

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





RE-PAIR 2026

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 Sampraphthi
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 VELAR SAN, 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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RE-PAIR 2026

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 Lecurer, 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 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



GOVERNMENT AYURVEDA
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RE-PAIR 2026

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



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 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.





RE-PAIR 2026

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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