



DCT's
DHEMPE COLLEGE OF ARTS & SCIENCE
MIRAMAR, GOA

DEPARTMENT OF BIOTECHNOLOGY

REPORT ON ONE-DAY SEMINAR ON “LIFESTYLE MANAGEMENT OF THYROID DISEASE THROUGH AYURVEDA IN WOMEN”

A one-day seminar was organized on “Lifestyle management of Thyroid Disease through Ayurveda in Women” by “Women’s Cell in association with the Department of Biotechnology under the DBT Star College Scheme” On 11th October 2023 at ‘DCT’s Dhempe College of Arts & Science.’ The resource person for this seminar was Dr. Sonal Sawant. The seminar started at 11:45 am in the AV Room of the College and concluded at 12:49 pm. 50 female students and 08 teaching faculty of the Department attended the seminar.

Dr. Sonal Sawant and Mrs. Manjiri Barve were given flowers by Aasimah Sayed and Yolanda Gomez, students of F.Y.B.Sc. Biotechnology respectively. The seminar started with a Sanskrit shloka “Swasthsya Swasthya Rakshanam... Aatursya Vikar Prashmanam...” which means that the primary motto of Ayurveda is to maintain health or prevent diseases and the secondary motto is to heal disease. The disorder of hypo and hyperthyroidism is very common nowadays in women. In this disorder, the thyroid gland produces an abnormal quantity of thyroid hormones.

The outcomes of the seminar were as follows: -

1. **Increased Knowledge:** students learned about the symptoms such as an increase in weight, irregular menses, fatigue, cold intolerance, muscle stiffness, skin dryness, irritability, constipation, vibration, stress, mood disturbance, and hair fall. The resource person discussed that the main causes are Aahar (diet) and an imbalance in Kapha dosha (earth and water which manages assimilation in the body) and Vata dosha (space and air which governs movement).

2. **Understanding the issue:** The resource person made students understand what they are doing wrong with their health due to improper habits.

3. **Inspiration:** Students got inspired to change their wrong eating habits such as drinking cold water, eating a lot of spicy pickles, junk, and canned food, hotel food, uncooked, spoiled or contaminated or leftover food, skipping or taking untimely meals and sleep patterns to avoid such health issues in the future.

4. **Tips for good health:** The resource person emphasized on inculcation of certain good habits in daily routine such as a walk in the evening or morning with some yoga or just 15-20 rounds of Surya Namaskar, stress management activities such as meditation, appreciation towards nature, etc.

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