



सत्यमेव जयते

Department of Biotechnology
Government of India



ONE DAY WORKSHOP on **“Role of Health & Nutrition in Lifestyle Management”**

24th August 2023

Register yourself for free

<https://forms.gle/EbQd9WW3T5as5LGp6>



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>

ONE DAY WORKSHOP

24th August, 2023

Chief Patron

Ch. Jitendra Nath Singh
President, Kayasth Pathshala,
Prayagraj

Patron

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)

S. N.	Time	Program
1.	10:00 AM - 11:00 AM	Health Checkup Camp
2.	11:00 AM - 1:00 PM	Blood Donation Camp
3.	1:30 PM – 2:30 PM	Invited talk : Dr Shweta Singh, Medical Officer, State Ayurvedic hospital, Jhunsi, Prayagraj Topic “ Lifestyle Disorders ”
4.	2:30 PM – 3:30 PM	Dr Kanchan Mishra, Gynaecologist and Environmentalist, Secretary, Atharwan Foundation Prayagraj Topic: “ Plastic Pollution :an exploding problem ”

CAMP ORGANIZING TEAM

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