

CENTENARY CELEBRATIONS

ŚATAPOORNIMĀ



GOVT. AYURVEDA COLLEGE  
TRIPUNITHURA

1926-2026

# NATIONAL SEMINAR

2026 FEBRUARY 26,27



## ROLE OF EVIDENCE BASED AYURVEDA IN PRE-DIABETES AND INSULIN RESISTANCE

Re-pairing the insulin-receptor interface so as to repair the damages caused by insulin resistance forms the moto in the management of Prediabetes and Insulin resistance, in which Ayurvedic principles of dosha-dhatu-malas, kleda and srotas can be integrated as an Ayurveda Biology approach.

This National Seminar is envisioned for this purpose.



GOVERNMENT AYURVEDA  
COLLEGE TRIPUNITHURA







**DAY 1 – 26-02-2026**

**KEYNOTE ADDRESS:**

**Dr. S GOPAKUMAR**, Registrar –Kerala University of Health Sciences

**EXPERIENCE SHARING:**

**DR. M R VASUDEVAN NAMPOOTHIRI**, RETD. DIRECTOR, AYURVEDA MEDICAL EDUCATION, KERALA, KERALA

## **SESSION 1 - BASIC PRINCIPLES**

**Chair - Dr. T Sreekumar**, Retd Professor and HOD

Vaidyaratnam Ayurveda College Ollur

1. Ayurvedic Concepts related to Prameha poorvaroopa and Samprapthi

**Dr. YADUNANDANAN KP**, Chief Medical Officer, District Ayurveda Hospital, Kozhikode, Kerala.

2. Ayurvedic understanding on the concept of kleda and pathophysiology of Insulin Resistance

**Dr. RESMI BG**, Asst Professor, Dept of Kriyasareera, AIIA Goa.

## **SESSION 2 - DIET & YOGA**

**Chair - Dr. Murali K**, Retd Professor and HOD Government Ayurveda college Tripunithura

1. Combining Ayurveda Dietetics with modern nutrition in the management of Prediabetes and Insulin Resistance

**SONIA VELARSAN**, Registered Dietitian, The University of Trans-Disciplinary Health Sciences and Technology (TDU), Bangalore, Kerala.

2. Role of Yoga and Diet in the management of Prediabetes and Insulin Resistance

**Dr. P SUDHAKAR REDDY**, Professor & HOD, Dept of Swasthavritta, JSS Ayurvedic Medical College & Hospital, Mysuru, Karnataka.



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**DAY 2 - 27-02-2026**

### **SESSION 3 - MANAGEMENT PRINCIPLES**

Chair - Dr. Vinodkumar G , Retd Professor and HOD Government Ayurveda college Thiruvananthapuram

1. Management of Prediabetes and Insulin Resistance –

**Dr. NAJEEB S**, Clinical Endocrinologist & Former Lecturer, Govt Medical College, Alappuzha, Kerala.

2. Clinical Experiences in the management of Prediabetes and Insulin Resistance

**Dr. SATHYANARAYANA B**, Principal, Muniyal Institute of Ayurveda Medical Sciences, Manipal, Karnataka.

3. Management of Insulin Resistance – Ayurvedic Perspective

**Dr. PARVATHY UNNIKRISHNAN**, Associate Professor, Dept of Prasutitantra and Streeroga, Amrita School of Ayurveda, Kollam, Kerala

### **SESSION 4 - RECENT ADVANCEMENTS**

Chair - Dr. Giri PV, Retd Professor and HOD Vaidyaratnam Ayurveda College Ollur

1. Glucose Metabolism and Insulin Resistance – An Ayurveda Biology approach

**Dr. C N VISHNUPRASAD**, Associate Professor – Ayurveda Biology, TDU Bangalore, Karnataka.

2. Research areas related to Prediabetes -

**Dr. RAMESH R VARIER**, Managing Director & Senior Physician, Arya Vaidya Nilayam, Madhurai, Tamil Nadu.

**FREE  
REGISTRATION  
LIMITED SEATS  
LAST DATE : 18/02/2026**



**Contact For  
further details**

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DR ANANDHU PRABHAKAR 79022 14137  
DR ABHIL K P 89213 27724**



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# PRE-SEMINAR WORKSHOP

2026 FEBRUARY 23,24



ROLE OF EVIDENCE BASED AYURVEDA IN  
PRE-DIABETES AND INSULIN RESISTANCE  
NATIONAL LEVEL PAPER PRESENTATION  
COMPETITION ON PRAMEHA(ONLINE)

Sir/Madam,

Government Ayurveda College, Tripunithura, as part of its Centenary Celebrations “**Shatapoornima**”, is pleased to announce a National Level Online Paper Presentation Competition on the topic “**Prameha**.” The program aims to bring together academicians, clinicians, researchers, and students from across the country onto a common academic platform. This competition is open to teaching faculty of Ayurveda institutions, Ayurveda Medical Officers, Practitioners, PhD Scholars, Post Graduate Scholars and House Surgeons.

Dr Sindhu C  
Principal

Dr Sreeja Sukesan  
General Convenor



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## ONLINE PRESENTATION COMPETITION FOCAL THEME "PRAMEHA" - SUBTHEMES

1. Prediabetes Management – Case report
2. Prediabetes Management – Concept paper
3. Diabetes Management – Case report
4. Diabetes Management – Concept paper
5. Diabetes Complication Management – Case report
6. Research protocols on Insulin resistance
7. Any areas related to Diabetes mellitus



FIRST PRIZE  
10000/-



SECOND PRIZE  
7000/-



THIRD PRIZE  
5000/-

## ELIGIBILITY AND OTHER RULES

- The paper presentation competition will be open to Practitioners, PhD-PG-PGD Scholars & HS.
- Participants are allowed to submit an abstract on the e-mail id [repair2026@ayurvedacollege.ac.in](mailto:repair2026@ayurvedacollege.ac.in) and register to Re- Pair 2026 by submitting the registration form by scanning the QR code.
- Interested participants should send their abstracts and pre-recorded video by 16/02/2026
- Screening of the abstract and pre-recorded videos will be conducted, and the pre-finalists will be announced and intimated by e-mail  
Finale will be on 24th Feb. 2026.

## INSTRUCTIONS FOR PRE RECORDED VIDEO PRESENTATION

Present the topic in a concise manner

Video format MP4

Avoid Animations

Can use images, videos, pictorial representations for credibility.







## ABSTRACT SUBMISSION GUIDELINES

Abstract must follow:

IMRAD criteria

Abstract word limit:

250–300 words

Font size : 12

Font style : Times New Roman/ Arial

## EVALUATION CRITERIA

Relevance to theme

Classical references &  
scientific clarity

Research orientation

Innovation & originality

Presentation skills

## INSTRUCTIONS FOR PREPARING THE PRESENTATION SLIDES

Font : Times New Roman/Arial. Size is 28-32 for headline, 22-28 for text, 12-14 for references

Maximum 6-8 lines are permissible in a slide.

Only points have to be added in the slide.

Maximum number of slides for presentation: 10-15

Slight changes can be made according to type of study and findings.

Medium of presentation - English.

Avoid unwanted capitalization in the body of presentation (Except of acronyms) and avoid animations. Highlight the points in italics or Bold. Do not use underline.

- The presentation time is 5 minutes only.
- E-Certificate will be issued for all registered participants.

Finale - 24th February 2026



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