



*Centre of Central Asian Studies,
University of Kashmir*

EXTENSION LECTURE

"THE ROLE OF AYURVEDA, YOGA, AND DIET IN MAINTAINING HOLISTIC HEALTH: FROM PHYSICAL (SARIRIKA) TO MENTAL (MANASIKA) WELL-BEING"

ABOUT SPEAKER

Dr. Anurag Pandey is a distinguished academician and Ayurvedic physician currently serving as Assistant Professor (Stage III, Academic Level 12) in the Department of Vikriti Vigyan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University. He holds a B.A.M.S. from Vikram University, an M.D. in Roga Nidana and Vikriti Vigyan from the National Institute of Ayurveda, Jaipur, and a Ph.D. in Ayurveda from BHU. His doctoral work critically examined Retas Pareeksha (semen examination) in the context of male infertility among tribal populations. His research interests span Ayurvedic diagnostics, male reproductive disorders, psychoneuroimmunology, and the emerging field of Ayurgenomics. He has supervised numerous postgraduate and doctoral research projects and has published over 65 peer-reviewed papers in national and international journals.

Dr. Pandey has represented Indian Ayurveda at several international academic forums, having delivered invited lectures and keynote addresses in Nepal, the United Arab Emirates (Dubai), Hungary, Italy, Slovenia, Slovakia, and Austria. He is actively involved in transdisciplinary research initiatives and serves as an advisor to Ayurveda institutes in India and abroad. In recognition of his academic and clinical contributions, he has received several national and international awards, including the Young Scientist Award (Nepal, 2019) and multiple honours for excellence in teaching, research, and public health outreach.

Venue: Conference Hall, CCAS
14th July, 2025. 11:00 am

Director & Convenor
Prof. Wahid Nasaru

Coordinator
Dr. Mohmad Ilham Sheikh

