

## 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



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

ORGANIZING



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



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

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

## INVITED DIGNITARIES

### 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. Sanjiv 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 distraction 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

- Scientific Paper Presentation
- Poster Presentation
- Poster Making Competition
- 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 21<sup>st</sup> April, 2018

Event	Starts	Ends
Registration and Breakfast	8:00 AM	9:30 AM
1st Session: Dr. Mihir Hajamavis (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
High Tea	4:30 PM	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 – 7<sup>th</sup> April, 2018
- Submission of Abstract – 5<sup>th</sup> April, 2018
- Submission of Full Paper – 10<sup>th</sup> April, 2018
- Submission of Poster – 5<sup>th</sup> April, 2018
- Submission of Documentary  
Film Subject - 5<sup>th</sup> April, 2018

## Registration Form

Name: \_\_\_\_\_  
Institution: \_\_\_\_\_  
Department: \_\_\_\_\_  
Address: \_\_\_\_\_  
Zip code: \_\_\_\_\_  
Town: \_\_\_\_\_  
Country: \_\_\_\_\_  
Mobile no: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

- ☐ Faculty ☐ PG student  
☐ UG student ☐ Practitioner

## Payment Details

- ☐ Cash ☐ DD

DD in favour of INDIAN INSTITUTE OF AYURVED  
RESEARCH AND HOSPITAL A/C SWASTHYA CON  
Bank Name : ICICI, Rajkot (Payable at Rajkot only)

DD No: \_\_\_\_\_  
Date: \_\_\_\_\_

- ☐ Online Registration and Digital Payment

Students can also register online and also make payment  
online through web site "www.iirah.com/swasthyacon" and  
android app "swasthyacon" available on playstore also.

## Registration Type

- ☐ Scientific Paper Presentation ☐ Delegate  
☐ Poster Presentation ☐ Poster Making  
☐ Documentary Film

Date \_\_\_\_\_ Signature \_\_\_\_\_