



## Moodlakatte Institute of Technology

(A Unit of Moodlakatte Nagarathna Bhujanga Shetty Trust (R.)

(Approved by AICTE, New Delhi & Affiliated to VTU, Belagavi)

Moodlakatte – 576 217, Kundapura Taluk, Udupi District, Karnataka

**Date: 09.03.2021**

- Topic** : Ayurveda for covid-19 pandemic
- Organized On** : 05/03/2021
- Resource Person** : Dr. Thrapthi Adiga BAMS, MD(AYU),(Ph.D),  
Assistant Professor  
Govt. Ayurveda Medical College Bengaluru
- Participants** : Students from CSE, CIVIL, ECE, MECH  
No. of students – 80.

### **PREAMBLE**

The program aims to educate the students of MIT, Kundapura regarding awareness on covid and impact of ayurveda to overcome the deadly covid. The youth of the country should be aware of possible causes, the spread rate and preventing methods to safe guard them from this type of viruses. The program also intends them to be aware of their city, town and possible number of cases and their case studies.

## **BRIEF PROFILE OF THE CHIEF GUEST**

Dr. Thrapthi completed her BAMS in SDM ayurveda college Udupi and completed her MD in Kaya Chikitsa in Govt. Ayurveda medical college Mysore, Pursuing her Phd in hypo thyroidism in Govt. Ayurveda medical college Mysore. Currently working as an Assistant professor in Government Ayurveda medical college Bangaluru.

## **REPORT**

The NSS unit organized the talk on “Ayurveda for covid-19 pandemic” on 5th March 2021. The counselor Dr. Thrapthi addressed the students by delivering the useful information on these diseases, because they continue to impact millions of lives around the world, and it is our collective responsibility to raise awareness, and work towards their prevention and treatment. She started with corona virus due to which the world is facing an unprecedented pandemic caused by Severe Acute Respiratory Syndrome Corona virus. The COVID-19 pandemic has led to high levels of psychological distress in the general public, including symptoms of anxiety and depression. In this light, the possible effects of Ayurveda, a traditional system of medicine promoted by the Indian government as an “immune booster”, are examined from the point of view of psych neuro immune mechanisms as well as the meaning response described by Moerman. She also specified that Ayurveda emphasizes the importance of maintaining a robust immune system to prevent and combat infections. Various Ayurvedic herbs, such as ashwagandha, tulsi (holy basil), and turmeric, are traditionally believed to have immune-boosting properties. Research has explored their potential role in supporting the immune response. It's important to note that while Ayurveda and other traditional systems of medicine may offer supportive measures, they are not substitutes for established medical interventions such as vaccination, antiviral medications, and other evidence-based treatments recommended by healthcare authorities. The program was hosted by Mrs. Sooshma Adiga . Student as well as faculty members make use of this event.

## ORGANIZING COMMITTEE

### Staff co-coordinators

Mr. Bala Nageshwara S-NSS coordinator Mrs.

Mrs. Sookshma Adiga- Asst. professor Dept of ECE

### Student Coordinators:

Mr. Sujith, 6<sup>th</sup> sem EC

Ms. Shashidhar ,6<sup>th</sup> sem EC

## FEEDBACK

**Resource person:** The arrangement was well organized. Students were active and the response from the students was good.

**Students:** The students found the program informative. It was an interventional study, which was done to assess the awareness regarding impact of ayurveda to avoid covid. Student found that the information shared by the doctor was the ground reality which is found in and around Kundapura city and also students got awareness regarding the effects of covid, precautions and other remedies to cure from the disease and to avoid it.

PHOTOS:


**MIT**  
KUNDAPURA

**MOODLAKATTE INSTITUTE OF TECHNOLOGY**  
A UNIT OF MOODLAKATTE NAGARATHNA BHUJANGA SHETTY TRUST(R.)  
MOODLAKATTE-576217, KUNDAPURA,UDUPI DISTRICT

**WEBINAR**  
ON  
**AYURVEDA FOR COVID-19 PANDEMIC**

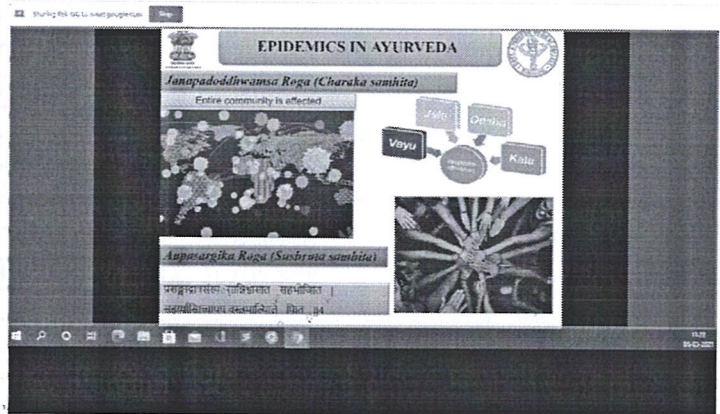
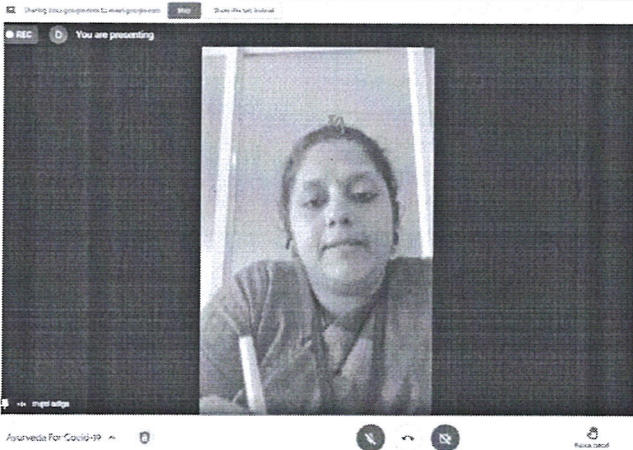
05 MARCH 2021 11:00AM

**Resource Person**



**Dr. Thrapthi Adiga BAMS, MD(AYU), (Ph.D)**  
Assistant Professor  
Govt. Ayurveda Medical College  
Bengaluru

Meeting Link: <https://meet.google.com/njw-ozgl-hbs?hs=122&authuser=1>



Prepared by: Prof. Sookshma Adiga

  
Signature of NSS coordinator

# Moodlakatte Institute of Technology Kundapura

## NSS UNIT

Ayurveda for covid-19 pandemic  
05/03/2021

### Participants List

SL. No.	NAME	USN
1	K VINAYAK C BHAT	4MK18CS005
2	MANESHWAR C	4MK18CS009
3	SHREYAS K POOJARY	4MK18CS017
4	ACHARYA ANKUSH RATHNAKAR	4MK19CS001
5	AKASH J	4MK19CS003
6	AKHILESH	4MK19CS004
7	AKSHAY KUMAR	4MK19CS005
8	AMULYA SHETTY	4MK19CS006
9	ARCHANA	4MK19CS007
10	CHETANA	4MK19CS010
11	CHIDANANDA RAMAKRISHNA HEGDE	4MK19CS011
12	DEEPA KRISHNA BHOVIVADDAR	4MK19CS012
13	DHRUVA SHETTY	4MK19CS013
14	GOWRAV	4MK19CS014
15	HARISH DEVAPPA PATAGAR	4MK19CS015
16	HEMANTH J M	4MK19CS016
17	HITHAISHREE G C	4MK19CS017
18	JAYANTHI MARUTI DEVADIG	4MK19CS018
19	JEET KUMAR SINGH	4MK19CS019
20	K M SADIK	4MK19CS020
21	KARIGOUDA M	4MK19CS021
22	KARTHIK KAMATH	4MK19CS022
23	KAVYA S BALLOLLI	4MK19CS023
24	KOUSHIK UDUPA K K	4MK19CS024
25	MAHAMMAD SHAKEER K	4MK19CS025
26	MAHAMMED SAHEED	4MK19CS026
27	MAMATHA	4MK19CS027
28	MANI KEVALA	4MK19CS028
29	MANISH P	4MK19CS029
30	MANOHARA S	4MK19CS030
31	MANOJ C S	4MK19CS031
32	MEGHANA SHET	4MK19CS032
33	MEHBOOB KHAN	4MK19CS033
34	MOHAMMED ISAQ	4MK19CS034
35	MOHAMMED ZIYAD	4MK19CS035
36	MUBARAK M	4MK19CS036
37	NEHA K V	4MK19CS037
38	NEHA MARUTHI BHOVI	4MK19CS038
39	NEHA S	4MK19CS039
40	PADMAVATHI	4MK19CS040
41	POOJARI SHRIKANT MAHADEV	4MK19CS041
42	RAKSHITHA	4MK19CS043
43	RAKSHITHA	4MK19CS044
44	SAHANA R NAIK	4MK19CS045
45	SALMAN SAIKALGAR	4MK19CS046
46	SAMARTH PRASHANT SAVANT	4MK19CS047
47	SANJAY B	4MK19CS048
48	SHREYA U KAMATH	4MK19CS049
49	SNEHA G	4MK19CS050
50	SURYAKALA M	4MK19CS053
51	TEJASWINI IRAPPA NAIK	4MK19CS054
52	SIRAJ AHMAD	4MK19CS055
53	MOHAMMAD FARHAN IMRAN	4MK19CS056
54	SHRIDHAR KRISHNAPPA SHET	4MK20CS405

55	VIDYA	4MK20CS406
56	AKSHAY IMMANADAVAR	4MK19ME001
57	KIRANRAJ H N	4MK19ME002
58	MIHAL RISHON DSOUZA	4MK19ME005
59	MOHAMMED FAIROZ	4MK19ME006
60	MOHAMMED SHAFIQ	4MK19ME007
61	NANDAN	4MK19ME009
62	NAVEENA KUMAR T	4MK19ME010
63	NITHIN K R	4MK19ME011
64	PRATHVIRAJ	4MK19ME012
65	RAGHAVENDRA D	4MK19ME013
66	VEERESHA	4MK19ME015
67	PREETHAM	4MK19ME016
68	DARSHAN N	4MK18CV002
69	NABISAB	4MK18CV003
70	AME NANGBO K	4MK19CV001
71	BHARATH KUMAR M	4MK19CV002
72	DEHTILI SANGTAM	4MK19CV004
73	INCHARA C	4MK19CV005
74	KIRAN M BARAKERA	4MK19CV006
75	NAYANA MANJUNATH HALLER	4MK19CV007
76	PAVANAKUMAR R	4MK19CV008
77	PRAJWAL K S	4MK19CV009
78	RANJITHA B V	4MK19CV010
79	SHIVANAND MATHAPATI	4MK19CV011
80	TALIMEREN AIER	4MK19CV012

*Abdul G*

Event coordinator

*BP*

NSS coordinator