



INTEGRAL UNIVERSITY



Report on Guest Lecture Organized by School of Pharmaceutical Sciences, Faculty of Pharmacy, Integral University, Lucknow, Uttar Pradesh, India, (226026)

Event: Guest Lecture on Basic Principles of Traditional Systems of Medicines

Venue: Room No. LR-02, 5th Floor, W-Block, Integral University Lucknow

Organized by: School of Pharmaceutical Sciences, Faculty of Pharmacy, Integral University Lucknow

The School of Pharmaceutical Sciences (SPS) organized a guest lecture on the *Basic Principles of Traditional System of Medicine* on 31st January, 2025. The lecture was delivered by **Prof. (Dr.) Arshad Ali**, Director at Dr. Abdul Ali Tibbiya College & Hospital Katauli, Malihabad, Lucknow. This event promoted the United Nations' Sustainable Development Goals (SDGs), particularly **SDG 3** (Good Health and Well-Being). The lecture promoted awareness of traditional medical systems, contributing to holistic health practices and well-being. The event also aligns with **FIP Goal 4** (Advancing Pharmacy Education and Workforce). The guest lecture enhanced student's understanding of alternative medicines, preparing them for diverse practices in healthcare.

The session began with a short introduction of the Prof. (Dr.) Arshad Ali by Ms. Widhilika Singh (Lecturer, SPS). Prof. (Dr.) Arshad Ali focused on the fundamentals of Ayurveda and Unani medicine, with special emphasis on dispensing strategies and diagnostic techniques. He also explained students about visual changes in a person, with special attention to tongue color and texture could be indicators of health conditions. Prof. (Dr.) Arshad Ali also shared some insights on dispensing strategies in traditional medicine and how they differ from modern practices.



Prof. (Dr.) Arshad Ali explaining about traditional systems of medicines to students of D.Pharm, SPS

Students actively participated by asking insightful questions, which were addressed satisfactorily by the speaker. Practical examples of visual diagnosis were discussed, making the session engaging and informative.



Prof. (Dr.) Arshad Ali responding to query of a student named Mohd Nadeem (First Year, D.Pharm, SPS)

The lecture concluded with a vote of thanks delivered by Dr. Irfan Aziz (Principal, SPS), acknowledging the valuable insights shared by the speaker.



Dr. Irfan Aziz presenting Memento to Prof. (Dr.) Arshad Ali

Almost **47 students** of D. Pharm, SPS attended the session, showing great enthusiasm and interest in learning about traditional medicine. The entire event was coordinated by Ms. Widhilika Singh.

Dr. Irfan Aziz
Principal
SPS

Principal
School of Pharmaceutical Sciences
Integral University, Lucknow