



Inspiration

Hon'ble Prime Minister of India  
Shri Narendra Modi Ji

Due to the efforts of Honourable Prime Minister Shri Narendra Modi, today the Indian medical system AYUSH has got global recognition. As a result of his efforts, the United Nations has officially declared June 21 as an International Yoga Day. We appreciate the efforts of Honourable Prime Minister Modi ji, because lakhs of people of the country have made their lives healthy by adopting AYUSH and the credit goes to Honourable Prime Minister Shri Narendra Modi ji. - Dr. Bipin Kumar

# AYUSHCON- 2023

## MILLETS FOOD FOR REJUVENATION

### 24<sup>TH</sup> – 25<sup>TH</sup> AUGUST, 2023

### VIGYAN BHAWAN, NEW DELHI



Shri Bandaru Dattatrey, Hon'ble Governor of Haryana and Shri Kailash Chaudhary, Hon'ble Minister of Agriculture Govt. of India addressed the program as the Chief Guest. The Special Guest of the program were Rajya Sabha MP Shri Ramchandra Jangra Ji, Shri Anil Thakur, Senior Pracharak, RSS, Shri Ashok Varshaney, National Organizing Secretary, Arogya Bharti, Shri Deepak Thakur, Additional Secretary AYUSHCON-2023 and Dr. Bipin Kumar the Convenor of AYUSHCON-2023

# OUR GUEST

Hon'ble Agriculture Minister, Shri Kailash Chaudhary, as the chief guest in the program AYUSHCON-2023. The coordinator Shri Rahul Deo honoured him during the event.



Shri Bandaru Dattatreya, the Governor of Haryana, graced Ayushcon-2023 as the Chief Guest and inaugurated the conference by lighting the lamp. Dr. Bipin Kumar, the convenor of Ayushcon, honoured His Excellency the Governor.

# SPECIAL GUEST

In order to realize our aim, we are thankful to all the speakers and participants who have provided us an excellent opportunity in the field of Ayush System to assess opinions from practitioners, as well as patients, and determine market potential."



"Dr. Bipin Kumar, Convenor of AYUSCHON-2023, and Shri Nitin Kumar were honouring Shri Ram Chandra Jangra, hon'ble MP Rajya Sabha, as the Special Guest."

"The conference Present the full spectrum and tradition of the most ancient science of Indian origin – the sciences of human anatomy, physiology, and psychology – with the objective of 'Paradigm of Holistic Wellness.' The conference also serves to increase public awareness of institutions and organizations, helping to analyze market potential and needs. It aims to prepare the ground for providing products and services for the betterment of human civilization, mitigating the negative aftereffects of medicines promoted and propagated by modern science."



Dr. Bipin Kumar honoured Shri Anil Thakur, Senior Pracharak -Rashtriya Swayamsevak Sangh (RSS).

The Conference, through its panel discussions, exhibitions, trade fairs, B2B events and economic forums presented an opportunity that helped the individuals and institutions to broaden their spectrum and also provided a networking platform for all the participants. The exhibition helped in promotion, marketing and publicity efforts of participating individuals, communities, and companies as well, hoping to lead to joint ventures.

# SPEAKERS



**Swami Sarvalokanand Ji, Secretary,  
Ramakrishna Mission Ashram, Delhi**

Swami Sarvalokanand Ji, the respected Secretary of the Ramakrishna Mission Ashram in Delhi, delivered a powerful address emphasizing the need for an integrated approach to health. He Argued that true well-being encompasses not only the physical body, but also the mind and spirit, and neglecting these interconnected dimensions can lead to a fragmented and unfulfilling life.

**Prof. (Dr.) Priya Ranjan Trivedi,  
Chancellor, Global Open University  
Nagaland**

Professor (Dr.) Priya Ranjan Trivedi, a renowned environmental scientist, institution builder, and management thinker, has dedicated his life in advocating the importance of a healthy environment for the well-being of an individuals and communities. His unwavering dedication and multi-faceted approach have made him a leading voice in the field of environmental protection and sustainability.



**Padma Shree Dr. Devendra Triguna Ji**

Padma Shree Dr. Devendra Triguna, a renowned Ayurvedic practitioner and scholar, stands as a powerful voice in advocating for the importance of Ayurveda in achieving holistic well-being. With his extensive knowledge, unwavering dedication, and passionate advocacy, Dr. Triguna has significantly elevated the understanding and appreciation of this ancient system of medicine across the globe.



**Prof. Khadar Vali, The Millet  
Man of India**

Prof. Khadar Vali's relentless efforts are instrumental in bringing millets back to the forefront of our food choices. By raising awareness about their nutritional prowess, environmental benefits, and culinary potential, he paves the way for a future where millets are recognized as a cornerstone of healthy diets and sustainable food systems. His dedication in promoting these remarkable grains has earned him the well-deserved title of "The Millet Man of India," and his impact continues to inspire an individuals and communities around the world.





### Dr. S C Manchanda, Former Faculty, AIIMS

Dr. S.C. Manchanda, a renowned cardiologist and former faculty at AIIMS, emphasizes a crucial aspect of the New Paradigm of Holistic Wellness – the central role of our lifestyle in achieving well-being. He believes that true holistic wellness is not dependent on external factors or interventions, but rather on our internal choices and habits, collectively forming what he calls our "way of living."

Dr. Manchanda's message reminds us that the power to create a healthier and happier life lies in our own hands.

### Dr. Ravi Gaur, Founder, DRG Path Lab

Dr. Ravi Gaur's emphasis on the need for a qualitative shift in healthcare philosophy resonates deeply with the growing call for a more holistic approach to health and well-being. This approach transcends the traditional disease-centered model, which primarily focuses on diagnosing and treating specific illnesses. Instead, it advocates for a comprehensive understanding of health that considers all the aspects of our lives.

Dr. Ravi Gaur's perspective serves as a powerful reminder that health is not merely the absence of disease, but a complex and multifaceted state of being.



### Dr. P K Sinha, AIIMS

Dr P K Sinha's insightful contribution at AYUSHCON-2023 sparked a thought-provoking discussion on the limitations of our current understanding of health. He challenged the prevalent four-dimensional model (physical, mental, social, and spiritual) and proposed a more nuanced perspective, encompassing **eight distinct dimensions of holistic well-being**:

Dr P K Sinha's message at AYUSHCON-2023 serves as a powerful call to action for a paradigm shift in how we conceptualize and strive for well-being. By embracing a broader definition of health and adopting a holistic approach, we can pave the way for a healthier, happier, and more fulfilling future for all.



### Dr. Shishta Nadda Basu, Gynaecologist, Max Hospital, New Delhi

Dr Basu, Gynaecologist at Max Hospital, New Delhi highlighted the importance of proper diet over expensive food materials during her recent deliberation. She pointed out that changing food habits, often influenced by market forces, have had a negative impact on our health.

Her message emphasizes that healthy eating doesn't necessitate costly ingredients. Instead, focusing on a balanced diet rich in fresh fruits, vegetables, whole grains, and lean protein is key. By selecting affordable, locally available foods and preparing them in healthy ways, individuals can achieve optimal nutrition without breaking the bank.



# AWARDS & HONOUR



**DR. RAGHVENDRA RAO,  
DIRECTOR, CCRYN**



**DR. HIMANSHU VERMA, CHIEF  
MEDICAL OFFICER( NFSG)**



**DR. VINOD YADAV, CGHS**



**DR. BISWROOP ROY CHOWDHARY,  
HEAL WITHOUT PILL**



**DR. S C MANCHANDA, FORMER  
FACULTY, AIIMS**



**DR. NEETA KUMAR, SCIENTIST,  
ICMR**

# PARTICIPANTS

AYUSHCON-2023, a landmark event held in 24<sup>th</sup> and 25<sup>th</sup> August, 2023 at Vigyan Bhawan, proved to be a resounding success, drawing the participation of 35 esteemed organizations dedicated to the advancement of holistic wellness. With approximately 250 direct participants and an additional 50 luminaries comprising speakers, presenters, and esteemed members, the conference fostered a vibrant exchange of ideas and collaborations.



AYUSHCON-2023 will undoubtedly be remembered as a significant milestone in the journey towards a healthier and more holistic future. The event's legacy will continue to inspire individuals and organizations alike to embrace the “New Paradigm of Holistic Wellness” and build a world where well-being is not just a privilege, but a fundamental right.

## Engaging in the New Paradigm:

The conference delved into the New Paradigm of Holistic Wellness, emphasizing a shift towards a more integrated and personalized approach to health and well-being. Key themes explored included:

- The role of technology in enhancing holistic wellness practices.
- The importance of mental health and emotional well-being.
- Building resilience through mindfulness and stress-reduction techniques.
- Promoting sustainable lifestyles and environmental awareness.

The National AYUSH Conference, which helped in promoting, marketing and developing efforts towards publicity rendering benefits to participants, communities, and companies as well, will hope to lead ventures, tie-ups and also help to foster investment for the industry within the country to encourage and harness the ideology of ‘Make in India’.



Shri Anil Thakur, RSS Sampark Vibhag regional Chief, Padma Shree Dr. Devendra Triguna, Dr. P K Sinha-AIIMS, Dr. Neeta Kumar, Scientist- ICMR, with Dr. Bipin Kumar, Convenor, AYUSHCON- 2023 releasing the book Written by Dr. Biswaroop Roy Chowdhary.

# LEADERSHIP

AYUSHCON 2023, held at the prestigious Vigyan Bhawan in New Delhi, marked a resounding success, thanks to the tireless leadership and guidance of **Hon'ble Rajya Sabha MP Shri Ramchandra Jangra ji**. The conference witnessed the participation and invaluable contributions of many renowned health expert across India, making it truly an enriching and an impactful event. Shri Jangra's dedication to promoting Ayush was evident in every aspect of the conference. His vision and commitment paved the way for a platform where renowned practitioners and enthusiasts could converge, share their knowledge, and explore the potential of AYUSH in modern healthcare.



AYUSHCON 2023 stands as a testament to the growing interest and potential of AYUSH practices. The conference not only provided a platform for knowledge sharing and collaboration but also served as a catalyst for innovation and progress within the field. The event undoubtedly paves the way for a brighter future for AYUSH, where its benefits can be embraced by a wider audience and contribute to the overall well-being of society.

## CONVENOR

At AYUSHCON 2023, Convenor **Dr. Bipin Kumar** addressed the audience prominent guests such as industry leaders, celebrities, and influencers. His speech amplified the significance of the conference and highlighted the growing interest in AYUSH practices. He mingled with the participants, sharing their experiences and offering words of encouragement, fostering a sense of camaraderie and unity within the AYUSH community



The AYUSHCON 2023 conference buzzed with excitement as participants eagerly gathered to capture photos with dignitaries and guests. Among the dignitaries were renowned figures in the field of Ayurveda, Yoga, and Naturopathy. Their presence added a profound aura to the gathering. Participants felt honoured and privileged to share space with these esteemed individuals, who radiated wisdom and warmth.