



Continuing Medical Education and Workshop on *Chronobiology, Swasthavritta, and* Public Health

Date

11th November, 2017

Time

8.30 AM - 5.30 PM

Venue

PUMBA Auditorium,
Savitribai Phule
Pune University



About

Challenges in clinical practice are increasing with rising burden of diseases. It is the need of the hour to expand the scope of drug-driven clinical practice with inclusion of preventive and promotive health approaches. Emerging evidence for behavioral and lifestyle interventions are changing the paradigms of medicine. The recent Nobel Prize for chronobiology research provides a glimpse of futuristic practice of medicine. Clinical medicine of tomorrow will be people centric and driven by protection and promotion of health. *Swasthavritta*, a concept of Ayurveda and Yoga emphasizes on adjusting our body clock with nature's rhythms. It includes modifying daily routine according to seasonal variations, and various non-pharmacological approaches like diet, lifestyle and behavior for the protection and promotion of health.

The CME on 'Chronobiology, *Swasthavritta*, and Public Health' organized by CCIH, SPPU, Pune and Dr. Palep's Medical Education and Research Trust, Mumbai will provide an excellent opportunity for clinicians and researchers of biomedicine, AYUSH systems, and life sciences to interact with experts who will illustrate innovative ideas for a healthier future.

Jointly Organized by
Center for Complementary and Integrative Health, SPPU, Pune
Dr. Palep's Medical Education and Research Trust, Mumbai

Program

Time	Topic	Speaker
8.30 am	Yoga Session	
9.30 am	Welcome and About the Workshop	Prof Bhushan Patwardhan Director, CCIH, Pune
9.45 am	Neuro-endocrinological Mechanisms in Chronobiology: Implications to <i>Swasthavritta</i>	Dr Ashok Vaidya Dr Rama Vaidya Director, Kasturba Health Society- Medical Research Centre, Mumbai
10.30 am	Chronobiology and Ayurveda	Dr Kalpana Joshi Professor, Sinhgad College of Engineering, Pune
11.00 am	Concept and practices of <i>Swasthavritta</i>	Vaidya Mihir Hajarnavis Professor, Tilak Ayurveda Mahavidyalaya, Pune
12.00 Noon	Ayurveda and Modern Science (SPPU Science Club Lecture at Namdev Hall, Arts Faculty, SPPU)	Prof M. S. Valiathan Padmavibhushan, National Research Professor, Manipal University
1.30 pm	Working lunch	
2.15 pm	Chronobiology, <i>Swasthavritta</i> and Public Health	Interactions with Prof M. S. Valiathan
3.15 pm	Naturopathy Approach for Lifestyle	Dr K. Satya Lakshmi Director, National Institute of Naturopathy, Pune
3.45 pm	Tea-Break	
4.15 pm	Yoga in Clinical Practice	Dr S. D. Pathak (Practicing Surgeon and Adjunct Faculty, Kaivalyadhama, Lonavala
4.45 pm	<i>Swasthavritta</i> in Clinical Practice	Dr Girish Welankar (Yoga and Lifestyle consultant, Parbhani)
5.15 pm	Concluding	Dr H. S. Palep Dr. Palep's Medical Education and Research Trust, Mumbai

Registration Details

For Registration: [Click here](#) > Select Payment Category as

"THE ROLE DINCHARIYA/RUTUCHARIYA IN PUBLIC HEALTH"

For Assistance, Contact: Ms. Snehal Funde [✉ tadvidya@gmail.com | ☎ +91 9768017053]

Note: The CME organizers have applied for Maharashtra Medical Council for accreditation.
Application is in process.