



**MANIPAL UNIVERSITY
JAIPUR**

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**MANIPAL UNIVERSITY
JAIPUR**

FACULTY OF ARTS

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF ARTS

NAME OF EVENT

A Healthy Body Holds a Healthy Mind and Spirit

Type of Event

Management Development Program

Date of Event (August 9-11, 2021)



1. Introduction of the Event
2. Objective of the Event
3. Beneficiaries of the Event
4. Details of the Guests
5. Brief Description of the event
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1-Introduction of the Event

Under the MoU between Manipal University Jaipur and Mahatma Gandhi University of Medical Sciences and Technology, a three-day an Online Management Development Program was organized by the Department of Arts. As managers in an organisation, it is our personal, social and moral responsibility to stay healthy and take care of the wellbeing of our colleagues in today's hectic lifestyle. By being healthy, employees not only perform their work well at the workplace but can also do justice to their responsibilities. The time limit to do all this becomes the biggest challenge for us. The past one year has been quite challenging for all of us due to covid and the health problems that followed. Keeping this in mind, Department of Arts is organizing an Online Management Development Program. The theme of the program was 'A healthy Body Holds a Healthy Mind and spirit' was based on global problems. In this program which runs from 9th August to 11th August 2021, some of the best doctors of the state were invited who gave information about the causes and their diagnosis of health problems. This MDP benefited for all those people who want to get information about in health related topics but due to lack of time to get that information from proper sources.

2-Objective of the Event (bullet points or about 50 words)

1. Stay connected to others in their field and learn about cutting-edge scholarship.
2. Improvement in the presentation and communication skills.
3. Get to know the other people in the field of Medicine.



4. Removal of adverse effect on performance at workplace due to health.
5. To create awareness about health among faculty and students

3-Beneficiaries of the Event (Student/Faculty/Community etc) (25 words)

The last one year was very challenging regarding health problems. The objective of this m d p was not only to get information about good health from the eminent doctors of the state but also to discuss the diagnosis of health problems. It was a successful effort in this direction as all the participants discussed health problems with the doctors. Everyone said that due to being busy at the workplace, they do not get to consult a doctor many times, in such a situation, if a doctor's consultation is available at the workplace itself, then not only does it become convenient for everyone, but we also get a lot of new information.

1. Details of the Guests (Chief Guests, speakers etc Designation, organization, contact details if any please give them in sr no)

- a. Dr. Manisha Nijhawan, A Professor & HOD Dept. of Skin VD & Leprosy, Mahatma Gandhi Medical College & Hospital, Jaipur.
- b. Dr. Samta Bali Rathore senior Faculty of Obstetrics and gynecology in Mahatma Gandhi medical College, Jaipur
- c. Dr Anchin Kalia, Senior Consultant at Mahatma Gandhi Hospital, Jaipur.

2. Brief Description of the event (about 200 words)

9th August

Dr. Anchin Kalia was invited in today's program. Dr Anchin Kalia is a seasoned physician with over 12 years of experience in the field of medicine. she is Senior Consultant at Mahatma Gandhi Hospital, Jaipur. The topic of the talk was - **Obesity – A silent killer.**

At the beginning of the program, Dr. Richa welcomed all the participants.

After this, introducing Dr. Anchin Kalia, Professor Mani Sachdev said that the past one year has not been very good for the entire human race. There is no family where there is no shadow of covid. Directly or indirectly we all have been affected by this pandemic. We have continuously been facing the health problems caused by the effects of Covid. In today's hectic life, we do not find time to go to the doctor for the diagnosis of our health problems. This not only affects our personal life but also affects our efficiency badly. Because of this we have to face problems at workplace also.



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Therefore, we decided to organize this Management Development Program under the decennial celebration of Manipal University Jaipur. This program has been organized in celebration with Mahatma Gandhi University of medical sciences and technology. In this sequence, we have invited some senior doctors of the state. All these doctors will give us information about different types of health problems and their treatment and solution. We not only hope but have full faith that all the people participating in this program will be benefitted from it.

Speaking on the topic Obesity – A silent killer, he said that obesity is the biggest curse of modern lifestyle. Due to this many people become victims of premature death. Therefore, we should become aware of this as soon as possible. She discussed the problems associated with obesity and their diagnosis. Many questions related to health problems were asked by the participants to which she gave very satisfactory answers.

Dr. N. D. Mathur, Director School of Humanities and Social sciences also addressed the program.

The program was conducted by Dr. Meera Baidure. In the program, the Faculties of Government Colleges Dr. Gagan, Dr. Vimala Dr. Pinky and Mr. Suresh Meena, Director tourism , Information technology and food and supply were also present.

Dr. Mani Sachdev thanked everyone for their cooperation.

10 August

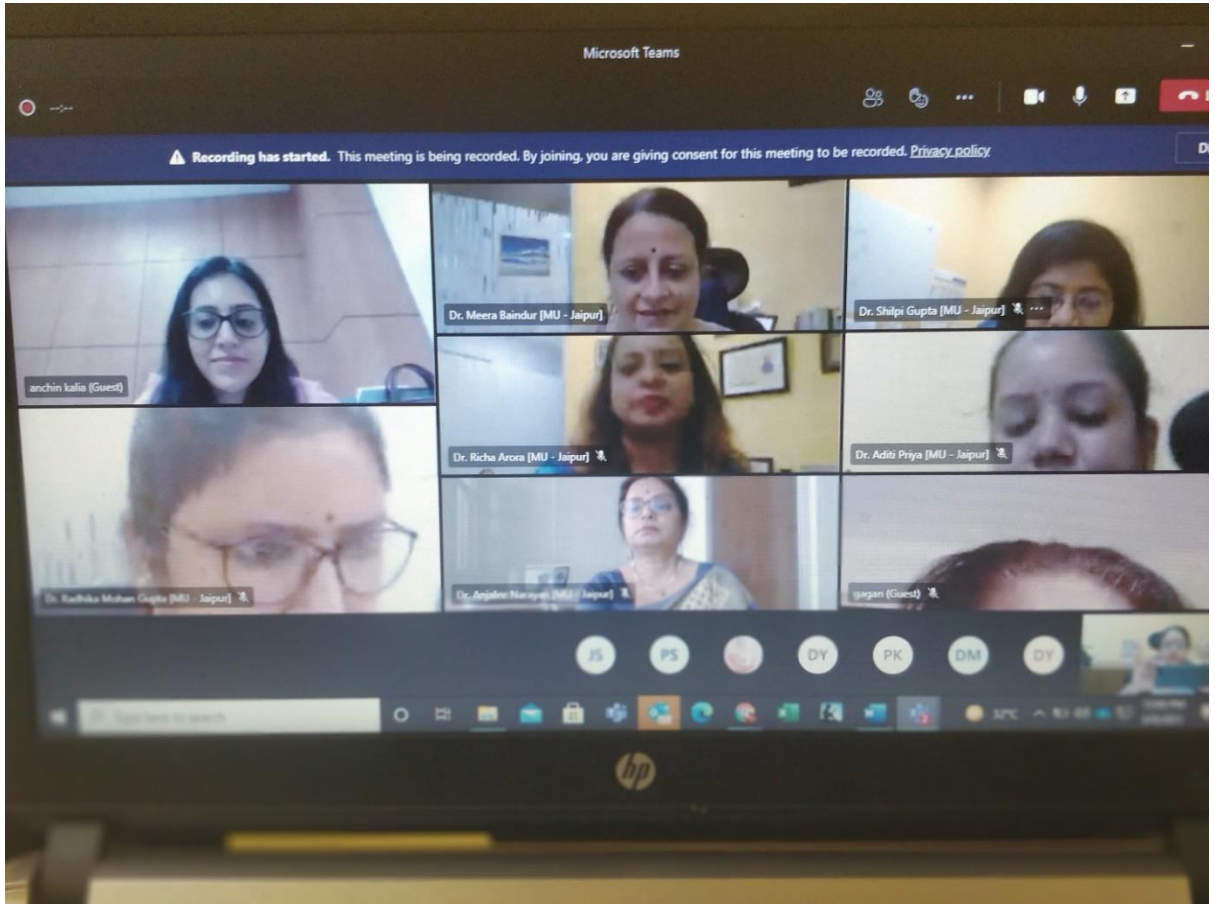
The keynote speaker for the second day was Dr. Manisha Nijhawan, A Professor & HOD Dept. of Skin VD & Leprosy, Mahatma Gandhi Medical College & Hospital, Jaipur.. She gave information about the skin related problems and their treatment after Covid. She said that Coronavirus has shattered our world and changed nearly all aspects of our lives. Life will never be the same after COVID-19. Even after the billions of people under lockdown have been able to resume their life, we have not been able to travel that freely or enjoy the supply chains of the world so easily. Healthcare has also been changed forever. Digital health products have played an important role in the COVID-19 response. Although it is a common thing to have skin diseases due to the rainy season, but after COVID-19, some patients had to face skin and other problems related to it.

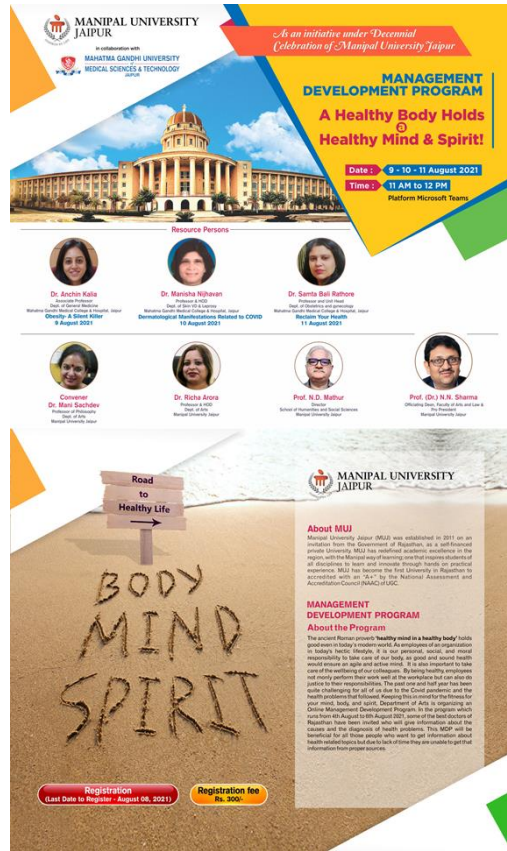
11th August

On the third day Dr. Samta Bali Rathore senior Faculty of Obstetrics and gynecology in Mahatma Gandhi medical College was called to speak on Reclaim your Health. **Being healthy should be a part of our overall lifestyle.** Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about ourselves and taking care of our health are important for our self-esteem and self-image. We must maintain a healthy lifestyle by doing what is right for our body. **Our health should be of the utmost importance** and at the top of our priority list. When our health is not in a good condition, every other aspect of our life suffers. If we are dealing with sickness or disease, we are not fit enough to manage other areas of life.

An individual's health can be maintained or improved in many ways, including through changes in personal behavior and through the appropriate consumption of health care services. She told about the problems related to different types of gynecological diseases and their treatment.

3. 3 to 5 photographs of the event or screenshots of the event (if online) with captions





Schedule of the event (insert in the report)

First day 9th Aug,2021 program-

1.	Welcome note by MC	Dr. Meera Baidnur
2.	Welcome By Head of the Department	Dr. Richa Arora
3.	Address by Director School of humanities and Social Sciences.	Dr. N. D. Mathur
4.	Concept Note and Introducing the Speaker.	Dr. Mani Sachdev
5.	Talk- Obesity – A silent killer	Dr. Anchin Kalia
6.	Vote of Thanks	Dr. Richa Arora

First day 10th Aug,2021 program-

1.	Welcome note by MC	Dr. Aditi Priya
2.	Welcome By Head of the Department	Dr. Richa Arora
3.	Address by Director School of humanities and Social Sciences.	Dr. N. D. Mathur



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4.	Concept Note and Introducing the Speaker.	Dr. Mani Sachdev
5.	Dermatological manifestations related to COVID	Dr. Manisha Nijhavan
6.	Vote of Thanks	Dr. Richa Arora

First day 11th Aug,2021 program-

1.	Welcome note by MC	Dr. Meera Baidur
2.	Welcome By Head of the Department	Dr. Richa Arora
3.	Address by Director School of humanities and Social Sciences.	Dr. N. D. Mathur
4.	Concept Note and Introducing the Speaker.	Dr. Mani Sachdev
5.	Reclaim your Health	Dr. Samta Bali Rathore
6.	Vote of Thanks	Dr. Richa Arora

4--Attendance of the Event (insert in the document only)

Total attendee-.....

Sr. No	Name of Institution	Place of Institution	Registration Number/Employee code	Name of Attendee	Name of Dept
1	MUJ	Jaipur	Faculty	Dr. Aditi Priya	Arts
2	MUJ	Jaipur	Faculty	Dr. Naresh Dutt Mathur	Arts
3	MUJ	Jaipur	Faculty	Dr. Poonam Mishra	Arts
4	MUJ				
5	MUJ	Jaipur	Faculty	Dr. Meera Baidur	Arts
6	MUJ	Jaipur	Faculty	Dr. Meenakshi Joshi	Arts
7	MUJ	Jaipur	Faculty	Dr. Jasbir Singh	Arts
8	MUJ	Jaipur	Faculty	Dr. Tanuja Yadav	Arts
9	MUJ	Jaipur	Faculty	Dr. Anjalee Narayan	Arts
10	MUJ	Jaipur	Faculty	Dr. Richa Arora	Arts
11	MUJ	Jaipur	Faculty	Mr. Vijendra Kumar Grover	Arts
12	MUJ	Jaipur	Faculty	Dr. Shilpi Gupta	Arts
13	MUJ	Jaipur	Faculty	Pooja Sharma	Arts



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Total attendee-.....

Sr. No	Name of Institution	Place of Institution	Registration Number/Employee code	Name of Attendee	Name of Dept
14	Govt. College	Chimanpura	Guest	Dr.Gagan B. Khanna	
15	Govt. College	Chimanpura	Guest	Dr. Pinky khitoliya	
16	Govt. College	Chimanpura	Guest	Dr vimla Meena	
17	Govt. College	Jaipur	Student Liberal Arts	Rahul Choudhary	
18	Govt. College	Jaipur	Student Liberal Arts	Akshay Goyal	
19	MUJ	Jaipur	Student Liberal Arts	Divya yadav	
20	MUJ	Jaipur	Student Liberal Arts	Suhani Jain	
21	MUJ	Jaipur	Student BPES	Mukul Sharma	
22	MUJ	Jaipur	Student Liberal Arts	Pooja Sharma	
23	MUJ	Jaipur	Student Liberal Arts	Gazal Pratap	
24	MGUMST	Jaipur	Guest	Dr Vik G	
		Jaipur			



4. News Publication- News printed in newspaper or online links if any for news – insert images)

5-Feedback of the Event (if obtained)

Participants Feed Back

1-Management development program organized by you was very informative. I congratulate you for organizing it.

Mr. Suresh Meena (IAS)
Director tourism , Information technology and food and supply

2- Most of us do not get to see the doctor due to our busy schedules. Through this program we got all the information that we often want to know.

Dr. Gagan Bhalla Khanna
Associate professor and Hod
Department of GPEM
Govt. P.G College , Chimanpura.

3- The program was very useful. Thanks to the organisers.

Dr. Pinky Khatolia

Associate professor Hind Language
Govt. P.G College , Chimanpura.

4- Such programs should be organized regularly. This is not only necessary personally done by the faculty, but it also gives a lot of benefits at the workplace.

Dr. Shilpi Gupta
Associate professor
Department of Economic
Manipal University Jaipur

5- The information provided in the program was very useful and informative. Thank you.

Dr. Tanuja Yadav
Associate professor
Department of Language
Manipal University Jaipur

6- All the three sessions were very useful for all the people suffering from Kovid. The presentation of all the doctors was of very high quality.

Ms. Moomal Swami
Interior Designer

7- After participating in this program, consciousness about health was awakened in me.

Anjali Narayan
Assistant professor(Music)
Department of Arts
Manipal University Jaipur

8- I really liked this program full of information.

Vijmendra Grover
Assistant professor(BPES)
Department of Arts
Manipal University Jaipur



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