



Symposium on "Ayurveda For Optimal Immunity"

Organized By

School of Health Sciences and Technology
UPES, Bidholi Campus, Dehradun
in collaboration with
VCP Cancer Research Foundation

21st & 22nd February 2025
(Friday and Saturday)

Venue: Vivekananda Auditorium
UPES, Bidholi Campus, Dehradun

Objective of the Symposium:

The symposium aims to explore Ayurveda's time-tested principles for enhancing immunity, with a focus on integrating these practices into modern healthcare. The discussions will bridge Ayurvedic wisdom and contemporary immunological research to provide actionable insights for disease resistance and overall well-being.

Ayurveda, with its holistic principles, views immunity as a balance between the body's internal strength and external challenges. The symposium will delve into:

- The immunomodulatory effects of Ayurvedic formulations.
- Ayurvedic dietary principles, herbal formulations, and lifestyle modifications for enhancing Vyadhikshamatva (disease resistance).
- Insights into how Ayurvedic practices complement modern immunological research.

Key Highlights:

- Poster presentations, oral presentations and panel discussions.
- Topics include **Ayurvedic concepts of immunity, Herbal immunomodulators, Gut health, Biomarkers of immunity, Impact of Diet and Lifestyle on Immunity: Insights from Ayurveda and Biomedical Sciences and Immunomodulators in Modern Medicine: Bridging Innovation and Immune Health.**

The symposium offers a unique platform to integrate traditional Ayurvedic practices with biomedical perspectives, emphasizing the importance of holistic health. Registrations are free, inviting students, researchers, and healthcare professionals to join this enriching experience.

Guidelines for Abstract submission:

All the abstracts should be submitted to:

ayurvedasympoium21@gmail.com

Abstract Submission Process

- **Deadline:** Participants must submit their abstracts by the specified deadline.
- **Format:** Abstracts should be no longer than 250 words and must include:
 - Title
 - Objectives
 - Methods
 - Results
 - Conclusion
- **Review:** Abstracts will be reviewed by a panel of experts, and selected participants will be invited for poster presentations based on innovation, clarity and relevance to the themes.

Poster Guidelines for Poster presentation:

- **Size** - Posters should be 36 x 48 inches (Portrait Orientation).
- **Content** - Posters must include the following section:
 - Title
 - Authors and Affiliations
 - Methodology
 - Results and Discussion
 - Conclusion
 - References (if applicable)
- **Design:**
 - Use clear fonts and concise text for better readability
 - Include visuals such as graphs, images and diagrams to support your content.
- Selected participants will also be invited for oral presentations during the event.

Symposium Schedule

Event Details: Day 1

Session	Activity	Timing
Registration	Participants/Delegates	1:00pm -2:00pm
Program Overview	By Vaidya Shikha Prakash	2:00pm - 2:20pm
Inaugural Ceremony	All Dignitaries/Students	2:20pm - 2:25pm
Welcome Address	Prof. Padma Venkat Dean, School of Health Sciences and Tech UPES	2:25pm - 2:35pm
Opening Remark	Vaidya Balendu Prakash, Padmashree Awardee, Padaav Ayurvedic Research Centre	2:35pm - 2:55pm
Address by Chief Guest	Inaugural Address	2:55pm - 3:25pm
High Tea (3:25pm - 3:40pm)		
Poster Presentations		3:40pm - 5:00pm
Oral Presentations (Selected)		5:00pm - 6:00pm
DAY 2		
Session	Activity	Timing
Welcome of Panelists, Report reading and Panel discussion	Dr. Sandhya S	9:30am - 11:00am
	Tea Break	
Plenary Lecture	Dr. Amulya Pandey	11:15am - 11:45am
Felicitation of Guests and Award Ceremony		11:45am - 12:15pm
Speech by Guests		12:15pm - 1:30pm
Vote of Thanks!		

Chief Guest

Shree Ajay Bhatt
MP

Guest of Honour

Prof (Dr) Durgesh Pant
DG UCOST

Patron

Padmashri Vaidya Balendu Prakash
Founder Director, VCPCRF,
Uttarakhand

Dr Ram Sharma
Vice Chancellor, UPES,
Dehradun

Dr Sunil Rai
Chancellor, UPES, Dehradun

Organizing Chairperson

Dr Padma Venkat
Dean, School of Health Sciences,
UPES, Dehradun

Organizing Secretary

Dr Jyoti Upadhyay
Vaidya Shikha Prakash

Symposium Secretariat

Dr Shraddha M. Gupta
Mr Rohan Nayal
Ms Dhatri Upadhyay
Ms Karuna Swaroop
Ms Ragini Verma

Organizing Committee

Dr Dhruv Kumar
Dr Sandhya Subhadra
Dr Amritansh Bhanot
Dr Shikha Saxena
Dr Divya Tripathi
Dr Smriti Arora
Dr Gunjan V Bonde
Dr Rakesh Mishra
Dr Piyush Kumar
Dr Anuradha Saini
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Scientific Committee

Dr Kuldeep Kumar Roy
Dr Subhajit Basu
Dr Ramesh Kumar Saini
Dr Shubham Dwivedi
Dr Mayank Chauhan
Dr Anuradha Saini
Ms Sneha Sati

Reception Committee

Dr Nidhi Chauhan
Dr Rajendra Awasthi
Dr Piyush Kumar
Dr Ravi Rawat
Dr Iram Khan
Dr Kamesh

About UPES

Established in 2003, UPES is a premier multidisciplinary institution with a Grade 'A' accreditation by NAAC and a QS 5-Star rating. Ranked 46th in NIRF (2024) and 501-600 in World University Rankings (2025), UPES offers industry-aligned programs in Engineering, Management, Law, Design, and Health Sciences. Located on a 44-acre campus in Dehradun, it collaborates with global institutions like Berkeley Global and industry leaders such as IBM and Microsoft. Recognitions include 'University of the Year (North)' by ASSOCHAM and Adobe's 'Excellence in Design Education'. The School of Health Sciences and Technology at UPES focuses on Biotechnology, Genomics, and Health Informatics, with a research-driven curriculum emphasizing project-based learning, critical thinking, and industry exposure.

About VCP Cancer Research Foundation

About VCPCRF: VCP Cancer Research Foundation (VCPCRF) was set up in 1988 by Padmashri Vaidya Balendu Prakash in the memory of his father, Late Vaidya Chandra Prakash ji. The aim of the organisation is to carry in-depth research in Ayurveda with more emphasis on Ras Shastra. Its mission is to validate the efficacy of Ayurvedic protocols for treating malignancies, chronic inflammatory, immunological, and metabolic disorders. VCPCRF is committed to scientifically back the efficacy of Ayurvedic products and protocols and has been involved in conducting research works on various subjects.

Registration Details

All registrations are **Free**

Registration Link:

<https://forms.gle/nDa1mQt3QrLCqTNg9t>

Contact:- 8755236380

email:- ayurvedasympoium21@gmail.com