



University Institute of
Health Sciences
CSJM University
Kanpur



Field Outreach Bureau
Ministry of Information
& Broadcasting
Govt. of India, Banda



Government Of India

Jointly Organize

National Webinar on COVID19: Health Aspects and Life Style

Monday, 27th July, 2020 * Time : 4:00 PM onwards

— *Presided by* —



Shri R.P. Saroj
Additional Director General
Regional Outreach Bureau
Ministry of Information & Broadcasting
Govt. of India, Lucknow



Prof. Neelima Gupta
Vice Chancellor
CSJM University
Kanpur



Shri Sunil Shukla
Deputy Director
Regional Outreach Bureau
Ministry of Information & Broadcasting
Govt. of India, Lucknow

Eminent Speakers:



Prof. Anoop Misra, Padma Shri, Dr. B.C. Roy Awardee
Chairman, Fortis-C-DOC Centre of Excellence for
Diabetes, Metabolic Diseases and Endocrinology
Chairman, National Diabetes, Obesity and Cholesterol
Foundation (N-DOC), New Delhi
Topic : Corona and Diabetes Mellitus.

Prof. Sanjay Gupta
Founder, Khushhaali Happiness Movement
Head, Stress Management & Wellness Centre, BHU, Varanasi
Chairman, Positive Psychiatry Speciality Section
Indian Psychiatry Society
Topic : Beat Corona : Adopt the Khushhali Life Style



Mr. Himadri Sinha, Wellness Consultant
Co-founder and Managing Partner,
Oranje Training, a leading-edge Learning Development
Company headquartered in India with a global footprint.
Baroda, Gujrat
Topic : IKIGAI : The perfect Remedy during COVID.

Mrs Sheryl Salis
Founder, Nurture Health Solutions, Mumbai
Registered Dietician, Naturopath &
Certified Diabetes Educator
Topic : Nutrition Hacks during COVID19.



**Registration open
No Registration fee!**

Register online:

<https://forms.gle/Tysr3iH8x3jJn8sC9>

Registration open till 26th July, 2020.

**E-Certificate will be issued
to registered attendees.**



LIVE

Webinar will held over

You Tube

facebook live on Wellness Con page

https://www.facebook.com/wellnesscon2020/live_videos/

& UIHS, CSJMU Kanpur You Tube Channel

<https://www.youtube.com/channel/UCpaa-VgAgHEl1FJjkFgWEEnQ>

PROGRAM

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| 1. Welcome by Dr. Praveen Katiyar , Organizing Secretary | 4:00-4:03 PM |
| 2. About the webinar by Shri Sunil Shukla , Deputy Director, Regional Outreach Bureau
Ministry of Information & Broadcasting, Govt. of India, Lucknow | 4:03-4:07 PM |
| 3. Address by Shri R.P. Saroj , Additional Director General, Regional Outreach Bureau
Ministry of Information & Broadcasting, Govt. of India, Lucknow | 4:07-4:15 PM |
| 4. Presidential Address by Prof. Neelima Gupta , Vice Chancellor, CSJM University, Kanpur | 4:15-4:30 PM |
| 5. Talk on "Corona and Diabetes Mellitus."
Speaker: Prof. Anoop Misra , Padma Shri, Dr. B.C. Roy Awardee
Chairman, Fortis-C-DCC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology
Chairman, National Diabetes, Obesity and Cholesterol Foundation (N-DOC), New Delhi | 4:30-4:55 PM |
| 6. Talk on "Beat Corona : Adopt the Khushhali Life Style"
Speaker: Prof. Sanjay Gupta , Founder Khushhaali Happiness Movement
Head, Stress Management & Wellness Centre, BHU, Varanasi
Chairman, Positive Psychiatry Speciality Section, Indian Psychiatry Society | 4:55-5:20 PM |
| 7. Talk on "IKIGAI : The perfect Remedy during COVID"
Speaker: Mr. Himadri Sinha , Wellness Consultant, Co-founder and Managing Partner,
Oranje Training, a leading-edge Learning Development Company headquartered in India
with a global footprint, Baroda, Gujarat | 5:20-5:45 PM |
| 8. Talk on "Nutrition Hacks during COVID19"
Speaker: Mrs. Sheryl Salis , Founder, Nurture Health Solutions, Mumbai, Registered Dietician
Naturopath & Certified Diabetes Educator | 5:45-6:10 PM |
| 9. Question and Answer Session | 6:10-6:20 PM |
| 10. Vote of thanks by Mr. Gaurav Tripathi , Field Publicity Officer
Field Outreach Bureau, Ministry of Information & Broadcasting, Govt. of India, Banda | 6:20-6:22 PM |

Organizing Secretary:



Dr. Praveen Katiyar

Coordinator,
University Institute of Health Sciences
CSJM University
Kanpur, UP

Convenor:



Mr. Gaurav Tripathi

Field Publicity Officer
Field Outreach Bureau
Ministry of Information & Broadcasting
Govt. of India, Banda

For any query please contact:

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Webinar Associate

