



A Report on
Popular Lecture on
Nutraceuticals: One More Step Towards Good Health
Organized by
School of Studies in Biotechnology,
Pt, Ravishankar Shukla University, Raipur 492010, Chhattisgarh
8 December 2023

School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur 492 010, Chhattisgarh, organized a Popular Lecture on the topic “**Nutraceuticals: One more Step towards good health**”, of **Dr. Ram Lakhan Singh, Head, Department of Biochemistry, Rammanohar Lohia Avadh University, Ayodhya, Uttar Pradesh, on 8 December 2023.** All the M.Sc. students, research scholars and faculty members of the School attended the lecture.

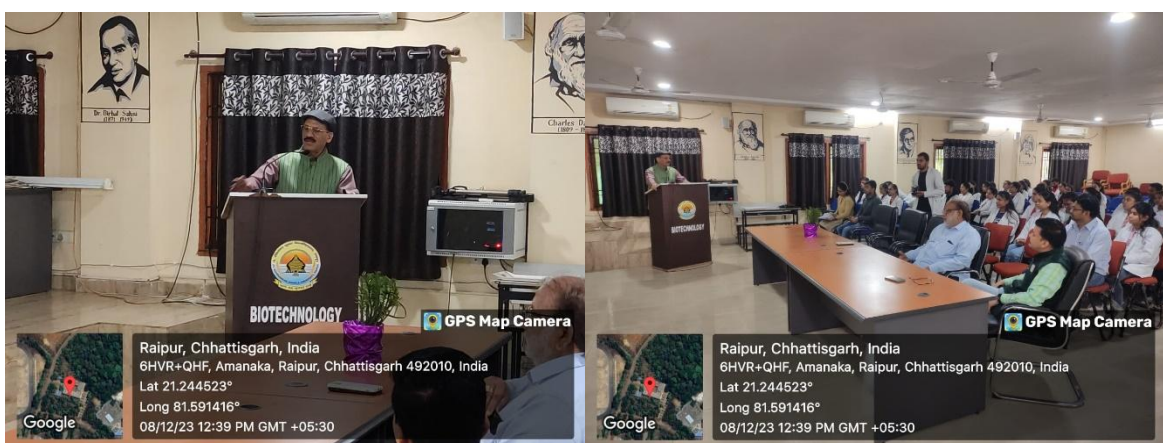
The program was initiated with the enthusiastic welcome of the respected guest by **Prof. Keshav Kant Sahu, Head, School of Studies in Biotechnology, Pt. Ravishankar Shukla University, Raipur**, followed by introduction of the guest to the audience.

The lecture started with a brief description of Ayurveda in its true essence and what it factually symbolizes along with the history of Ayurveda especially how its roots are deeply embedded in India followed by a comparative applicatory difference between the Ayurveda and Allopathy medicines used for treatments. The talk emphasized how Ayurveda gives us holistic treatment and provides the complete treatment of physical mental as well and spiritual health while Allopathy provides us with symptomatic treatment. The talk proceeded with the introduction of Xenobiotic compounds, how they have invaded the environment and their adverse effects on human health due to the increased number of ROS, and how Nutraceuticals are the best possible new strategy to overcome these health issues. A detailed explanation of what Nutraceuticals comprise and how it is more natural than using allopathy

was explained to the audience. Various subtypes of Nutraceuticals like functional food, beverages, and dietary supplements were explained in brief along with examples of commercial Nutraceutical products already available in the market and their benefits. The concluding part of the lecture contained the current trends and prospects of Nutraceuticals in which Nutrigenomics was proposed to be the most promising field in the future and the lecture ended with a brief glimpse of the status of the Global and Indian Nutraceuticals Market. The lecture was followed by an interactive session in which questions from the students and faculty members were answered by the speaker.

The session was a brainstorming, thought-provoking, and research-oriented mind hustle for everyone.

Glimpses of the Event



**Head, School of Studies in Biotechnology
Pt. Ravishankar Shukla University, Raipur**