



MATA GUJRI UNIVERSITY

**Cordially Invites you to the
CME**

“Application of Physiological Techniques in Prevention of Lifestyle Diseases”

**Date:
16th December 2024,
Monday**

**Venue:
Auditorium,
Mata Gujri University,**

Organized by:

**Department of Physiology,
MGM Medical College and LSK Hospital, Kishanganj**

Highlights of the CME

- The CME will be conducted in hybrid mode, both online and offline.
- Experienced speakers of national and international repute will explain the science behind the application of physiological techniques, particularly through exercise, yoga, and a balanced diet, that create a harmonious synergy to prevent lifestyle diseases from taking root.

We will understand

- How exercise is a transformative medicine that empowers the body to prevent and heal lifestyle diseases naturally, without side effects.
- What kind of diet one shall consume that nourishes the body at a cellular level, providing the essential nutrients needed to repair, rejuvenate, and sustain optimal health.
- How practicing yoga in a wholesome way transcends the physical exercise, offering a holistic approach that nurtures the harmony between body, mind, and spirit, paving the path for total well-being.

CHIEF PATRON

Dr. Dilip Kumar Jaiswal

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CME Registration

Registration is free but “mandatory” to attend the CME and to get the certificate. Registration can be done by clicking the link below or scanning the QR code.



Link to register: <https://forms.gle/vhPmfPsht5iJZUp59>



Program Schedule

09:00 AM	Registration	
9:30 AM	Exercise is Medicine for Prevention & Treatment of Lifestyle Diseases	Dr. Hanjabam Barun Sharma, Founding President & Current General Secretary, ISSEM; Sports-Exercise Medicine & Sciences: Lifestyle & Performance Medicine, Dept. of Physiology, IMS, BHU
10:30 AM	Inauguration Ceremony	
10:50 AM	Tea Break	
11:00 AM	Role of Dietary Interventions in Prevention and Treatment of Lifestyle Diseases	Dr. Gagan Kumar Banodhe, Assistant Professor, Dept. of Physiology, AIIMS, Patna
11:50 AM	Guided Pranayama Practice	
12:00 PM	How Yoga Practice Facilitates Healing: A Scientific Insight into the Ancient Wisdom	Dr. Kunal Professor, Dept. of Physiology, MGMMC, Kishanganj,
01:00 PM	Lunch Break	
02:00 PM	Guided Techniques for Post-Lunch Relaxation	
02:20 PM	Impact of Specific Yoga Practices on Specific Diseases: A Review	Dr. Kunal Professor, Dept. of Physiology, MGMMC, Kishanganj
03:10 PM	Physiological Basis of Lifestyle Medicine	Dr. Maloy B. Mandal Prof. & HOD, Dept. of Physiology, MGMMC, Kishanganj
04:00 PM	Open Quiz for Audience	
04:45 PM	High Tea	

Short introduction to the Speakers

Dr. Maloy B. Mandal, MBBS, MD, Ph.D.; Professor and HOD, Former UGC Senior Professor and HOD, Department of Physiology, IMS, B.H.U., Varanasi, has been teaching Physiology for more than 40 years. Supervised several M.D. and 4 Ph.D. thesis. He has published more than 50 original research articles in peer reviewed reputed journals. Recipient of various awards like Best Teacher Award by APPI, Most popular teacher award by NMO, INSA international travel fellowship etc. He is also Sectional Editor of Best and Taylor's Physiological basis of Medical Practice.

Dr. Kunal, MBBS, M.D., PGDYS.; Professor in Physiology, has been a resource person to more than 25 international and national CMEs, webinars, guest lectures, workshops, etc. He has 30 years of experience of learning and practising Yoga and has been teaching Yoga and Physiology for 15 years. He has conducted numerous research investigating the impacts of different Yoga practices, presented his findings in various national and international conferences, published many original research articles in reputed journals of high impact and received Best Paper Award in multiple conferences.

Dr. Hanjabam Barun Sharma, MBBS, MD, DSM; Assoc. Prof. in Dept. of Physiology, IMS, BHU, in-charge of Sports-Exercise Medicine & Sciences: Lifestyle & Performance Medicine. He is Founding President & Current General Secretary, ISSEM; a practitioner of Clinical and Interventional Physiology, and a proponent of Muscle Centric Medicine, and Lifestyle Medicine. A 3rd Dan Black belt in WTF Taekwondo, he actively collaborates with organizations, like Sports Authority of India, NERC, Imphal, various sporting teams and athletes to promote health and fitness for optimal performance and faster recovery. He has many (>48) national and international indexed publications and some book chapters (>4) to his credit. His work on an Isometric Exercise Device is due for patent He was conferred, "Dev Raj Bajaj Research Award", 2021 by APPI and received Fellowship of Indian Society of Chronomedicine (FISC) a few days ago.

Dr. Gagan Kumar Banodhe, MBBS, MD, DSM; Assist. Professor in Physiology, AIIMS, Patna, is a distinguished Sports Physician with extensive experience in sports medicine, exercise physiology, and fitness. Formerly serving as a Medical Officer in the Department of Sports Medicine at SAI NS NIS Patiala, a Team Doctor for the Indian Senior Men's Boxing Team during the 2014 Commonwealth Games in Glasgow, he is a published researcher and recipient of prestigious awards like the APPI Best Paper Award and fellowships from the Indian Society of Chronomedicine and the International Medical Science Academy. In addition to delivering lectures and conducting workshops at esteemed conferences like ISSEMCON and ASSOPICON.