



JAMIA HAMDARD

CENTRE OF EXCELLENCE IN UNANI MEDICINE

(Pharmacognosy and Pharmacology)

Bioactive Natural Product Laboratory (BNPL)

PRE-CONVENTION WORKSHOP - SECON 2025

29th October 2025

12TH CONVENTION OF THE SOCIETY FOR ETHNOPHARMACOLOGY, INDIA
INTERNATIONAL CONFERENCE ON TRADITIONAL MEDICINE – ANCIENT &
MODERN CONCORDANCE

REPORT

JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

Pre-Conference Workshop on High-Performance Thin Layer Chromatography (HPTLC) for Quality Evaluation

Keynote Speakers

Dr Sayeed Ahmad Director Centre of Excellence in Unani Medicine	Dr Tien Do Chief Scientific Officer CAMAG	Dr. Irena Choma Associate Professor Maria Curie-Skłodowska University
Dr Ranjan Mitra Head R&D Dabur India Ltd.	Dr Rahul Singh Quality Assurance & R&D Emami Ltd.	
Abhijeet Kale Anchrom Enterprises (I) Pvt. Ltd	Rakesh Ranjan Anchrom Enterprises (I) Pvt. Ltd	Dr Abid Kamal SPER
Dr Monalisa Samal CoEUM	Abdur Rehman Madni CoEUM	

Practical Demonstrators

Dr Sayeed Ahmad Director Centre of Excellence in Unani Medicine	Dr Tien Do Chief Scientific Officer CAMAG	Dr. Irena Choma Associate Professor Maria Curie-Skłodowska University
Dr Ranjan Mitra Head R&D Dabur India Ltd.	Dr Rahul Singh Quality Assurance & R&D Emami Ltd.	
Abhijeet Kale Anchrom Enterprises (I) Pvt. Ltd	Rakesh Ranjan Anchrom Enterprises (I) Pvt. Ltd	Dr Abid Kamal SPER
Dr Monalisa Samal CoEUM	Abdur Rehman Madni CoEUM	

Key Highlights

- Fundamentals and principles of HPTLC
- Sample preparation and application techniques
- Visualization and derivatization methods
- Troubleshooting common analytical issues

For Students, Scholars and Faculty members

29th October, 2025

CoE Auditorium
Jamia Hamdard

11:30 - 01:30 HPTLC Lecture
02:30 - 04:30 HPTLC Demonstration

Limited seats only - First-come First-served!

<https://forms.gle/rEWDT4rumqy4uJfA>

REGISTER NOW

JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

**PRE-CONFERENCE WORKSHOP
ON
CELL CULTURE & ZEBRA FISH
IN AYUSH RESEARCH**

**Limited Seats Only
First come first served**

KEYNOTE SPEAKERS

Dr Anuja Krishnan SIST, JH	Dr Mohd Hussain JMI	Dr Armiya Sultan JMI
Dr N Manjula JSS, Mysore	Dr Sunil K Dubey Emami	Dr Raghavendra Dr Reddys
Dr Armiya Sultan JMI	Naveen Reddy CoE UM, JH	Md Reyaz Alam CoE UM, JH

DEMONSTRATION

KEY HIGHLIGHTS

- Explore Zebrafish Biology & its role in Drug Discovery
- Insights into Toxicology & Wound Healing Applications
- Practical Training on Cell Culture, Assays & Pharmacology
- Live Demonstrations on Zebrafish Handling & Embryo Studies
- Lead Validation through Zebrafish & In Vitro Models
- Interactive Hands-on Sessions & Expert Discussions

Date: 29th October, 2025 (Wednesday)
Time: 11:30 am - 1:30 pm Lecture Series
2:30 pm - 4:30 pm Practical Demonstration
Venue: CoE Auditorium, Jamia Hamdard, New Delhi

JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

**PRE- CONFERENCE WORKSHOP
ON
UNANI AHAAR WAY FORWARD
AND FUTURE SCOPE**

KEYNOTE SPEAKERS

Dr Mohammed Khalid Ayush, NCT	Dr Sanjiv Sharma IUL	Dr Muste Hasan CCRUM
Dr Ghazala Javed CCRUM	Dr M Shahid Malik Regma	Dr Mohammad Akhtar Ali JH
Dr Rabinder Singh FSSAI	Dr Prem K Jaiswal FSSAI	Dr Eram Rao DU
Dr Bilal Ahmed CCRUM	Dr Anzar Alam JH	

UDMA MEMBERS

Mr Mohsin Dehlvi	Mr Maqbool Hasan
Mr Nabeel Anwar	Mr S Muneer Azmat
Mr M Arif	Dr Gayoor Ali
Mr M Jalees	

Key Highlights

- Unani Ahaar: Future Directions & Global Relevance
- Dietetics in Health & Disease Management
- Scientific Validation of Classical Concepts
- Integration with Modern Nutrition
- Policy Insights, Research & Innovation Opportunities
- Advancing Education, Practice & Industry

REGISTER NOW

**FOR STUDENTS, SCHOLARS AND
FACULTY MEMBERS**

**Limited Seats Only
First come first served**

**WORKSHOP REGISTRATION
LINK**
<https://forms.gle/rEWDT4rumqy4uJfA>

QR Code

Date: 29th October, 2025 (Wednesday)
Time: 02.30 to 04.30 PM
Venue: HAH Archives Auditorium, Jamia Hamdard

JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

12th
CONVENTION
Society for Ethnopharmacology India

(SECON 2025)



JANAB HAMMAD AHMED
CHANCELLOR
JAMIA HAMDARD
CHIEF PATRON

DATE
29th October 2025

TIME
09:30 AM



DR MITA KOTECHA
Pro Vice Chancellor
National Institute of Ayurveda
CHIEF GUEST



DR MA QASMI
Adviser, Unani
Ministry of Ayush
CHIEF GUEST



DR YOGITA MUNJAL
Director (AYUSH)
Gout, of NCT of Delhi
CHIEF GUEST



DR N ZAHEER AHMED
Director General
CCRUM
QUEST OF HONOR



DR S SHAH ALAM
Director, NIUM
Ministry of AYUSH, GOI
QUEST OF HONOR



DR YASMEEN SHAMSI
Dean, SUMER
Jamia Hamdard
QUEST OF HONOR



DR UMA BHANDARI
Dean, SPER
Jamia Hamdard
QUEST OF HONOR



DR ASIM ALI KHAN
Former Director General
CCRUM
QUEST OF HONOR



DR SAYEED AHMAD
Director
Centre of Excellence in Unani Medicine
ORGANIZING SECRETARY

PROF. (DR.) M AFSHAR ALAM
VICE CHANCELLOR
JAMIA HAMDARD
PATRON

VENUE
HAH Auditorium
&
CoE Auditorium



JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

Cordially invites you
to the
**INAUGURATION OF
PRE-CONVENTION WORKSHOP**

29th October 2025 | 09:30 AM | HAH Archives Auditorium

Chief Guest

DR MITA KOTECHA

Pro Vice Chancellor
National Institute of Ayurveda

Guests of Honor

DR N ZAHEER AHMED

Director General, CCRUM

DR S SHAH ALAM

Director, NIUM

DR YASMEEN SHAMSI

Dean, SUMER
Jamia Hamdard

DR UMA BHANDARI

Dean, SPER
Jamia Hamdard

Presided by

JANAB HAMMAD AHMED

Chancellor
Jamia Hamdard

PROF (DR) M AFSHAR ALAM

Vice-Chancellor
Jamia Hamdard

RSVP

DR SAYEED AHMAD
Organizing Secretary
SECON 2025



INAUGURATION OF PRE-CONVENTION WORKSHOP

29TH OCTOBER 2025

HAH ARCHIVES AUDITORIUM

Minute-to-Minute Program

08:30 - 09:30 AM	Registration
09:30 - 09:35 AM	Welcome to the Dignitaries & Guests by Co-Organizing Secretary, Dr Bushra Parveen , Assistant Professor, SPER, JH
09:35 - 09:40 AM	Recitation of Holy Quran
09:40 - 09:45 AM	Planter Presentation & Felicitation of Dignitaries
09:45 - 09:50 AM	Taraana
09:50 - 09:55 AM	Welcome Address by Organizing Secretary, Dr Sayeed Ahmad , Director, CoE UM, JH
09:55 - 10:00 AM	Address by Guest of Honor, Dr S Shah Alam , Director, NIUM
10:00 - 10:05 AM	Address by Guest of Honor, Dr N Zaheer Ahmed , Director General, CCRUM
10:05 - 10:10 AM	Launch of Newsletter
10:10 - 10:20 AM	Address by Chief Guest, Dr Mita Kotekha , Pro Vice Chancellor, National Institute of Ayurveda
10:20 - 10:25 AM	Presidential remarks by Prof (Dr) M Afshar Alam , Vice Chancellor, Jamia Hamdard
10:25 - 10:30 AM	Vote of thanks by Co-Organizing Secretary, Dr Rabea Parveen , Assistant Professor, SPER, JH
10:30 - 10:35 AM	National Anthem
10:35 - 11:00 AM	HIGH TEA



INTERNATIONAL CONFERENCE

on

Traditional Medicine- Ancient & Modern Concordance

30-31 OCTOBER 2025

(Pre-congress workshop on 29th October 2025)

Convention Centre, Jamia Hamdard, New Delhi, India

SECON Photo Gallery

Pre-Convention Workshop: Oct 29, 2025 (Wednesday)

08: 30 to 09: 30 AM	REGISTRATION	Link: https://drive.google.com/drive/folders/1M-qixVXo7A0O3zBxyOdlICTBT-6GY7ty?usp=sharing	
Ti me	HAH Archives Auditorium	CoE Auditorium	CoE Meeting Room
09: 30 to 10: 30 AM	INAUGURATION Link: https://drive.google.com/drive/folders/1K_rs5beIGJBilmnOpMTuIELrbafgkgHb?usp=drive_link		
10: 30 to 11: 00 AM	HIGH TEA		
11: 30 to 01: 30 PM	Unani Aahar: Traditional Wisdom for Modern Nutrition (4L) Link: https://drive.google.com/drive/folders/1jkuPZEZPHXgBY8aNHYPiNdS-pTXN0jfp?usp=sharing	HPTLC Analysis: A tool for Quality Control of Traditional medicine (4L) Link: https://drive.google.com/drive/folders/1RwtJ9FBenykCjy2mDq_X4rO?usp=sharing	Cell Culture & Zebrafish inn Ayush Research (3L) Link: https://drive.google.com/drive/folders/1J-8ySPK3BA_ZMrSaz-XQgeLj7Ly2xGSO?usp=sharing
01: 30 to 02: 30 PM	LUNCH BREAK		
02: 30 to 04: 30 PM	“UNANI AAHAR: WAY FORWARD AND FUTURE SCOPE” PANEL DISCUSSION (PD*) Link: https://drive.google.com/drive/folders/1jkuPZEZPHXgBY8aNHYPiNdS-pTXN0jfp?usp=sharing	HPTLC DEMONSTRATION Link: https://drive.google.com/drive/folders/1RwtJ9FBenykCjy2mDq_X4rO?usp=sharing	CELL CULTURE & ZEBRAFISH DEMONSTRATION Link: https://drive.google.com/drive/folders/1J-8ySPK3BA_ZMrSaz-XQgeLj7Ly2xGSO?usp=sharing
Ti me	CoE-UM Auditorium		
04: 30 to 05: 30 PM	Valedictory Function Link: https://drive.google.com/drive/folders/1PjB3omPy9SINHwWEtLWAIRxmL12RaYVk?usp=drive_link		
05: 30 to 06: 00 PM	TEA BREAK		
06: 00 to 07: 30 PM	SFE India GBM (CoE UM Auditorium)		
07: 30 to 09: 00 PM	DINNER & MEHFIL-E- MUSHAIRA (Speakers, Session Chairs and VIPs) Link: https://drive.google.com/drive/folders/1mhXQHP1acdUsvStfJhe_KkUzSN9X9n4k?usp=sharing		



REGISTRATION FOR PRE-CONVENTION WORKSHOP





Esteemed dignitaries accompanying the
THE VICE CHANCELLOR, JH
for pre-convention workshop Inaugural ceremony





Welcome to the Dignitaries & Guests by
Dr Bushra Parveen, Assistant Professor,
SPER, JH



Recitation from the Holy Quran



Chief guest and dignitaries on stage



Welcome Address by Organizing Secretary, Dr Sayeed Ahmad



Address by Guest of Honor, Dr S Shah Alam



Address by Guest of Honor, Dr N Zaheer Ahmed

Felicitations of Chief guest and dignitaries on stage



Planter presentation and felicitation of **Chief Guest, Dr Mita Kotecha, Pro Vice Chancellor, National Institute of Ayurveda**



Planter presentation and felicitation of **Prof (Dr) M Afshar Alam, Vice Chancellor, JH**



Planter presentation and felicitation of **Guest of Honor, Dr N Zaheer Ahmed, Director General, CCRUM**



Planter presentation and felicitation of **Guest of Honor, Dr S Shah Alam, Director, NIUM**



Planter presentation and felicitation of **Dr Uma Bhandari, Dean SPER, JH**



Planter presentation and felicitation of **Dr Yasmeen Shamji, Dean SUMER, JH**



Planter presentation and felicitation of **Col Tahir Mustafa, Registrar, JH**



Planter presentation and felicitation of **Dr Sayeed Ahmad, Director, CoE UM, JH**

Audience takes their seats, awaiting the commencement of the inauguration ceremony



Inaugural Ceremony



The Pre-Convention Workshop of SECON 2025 commenced with an inaugural ceremony on 29th October 2025 at Jamia Hamdard. The event began with the registration of participants, followed by the arrival of esteemed dignitaries especially Chief Guest accompanied by the Hon'ble Vice Chancellor, Jamia Hamdard, Prof. (Dr.) M. Afshar Alam.

A warm welcome address was delivered by Dr. Bushra Parveen, Assistant Professor, SPER, Jamia Hamdard, who greeted the distinguished guests, faculty members, and participants. The ceremony opened with the recitation from the Holy Quran, setting a serene tone for the day.

The dignitaries present includes: *Prof (Dr). Mita Kotecha, Former Pro Vice Chancellor, National Institute of Ayurveda (Chief Guest), Dr. S. Shah Alam, Director, NIUM (Guest of Honour), Dr. N. Zaheer Ahmed, Director General, CCRUM (Guest of Honour), Prof. (Dr.) M. Afshar Alam, Vice Chancellor, Jamia Hamdard, Dr. Uma Bhandari, Dean, SPER, JH, Dr. Yasmeen Shamsi, Dean, SUMER, JH, Col. Tahir Mustafa, Registrar, JH, and Organising Secretary Prof (Dr.) Sayeed Ahmad, Director, CoE UM, JH.*

Dr. Sayeed Ahmad, delivered the welcome address, highlighting the importance of scientific validation and quality control in ethnopharmacology and traditional medicine research. The guests shared their thoughts, emphasizing the integration of ancient traditional medicine with modern scientific approaches.

A Newsletter 2nd edition of CoE UM Bulletin was launched during the ceremony, followed by the presidential remarks by Prof. (Dr.) M. Afshar Alam, Vice Chancellor, JH. The inaugural session concluded with a vote of thanks by Dr. Rabea Parveen, Co-Organizing Secretary, and a group photograph session, followed by high tea.





Address by Chief Guest, Dr Mita Kotecha



Presidential remarks by Prof (Dr) M Afshar Alam



Vote of thanks by Co Organizing Secretary, Dr Rabea Parveen, Assistant Professor, SPER, JH



Some glimpses from high tea after inaugural ceremony





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Pre-Conference Workshop on High-Performance Thin Layer Chromatography (HPTLC) for Quality Evaluation

Keynote Speakers

Dr Sayeed Ahmad

Director
Centre of Excellence in
Unani Medicine

Dr Tien Do

Chief Scientific Officer
CAMAG

Dr. Irena Choma

Associate Professor
Maria Curie-Skłodowska
University

Dr Ranjan Mitra

Head R&D
Dabur India Ltd.

Dr Rahul Singh

Quality Assurance & R&D
Emami Ltd.

Practical Demonstrators

Abhijeet Kale

Anchrom Enterprises (I) Pvt. Ltd

Rakesh Ranjan

Anchrom Enterprises (I) Pvt. Ltd

Dr Abid Kamal

SPER

Dr Monalisa Samal

CoEUM

Abdur Rehman Madni

CoEUM

Key Highlights

- Fundamentals and principles of HPTLC
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- Visualization and derivatization methods
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29th October, 2025

CoE Auditorium

Jamia Hamdard

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Module I - HPTLC, Hands-on Training (Afternoon)



The first technical session focused on High-Performance Thin Layer Chromatography (HPTLC), held at the CoE UM Auditorium. The workshop aimed to provide theoretical insights and practical exposure to chromatographic fingerprinting for herbal drug authentication and quality control. The total number of participants registered for the workshop was >55, including both few online and major offline attendees representing various universities and research institutions across India.

Eminent speakers included:

- **Dr. Tien Do** (Scientific Advisor, CAMAG, Switzerland), online: Spoke on chromatographic fingerprinting and the use of advanced HPTLC instrumentation for herbal drug standardisation.
- **Prof Dr. Irena Choma** (Maria Curie Skłodowska University, Poland): Discussed the evolution of chromatography and its application in validating traditional formulations in herbal drug research.
- **Dr. Ranjan Mitra** (Head Analytical, R&D, Dabur India Ltd.): Presented “Unlocking Ancient Wisdom with Modern Precision”, showcasing HPTLC applications in traditional formulations like Chyawanprash.
- **Dr. Rahul Singh** (Head QA & QC, R&D, Emami Ltd.): Shared research on HPTLC analysis of traditional medicines, emphasizing marker-based authentication of herbal raw materials.

The session concluded with a felicitation ceremony with mementos and certificates as a token of appreciation and respect led by *Prof. Mohd Mujeeb* and *Prof. Showkat R. Mir*, followed by the National Anthem and a group photograph.

Hands-on Training (Afternoon)

The hands-on demonstration was conducted in the BNPL Laboratory under the guidance of *Mr. Abhijeet Khale* (Anchrom, India). He emphasised that its high sensitivity allows precise detection, but results may vary based on environmental factors such as humidity and temperature. Participants performed practical exercises in sample preparation, plate development, and visualisation of chromatographic profiles. The training emphasised precision in experimental conditions and the importance of HPTLC as a key analytical tool in traditional Medicine research.





DR. TIEN DO (CAMAG, SWITZERLAND)



Presented on “HPTLC Analysis of Traditional Medicine for Quality Control and Scientific Validation”. Ms. Do emphasized the importance of standardized HPTLC methods in the quality assessment of herbal products. Key points covered included Standardized HPTLC Protocols: Role in reproducible and comparable results, and a comprehensive HPTLC Fingerprinting: A holistic approach for analyzing complex herbal matrices. Also discussed applications in Quality Control: Identification and quantification of raw materials using chemometrics. And concluded the session with several case Studies Detection of PDE-5 inhibitors in adulterated herbal supplements, Extension of HPTLC in the analysis of slimming drugs, essential oils (e.g., Ylang-Ylang), and cosmetic products (e.g., Edelweiss extract), Addressing global concerns of DEG/EG contamination in consumer products.

DR. IRENA CHOMA (JPC, POLAND)



Dr. Choma shared insights from her extensive experience in chromatography. She elaborated on the evolution of chromatographic techniques and their role in authenticating and validating traditional formulations.

DR. RANJAN MITRA DABUR INDIA)



Presented on HPTLC-Unlocking Ancient Wisdom with Modern Precision. Dr. Mitra discussed the versatility of HPTLC in connecting traditional medicine with modern scientific methods. Highlights included the renaissance of TLC/HPTLC in modern research, the integration of TLC-MS (Thin Layer Chromatography-Mass Spectrometry) for advanced compound identification, Applications in healthcare, cosmetics, and bioautography (e.g., using yeast cells to detect estrogenic compounds in food matrices).

DR. RAHUL SINGH (EMAMI LTD.)



Dr. Singh presented on the “HTPLC Analysis of Traditional Medicines for Quality Control and Scientific Validation”. Key points discussed: The resurgence of traditional medicine in global markets, Major causes of inconsistency in herbal preparations (e.g., variations in Shatavari), Introduction of the Triple “P” Process for product consistency and standardization, Tests for analyzing herbal medicines using TLC fingerprinting. Concluded with some comparative case studies such as Sitopaladi Churna vs. Satavrex, ZanduPancharishta, Chyavanprash, Regulatory perspectives governing herbal quality assessment.

FELICITATION CEREMONY



After the presentations, Prof. Mujeeb and Prof. Veenu Chohan felicitated the eminent speakers, Dr. Irena Choma, Dr. Ranjan Mitra, and Dr. Rahul Singh with mementos and certificates in recognition of their valuable contributions. Later, Dr. Ranjan Mitra extended his appreciation to Dr. Mujeeb and the organizing team for their efforts in hosting the event.



The session concluded with a vote of thanks to the speakers, coordinators, and the organizing chairperson. The seminar successfully emphasized the importance of HPTLC as a scientific bridge between traditional knowledge and modern analytical precision, reaffirming its vital role in ensuring quality, safety, and efficacy in traditional medicine systems.



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PRE-CONFERENCE WORKSHOP
ON
CELL CULTURE & ZEBRA FISH
IN AYUSH RESEARCH



KEYNOTE SPEAKERS

Dr Anuja Krishnan

SIST, JH

Dr Mohd Hussain

Dr Armiya Sultan

JMI

Dr N Manjula

JSS, Mysore

Dr Sunil K Dubey

Emami

Dr Raghavendra

Dr Reddys

DEMONSTRATION

Dr Armiya Sultan

JMI

Naveen Reddy

CoE UM, JH

Md Reyaz Alam

CoE UM, JH

KEY HIGHLIGHTS

- Explore Zebrafish Biology & its role in Drug Discovery
- Insights into Toxicology & Wound Healing Applications
- Practical Training on Cell Culture, Assays & Pharmacology
- Live Demonstrations on Zebrafish Handling & Embryo Studies
- Lead Validation through Zebrafish & In Vitro Models
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Date: 29th October, 2025 (Wednesday)

Time: 11:30 am - 1:30 pm Lecture Series

2:30 pm - 4:30 pm Practical Demonstration

Venue: CoE Auditorium, Jamia Hamdard, New Delhi

Module II - Cell Culture and Zebrafish Workshop (Morning & Afternoon)



Parallel sessions on Cell Culture and Zebrafish in AYUSH Research were conducted, coordinated by Prof. Mohd Akhtar and Prof. Abul Kalam Najmi (SPER, JH). The total number of participants registered for the workshop were 25, representing a wide range of universities, research institutions, and professional organizations across India and few from abroad such as Oman, Bangladesh and Iran.

Lecture Sessions

Speakers included:

- **Dr. Anuja Krishnan** (Jamia Hamdard): Delivered an insightful lecture on in vitro cytotoxicity assays and the role of 3D culture systems in simulating *in vivo* environments for traditional medicine.
- **Dr. Mairaj Ahmed Ansari** (Jamia Hamdard): Focused on fundamental principles of cell culture, aseptic techniques, and applications in herbal drug validation.
- **Dr. Raghavender** (Dr. Reddy's Institute of Life Sciences): Explained zebrafish as an experimental model for pharmacological studies, highlighting its advantages in disease modeling and drug screening for traditional medicine.

The session concluded with the felicitation of the speakers and coordinators, including a special acknowledgment of Prof. Pramod H.J. (KLE University, Belagavi).

Hands-on Training (Afternoon)

The cell culture demonstration was led by *Dr. Veena Rani*, who guided participants through laboratory safety, equipment handling (CO₂ incubator, laminar flow, centrifuge), and the MTT assay procedure for cytotoxicity testing in herbal drug research.

The zebrafish demonstration by *Dr. Raghavender Medishetty* included observation of breeding setups, embryo handling, and developmental staging as per OECD guidelines. Participants gained hands-on exposure to zebrafish-based experimental models used in herbal pharmacological studies.



DR. ANUJA KRISHNAN

ASSISTANT PROFESSOR

DEPARTMENT OF

MOLECULAR MEDICINE

JAMIA HAMDARD



The workshop commenced with an insightful session by Dr. Anuja Krishnan, a distinguished researcher in cellular and molecular biology renowned for her expertise in utilizing cell culture models to evaluate the pharmacological effects of herbal formulations. Her work emphasizes the integration of traditional medicinal knowledge with modern biomedical tools, contributing significantly to the fields of molecular virology and host-pathogen biology by enhancing our understanding of viral infections and immune responses.

Dr. Krishnan's session focused on *in vitro* cytotoxicity assays in herbal drug research. She began by highlighting the importance of toxicity studies in assessing the safety and efficacy of herbal drugs, followed by a discussion on the advantages of *in vitro* testing over *in vivo* methods. She elaborated on various types of cell cultures, primary, secondary, and established cell lines, and explained how they differ based on morphology. The session also covered the essential equipment required in a cell culture laboratory, including incubators, microscopes, and laminar flow hoods.

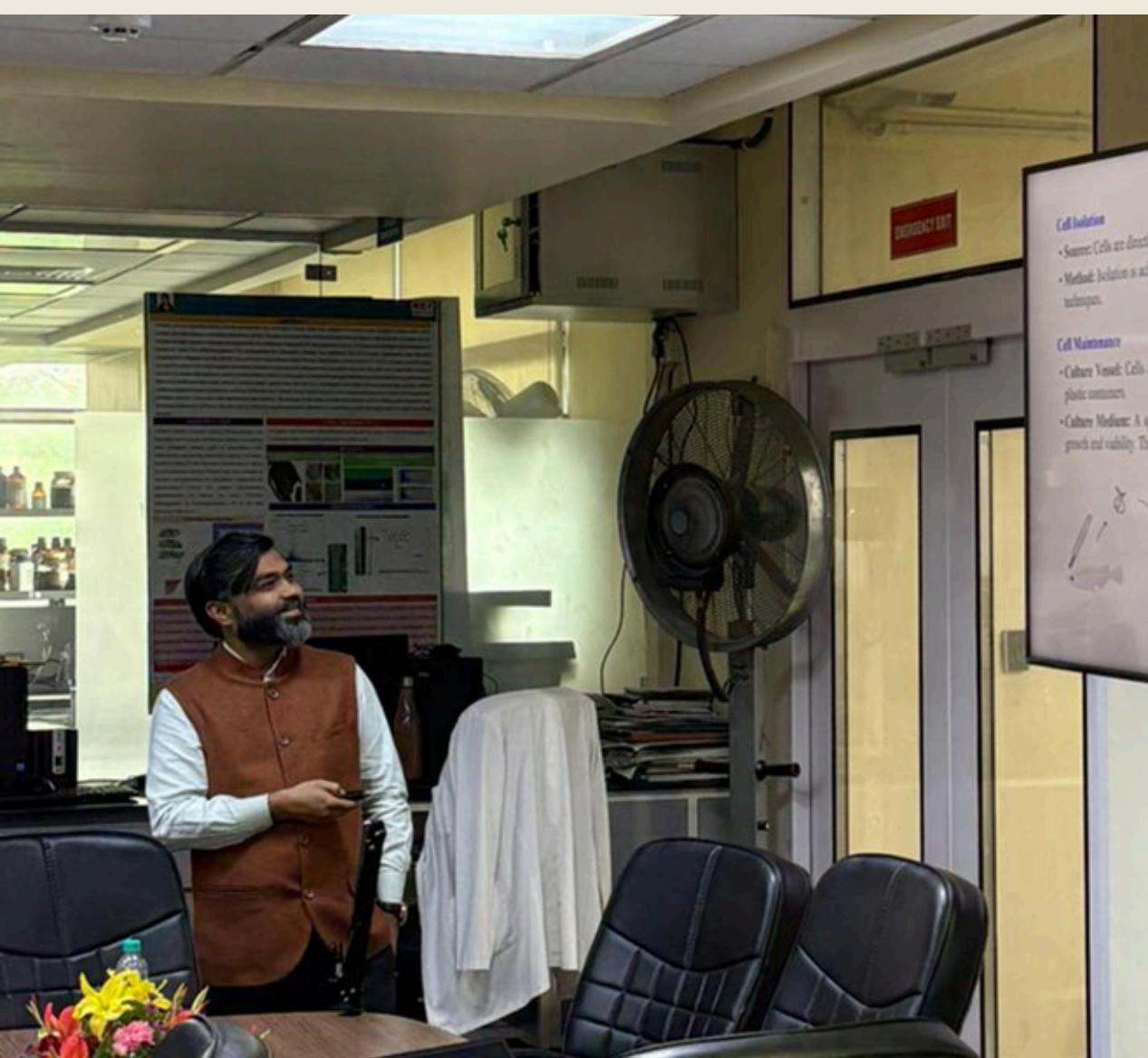
Dr. Krishnan then provided a step-by-step overview of the cell culture workflow, before describing different cytotoxicity assays such as the MTT assay, LDH assay, fluorometric assay, and luminometric assay. The session concluded with an introduction to 3D culture systems, including spheroids, which represent an advanced approach for simulating *in vivo* tissue environments in research.

DR. MAIRAJ AHMED ANSARI

ASSISTANT PROFESSOR

DEPARTMENT OF BIOTECHNOLOGY

JAMIA HAMDARD



The next session continued with an informative lecture on cell culture fundamentals. The speaker began by introducing the concept of cell culture and distinguishing between adherent and suspension-type cell cultures. He then explained the different types of cell lines and detailed the procedure for preparing primary cell cultures, emphasizing the importance of aseptic techniques and controlled conditions throughout the process.

He also described what constitutes an ideal cell culture laboratory, outlining the essential facilities, equipment, and safety precautions required for successful cell maintenance. The discussion included an overview of critical instruments such as incubators, microscopes, and cryopreservation units, along with the rationale for maintaining certain temperatures, particularly the use of 196 °C for cell storage to preserve viability.

The speaker elaborated on the physiological requirements necessary for cell growth and maintenance and then transitioned to discussing the applications of cell culture in herbal product evaluation. He highlighted how cell culture techniques are employed for cytotoxicity assessment, antimicrobial, antioxidant, and anti-inflammatory testing, as well as toxicity and safety evaluations, dosage optimization, and formulation development. Importantly, he emphasized that in-vitro testing helps reduce the reliance on animal experimentation and can also be used for immunomodulation studies.

He concluded by stressing that the adoption of cell culture methods can enable herbal products to generate credible scientific evidence, addressing one of the major challenges currently faced in the validation of traditional formulations.

DR. RAGHAVENDER PHARMACOLOGIST AND MOLECULAR BIOLOGIST DR. REDDY'S INSTITUTE OF LIFE SCIENCES



The next session was delivered by Dr. Raghavender, a Pharmacologist and Molecular Biologist at Dr. Reddy's Institute of Life Sciences. With extensive industrial and academic experience, Dr. Raghavender has made significant contributions to preclinical pharmacology, drug screening, and the development of innovative experimental models. His pioneering research in CRISPR-based genome editing and zebrafish disease modelling exemplifies the seamless integration of pharmacology, genetics, and translational medicine.

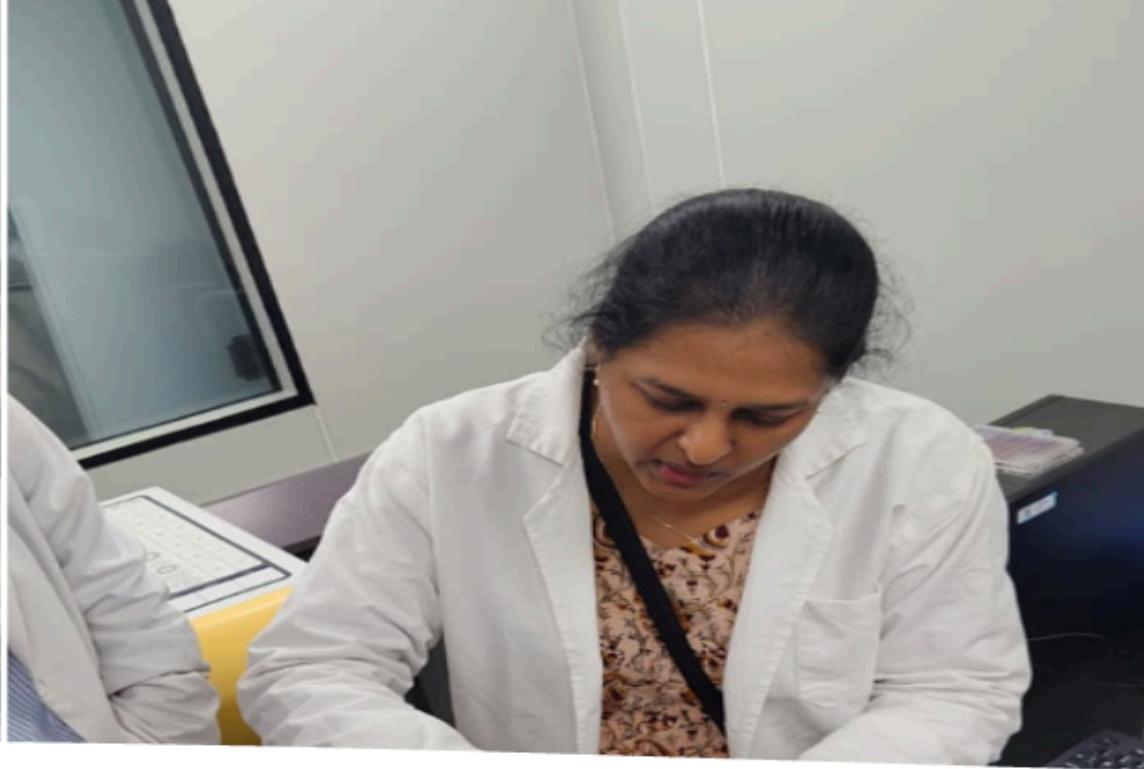
Dr. Raghavender provided an in-depth overview of zebrafish as an experimental model in biomedical research. He began by introducing various zebrafish databases, highlighting Indian laboratories actively working with zebrafish models, and discussing the national and international research guidelines governing their use. He then explained the advantages of zebrafish over traditional mammalian models such as mice and rats, particularly in terms of cost-effectiveness, transparency during embryonic development, and suitability for large-scale drug screening.

The session further covered the housing and maintenance conditions necessary for zebrafish research, including details on diet, lighting, temperature, and water quality requirements. Dr. Raghavender also elaborated on different drug administration methods in zebrafish and their relevance to various pharmacological studies.

He emphasized the broad research applications of zebrafish models, spanning neurobehavioral studies (including Alzheimer's disease, depression, and anxiety), cancer research, cardiovascular diseases, and lifestyle disorders such as obesity and diabetes. To enrich the session, he presented demonstrative videos illustrating zebrafish development and shared practical insights from his ongoing research projects.



The session concluded with felicitation of speakers by the session coordinators, Prof (Dr.) Mohd Akhtar, SPER Jamia Hamdard, and Prof. (Dr) Abul Kalam Najmi, SPER, Jamia Hamdard. The teacher coordinators were felicitated by Prof. Dr. Pramod H J, KLE University, Belagavi, Karnataka.



CELL CULTURE DEMONSTRATION

The Cell Culture Demonstration was conducted by Dr. Veena Rani, who began the session by warmly welcoming the participants and offering them a guided tour of her laboratory. During the tour, she provided a clear understanding of the overall workflow and safety protocols followed in a cell culture environment.

Dr. Veena then elaborated on the applications and working principles of four primary instruments commonly used in cell culture experiments: the CO₂ incubator, inverted microscope, centrifuge machine, and aseptic laminar flow hood. She carefully explained the ideal conditions for cell incubation, including temperature and CO₂ concentration, and discussed the optimal centrifugation speeds for different cell-handling procedures. Her explanations were detailed yet engaging, enabling participants to connect theoretical knowledge with practical application.

She demonstrated the correct procedure for cell thawing, emphasizing the importance of maintaining cell viability throughout the process, and then guided participants through the step-by-step protocol for the MTT assay, a key method for assessing cell viability and cytotoxicity. Using a microscope, Dr. Veena demonstrated live cell morphology and explained various cell-splitting techniques essential for maintaining healthy cultures.

Additionally, she discussed preparing culture media, highlighting the importance of using standardized formulations to ensure reproducibility and accurate results. Throughout the session, she patiently addressed numerous queries from attendees, offering practical tips and troubleshooting advice drawn from her extensive laboratory experience.

The demonstration concluded with Dr. Veena explaining the principle behind the MTT assay using graphical representations. She illustrated how to interpret absorbance data and analyze results quantitatively to assess the cytotoxic potential of test compounds. Her interactive and methodical teaching approach made the session highly informative and engaging, leaving the participants with a deeper understanding of practical aspects of cell culture research and assay analysis.





ZEBRA FISH DEMONSTRATION

The post-lunch session featured an engaging hands-on demonstration in the zebrafish facility, led by Dr. Raghavender Medishetty and his team. Participants observed the feeding and breeding setup for zebrafish and witnessed the process of induced breeding in real time. After a brief interval, the fertilized embryos were collected and transferred from Petri dishes to multi-well plates for developmental observation.

Participants were guided to distinguish between viable (transparent) and non-viable (opaque or turbid) embryos and observed the early stages of cell division and embryonic development. The team demonstrated embryo handling, observation under microscopes, and scoring methods in line with OECD zebrafish testing guidelines and the Panzica-Kelly et al. (2010) scoring system.

The demonstration also discussed mutagenesis approaches such as CRISPR-based models, metabolic pharmacology, and disease-focused zebrafish research, highlighting their application in medicinal plant studies and AYUSH-based pharmacological validation.



This hands-on experience provided participants with practical exposure to zebrafish-based experimentation, reinforcing theoretical learning through direct observation and participation.



PRE- CONFERENCE WORKSHOP ON UNANI AHAAR WAY FORWARD AND FUTURE SCOPE

KEYNOTE SPEAKERS

(Dr Uzma & Dr Shahid, Dr Zehra Zaidi)

Dr Mohammed Khalid
Ayush, NCT

Dr Ghazala Javed
CCRUM

Dr Rabinder Singh
FSSAI

Dr Sanjay Sharma
HUL

Dr M Shahid Malik
Regma

Dr Prem K Jaiswal
FSSAI

Dr Bilal Ahmed
CCRUM

Dr Anzar Alam
JH

Dr Muste Hasan
CCRUM

Dr Mohammad Akhtar Ali
JH

Dr Eram Rao
DU

UDMA MEMBERS

Mr Mohsin Dehlvi

Mr Nabeel Anwar

Mr M Arif

Mr M Jalees

Mr Maqbool Hasan

Mr S Muneez Azmat

Dr Gayyoor Ali

Key Highlights

- Unani Ahaar: Future Directions & Global Relevance
- Dietetics in Health & Disease Management
- Scientific Validation of Classical Concepts
- Integration with Modern Nutrition
- Policy Insights, Research & Innovation Opportunities
- Advancing Education, Practice & Industry

REGISTER
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Limited Seats
Only
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first served

FOR STUDENTS, SCHOLARS AND
FACULTY MEMBERS

WORKSHOP
REGISTRATION
LINK
<https://forms.gle/tEWTd4umqy4uj3MA>



Date: 29th October, 2025 (Wednesday)

Time: 02.30 to 04.30 PM

Venue: HAH Archives Auditorium, Jamia Hamdard

Session III - Unani Ahaar Way Forward and Future Scope



The Unani Aahar and Dietetics workshop, held as part of SECON 2025, brought together over 120 registered participants from diverse institutions across India. The event aimed to bridge classical Unani dietary principles with modern scientific frameworks, emphasizing the role of nutrition in preventive and therapeutic healthcare. The session opened with a welcome address by Prof. Sayeed, followed by speeches from dignitaries including:

- **Prof. Sayeed Ahmad** (Jamia Hamdard) on zebrafish models in AYUSH research
- **Dr. N Zaheer Ahmed** (DG, CCRUM) on mental health and pharmacovigilance
- **Dr. Mita Kotecha** (NIA Jaipur) on evidence-based traditional science
- **Prof. M. Afshar Alam** (VC, Jamia Hamdard) on *Asbab-e-Sitta Zarooriya*

Speakers explored the philosophy and practice of Unani dietetics:

- **Prof. Abdul Wadud** and **Hakim Tariq Nadeem Khan, Jamia Hamdard** discussed *Ilaj bil Ghiza* and temperament-based diets
- **Dr. Wasim Ahmed, NIUM, Ghaziabad** highlighted *Ghiza-e-Dawai* and classical preparations
- **Prof. Eram S. Rao, DU**, linked Unani and modern dietetics, referencing the “Eat Right Movement” and SDGs.

Other Experts from FSSAI, ICMR, and international institutions addressed:

- Regulatory needs for Unani Aahar
- Nutritional therapy for liver disorders and NCDs
- Commercialization strategies and nutraceutical development
- Daily dietary guidelines and food preservation techniques



The workshop underscored the relevance of Unani Aahar in contemporary health discourse. With a multidisciplinary panel, it successfully fostered dialogue on integrating traditional dietary wisdom with modern nutrition science for holistic well-being.

- The session started after inaugural session with *Dr. Shazia Shamim*, Assistant Professor, SUMER, who gave the introductory speech.
- **Dr. Mohd. Khalid**, Assistant Drug Controller (Unani), Govt. of NCT Delhi, enlightened the audience on the significance of Unani Aahar and the importance of regulatory frameworks.



Unani Diet and Philosophy

Prof. Abdul Wadud, Former Director, NIUM Bangalore, spoke on Principles of Diet (Ilaj bil Ghiza), Dietotherapy, and Categorization of Ghiza. He discussed the scope of Unani dietetics, publication of dietary regimens, and personalized approaches based on temperament (Mizaj).



Philosophical aspects of Unani medicine



• **Hakim Tariq Nadeem Khan**, Associate Professor, SUMER, explained the philosophical aspects of Unani medicine and the management of diseases through the Unani diet.



THERAPEUTIC IMPLICATIONS OF UNANI DIET

Dr. Wasim Ahmed, Associate Professor, NIUM Bangalore, elaborated on therapeutic implications of Unani diet and concepts of Ghiza-e-Dawai and Dawai-Ghiza. He highlighted classical preparations like , Abkama, Tuffahiya, and Gulqand, emphasizing the natural vs. artificial nature of foods.

UNANI AND MODERN DIET APPROACH

Prof. Dr. Eram S. Rao, Dept. of Food Technology, Bhaskaracharya College (DU), presented on Unani and modern diet approach and correlation between them. She talked about “Eat Right Movement” and food-based nutrient approaches supporting UN Sustainable Development. She highlighted the time-tested framework of Unani Aahar, scientific validation of Unani Aahar in hypertension and diabetes, through published research papers, gut-brain access, and lifestyle management

This session focused on bridging traditional knowledge with modern scientific understanding.



PANEL DISCUSSION (POST-LUNCH)



- **Dr. Amina Ahmed** (UAE) presented on liver disorders and dietary management, nutritional therapy, and food for patients with specific needs.
- **Dr. Prem Jaiswal**, FSSAI, emphasized the need for separate guidelines for Unani Aahar. Dr. Malik, ICMR, discussed survey data from urban and rural India showing dietary mismatch and the impact of high-fat, high-sugar foods (HFS) and ultra-processed diets on non-communicable diseases (NCDs). He also focused on developing sustainable foods and commercialization strategies for Unani products.
- **Dr. Minhaj** proposed establishing a separate center for dietotherapy and detoxification.
- **Dr. Khursheed Ahmed Ansari** discussed African literature on therapeutic diets and survival of populations under varied food regimes.
- **Dr. Md. Akhtar Ali** presented a study on Ilaj bilGhiza in pulmonary tuberculosis.
- **Dr. Prof. Akram** explained the Unani dietary principles and cold/hot temperament-based food classification.
- **Dr. Umar Jahagir** highlighted food for cure and easily digestible diets.
- **Dr. Mahtab** emphasized skill development in nutraceuticals.
- **Mr. Mohsin Dehlvi** suggested for Unani dietary preparations such as Talbina, Sirkha, Shehad, and Oats, along with traditional drinks like cold and warm decoctions for preservation and shelf-life improvement.
- **Mr. Muneer Ajmat** discussed daily dietary advice, Unani Aahar guidelines, and the importance of routine regulation. The session concluded with a call to establish Unani nutraceutical industries for better public outreach.

Finally, the event was brought to a close with thoughtful concluding remarks by **Prof. Asim Ali Khan** and **Dr. Gazala**, who had been part of the on-stage panel discussion, actively engaging with the speakers and sharing their valuable insights.



The seminar provided a comprehensive overview of the Unani approach to diet and nutrition, blending traditional wisdom with scientific understanding. It emphasized the importance of evidence-based validation of Unani principles, the role of diet (Ilaj bil Ghiza) in preventive and curative medicine, and the need for sustainable food and nutraceutical development. The event successfully bridged the gap between classical Unani knowledge and modern nutritional science, reinforcing the significance of Unani Aahar in promoting holistic and preventive healthcare.



JAMIA HAMDARD
CENTRE OF EXCELLENCE IN UNANI MEDICINE
(Pharmacognosy and Pharmacology)
Bioactive Natural Product Laboratory (BNPL)

Cordially invites you
to the

**VALEDICTORY CEREMONY OF
PRE-CONVENTION WORKSHOP**

29th October 2025 | 04:30 PM
Auditorium, CoE UM

Chief Guests

DR MA QASMI

Advisor, Unani
Ministry of Ayush

DR YOGITA MUNJAL

Director
AYUSH, NCT, Delhi

Guests of Honor

DR S SHAH ALAM

Director
NIUM

DR ASIM ALI KHAN

Former Director General
CCRUM

Presided by

JANAB HAMMAD AHMED

Chancellor
Jamia Hamdard

PROF (DR) M AFSHAR ALAM

Vice-Chancellor
Jamia Hamdard

RSVP

DR SAYEED AHMAD
Organizing Secretary
SECON 2025



VALEDICTORY PRE-CONVENTION WORKSHOP

29TH OCTOBER 2025

AUDITORIUM, CENTRE OF EXCELLENCE IN UNANI MEDICINE

Minute-to-Minute Program

04:30 - 04:35 PM	Welcome to the Dignitaries & Guests
04:35 - 04:40 PM	Recitation of Holy Quran
04:40 - 04:45 PM	Planner Presentation & Felicitation of Dignitaries
04:45 - 04:50 PM	Closing Address by Organizing Secretary, Dr Sayeed Ahmad , <i>Director, CoE UM, JH</i>
04:50 - 04:55 PM	Address by Guest of Honor, Dr Asim Ali Khan , <i>Former Director General, CCRUM</i>
04:55 - 05:00 PM	Address by Guest of Honor, Dr S Shah Alam , <i>Director, NIUM</i>
05:00 - 05:05 PM	Address by Chief Guest, Dr Yogita Munjal , <i>Director, AYUSH, NCT, Delhi</i>
05:05 - 05:10 PM	Address by Chief Guest, Dr MA Qasmi , <i>Advisor, Unani, Ministry of Ayush</i>
05:10 - 05:25 PM	Award function for the Promotional Event of SECON 2025
05:25 - 05:35 PM	Unani Award Ceremony
05:35 - 05:40 PM	Presidential remarks by Prof (Dr) M Afshar Alam , <i>Vice Chancellor, Jamia Hamdard</i>
05:40 - 05:45 PM	Vote of thanks by Treasurer SECON 2025, Dr Anwar Hussain , <i>Professor, SUMER, JH</i>
05:45 - 05:50 PM	National Anthem
05:50 PM	TEA BREAK

Valedictory Ceremony



The Pre-Convention Workshop concluded with a grand valedictory function attended by distinguished guests, faculty members, and participants.

Dignitaries present includes: Dr. Yogita Munjal, Director, AYUSH, NCT Delhi (Chief Guest), Dr. Pulok K. Mukherjee, Founder & Chairman, Society for Ethnopharmacology (SFE), Mrs. Amina Al Haidan, Lotus, UAE, Dr. Asim Ali Khan, Former Director General, CCRUM (Guest of Honours), Dr. Anwar Hussain, Treasurer, SECON 2025 and Prof (Dr.) Sayeed Ahmad, Organizing Secretary, delivered the closing address, expressing gratitude to all collaborators and participants.

The dignitaries shared their reflections on the workshop's success in bridging traditional medicine with modern analytical and biological approaches.

The ceremony also featured the Unani Award Presentation and the Felicitation of Co-Organizing Secretaries. Dr. Rabea Parveen, Dr. Bushra Parveen, and Dr. Mohd Ahmed Khan for their exemplary coordination. The event concluded with a vote of thanks by Dr. Anwar Hussain and a group photograph marking the end of an enriching pre-convention program.



Audience takes their seats, awaiting the commencement of the valedictory ceremony



Chief guest and dignitaries on stage



Planter presentation and felicitation of **Chief Guest, Dr Yogita Munjal, Director, AYUSH, NCT, Delhi**



Planter presentation and felicitation of **Mrs Amina Al Haidan, Lotus, UAE**



Planter presentation and felicitation of **Guest of Honor, Dr Asim Ali Khan, Former Director General, CCRUM**



Planter presentation and felicitation of **Dr Pulok Mukherjee, Founder & Chairman, SFE, India**



Planter presentation and felicitation of Treasurer SECON 2025, **Dr Anwar Hussain, Professor, SUMER, JH**



Closing Address by Organizing Secretary, **Dr Sayeed Ahmad**



Address by **Guest of Honor, Dr Asim Ali Khan**



Address by **Dr Pulok K Mukherjee**



Address by **Chief Guest, Dr Yogita Munjal**



Award function for the **Promotional Event of SECON 2025**



Unani Award Ceremony



Felicitation of Co-Organizing Secretary, Dr Rabea Parveen



Felicitation of Co-Organizing Secretary, Dr Bushra Parveen



Felicitation of Co-Organizing Secretary, Dr Mohd Ahmed



Vote of thanks by Dr Anwar Hussain

The Pre-Convention Workshops on HPTLC, Cell Culture, and Zebrafish in AYUSH Research provided a unique multidisciplinary platform for participants to enhance their technical expertise and understand the synergy between traditional knowledge and cutting-edge scientific techniques. The sessions effectively combined theoretical insights with practical experience, fostering academic collaboration and innovation in the field of ethnopharmacology and witnessed participation of 195 professionals for capacity building. Participation of Ayush professionals in workshop was free of cost on first cum first serve basis.



Some glimpses



Cultural Evening



The evening of 29th October 2025 celebrated the spirit of tradition and unity through a cultural event held at Jamia Hamdard. The vibrant performances by students and cultural teams showcased India's rich heritage, featuring qawwali, mushaira, and poetry. The program fostered intercultural harmony and set an enthusiastic tone for the upcoming conference.

The program commenced with a warm welcome by *Ms. Sana Khan*, Ph D scholar at CoE UM, who beautifully set the tone for the evening followed by *Prof. Shahnawaz Hashmi*, *University of Delhi*, whose inspiring words highlighted the importance of preserving Urdu literature and culture. The event began with the lighting of the ceremonial candle, symbolizing the spirit of knowledge, culture, and creativity that illuminated the *Mehfil-e-Mushaira*. *The Mehfil-e-Mushaira featured an impressive lineup of renowned and emerging Urdu poets, including Prof. Rahman Musavvir, Prof. Salma Shaheen, Javed Mushiri, Arshad Nadeem, Moin Shadaab, Amjad Aatish, Abdur R. Mansoor, Aleena Itrat, Anas Faizy, Parul Singh Noor, Azam Hussain, Irfan Ilahi, and Ubaid Ahmad.*

Each poet enthralled the audience with their soulful verses and distinct style ranging from classical ghazals to contemporary expressions making the evening a true celebration of Urdu language, rhythm, and emotion.





Headlines ‘Promotional Event’ **SECON 2025**

Read online:

- https://sadaemaharashtraurdunews.blogspot.com/2025/10/2025_0911200036.html
- <https://urdu.hindusthansamachar.in/Encyc/2025/10/27/12th-Int-Convention-of-Society-for-Ethnopharmacolo.php>
- <https://www.youtube.com/watch?v=OuMN1wYHU50>
- <https://www.facebook.com/share/v/1FdYv4Vcro/>
- <https://x.com/salaamtvnews/status/1983954008524886083>
- <http://epaper.qaumisahafat.in/epaper/edition/1233/04-11-2025/page/1>