



12 November 2020

Webinar on “Ayurveda for Global Health during the time of COVID-19”

In celebration of ‘Ayurveda Day’ in Brazil, the Consulate General of India, Sao Paulo and Swami Vivekananda Cultural Centre organised a webinar titled **“Ayurveda for Global Health during the time of COVID-19”**. The webinar received participation from Ayurveda practitioners in India and Brazil.

2. Consul General, Amit Kumar Mishra gave the opening remarks and spoke about the growing collaboration between India and Brazil in the field of Ayurveda, highlighting the cooperation for clinical trials and the institute to institute partnerships for streamlining the study of Ayurveda in Brazil. Mr. Mishra also spoke about the significant role played by Ayurvedic treatment in the high recovery rate in Covid19 patients in India and the importance of the National Clinical Management Protocol released by Ministry of AYUSH for management of Covid-19.

3. The webinar received participation from expert speakers from Brazil and India in the field of Ayurveda. The webinar started with a presentation by Dr. Cezar Deveza, an Ayurveda and Yoga expert from Brazil, who spoke on the connection between ‘Ayurveda & Spirituality’. Dr. Deveza, elaborated on how in Ayurveda healing takes place through a harmonious relationship with our environment. He elaborated on how meditation and following a healthy and disciplined life is an integral part of the Ayurvedic way of life.

4. Dr. Jeevan K Jose from Arya Vaidya Pharmacy, Coimbatore gave an extensive presentation on the present research being carried out in India in the field of Ayurvedic medicine to deal with COVID-19. He elaborated on how the use of the Ayurvedic medicine and *Kadhas* is helping mild cases of COVID- 19 in speedy recovery in India. Similarly Dr. Ricardo Balsimelli, an Ayurveda specialist and owner of a Ayurvedic clinic called ‘SOHA’ in Sao Paulo, Brazil elaborated on the research being carried out in Brazil to deal with cases of COVID-19.

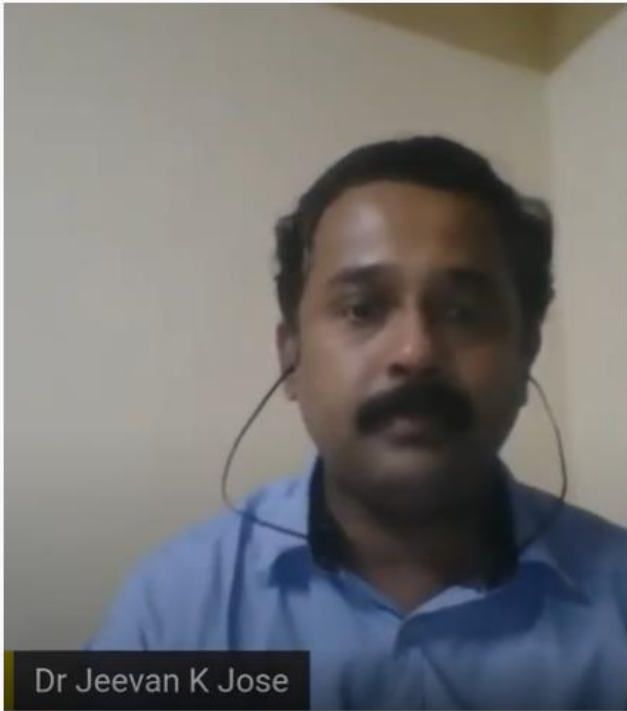
5. Ayurveda treatment is not just limited to medicine but is an integrated science which firmly believes that your diet plays a major role in your overall

health and well-being. This fact was clearly represented through the presentations of Vadiya Radha Priya from Brahmi Vaidyalaya Bangalore and Ayurveda Expert, Ms. Margarete Mota from Brazil. Vadiya Radha Priya, shared her ideas of an ideal diet which could be followed to keep your immunity high or which may help you in speedy recovery incase infected with COVID-19. Speaking on similar lines Ms. Margarete Mota, also shared some recipes of simple Kadhas prescribed by Ministry of AYUSH to build ones immunity to fight COVID-19.

6. The panel of speakers patiently answered the questions put up by the inquisitive audience, who are looking up to Ayurveda especially to build their immunity during this time of COVID-19. The event ended with a vote of thanks by Ms. Puja Kaushik, Director, Swami Vivekananda Cultural Centre.

A few photographs of the webinar are attached.

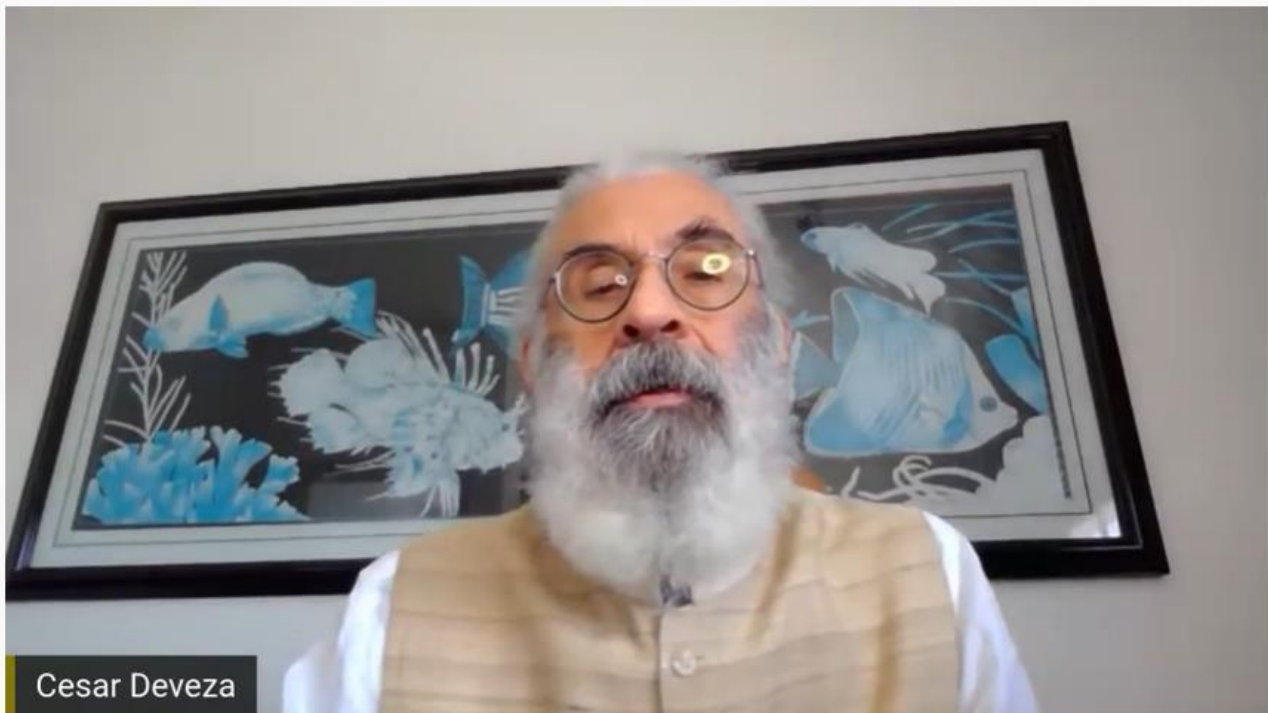




Dr Jeevan K Jose



Margarete Mota



Cesar Deveza

