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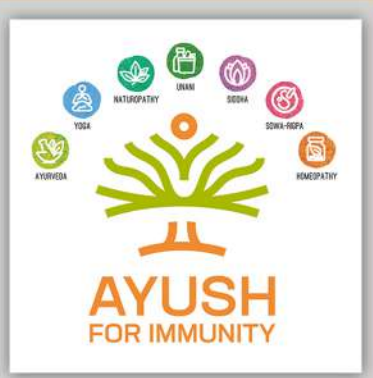
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# AYUSH FOR IMMUNITY Campaign Bulletin



# Ayush Sector set to add momentum to the *Jan Andolan* against Covid 19

Prime Minister Shri Narendra Modi launched the *Jan Andolan* Campaign on COVID-19 on 08<sup>th</sup> October 2020. This *Andolan* is about shaping the Public Health Response to COVID-19 and promoting a “**Campaign for COVID-Appropriate Behaviour**”. There is no room for complacency in the fight against the pandemic in view of the upcoming festivals and winter season, as also the opening up of the economy.

The Ayush professionals work closely with the public, and considering that they can notably contribute to the adoption of appropriate behaviours, the Sector is gearing up to add momentum to *Jan Andolan* Campaign.

The Campaign is expected to be driven by people’s participation, and in the Ayush Sector, the practitioners and other Ayush professionals will act as catalysts for dissemination of relevant information throughout the country. The campaign promotes the “**Unlock with Precautions**” approach. The three key messages which are being highlighted across the sector are - “**Wear Mask, Follow Physical Distancing, Maintain Hand Hygiene**”.

To make the campaign a success, partnerships are being formed among the AYUSH Ministry’s attached and subordinate offices with private sector industry and academia. The following categories of stake holding institutions will play major roles in this effort :

#### (i) Ayush Directorates in States and UTs :

With Ayush dispensaries supported by the National Ayush Mission of Ministry of AYUSH under them, the States and UTs Ayush Directorates are important stakeholders, and will be a major network for this Ministry for spreading the instant behavioural change communication. The Health Secretaries of States/UTs have been requested to cause steps for this.

#### (ii) Ayush Colleges :

The network of about 750 Ayush Medical Colleges with their communities of students and teachers will play an important role in this effort. The Chairmen of the Board of CCIM and CCH (the education regulation bodies) respectively have been requested to activate these colleges.

#### (iii) Hospitals/Research Councils of the National Institutes and Research Councils :

These units about 150 in number are directly linked to Ministry of AYUSH will serve as hubs for communication and other related preventive activities. The Heads of these institutions have taken the national responsibility of disseminating information about Covid-appropriate behaviour.

The Campaign got off to an enthusiastic start with the COVID-19 Pledge being taken by the employees of the Ministry, attached/subordinate offices and grassroot organisations. Stake-holding institutions like Ayush Colleges and also members of the public joined in this activity. Nearly 2000 people took the pledge under the auspices of the Ministry on 12.10.2020, and the activity continued in the subsequent days.

In a significant meeting held through video conferencing on 14<sup>th</sup> Oct 2020, Secretary (AYUSH) addressed Principal Secretaries, Secretaries and other functionaries from States and UTs who lead the Ayush Departments. Ways and means to promote the *Jan Andolan* on Covid 19 also figured prominently in the discussions, and a broad understanding was reached on activities to be initiated.



# Ayush Sanjivani Quiz Contest Creates Awareness on Ayush solutions for disease prevention

The names of the winners of the national-level Ayush Sanjivani quiz contest on MyGov platform were announced on 14<sup>th</sup> October 2020. The contest was held by the Ministry of AYUSH during May-June 2020.

A total of nine winners were awarded in the three prize-categories. Nisha Tamal was awarded the first prize of Rs. 25,000. The second prize of Rs. 10,000 each was given to three persons Dr. Mrinmayee, Rohit and Himanshu Gupta. The third prize of Rs. 5000 each was given to five persons whose names are Emily Vasantha Manogary, Dr Nidhi Garg, Vedika Gupta, Pooja Goswami, and Anshu Tiwari.

Against the backdrop of Covid 19, the Ayush Sanjivani Quiz created an impact on awareness creation on Ayush solutions that are useful to prevent infections and diseases. Initiated by the Ministry of Ayush, the nationwide quiz contest got tremendous response across the country. The Quiz had the specific objective of promoting the Ayush Sanjivani mobile app, which was used to study the public response to Ayush advisories on preventive steps for Covid 19.

Hosted on the MyGov platform, the quiz contest campaign has given interesting insights. About 45% of the participants fall under the age group of 18-24, which suggests that this segment of the society has taken the most interest in Ayush solutions in the Covid context. The majority of participation has taken place from the states of Uttar Pradesh, Madhya Pradesh, Maharashtra, Rajasthan, and Delhi through the MyGov platform which was backed by social media promotion.

Apart from hosting the contest on MyGov, the Ayush Sanjivani App was also promoted through an effective organic campaign and e-Sampark newsletter. According to the data available, the highest number of participation took place during the commencement of the quiz contest on 23<sup>rd</sup> May 2020. Male participants were in higher numbers compare to female participation. It has been also revealed that the participants' profile ranges from student to farmer, businessman to homemaker, and to other kinds of category.

To add a little background, Ayush Sanjivani is a mobile app launched by the Ministry of Ayush, Government of India during the pandemic. The app has been a notable effort in the field of public health research in India. It studied the impact of AYUSH-based practices listed in the official advisories of the Ministry issued in the pandemic scenario, in improving the health of the public. The said advisories on immunity-enhancement came at the difficult time of the Covid-19 pandemic and are believed to have helped people to ward off health problems in these difficult days. The Ayush Sanjivani has at its heart a set of questions that aim to assess the impact of the said advisories in the prevention of Covid-19.

The participation in the Ayush Sanjivani quiz has helped many to understand the AYUSH systems of healthcare in general, and the solutions in the advisories in particular.

## From the Minister's Desk



Attended & addressed "Shradhanjali : Memories of Late Shri. PR Krishnakumar" organized by Jignasa through VC today. His daily life adorned the roles of an Ayurveda physician, teacher, visionary, philosopher, counselor, administrator entrepreneur, Spiritual, traditional and revolutionary, all at the same time.



**Shripad Naik** ✓

October 11 at 10:16 PM • 🌐

## Spotlight falls on Yoga at SCO meet at Beijing

A Virtual Yoga event organized on October 18<sup>th</sup> cornered the lime light at the high profile Shanghai Cooperation Organisation (SCO) meet at Beijing, Senior officials from India and China as well as diplomats from various SCO countries appreciated the Yoga event.

The Shanghai Cooperation Organization comprises of Kazakhstan, Kyrgyzstan, Russia, China, Tajikistan, Uzbekistan, India, and Pakistan.



The presentation held at the meeting was on Yoga@SCO, and was specially appreciated for the projection of Yoga as a pursuit that goes beyond race, color, faith, religion, and region. Vikram Misri, Ambassador of India to the People's Republic of China said on the occasion that Yoga brings people together around the world. Recent years have seen an explosion in its popularity, especially since 2014, when the UN General Assembly adopted a unanimous resolution designating June 21 as the International Day of Yoga,"

Strengthening the immunity system to fight COVID 19 is important, but taking measures to support mental wellness in these challenging times is equally critical. The sudden changes accompanying the pandemic has led to increased levels of stress, anxiety, and fear in thousands of people as the uncertainty of the situation changed the whole narrative of human lives. Yoga has not only been keeping the body functioning fit and fine for centuries but also been catering to mental wellness. The Sanskrit word "yoga" means "union" thereby it helps to create a balance between *Mind*, *Body*, and *Soul*. At the international event, it also can symbolise the underlying unity of the entire humanity.

The event was yet another indication of Yoga's global appeal. It is a part of India's contribution to strengthening cultural cooperation among SCO countries.

# Yoga going global!

Yoga Education based on Indian traditions added an international dimension with the MoU signed between the Morarji Desai National Institute of Yoga (MDNIY) and the Indian Council for Cultural Relations (ICCR).

Dr. I. V. Basavaraddi, Director, Morarji Desai National Institute of Yoga (MDNIY), and Shri Dinesh K Patnaik, Director General, Indian Council for Cultural Relations (ICCR) signed the MoU at a formal ceremony in New Delhi. The MoU will provide the basis for both the institutions to jointly develop academic links for conducting various courses in Yoga globally.



The synergies of this partnership will also help the promotion of Indian Classical Yoga in different parts of the world. It would promote the spread of authentic Yoga practices through certification of Yoga professionals.

Senior officials from both MDNIY and ICCR were present at the signing ceremony.

## Session on the importance of Ayurvedic lifestyle



Dr. H. Panigrahi delivered a lecture to OPD patients on the topic, 'Importance of Ayurvedic *Dincharya* for the preservation of health' on the 14<sup>th</sup> of October, 2020 at the CCRAS unit in New Delhi. Ayurvedic *Dincharya* (Ayurvedic Lifestyle) consists of Waking Up Early, Drinking Water in the Morning, Gargling, practicing *Pranayama* etc. These were explained in a lucid manner. Around 20 patients attended the lecture. Dr. Panigrahi also mentioned following the 'Rules of Eating as per Ayurveda' which

advocate Eating local and seasonal foods, Practicing mindful eating in a calm and quiet environment, leads to minimising digestive problems.

## The Ministry of AYUSH to observe *Swachhta Pakhwada* from 16-31<sup>st</sup> October 2020

Officers and staff of Ministry of AYUSH took the pledge on *Swachhta Pakhwada* at Ayush Bhavan on the 16<sup>th</sup> of October 2020.

While a few officers had joined the oath-taking ceremony at the Conference Hall, most of the staff took the pledge from their respective seats.

The Ministry would be observing *Swachhta Pakhwada* from the 16<sup>th</sup> of October to the 31<sup>st</sup> of October 2020. During the same period, various activities would be undertaken by it to disseminate the message of *Swachh Bharat* widely.



# Healing touch of Homoeopathy for Skin Diseases

There are many who certify that Homoeopathy can do wonders in cases of skin related viral diseases.

A case study published recently in AYUHOM \*, the Research Journal of North Eastern Institute of Ayurveda and Homoeopathy, Shillong illustrates this point. The case study has been authored by Sangita Saha, Reader, Department of Organon of Medicine and Mahakas Mandal, Post Graduate Trainee, Department of Practice of Medicine, the Calcutta Homeopathic Medical College & Hospital along with Koushik Bhar, Post Graduate Trainee, the National Institute of Homoeopathy, Kolkata.

Treatment of five patients suffering with five different skin diseases with Homoeopathy has given notable results which give a boost to the conviction of the positive effects of Homoeopathic medicine on such skin disorders. Skin diseases are numerous and frequently occurring health problem affecting all ages not only India, but globally also. The Global Burden of Disease project has shown the

skin diseases continue to be the 4<sup>th</sup> leading cause of non-fatal disease burden world- wide. Experts engaged with Homoeopathy treatment opine that Homeopathic approach to common viral skin diseases can be a game changer in offering affordable and effective solutions to a large number of people.

The case study was done on five patients with Wart, Herpes Zoster and Molluscan Contagiosum. Skin warts are benign tumours caused by infection of keratinocytes. Herpes Zoster results from reactivation of varicella-zoster virus (that also causes chickenpox). On the other hand, Molluscan contagiosum is a viral skin infection caused by closely related types of Pox Virus, and is common with children worldwide, especially in warm climates. It is known that Homoeopathy treats the patient, not the disease. Thus, the skin manifestations were treated by the means of internal medication following the principles of Homoeopathy, in these cases.

And the results are extremely encouraging.

After applying the indicated medicines as per the guidelines of Organon of Medicine and in different phases as per the susceptibility of each individual patient, it has come out that the medicines were able to not only remove or dissolve the skin lesion efficiently, but also to provide relief to the associated symptoms of the patient. Not only that, none of the patients complained about any adverse effect during the treatment.

The case studies can be considered as a pilot project. In the next stage randomised controlled trials with larger sample size can be taken up so that conclusive evidence on the healing power of Homoeopathy for viral skin diseases can be generated.

\*AYUHOM (ISSN:2349-2422) is a peer reviewed Bi-annual Research Journal of Ayurveda & Homoeopathy published by North Eastern Institute of Ayurveda & Homoeopathy (NEIAH). This paper appeared in Vol 6 Issue 1 (Jan-June, 2019) of the Journal.

# “Jan Andolan pledge for ‘COVID-19 Appropriate Behaviour’”

The *Jan Andolan* pledge for ‘COVID-19 Appropriate Behaviour’ as part of the *Jan Andolan* Campaign was taken by all the scientists and staff of the Central Council for Research in Homoeopathy headquartered in New Delhi as per the mandate of the Government of India.

The three key messages of ‘Wearing a mask, Follow Physical Distancing, and Maintain Hand Hygiene’ were emphasized in the pledge. The pledge was also taken by CCRH staff in the various peripheral Institutes all over India in Hindi, Tamil, Telugu, Manipuri, English, and Bengali imbuing the fervor pan India.



## Inauguration of Regional Raw Drug Repository



A Regional Raw Drug Repository (RRDR) for ASU&H Medicine for the Southern Plateau Region was inaugurated by Shri Shripad Yesso Naik, Union AYUSH Minister through a virtual event.

This RRDR which is established at the National Institute of Siddha (NIS), Chennai, will play a crucial role in the collection, documentation, and authentication of raw drugs collected from the Southern Plateau, which is an agro-climatic region. The repository will further act as an accredited reference library for the authentication of raw

drugs and will help establish standard protocols & keys for authentication of the raw drugs used in the herbal industries.

Vaidya Rajesh Kotecha, Secretary Ministry of AYUSH, and other eminent dignitaries from the Ayush systems and National Medicinal Plant Board (NMPB) were present during this inaugural event.

## Web Portal to highlight successful cases treated by Ayush Practitioners.

This is bound to be of considerable interest to Ayush Practitioners of the country - the Ministry of Ayush has developed a Web portal that allows facilitating the posting of success stories by AYUSH practitioners which will help their colleagues to understand methods adopted for the treatment in various cases. A range of systems related to health and well-being covering the focused theory of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa, and Homoeopathy) will be registered. Practitioners can register as many cases as they want, abiding by the privacy norms of the Ministry.

To register yourself use the URL:  
<https://caseregistry.ayush.gov.in/>

Success stories of cases handled by Ayush practitioners are of keen interest to the healthcare fraternity the world over. As the Ministry announced in its Facebook page, “The world is listening – tell your story!”

The Ministry of AYUSH presents the “Ayush Case Registry Portal.”

Calling all Ayush practitioners to contribute to the body of knowledge in Ayush disciplines by sharing your clinical experience.



# “VIHARA: A webinar on Yoga and Immunity” underlines the need for deeper understanding of human immunity

Deliberations at “VIHARA - A webinar on Yoga and Immunity” hosted by the Central Council for Research in Yoga & Naturopathy (CCRYN) on 16<sup>th</sup> October 2020 underlined the importance of inter-disciplinary and pluralistic approaches to deepen the understanding of the functioning of immunity in human beings and to develop ways to enhance the same. The webinar saw participation from an inter-disciplinary group of experts which included Clinical Immunologists, Researchers, clinicians, and Yoga & Naturopathy physicians.

## PHYSIOLOGY PROCESS OF INFLAMMATORY PROCESS



The webinar was held between 9.00 AM to 1.00 PM on the 16<sup>th</sup>. In his opening remarks, Shri PN Ranjit Kumar, Joint Secretary, Ministry of AYUSH drew attention to the increased interest shown by the public as well as scientists in understanding the functioning of immunity in individuals, in the post-Covid times. Ayush systems offer many time-tested solutions which are believed to develop immunity in a natural way. He said that there is an urgent need to understand these Ayush-based solutions better and to find feasible ways to deploy them in public health programmes. Dr Raghavendra Rao, Director, Central Council for Research in Yoga & Naturopathy gave a brief overview of the program and welcomed all the speakers and attendees to the event.

In the first technical session, Dr Chandrashekara S, Medical Director, Chanre Rheumatology & Immunology Center & Research, Bangalore a reputed Immunologist presented the beneficial and harmful effects of inflammation and how this needs to be moderated to get the desired results. He said Immune homeostasis is the corner stone of good health and Yoga and Naturopathy helps in restoring the balance. He emphasised on need for immune stabilization instead of immune boosting.

Dr Akshay Anand, Professor, Neuroscience Research Lab, Department of Neurology, PGI, Chandigarh threw light on the research with various yoga modules that have shown a significantly increased DHEAS, Sirtuin1 and telomerase activity with decreased cortisol and IL-6 levels in addition to decreasing DNA damage and oxidative stress. He recommended more studies on animal models in combination with cell culture based models to dissect the immunity based changes by identifying cellular as well as molecular pathways. Dr Rima Dada, Professor, department of anatomy, All India Institute of Medical Sciences, New Delhi gave a wider view on evidence based studies on yoga. She enlightened the audience on the beneficial role of yoga in reducing oxidative stress, male infertility, depression and aging.

Dr Gururaj Rao, Director, ICREST talked about epigenetic changes, gene expression and how to measure epigenetic changes in lab settings. Dr. Jyothsna Rao, Director, ICREST focussed on types of immunity and stimuli that trigger chronic inflammation and the effect of stress on immunity and reactivation of latent viruses along with various methods for quantifying immunity.

Dr Raghavendrasamy shared his study on the role of yoga in Antarctica where yoga was offered as an intervention to Indian expeditioners to Antarctica. The outcomes on psychological, biochemical, serum markers and gene expressions showed better adaptation to the extremely harsh environmental conditions through yoga practices. Dr Radheshyam Naik, Head, Medical Oncology, HCG Hospitals threw light on the link between immune system and cancer and the role of yoga in modulating antitumor immune response. Dr Amritanshuram, Head CAM program, HCG Hospitals has talked about the concepts of yoga and highlighted the beneficial role of yoga in psychological and immune outcomes on cancer survivors and explained about how yoga works on the mind. The technical sessions concluded with Dr Raghavendra Rao, the Director of CCRYN proposing a vote of thanks to all the speakers.

The e-event “VIHARA - A webinar on Yoga and Immunity” helped to enhance public understanding of one the most talked-about topics in the pandemic scenario, i.e., human immunity. It underlined the need to take up studies to understand immunity better, and also to explore the possibilities offered by Ayush systems in this area further, with the objective of deploying the Ayush solutions on a much wider scale for the benefit of the public.



# NEWS FROM THE STATES

## MANIPUR: Ayush for Immunity campaign gains momentum at Regional Research Institute For Homoeopathy, Imphal

The three-month “Ayush for Immunity” campaign initiated by Ministry of AYUSH, Govt. of India has gained momentum in Manipur thanks to activities undertaken by Regional Research Institute for Homoeopathy, New Checkon, Imphal.

During the second week of October 2020, the Institute conducted awareness lectures on different kinds of exercises in the OPD premises to sensitize the people about the importance of physical activity and regular exercises. The practice of Yoga was encouraged among the people and its usefulness in increasing strength, improving energy and vitality, regulating metabolism and improving circulation of blood in the body was explained. Elderly patients with lifestyle disorders were sensitised about the benefits of daily walking in such diseases as hypertension, diabetes etc. Walking is ideal in such age groups as it improves blood circulation, regulates blood pressure, balances glucose levels, helps in muscle and joint functions, and improves digestion and sleep. Importance of exercise in children and young adults were also explained to the people with information on the benefits of different kinds of exercises like aerobics, cycling, running etc.

Awareness drive on social media continued through e-posters/e-banners on Ayush for immunity on the Facebook Page of RRI (H), Imphal. E-banners on ‘श्वास व्यायाम के लाभ’ and ‘Remember SMS for COVID -19 prevention’, an acronym where S stands for sanitization/hand washing frequently, M for mask and S for social distancing were posted for broader reach to general public. A slogan on exercise was also uploaded on social media titled “व्यायाम है स्वास्थ्य का आधार, इसे जीवन में करो स्वीकार”, to motivate and encourage people to adopt the practices of physical activity/ exercise in their lives.

A motivational video was shot to create awareness about Ayush for Immunity Campaign being undertaken by RRI (H), Imphal in which the Research Officers, SRF/JRF of RRI (H), Imphal contributed.

Pamphlets containing pictorial depictions with a brief note on nutrition, hygiene and sanitation and do’s and don’ts for COVID-19 prevention were distributed to the general public visiting the OPD of RRI (H), Imphal. The pamphlets also helped spread awareness on improving immunity with the use of Ayush Medicines.



# NEWS FROM THE STATES

## KERALA: Awareness classes and poster exhibition on health promotion



As part of the AYUSH for Immunity Campaign, awareness classes and poster exhibition were conducted at OPD premises and at outreach activity places of National Ayurveda Research Institute for Panchakarma, Cheruthuruthy on the 8<sup>th</sup> of October, 2020. The AYUSH Immunity clinic rendered services to the patients and staff by providing immunity building medicines and counselling on Ayurveda lifestyles.

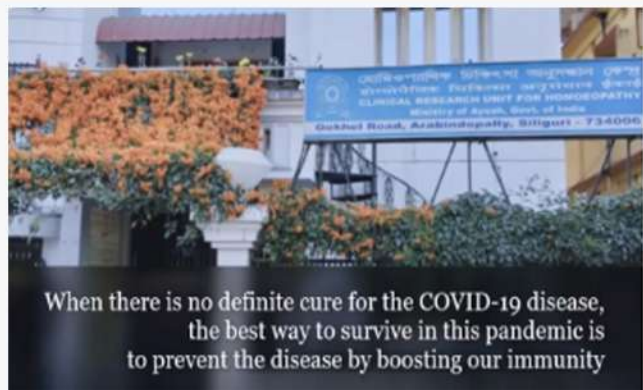
The session covered insights about how regular exercise increases blood circulation, improves cardiovascular health, lowers blood pressure and helps control body weight. Regular physical activity and exercise at moderate levels are important factors for disease prevention. Ayurveda advises doing *Vyayama* in a modest manner. Strenuous exercise can prove harmful to health.

Posters were also displayed for awareness of the importance of AYUSH preventive measures on promoting immunity.

## WEST BENGAL: Clinical Research Unit For Homoeopathy, Siliguri spreads awareness on *Vihara*

*Vihara* is the theme of the “AYUSH for Immunity” Campaign launched by Ministry of AYUSH for the month of October. “**VIHARA**” broadly refers to exercises, and a campaign promote it was actively taken up by the Clinical Research Unit (Homeopathy), Siliguri, West Bengal.

The Yoga Instructors of 7 LSD centers (Naxalbari, Kharibari, Mirik, Phansidewa, Bijanbari, Pedong, and Kalimpong BPHC and Rural Hospital) under NPCDCS-AYUSH Project at Darjeeling and Kalimpong district released videos of performing various important Yoga Asanas, braving the in the cold weather conditions. *Vihara* and its usefulness in developing immunity to fight against any infections were explained in Hindi, Bengali, English, and Nepali on various social media platforms. These videos were well received among the public with more than 2000 views. This single roof approach to uplift and strengthen immunity through Homeopathy and Yoga was a timely approach to fight the menace in this pandemic situation.



The Audio-video message delivering talks of Do's and Don'ts by the Doctors of the unit regarding boosting of Immunity has been well received in the OPD hours by the visiting patients throughout the month. The Officer In-charge of CRU(H), Siliguri, Dr. Gurudev Choubey conveyed the message to the patients that *Vihara* activities helped to flush bacteria from the lungs and to develop immunity by promoting circulation of blood in the body. He also said that Ministry of AYUSH has taken various steps to combat the COVID situation namely issuing of timely advisories based on Ayush systems including Homeopathy, developing of Sanjivani Ayush Mobile App to have a population-based Ayush practices study and the launching of Ayush for Immunity campaign for the masses. These measures have created a belief among the public about Ayush Streams being an effective structure for health service in the country.

# NEWS FROM THE STATES

## DELHI: Session on benefits of *Amalaki* plant

A lecture on '*Amalaki* plant (Indian Gooseberry) Benefits for a healthy living' was delivered by Dr. Shweta Mata, at the CCRAS unit in Punjabi Bagh, New Delhi to the OPD patients. Forming part of the patient education initiative, the lecture was held on 8<sup>th</sup> October 2020.

During the session detailed description of the properties of the *Amalaki* plant, its effects on *Tridosha*, and its various preparations were explained in simple terms. She also focused on the immunity-enhancing effect of *Amalaki* preparations. The demonstration of the *Amalaki* plant was also given to the participants. *Amalaki* is commonly used in Ayurveda to improve the health of blood, bones, digestive system, liver, and skin.



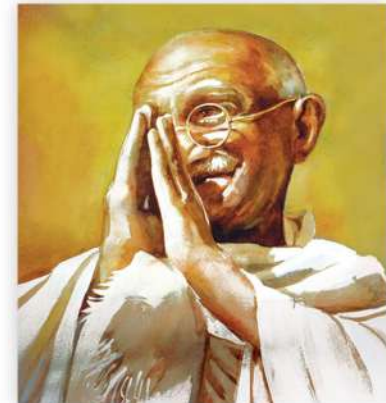
## KERALA: Focus on Ayurvedic approach to Exercise and Nutrition



The National Ayurveda Research Institute for Panchakarma at Cheruthuruthy in Kerala organised an awareness session on how genetic factors, environment, diet and exercise influence the immunity status as per Ayurvedic principle. The session was conducted at OPD premises of the institute on the 7<sup>th</sup> of October, 2020, as part of the ongoing Ayush for Immunity Campaign.

Among the different factors, diet plays a pivotal role in building the supporting factors for better immunity. A balanced diet containing appropriate proportions of carbohydrates, proteins, minerals, vitamins, and alternative nutrients. This balance is essential for maintaining immunity. Individual-tailored exercises including activities like walking, slow jogging, cycling, and yoga, selected as per interest and individual strengths, help in strengthening immunity. Scientific studies have proven that over-exercise might reduce immune function and increase infection risk, hence mild to moderate exercises as per requirement is advised.

## NIN's webinar series continues to draw a 21<sup>st</sup> century audience closer to the Mahatma's thoughts



There is an insightful anecdote from one of Gandhi Ji's admirers where he recollects that rice served at Gandhi's *ashrams* was whole-grain.

"I simply could not bring myself to like the *Ashram* rice", he had recorded, "and I said to Bapu one day, 'Is this rice or clay, Bapu? We never eat rice like this.'

"Bapu laughed. 'I know, I know,' he assured me mirthfully, 'but do not be so hasty. Give it a chance to prove its worth.'

"The trouble is', he said, 'that people want their rice to be white and dainty like jasmine buds. They buy rice that has already been polished in the mills, and so denuded of its nourishing properties. That kind of rice is taboo in the *Ashram*. We are careful not to wash it [i.e. not to wash the whole-grain rice] too much. We allow it to soak for a long time in water, and then we cook it in such a way that neither the starch nor the water is wasted.'

"I ended up as a staunch supporter of Bapu's hand-pounded, thoroughly boiled rice."

The talk by Kishan Rao Parcha on October 9<sup>th</sup>, forming the 8<sup>th</sup> in the mega series of NIN's ongoing webinars was totally aligned with such views of the Mahatma on food and diet. Parcha, the well-known engineer-farmer and Awardee of Best Innovator by Directorate of Rice Research, spoke on the subject "What are we eating?: An Introspection". The talk invoked the thought of Agriculture as a human activity in the context of harm caused to the planet's soil systems. It also advocated that the solution for a healthy future is through natural eating habits.

On October 10<sup>th</sup>, Dr. Babu Joseph of Nethaji Institute of Nature Cure and Yoga, Kochi, Kerala spoke about Gandhian perspectives on fasting, and explained the political and social facets of Fasting as employed by Gandhiji. The next day saw Dr. Jon Wardle of the National Centre for Naturopathic Medicine, Southern Cross University, Australia explaining the "Role and Potential of Naturopathy in Global Public Health".

He introduced the pattern through which naturopathy may be amalgamated into integrative medicine and stressed upon the need for higher academic participation and scientific inquisitiveness to make Naturopathy evidence-based in a mainstream manner.

On the 12<sup>th</sup> of October Prof. R.K. Mutatkar, Chairman, Institutional Ethics Committee, National Institute of Naturopathy, Ministry of AYUSH spoke on "Mahatma Gandhi – Man of the masses". He gave an account of various people's movements during Indian freedom struggle undertaken by Gandhiji that defined him as 'Man of the Masses'. The next webinar dealt with "Mahatma Gandhi as a Sustainable Entrepreneur", and was handled by Birad Raja Ram of the Mahatma Gandhi Digital Museums. The speaker referred to the mechanisms employed by Gandhiji to raise funds for freedom struggle and brought out the sharp entrepreneurship skills underlying them. On October 14<sup>th</sup>, Prof. C. Shambhu Prasad, Founder of ISEED of Institute of Rural Management, Anand introduced Gandhi's views on business management as though People and ethics matter in Business. He gave insights also into the concept of 'Trusteeship' as defined by Gandhiji.

V. Vishala Reddy of Identicity Creative Industries Pvt. Ltd. spoke about "Millets as Sustainable Foods" on October 15<sup>th</sup>. The speaker shared her experience of convincing farmers to grow millets and the hurdles met therein. She had explained the importance of millets not only from nutritional point of view but also the monetary re-assurance they provide for entrepreneurial projects in the nation.

The lectures brought out varied and many relatively lesser known aspects of Gandhian thoughts on health and nutrition, and left many in the audience awe-struck at the multi-dimensional genius of Mahatma Ji.