

## CHIEF PATRON

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Professor

## ORGANISING SECRETARIES

**Dr. PL. Sridevi Sivakami**

Associate Professor

**Dr. S. Thilagamani**

Assistant Professor

## ORGANISING TEAM

**Dr. R. Radha** Associate Professor

**Dr. S. Karthiga** Assistant Professor

**Dr. N. Rekha** Assistant Professor

**Dr. P. Lincy** Assistant Professor

**Mrs. M. Banu Priya** Assistant Professor

**Dr. P. Pavithraa** Assistant Professor

Department of Food Service Management  
and Dietetics

## e - POSTERS

Theme: *Āhāra Auśadham* – Food is Medicine

### Sub-themes:

- Ancient Food Systems (Ayurveda, Unani, Siddha, Homoeopathy, Naturopathy)
- Herbal Medicine and Phyto-therapeutics
- Therapeutic Values of Indigenous and Tribal Foods
- Novel Foods Rooted in Traditional Wisdom
- Evidence-Based Research on Traditional Diets
- Integration of Traditional Knowledge with Diet Therapy
- Cultural Food Heritage and Culinary Anthropology
- Impact of Millet Introduction in Dietaries

e-Poster submission link: <https://tinyurl.com/29assu3p>

Last date for submission: 30<sup>th</sup> January, 2026

Event Registration Link  
<https://tinyurl.com/iksfsmnd2026>

### Registration Details

Category	Online Registration	Spot Registration
Faculty / Industry Experts / Dietitians	₹ 1000	₹ 1100
Research Scholars	₹ 750	₹ 850
Students	₹ 500	₹ 600

### Bank Account Details

### Hybrid Mode

Account No.: 6010310202

Account Holder: The Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore-641 043

IFSC Code: IDIB000A005 (Indian Bank, ADU Branch, Coimbatore)

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**Avinashilingam Institute for Home Science and Higher Education for Women**  
Deemed to be University, Estd. u/s 3 of the UGC Act 1956, Category A by MHRD [now MoE],  
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC  
Coimbatore – 641 043, Tamil Nadu, India

Department of Food Service Management and Dietetics

&

Indian Dietetic Association - Coimbatore Chapter

organizes a

One-Day Conclave on



**“Āhāra Auśadham”**  
Food is Medicine

Date: 13<sup>th</sup> February, 2026

Venue: Hi-tech seminar hall

**Āhāra-vihāra-śuddhir hi svāsthya-syādhāraḥ**

Purity in diet and lifestyle is the foundation of health

- Sushruta Samhita

Join us in reviving the knowledge that shaped  
India's health traditions

## ABOUT THE INSTITUTION

Avinashilingam Institute for Home Science and Higher Education for Women (AIHSHEW), a Deemed to be university, founded by Dr T.S. Avinashilingam Ayya Avargal, the first Education Minister of Madras Presidency and nurtured by Dr Rajammal P. Devadas, a world-renowned nutritionist, stands as an epitome of higher education for Women. The institute offers undergraduate, postgraduate, postgraduate diploma and research degrees. Being a premier institute for Home Science in India, cutting-edge research with high expertise in various specialised areas is undertaken. With the vision of enabling self-development and academic excellence through modern, scientific and value-based education, the Institute reaches out to underprivileged women and empowers them to lead a purposeful life with moral and spiritual values.

## ABOUT THE DEPARTMENT

The Department of Food Service Management and Dietetics (FSMD) at AIHSHEW, since its inception in 1975, has offered courses at undergraduate, postgraduate and research levels, including a postgraduate diploma in Nutrition and Dietetics. It works with the vision of mentoring students by imparting skill-based knowledge to meet academic and industrial requirements, and to promote a healthy society. The department aims to prepare students to acquire the skills necessary for managing food services in both commercial and non-commercial settings, understand therapeutic diets, and pursue a career in dietetics. The diet clinic of the department serves as an experimental learning platform to plan and counsel customised diets for communicable and non-communicable diseases and nutritional deficiency disorders.

## ABOUT THE CONCLAVE

The Indian Knowledge Systems Conclave-2026 is a national one-day convention focusing on revitalising India's ancient knowledge related to food, health and sustainable living. Centred by the principle of Āhāra Auṣadham ("Food is Medicine"), the event explores how traditional nutrition and dietary insights from Ayurveda, Siddha, and indigenous practices can influence contemporary, preventive and therapeutic healthcare. Showcasing the cultural and dietary significance of food systems in Indian heritage, the conclave will unite academicians, healthcare professionals, industrialists and students. Holistic wellness, sustainable dietary practices and evidence-based revival of traditional food systems are the concepts of the conclave. The conclave features eminent speakers exploring topics on the scientific validation of traditional dietary practices, the intersection of modern and ancient food knowledge, AYUSH perspectives on food and health, Indian Knowledge Systems emphasizing food as inclusive, alongside AI-driven technological innovations, thereby facilitating a holistic approach to reviving food as medicine from a contemporary, evidence-based perspective.

## OBJECTIVES

- To inculcate traditional knowledge about Indian Food Systems.
- To imbibe the goodness of ancient foods and dietary practices.
- To revive healthy food choices among population groups for preventive and curative health care.

## EMINENT SPEAKERS

*Scientific Validation of Traditional Diets: Ayurveda's Food as Medicine Approach*



**Dr. G. Omprakash**  
Medical Director,  
Vaidyagrama Ayurveda Healing Village,  
Coimbatore.

*Intersection of Tradition, Food and Health: Ancient Indian Wisdom*



**Dr. K.N. Saraswathy**  
Professor,  
Dept. of Anthropology,  
University of Delhi, New Delhi.

*Food and Health: AYUSH Perspective and Practices*



**Dr. P. Sathiya Rajeswaran**  
Assistant Director – Siddha,  
Central Council for Research in Siddha,  
Siddha Regional Research Institute,  
Puducherry.

*Nourishing Lives through Indian Knowledge Systems: Food as Inclusive*



**Dr. Sindhu Sreejith**  
Vice President-R&D and Technical,  
The Arya Vaidya Pharmacy,  
Coimbatore.

*Harnessing Indian Knowledge Systems for Personalized Diets: AI Insights*



**Dr. Sowmya Bharani**  
Founder and CEO,  
NutriGENEus,  
Bengaluru.

*Svāsthyaṁ dharmārtha-kāma-mokṣānāṁ mūlam*

**Health is the foundation for Dharma, Artha, Kāma and Moksha**