



KUMARI ARIVAL PERAVAI
YOUNG SCIENTIST PROGRAMME 2015 – 2016
“CONSUME WITH CARE”
Seminar
on
Health Consciousness through Food
November 7, 2015

“VPRO Technologies”
Marthandam”

Vishnu Shankar JR,
Red Team Leader

The second meeting for the selected Young scientist students 2015 – 2016 was conducted at VPRO Technologies, Marthandam on November 7, 2015. I was very pleased to get the chance to compeer the meeting. The meeting started sharply at 1:45 pm. Dr. Sudarkodi (Associate Professor, Govt. Ayurveda Medical College, Kottar) was the chief guest of the programme. Mr. Mullencherry M.Velaian (Organizer – Kumari Arivial Peravai), Mr.P.Gopala (Administrative Officer – Excel Group of Schools), Shri. Edwin Sam (Social Scientist), Shri. John Rabikumar (ISRO – Propulsion Complex, Mahendragiri), Mr. Samraj (AEEO Rtd), Mr. Shubin Tad (Assistant Professor), Mr.Vinod (Director – VPRO Technologies), Mr. Johnson (Administrative Officer – VPRO Technologies) Mrs. Babitha (Teacher), were the eminent personalities present. I was very much delighted to invite all these personalities to the dais. The meeting began after singing the Tamil Thai Vazhthu. Later Shri. Velaian was invited to deliver the introductory address.

Shree Velain greeted all the personalities who attended the meeting. He welcomed us all of us. He conveyed a good message that Jasim Farvin Faiz Mohammad, a member of the red team was appointed as the leader of the yellow team. He gave a very good talk with lot of advises. He instructed us to be very active and to show responsibility to any work that we do and also to have keen observation. He also conveyed about the next meeting. It will be a two days ‘camp at the CSI Institute of Technology, Thoivalai, on November 14 and 15. He gave the rules that we must follow over there. He also said about the timing of the programme. He told about the importance of this meeting in which there would be a seminar

on **“HEALTH CONSCIOUSNESS THROUGH FOOD”**. Before ending his words, he also discussed some mistakes made by the children while writing the report. After giving certain instructions Mr. P.Gopalan was called upon to deliver the presidential address.

He greeted us all. He discussed about the importance of food as a healthy medicine. “Food is medicine” – he quoted. He said that when food is eaten in a right amount it becomes medicine but if eaten more it would become the greatest poison ever. Hippocrates has rightly said that “Let food be the medicine and medicine be the food”. His speech was very informative. Next, Dr. Sudarkodi was welcomed to give a brief presentation on the title “Health consciousness through food”.

First of all, mam congratulated KAP for all its efforts in carving the children into a right path. Then she went to her presentation. “There is no love sincere than the love of food” – George Bernard Shaw. She said a Sanskrit line **“DHARMA ARDHA KAMA MOKHA”**. She also conveyed the meaning of this sentence – To get moksha, we must live better. Her words:

“It is proven that Ayurvedic genetic study is better than present genetic studies. Our gene depends upon the land we live. Food is the most important part of our life. Food provides nutrients to our body which help us to stay fit for a longer period. When there is a change in the normal functioning of the human body, there is a chance for us to get affected with disease. Food is medicine. The Panchabuthas present in the body, is very important to lead a proper lifestyle. The **Panchabuthas** are:

- *Sky*
- *Air*
- *Water*
- *Fire*
- *Earth*

All the systems in the human beings are controlled by these Panchabuthas. They help in normal functioning of the human body.”

She explained each Panchabuthas to us.

1. VAYU:

Air and Sky comes under Vayu. Most of the function in the body is maintained by a force called Vayu. It helps in transportation of substances across the body. It mainly transports substances through the blood vessels in the form of blood. It is also called Kinetic or vatam.

2. PITTAM:

The hotness in the body is felt because of pitta. Our body has a normal temperature of 98.4 °F. Pitta also affects in the change in hormones of the body. It destroys the bacteria in our body and helps us to stay healthy. She also gave a small example of how pitta works.

When a tasty food is kept before us and if saliva forms in our mouth, then the elements in pitta work properly.

3. KAPHA:

Kapha helps in the normal movements of the body. It helps to make our body muscles and bones stronger. It helps in preventing Osteoporosis (weakening of the bones in the body). The most common example of Kapha is Calcium which makes the bones healthier.

TASTE BUDS:

There are six taste buds in our tongue which help in tasting the food better. Every taste has effects in our body.

a) Sweetness

This is the most eaten taste. This taste tempts us to eat more. Eating sweet food, make the body muscles and bones stronger. It helps in circulation of blood. Eating too much of sweet can increase the rate of disease like diabetes. There is also a chance for increase rate of heart attack.

b) Sour

Eating this taste helps in producing more growth hormones. It also increases hunger.

c) Salt

Salty taste helps in proper excretion of waste in the body. Eating more can become poison and cause disease like thyroid.

d) Bitter

It helps in cleaning the blood and blood vessels. It provides more immunity power to the body. It helps in reducing Pitta. More Pitta can affect the cells in the stomach. It maintains the balance of Pitta in the body.

e) Spice

Spices are mostly used taste by the Indians. When used little, it helps to eliminate bacteria, but when used more, it can destroy the cells of the body. Examples – Ginger, cardamom etc.

f) Astringent

It decreases the excess rate of water and fat cells in the body. Banana flower is one example of astringent. It also helps in excretion of body waste.

She said these words – “Take care of the stomach, then the body will be healthy. Eat healthy food. The stomach is like a machine. Never fill the stomach completely. Around $\frac{1}{4}$ of the stomach must be free. Then the digestion will take place properly.

How to eat healthy food:

- a) Eat only when the stomach is empty.
- b) While eating, concentrate on the food. It is only then the taste of the food would be felt and digestion would take place properly.
- c) Never eat more food, if the stomach does not feel good.

She said a quote of Thiruvalluvar – “Eating more, eating less can affect us with disease”. She also explained about the effect of land in our food. Our gene depends upon the food we eat. She discussed about the nutritional value of some cereals like Fox tail millet, Barnyard Millet, Italian Millet etc. She also talked about the nutritional value of Gooseberry which is rich in antioxidant properties and Vitamin C. She also gave us details about the Triphala Powder which is rich in nutrients that can prevent lot of diseases.

Mam gave very detailed information on HEALTH CONSCIOUSNESS THROUGH FOOD.

Then there was a feedback session by the young scientists. Later one student from each team was invited to speak on IMPORTANCE OF TREE.

Then there was a team meeting. All the teams accommodated in a single hall. In the team, there was a discussion about the camp that would be held on Nov 14, 15. Mr. Samraj went through the documentation of the students of the red team. He instructed us to improve our way of presentation. Then Shri. John Rabikumar gave a chance to all the students to present their study on water resources. Then each student was assigned with their work that they must do in the next meeting. After the group discussions, the meeting came to an end around 4:30 pm.

“The food we eat can either be the safest and most powerful form of Medicine or the slowest form of Poison” – Ann Wigmore. Today’s meeting has made a great impact in me. It helped me to develop my communication skill. It also helped me to fight my stage fear. I could evaluate myself through this meeting. It helped me to develop my pronunciation, clarity and also my English skill. The speech by Dr. Sudarkodi enlightened me with a lot of knowledge about Food. This meeting also provided me a lot of encouragement for the upcoming

programmes of KAP. The members of KAP helped me a lot to correct my mistakes. This meeting surely helped me to develop in all aspects.

Jasim Farvin Fize Mohamed
(Leader of Yellow team)

“The important thing in science is not so much to obtain new facts as to discover new ways of thinking about them”

~WILLIAM LAWRENCE

After the first introductory teams meet session, we were asked to report at Vpro Technologies Marthandam on 7-11-2015. Being this day we remember that NASA had launched the Mars Global Surveyor into the space in the year 1996. As instructed, I reached Vpro Technologies at 13:30 hrs .The programme began sharp at 14:00 hrs, with Tamil Thai Vazhthu and the session was anchored by Vishnu Shankar J.R. (Leader – Red Team)

After his welcome speech, Mr. Mullanchery M. Velaian (Organizer, Kumari Arivial Peravai) gave the introductory address. He thanked the Vpro Technologies for conducting this programme at their Premises and happy with the comfortable arrangements. He mentioned about the Article written by Shri. Bergin (P.G. Asst. Govt. H. S. S. Sayalkudi) on fruits / food advantages and disadvantages that, what man can eat and not to eat. With valuable lectures shared by Dr. Sudarkodi and the Head of Anatomy department (Govt. Ayurveda College Nagercoil) and the leach therapy given to the patients during the lab visit. He also briefed the agenda for the next Scientific Awareness Camp, which will be held at C.S.I Institute Of Technology, Thovalai on 14th and 15th Nov, 2015.

Then comes Shri.P.Gopalan (Administrator, Excel Group of Schools) was explaining on food awareness. As junk foods like noodles disadvantages for mankind and he also welcomed Smt. Dr. Sudarkodi on the dais to address her valuable speech, related to Food and requested all the students to take notes on her speech and share it to our parents and elders.

Followed by Smt. Dr. Sudarkodi (Associate Proffesor, Govt. Ayurveda Medical College, Nagercoil). Said the first time when she spoke for Kumari Arivial Peravai programme, she wasn't aware of the background of KAP. Gradually she was impressed about the activities of KAP that interacts with children focusing for their developments on skill, attitude and time managements which helps to bring their hidden talents made her to be a happy member of KAP.

To start with her presentation “FOOD IS MEDICINE” We all should have an idea of what is Ayurveda? And what all said on the traditional medicine are true. Prakruthi analiyist done by our elders/Rishis proven results of Ayurveda medicine are valuable. Mr.G.Nammalvar (Indian Organic Farming Scientist) who fought for the rights at United States of America for our

Turmeric (Manjal) was impressive. In olden days there were difficulties in identifying Bacteria, Virus, etc., and now due to the developments of technology Ayurveda study has developed towards modern genetic study and grew a lot.

All the things in the world are made from five elements (Fire, Water, Earth, Air and Akasha) along with Three "Dosha". As we learn more on Dosha, is one of three bodily humors that make up one's constitution. These teachings are also known as the Tridosha theory.

How does our body works? Functions and the systems in our body are related to each other elements.

| Kinetic Part | Composition |
|----------------------------|---------------|
| Potential Energy (Kapha) | Earth - Water |
| Thermal Energy (Pitta) | Fire |
| Kinetic Energy (Vata) | Air - akasha |

Kapha : Plays a major role in our body. It governs all structure and lubrications in the mind and body. It controls weight, growth and lubrication for the joints and lungs, and formation of all the seven tissues like Nutritive fluids, blood, fat, muscles, bones, marrow and reproductive tissues.

Pitta : Each and everything in our body has to be converted to another thing. The food we eat is churned through our mouth and enters our stomach. In the stomach Pitta separates the nutrients from the churned food. It helps in process of supplying nutrients to the body controls digestion, metabolism and energy productions.

Vata : It circulates the body fluids, controls respiration and governs all movements in the mind and body. It controls blood flow, elimination of waste and thoughts across the mind. Since Pitta and Kapha cannot move without it, Vata is considered the leader of the three Ayurvedic Principles in the body.

Later she explained the Six tastes and their functions as follow:-

- Sugar helps in building and strengthening of bones
- Sour taste is good for heart
- Salt helps in the removal of waste from our body
- Bitter helps in the reduction of fat in our body

- Spice reduces our body weight
- Ostrigent helps in the removal of impurities from the blood

Subsequent topic was about how to “Consume Healthy Food”?

- Eat when you’re hungry, stop when you’re full
- While eating the concentration should be on the food
- The food should be consumed only at a limited quantity
- Avoid junk food, don’t get suckered in to fad diets

She also shared about the Nutrition value of many other Cereals and “Triphala”

Triphala consisting of three fruits (Amalaki, Bibhitaki and Haritaki) native to the Indian subcontinent. The benefits of Triphala are great, it supports the natural functions of the liver and the immune system, Maintains the respiratory system and keeps under control, removes toxins and helps maintain healthy levels of weight. Being Natural Antioxidant it fights against disease. She advised all of us who present in the meeting to consume it in our daily food which impressed me a lot.

Finally the programme came to the feedback section and I came forward to deliver the feedback first and it was followed by other young scientists. Then we were arranged into five groups and submitted our works, later discussed about the next “Scientific Awareness Camp” and uniforms with ID card were distributed to all the students.

There is a saying that “When the going gets tough, the tough gets going”. Through this program, I think this will suit Kumari Arivial Peravai because, in the first introductory meet I felt this would be tough, but going on I am happy with KAP which develop confident in me to move forward in my life. From this meeting we gathered a lot of information about food, the scientific values, how to Consume food and their functions in the human body. Once again I thank Smt. Dr. Sudarkodi for giving us such a great informative presentation on “Food is Medicine. Next I thank all the dignitaries of KAP who spent their valuable time.