

3. Delivered a Lecture on- **"Importance of Yoga and Ayurveda for Healthy"** in NCC training Programme organized by Life No. 1 (Andaman & Nicobar) Independent Infantry Company NCC, P/B on 15th November 2013.
4. Delivered a Lecture on- **"A Brief note on Medicinal Plants of Andaman and Nicobar Islands"** in NCC training Programme organized by Life No. 1 (Andaman & Nicobar) Independent Infantry Company NCC, P/B on 15th November 2013.
5. Delivered a Lecture on - **"Role of Ayurveda in geriatric Health"** at Chinmaya Mission, P/B organized by Chinmaya Mission on 30th March 2014.
6. Delivered a Lecture on - **"Basic Principles of Ayurveda and their application in treatment (chikitsa)"** in State Level Re-orientation Training Programme for AYUSH Medical Officers on Mainstreaming of Ayurveda & Homoeopathy organized by State Health Society (AYUSH), Andaman & Nicobar Union Territory Health Mission on 6th March 2012.
7. Delivered a Lecture on - **"Concept of Ayurvedic posology and its implementation in good clinical practice"** in State Level Re-orientation Training Programme for AYUSH Medical Officers on Mainstreaming of Ayurveda & Homoeopathy organized by State Health Society (AYUSH), Andaman & Nicobar Union Territory Health Mission on 7th March 2012.
8. Delivered a guest Lecture on - **"Importance of some Ayurvedic Medicinal plants in day today life"** in a function organized by C.P.R. Environmental Education Center, CARI, Garacharma, Port Blair on 09th Nov. 2011.
9. Delivered a guest Lecture on - **"The unique role of Ahara & Vihara in maintaining the equilibrium of Health as per the Ayurveda"** in a function organized by Naval Ship Repair Yard (NSRY), Port Blair on 27th Oct. 2011.
10. Delivered a guest Lecture on - **"Understanding of Yoga in the light of Ayurveda"** in 2nd National Yoga Championship organized by Sri Annai Arvind Health Care and social welfare trust (SAAHSWT), Port Blair on 25th July 2011.
11. Delivered a guest Lecture on - **"Concept of Health through Ayurveda and its relevance to the Environment"** in a function organized by C.P.R. Environmental Education Center, CARI, Garacharma, Port Blair on 19th June 2011.

List of Seminars Participated

A. International:-

1. Fourth International Seminar on Ayurvedic Education, Research & Drug Standardization a Global perspective organized by Gujarat Ayurved University on 5-7th Jan 2003, Jamnagar.

B. National:-

1. Workshop on Medical Astrology organised by Gujarat Ayurved University, Jamnagar on 01st June 2003.
2. National symposium on *Ayurvedic* Approach to Allergic disorders organised by Gujarat Ayurved University, Jamnagar on 20 -21st July 2003.
3. Workshop on Ayurvedic Terminology organised by Commission for Scientific and Technical Terminology Ministry of Human Resources Development, Govt. Of India at Gujarat Ayurved University, Jamnagar on 29-30th August 2003.
4. National seminar on *Ayurveda* for better Health & workshop on Clinical Application of *Rasa-Shastra* organised by Gujarat Ayurved University, Jamnagar on 24-25th Jan 2004.
5. National Seminar on Mental disorders organised by Institute for Post Graduate Teaching and research in Ayurved, Gujarat Ayurved University on 20-21st July 2004.