

NOTICE

This is for the information of all delegates of the National Seminar on “Holistic Approach to Nutrition and Wellness” to be held on 23 -24 November 2017 about the change in the date of abstract submission and date of registration which is as follows:-

REGISTRATION	Till 31st October 2017	With Late fees from 1st November 2017 onwards and Spot Registration
Student Delegates	Rs. 1000/-	Rs.1200/-
Faculty and Other Delegates	Rs.2000/-	Rs. 2500/-
SUBMISSION OF ABSTRACTS	Till 4th November 2017	



NATIONAL SEMINAR

On

**HOLISTIC APPROACH TO
NUTRITION AND WELLNESS**

Organized by

DEPARTMENT OF HOME SCIENCE

University of Rajasthan, Jaipur

Under the aegis of

UGC SAP DRS II

(Special Assistance Programme)



AT

**UNIVERSITY OF RAJASTHAN,
JAIPUR**

ON

23rd - 24th NOVEMBER, 2017

**With Support From
UNICEF**

ABOUT THE SEMINAR THEME

Holistic approach to wellness is one that leads to living a meaningful life. It focuses on prevention of illness and achieving positive health. Wellness is a broad term and entails a number of dimensions like physical, mental, social, environmental, occupational and spiritual wellness. Each dimension of wellness is interrelated with another and is equally vital in the pursuit of optimum health. One can reach an optimal level of wellness by understanding how to maintain and optimize each of the dimensions of wellness. The broad aim of the Seminar is to have deliberations on this holistic approach to wellness.

The concept of wellness is a process of working towards healthy choices to create a more balanced way of life. Wellness emphasizes on a shift from passive state to a proactive state in which the individual plays a vital role in promoting his/her own wellness. The wellness of a community is equally important, and requires a continuum of collective, social effort. Wellness is important not only because health is a public concern, but because it makes a decisive contribution to the larger goal of sustainable communities, comprising of healthy, happy and gainfully engaged people and hence, benefits the community.

This seminar will focus on creating awareness about the concept of wellness, and the need for a holistic approach to achieve wellness for individuals, families and communities. It will provide an opportunity to the researchers of Home Science and allied fields to share their contributions in achieving the various dimensions of wellness.

ABOUT THE UNIVERSITY OF RAJASTHAN

University of Rajasthan holds the distinction of being the oldest Institution of higher learning in Rajasthan. It was established as University of Rajputana on 8th of January, 1947, and renamed as the University of Rajasthan in 1956. Today it has UG and PG Colleges affiliated to it. The University is a hub of Higher Education in Rajasthan and attracts students from all over Rajasthan and other parts of India.

The University has been awarded with 'A' Grade by the National Assessment and Accreditation Council (NAAC), accorded UPE status under XI Plan and as per DST evaluation, has been sanctioned the prestigious Promotion of University Research and Scientific Excellence (PURSE) Program.

ABOUT THE DEPARTMENT OF HOME SCIENCE

The Department of Home Science was established in 1958 and offers Graduation course in Home Science and Post Graduation courses in Foods and Human Nutrition, Human Development and Family, Development Communication and Extension.

The Department offers Ph.D. programmes in all the five areas of Home Science, i.e., Foods and Human Nutrition, Human Development and Family, Development Communication and Extension, Clothing and Textiles, and Family Resource Management.

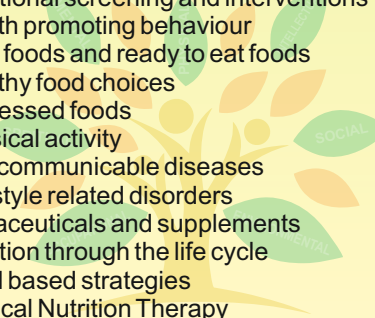
The Department is engaged in community outreach projects in collaboration with Government and Non Government organizations. The faculty is involved in research, consultancy, and liaisoning with International and National agencies, Government of India and Government of Rajasthan for developmental programs on health, nutrition, women and child care and urban and rural development programs. This work is being done in collaboration with UGC, UNICEF, CARE, DWCD, hospitals, local schools and NGOs. Many faculty members are on the advisory board of various government run programs on Women and Child Nutrition and Care.

Home Science is one of the twelve Departments of the University having Special Assistance Program (SAP), and at present the Department has received SAP DRS II.

The Jaipur Chapter of the Indian Dietetic Association is run by the Department. The Home Science Alumni Association was established in the Department in 2000, and is one of the strongest and active Alumni Associations in the University.

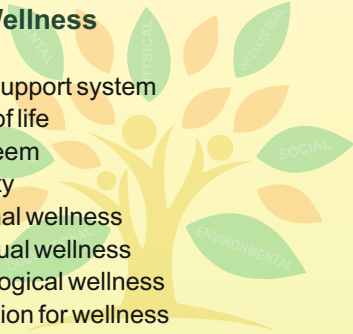
THEMES AND SUB THEMES OF THE SEMINAR

1. Physical health and Nutrition Wellness

- Nutritional requirements and assessment
 - Nutritional screening and interventions
 - Health promoting behaviour
 - Junk foods and ready to eat foods
 - Healthy food choices
 - Processed foods
 - Physical activity
 - Non communicable diseases
 - Life style related disorders
 - Nutraceuticals and supplements
 - Nutrition through the life cycle
 - Food based strategies
 - Medical Nutrition Therapy
 - Communication and Nutrition
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2. Mental Wellness

- Stress
- Family support system
- Quality of life
- Self esteem
- Creativity
- Emotional wellness
- Intellectual wellness
- Psychological wellness
- Stimulation for wellness
- Depression



3. Social Wellness

- Media influences on health and wellness
- Social determinants of health and wellness
- Wellness for elderly
- Social norms and customs related to wellness
- Poverty and wellness
- Racial, ethnic, socio economic factors
- Gender disparities and wellness
- Digital programmes addressing wellness

4. Environmental Wellness

- Carbon foot prints and wellness
- Environmental hazards and threats
- Urbanisation and wellness
- Sanitation and Hygiene
- Organic Farming
- Organic Clothing
- Management during disasters for health & wellness
- Waste Management
- Climate Change

5. Occupational Wellness

- Work life balance
- Occupational hazards and safety
- Health and wellness in work place

6. Spiritual Wellness

- Spiritualism and spirituality
- Peace and harmony in our lives
- Congruency between values and actions
- Meditation

GUIDELINES FOR SUBMISSION OF ABSTRACTS FOR ORAL/ POSTER PRESENTATIONS

Word limit 250 words, Times New Roman Font, Title in Bold- Font Size 12, followed by Name of Author(s) and Affiliation, Abstract in Font Size 12, Single Spacing. Name of presenting author to be underlined. One author can submit maximum of three papers.

GUIDELINES FOR ORAL/POSTER PRESENTATIONS

Available with the brochure on the University website www.uniraj.ac.in

IMPORTANT DATES

REGISTRATION	Till 21st October, 2017	With late fees from 22nd October 2017 onwards and Spot registration
Student Delegates	Rs. 1000/-	Rs. 1200/-
Faculty and Other Delegates	Rs. 2000/-	Rs. 2500/-
SUBMISSION OF ABSTRACTS	Till 15th October, 2017	

- Prior registration is mandatory for presentation of papers.
- Registration form is available with the brochure on the University website www.uniraj.ac.in

IMPORTANT emails

Abstract Submission

wellnessabstract17@gmail.com

Registration

wellnessregis17@gmail.com

Accommodation

wellnessaccomodation17@gmail.com

ORGANIZING COMMITTEE

PATRON

Prof. R K Kothari
Hon'ble Vice Chancellor
University of Rajasthan, Jaipur

CONVENOR

Prof. Anuradha Goyle
HOD and SAP Coordinator

CO-CONVENOR

Dr Ruby Jain
SAP Co-Coordinator

ORGANIZING SECRETARIES

Dr Mukta Agrawal
Dr Kanika Varma

EXECUTIVE COMMITTEE

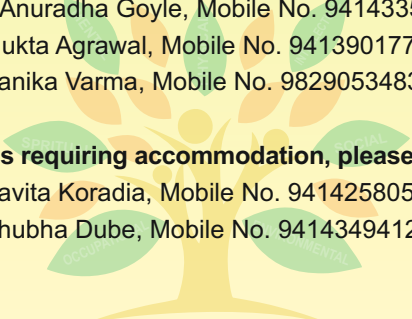
Dr Sunita Agrawal
Dr Kavita Koradia
Dr Shubha Dube
Dr Nimali Singh
Dr Reshma Boolchandani
Ms Kavita Kachhawa
Ms Manju
Dr Lalita Vatta
Ms Kesar Chayal

IMPORTANT CONTACT NUMBERS

Prof Anuradha Goyle, Mobile No. 9414335755
Dr Mukta Agrawal, Mobile No. 9413901775
Dr Kanika Varma, Mobile No. 9829053483

Delegates requiring accommodation, please contact

Dr Kavita Koradia, Mobile No. 9414258059
Dr Shubha Dube, Mobile No. 9414349412



**NATIONAL SEMINAR ON HOLISTIC APPROACH TO NUTRITION AND WELLNESS
DEPARTMENT OF HOME SCIENCE, UNIVERSITY OF RAJASTHAN, JAIPUR**

23rd - 24th NOVEMBER, 2017

REGISTRATION FORM

Name : _____
Designation : _____
Organization : _____
Category (Student / Faculty or Other Delegate) : _____
Email id : _____
Postal Address : _____

Contact No. : _____
Whether presenting a paper? Yes /No : _____
If yes, Oral/ Poster : _____
Details of Bank Draft/ NEFT : _____
(DD No./Bank & Amount) : _____

Note:

- Registration fee is non refundable.
- Please carry a photocopy of your Registration Form, Bank Draft and letter received from organizing committee with Registration Number to facilitate the Registration process.
- The Certificate from Head of the Institution/Principal/Dean/Director is essential for Registration of Student Delegates.
- The registration fees may be paid by Demand Draft in favour of '**OS Nat Semi on Holistic Approach to Nutrition and Wellness Deptt HS UOR JAI**' payable at Jaipur and sent to Organising Secretary, National Seminar, Department of Home Science, University of Rajasthan, Jaipur or via NEFT at the following Bank Details:
Account Name : OS Nat Semi on Holistic Approach to Nutrition and Wellness Deptt HS UOR JAI
Account Number : 674701701550
Bank & Branch : ICICI Bank, University Campus, Bapu Nagar, Jaipur
IFSC Code : ICIC0006747
MICR Code : 302229018
- Kindly mail the scanned copy of the Demand Draft/ NEFT at wellnessregis17@gmail.com after payment of registration fee

Date

Signature

Enclosures:

- 1) Demand Draft
- 2) Letter from HOD for student members

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GUIDELINES FOR PAPER PRESENTATION

ORAL PRESENTATION

- Power point presentation
- Duration of presentation: 6 minutes
- Discussion: 2 minutes
- Presenters are requested to adhere strictly to the time limit.
- Presenters should get their presentations uploaded beforehand.

POSTER PRESENTATION

- Maximum size of the poster: 100 cm (width) x 110 cm (length)
- Please follow the following pattern for poster presentation
 - Title of the paper: Uppercase, Bold
 - First Author Surname, Author's First Name¹ and Second Author Surname, Author's First Name² and so on.
 - Affiliation of Author(s)
 - Introduction, Objectives, Methodology, Results, Conclusions to be given.

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**SAMPLE FORMAT FOR SUBMISSION OF ABSTRACTS
FOR ORAL/ POSTER PRESENTATIONS**

Abstract for Oral/ Poster presentation

Theme: _____ Sub Theme: _____

**ASSESSMENT OF NUTRITIONAL STATUS OF CHILDREN ENROLLED IN
GOVERNMENT SCHOOLS OF JAIPUR CITY**

Singh Chetna¹ and Sharma Aakriti²

¹Research Scholar, Department of Home Science, University of Rajasthan, Jaipur

²Associate Professor, Department of Home Science, University of Rajasthan, Jaipur

Introduction:

Objectives:

Methodology:

Results:

Conclusions:

National Seminar on Holistic Approach to Nutrition and Wellness

23rd and 24th November, 2017

Tariffs of Rooms for Accommodation

S. No.	Place	No. of Rooms	Single	Tariff Single Bed (Rs)	Double Bed	Tariff Double Bed (Rs)	Dormitory	Remarks
1	Derashree University of Rajasthan, Jaipur	13	8 (4 Beds)	100/Bed	5 Bed	250/day	20 People (80 Rs/Bed)	Subject to availability
2	University Guest House, University of Rajasthan, Jaipur	30	4AC	853	26AC	1073		Subject to availability
3	B-1 ASC JLN Marg University of Rajasthan, Jaipur	25	2 Beds/Room	300/per day/per bed				Subject to availability

Rubh Dube
7/10/17