



SRI VENKATESWARA COLLEGE (UNIVERSITY OF DELHI)

EVENT REPORT

NAME OF THE ACTIVITY:- SYNERGIZE: A WORKSHOP ON THE WELLNESS OF MIND AND BODY			
DATE	FACULTY	DEPARTMENT/ COMMITTEE	COORDINATOR NAME
January 28 and 29, 2022	Science	Biochemistry	Convenors: Dr. Anju Kaicker Dr. Nandita Narayansamy Co-convenors; Dr. Vandana Malhotra Dr. Kameshwar Sharma YVR Dr. Sarika Yadav Dr. Meeta Bhardwaj
TIME	VENUE	NUMBER OF PARTICIPANTS	NATURE: Outdoor/Indoor
9.30a.m.to 5.00p.m.	Online Mode (Zoom meeting platform)	84	Indoor (Online)
SUPPORT/ ASSISTANCE	DEPARTMENT OF BIOCHEMISTRY, SRI VENKATESWARA COLLEGE, UNIVERSITY OF DELHI		

BRIEF INFORMATION ABOUT THE ACTIVITY

OBJECTIVES:

The changes imposed on us by the work-related, hectic, urbanized, technology and the commercially driven society of today, has led to imbalanced eating patterns, disrupted sleep schedules and impoverished personal and social interactions. This has impacted our health.

The objective of the workshop “Synergize” was to invite distinguished speakers to deliver lectures in an attempt to understand the changes that can be made in our lifestyle with respect to Nutrition, Sleep, and mental health that will help us lead more balanced, healthy and contented lives.

The highlights of the workshop were:

- A semi- personalized session on understanding your Prakriti/ Constitution and learning small interventions to eating, sleeping and work habits that can help one achieve balance in life.
- A panel discussion “**Finding your balance**” with four panelists from diverse backgrounds who answered questions one-on-one.

INTRODUCTION:

The workshop was conducted over a period of two days on the Zoom platform. Eight esteemed speakers with vast experience in their respective fields were invited to share their insights into “Finding Balance” in our lives. The eminent speakers for Day 1 of the two-day workshop were:

Dr. Rama Jayasundar

She is Professor and Head of the department of NMR, AIIMS, Delhi. She did her Ph.D. in NMR Physics from St. John’s College, University of Cambridge. She also has a medical degree in Ayurveda.

As an MR scientist, her area of specialization is Biomedical NMR – clinical imaging and spectroscopy, Neuroscience applications of MR, Radio-frequency (RF) coil designing & building, and RF pulse sequence programming, to name a few. She has wide experience in both experimental and clinical MRI and spectroscopy. Her indigenously developed low-cost RF coils for clinical MR scanners costing less than 5% of that of the manufacturers, had won her the Young Scientist Award. She has a number of research publications, awards, and honors to her credit.

Dr. Shweta Khandelwal

She is Head, Of Nutrition Research at the Public Health Foundation of India (PHFI), Delhi. She is a trained and experienced public health nutrition (PHN) researcher engaged in studying the nutrition epidemiology of non-communicable diseases and

their risk factors among the Indian population. She serves on expert panels constituted by FSSAI and MoHFW, GoI including oils and fats, sustainable healthy diets, and combating high fat, sugar, and salt in the Indian population.

She is the lead for capacity-building initiatives in Public Health Nutrition at PHFI. In addition to more than 70 peer-reviewed articles in scholarly journals, she has contributed more than 150 op-eds and review pieces in leading international and national print and online media. Dr. Shweta has also won several prestigious awards and recognition in the area of PHN.

Dr. Bhavna Prasher

She is a Senior Scientist, at CSIR's Ayurgenomics Unit- TRISUTRA, CSIR- IGIB, New Delhi. She has done M.D in Ayurveda from the Institute of Post Graduate Teaching & research in Ayurveda, Gujarat Ayurveda University in the year 1997. Dr. Bhavana has done clinical practice of Ayurveda at Vedanta Ayurveda, New Delhi till she joined the Traditional Knowledge Digital Library program at CSIR-NISCAIR in 2001. She is working in the area of Ayurgenomics since 2002 and has been instrumental in the establishment of this new field of integrative research CSIR. Dr. Bhavana's main research interest is to integrate methods and practices of Ancient Indian predictive and personalized medicine, Ayurveda with modern genomics and to decipher the modern biological basis underlying the principles of Ayurveda.

The hands-on session was conducted by Dr. Bhavna Prasher and her team.

The eminent speakers on Day 2 of the workshop were:

Dr. Ravi Shastri

Dr. Ravi Shashtri is an Assistant Professor at the Department of Yoga Science, Central University of Haryana, Mahendragarh. He has done Ph.D in Yoga and Sanskrit. His areas of interest are understanding science of yoga and he has a number of research articles and books published on these lines.

He has also featured in various fitness programs been telecasted on Tata sky and Sony TV. He has been a mentor to number of celebrities like Mr. Sunil Shetty, Mr. Raj Babbar, Mr. Manoj Vajpayee, Mr. Anup Soni to name a few.

Dr. Anju Dhawan

Dr. Anju Dhawan is currently a Professor at National Drug Dependence Treatment Centre (NDDTC) and Department of Psychiatry, AIIMS, New Delhi. She is an art of living teacher since 2006 and conducts workshops on meditation and breathing. She has been member of WHO Expert Committees and Academic and Training Committee of International Society of Addiction Medicine (ISAM). Her area of interest includes adolescent substance use in schools and meditation research. She has oorganized several national workshops on themes of national significance wherein input from these workshops has gone into the Drug De-Addiction Program of the Ministry of Health and Family Welfare.

She has mentored a number of students for MD/PhD/DM. She has been Principal Investigator of a number of research projects funded by WHO, United Nations Office on Drugs and Crime (UNODC), Ministry of Social Justice and empowerment (MSJE), National Commission For Protection of Child Rights (NCPCR) and has authored 130 peer reviewed research articles in various journals of repute.

Dr. Anant Mohan

He is Professor and Head of the Department of Pulmonary, Critical Care and Sleep Medicine at the All-India Institute of Medical Sciences, New Delhi, India. He is the recipient of the UK Commonwealth Fellowship in Chest Medicine and Interventional Pulmonology in 2008- 2009. He is Chief Investigator and Co – Investigator of several International collaborative and extramural projects and clinical trials funded by the ICMR, DBT, DST, UGC, and European Union and has more than 300 International and National publications in peer-reviewed journals related to various respiratory diseases.

His clinical and research interests include Lung Cancer, Interventional Pulmonology, COPD, and Respiratory Infections including COVID-19. He has won several awards related to his published work at National/International conferences. He is also Fellow of the Royal College of Physicians (London) and the National Academy of Medical Sciences and member of American Thoracic Society and European Respiratory Society.

Dr. Prachi Pandit

Dr. Prachi Pandit is a cofounder for Arbuza Regenerate Pvt. Ltd. where she works both at population and individual level to improve the quality of life through better food choices, behaviour change communication in nutrition.

She has over 12 years of experience as a researcher and project manager in the field of developmental origins of health and disease (DOHaD). She has authored multiple scientific publications in peer reviewed journals. She has managed multiple large scale projects including life course intergenerational models dealing with maternal and child nutrition. During her research career, she has been trained in the fields of epidemiology, anthropometry, ethnography, and human metabolism and physiology.

Dr. Swati Kashyap

Dr Swati Kashyap is a Psychiatrist, Psychotherapist, Medical Hypnotherapist, Psychologist and Family Physician with an experience of nearly two decades. A Member of the Royal College of Psychiatrists, London and Diplomate Clinical Psychiatry, Royal College of Physicians of Ireland, she is currently the Director of Mind Clinic in New Delhi and a Visiting Faculty with Christian Medical College, Vellore.

Dr Kashyap is the Honorary Advisor to the Indian Red Cross society, Delhi branch for their Drug Awareness and Prevention program for students. She has previously held positions like Consultant Psychiatrist and Faculty at VIMHANS hospital, H.O.D Behavioural Medicine at Fortis La femme and Kailash hospital and Senior Consultant Behavioural Physician at Escorts Heart Institute.

PROCEEDINGS:

January 28, 2022

The workshop commenced with an address to the gathering by the Vice Principal of Sri Venkateswara college, Dr. S Venkat Kumar. This was followed by the Saraswathi Vandana and the lightning of the lamp.

The floor was then handed over to Dr. Anju Kaicker to introduce the first speaker of the day, Dr. Rama Jayasundar. The topic of her talk was “**Ayurvedic approach to Diet and Nutrition: Looking beyond Molecules**”. The talk was mainly focused on the ayurvedic aspects of diet and nutrition. The lecture started with the explanation

of the basic terms like Nutrition, Calorie, Diet etc. Further, she talked about the Ayurvedic classifications of the Human system. The talk also included the discussion of the Indian cuisine and various benefits of eating the right food at the right time and in required amount. Moreover, she discussed the planning of meal according to Ayurveda.

The floor was then handed over to Dr. Sarika Yadav who introduced the next speaker, Dr. Shweta Khandelwal. The topic of her talk was **“Why Public Health Nutrition in India needs to be urgently prioritized”**. The highlights of her lecture were-

- Follow your circadian rhythm to maintain proper timings of eating your meals as well as other activities.
- Malnutrition
- Importance of sound sleep and exercise
- Importance of good nutrition in early childhood
- Management of time to maintain a healthy lifestyle
- Increased stress in teenagers and their causes

Lastly, she also emphasized on the growing trends of malnutrition in children and young girls and on the urgent need to improve this situation and reduce it.

The floor was then handed to Dr Nandita Narayanasamy to introduce the next speaker, Dr Bhavna Prasher. The topic of her talk was **“Understanding Prakriti for your Personalized Wellness”**. The talk started with an understanding of the term *“prakriti”* and its meaning. She explained that the *Prakriti* of an individual helps in predicting an individual’s susceptibility to a particular disease and the selection of the therapy. Ayurveda attributes these constitutional characteristics of an individual to certain *“doshas”*. Three main *doshas* are described, viz. *Vata*, *pitta*, and *Kapha*. She talked and explained the *doshas* in detail and how they can be related to an individual's health. Dr Prasher also highlighted how disturbance in the *doshas* can lead to diseases. She then talked about how one can understand their own *prakriti* and try to improve their health.

Next, there was a short lunch break followed by the hands-on session with Dr Bhavna Prasher and her team on “**Learning to live according to your Prakriti**”

The highlights of this session were as follows:

- A google form was circulated which had questions related to different aspects of *prakriti*
- Questions were related to physical features, eating and sleeping habits, response to the environmental changes etc
- Each question was explained with various options listed in the form in order to help the individual assess their own *prakriti*
- After the successful filling of the form, one could attempt to understand their own *Prakriti* and try to arrive at interventions to improve their health according to their *Prakriti*.

January 29, 2022

Day two of the workshop commenced with a brief introduction of the first speaker for the day, Dr. Ravi Shastri, by Dr. Kameshwar Sharma.

Dr. Shastri began his lecture on “**The Yogic Management of Stress Problems**” by highlighting the importance of *Sukh* and *Dharma* in *Yoga*. He mentioned that the true meaning of *Yoga* escapes the understanding of many people and that *Yoga* is not just limited to physical exercises. He further emphasized on the need of knowledge of Sanskrit language and grammar to fully grasp the depths of *Dharma* and *Yoga*. He illustrated how the lack of proper Sanskrit pronunciation knowledge can result in blunders in *Mantra* chanting. Dr. Shastri touched upon the various present-day activities and scenarios that lead to Stress in individuals, compared the traditional and modern-day definitions of Health/*Swasth* and supplemented his lecture by discussing the teachings of renowned *Yoga Gurus*, Maharaj Manu and Maharishi Patanjali.

The talk was then followed by a student and faculty interaction with Dr. Ravi Shastri wherein he demonstrated a multitude of *Yoga* poses that can help with alleviating stress and stressed upon the importance of “*Mann ki Shanti*” in handling Stress.

Dr. Shastri's lecture ended with a vote of thanks and the floor was handed over to Dr. Meeta Bhardwaj who introduced the second speaker of the day Dr. Anju Dhawan.

Dr. Dhawan launched into her lecture on **“Nature of Mind and Meditation”** starting with the very definition of meditation and its importance. She discussed the correlation between meditation and mental health; and described how meditation entails letting the mind come to a state of stillness and to the present. Dr. Dhawan highlighted the various physiological benefits of meditation, describing how meditation stimulates the Parasympathetic Nervous System, induces the ‘Relaxation Response’ and causes changes in brain wave patterns and sometimes the very brain structure. She then talked about the application of meditation in present-day medical practices and how meditation is an emerging research area in neuroscience.

Dr. Dhawan demonstrated a few breathing and meditation exercises. Following that, a small student and faculty interaction with Dr. Anju Dhawan was conducted wherein the application of meditation in Cognitive Behavioral Therapy was discussed. Dr. Dhawan also explained how the act of meditation is about confronting and letting out pent-up emotions.

Dr. Dhawan's lecture ended with a vote of thanks and the floor was handed over to Dr. Nandita Narayanasamy who introduced and moderated the last session of the day a panel discussion titled **“Finding Your Balance ”**.

The panel discussion commenced with a small talk on Sleep by Dr. Anant Mohan in which the scientific view of sleep, sleep disorders and sleep hygiene were discussed. Following this, Dr. Mohan discussed Bright Light Therapy, the relation between insomnia & ageing and between Sleep Apnea & weight during the Question-Answer session.

The second part of the panel discussion began with Dr. Narayanasamy introducing the panelists Dr. Prachi Pandit and Dr. Swati Kashyap. Subsequently, both panelists addressed the gathering regarding ‘how to find balance in life’ and their views on the matter. This was then followed by a student and faculty interaction with the panelists. The highlights of the same were:

- What entails “healthy habits” and how to ensure that they are easy to follow
- Thinking about the root of your negative thoughts and how to counteract that
- Feedback Sandwich technique on confronting a negative individual
- Ways to overcome distance in friendships and relationships
- The use of the Japanese *Kaizen* Technique (or the one-minute principle) and journaling in dealing with procrastination, loss in productivity and depression
- The importance of formal therapy when self-help is not sufficient

The feedback form was circulated right after the panel discussion was completed.

The workshop concluded with a vote of thanks, thanking the esteemed guests, the distinguished speakers & panelists and all the participants.

OUTCOMES:

- The workshop was instrumental in providing the participants with an insight on stress management and how to find balance within their lives by making changes in their nutrition, sleep and psyche.
- The scientific basis of the many traditional techniques and practices mentioned served as an inspiration for students wishing to pursue a career in research.

PROOF & DOCUMENTS (Tick mark the proofs attached):

1 Notice and Letters ✓	2 Number of Participants	3 Video Clip	4 Photos ✓	5 Feedback Form and Analysis
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	and Name of Participants			✓
6 News Clips with Details	7 Sample Copy of Certificate ✓	8 Posters/Invites ✓	9 Event Report attested by Event Coordinator & IQAC Coordinator	10 Any other document

PROOFS:

- Poster

Department of Biochemistry
Sri Venkateswara College
University of Delhi

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

Dr. Prachi Pandit
Director
Arbuzo Regenerate Pvt. Ltd., Pune, Maharashtra

Dr. Shweta Khandelwal
Head Nutrition Research & Additional Professor
Public Health Foundation of India

Dr. Swati Kashyap
Medical Specialist in the fields of Psychiatry & Psychology

Dr. Rama Jayasundar
Associate Professor
Department of NMR, AIIMS Delhi

Dr. Ravi Shastri
Assistant Professor
Department of Yoga Science, Central University of Haryana

REGISTER by JANUARY 26, 2022
<https://forms.gle/kph8JhwXL6t4389x6>

SOUND MIND
SOUND BODY

- Brochure

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.

Department of Biochemistry
Sri Venkateswara College
University of Delhi

presents

SYNERGIZE

A Workshop on the Wellness of
Mind and Body

January 28 & 29, 2022

PATRON
Prof. C. Sheela Reddy
Principal, SVC

ORGANIZING TEAM
Convenors
Dr. Anju Kaicker
Dr. Nandita Narayanasamy

Co-Convenors
Dr. Vandana Malhotra
Dr. Kameshwar Sharma YR
Dr. Sarika Yadav
Dr. Meeta Bhardwaj

Students
Namya Sethi
Tapasya Khanna
Zeon 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.

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
Arbuz 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

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 :

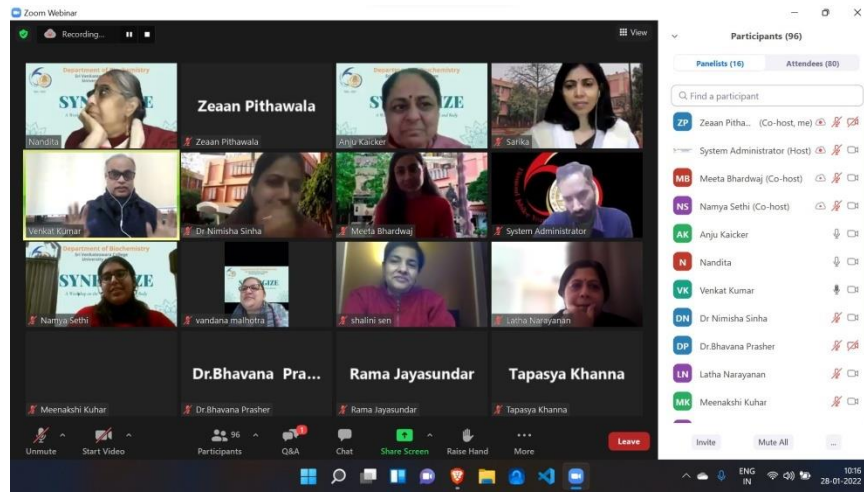
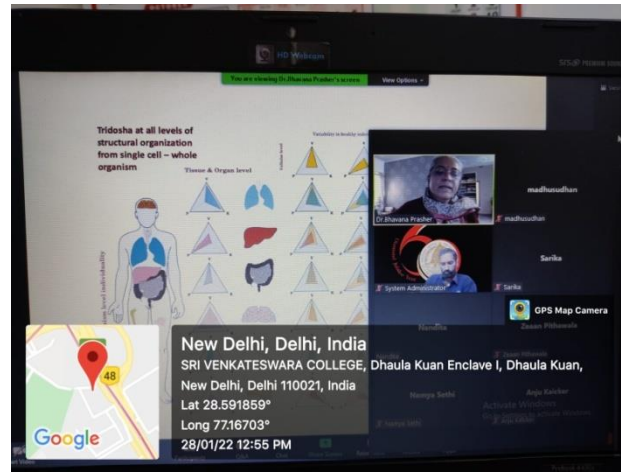
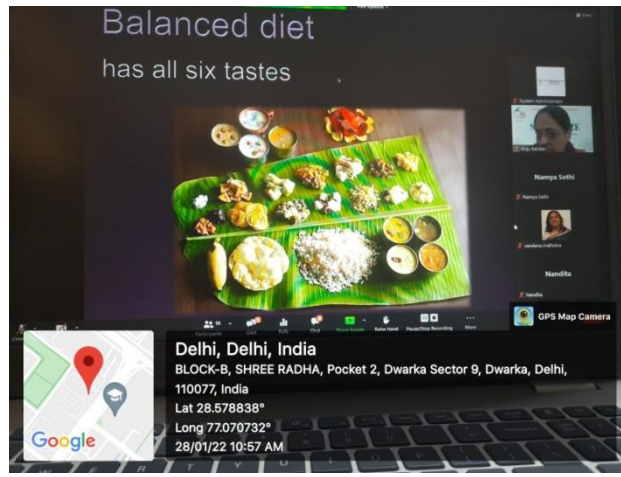
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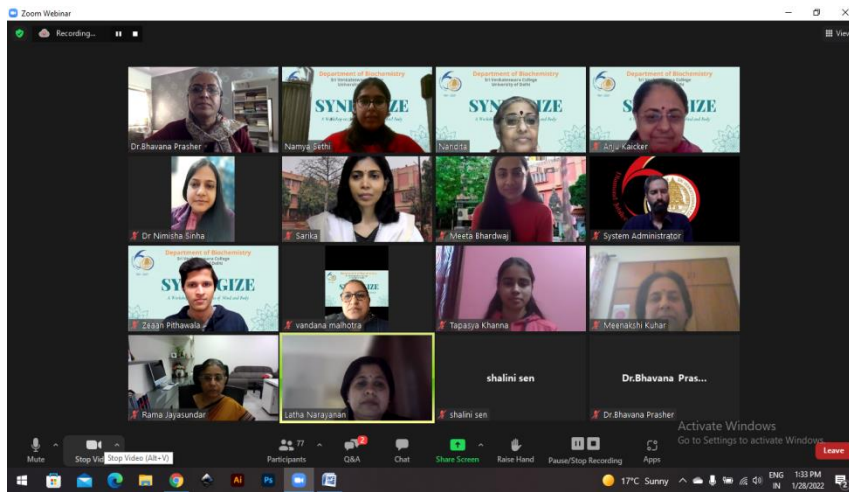
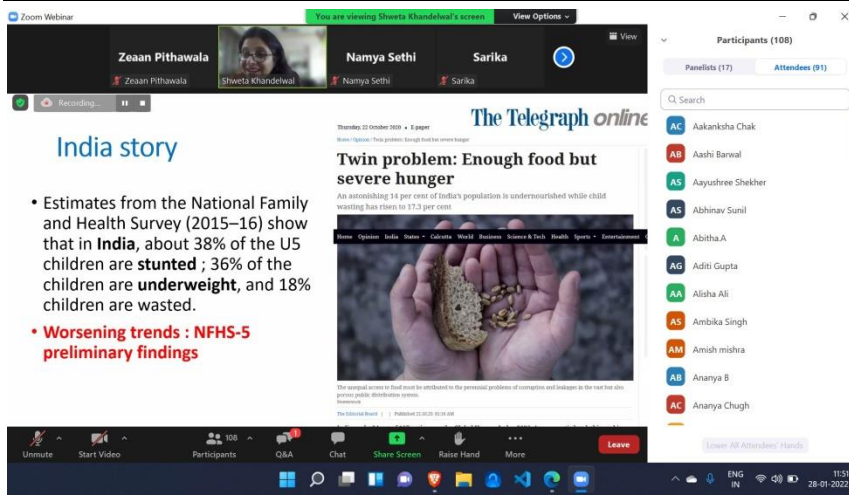
E-certificates will be given to all the participants

For any query, contact :
nnarayanasamy@svc.ac.in
Namya Sethi 9911204217

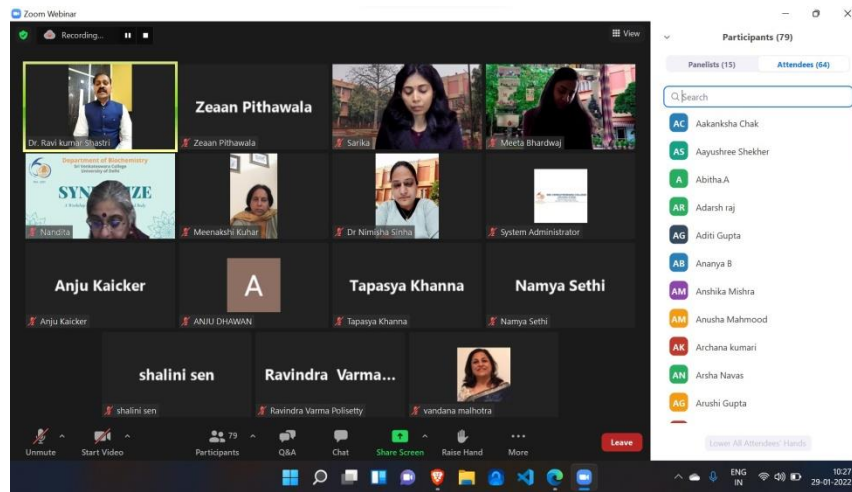
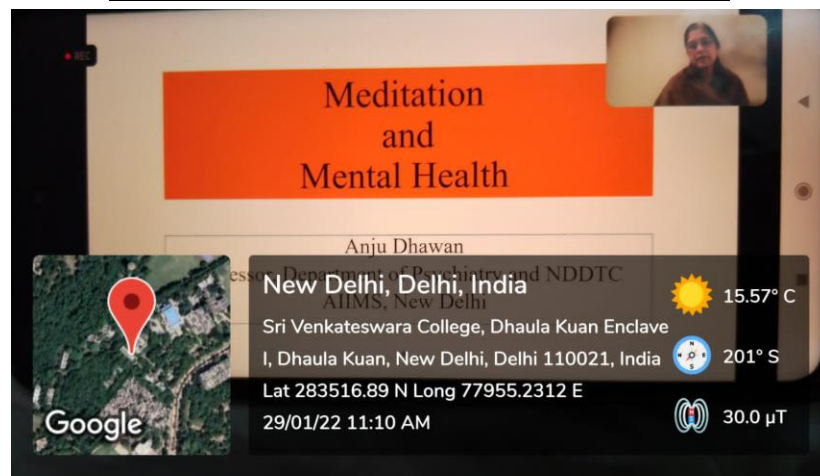
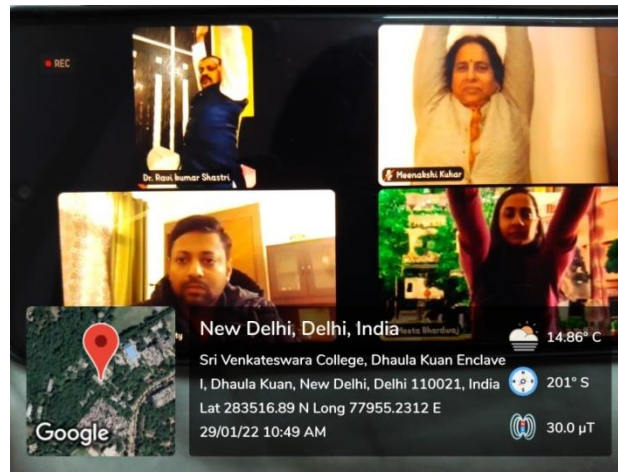
- **Registration Form Link**
<https://forms.gle/kpb8JhwXL6t4389x6>
- **Link of the Event**
<https://us06web.zoom.us/j/84682495912?pwd=dIA1WGprUnRwd3h2UnBmTGk0U2xldz09>
- **Photo Gallery**

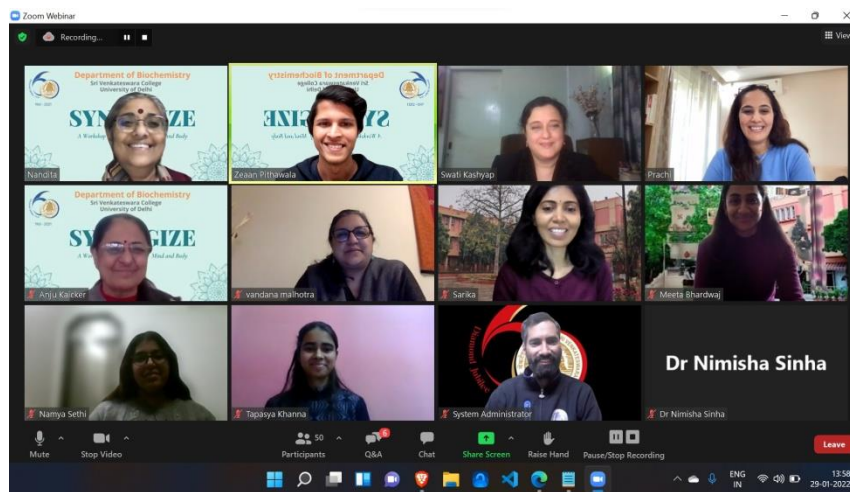
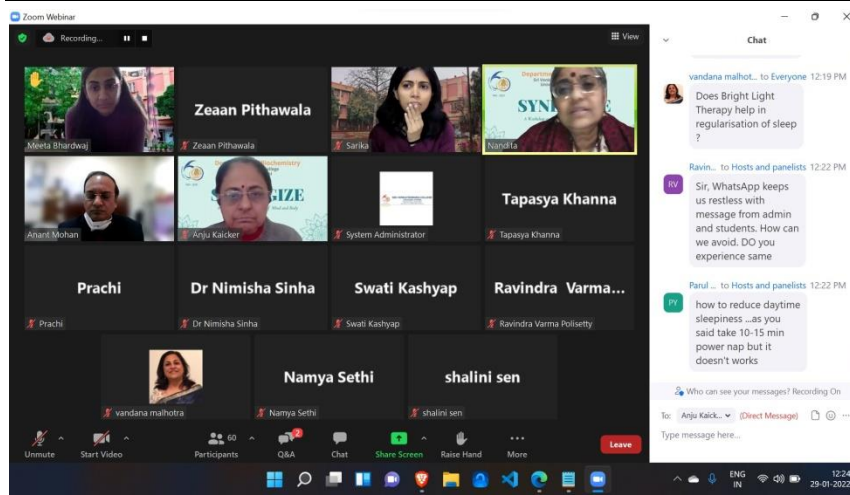
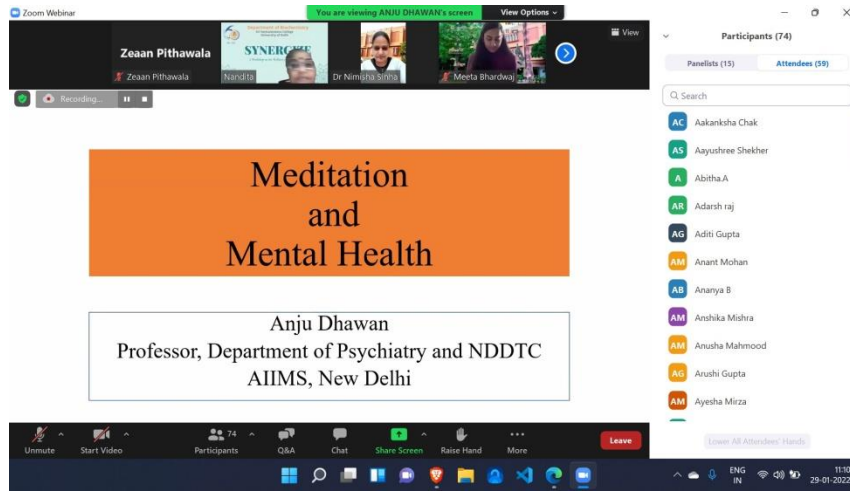
January 28, 2022





January 29, 2022





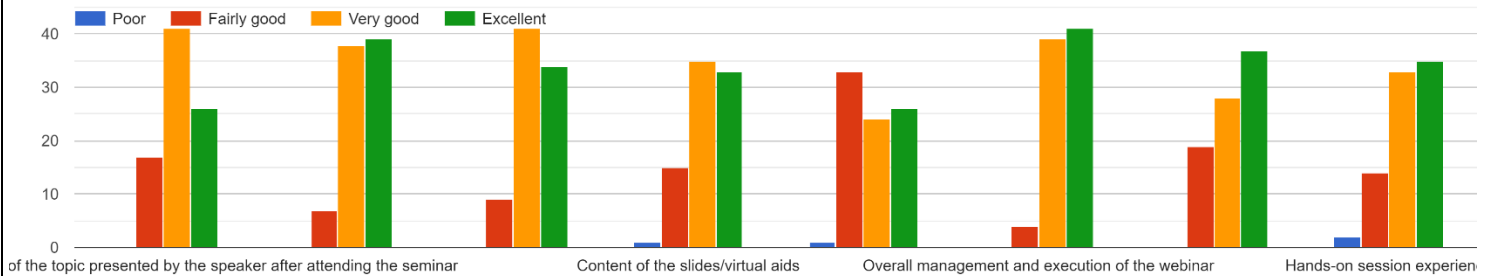
- **List of Participants**
- **Feedback Form Link**

January 28, 2022 - <https://forms.gle/K7WLfwPWrkeYyGzt9>

January 29, 2022 - <https://forms.gle/77FZMskFPX1x5TnU7>

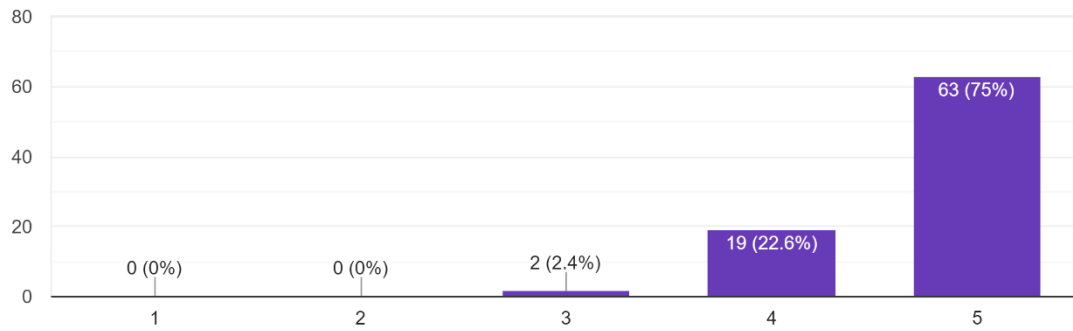
- **Feedback Form Analysis**
January 28, 2022

How would you rate the following?



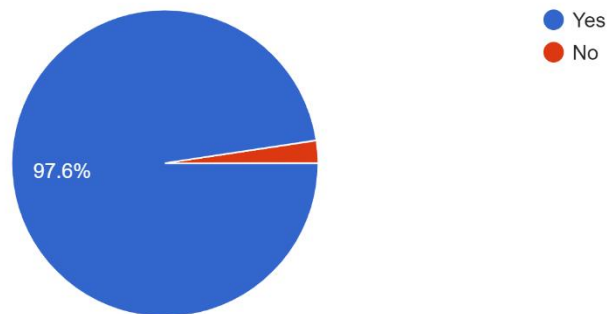
How would you rate this workshop on a scale of 1 to 5?

84 responses



Would you recommend this workshop to others?

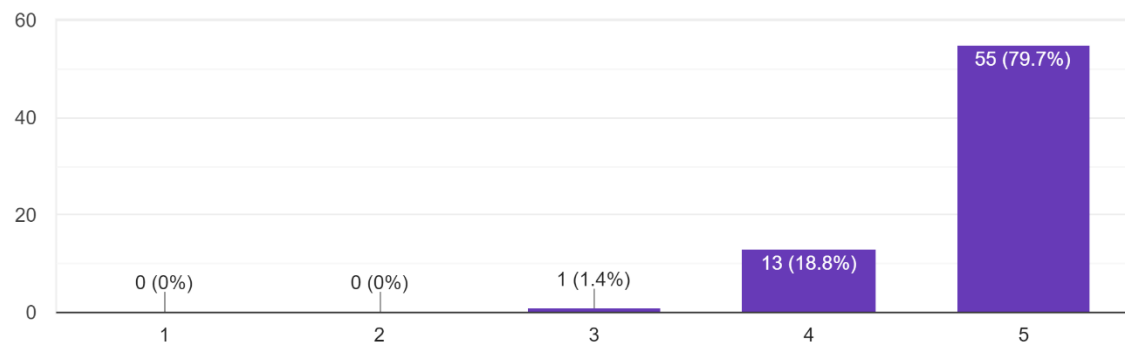
84 responses



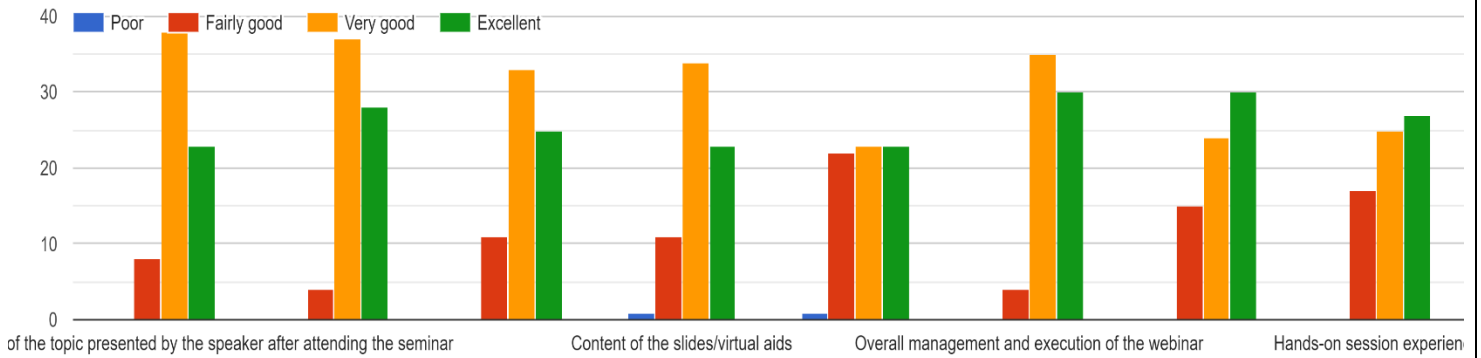
January 29, 2022

How would you rate this workshop on a scale of 1 to 5?

69 responses

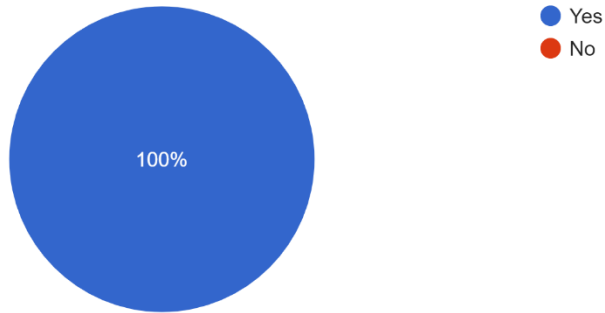


How would you rate the following?



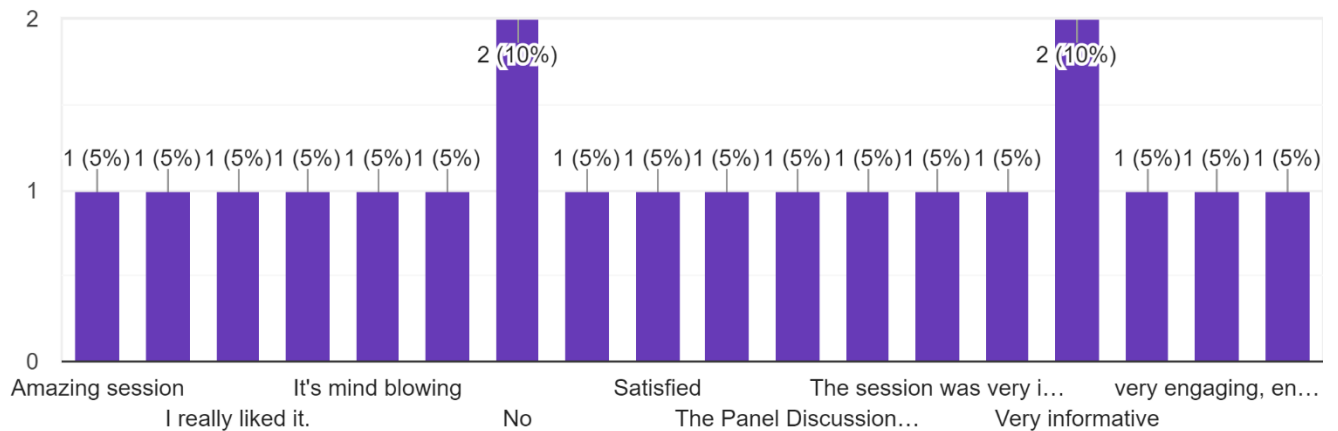
Would you recommend this workshop to others?


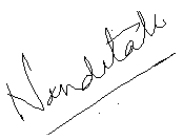
69 responses



Any other Comments/ Suggestions

20 responses



NAME OF TEACHER AND SIGNATURE	NAME OF COMMITTEE INCHARGE SIGNATURE	HEAD/ AND IQAC COORDINATOR (SEAL & SIGNATURE)
		
Dr. Anju Kaicker		
		
Dr. Nandita Narayanasamy		

IQAC Document No:	Criterion No
Departmental file no:	IQAC file No:

For Reference

Criterion I	Curricular Aspects (planning & Implementation)	Criterion V	Student Support & Progression
Criterion II	Teaching Learning & Evaluation	Criterion VI	Governance
Criterion III	Research, Innovations & Extension	Criterion VII	Institutional Values & Best Practices
Criterion IV	Learning Resources and Infrastructure		