Report on

"11th National Ayurveda Day 2026"

Seminar on "Ayurveda for a Healthier Tomorrow: A Holistic Approach to Well-being"

Date: 23rd September 2026

Time: 10:00 A.M. Onwards

Venue: Seminar Hall, SLC

No of Participants: 93

The Department of Chemistry, in collaboration with the IQAC, Shyam Lal College, University of Delhi, celebrated the 11th National Ayurveda Day on 23rd September 2026 by organizing a seminar on "Ayurveda for a Healthier Tomorrow: A Holistic Approach to Well-being." The programme commenced at 10:00 A.M. in the Seminar Hall of the College.

The event began with the traditional lamp-lighting ceremony, followed by the University Kulgeet and National Anthem. The programme brought together students and faculty members to reflect upon the relevance of Ayurveda and its holistic approach to health and well-being.

The celebration of Ayurveda Day provides an opportunity to create awareness about healthy living, preventive care, self-awareness, and the importance of maintaining balance in everyday life. The theme of this year's programme was incorporation of Ayurvedic practices in our daily life for health and well-being which highlighted the relevance of these principles in contemporary life.

The speaker of the event, Dr. Kanika Verma, Yoga and Yoga Philosophy Educator and Holistic Well-being Practitioner, delivered an engaging and informative lecture on the theme of the programme. She introduced Ayurveda as a traditional Indian framework for health and well-being and highlighted its holistic approach, which considers food and digestion, sleep, daily routine, mental state, individual differences, and environment as interconnected aspects of health.

During her lecture, Dr. Kanika discussed the Ayurvedic understanding of Prakriti and the three Doshas—Vata, Pitta, and Kapha.

The speaker further discussed the importance of Ahara (food and diet) and Agni, described in the Ayurvedic framework as the body's digestive and transformative fire. She also explained the importance of Dinacharya, or daily routine, including regular mealtimes, hydration, movement or gentle exercise, and a consistent sleep schedule.
An important part of the session focused on the mind–body connection. Dr. Kanika explained how thoughts, emotions, the nervous system, physiological responses, and behaviour are interconnected. She also discussed the broader effects associated with sustained stress, including changes in sleep, digestion, energy, concentration, mood, and appetite.
The session also emphasised self-observation and awareness. The participants were encouraged to observe their own patterns and notice changes in areas such as sleep, mood, and appetite. Dr. Kanika highlighted simple and practical steps towards a healthier lifestyle, including eating at regular times, maintaining adequate sleep, incorporating daily movement, taking mindful pauses, and understanding one's own rhythm and individual needs.

The lecture was followed by an interactive Question and Answer session, in which students and faculty members actively participated and interacted with the speaker. The discussion provided an opportunity for the participants to seek further insights into Ayurveda, healthy living, and holistic well-being.

The programme concluded with a Vote of Thanks delivered by Dr. Ankit Mittal, Co-Convenor, who expressed gratitude to the speaker, college authorities, faculty members, staff, and students for their support and participation in making the programme successful.

The event was attended by both students (82) and faculty members (11) of the Department of Chemistry, SLC.

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++, NIRF 43rd

Celebrating the

11th National Ayurveda Day

23rd September 2026

Seminar on

"Ayurveda for a Healthier Tomorrow: A Holistic Approach to Well-being"

राष्ट्रीय आयुर्वेद दिवस

Organized by

Department of Chemistry in collaboration with IQAC, SLC

Dr. Yukti Monga
Convenor
TIC, Chemistry

Prof. Kusha Tiwari
Director, IQAC

Prof. Rabi Narayan Kar
Principal, SLC

Dr. Ankit Mittal
Co-Convenor

Organizing Team: All Faculty Members, Department of Chemistry

SLC (University of Delhi)
SHYAM LAL COLLEGE
NAAC A++, NIRF 43rd

Department of Chemistry in collaboration with IQAC

celebrates

11th National Ayurveda Day 2026



Dr. Kanika
Yoga & Yoga Philosophy Educator
Holistic Well-being Practitioner

Seminar on
"Ayurveda for a Healthier Tomorrow: A Holistic Approach to Well-being"

Date: 23rd September 2026 Time: 10:00 A.M. Onwards Venue: Seminar Hall, SLC

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Organizing Team: All Faculty Members, Department of Chemistry

Photographs

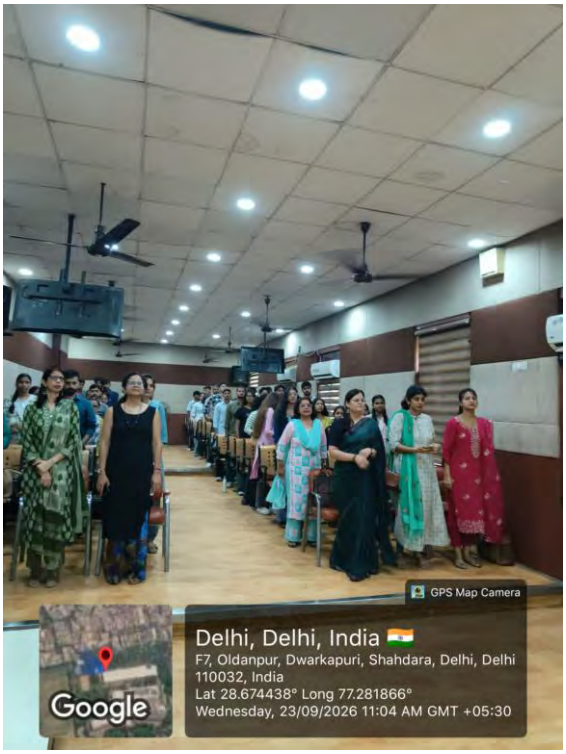









11th National Ayurveda Day 2026
SHYAM LAL COLLEGE


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11th National Ayurveda Day 2026


Department of Chemistry in collab
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Dr. Kanika
Yoga & Yoga Philosophy Educator
Holistic Well-being Practitioner
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Ayurveda for a Healthier Tomorrow
A Holistic Approach to Well-being
11th National Ayurveda Day 2026
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List of faculty members and students

Faculty Attendance Sheet

Event: 11th National Ayurveda Day Celebrations

Date: 23rd September 2026

Time: 10:00 AM Onwards

Venue: Seminar Hall, SLC

S.No.	Name of the Faculty	Department	Signature
1	Dr. Aditi Rai	Chemistry	
2.	Dr. Kavita Yadav	Chemistry	
3.	Dr. Radhika Gupta	Chemistry	
4.	Dr. Richa Tyagi	Chemistry	
5.	Dr. Prem Lata Meena	Chemistry	
6.	Dr. Reeta Sharma	Chemistry	
7.	Dr. Rakesh Pant	Chem.	
8.	Dr Raghavendra	chemistry	
9.	Dr. Ankit Mittal	"	
10.	Dr Kanika Dolanki	chemistry	
11.	Dr Padma Dechan	"	

Students' Attendance Sheet

Event: 11th National Ayurveda Day Celebrations

Date: 23rd September 2026

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Venue: Seminar Hall, SLC

S.No.	Name of the Student	Course/Year	Signature
1.	Tanya Verma	BSC Chemistry (Honours)	
2.	Kashish Chauhan	II	
3.	Pimple Kashyap	II	
4	Anushka Shrivastava	II	
5	Drakshi Raj	II	
6	Ritika Gautam	II	
7	Ghanshyam	II	
8	ANJNI	II	
9	ABHIJEETSINGH	II	
10	VISHWAJEETSINGH	II	
11	Niket	II	
12	Mohd. Uzair	II	
13	Arjun yadav	II	
14.	Kushagra Bhakta	II	
15	Kartik Singh	II	
16	Anuj Yadav	II	

S.No.	Name of the Student	Course/Year	Signature
01	Diya Gaircola	Bcom (Honours) (253355)	Dgaircola
02	Aryanshi Garg	Bcom (Honours) (253348)	Agarg
03	Jatin	BA (Eco) honours (251484) (IInd yr)	Jatin
04	Vanshika	Bsc(physical sci with chemis.)	Vanshika
05	Mantasha	Bsc(physical sci with chem) IInd	Mantasha
06	Divya Singh	Bsc physical Sci with Chem (IInd yr)	Divya Singh
07	Akanksha Yadav	BCOM (P) (253730) 3rd Sem	Akanksha
08	Priyanshu Kumar	Bsc physical Sci. with Chem. (IInd year)	Priyanshu
09	Himanshu Gupta	Bsc Physical Science with Chemistry (IInd Yr)	Himanshu
10	Taniya	Bsc Phy. sci chem (IInd yr)	Taniya
11	Khushi Kannojiya	Bsc(Prog) Phy. Sci (Chem) (IInd yr)	Khushi
12	Soni Yadav	Bsc (Chem hons.) Ist yr	Soni
13	Riya	Bsc (chem hons) Ist year (263222)	Riya
14	Aweety	Bsc (Chem hons) Ist year	Aweety
15	Gulam Waris	BSC (C.S) 2nd year (252271)	Gulam Waris
16	Vaibhav Kumar	" (252268)	Vaibhav Kumar
17	Dharamveer Sharma	" (252242)	Dharam
18	Aman Kumar	" (252271)	Aman Kumar
19	Jai Om	" (252229)	Jai Om
20.	Riya Kumari	BSC (Hons) Chem (263228)	Riya Kumari
21.	Lakshya	BSC (Hons) (Chem) (263215)	Lakshya
22	Shweta Rani	" " " 263227	Shweta
23	Sonu Kumar	BSC (H) chem (263202)	Sonu
24	Aniket	BSC (H) chem (263221)	Aniket

25.	Parul	B. A. History Hons.	(251653)	Parul
26.	Vanshika	B.A. (Hons) History	(251652)	Vanshika
27.	Bhunicka	B.A. (Hons) History	(251623)	Bhuni
28.	Amil Diwan	B.Sc chemistry (H)		Amil
29	Awdoon Mufaddal	B. Com (H)	243255	
30	Shaurya Kamandalwal	B com (P)	264356	Shaurya
31	Nitesh	B.com(P)	264207	Nitesh
32.	Ashwani Yadav	B-Com (P)	264380	Ashwani
33	Ayush	Bcom(P)	264378	Ayush
34-	Tanshika	BSc (P)	252273	Tanshika
35.	Megha	BSc(P)	252236	Megha
36.	Reena	BSc(P)	252209	Reena
37.	Aman	Bsc (P)	262840	Aman
38)	Piyush	Msc. (P)	262807	Piyush
39)	Harishankar Pal	BSc (P)	262836	Hari
40.)	Suraj Kumar	Bsc (P) CS	252203	Suraj
41)	Pallavi Parday	B A History (H)	251642	Pallavi
42)	Azra khan	B.A History(H)	251641	Azra khan
43)	Vishal prakash	BS. CHEM (I)	263206	
44)	Prakash kumar	BSc (P) CS	262872	Prakash
45)	Ankit Yadav	BSC (P) CS	262887	Ankit
46	Harsh	BSc (C) Hons	263232	Harsh
47	Pranjal Singh	BSC(C)/Hons	263209	
48	Jatin	BSC (H) chem.	263219	
49	Anjali	Bsc (H) Chem	242616	Anjali

S.No.	Name of the Student	Course/Year	Signature	
50	Swati sharma	B.Sc. Chemistry Honours, 3rd year	Swati	
51	Anchal Patel	BSc chemistry Hons, 3rd year	Anal	
52.	Jahanvi Kumari	BSc. chemistry Hons, 3rd year	Jahanvi	
60.	Divyanshi sharma	" " "	Divyanshi	
61	Jatin Kumar	BSc chemistry(H) 3rd year	Jatin Kr.	
62.	Lakshya	BSc chemistry (H) 1st year	Lakshya	
63	Suryansh	BSc.(C.S) 2nd Year	~~Rahul~~	252256
64	Rahul Kumar sharma	B.Sc. (C.S) 2nd year	Rahul	252206
65	Tanishka	BSCPS elec	Tanishka	P5P451
66	Amit	B.S(Prog) Phy with CS	Amit	252263

Convenor: Dr. Yukti Monga (TIC, Chemistry)

Co-Convenor: Dr. Ankit Mittal