



October 17, 2024

International Conference on AYUSH for Good Life Inaugurated at IUST

Awantipora, October 17: The Islamic University of Science and Technology (IUST) inaugurated the International Conference on "AYUSH for Good Life: Integrating Indian and Modern Systems of Medicine" today. The three-day event brings together experts and medical professionals from around the world to discuss and explore the fusion of traditional AYUSH sciences with modern healthcare practices.

The chief guest of the inaugural session was Dr. N. Zaheer Ahmed, Director CCRUM and Prof. Ashraf Ganaie, Director SKIMS Srinagar was the Guest of Honour. Prof. Shakil A. Romshoo, Vice Chancellor, IUST, called for a collective effort in making AYUSH more accessible through modern technology. He said that we must leverage technological advancements to promote AYUSH sciences widely, and urged on creating a consortium of medical professionals from diverse fields to work towards this goal.

In his address, Dr. Zaheer Ahmed, discussed the expanding influence of AYUSH both nationally and internationally. He said that AYUSH is not only gaining recognition in India but also gaining traction across the globe as an effective system for holistic health. He also noted that the AYUSH Centre at IUST has already served over 3,000 individuals, underlining its impact on community health.

Prof. Ashraf Ganie, praised IUST for establishing centres of excellence like the Centre for AYUSH Sciences. He said that combining the strengths of allopathic and Unani medicine is crucial in tackling widespread diseases like diabetes, which is on the rise in Kashmir. Prof. A. H. Moon, Dean of Academics, reiterated IUST's commitment to bridging the gap between traditional and contemporary medicine. He said that the university is dedicated to finding practical solutions to societal problems and by integrating the strengths of both traditional and modern medical systems, the university aim to elevate the region's health standards.

Dr. Hakim Mousin Dehlvi, General Secretary of UDMA, who was a special invitee of the program highlighted the importance of promoting AYUSH for a healthier life. Such conferences are vital for raising awareness and showcasing the potential of AYUSH in offering holistic solutions to modern health challenges, he said. Earlier, in his welcome address, Prof. Ayub Qadri emphasized the importance of AYUSH in enhancing overall health and well-being. He further said that AYUSH sciences have a deep-rooted connection to our heritage, and their relevance in today's healthcare landscape is more crucial than ever.

Adding to the conference's agenda, a health mela is being organized, providing free medical consultations and healthcare services to the public, reinforcing the practical benefits of AYUSH in community health. A poster session and panel discussions were also held as a part of the



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three-days event. The conference is being coordinated by Dr. Arsheed Ahmad Ganaie, Coordinator of the Centre for AYUSH Science, IUST. The inaugural session was moderated by Dr. Aanisa Nazir, faculty member at the Centre for Vocational Studies.

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