

सत्यमेव जयते Department of Biotechnology Government of India





ONE DAY WORKSHOP On *Con Con C*





Venue - Dr. Pyarelal Srivastava Auditorium Time - 11:00 AM to 4:00 PM

We care for your health

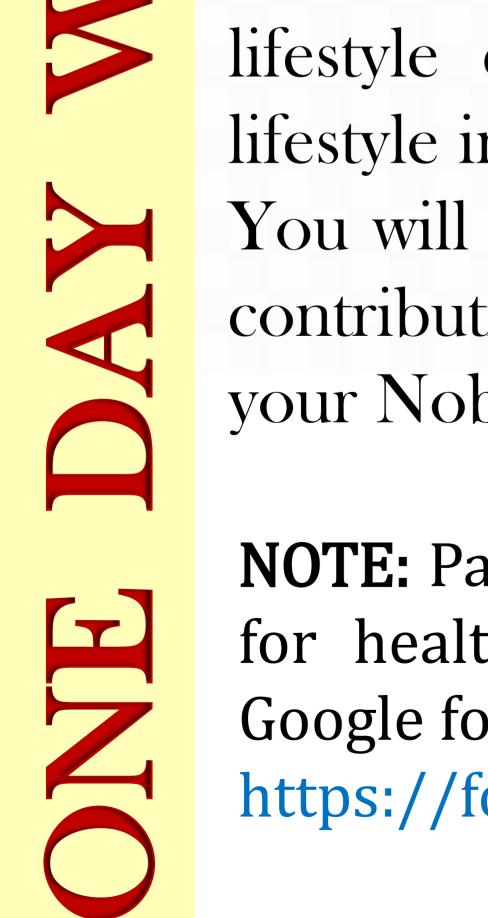
Initiative of IQAC in collaboration with IIC/ICC and DBT Star College Scheme C.M.P. Degree College, Prayagraj



"Role of Health and Nutrition in Lifestyle Management"

Objectives:

We often manage everything in life but amidst hectic work schedules we forget to manage our health which is the backbone of proper lifestyle management. The workshop is basically planned with the objective of **"Love yourself, own yourself and create yourself"** The theme of the workshop revolves around the lifestyle disorders and how to manage a healthy lifestyle in your busy schedules. You will have a free health checkup camp and your contribution to the society would be marked with your Nobel thought to donate blood to save a life.



NOTE: Participants may kindly register for the workshop for health checkups and blood donation activities in Google form provided in the link https://forms.gle/EbQd9WW3T5as5LGp6





Ch. Jitendra Nath Singh President, Kayasth Pathshala, Prayagraj CN

Prof. Ajay Prakash Khare Principal CMP Degree College

Chief Program Coordinators

Dr. Sanjay Singh, Coordinator, CSW, CMPDC Dr. Santosh Kumar Srivastava, General Secretary AUCCTA Dr. Archana Tripathi, Chief Proctor, CMPDC Dr. Rajat Srivastava, President CMP Teacher's Association Mr. Ajeet Srivastava, Secretary, CMP Non teaching Staff Association

Program Coordinators

Dr. Himani Chaurasia Dr. Hemlata Pant Dr. Jyoti Verma Dr. Anant Singh Jailyang Dr. Ashish Kumar Mishra Dr. Harishchandra Yadav

IQAC Coordinators

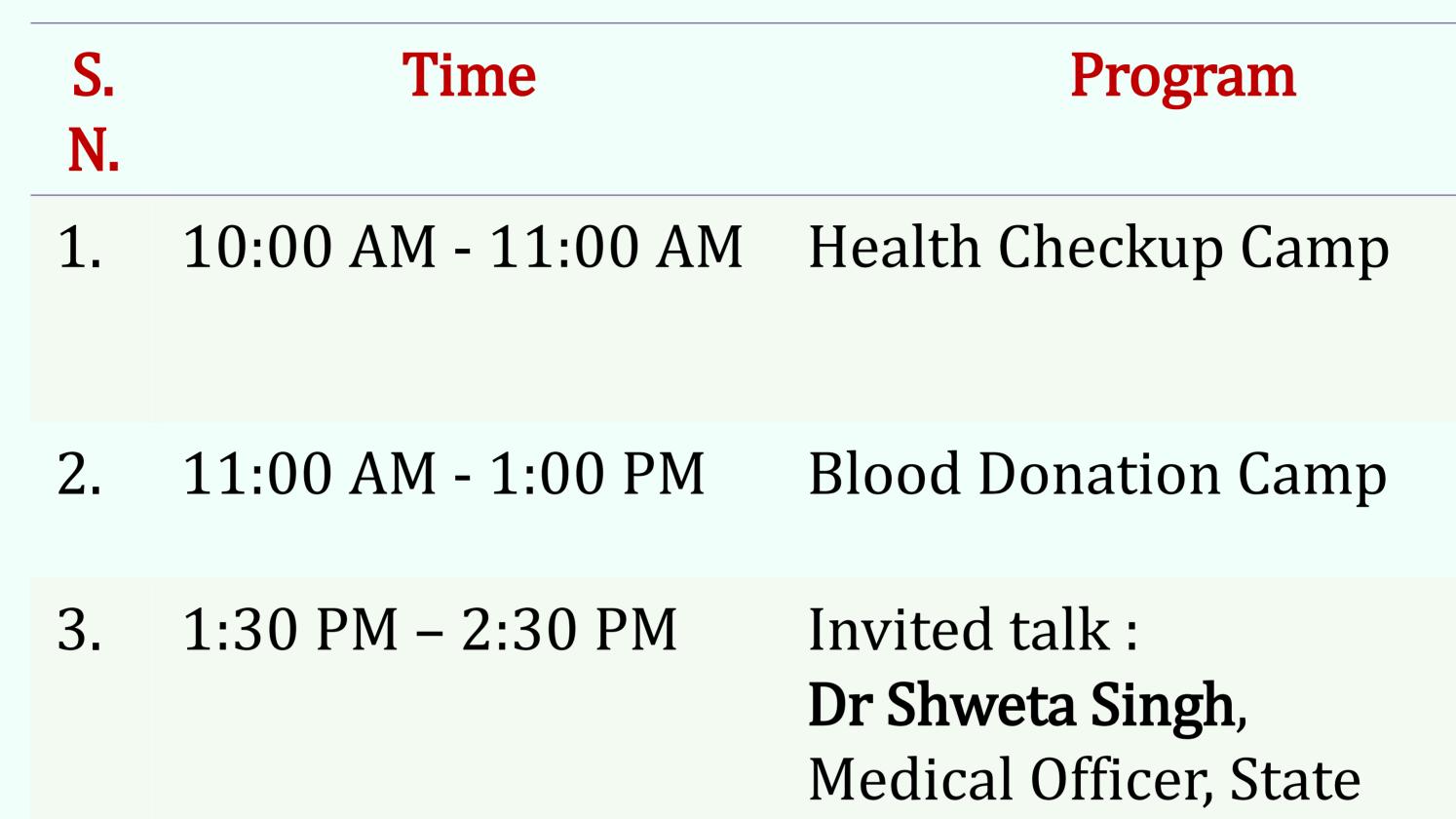
Dr Priya Soni Khare Dr. Nandini Raizada Dr Jitendra Kumar Dr. Sangeeta Singh

Dr Shwetabh Srivastava

Program Conveners

Dr. Saroj Singh, Coordinator ICC Dr. Archana Pandey, Convener IIC Dr Sarita Srivastava, Coordinator IQAC

HIGHLIGHTS OF THE PROGRAM (24th August 2023, Thursday)





FDULF

4. 2:30 PM – 3:30 PM

Ayurvedic hospital, Jhunsi, Prayagraj Topic **"Lifestyle Disorders"**

Dr Kanchan Mishra, Gynaecologist and Environmentalist, Secretary, Atharwan Foundation Prayagraj Topic: **"Plastic Pollution :an exploding problem"**

24th August, 2023

| | Program | Coordinators |
|------------|-----------------------|---------------------------|
| | Health Checkup | Dr. Ruchika Verma |
| | Camp | Dr. Hemlata Pant |
| | | Dr Manoj Jaiswal |
| | | Dr Ajeet Kumar Singh |
| | | Dr Alok Kumar Singh |
| | | Dr. Govind Gaurav |
| | | Dr. Awadhesh Kumar Tiwari |
| Z | | Dr. Sarika Susheel |
| | | Dr Anil Srivastava |
| | | Dr. Nafees Ahmed |
| | Blood Donation | Dr Anant Singh Jailyang |
| | Camp | Dr. Jyoti Verma |
| | | Dr. Ashish Kumar Mishra |
| RG | | Dr. Deepak Kumar Gond |
| | | Dr. Yashwant Kumar |
| \bigcirc | | Dr. Amit Singh |
| | | Dr. Praveen Kumar Singh |
| | | Dr. Purnendu Mishra |
| | | Dr. Bireshwar Pandey |
| | TT 1.1 | Dr Azimmudin Ansari |
| Ú | | Dr. Ritu Raghuvanshi |
| | Session | Dr. Himani Chaurasiya |
| | | Dr. Priya Soni Khare |