

GIST

Global Indian Scientists & Technocrats Forum

July 2026



TABLE OF CONTENTS



03

GIST Forum

Overview

06

Team GIST USA

11

SIP

Summer Internship Program

15

Nutrition across USA

21

Team GIST Europe

27

Diaspora Visiting Bharat

Dr. YellojiRao Mirajkar

33

Food wate in India

Dr. Chandrashekhar Biradar

04

Acharya J.C.Bose

07

THRIVE 2026

13

Mango Festival

18

A New Course at HUA

22

From 10 to 1000 Schools

Dr. Archana Sharma

31

Poshan Rasayan Pragya

36

Perspective of Diet

Bhagwad Gita



GIST Forum

Mentors

Prof. M M Sharma
Dr. Anil Kakodkar
Dr. Raghunath Mashelkar
Dr. Madhavrao Chitale
Dr. V K Saraswat
Dr. Anil Sahasrabudhe
Dr. Shekhar Mande

President

Dr. Vijay Bhatkar

Inspiration

The Late Shri. JayantRao
Sahasrabudhe

Vice-President

Dr. Sudhir Bhadauria

International Convenor

Dr. Yelloji-Rao Mirajkar

Advisors

Dr. Shivkumar Sharma
Shri. Praveen Ramdas
Shri. Vivekanand Pai
Dr. Satheesh Shenoi
Dr. Arvind Ranade

International Convenor EU

Dr. Senthil Srinivasan

National Convenor

Dr. Rajnish Chaturvedi

Secretary

Shri. Nandkumar Palkar

Joint-Secretary

Shri. Shrikant Kulkarni

Treasurer

Shri. Vijay Sakhlecha

Joint-Treasurer

Shri. Hrishikesh Joshi

Member

Dr. Manasi Malgaonkar

Editorial Manager

Ms. Rashmi Singh

AK Content Coordinator

Ms. Vrunali Panchal

Program & Operations Coordinator

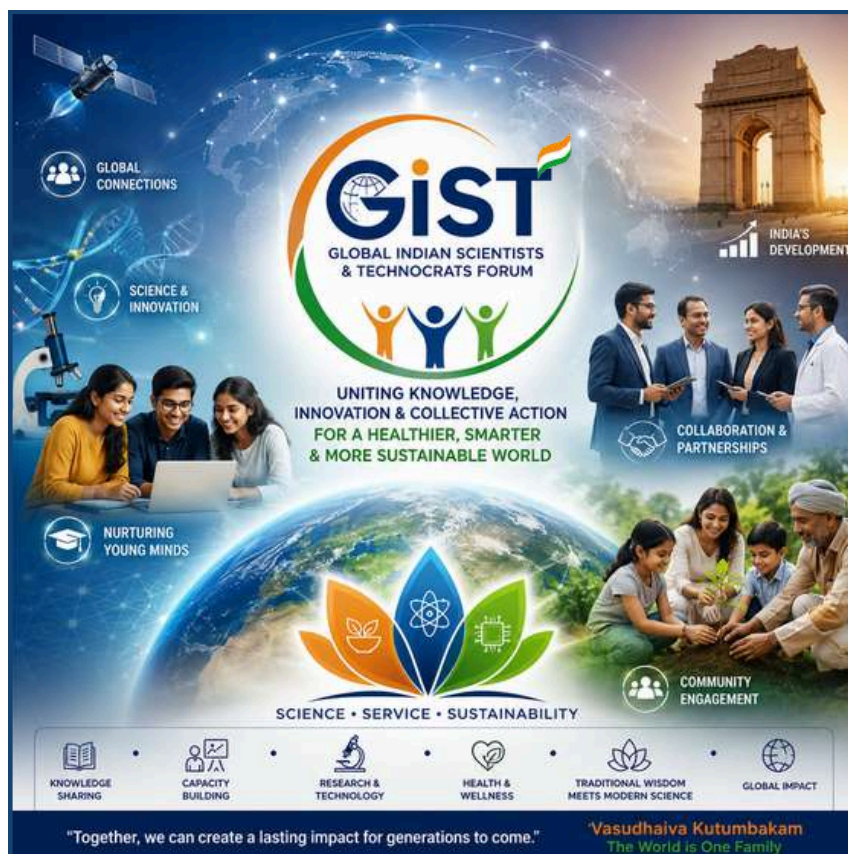
Ms. Kartiki Lawate

<https://gistforum.org>

☎ +91 99670 24237

Email: contact@gistforum.org

Feedback:
newsletter@gistforum.org



“Connecting Indian Scientific Talent with a Vision for a Better World”

The Global Indian Scientists & Technocrats Forum (GIST) continues to strengthen its role as a global platform connecting scientists, technologists, innovators, academicians, entrepreneurs, and professionals of Indian origin across the world. With science, technology, innovation, and knowledge as key drivers of societal progress, GIST seeks to create meaningful opportunities for collaboration and contribute to India's development and global leadership.

Over the past year, GIST has continued to expand its activities through knowledge-sharing programmes, international collaborations, institutional partnerships, scientific awareness initiatives, and community engagement. Its chapters and global network are helping create stronger connections between Indian scientific talent worldwide and institutions, communities, and initiatives in India.

A major focus of GIST's activities has been Aahaar Kranti, its nutrition and immunity awareness initiative promoting the message “Uttam Aahaar, Uttam Vichaar.” The initiative continues to encourage individuals and communities to understand the importance of balanced nutrition, traditional Indian foods, healthy lifestyles, preventive healthcare, and physical activity.

GIST has also strengthened its international outreach through initiatives such as Nutrition360 in the USA, bringing together nutrition awareness, Indian traditional knowledge, Ayurveda, and contemporary scientific understanding.

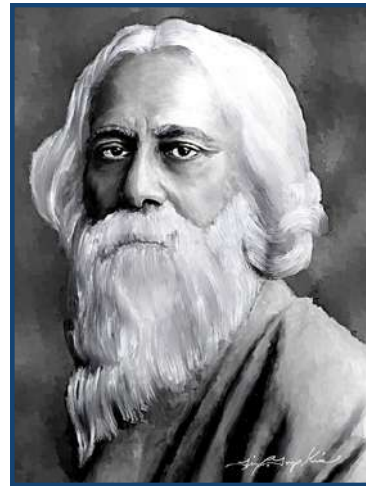
The Forum's continuing efforts to build global partnerships, promote scientific dialogue, nurture young minds, and apply knowledge for social good reflect its larger vision of connecting Indian talent with opportunities that create lasting impact.

As GIST moves forward, its commitment remains clear: to unite knowledge, innovation, and collective action for a healthier, smarter, and more sustainable society.

India's Great Scientist, Acharya J. C. Bose



Acharya Jagadish Chandra Bose



Gurudev Rabindranath Tagore

The poet Gurudev Rabindranath Tagore was a steadfast friend and admirer of India's idealistic scientist, Acharya Jagadish Chandra Bose.

O Hermit, call thou in the authentic words
Of that old hymn called Sama; "Rise! Awake!"
Call to the man who boasts his shastric lore
From vain pedantic wranglings profitless,
Call to that foolish braggart to come forth
Out on the face of nature, this broad earth,
Send forth this call unto thy scholar band;
Together round thy sacrifice of fire
Let them all gather. So may our India,
Our ancient land unto herself return
O once again return to steadfast work,
To duty and devotion, to her trance
Of earnest meditation; let her sit
Once more unruffled, greedless, strifeless, pure,
O once again upon her lofty seat
And platform, teacher of all lands.

“हे तपस्वि! साममन्त्रों की जलद गम्भीर गर्जना से पुकारो —
“उठो! जागो!” शास्त्राभिमानी जनों और कुतर्कों से आहत बुद्धि पण्डितों
को पुकारो और उन्हें बेकार तर्कों का त्याग करने को कहो। उन मूढ़
दम्भियों को इस सुविस्तृत संसार में आने की प्रेरणा दो। अपने शिष्यों का
भी आह्वान करो कि वे कर्तव्यरूपी यज्ञवेदी के चारों ओर एकत्रित हों,
जिससे हमारा भारत, हमारा प्राचीन देश अपने सच्चे स्वरूप को पुनः प्राप्त
करे और कर्तव्यनिष्ठा, श्रद्धा और ध्यान में अप्रमत्तचित्त होकर लोभहीन,
द्वन्द्वहीन, शुद्ध और शान्त बनकर विश्वगुरु के आसन पर एक बार फिर
अधिष्ठित हो।”

GIST

USA



Appointment

Dr P V Vara Prasad, GIST USA Board of Advisor, has been appointed as the President of the Council of Agricultural Science and Technology.



Meet The Team

GIST Forum USA



Dr. Ajay Houde
Chairman
Atlanta, GA



Dr. YellojiRao Mirajkar
Board of Director
Piscataway, NJ



Dr. Sheshnath Rair
Board of Director
Louisville, KY



Dr. Prakash Jha
Secretary
Mississippi, MS



Dr. R. Kodandapani
Jt. Secretary
San Diego, CA



Dr. Rahul Mhaskar
Treasurer
Tampa, FL



Shri. Sumit Sharma
Tech Coordinator
Atlanta, GA



Dr. Vikram Pattarkine
Member
Mechanicsburg, PA



Dr. Mahadevan Seetharaman
Member
Greater Houston, TX



Prof. P V Vara Prasad
Board of Advisors
Manhattan, KS



Shri. Praful Krishna
Member
San Francisco, CA



Dr. K. Srinivasa Rao
Board of Advisors
New York, NY



Prof. Vijaya Gopal Kakani
Board of Advisors
Gainesville, FL



Technology • Global Health • Sustainability

THRIVE 2026 SPONSORED BY GUST FORUM USA

Global Science Innovation Forum Wraps THRIVE-2026 at Stanford Faculty Club, Advancing Ethical AI and Civilizational Resilience

Stanford Faculty Club, California – April 19, 2026

The Global Science Innovation Forum (GSIF) today announced the successful conclusion of THRIVE 2026, its inaugural invitation-only summit held April 16–17, 2026. The conference at Stanford University's Faculty Club was preceded by an opening dinner reception at the Computer History Museum, which convened Nobel laureates, global policymakers, visionary technologists, and ethicists to advance dialogue at the intersection of cutting-edge science and technology. The conference focused on three core pillars: artificial intelligence, sustainability, and health. The opening dinner at the Computer History Museum featured a fireside chat with Ram Shriram and Vinod Khosla, setting the tone for high-level discussions. The April 16 dinner also included an intimate engagement with Consuls General representing over 20 countries, who shared global perspectives on technology policy and governance. The main conference on April 17 hosted over 20 high-impact roundtables spanning AI and technology, health, sustainability, and civilizational leadership. These sessions produced concrete, actionable outcomes, including the Human Agency Standard, Trustworthy AI Audit Model, Edge AI Deployment Framework, Human-AI Work Design Model, and policy blueprints for ethical governance, all aimed at ensuring that technology serves humanity, promotes equity, and supports long-term civilizational flourishing.

Distinguished participants and speakers included:

- **Prof. Steven Chu**, Nobel Laureate in Physics and former U.S. Secretary of Energy
- **H.R. McMaster**, former U.S. National Security Advisor
- **Ram Shriram**, American Businessman, Founding Board Member Google, USA
- **Dattatreya Hosabale**, Sarkaryavah (General Secretary) of the Rashtriya Swayamsevak Sangh (RSS), India
- **Prof. Dame Juliet Gerrard**, Former Chief Scientific Advisor to PM of New Zealand
- **Vinod Khosla**, founder of Khosla Ventures and pioneering technology investor



Speaking on the panel “Science, Knowledge Systems and Civilizational Leadership,” **Hon'ble Dattatreya Hosabale** delivered a powerful call for ethical integration of technology and tradition. He stated:

“Scientific advancement must be evaluated not just through economic outcomes but through a broader lens of economy, ecology and ethics... If traditional knowledge is not properly understood, all those scientific inquiries of the past will be concluded as only superstitions.”

Shri. Ram Shriram, during his fireside chat, spoke about the future of education with AI.

“Knowledge is going to be free and democratized and widely available, some of it happened with internet but with AI now it will happen at a greater pace and it's adaptive learning customized to each user”

Prof. Steven Chu, reflecting on the summit's fusion of science and policy noted:

“Technology revolution: AI is going to replace many, many jobs; how do you marry replacing jobs with a declining population? This transition is a huge challenge.”

Shri. Vinod Khosla, in his fireside conversation opening the proceedings explored intersection between AI, Health and Sustainability, observed:

“My general view is we should strive for the cheapest technology to also be the most sustainable and that's achievable if we put our mind to it”

Mr. Juliet Gerrard, New Zealand Chief Science Advisor, remarked during the health panel,

“You could take the politics out of long term wellness and health by having bipartisan non-political bodies across the world to have decision making authority.”



Prof. Anurag Mairal, the Chair of the Conference, in his opening remarks highlighted that

"GSIF was a forum focused on enabling global collaboration among scientists, engineers, and innovators to address the biggest problems our world faces, anchor the solutions in the cultural and civilizational context of the local communities, and to ensure that everyone benefits from the solutions. He recognized the willingness of the top global minds from every continent to participate in the conference and to contribute to charting a new path for solving our collective challenges."

Expressing gratitude for the overwhelming response from the scientific and technology innovation community that participated in the the conference, GSIF organizing committee co-chair **Dr. Yashodhan Agalgaonkar** stated, *"THRIVE 2026 was conceived as a global convening of scientists, technologists, and policymakers to advance international cooperation in technology and promote the harmonization of policy frameworks. The 20+ white papers coming out of the conference are an evidence of that cooperation."*





Prof. Steven Chu - Nobel laureate

The summit was supported by a number of organizations, including the Global Indian Scientists and Technocrats Forum USA (GIST Forum USA), a premier non-profit platform that unites Indian-origin scientists, technologists, innovators, and thought leaders worldwide to advance ethical science, technology, and innovation for global challenges while bridging modern progress with civilizational wisdom. “We are proud to be a sponsor of the conference. It was truly remarkable and brought together a synthesis of ancient wisdom and modern science to address emerging challenges for humanity,” said Dr. Yelloji Rao Mirajkar, International Coordinator, GIST USA.

“The Global Science Innovation Forum – THRIVE 2026 brought together global leaders in technology and policy to address critical governance challenges across AI, health, and sustainability. As a sponsor, Palo Alto Networks is proud to contribute to advancing important conversations on the societal values shaping technology policy.” said Kelly Waldher, Chief Marketing Officer of Palo Alto Networks, which cosponsored the event. Other academic, industry, and not-for-profit organizations supported the event.

The summit has already sparked follow-on working groups to advance the roundtable outputs. Full summaries, deliverables, and recordings are being prepared for release to participants and strategic partners.

Event Details

THRIVE-2026

Dates: April 16–17, 2026

Venues: Computer History Museum (Apr-16) & Stanford Faculty Club (Apr-17)

Organized and Hosted by: Global Science Innovation Forum

For more information, summit outcomes, or partnership opportunities, visit <https://gsiforum.org/> or contact the secretariat at secretary@gsiforum.org.

About the Global Science Innovation Forum (GSIF)

The Global Science Innovation Forum (GSIF) is an independent, globally networked collaborative platform of scientists and professors dedicated to advancing ethical, public-policy-oriented scientific progress and responsible innovation. All collaborators contribute on a pro bono basis. GSIF brings together world-class thinkers to address humanity’s greatest challenges at the intersection of science, technology, ethics, and leadership. THRIVE-2026 marks its flagship initiative for 2026.

SUMMER INTERNSHIP PROGRAM (SIP)

Connecting Young Minds with Research, Mentorship, and Global Opportunities

The Summer Internship Program (SIP) 2026 is an initiative of the Global Indian Scientists and Technocrats Forum (GIST USA), developed in partnership with Secure College Admission (SCA) to provide high school and undergraduate students with structured exposure to research, innovation, and emerging STEM fields.

Why was SIP Started?

Many students are interested in science and technology careers but have limited opportunities to engage in real-world research, interact with scientists, or understand how academic knowledge translates into solutions to societal challenges. This gap is particularly important for students preparing for undergraduate education and making decisions about future majors and careers. GIST USA established SIP to connect students with scientists, university faculty, researchers, and professionals who can provide research mentorship and career guidance. The program introduces students to rapidly growing areas such as Food & Nutrition, Artificial Intelligence, Climate, Environment & Energy. Rather than being only a classroom-based internship, SIP emphasizes learning by doing guided research, mentorship, presentations, collaborative learning, and interaction with experts.

Who can participate and how do students register?

SIP is designed for high school students, particularly rising juniors and seniors, as well as undergraduate students interested in exploring STEM, research, and innovation. Students learn about the program through GIST USA and Secure College Admission networks, participating scientists and mentors, schools and educational institutions, professional and community networks, social media, webinars, and direct outreach to students and parents. Interested students can access program information and register via the SIP registration link/QR code included in the official program announcement. An orientation session introduces interested students and families to the program structure, expectations, research themes, mentorship process, and timeline.



The poster for the Summer Internship Program (SIP) 2026 features the GIST USA and Secure College Admission logos at the top. It includes a photo of three students working on a laptop. The main title is "SUMMER INTERNSHIP PROGRAM (SIP) 2026". Below this, a paragraph describes GIST USA as a registered non-profit organization working in science, technology, and education, partnering with Secure College Admission to offer the SIP 2026. The poster is divided into three main categories: 01 FOOD AND NUTRITION (improve lives through better food, health & sustainable nutrition), 02 ARTIFICIAL INTELLIGENCE (build smart solutions, shape the future with data algorithms & innovation), and 03 CLIMATE, ENVIRONMENT & ENERGY (create a cleaner, greener and sustainable tomorrow for all). It also lists eligibility criteria (High School Students (Rising Juniors and Seniors) and Undergraduate Students), program duration and dates (May 21, 2025 to August 19, 2026), and a QR code to scan for more details. At the bottom, it lists benefits: Expert Mentorship, Hands-on Research, Collaborative Learning, and Certificate of Completion, with the tagline "LEARN, INNOVATE, IMPACT."



SUMMER INTERNSHIP PROGRAM (SIP)

Connecting Young Minds with Research, Mentorship, and Global Opportunities

Partnership with Secure College Admission

The partnership between GIST USA and Secure College Admission brings together two complementary strengths. GIST USA provides a scientific and professional ecosystem that includes access to researchers, scientists, mentors, research topics, and collaborative learning opportunities. Secure College Admission supports student outreach, engagement, program coordination, and helps connect the research experience with students' broader academic and college-readiness journey. This partnership creates a bridge between research exposure and educational advancement, allowing students not only to learn about science but also to better understand potential academic pathways and career opportunities.

SIP 2026 at a Glance

Duration: 10 weeks, June 10–August 19, 2026

Eligibility: High school rising juniors/seniors and undergraduate students

Focus Areas: Food & Nutrition | Artificial Intelligence | Climate, Environment & Energy

Student Experience: Expert Mentorship | Hands-on Research | Collaborative Learning | Research Presentation | Certificate of Completion

The goal of SIP is simple: expose students early, connect them with experts, develop their research mindset, and help them make informed decisions about their future education and careers.

Learn. Innovate. Impact.

Shape Your Future with Purpose!

Internship

CELEBRATING INDIA'S KING OF FRUITS MANGO FESTIVALS ACROSS THE UNITED STATES



GIST USA proudly supported and participated in several Indian Mango Festivals organized in partnership with the Agricultural and Processed Food Products Export Development Authority (APEDA), Ministry of Commerce, Govt of India, and the Indian Embassy and Consulate General of India at various locations across the United States. These festivals showcased India's world-renowned mango varieties, while highlighting India's growing agricultural export sector. The events attracted members of the Indian diaspora, consumers, importers, retailers, business leaders, and local communities, providing an excellent platform to celebrate India's agricultural excellence and cultural heritage. The festivals also strengthened collaboration among government agencies, exporters, community organizations, and volunteers, creating greater awareness of India's premium horticultural products in international markets.

Outreach, Webinars, and Student Engagement

GIST USA Secretary Dr. Prakash Jha delivered an invited outreach lecture, **"Regenerative Farming: Growing Food While Healing the Earth,"** at the Farm Education Camp at Creekfront Ranch, California, engaging high school and college students, educators, and community members in June last week. The session highlighted the principles of regenerative agriculture, emphasizing soil health, ecosystem resilience, and the role of data-driven agricultural science in sustainable food production. The interactive discussion inspired students to explore careers in agricultural and environmental sciences while fostering greater public understanding of regenerative farming. The event also initiated discussions on future collaborations through the EcoVision.earth initiative, which aims to integrate conservation, agriculture, education, and technology through hands-on learning, student research, internships, and partnerships with universities, government agencies, and the farming community. Some American students pledged to visit India to learn about organic agriculture there.

NOURISH
YOUR BODY
STRENGTHEN
YOUR LIFE



STRONGER
DEFENSE



NATURAL
NUTRITION

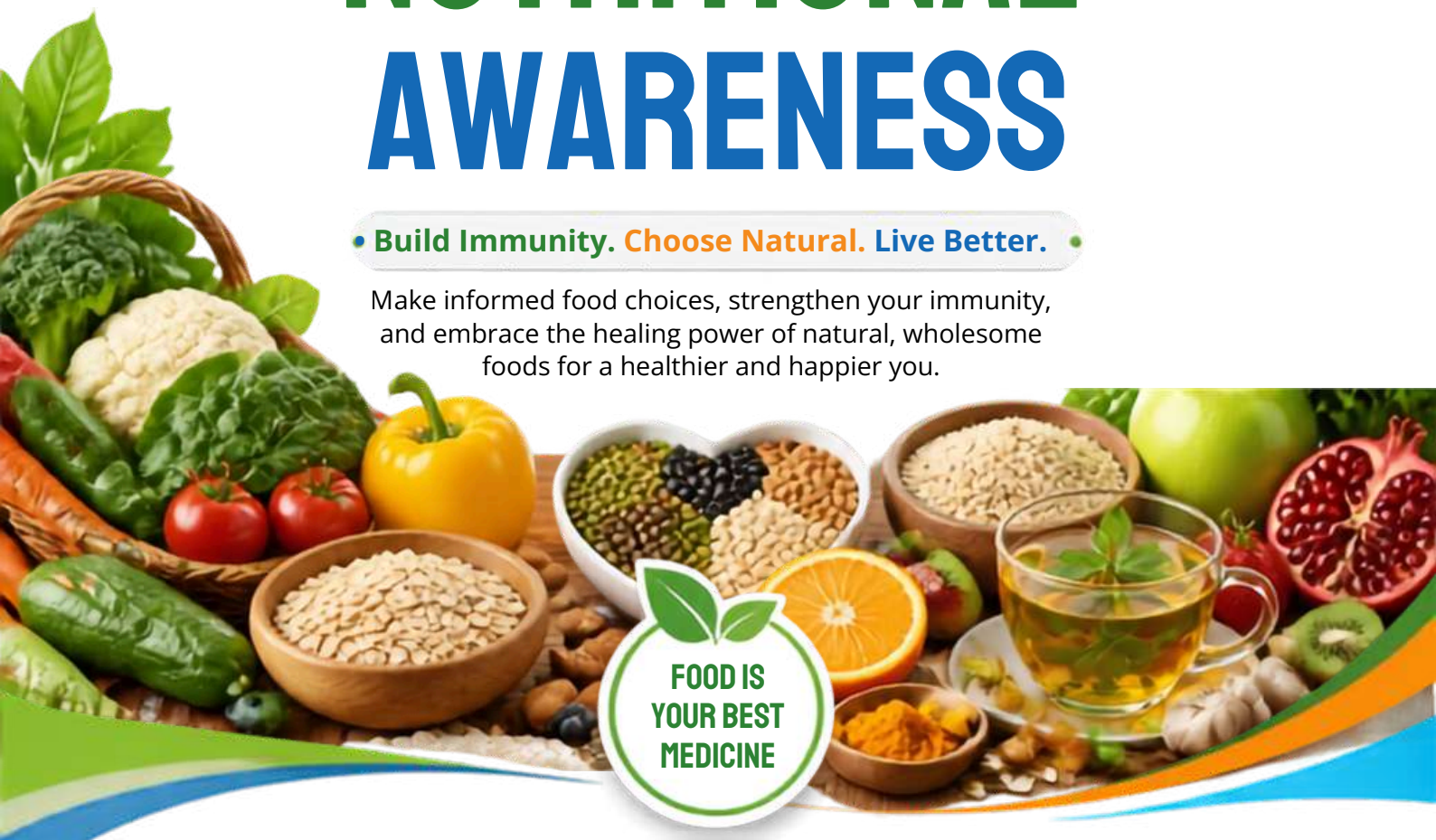


SCIENTIFIC
WELLNESS

NUTRITIONAL AWARENESS

• **Build Immunity. Choose Natural. Live Better.** •

Make informed food choices, strengthen your immunity, and embrace the healing power of natural, wholesome foods for a healthier and happier you.



**WHOLESOME
NUTRITION**

Real foods. Real
nutrients. Real results.



**IMMUNITY
BOOST**

Strengthen your body's
defenses naturally.



**NATURAL
FOOD**

Pure, clean, and
close to nature.

**WELLNESS
FOR LIFE**

Healthy today for
a better tomorrow.

EAT WELL | STAY STRONG | LIVE NATURALLY

Nutrition 360 Launch – Irvine, California (April 15, 2026)

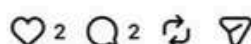
Nutrition 360 officially launched in Irvine, California, in collaboration with the Consulate General of India, Los Angeles. The launch marked an important milestone in expanding the initiative across the United States by bringing together healthcare professionals, educators, researchers, and community members. The event highlighted the integration of modern nutrition science with traditional knowledge systems.

Nutrition 360 Launch – Boston (May 30, 2026)

Building on the successful California launch, Nutrition 360 expanded its outreach through another launch event organized in collaboration with the Consulate General of India (Boston). The event introduced our mission to a wider audience of educators, students, and community leaders in the region.

Summer Internship Program (SIP) 2026 (June 10 – August 19, 2026)

Nutrition 360 welcomed students and young professionals through its 10-week Summer Internship Program. Interns contributed to curriculum development, literature reviews, research activities, and digital outreach, gaining valuable interdisciplinary experience.



indiaInLA On Apr 15, Vice-Consul Priyanka Tyagi represented @IndiaInLA at launch of Nutrition 360, a GIST (Global Indian Scientists and Technocrats) forum initiative in #Irvine CA, focusing on holistic wellness under the theme "Eat Food As Medicine, Else Medicine Will Become Food." The event featured International Convener of GIST Dr Yelloji-Rao K Mirajkar and brought together experts & community members to discuss #nutrition, preventive healthcare & sustainable lifestyle practices. In her remarks, Vice-Consul Priyanka Tyagi highlighted the importance of promoting awareness on holistic health and fostering community engagement around wellness initiatives using India's ancient traditions and practices @MEAIndia @IndianEmbassyUS @drkjsrini #IndiaUS #SoCal #Irvine

Participation in THRIVE 2026 – Stanford University (April 16–17, 2026)

Nutrition 360 was proud to be associated with THRIVE 2026, organized by the Global Science and Innovation Forum (GSI Forum) at Stanford University. The conference provided an excellent platform to connect our vision of preventive healthcare and nutrition with broader global conversations on technology and societal well-being.



International Day of Yoga – Los Angeles (June 21, 2026)

On the occasion of the International Day of Yoga, Nutrition 360 participated in celebrations organized by the Consulate General of India, Los Angeles. The team hosted an educational booth and delivered a presentation highlighting the connection between AYUSH systems and Nutrition.



Educational Webinars and Community Engagement

Throughout this period, several webinars and interactive discussions were organized, covering topics such as:

- Food as Medicine
- Gut Health and the Microbiome
- Preventive Nutrition
- Ayurveda and Modern Nutrition
- Lifestyle Disorders
- Nutrition Education and Community Health



Nutrition 360 – Food is Medicine: A New Course at HUA

The Hindu University of America (HUA) has launched “Nutrition 360 – Food is Medicine” (AIH1102), a community-focused course bringing together modern nutritional science and the traditional wisdom of Ayurveda. The course is rooted in the Aahaar Kranti vision of “Uttama Aahāra, Uttama Vicāra” – Right Food, Right Thinking, and aims to build greater nutrition awareness among individuals, families, and communities.

The 10-week course, offered through HUA's Community Education Division, explores the relationship between food, digestion (Agni), immunity, disease prevention and overall well-being. Participants learn about balanced nutrition, macronutrients and micronutrients, gut health, mindful eating, food timing and quantity, and the Ayurvedic concept of Viruddha Aahāra-incompatible food combinations.



A key strength of Nutrition 360 is its life-stage approach to nutrition, addressing the dietary needs of children, adolescents, young adults, pregnant and nursing women, and older adults. The programme also highlights contemporary challenges such as unhealthy food habits, junk food, stress, mental health and lifestyle-related health concerns.

The course is being taught by experienced faculty including Dr. Mahadevan Seetharaman and Dr. Yelloji-Rao Mirajkar, bringing together expertise in Ayurveda, integrative health, science and community education.

With its unique integration of scientific nutrition and India's traditional knowledge systems, Nutrition 360 represents an important step in taking the message of Aahaar Kranti to a wider global audience. The programme encourages participants to become informed ambassadors of healthier food choices and holistic wellness within their families and communities.

“Food is not merely something we eat—it can be an important foundation for healthy living.”

Read the Nutrition 360 course details at HUA:

<https://www.hua.edu/product/nutrition-360-food-is-medicine>



Nutrition 360 – Food is Medicine

A NEW COURSE AT HUA



Course Schedule:

Week 1: Introduction to Nutrition360, Aahaar Kranti vision, Food as Medicine, fundamentals of Ayurveda, nutrition, role of awareness in community health transformation by **Dr. Yelloji Rao – July 18, 2026**

Week 2: Understanding balanced nutrition, macronutrients and micronutrients, digestion basics, gut health, and link between food, energy, and immunity by **Vaidya Rajesh Kanwar – July 25, 2026**

Week 3: Nutrition for children, brain development, immunity, growth needs, importance of early-life nutrition, and building lifelong healthy eating habits by **Dr. Yelloji Rao – Aug 1, 2026**

Week 4: Nutrition for preteens and teenagers, lifestyle challenges, junk food impact, mental health, body image, and preventive dietary strategies. Why invest in Children's Health? by **Dr. Somesh Kaushik – Aug 8, 2026**

Week 5: Young adults' nutrition, metabolism, stress, alcohol and lifestyle choices, eating disorders, and maintaining balance in modern lifestyles by **Dr. Somesh Kaushik – Aug 15, 2026**

Week 6: Nutrition during pregnancy, first 1000 days, maternal health, fetal development, and importance of nourishment before and during pregnancy by **Vaidya Rajesh Kanwar – Aug 22, 2026**

Week 7: Nutrition for nursing mothers and infants, lactation support, infant nutrition, recovery, and role of maternal diet in child health outcomes by **Vaidya Vandana Baranwal – Aug 29, 2026**

Week 8: Nutrition for elders, lifestyle diseases, government initiatives, preventive health, and integrating holistic nutrition into family and community practices by **Dr. Vikram Pattarkine – Sep 5, 2026**

Week 9: Ayurvedic nutrition principles, Agni, Bhojana Kala, mindful eating, food timing, quantity, and rules for healthy digestion and metabolism by **Vaidya Vandana Baranwal – Sep 12, 2026**

Week 10: Dinacharya, Viruddha Aahaar, incompatible food combinations, common dietary mistakes, impact on digestion, toxins (Ama), and long-term health consequences by **Vaidya Rupali Panse – Sep 19, 2026**





Meet The Team

GIST Forum Europe



Dr. Archana Sharma

President, GIST Europe
GIST Switzerland



Dr. Senthil Srinivansan

Convenor, GIST Europe
GIST Ireland



Dr. Sachin Kinge

Secretary, GIST Europe
GIST Belgium



Ms. Sanyogita Date

Jt. Secretary, GIST Europe
GIST Germany



Ms. Deepika Poonia

Communication Head, GIST Europe
GIST Netherland



Dr. Shivam Chandel

Treasurer, GIST Europe
GIST Sweden



Dr. Sanket Desai

Coordinator, GIST Denmark



Dr. Suseendran Jayachandran

Coordinator, GIST Belgium

Mr. Raykanth Kodali

Jt. Secretary, GIST Europe
GIST Germany

FROM 10 TO 1000 SCHOOLS: A CLOUD CHAMBER MISSION FOR YOUNG INDIA



Dr. Archana Sharma

What if a school student could see evidence of a particle arriving from space?

What if cosmic rays, normally encountered only as a few lines in a physics textbook, could leave visible tracks before a child's eyes?

A cloud chamber makes this possible.

It is one of the most elegant scientific instruments ever developed: simple enough to inspire school students, yet powerful enough to reveal the otherwise invisible world of subatomic particles. Inside the chamber, a supersaturated layer of alcohol vapour is cooled to a very low temperature. When an electrically charged particle passes through this region, tiny droplets form along its path, producing a visible trail.

For a few seconds, the invisible universe becomes visible.

This brief experience can change the way a young person understands science. Physics is no longer merely a collection of formulae to be memorised for an examination. It becomes something living, observable and open to investigation.

"A cloud chamber may reveal a particle for only a few seconds, but the wonder it creates in a child can last a lifetime."

At LifeLab Foundation, we are developing an ambitious vision to bring this experience to Indian schools through a phased programme: first 10 cloud chambers, then 100 and, ultimately, 1,000.

The numbers represent more than the distribution of scientific equipment. They describe a pathway for building capacity, testing an educational model and creating a national network of schools where students can engage directly with experimental physics.

Beginning with student researchers

The foundations of this initiative are being strengthened by young people themselves.

During their research placement at CERN in Geneva, LifeLab Foundation Junior Research Scholars Ved Rathi and Arya Rathi studied the scientific, technical and educational aspects of the cloud chamber. They explored the conditions required to produce visible particle tracks and considered how such an instrument could eventually be adapted into a reliable and meaningful learning experience for Indian schools.

Their work represents an important principle at the heart of the project: students should not be treated merely as recipients of knowledge. They should be given opportunities to participate in building, testing, documenting and communicating science.

Ved and Arya's experience also connects two very different scientific environments. At CERN, enormous experiments such as CMS use advanced detector systems to study the fundamental structure of matter. A school cloud chamber is far smaller and simpler, but the underlying idea is similar: invisible particles are understood through the evidence they leave behind.

"Ved and Arya did not merely study a scientific instrument; they helped us imagine how the laboratories of CERN could speak directly to the classrooms of India."

The goal is now to translate that experience into a practical, scalable and sustainable programme.

Why India needs experiential science

India has millions of talented and ambitious students. Many learn about atoms, nuclei, radiation, cosmic rays and fundamental particles as part of their school curriculum. Yet relatively few have the opportunity to observe a particle detector in operation or participate in an authentic experimental investigation.

This gap matters.

Scientific understanding develops most powerfully when students can connect theory with observation. When a child sees a particle track appear inside a cloud chamber, the experience immediately generates questions.

Where did the particle come from?

Why is one track longer or thicker than another?

How can something invisible leave visible evidence?

What other instruments do scientists use to study nature?

These questions are not peripheral to education. They are the beginning of scientific temper.

"Scientific temper begins when a student learns to observe carefully, question confidently, test assumptions and remain open to being surprised."

India's journey towards becoming a scientifically advanced and developed nation will depend not only on producing more engineers and researchers, but also on creating a wider culture of curiosity, evidence-based reasoning and technological confidence.

Such a culture must begin in schools.

Phase One: 10 demonstration schools

The first stage of the initiative would establish cloud chambers in 10 carefully selected schools.

These schools could represent a diversity of regions, educational systems and social settings. The pilot phase would allow us to test the technical design, classroom learning modules, operating procedures, safety guidelines and teacher-training model.

Each school would become more than a recipient of equipment. It would serve as a demonstration and learning centre, gathering feedback from students and teachers and helping improve the programme before wider expansion.

The pilot would also allow us to study practical questions. How frequently can the chamber be demonstrated? What level of teacher preparation is required? Which age groups benefit most? What supporting material helps students move from wonder to deeper understanding?

The success of the first 10 chambers would therefore be measured not only by whether they function technically, but by whether they create meaningful educational engagement.

Phase Two: 100 regional science hubs

Once the model has been tested and refined, the programme could expand to 100 schools.

At this stage, selected institutions could serve as regional science hubs, conducting demonstrations for neighbouring schools and organising teacher workshops, student projects and science events.

A master-mentor model would be central to this phase.

Students such as Ved and Arya, together with teachers, physicists and engineers, could help train new cohorts. Digital resources and virtual interactions with scientists could complement the physical installations, ensuring that schools are connected to a wider scientific community.

The 100-school network could also encourage students to record and compare particle tracks, maintain observation logs, prepare presentations and develop small research questions.

The cloud chamber would then become not merely a demonstration device, but a platform for inquiry-based learning.

Phase Three: 1,000 centres of curiosity

The longer-term ambition is to establish cloud chamber experiences in 1,000 schools across India.

“Our ambition is not simply to place 1,000 scientific instruments in 1,000 schools. It is to create 1,000 centres of curiosity.”

Such a network could reach government schools, rural communities, aspirational districts, girls’ schools and institutions that presently have limited access to advanced laboratory facilities.

Each installation could become a local window into particle physics and a gateway to broader subjects, including space science, radiation, electronics, medical imaging, computing, instrumentation and engineering.

Wherever practical, the chambers and their supporting systems could be designed, manufactured or assembled in India. This would create opportunities for Indian universities, technical institutions, start-ups and industry partners to contribute to the project.

The programme could therefore support not only science education but also local innovation and technical capacity.

“The journey from 10 to 100 and then to 1,000 is not merely a scale-up of equipment; it is a scale-up of opportunity.”

A meaningful opportunity for CSR

The project offers a particularly strong opportunity for corporate social responsibility partners.

A cloud chamber programme can produce a visible, measurable and sustained educational impact. A single well-supported installation can serve several generations of students and, through outreach activities, potentially benefit many surrounding schools.

However, meaningful support must go beyond purchasing equipment.

The most effective CSR partnership would invest in the full educational ecosystem: chamber development, teacher training, safety guidance, maintenance, classroom resources, student mentorship, digital content and impact evaluation.

“The most meaningful investment in science education is not only in equipment, but in the teachers, mentors and learning opportunities that keep curiosity alive.”

CSR partners could choose to support specific regions or categories of institutions. They could sponsor chambers in underserved schools, create district-level demonstration centres or support travelling science teams capable of reaching communities where permanent installations are not yet feasible.

The impact could be monitored through clear indicators: students reached, teachers trained, demonstrations conducted, schools supported, projects completed and interest generated in science and technology careers.

Unlike a one-time science exhibition, the programme would create a continuing institutional resource.

Connecting students to India’s scientific contribution

The cloud chamber also provides an opportunity to tell a larger story about India’s place in global science.

Indian scientists, engineers, industries and institutions have contributed significantly to international research programmes, including experiments at CERN. Yet many students remain unaware of these contributions and of the range of careers that make large scientific projects possible.

Modern experiments require not only physicists, but also mechanical and electrical engineers, computing specialists, technicians, data scientists, material experts, project managers and many others.

A school student observing a cloud chamber may first be drawn to the beauty of a particle track. That moment can lead to conversations about detectors, cosmic rays, the Large Hadron Collider, medical technologies and the role of Indian scientists in international collaborations.

The chamber therefore becomes both a scientific instrument and an instrument of aspiration.

Beyond the instrument

The ultimate objective of this initiative is not to produce 1,000 identical demonstrations.

It is to build a culture in which students learn that science is something they can participate in.

A successful cloud chamber programme would encourage them to observe before concluding, to document what they see, to compare evidence and to understand that unexpected results are not failures but invitations to investigate further.

It would also create a chain of mentorship. Students trained today could guide those who join tomorrow. Participating schools could support neighbouring institutions. Teachers could form regional networks, and young researchers could contribute instructional videos, experiments and discussions.

In this way, knowledge would continue to travel.

“When we place a scientific instrument in a school, we should not simply ask how many students have seen it. We should ask how many questions it has inspired.”

India’s scientific future will not be built only in advanced laboratories. It will also be built in classrooms where a student encounters an idea for the first time and begins to imagine what might be possible.

A delicate white track appearing inside a cloud chamber may last only a moment. Yet that moment can reveal something profound: the universe is active all around us, and even its most invisible processes can be explored through human curiosity and ingenuity.

Our 10–100–1,000 mission is therefore not principally about cloud chambers.

It is about access. It is about scientific confidence.

It is about giving young Indians the opportunity to look at evidence from the universe and say: I can understand this. I can investigate this. Perhaps one day, I can contribute to it.

“We are not merely opening 1,000 windows into the universe. We are inviting a generation of young Indians to look through them—and to recognise that the future of science also belongs to them.”



Dr. YellojiRao Mirajkar

International Convenor GIST Forum, NJ USA

Bharat Prawas

The Bharat Prawas covered a series of institutional and regional engagements across Delhi, Pune, Konkan, Varanasi, Ahmedabad and Bengaluru, followed by Guwahati and Delhi. The discussions focused on academic collaboration, nutrition, training, research, internships, institutional outreach and regional expansion.

Key engagements

6–8 June 2026 | Delhi

Discussions covered the proposed GIST Meet, Aahaar Kranti integration, sponsorship and funding, team building, district and state outreach, and international collaboration. At IIT Delhi, the focus was on Nutrition 360 course integration, instructor frameworks, curriculum development, an instructor database and development of a 42-hour course comprising theory and practical sessions. At the All India Institute of Ayurveda, discussions included a proposed National Seminar on Aahaar Kranti, VIBHA connectivity and scientific collaborations.

9 June 2026 | B.K.L. Walawalkar, Chipalun Konkan

The B.K.L.Walawalkar Rural Medical College visit focused on rural nutrition, hospital collaboration, faculty and nursing training, school outreach, nutrition modules and internship opportunities. The discussions also considered wider outreach through schools and development of village-specific Aahaar Kranti activities.

10 June 2026 | Pune

Discussions in Pune covered implementation of the IIT Delhi course, research collaboration, instructor development, student projects and a research-paper model. Follow-up planning included an instructor communication mechanism, curriculum revision, internship survey development and student assignments.

11–15 June 2026 | Varanasi

The Varanasi phase included discussions on the Mother's Kitchen initiative, Faculty Development Programme and Training of Trainers, GIST expansion in South-East Asia, and collaboration with Banaras Hindu University. The proposed activities included complementary nutrition education, institutional training, regional coordination, student engagement, internships, research and long-term academic partnerships.

15–17 June 2026 | Ahmedabad & Regional Meetings

Regional discussions focused on strengthening the Aahaar Kranti network, adding academic members to the regional group, possible collaborations with NEST and BEST, social-media outreach, formation of a Gujarat TTT team,



development of a specialised module, academic expansion, and collaboration with the Space Applications Centre and NIOHR. Questionnaire development for future surveys and educational material was also discussed.

18–20 June 2026 | Bengaluru

Chanakya University

The engagement explored long-term academic partnerships, interdisciplinary programmes, summer internships, certificate courses, leadership development and workshops. Areas discussed included agriculture, Aahaar Kranti, Ayurveda, food technology, nutrition science and preventive healthcare.

Satya Sai Grama, Muddenahalli

The visit examined an integrated model connecting education, healthcare, nutrition, agriculture and community service. Potential areas included international internships, faculty exchanges, nutrition and public-health initiatives, natural farming, preventive healthcare and student and researcher engagement. The SaiSure Nutrition Programme was also reviewed, including its large-scale nutrition and healthcare reach.

The University of Trans-Disciplinary Health Sciences and Technology (TDU)

Discussions covered food as medicine, food forests, regenerative agriculture, scientific kitchens, Ayurveda, neuroscience, cognitive enhancement and integrative health sciences. Potential collaboration areas included functional foods, nutraceuticals, evidence generation, student internships, research publications and demonstration projects.

20 June 2026 | Delhi

Transition and follow-up

The return phase included follow-up planning for Delhi meetings, strengthening the GIST team and continuing collaboration with VIBHA.

21–22 June 2026 | Guwahati

Regional expansion

The Guwahati phase focused on the formation of an Assam GIST–Aahaar Kranti team, identification of additional academic, healthcare and social-sector participation, and preparation of a regional implementation roadmap.

Community projects and institutional coordination

Four community-oriented proposals were discussed in the areas of tea-garden nutrition and community development, AyurVidya, Garbha Sanskar, and natural childbirth and maternal health. The discussions also covered possible funding, institutional partnerships and implementation planning. Follow-up with the Ministry of AYUSH and project documentation was included in the regional coordination plan.



Diaspora Visiting Bharat



23 June 2026 | Delhi

National-level follow-up

The Delhi phase focused on ongoing funding support, an AYUSH-supported international conference, and preparation of a comprehensive report covering Ayurveda, Aahaar Kranti, Nutrition 360, research, education and international outreach.

NITI Aayog

Discussions explored a national policy-level collaboration with Aahaar Kranti and development of a Five-Year Strategic Plan covering nutrition awareness, preventive healthcare and sustainable food systems.

Vigyan Bharati Office

The engagement focused on integrating Aahaar Kranti activities with wider VIBHA platforms and strengthening organisational coordination.

Overall outcomes

Across the Bharat Pravas, the engagements created a broad framework for future collaboration through academic partnerships, research, faculty and student exchange, internships, certificate programmes, TTT and FDP activities, community outreach, nutrition initiatives, institutional networking and regional team formation.

Regional expansion

The visit supported continued expansion of GIST and Aahaar Kranti activities in Gujarat, Karnataka, Assam and other regions, with emphasis on local coordination, institutional participation and structured follow-up.

Academic and training priorities

Nutrition 360, curriculum development, instructor frameworks, TTT, FDP, student projects and experiential learning emerged as important areas for continued implementation.

Research and societal engagement

The discussions connected nutrition, preventive healthcare, traditional knowledge, sustainable food systems, natural farming and scientific research with practical community-oriented programmes.

Next steps

The consolidated follow-up includes development of proposals and concept notes, institutional coordination, formation of regional teams, preparation of training and internship frameworks, continued research collaboration and strengthening of national and international partnerships.

आहार क्रांति

Aahaar Kranti



उत्तम आहार उत्तम विचार

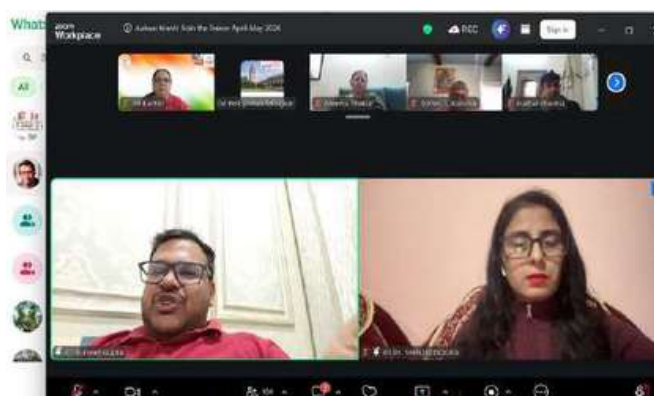
Uttam Aahaar Uttam Vichar

Poshan Rasayan Pragya 2026

Empowering Nutrition Educators Through Global Collaboration

The Poshan Rasayan Pragya 2026:

One-Week International Skill Training Workshop & Faculty Development Programme on Nutrition, Wellness and Life Skills was successfully organized by Lal Bahadur Shastri Government Degree College (LBSGDC), Jubbal, Himachal Pradesh, in collaboration with GIST and Aahaar Kranti. Conducted online from 7 April to 19 May 2026, the programme brought together faculty members, students, healthcare professionals, and nutrition enthusiasts from India and abroad to promote scientific and holistic nutritional awareness.



The workshop witnessed enthusiastic participation from four cluster colleges in Himachal Pradesh, with session attendance ranging from 98 to 233 participants. Beyond knowledge dissemination, the programme focused on building a network of trained nutrition educators capable of conducting awareness programmes within their institutions and local communities. Participants were encouraged to become "Aahaar Mitra", serving as ambassadors for positive nutrition and healthy living.



The programme delivered a comprehensive curriculum covering 13 nutrition modules, integrating modern nutritional science with the timeless wisdom of Ayurveda. Expert speakers addressed topics including balanced nutrition, child and adolescent nutrition, young adults, eating disorders, women's health, Ayurvedic dietary principles, and preventive healthcare. The initiative emphasized informed food choices, healthy lifestyles, and community-based nutrition education aligned with national missions such as Poshan Abhiyaan, RKSK, and the UN Sustainable Development Goals.



Participant feedback reflected the programme's success, achieving an impressive average rating of 4.6 out of 5, with 71% awarding the highest rating. Attendees appreciated the practical approach, the unique integration of Ayurveda with modern science, and the relevance of the sessions to their professional and personal lives. Many expressed their commitment to sharing the knowledge with students, families, and communities while requesting advanced training programmes in the future.

Poshan Rasayan Pragya 2026

The valedictory session concluded with a clear action plan to expand the Aahaar Kranti mission through community outreach, school nutrition programmes, village awareness camps, and institutional nutrition cells. Poshan Rasayan Pragya 2026 demonstrated how international collaboration and digital learning can effectively bridge traditional Indian dietary wisdom with evidence-based nutritional science, contributing towards a healthier and more nutrition-aware society under the inspiring motto:

"UTTAM AHAAR - UTTAM VICHAAR" (GOOD FOOD, GOOD THOUGHT)



Keynote Speakers, Coordinators & Organising Team:

Dr. YellojiRao Mirajkar – International Convenor GIST, USA
 Dr. Rashmi Kulkarni – Aahaar Kranti Coordinator, Doha
 Dr. Mahadevan Sitaraman – Nutrition 360 Coordinator, USA
 Dr. Poonam Mehta – Principal, LBS Govt. Degree College, Jubbal, HP
 Dr. Shallu Dogra – Assist. Prof. Chemistry, LBSGDC · Programme Coordinator
 Dt. Sumeet Gupta – National Coordinator, Aahaar Kranti
 FT. Vrunali Panchal – Content Coordinator, Aahaar Kranti
 Vaidya Dhruv Trivedi – Aahaar Kranti Coordinator, West Zone
 Vaidya Dhawal Rajde – Aahaar Kranti Coordinator, Central Zone
 Vaidya Mamta Mishra – Aahaar Kranti Coordinator, North-East Zone
 Dr. Manohar Sivan – Aahaar Kranti Coordinator, South Zone

Participating Cluster Colleges:

Lal Bahadur Shastri Govt. Degree College [**HOST**] Saraswati Nagar, Jubbal, Shimla, Himachal Pradesh
 Raja Virbhadr Singh Government College Seema, Rohru, Shimla, Himachal Pradesh
 DAV Centenary College Kotkhai, Shimla, Himachal Pradesh
 Government College, Tikkar Tikkar, Shimla, Himachal Pradesh

FOOD WASTE IN INDIA

A SILENT NATIONAL LOSS, THREAT TO NATURE & FUTURE

A DISTURBING REALITY FROM THE GROUND

Dr. Chandrashekhara Biradar

Who Wastes MOST?



Food Waste on the table by Urban Elites is the worst impact on the planetary health. If everyone grow at least one edible plant may help understand the value of the food and farmers' efforts, I guess that will wakeup slumbered consciousness and reduces the food waste!

Why NUTRITION?



Belly Full and Hungry Cells

- ❖ Nutrition less food triggers hunger quite often leads to more eating, bad health and more wasting!
- ❖ Switching to Healthy, Local and Seasonal Food can Reduce Food Waste and Carbon Food Print.



During my last few days of travel across the country and within the state, as an invited guest or speaker, attending large public events, family functions, farmers' meetings and community gatherings etc, one thing disturbed me deeply.

Everywhere, food was being served with generosity, love and its free. But at the same time, I saw huge quantities of food being wasted, especially at public functions and marriages. Many people were taking more than they could eat, and large amounts of perfectly edible food were ending up in waste bins.

This is not just food waste.

It is the waste of soil, water, labour, energy, farmer effort, money, subsidies, natural and national resources.

THE SCALE OF INDIA'S FOOD WASTE

India loses or wastes roughly 152 million tonnes of food annually.

Indicatively, this includes:

- One-third at farm level – harvesting, grading, field losses and unsold produce
- One-sixth in post-harvest supply chains – transport, storage, wholesale, retail and processing
- Half at consumer/household level – kitchen waste, plate waste, over-cooking and leftover disposal

Continue....33

The strictly post-cooking edible portion will be lower than the household waste figure, and India urgently needs dedicated household, institutional and food-service waste audits.

HOW MANY PEOPLE COULD BE FED?

If India avoided around 78.2 million tonnes of household food waste per year, it could theoretically feed almost 377 million people on a staple-food-equivalent basis, assuming about 207.5 kg food/person/year.

Even a 50% reduction in food waste could feed nearly 188 million people.

THE MASSIVE LAND IMPACT

India's average foodgrain yield is about 2.6 tonnes/ha.

$78.2 \text{ million tonnes} \div 2.6 \text{ tonnes/ha} = \sim 30 \text{ million hectares}$

That equals nearly: 30 million ha = 74 million acres

In other words, avoiding household food waste alone could theoretically reduce pressure on around 30 million hectares of foodgrain-equivalent agricultural land, this is nearly 22% of India's current foodgrain area.

A SECOND FOOD REVOLUTION WITHOUT EXPANDING LAND

If India could fully avoid 152 million tonnes/year of food loss and waste, it would be equivalent to saving about:

40% of India's annual foodgrain production

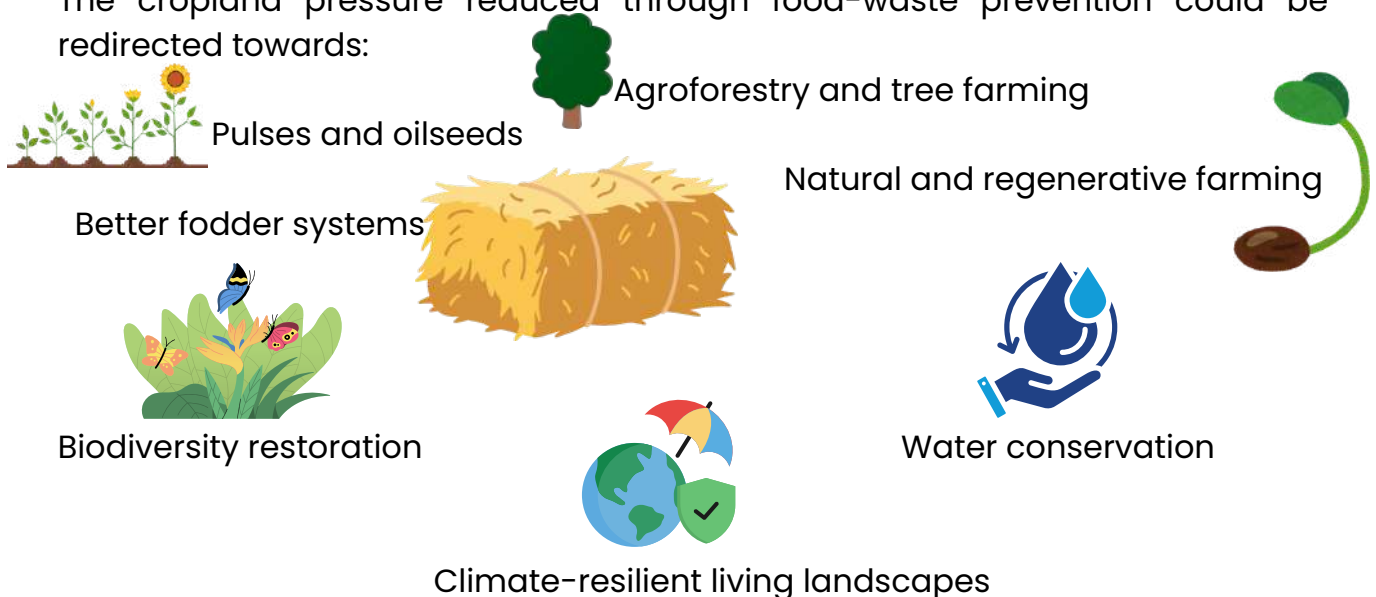
42% of India's net sown area

This does not mean that all this land can immediately be removed from agriculture, because food waste includes cereals, fruits, vegetables, cooked food, inedible portions and mixed waste. But as a foodgrain-equivalent national estimate, it shows the scale clearly.

Reducing food waste is almost like creating a second Green Revolution without expanding land, irrigation, fertilizers or emissions.

WHAT COULD THIS LAND SUPPORT?

The cropland pressure reduced through food-waste prevention could be redirected towards:



FOOD WASTE IS NOT ONLY A HOUSEHOLD ISSUE

- Food waste is a food security issue, farmer income issue, water issue, climate issue, land-use issue and moral issue.
- In our civilisational wisdom, Anna is sacred.
- Wasting food means wasting soil, water, labour, energy, biodiversity and the blessings of the farmer.

THE WAY FORWARD

India's future food strategy must move from:

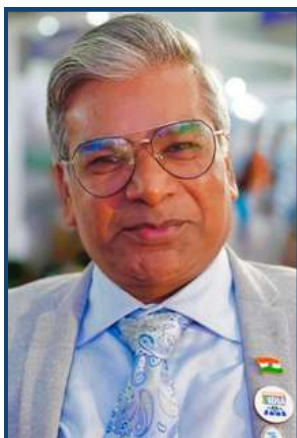
PRODUCE MORE → WASTE LESS → NOURISH BETTER → REGENERATE MORE

At every home, wedding, public event, temple gathering, institutional kitchen and hotel buffet, we need one simple discipline:

Take only what you can eat. Share what is surplus. Compost what cannot be consumed.

Reducing food waste may be one of the fastest pathways to improve food security, reduce greenhouse gas emissions, protect land and restore dignity to food.

SAVE FOOD! SAVE THE FUTURE!



Prof. Dr. Chandrashekhar M. Biradar

- Earth System Scientist & Landscape Ecologist
- Global Green Growth Visionary with 30+ Years Experience
- Worked Across 50+ Countries Worldwide
- Founder & CMD, Global Green Growth Community of Practices
- Expert in Regenerative Agriculture, Agroforestry & Natural Farming
- Former Leader at CGIAR, FAO, World Bank & Global Institutions
- Author of 550+ Publications & Innovation Frameworks
- Champion of Nature-Based Green Economic Growth

Dear GIST Newsletter Readers,

We value your feedback and suggestions. Kindly share your comments and feedback with us at newsletter@gistforum.org to help us make the GIST Newsletter more informative, engaging, and impactful.

We look forward to hearing from you!



Bhagavad Gita

Perspective on Diet

The Concept of Anna (अन्न) & Aahaar (आहार)

In Indian philosophy, the concept of diet is more than just eating food. The Bhagavad Gita expands diet to include all sensory inputs—food that nourishes the body and mind—shaping our thoughts, behavior, and inner nature.

Anna (अन्न)

Refers specifically to physical food or grain consumed through the mouth, often staple or cooked nourishment.



Aahaar (आहार)



The Three Gunas (Trigunas)



True Aahaar extends beyond physical food to include all that is absorbed through the senses, affecting our body, mind, and intellect.

Key Bhagavad Gita Teachings on Food & Mind:

- Food shapes our body, mind, and inner nature according to the three gunas.
- Digestion is sustained by divine energy (Vaishvanara Agni).
- Use intellect (viveka) to choose foods that nourish our higher purpose.
- Responsible, conscious dietary choices lead to a happy, healthy and balanced life.

Verses: Bhagavad Gita Chapters 15 & 17



Dr. Lov K. Kher, Dr. K. J. Sharma, and Dr. Yelloji-Rao Mirajkar

Abstract

The concept of food in Indian philosophical thought extends far beyond the material act of eating. Anna (अन्न) refers specifically to food or edible substances consumed through the mouth, often staple or prepared foods, Aahaar (आहार) encompasses the intake of impressions through all sensory channels and their influence on the body, mind, and intellect. This article examines the idea of Aahaar Kranti, dietary transformation, through the lens of the Bhagavad Gita, highlighting how the text provides a holistic framework for understanding food, sensory experience, and human behavior. By analyzing key verses from Chapters 15 and 17, we explore how the Gita articulates the relationship between food, mind and the three gunas (sattva, rajas, tamas), and how this understanding can inform contemporary dietary reform movements for happy, healthy and long life.

1. Introduction

When we think of Aahaar, it does not simply mean any kind of food intake. True Aahaar refers to the kind of food that is naturally suited to a living being's body-food that Nature has designed that body to consume. Nature has given humans a much wider degree of free will. Because of this freedom, humans consume a broad range of foods-many of which are neither naturally suited to the human body nor originally devised for it. Human beings are endowed not only with physical body and emotional faculties but also with a unique cognitive capacity, viveka, or discriminative intellect. This faculty enables individuals to make conscious choices regarding lifestyle, diet, and sensory engagement. Decisions such as whether to consume vegetarian or non-vegetarian food, what media to engage with, or how to regulate sensory inputs are all expressions of this intellectual privilege.

In classical Indian thought, the Sanskrit terms अन्न (Anna) and आहार (Aahaar) are related yet distinct in their scope and meaning.

1.1 Anna (अन्न)

The literal meaning of Anna is food, grain, or cooked nourishment. It generally refers to what is eaten, particularly staple foods such as grains or prepared meals. Examples include rice, wheat, and other cooked foods that

sustain the body. In many Indian traditions, Anna specifically denotes nourishing physical food and is regarded with deep reverence, as reflected in the well-known expression “अन्नं ब्रह्म” (Annam Brahma), which conveys the idea that food is sacred and life-sustaining.

1.2. Aahaar (आहार)

The literal meaning of Aahaar is intake, nourishment, or diet. Unlike Anna, which refers primarily to physical food consumed through the mouth, Aahaar encompasses the broader concept of all forms of intake that nourish the body and mind. Scientifically, we understand that the body requires three major categories of nutrients: Carbohydrates – for energy, Proteins – for building and repairing cells, and Fats – for lubrication and metabolic functions. Along with these, the body requires vitamins and minerals for proper growth and maintenance. Organically grown grains, vegetables, fruits, and dairy products provide these nutrients in balanced and natural forms. A well-balanced vegetarian diet can provide all the nutrients required for human health while also promoting a calm and balanced state of mind.

In classical Indian knowledge systems such as the Bhagavad Gita, Ayurveda, and Yoga philosophy, Aahaar includes not only food and drink, but also sensory inputs received through the five senses what we see, hear, smell, taste, and touch as well as the overall dietary and lifestyle patterns that shape human well-being. Food influences the mind, and the mind expresses itself through the Gunas. The Bhagavad Gita further classifies diet into the three types of Gunas: Sāttvika, Rājasa, and Tāmasa Aahaar, illustrating how different types of nourishment influence both physical health and mental disposition.

Thus, Aahaar does not merely denote the consumption of food; it refers to the entire spectrum of inputs that can nourish or disturb the integrated body–mind system. Nature provides species-specific diets, and most animals instinctively adhere to these natural prescriptions. Humans, however, often deviate from nature’s design due to free will, habit, and cultural conditioning.

Modern scientific discourse offers extensive knowledge about the material aspects of nutrition, yet it often lacks an integrated spiritual or ethical perspective.

The Bhagavad Gita, a foundational text of Indian scriptures, provides profound insights into how food and sensory experiences shape human mind and behavior. Lord Krishna's teachings address not only the physiological aspects of food but also its psychological and spiritual implications, highlighting the deeper relationship between diet, mind, and character.

2. Aahaar in the Bhagavad Gita: Conceptual Foundations

2.1 Sensory Intake and Human Experience (Chapter 15)

Two verses from Chapter 15 illuminate the relationship between sensory perception, digestion, and the nourishment of the body.

Verse 15.9 of the Bhagavad Gita explains that the embodied soul experiences the world through the five senses-hearing, sight, touch, taste, and smell-along with the mind. These serve as channels through which sensory impressions are perceived, allowing the individual to interact with and experience the external world.

Verse 15.14 Shri Krishna says that in a living body He (Krishna) is present as Vaishwanar Agni (digestive fire) and by balancing the power of intake (Praan) and expel (Apaan) He digests all the four categories of foods - 1. Khadya, 2. Bhojya, 3. Chosya, 4. Paye. So, we learn that being the Supreme Source of all manifestations and the Sustainer He has made the incredible laws of Nature for cause and effects. Therefore, having the power of intellect, we must learn to select the right foods as Aahaar and not undesirable junks.

2.2 The Three Gunas and Dietary Dispositions (Chapter 17)

Chapter 17 provides a detailed classification of food based on the three gunas-sattva (purity), rajas (activity), and tamas (inertia)-which govern human temperament.

Verse 17.7

Krishna states that individuals choose food according to their inherent dispositions. This principle extends to their preferences in sacrifice, austerity, and charity, suggesting that diet is both a reflection and a determinant of one's inner nature.

Verse 17.8: Sattvic Foods

Sattvic foods promote longevity, vitality, health, happiness, and mental clarity. They are described as juicy, nourishing, mild, and naturally palatable. Individuals dominated by sattva gravitate toward vegetarian foods, fruits, milk, and naturally sweet items, cultivating calmness, intellectual engagement, and spiritual inclination.

Verse 17.9: Rajasic Foods

Rajasic foods-excessively bitter, sour, salty, hot, pungent, or spicy-stimulate the senses and intensify desire and restlessness. Such foods may lead to discomfort, sorrow, and disease. Those influenced by rajas guna tend to be ambitious, action-oriented, and drawn to stimulating foods, including non-vegetarian items.

Verse 17.10: Tamasic Foods

Tamasic foods include stale, overcooked, putrid, fermented, or impure items. These foods dull the mind, reduce vitality, and foster lethargy. Individuals dominated by tamas often prefer heavy, stale, or non-vegetarian foods that impede intellectual and spiritual growth.

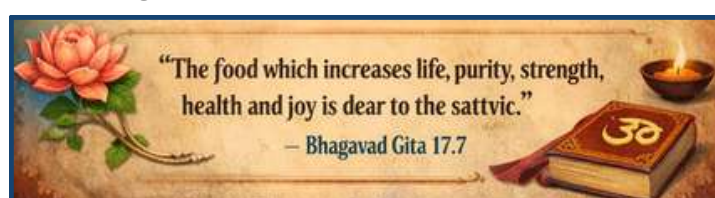
These verses collectively articulate a psychospiritual framework in which diet influences not only physical health but also mental disposition and moral behavior.

3. Conclusion

Gita's dietary framework aligns with contemporary understandings of nutrition, psychology, and behavioral science. Foods rich in nutrients and natural flavors (sattvic) support physical, mental well-being, and spiritual growth, while overly processed or stimulating foods (rajasic and tamasic) correlate with stress, inflammation, and cognitive dullness.

The Gita's emphasis on sensory regulation also resonates with modern research on media consumption, emotional health, and neuroplasticity. Just as food nourishes the body, sensory impressions nourish or disturb the mind.

The concept of Aahaar Kranti (dietary revolution) thus requires a holistic approach that integrates physiological, psychological, ethical, and spiritual dimensions of food. The Gita provides a timeless framework for such an integrated understanding.



4. Summary and Implications for Aahaar Kranti

From the perspective of the Bhagavad Gita, various forms of intake—including food and sensory impressions—affect the body, mind, and intellect through the gunas of nature, while the Self (Atman), as pure consciousness, remains unchanged and unaffected. Krishna’s teachings highlight that:

- Humans must use their intellect to choose foods aligned with their nature and well-being.
- Digestion is a sacred process sustained by divine energy (Vaishvanara Agni).
- Foods generate corresponding mental states sattva, rajas, or tamas which shape behavior and intellect.
- Dietary choices must therefore be made with awareness, responsibility, and alignment with one's higher purpose.

Incorporating the Gita's insights into the Aahaar Kranti movement can enrich its scientific foundation with spiritual wisdom, offering a comprehensive model for human health and societal well-being.

References

- Mirajkar, Yelloji-Rao. “Aahaar Kranti: Reconnecting with Our Age-old, Scientifically Sound Dietary Habits.” *Science India*, May 2021.
- Bhagavad Gita. Gita Press.
- Swami Muktananda. *Bhagavad Gita: The Song of God*. 2014.
- Mirajkar, Yelloji-Rao. “Aahaar Kranti: Reconnecting with Our Age-old, Scientifically Sound Dietary Habits.” *Science India*, May 2021.
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 15.9, page 235
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 15.14, page 237
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 17.7, page 254
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 17.8, page 254
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 17.9, page 255
- *The Bhagavad Gita or The Song of Divine*. Gita Press, 1991, Gorakhpur, India, Verse 17.10, page 255



GIST Forum - Collaborations & Partners



Shri Vithal Education & Research Institute, Pandharpur



CMS College of Science & Commerce, Coimbatore



INDIAN DRUGS RESEARCH ASSOCIATION & LABORATORY PUNE



Lal Bahadur Shastri Government College, Saraswati Nagar, Shimla



All India Institute of Ayurveda, Delhi



Walwalkar Hospital And Research Centre, Sawarde, Ratnagiri



CSIR – National Botanical Research Institute (NBRI) Lucknow



NANDHA AYURVEDA MEDICAL COLLEGE AND HOSPITAL, ERODE



MAHATMA GANDHI RURAL DEVELOPMENT AND PANCHAYAT RAJ UNIVERSITY, GADAG
Rural Roots, Global Heights.



PSG College of Technology, Coimbatore



Shop For Change Fair Trade



Vivekanand Seva Mandal



Zagdu Singh Charitable Trust's (Regd.)
THAKUR INSTITUTE OF MANAGEMENT STUDIES & RESEARCH



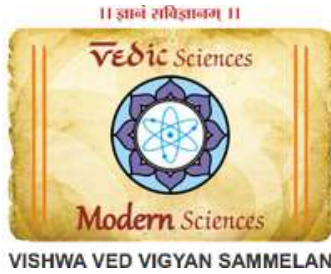
आयुर्वेद शिक्षण एवं अनुसंधान संस्थान, जामनगर
Institute of Teaching and Research in Ayurveda, Jamnagar
राष्ट्रीय महत्व का संस्थान
Institute of National Importance



DEEMED TO BE UNIVERSITY UNDER SECTION 3 OF UGC ACT, 1956

Vijnana Bharati - Vividha Ayam

<https://vijnanabharati.org>



Partnership & Collaboration Appeal



Join Hands to Foster Innovation & Growth

Connecting for a Sustainable & Prosperous Future

Dr. Yelloji-Rao Mirajkar

International Convenor-GIST Forum

+1 732-319-1634

yellojirao.mirajkar@gistforum.org

Dr. Senthil Srinivasan

Convenor-GIST Europe

+32 476 96 04 11

senthil.srinivasan@gistforum.org

Shri Nandkumar Palkar

Secretary-GIST

+91 99670 24237

nandkumar.palkar@gistforum.org

Ms. Kartiki Lawate

Program & Operations Coordinator-GIST

+91 88287 00750

kartiki.lawate@gistforum.org