Department of Rachana Sharira.**

- An interactive question and answer session to address student queries. The session was both engaging and highly informative. The students found the lecture clear and interesting.



### EXPERT LECTURE ON HISTOLOGY OF GIT

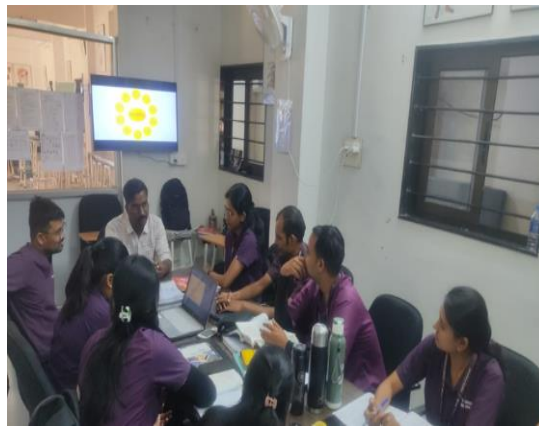
- The guest lecture was conducted by Dr. Siddharth Roy for UG first Professional year, focusing on Histology of GIT on **10/04/2026 in Department of Rachana Sharira**. The guest lecture was conducted to explain the histology of various parts of the gastrointestinal tract, including the esophagus, stomach, and intestines.
- Microscopic images or virtual slides were demonstrated to help students identify different histological layers and key features.
- Students were encouraged to identify structures in given histology images and participated in short discussions.
- The lecture concluded with a brief question-and-answer session to clarify doubts and consolidate understanding.



## EXPERT LECTURE ON GUEST LECTURE ON ANUVANSHIKI

### PARAMARSH FOR BETTER PROGENY

- The guest lecture was conducted by Dr. Sreevisakh T S for PG Scholars, aimed to provide insights in importance of Anuvanshiki Paramarsh in clinical practices on **11/03/2026 in Department of Rachana Sharira.**
- An interactive question and answer session to address student queries. The session was both engaging and highly informative. The students found the lecture clear and interesting.



## EXPERT LECTURE ON FORMATION OF UMBILICAL CORD AND ITS

### APPLIED ANATOMY

- The guest lecture was conducted by Dr. Sujata Rathod for PG Scholars, aimed to provide insights in Formation of umbilical cord on **24/01/2026 in Department of Rachana Sharira.**
- An interactive question and answer session to address student queries. The session was both engaging and highly informative. The students found the lecture clear and interesting.

**PG Seminar Series**  
Organized by Department of Rachana Sharir  
Faculty of Ayurved, Parul Institute of Ayurved and Research,  
Parul University

**24** | **JANUARY** | **10:00 A.M.**  
**2026** | **ONWARDS**

**EXPERT SPEAKER**  
**Dr. Sujata Rathod**  
Assistant Professor,  
G.J.Patel Ayurveda College,  
Anand, Gujarat

**TOPIC : FORMATION OF UMBILICAL CORD AND ITS APPLIED ANATOMY**

**COORDINATORS**

<b>Dr.Nimesh Songode</b> Professor & HOD, Department of Rachana Sharir	<b>Dr.B.G.Kulkarni</b> Assistant Professor, Department of Rachana Sharir	<b>Dr.Ravi Joshi</b> Associate Professor, Department of Rachana Sharir
<b>Dr.Mital Kanani</b> Assistant Professor, Department of Rachana Sharir		<b>Dr.Amarjeet Kaur</b> Assistant Professor, Department of Rachana Sharir



## EXPERT LECTURE ON STOMACH AND ITS APPLIED ANATOMY

- The guest lecture was conducted by Dr. Sujata Rathod for UG students, aimed to provide insights in applied aspects of Stomach on **24/01/2026** in **Department of Rachana Sharira**.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.



**UG Seminar Series**  
Organized by Department of Rachana Sharir  
Faculty of Ayurved, Parul Institute of Ayurved and Research,  
Parul University

**24** | **JANUARY 2026** | **12:00 P.M. ONWARDS**

**EXPERT SPEAKER**  
**Dr. Sujata Rathod**  
Assistant Professor,  
G.J.Patel Ayurveda College,  
Anand, Gujarat

**TOPIC : STOMACH AND IT'S APPLIED ANATOMY**

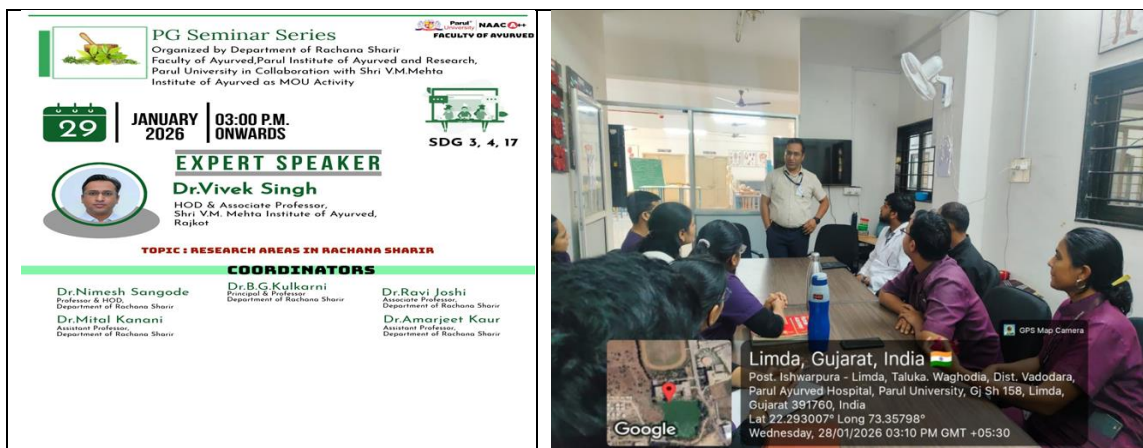
**COORDINATORS**  
Dr. Nimesh Sangode  
Professor & HOD,  
Department of Rachana Sharir  
Dr. Mital Kanani  
Assistant Professor,  
Department of Rachana Sharir  
Dr. B.G. Kulkarni  
Principal & Professor,  
Department of Rachana Sharir  
Dr. Ravi Joshi  
Associate Professor,  
Department of Rachana Sharir  
Dr. Amarjeet Kaur  
Assistant Professor,  
Department of Rachana Sharir

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## EXPERT LECTURE ON RESEARCH AREAS IN RACHANA SHARIR

- The guest lecture was conducted by Dr. Vivek Singh for PG Scholars, aimed to provide insights in Research areas in Rachana Sharir on **29/01/2026** in **Department of Rachana Sharira**.
- An interactive question and answer session to address student queries.

The session was both engaging and highly informative. The students found the lecture clear and interesting.



**PG Seminar Series**  
Organized by Department of Rachana Sharir  
Faculty of Ayurved, Parul Institute of Ayurved and Research,  
Parul University in Collaboration with Shri VM.Mehta  
Institute of Ayurved as MOU Activity

**29** | **JANUARY 2026** | **03:00 P.M. ONWARDS**

**EXPERT SPEAKER**  
**Dr. Vivek Singh**  
HOD & Associate Professor,  
Shri VM. Mehta Institute of Ayurved,  
Rajkot

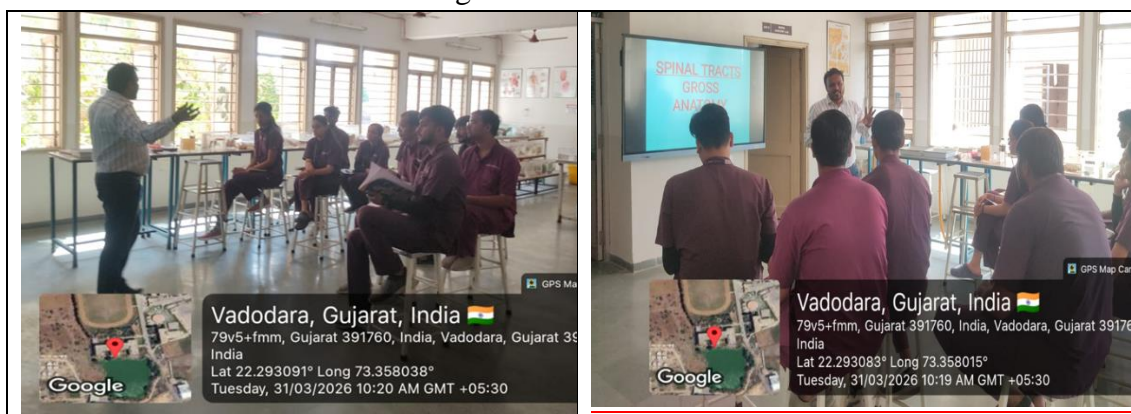
**TOPIC : RESEARCH AREAS IN RACHANA SHARIR**

**COORDINATORS**  
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Department of Rachana Sharir  
Dr. Mital Kanani  
Assistant Professor,  
Department of Rachana Sharir  
Dr. B.G. Kulkarni  
Principal & Professor,  
Department of Rachana Sharir  
Dr. Ravi Joshi  
Associate Professor,  
Department of Rachana Sharir  
Dr. Amarjeet Kaur  
Assistant Professor,  
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Wednesday, 28/01/2026 03:10 PM GMT +05:30

## EXPERT LECTURE ON GUEST LECTURE ON TRACTS OF SPINAL CORD

- The guest lecture was conducted by Dr. Siddharth Roy for PG Scholars, aimed to provide insights in classification of Spinal cord tracts on **31/03/2026 in Department of Rachana Sharira.**
- An interactive question and answer session to address student queries. The session was both engaging and highly informative. The students found the lecture clear and interesting.



## EXPERT LECTURE ON RESEARCH AREAS OF RASASHASTRA AND BHAISHAJYA KALPANA

Guest Lecture organized on 24<sup>th</sup> February, 2026 11am to 1pm on Research in Rasashastra focuses on the transformation of metals and minerals into safe, bioactive therapeutic agents.

- **Physico-chemical Standardization:** Utilizing advanced analytical tools like **SEM-EDX (Scanning Electron Microscopy)**, **XRD (X-Ray Diffraction)**, and **FTIR** to characterize the particle size and chemical nature of *Bhasmas*. This helps in establishing the "Nano-medicine" status of Ayurvedic herbo-minerals.
- **Toxicity and Safety Profiles:** Conducting acute and chronic toxicity studies according to OECD guidelines to ensure that heavy metal-based formulations are safe for human consumption and lack nephrotoxic or hepatotoxic effects.
- **Process Validation:** Scientific re-validation of traditional processes like *Shodhana* (purification), *Marana* (incineration), and *Amritikarana* to establish Standard Operating Procedures (SOPs).



### EXPERT LECTURE ON INSIGHTS ON PHILOSOPHY- AYURVEDA INTERFACE

The program commenced with anchoring by Dr. Adithyan M.D, Assistant Professor, Dept. of Samhita- Siddhanta, Parul Institute of Ayurved & Research, who warmly welcomed the gathering and introduced the purpose of the event. The anchor briefly highlighted the importance of the guest lecture and introduced the distinguished guest to the audience.

The event formally began with the ceremonial lamp lighting, symbolizing the dispelling of ignorance and the pursuit of knowledge. The dignitaries and the guest of honor participated in the lamp lighting ceremony.

Following this, Dr. B.G Kulkarni, Principal, Parul Institute of Ayurved and Research presented a token of appreciation to the esteemed guest as a gesture of gratitude for accepting the invitation and sharing valuable insights with the students.

The guest lecture was then delivered by the resource person, who provided in-depth knowledge on the topic **“Insights on Philosophy- Ayurveda Interface” on 14/02/2026, 10.00 A.M TO 11.30 A.M.** The session was highly informative and interactive, covering practical aspects, real-world examples, and current trends related to the subject. Post Graduate Students actively participated in the session by asking questions and engaging in discussions.

The program concluded with vote of thanks by Dr. Amit Upasani, Professor & HOD, Department of Samhita- Siddhanta, Parul Institute of Ayurved and Research, expressing sincere gratitude to the guest speaker, faculty members and students for making the event a success.



### EXPERT LECTURE ON INTRODUCTION TO RESEARCH

A Guest Lecture on “Introduction to Research Methodology” was conducted for Postgraduate students on 21st January 2026 by Dr. Sandeep Sagare. The session was organized with the objective of strengthening research competency among PG scholars and guiding them in the systematic planning and execution of scientific studies. Dr. Sagare began the lecture by explaining the meaning, need, and scope of research in medical and health sciences, emphasizing its role in evidence-based practice and academic advancement. He elaborated on various types of research designs, including descriptive, analytical, experimental, qualitative, and quantitative approaches, and highlighted their practical applications in postgraduate dissertation work. The session covered essential steps in the research process such as identification of research problems, formulation of objectives and hypotheses, review of literature, selection of appropriate study design, sampling methods, and tools for data collection. Basic concepts of biostatistics, data analysis, and interpretation of results were also introduced to provide foundational clarity. Special emphasis was laid on research ethics, including informed consent, plagiarism avoidance, and the importance of obtaining approval from Institutional Ethics Committees. The resource person further guided students on drafting research proposals, structuring dissertations, and preparing manuscripts for publication in peer-reviewed journals. The lecture was interactive in nature, encouraging active participation through discussions and clarification of doubts related to individual dissertation topics. Overall, the session enhanced the research orientation of PG students, improved their

methodological understanding, and motivated them to undertake scientifically sound and ethically responsible research work.



### EXPERT LECTURE ON HOUSING STANDARDS IN INDIA

A Guest Lecture on “Housing Standards in India” was organized for undergraduate students on 21st January 2026 and was delivered by Dr. Sandeep Sagare. The objective of the session was to provide comprehensive understanding of the concept of healthy housing, minimum housing standards recommended in India, and their direct relevance to public health and preventive medicine. The resource person elaborated on essential components such as adequate floor space, cubic space, ventilation, natural and artificial lighting, sanitation facilities, safe water supply, waste disposal, and prevention of overcrowding. He emphasized the strong association between substandard housing and the occurrence of communicable diseases, respiratory infections, vector-borne diseases, mental stress, and reduced quality of life. The lecture also discussed rural and urban housing challenges in the Indian context and the importance of implementing national guidelines to ensure healthy living environments. The session highlighted the role of medical professionals and the principles of Swasthavritta in promoting environmental hygiene and community health. The interactive discussion and question–answer segment enabled students to clarify doubts and develop practical insight into assessing housing conditions during field visits and community postings, thereby strengthening their understanding of environmental determinants of health.

