# **Registration Details**

₹ 1000 for UG STUDENTS

₹ 2000 for PG SCHOLARS / TEACHERS / **PRACTITIONERS** 

Accommodation Will Be Provided

No Spot Registration Entertained

Visit Our Website for Registration "www.iiarh.com/swasthyacon"

## Reach Us for

#### Registration and Reception

- Dr. Suman Singh 9510172204
- Dr. Rashmi TM 9624459009

#### Accommodation

Dr. Abhishek Kagathara - 7016424319

#### Coordination and Clarification

Dr. Jignesh Rajani - 9712893663

#### Scientific Session

Dr. Rajalakshmi Ravindran - 9980460845

#### Transportation

Dr. Nilesh Sarvaiya - 9510336947

#### Communication

Dr. Bharat Nagotha - 8983066735

#### Chair Person

Dr. Leena Shukla (Principal, IIAR&H)

#### **Organising Secretary**

Dr. Sathish Hs - 9624653733 Dr. Maitray Maniyar - 9972454442

For Queries Reach Us at "swasthyacon2018@gmail.com"

150 Feet Ishwariya Road, Kalawad Road, Rajkot

# INVITED DIGNITARIES



Indian Institute of Ayurved Research & Hospital, Raikot (Approved by department of Ayush & CCIM, New Delhi)

**ORGANIZING** 



A National Conference on "Necessity of DINACHARYA" in present era



Saturday, 21st April 2018 Sunday, 22<sup>nd</sup> April 2018

Special Saurashtra Darshan Tour on 23rd & 24th April for Participants (on request)

#### CHIEF GUEST:

Shri Vijaybhai Rupani (Hon. Chief Minister, Gujarat State)

Shri Nitinbhai Patel (Hon. Deputy Chief Minister, Gujarat State)

## **GUEST OF HONOR:**

Vd. Rajesh Kotecha (Special Secretary, Dept of AYUSH)

Dr. Vanitha Muralikumar (Member, CCIM)

Dr. Jayanti S. Ravi (Commissioner of Health, Medical Service & Medical Education)

Vd. Saniiv Oza (Hon. Vice Chancellor, Gujarat Ayurved University)

Dr. Bharat Boghra (Member, CCIM)

Dr. Vikram Upadhyay (Member, CCIM)

Dr. Julaya Ansari (Member, CCIM)

Dr. Prasanna Rao (Principal, SDM, Hasan)

## PATRON:

Dr. Mehul Rupani (President, All Gujarat Self Finance Paramedical Consortium & Association) (Managing Trustee, IIAR&H)

## **Resource Persons**



Dr. Mihir Hajarnavis

Occupation Based Dinacharya



Dr. Arpan Bhatt

Dinacharya and Life Style Disorders



Dr. Mangalagowri Rao

Dinacharya Healthy Indriyas and Beauty



Dr. Hitesh Vyas

Dinacharya Based on Aahar Vigyan

### Special Saurashtra Darshan **Route Details:**

Rajkot - Gondal (Akshar Mandir)

Gondal → Virpur (Jalaram Temple)

Virpur → Khodal Dham

Khodal Dham → Ambardi Safari Park

Ambardi → Somnath Temple

Safari Park

## **About the Conference**

In our high tech fast paced world with endless destruction and entertainment more of us are becoming disconnected. This disconnection hampers the body's physiological needs from environmental cues. This disconnection from the circadian rhythms is called Chronodisruption, which is linked to a host of health concerns including poor cognitive function, mood disorders, sleep disorders, diabetes, obesity etc.

## Aim of the Conference

In Ayurved, a daily ritual of self-care called Dinacharya has been explained. This conference is aimed to propagate our concepts among students and practitioner of Ayurved and understanding the principles used to design Dinacharya.

# **Key Topics**

- Understanding The Principles Used To Design Dinacharya And Validate Them In Present Era.
- · Preventive Aspects of Dinacharya.
- Modification of Dinacharya Based On Working Profession and Its Necessity.
- Role of Dinacharya in Chronic Disease
  & In Life Style Disorders.
- Role of Dinacharya in Cosmetology and Stress Management.

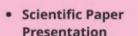
# **Expected Outcomes**

- · Provide community-based service.
- Provide preventive services to the society with respect to non-communicable disease.
- · To induce healthy lifestyle among the public.

## Mission

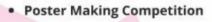
It is to improve the health of the communities we serve including rural underserved and global population through education, research, outreach service and creative partnership through Ayurveda.

# Competitions



Poster Presentation





 Ayurved Documentary Film Competition

\* Rules and Regulations of the competition are available at web site "www.iirah.com/swasthyacon" and android app "swasthyacon" available on playstore also..

# **Conference Schedule**

# DAY-1 21st April, 2018

Event	Starts	Ends	
Registration and Breakfast	8:00 AM	9:30 AM	
1st Session: Dr. Mihir Hajarnavis (Occupation Based Dinacharya)	9:30 AM	10:30 AM	
Scientific Session 1 (Paper Presentation Phase 1)	10:30 AM	11:00 AM	
Inauguration Ceremony	11:00 AM	1:00 PM	
Lunch Break	1:00 PM	2:30 PM	
2nd Session: Dr. Arpan Bhatt Dinacharya and Life Style Disorders	2:30 PM 4:30 PM	4:30 PM	
High Tea		5:00 PM	
Scientific Session 2 (Paper Presentation Phase 2 & Poster Making Competition)	5:00 PM	7:00 PM	
Break A Leg (Cultural Program)	7:00 PM	8:30 PM	

# DAY-2 22<sup>nd</sup> April, 2018

Event	Starts	Ends
Breakfast	8:00 AM	9:30 AM
3rd Session: Dr. Mangalagowri Rao (Dinacharya Healthy Indriyas and Beauty)	9:30 AM	11:00 AM
4th Session: Dr. Hitesh Vyas (Dinacharya Based on Aahar Vigyan)	11:00 AM	1:00 PM
Lunch Break	1:00 PM	2:00 PM
Ayurvedic Documentary Film Competition	2:00 PM	3:00 PM
Valedictory Function	3:00 PM onwards	

# **Important Last Dates**

- Registration 7th April, 2018
- Submission of Abstract 5th April, 2018
- Submission of Full Paper 10th April, 2018
- Submission of Poster 5th April, 2018
- Submission of Documentary
  Film Subject 5th April, 2018

# **Registration Form**

Nam	ie:		
Instit	tution:		
Depa	artment:		
Addr	ress:		
Zip o	oode:		
Town	n:		
Cou	ntry:		
Mob	ile no:		
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Ema	il:		
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	UG student		Practioner
Bank DD N	EARCH AND HOS k Name : ICICI, Raj No:		SWASTHYA CON ble at Rajkot only)
onlin	e through web site	ter online	gital Payment and also make payment h.com/swasthyacon" and ble on playstore also.
Re	gistration	Туре	2
	cientific Paper Pre	sentation	Delegate
D F	oster Presentation		Poster Making
	Occumentary Film		

Signature

Date