



Koneru Lakshmaiah Education Foundation

(Category -1, Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' ♦ Approved by AICTE ♦ ISO 21001:2018 Certified

Campus: Green Fields, Vaddeswaram - 522 302, Guntur District, Andhra Pradesh, INDIA.

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Ref: KLEF/RO/Women's Forum/2018-19

Date: 24-01-2019

Orders of the Vice-Chancellor dt. 24-01-2019

CIRCULAR

Sub: Conduction of workshop on **"Cosmetic Veda-Ayurvedic Solutions for skin and hair problems"** on 25th January 2019 – reg.

Ref: Letter dt.23-01-2019 from Dr.M.Sreedevi, Professor,CSE & Convenor,Womens Forum permitted by Pro-Vice Chancellor.

This is to inform that Women's Forum is conducting workshop on **"Cosmetic Veda-Ayurvedic Solutions for skin and hair problems"** on 25th January 2019 in our University for all the girl students and women staff, as per the details given below.

Resource person : Dr.S. Sahithi, CMD,BAMS,Vedamantra, Ayur Hospitals, Vijayawada

Date and Timings : 25th January 2019 **from 3.30 p.m. to 4.45 p.m.**

Venue : Rose Hall

HODs are requested to bring this information to the notice of all the girl students and women staff of their respective departments.

(Dr.R.R.L. KANTHAM)

Registrar

REGISTRAR

Koneru Lakshmaiah Education Foundation.
(Deemed to be University)
Green Fields, VADDESWARAM-522 302.
Guntur District, Andhra Pradesh.



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WORKSHOP ON COSMETIC VEDA - AYURVEDIC SOLUTIONS FOR SKIN AND HAIR PROBLEMS

Date : 25/01/2019
Time : 3:30 P.M to 4.45 P.M
Venue : Rose Hall, KLEF

OBJECTIVES

The primary objective of organizing a workshop on "Cosmetic Veda - Ayurvedic Solutions for Skin and Hair Problems" is to promote holistic well-being and educate participants about the ancient wisdom of Ayurveda in the context of skincare and haircare. This workshop aims to provide attendees with a deep understanding of Ayurvedic principles, remedies, and practices tailored to address common skin and hair issues. By achieving this objective, the workshop seeks to empower individuals to make informed and natural choices for enhancing their beauty and overall health, bridging the gap between modern cosmetic approaches and traditional Ayurvedic wisdom for a more balanced and sustainable approach to skincare and haircare.

DESCRIPTION

K L E F Women's Forum conducted a workshop on "Cosmetic Veda-Ayurvedic Solutions for skin and hair problems." in Rose hall on 25.01.19. Resource person Dr.S. Sahithi told that The term "Ayurveda" combines the Sanskrit words ayur (life) and veda (science or knowledge). Thus, Ayurveda means "the science of life." In Ayurvedic medicine, health is defined as the soundness of sarira (body), manas (mind), and atman (self). Each of these must be nurtured if an individual is to have good health. She also told that Ayurveda, the most trusted system of medicine evolved in India centuries ago, is widely being accepted and practiced in every part of the world today.

Ayurvedic medicine aims to integrate and balance the body, mind, and spirit. This balance is believed to lead to happiness and health, and to help prevent illness. Ayurveda offers methods of finding out early stages of diseases that are still undetectable by modern medical investigation.

The people who are coming from the Ayurveda background they only come to know the importance of the medicine. But the fact is that it includes several key functions in disease treatment. The main goal of Ayurveda is prevention as well as the promotion of the body's own capacity for maintenance and balance. Ayurvedic medicine aims to integrate and balance the body, mind, and spirit. This balance is believed to lead to happiness and health, and to help prevent illness. Ayurvedic medicine also treats specific physical and mental health problems.

She also told that every woman wants Beautiful, smooth, radiant skin is something everyone wants, but as we age, our skin tends to become drier and more irritated during cold seasons. Dry skin also causes wrinkles to develop earlier, making us look older. A clear, radiant complexion is a sign of good health. Beautiful, smooth, radiant skin is something everyone wants, but as we age, our skin tends to become drier and more irritated during cold seasons. Dry skin also causes wrinkles to develop earlier, making us look older. A clear, radiant complexion is a sign of good health. She also told some tips for nourish our skin. She also told some tips for good skin they are

1. Abhyanga
2. Shower less, use more oil
3. Drink enough water
4. Nutrition
5. Get enough sleep.
6. Reduce stress
7. Avoid extreme weather conditions

Hair fall :-

Dr.S . Sahithi also say relentless hair fall can indeed be extremely distressing for us and can have a grave psychological impact on our overall well-being. “Shedding hair can be one of the major reasons for dwindling self- confidence. Our current hectic lifestyle, pollution, and adulterated hair care

According to her In ayurveda, everything in the universe is made up of the five elements air, fire, water, earth and ether - and the three doshas, namely vata, pitta, and kapha. Ayurvedic experts say that we can achieve sparkling health by balancing these within our body, from hair colour to body type to the kind of illnesses we can get afflicted with. There can be various reasons for hair fall. These include weight loss, abysmal iron levels, irregular diet, stress and thyroid and hormonal imbalances. According to her a well- functioning body system is needed to control hair fall. In other words, the very root cause of hair loss needs to be tackled first. Ayurveda is not just about taking herbal medicine; it's also about following a strict lifestyle regimen. She also says that following Ayurvedic concepts such as Dinacharya and Ritucharya can go a long way in ensuring a host of health benefits. The basic idea behind these principles in Ayurvedic medicine is to prevent diseases by making lifestyle changes in accordance with cycles of Nature. Dinacharya involves organizing daily activities around two cycles of change that occur every day. Dinacharya routine includes waking up early, hygiene, exercise, meals, relaxation, sleeping and so on. Ritucharya involves lifestyle regimen to be followed each season. She told some natural Herbs if we apply to our hair that prevent hair fall they are

1. Aloe Vera
2. Bhringaraaja (Eclipta prostrata)
3. Amla (Indian Gooseberry)
4. Brahmi (Centella asiatica):
5. Ritha (Sapindus mukorossi)
6. Ashwagandha (Withania somnifera)

Some tips to prevent hair loss

1. Do yoga and meditations as these are stress buster and mood elevator
2. Adequate amount of water is essential for proper growth of hair
3. One shouldn't comb when the hair is wet

4. Sound sleep for 7-8 hours is utmost important
5. Avoid beverages like alcohol, coffee, excessive smoking
6. Give more weightage to seasonal fruits and green vegetables
7. Iron rich and adequate protein diet is good for hair loss
8. The juice of carrot, lettuce is good for hair growth
9. Avoid Pitta aggravating foods like spicy, fried and oily foods
10. Applying the juice of coriander on the scalp proves very fruitful in preventing of hair loss.

OUTCOMES

The outcomes of organizing a workshop on "Cosmetic Veda - Ayurvedic Solutions for Skin and Hair Problems" are multifaceted. Firstly, participants gain a deeper appreciation and understanding of Ayurvedic principles, enabling them to make informed choices for their skincare and haircare routines, potentially resulting in healthier and more radiant skin and hair. Secondly, the workshop may foster a sense of connection to traditional holistic practices, encouraging a more sustainable and natural approach to beauty and well-being. Thirdly, attendees are equipped with practical knowledge and tools to address common skin and hair issues, promoting self-confidence and overall health. Ultimately, these outcomes contribute to a more empowered and informed community of individuals who are better equipped to take care of their skin and hair in a way that aligns with Ayurvedic principles and promotes lasting beauty and wellness.

PHOTOS



Dr. S . Sahithi addressing the gathering and talking about preventive measures to be taken for hairfall on 25/01/2019



**Few of the Participants & Dr.M. Sreedevi, Convener, KLEF Women's Forum felicitating resource person
Dr. S . Sahithi on 25/01/2019**

FACULTY LIST:

S.No	Emp No	Name of the employee	Designation	Department
1	4667	A VANI	PROFESSOR	CHEMISTRY
2	4540	M.K.JYOTHI	PROFESSOR	ENGLISH
3	2921	M.LATHA	ASSOC.PROF	ENGLISH
4	2746	K.VISHNU DIVYA	ASSOC.PROF.	ENGLISH
5	4433	BHEEM SEN KALA	ASST.PROF.	MATHS
6	4160	MS.SONTI ANUSHA	ASST.PROF.	MATHS
7	4643	YELLA BHARGAVI	ASST. PROF.	MATHS
8	4386	PAMULA RAJA KUMARI	ASST.PROF.	MATHS
9	577	MS. S.LAVANYA	ASST.PROF.	ENGLISH
10	1514	MS.N.V.SIVA KUMARI	ASST.PROF.	ENGLISH
11	1906	MS.V.LEELA PRIYADARSINI	ASST.PROF.	ENGLISH
12	3990	SHAIK MAHAMUDA	ASSOC.PROF.	PHYSICS
13	1851	N.KRISHNA JYOTHI	ASST.PROF.	PHYSICS
14	4713	PASUPULETI RAMA DEVI	OFFICE ASSISTANT	EXAM SECTION
15	4714	KANTAMANENI SUJANI	DIGITAL LIBRARY ASSISTANT	CENTRAL LIBRARY
16	4724	VEERAMACHANENI LIKITHA	GYM TRAINER	PHYSICAL EDUCATION DEPARTMENT
17	4717	TAMMIREDDY LAKSHMI PRASANNA	LAB TECHINICAN	PHARMACY
18	4733	S LAKSHMI KUMARI	DIGITAL LIBRARY ASSISTANT	CENTRAL LIBRARY

PARTICIPANTS LIST:

⑥ COSMETIC VEDA 6-

S.No	ID Number	Name of the Student	Signature
1	160010121	Vyshnavi Davuluri	Vyshnavi
2	170030160	Bondalepati Sai Harsha	170030160
3	180040411	R. Sai Sanjana	R. Sanjana
4	180550003	Shivani Ambati	Shivani
5	170040061	A AMULYA	Amulya
6	180031077	SRANYA KOSURU	Sanja
7	180550025	Anusha Kotha	Anusha
8	170030944	G.T. SUD. Lakshmi Sai Amulya	Amulya
9	180040043	Bhimireddy Chandana Sai	Chandana
10	170040237	Ganji Spandana	Spandana
11	170541215	Tainisha Chhajer	Tainisha
12	180040476	Sai Sarathi Atmakuri	Atmakuri
13	170031049	Pothula Parnata Reddy	Reddy
14	170550057	Thiella Aneetha Aksharika	A. Aksharika
15	180040588	SURKARA Nirmala	Nirmala
16	182510067	CH Reshma	Reshma
17	180040542	Kondamuri Sai Venkata	Venkata
18	180550005	Trilokya Adappa	Trilokya
19	170541025	Kondeti Leavya	L. Leavya
20	180050077	Kalaguru RASAI	Kalaguru
21	170030138	Bikki Sai Bhargavi	Bhargavi
22	160570007	Battula Yojana	Yojana
23	172510081	Chinnagapati Monika	Monika
24	180550006	Venkata Sai praneetha Akhanta	A. praneetha
25	170031561	Akhanta Deepika	Deepika
26	170541302	Mahima Maha Reddy	Reddy
27	170040956	Vummadi setty Monika	Monika
28	170030110	Batiku Lalitha Devi	Lalitha
29	180031421	Chinnagapati. Srija Choudhary	Ch. Srija
30	170040792	Shah Nazma	Nazma
31	1700170007	Kottamuru Sesha Sai Valli	Sai Valli

S.No	ID Number	Name of the Student	Signature
32	170050042	Guntupalli Anvya Akhila	C. Akhila
33	170030571	Kanti Sudheera	Sudheera
34	180031433	C Alex	Alex
35	180040654	Jada Ramya Sai	Ramya
36	172510066	Yadlapalli Naga Tolasi	Tolasi
37	170040999	Vithanala Keerthana	Keerthana
38	170040021	Alla Abga Venkata Sahithya	A. Sahithya
39	170031318	UPPALA SATHYA ANAYATH	Anayath
40	182510113	U Lakshmi Harika	Harika
41	170040017	Akula Triveni	triveni
42	170040065	Badugu Vybhavi	Vybhavi
43	1800550081	Sai Divya Karakanchi	Karakanchi
44	170050130	Tulasi Anvya Tejaswini	T. Anvya
45	180030168	Boyidapu Nikhita Sai	Nikhita
46	170031052	Pranathi Vasi	Pranathi
47	182510042	P. Susmita Chowdary	Susmita
48	1700100433	Veesamacheri Phani	Phani
49	180180046	Chinnathala Bindu	Bindu
50	170070530	Kallepalli Haritha	K. Haritha
51	180180012	Vasu Aparna Reddy	Aparna
52	170040190	Chinnalmita Nikhila	Nikhila
53	170031461	Balumuri Variga	Variga
54	170170038	Geethika ALLA	ALLA
55	170030500	Kanchineni Hari Varunavi	K. Hari Varunavi
56	170030961	Palempati Akhila	Akhila
57	170030557	Kante Sri Varsha	K. Varsha
58	170030420	GUDACA POOJA MAHI	MAHI
59	170030420	Sreelekha Alluri	Sreelekha
60	170040688	Param Ramya	P. Ramya
61	180030980	Budeti Nikhita	Nikhita
62	170030066	Anvya chebrolu	C. Anvya

S.No	ID Number	Name of the Student	Signature
63	170030979	Parehuri Pavani	P. pavani
64	170570046	Palapogu Karishka	Karishka
65	170030074	Aravupalli Ojeswi	Ojeswi
66	170541051	Syedul Feroze	Feroze
67	180010003	K. Madhuri	Madhuri
68	180040090	BECCAMPONDA PAVANI	Pavani
69	180050084	Mahadasi Tushara	M. Tushara
70	170550025	Chinnasi Niharika	Niharika
71	170511331	Kota Venkata Sri padmini	Padmini
72	160541036	Parthi Bindu Ravani	P. Ravani
73	170030981	Swantani	Swantani
74	170040846	Tadiboina Manwitha	T. Manwitha
75	170041164	Karuturi Raja Amruthabala	Amrutha
76	182510089	M. Sushmitha	Sushmitha
77	180550028	Laanya Priya Koneru	K. Priya
78	170541054	Uppalapati Charitha	Charitha
79	170081073	Putta Aswini Sai	Aswini
80	170570029	Lakshakula Swathi Kiran	L. Swathi
81	170040138	Chatsagadda Madani	Madani
82	182510118	S. Naga Rani Sai Anurha	Sai Anurha
83	180031413	COLLAPUDIPAVANI SAI	Pavani Sai
84	170030443	Gurram Rama	Rama
85	170040574	Munigala Bindu Madhuri	M. Bindu
86	170040714	Pulavathi Lohani	Lohani
87	182510007	Chitturi Meghana	Meghana
88	170030610	Kolukuluru Manditha	K. Manditha
89	160570018	Hemanubika	Hemanubika
90	170050034	Kanji Volage	K. Volage
91	180040263	Pisipati Sri Vidya	Vidya
92	180040263	Pisipati Sri Vidya	P. Vidya
93	180020054	Harini Rathod	Harini

S.No	ID Number	Name of the Student	Signature
94	170030923	Nileetha shreya Bondela.	P. Nileetha
95	160010133	Shazma Yammamda.	Shazma
96	1608101148	Gunti Prathyusha	P. Prathyusha
97	170010042	Chodisetty Rkanya	C. Rkanya
98	182910034	M. MYTHREI	mythrei
99	170040893	Uppalapati Akshitha	U. Akshitha
100	170541022	Kararam. Harshitha.	b. Harshitha
101	180040504	Mathi Rushmi Sai	Rushmi
102	170040328	C. Linaija Reddy	Linaija
103	170030869	Nafisa Nawaz	N. Nafisa
104	182510046	Shaib Yasmineen	Yasmineen
105	170040913	Vedachree pothureddy	P. Vedachree
106	1700409796	Sheshmesetty Rupa	Rupa
107	180550018	Pallavi Devapuja	D. Pallavi
108	170541072	Dasari Akhila	Akhila

R.R.R. KANTHAM

(Dr.R.R.L. KANTHAM)

Registrar

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