

Presents

SYNERGIZE

A Workshop on the Wellness of Mind and Body

January 28 & 29, 2022

Highlights of the Workshop

Day 1 : "Know Your *Prakriti*"

Day 2 : Panel Discussion "Find Your Balance"

Lectures by Eminent Scientists

Distinguished Speakers & Panelists

Dr. Anant Mohan

Professor & Head
Pulmonary Medicine and Sleep Disorders, AIIMS, Delhi

Dr. Rama Jayasundar

Professor & Head
Department of NMR, AIIMS, Delhi

Dr. Anju Dhawan

Professor
National Drug Dependence Treatment Centre (NDDTC)
AIIMS, Delhi

Dr. Shweta Khandelwal

Head Nutrition Research & Additional Professor
Public Health Foundation of India

Dr. Bhavna Prashar

Senior Scientist, Trisutra Center
Institute of Genomics and Integrative Biology (IGIB), Delhi

Dr. Prachi Pandit

Director
Arbuza Regenerate Pvt. Ltd., Pune, Maharashtra

Dr. Swati Kashyap

Medical Specialist in the fields of Psychiatry & Psychology

Dr. Ravi Shastri

Assistant Professor
Department of Yoga Science, Central University of Haryana

REGISTER by JANUARY 26, 2022

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THE DEPARTMENT OF BIOCHEMISTRY

The Department of Biochemistry at Sri Venkateswara College, University of Delhi was established in the year 1989.

The Biochemistry Under-graduate Program was founded by the Late Padma Bhushan Prof. B.K. Bachhawat and former SVC Principal, Dr. V. Krishna Moorthy.



PATRON

*Prof. C. Sheela Reddy
Principal, SVC*

ORGANIZING TEAM

Convenors

*Dr. Anju Kaicker
Dr. Nandita Narayanasamy*

Co-Convenors

*Dr. Vandana Malhotra
Dr. Kameshwar Sharma YVR
Dr. Sarika Yadav
Dr. Meeta Bhardwaj*

Students

*Namya Sethi
Tapasya Khanna
Zaan Pithawala*

HIGHLIGHTS OF THE WORKSHOP

- *A semi-personalized session on understanding your Prakriti / Constitution and learning small interventions to your eating, sleeping and work-habits that can help you achieve balance in your life.*
- *A panel discussion "Find Your Balance" with four panelists from diverse backgrounds who can answer your questions one-on-one.*
- *Lectures by eminent scientists.*



Department of Biochemistry

**Sri Venkateswara College
University of Delhi**

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Mind and Body*



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DISTINGUISHED SPEAKERS & PANELISTS

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Assistant Professor

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Central University of Haryana

ABOUT THE WORKSHOP

*The term '**Lifestyle Disorders**' has of late become a key cause of concern in Health Sciences. This is because of the changes that have been imposed on us by the work-related, hectic, urbanized technology and commercially driven society of today. This has resulted in imbalanced eating patterns, disrupted sleep schedules and impoverished personal and social interactions.*

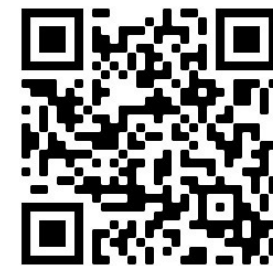
*The workshop titled '**Synergize**' is our attempt to understand the changes that we can do with our lifestyle with respect to Nutrition, Sleep and Psyche that will help us lead more balanced, healthy and contented lives.*

REGISTRATION DETAILS

The workshop is open to all students and faculty

Register by January 26, 2022

Scan the QR code



OR

Use the link below :

<https://forms.gle/kpb8JhwXL6t4389x6>

E-certificates will be given to all the participants

For any query, contact :

nnarayanasamy@svc.ac.in

Namya Sethi 9911204217



SYNERGIZE

A Workshop on the Wellness of Mind and Body

Organized by

Department of Biochemistry

Sri Venkateswara College

University of Delhi

Program Schedule

Day 1 (January 28, 2022)

10:00 am	Lamp Lighting & Inauguration
10:10 am	Opening Remarks by Prof. C Sheela Reddy (Principal, SVC)
10:15 am	Introduction to "Synergize"
10:30 am	"Ayurvedic approach to Diet and Nutrition: Looking Beyond Molecules" by Dr. Rama Jayasundar, Professor & Head, Dept. of NMR, AIIMS, Delhi
11:15 am	"Why Public Health Nutrition in India needs to be urgently prioritized" by Dr. Shweta Khandelwal, Public Health Foundation of India
12:00 noon	"Understanding Prakriti for your Personalized Wellness" by Dr. Bhavna Prashar, IGIB, Delhi
01:00 pm	Lunch
02:00 pm	"Learning to live according to your Prakriti" a semi-personalized hands-on session by Dr. Bhavna Prashar, IGIB, Delhi

Day 2 (January 29, 2022)

09:30 am	"Yogic Management of Stress Problem" by Dr. Ravi Shastri, Dept. of Yoga Science, Central University of Haryana
10:15 am	"Nature of the Mind and Meditation" by Dr. Anju Dhawan, NDDTC, AIIMS, Delhi
11:00 am	"Finding Your Balance" , a panel discussion with : Dr. Anant Mohan (Pulmonary Medicine & Sleep Disorders) Dr. Rama Jayasundar (Professor & Head, Dept. of NMR, AIIMS, Delhi) Dr. Prachi Pandit (Arbuza Regenerate Pvt. Ltd., Pune, Maharashtra) Dr. Swati Kashyap (Medical Specialist in fields of Psychiatry & Psychology)
01:15 pm	Valedictory Session

Patron

Prof. C. Sheela Reddy
Principal, SVC

Teacher-in-Charge

Dr. Nimisha Sinha
Department of Biochemistry

Convenors

Dr. Anju Kaicker
Dr. Nandita Narayanasamy

Co-Convenors

Dr. Vandana Malhotra
Dr. Kameshwar Sharma YVR
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Student Organizing Team

Namya Sethi
Tapasya Khanna
Zeean Pithawala

Organizing Committee

Department of Biochemistry
Biochemical Society
"Catalysis"

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