



# GUJARAT TECHNOLOGICAL UNIVERSITY

AN INTERNATIONAL INNOVATIVE UNIVERSITY

**Dharohar –CIKS -GTU**

## **FLYER OF LECTURE SERIES:**

GUJARAT TECHNOLOGICAL UNIVERSITY  
INTERNATIONAL INNOVATIVE UNIVERSITY

**DHAROHAR-Center for Indian Knowledge System**

Lecture Series

**“BHARAT - TIRTH”**

आ नो भद्राः क्रतवो यन्तु विश्वतः  
We invite good thoughts from all over the World.

## **REPORT**

**Dharohar –Centre for Indian knowledge system - GTU had organized the eighth lecture of 'Bharat Tirth' Lecture Series on 05<sup>th</sup> June 2023. The chief speaker Dr. Bhavdeep Ganatra, a prestigious Ayurveda Consultant and Healthcare Speaker, delivered his interesting & informative lecture on “**The Secret of Ayurveda for Modern Lifestyle**”.**

**Dr. Bhavdeep Ganatra's lecture on The Secret of Ayurveda for Modern Lifestyle was a valuable contribution to the Bharat-Tirth lecture series. His expertise in Ayurveda and healthcare, coupled with his effective communication skills, made the lecture engaging and informative. The emphasis on regular exercise and stress management resonated with the participants, who left the lecture with a greater understanding of Ayurvedic principles and a renewed commitment to living a healthy lifestyle. He discussed the importance of maintaining a balance between work, rest, and relaxation.**

**The lecture was well-received by all the participants, who found it useful, informative, and engaging. They appreciated Dr. Ganatra's expertise and his ability to explain complex of health issues and their solutions in a simple and understandable manner. Many participants expressed their intention to incorporate Ayurvedic practices into their daily lives to improve their overall well-being. Several questions were raised during the interactive session, and Dr. Ganatra provided detailed and insightful answers, further enhancing the participants' understanding. He said that if you forgive all for their wrongdoings, all your negative feelings will be purged and you will feel happy and healthy. Exercise and activity throughout the day is the secret of healthy life.**

**Dr. Shruti Anerao, Head –Dharohar and Director of SAST felicitated the guest Dr. Bhavdeep Ganatra. Dr. Shruti Anerao welcomed and introduced the guest and explained the significance of IKS in NEP and the need of arranging the Bharat-Tirth Lecture Series. Dr. Ankit Raval extended a vote of thanks to all present.**

## PICTURES OF LECTURE SERIES:





