

NATIONAL SEMINAR- DIVYAM -2023



DIVYAM-2023
11-12 DEC-2023



TANTIA UNIVERSITY

Excellence | Innovation | Achievement
(Established Under State Government Act 32 of 2013 and 2 (2) of UGC Act 1956)
SRIGANGANAGAR (RAJASTHAN)



Divyam

NATIONAL SEMINAR



11- 12 December, 2023



"Lifestyle Disorders – Ayurvedic Awareness, Healing and Management"



SRI GANGANAGAR COLLEGE OF AYURVEDIC SCIENCE & HOSPITAL

Hanumangarh Road, Sri Ganganagar (Raj.)-335002

TOLL FREE : 1800 123 1981

www.tantiauniversity.com



**Tantia
University**
EXCELLENCE, INNOVATION, ACHIEVEMENT

**SRI GANGANAGAR COLLEGE OF AYURVEDIC SCIENCE & HOSPITAL,
TANTIA UNIVERSITY, SRI GANGANAGAR**



NATIONAL SEMINAR

**“Lifestyle Disorders –Ayurvedic Awareness,
Healing and Management”**

Divyam

Chief Patron

Mrs. Sunita Tantia

Patrons

Dr. Mohit Tantia & Prof (Dr.) M.M. Saxena

Co-Patron

Dr. K.S.Sukhdev

Chairman

Prof (Dr.) Subhash Chandra Upadhyay

Convenor

Dr. Ajay Kumar Sharma

Dr. Omprakash Sharma

Secretary

Dr. Rishu Sharma

Organizing secretary

Dr. Sakshi

Co-Convenors

Dr. Deepak Sharma Dr. Poonam Bhojak

Dr. Nishant Kaushik Dr. Ajay Kumar



11- 12 December, 2023



Institute & University at a Glance:

Tantia University is located in Sri Ganganagar, Rajasthan (India). It was established under Tantia University, Sri Ganganagar Act 2013. It was founded as part of a series of initiatives launched by Dr. Shyam Sunder Tantia, a visionary man. Among 15 departments, the first medical faculty was “Sri Ganganagar College of Ayurvedic Science & Hospital started in 2004. The institute has a remarkable in the academic as well as hospital infrastructure which helps to achieve better healthcare and management. The institute is doing excellent activities in the field of patient care via OPDs, IPDs, Panchkarma therapies, Central Laboratory with Ultrasound (USG), Anorectal surgeries and much more. The institute runs an under graduate course for 60 seats (BAMS), PG in 3 branches with 15 seats (5 for each in Rachana Sharir, Dravya Gunaand Swasthvritta) with Doctorate in (Ph.D in Rachana Sharir, Dravya Gunaand Swasthvritta).

Sir/Madam,

It gives us immense pleasure to inform you that the Sri Ganganagar College of Ayurvedic Science & Hospital, is going to organize a National Seminar on “Life Style Disorders –Ayurvedic Awareness, Healing and Management” on 11th -12th December 2023.

We, on behalf of the seminar organizing committee, cordially invite you to participate and contribute seminar papers on any relevant topic/sub topics of the seminar.

We hope your participation will surely add to its success.

With Regards,
Chairman
(Dr. Subhash Chandra Upadhyay)



About the Seminar :

The National Seminar entitled as “**Lifestyle Disorders –An Ayurvedic Awareness, Healing and Management**” is basically associated with life style disorders to highlight the way people live their life.

Everyone knows the diseases prevailing related to disorders –obesity, hypertension, heart diseases, PCOD, stress and hormonal imbalance.

All of these are results of unhealthy eating habits, consumption of drugs, alcohol, lack of exercise, disturbed sleep pattern. The current scenario has made people vulnerable to lifestyle diseases. Several factors develop lifestyle diseases in adults, such as unemployment, unsafe life, working conditions, stress etc. Ayurveda effectively addresses many ways to manage these disorders. To get rid of various lifestyle diseases, Ayurveda provides solutions in form of healthy lifestyle strategy, proper diet management, detoxification and regeneration.

LIST OF GUESTS:

- **Dr. Banwari Lal Gaur** (Ex. Hon'ble VC)
- **Dr. P.K. Prajapati** (Hon'ble VC –DSSRAU, Jodhpur)
- **Dr. Sanjeev Sharma** (Hon'ble VC –IA, Jaipur)
- **Dr. Kamal Kant Sharma**
(Registrar, Board of Indian Medicine, Jaipur)

LIST OF KEYNOTE SPEAKERS-

- **Dr. Satish Vats**
(Shri Krishana Ayush University, Kurukshetra, Haryana)
- **Dr. Mukesh Sharma** (CBPACS, New Delhi)
- **Dr. Sushil Dubey** (BHU, Varanasi)
- **Dr. Vivek Aggarwal**
(Govt. Ayurved College, Khanpur Kalan)
- **Dr. Nand Kishor Dadhich**
(Uttarakhand Ayurved University, Dehradun)
- **Dr. Ravi Sharma**
(Sheth J.P. Ayurved College, Bhavnagar, Gujarat)

ADVISORY COMMITTEE

- **Dr. Mahesh Dixit** (Udaipur)
- **Dr. Ravinder Choudhary** (Sardarsahar)
- **Dr. Mahender Sharma** (Jodhpur)
- **Dr. Rajesh Bhardwaj** (Jodhpur)
- **Dr. Sitaram Sahi** (Ferozpur)
- **Dr. Dipanshu Mishra** (Muktsar)
- **Dr. Kamlesh Panwar** (Muktsar)
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- **Dr. Davender Chahar** (Jodhpur)
- **Dr. Devi Lal Choudhary** (Saharanpur)
- **Dr. Vasudev Pareek** (Marjanda, Sri Ganganagar)
- **Dr. Vinod Ranga** (Muktsar)
- **Dr. Sohail Jandial** (Badal)
- **Dr. Lovenish Pruthi** (Bathinda)

All Directors, Deans, Principals and Officers
of Tania University.



sub- themes

- ❖ Role of Rasayana & Vajikaran
- ❖ Role of Nutrition for health
- ❖ Aahar- Vihar & Balanced Diet
- ❖ Role of yoga in Lifestyle
- ❖ Geriatrics
- ❖ Panchkarma benefits in lifestyle Disorders
- ❖ Anatomical changes in various Lifestyle Disorder
- ❖ Drug Intervention in Lifestyle Disorders
- ❖ Female health impact due to lifestyle Disorders
- ❖ Incidence of Lifestyle Disorders according to geographical areas
- ❖ Significant role of therapies in treatment of Lifestyle Disorders
 - ❖ Marma Chikitsa
 - ❖ Panchkarma
- ❖ OPD procedures in treating and managing Lifestyle Disorders
- ❖ Coping up anxiety and stress in Lifestyle Disorders
- ❖ Any other related topic

Programmes being Run at Tantia University

1. UG Programmes

- I. MBBS
- II. B.V.Sc.
- III. BAMS
- IV. BHMS
- V. BPT
- VI. B.Sc. (Agriculture)
- VII. B.Sc. (Nursing)
- VIII. Post Basic B.Sc. Nursing
- IX. B.Ped.
- X. B.Ed.
- XI. B.Sc. B.Ed.
- XII. B.A. B.Ed.
- XIII. LL.B.
- XIV. B.A. LL.B.

2. PG Programmes

- I. M.Sc. (Medical)
- II. M.D. (Ayurveda)
- III. M.D. (Homoeopathy)
- IV. M.A.
- V. M.Sc.
- VI. M.Ped.
- VII. M.Ed.
- VIII. M.Sc. (Agriculture)
- IX. MPT
- X. M.A. (Yoga)
- XI. M.B.A.
- XII. M.Com.
- XIII. LL.M.

3. Ph.D.

4. Diploma Courses

- I. Diploma Ayurvedic Nursing and Pharmacy (D.A.N.P.)
- II. Diploma in Pharmacy
- III. Animal Husbandry Diploma Program (A.H.D.P.)
- IV. Diploma in Physical Education (D.P.Ed.)

EXECUTIVE COMMITTEE :

Convener :	Joint convenors/ members:
Scientific Committee Dr. O P Sharma	Dr. Poonam Bhojak, Dr. Faisal, Dr. Shailesh Singh Dr. Mukesh Sagar Dr. Kiran & Dr. Riyanka
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Stage management Dr. Sakshi	Dr. Rishu Sharma, Dr. Ajay Jalandra, Dr. Pooja Sharma, Dr. Deepika, Dr. Pushp Kanwar, Lt. Sandeep (Yogacharya)
Awards & Certificates Dr. Rishu Sharma	Dr. Deepak Sharma, Dr. Nishant , Dr. Sourav, Dr. Kirti & Dr. Shruti, Mr. Tushar (IT-Cell)
Cultural Dr. Poonam Bhojak	Dr. Deepak Sharma, Dr. Sakshi Dr. Sohan Lal, Dr. Sushil Dr. Kiran, Dr. Khushboo, Dr. Pushp
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Discipline committee Dr. Ajay Kumar Sharma	Dr. Satish Sharma, Dr. Nishant Kaushik and Dr. Rajesh Sharma (Stats) , Mr. Gurmeet

TANTIA UNIVERSITY

Sri Ganganagar (Rajasthan) Ph. No. 0154-2494130 Email : director.research@tantiauniversity.com

SCIENTIFIC SCHEDULE AT A GLANCE

National Seminar on Lifestyle Disorders -Ayurvedic Awareness, Healing and Management entitled
"DIVYAM" (11-12 December, 2023)

Sri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Sri Ganganagar

DAY 1 : DECEMBER 11, 2023	
08:30AM – 09:30 AM	REGISTRATION
09:30AM – 10:30 AM	BREAKFAST
10:30 AM ONWARDS	INAUGURATION CEREMONY

VENUE: **CHARAKA AUDITORIUM**

Sri Ganganagar College of Ayurvedic Science & Hospital

SESSION :- 1

	CHARAKA AUDITORIUM	SMART CLASS
12:30 PM – 02:00 PM	KEYNOTE SPEAKERS – <ul style="list-style-type: none">• DR. VIVEK AGGARWAL MSM Ayurved College, Khanpur Kalan, Dis. - Sonapat (Haryana).• DR. SUSHIL DUBEY Faculty of Ayurveda, Institute of Medical Science, BHU, Varanasi	<ul style="list-style-type: none">• Presentations by the Research Scholars and UG students• Poster Presentation VENUE: Corridor, Ground Floor College Campus
02:00 PM – 03:00 PM	LUNCH Venue: Food Court 2 nd Floor Sri Ganganagar College of Ayurvedic Science & Hospital	
	CHARAKA AUDITORIUM	SMART CLASS

03:00 PM to 5:00 PM	KEYNOTE SPEAKERS – <ul style="list-style-type: none">• DR. NAND KISHORE DADHICH Uttarakhand Ayurved University, Dehradun, Uttarakhand• DR. RAVI SHARMA Dr. Sheth J P Government Ayurved College, Bhavnagar, Gujrat	<ul style="list-style-type: none">• Presentations by the Research Scholars and UG students• Poster Presentation VENUE: Corridor, Ground Floor College Campus
05:00 PM	TEA BREAK & INTERACTION	

7:00 PM ONWARDS – CULTURAL NIGHT entitled "DIVINE NIGHT"

DAY 2 : DECEMBER 12, 2023		
09:00 AM – 10:00 AM	BREAKFAST	
10:30 AM	WELCOME CEREMONY	
	SESSION :- 1	
	MAIN HALL	SMART CLASS
11:30 AM to 01:30 PM	KEYNOTE SPEAKER – <ul style="list-style-type: none">● DR. DAVENDER CHAHAR Dr. S.R. RAU Jodhpur● DR. SATISH VATS Shri Krishna AYUSH University, Kurukshetra (Haryana)	<ul style="list-style-type: none">● Presentations by the Research Scholars and UG students● Poster Presentation VENUE: Corridor, Ground Floor College Campus
01:30 PM – 02:30 PM	LUNCH Venue: Food Court 2 nd Floor Sri Ganganagar College of Ayurvedic Science & Hospital	
02:30 PM ONWARDS	VALEDICTORY FUNCTION	
05:00 PM	HI – TEA	



SRI GANGANAGAR COLLEGE OF AYURVEDIC SCIENCE & HOSPITAL

TANTIA UNIVERSITY, SRI GANGANAGAR



Certificate
NATIONAL SEMINAR
Divyam 2023

on

"Lifestyle Disorders-Ayurvedic Awareness, Healing and Management "
(11-12 December 2023)

*This is to certify that Dr./Ms./Mr... **XXXXXXXXXXXX***
participated in National Seminar as Key Note Speaker/Resource Person/Delegate.
His/Her participation is appreciated by the organizers. He/She also presented a
*paper/poster entitled..... **XXXXXXXXXXXX***

XXX

CHAIRMAN
Dr. Subhash Upadhyay

XXX

SECRETARY
Dr. Rishu Sharma

XXX

ORGANIZING SECRETARY
Dr. Sakshi