



SRI GURU RAM DAS INSTITUTE OF MEDICAL SCIENCES & RESEARCH SRI AMRITSAR

Organizes Workshop On

HEALTH COMMUNICATION - "LIFESTYLE MEDICINE"

26th & 27th August 2024



Session - 26th August 2024

09:00 - 09:30 am	Registration	
09:30 - 10:00 am	Inauguration	
10:00 - 11:00 am	What is Lifestyle Medicine?	Dr Richa Thaman
11:00 - 11:30 am	TEA	
11:30 - 12:30 pm	LSM and Key Clinical Processes Motivational Interviewing	Dr Richa Thaman
12:30 - 02:00 pm	Nutrition Science, Assessment and Prescription	Dr Cheenam Bhatia
02:00 - 03:00 pm	LUNCH	
03:00 - 04:00 pm	Meditation Session	Mr. Akshay Malhotra
04:00 - 05:00 pm	Emotional and Mental Well-Being.	Dr Navpreet Kaur

Session - 27th August 2024

09:00 - 10:00 am	Yoga Session	Dr Navpreet Kaur
10:00 - 11:00 am	Physical Activity Science and Prescription	Dr. Kawlinder Girgla Dr. Mandeep Kang
11:00 - 11:30 am	TEA	
11:30 - 12:30 pm	Sleep health Science and Intervention	Dr Gurinder Mohan
12:30 - 01:30 pm	Role of Connectedness and positive psychology - Gratitude Tree	Dr Anupama Gupta
01:30 - 02:30 pm	LUNCH	
02:30 - 04:00 pm	Assessment pre-post questionnaire and Role Plays. Motivational Interviewing while designing	All Faculty
04:00 - 05:00 pm	Open House and Feedback	All Faculty



Dr. Aashima
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- ★ Healthy Food will be served.
- ★ Lot of activities.
- ★ Registration is free, but registration is a must to attend.
- ★ First come first serve basis (seats limited to 50)
- ★ PMC registration hours will be applied for.
- ★ Click the link for registration.