



**5<sup>th</sup> World Congress on Chronomedicine  
WCC – UC 2019**

**Indian Society for Chronomedicine  
In collaboration with Uttarakhand  
Cardiabcon**

**An International Conference on  
Chronodiabetology & Chronocardiology  
18<sup>th</sup> – 19<sup>th</sup> October 2019  
AIIMS, Rishikesh**

**Organizing Secretary- Dr. Ravi Kant  
Additional Prof. & Head  
Division of Diabetes and Metabolism,  
Department of General Medicine,  
AIIMS, Rishikesh.**



**Prof. Ravi Kant**  
**Director & CEO, AIIMS Rishikesh**

## Dear Friends

It gives us immense pleasure to invite you to participate in 5<sup>th</sup> world congress on Chronomedicine, WCC 2019, which is being organized this year in Collaboration with Uttarakhand Cardiabcon on 18th & 19th October at AIIMS Rishikesh. As you are aware, incidence of various circadian disorders are growing fast in all populations world over and India is also facing this problem because of changing work culture and living pattern. Most of these disorders are preventable and well manageable. We all are aware of importance of time. We know that earth revolves on its axis and it also makes a circle of sun, which is basis for day and night. Even our body has its own circadian clock, and various cells have their own clocks. Whole circadian rhythm is very complex and we are still searching answers for many unanswered questions.

Recently this Rhythm has been studied in relation to metabolic diseases and newer horizons are opening up in management of various chronic diseases. Human activities in modern world do not stop 24 hours. Insomnia is shown to induce glucose intolerance and dyslipidemia, chronic circadian rhythm disturbances and “eveningness” in life style which may lead to metabolic syndrome. It is important for all ages to have active daytime and restful night time in order to keep healthy life. As a fulfilment of these objectives WCC-UC 2019 will cover wide range of topics on Circadian Rhythm to facilitate better understanding of disease process.

Uttarakhand is better known as the God’s abode. This is a land of Chardham viz. Badrinath, Kedarnath, Gangotri and Yamunotri. This part of country is blessed with heart touching beauty and rich cultural heritage. There are many attractions to Rishikesh both spiritual and adventurous. I on behalf of AIIMS family welcome you and ensure for a wonderful experience.

Hope to see you soon at Rishikesh

**Dr. Ravi Kant**  
**Organizing Secretary WCC – 2019**



# Registration form WCC 2019

Name & Designation.....
Address.....
Email.....
Mobile.....
Designation.....
Type of Registration.....
Submitted Abstract online      YES / NO

Type of Registration	Early Registration Till march 30, 2019	late Registration Till sep. 30, 2019	On Spot
Delegates	4000 INR	5000 INR	8000 INR
Student (Residents, PhD)	2000 INR	3000 INR	5000 INR
Accompanying person	2000 INR	2000 INR	2000 INR
Foreign Delegate	100 USD	150 USD	200 USD

## Registration Charges

- Residential Registration Rates
- Registration + Full Conference Accommodation + Breakfasts, Lunches, Dinners, Transportation from Hotel to Venue – Rs. 15, 000 Only
- Online Registration is the fastest and easy option that allows you to register. Registrations must be processed and confirmed before you can reserve a hotel room, there are no exceptions. Registrations are not considered processed/confirmed until you receive an electronic confirmation via email.

## **PAYMENT METHODS**

• Proceed by doing registration here, Make payment using ONLINE TRANSACTION to following details.

**Name of the Bank:** PUNJAB NATIONAL BANK

**Bank Account Number:** 6189000100050880

**Bank account name:** WCC 2019

**Branch Code:** 618900

**MICR Code:** 249024155

**IFSC Code:** PUNB0618900

**Address of Bank:** Barrage Construction Division Pashulok, UL, Rishikesh, Uttarakhand 249203.

### **Offline Mode:**

Payment to be made by DD in favor of Indian society of Chronomedicine payable at Rishikesh and sent to -

#### **Conference secretariat**

Dr. Ravi Kant

Additional Professor,

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Rishikesh, Rishikesh- 249203

Email id: wcc2019aiimsrishikesh@gmail.com

Mob: +91-9870717859

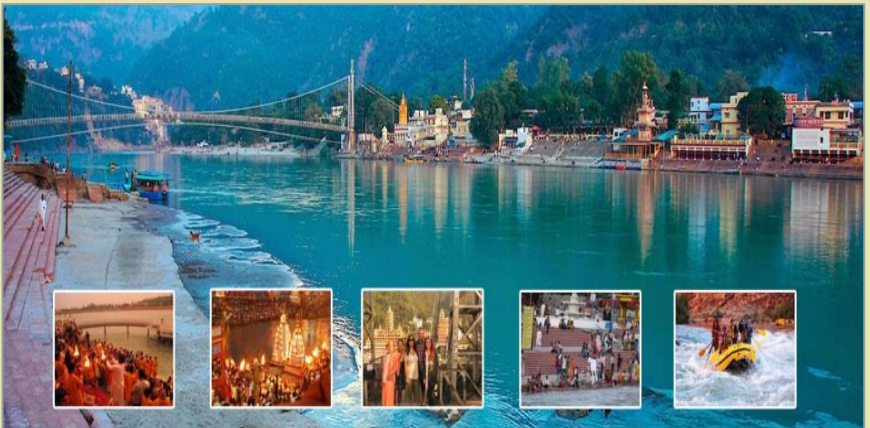
# An Adventure Tours In Rishikesh

## About Rishikesh

Rishikesh is also known as gateway to Char Dham. Char Dham is four popular holy temples on hills (Kedarnath, Badrinath, Gangotri, and Yamunotri). Thousands of people attracted every year to Rishikesh for spiritual relief, peace, learn yoga, adventure and to take a dip for salvation. The famous among them were Beatles, Kate Winslet and many more others celebrities. It is believed that by meditation in Rishikesh one can get "Moksha" (liberation from cycle of death and rebirth) as well as holy dip in the river Ganges.

Apart from spirituality now Rishikesh is also hub for adventure activities such as rafting, camping, trekking and bungee jumping. Rishikesh is full of tourist every time. There are also big ashrams; centers for Yoga, Meditation, Ayurvedic Massage and astrology are here. Rishikesh is also known as the "white water rafting capital" of India.

Rishikesh has spectacular view of jungle-clad hills. Rishikesh has also confluence of River Ganges and Chandrabhaga. The glorious attraction of Rishikesh is none other than the great river Ganges herself, running rapidly throughout city.



# Places of attraction in Rishikesh

## Triveni Ghat

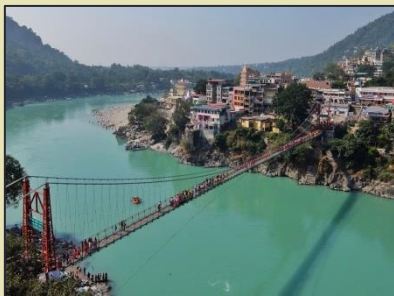


Triveni Ghat is biggest bathing Ghat in Rishikesh situated near main market. This Ghat has mesmerizing view of mountain and river. Reason for name is believed to be conference of 03 rivers Ganges, Yamuna and legendary Saraswati. Due to conference, Ghat is great place to take a bath. It is structure of steps where people can access river for holy bath. Everyday Ganges ceremony (Ganga Aarti) is organized at Ghat in evening. (5 PM in winter and 6 PM in

summer) This is beautiful place to sit right on the bank of the river and view the mountain and river with the company of cool river breeze. Triveni Ghat is situated just 100 meter far from the main market. Small Shani Mandir is also located near Triveni Ghat.

## Lakshman Jhula

Big iron suspension bridge on river Ganges which is 4.5 kms far from Rishikesh. It is believed that Lakshman (Brother of lord Ram) crossed the river here by jute rope. Current bridge is built in 1929 in when old bridge (1989 built) was damaged in flood. Laskman Jhula is popular in tourist for shopping and other activites such as



rafting. Both side of bridge has so many different shops with interesting things to buy. Lakshman temple and Tera Manzil Temple is also situated here. From bridge you can have spectacular view of river and city. Lakshman Jhula is pedestrian bridge but it is also used for bike

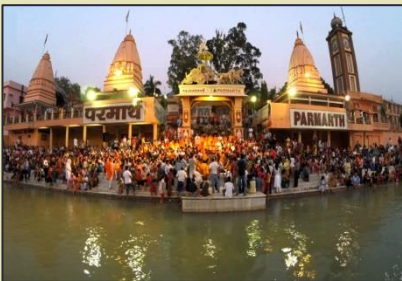
## Ram Jhula

Suspension bridge similar to Lakshman Jhula between Sivananda Ashram and Swarg Ashram is known as Ram Jhula or Sivananda Jhula. Boat is also available here on sharing basis to cross river. So many shops are available on both side of bridge for shopping. Sivananda Ashram, Yog Niketan Ashram and Omkarnanda Ashram are located at one end of bridge and other end has Swarg Ashram, Gita Bhawan and Parmarth Niketan Ashram. Ram Jhula is pedestrian bridge but it is also used for bikes.



## Parmarth Niketan

Parmarth Niketan Ashram is located in Swarg Ashram area. Ashram has so many rooms for devotees as well as tourist. Ashram has many religious statues inside. Parmarth Niketan is also host for International Yoga Festival every year. Ashram is popular among tourist for Yoga. Every day Ganga Aarti ceremony is organized at Ghat of Ashram in Evening (5 PM in winter and 6 PM in summer). Aarti is widely visited by tourists.



## Neelkanth Mahadev



This temple is situated at 1325 meters height and 31 kms far from Rishikesh. Neelkanth Mahadev is Temple of Lord Shiva. According to legends Lord Shiva came here for meditation when he consumed poison during the sea churning. Lord Shiva's throat became blue colored due to the poison so he is known as a Neel Kanth (Blue throated) here. Thousands of tourists visit this temple during Shivratri and Kanwar Mela. Temple is also accessible by trekking route and by road from Swarg

Ashram. Temple Timings: 05 AM to 01 PM and 04 PM to 09 PM

## Bharat Mandir

Bharat Mandir Temple situated at center in Rishikesh and near main market. This is one of the oldest temples in Rishikesh. The deity of temple is Lord Vishnu. Raibhya Rishi made penance here and lord Vishnu appeared in front of sage to give him blessing. Temple has small museum also. Bharat Mandir Temple is inside

Rishikesh Market area and can be reached easily from Chandrabhaga Bridge (Temple Timings: 05 AM to 11 AM and 3 PM to 09 PM).





## Gita Bhavan

Gita Bhavan (Geeta Bhawan) is Ashram located in Swarg Ashram area. The ashram has large complex with discourse hall and more than 300 rooms which they are offering to tourist at very low cost. There is temple of also inside ashram. Lessons from Bhagvad



Gita are written on walls of Ashram. Inside temple you can see life of Lord Krishna in pictures. Cloth store, Book store, Ayurvedic medicine shop and restaurant are part of this.

## Har Ki Pauri, Haridwar

Haridwar is one of the most ancient pilgrimage centers in India that has been reverence from times immemorial. Hari means (Lord/God) and Dwar means Gateway. Hence Haridwar means Gateway to the Lord. Har Ki Pauri is a famous Ghat on banks of Ganges in Haridwar in Uttarakhand state in India. This revered place is major landmark of holy city of Haridwar. Literally, "Har" means "Lord Shiva" who is the God according to shaivite school of Hindu theology, "ki" means "of" and "pauri" means "steps"



## Kedarnath Dham

Kedarnath is a holy Hindu town located in Rudraprayag district of Uttarakhand in India. It is one of the Char Dhams located in the Himalayas. The Kedarnath temple lies amidst the majestic snow-capped Garhwal Himalayan ranges and is thronged by thousands of tourists each year. The extreme weather condition of kedarnath prompts the temple to remain open from the end of April to beginning of November. It is one of the twelve Jyotilingas of Lord Shiva.



## Badrinath Dham

The famed town of Badrinath is among the four dominant Char Dham pilgrimage sites of India as well as the Chota Char Dham. It is perched at an average elevation of 3,300 metres about 10,827 feet above sea level on the banks of Alaknanda River. This holy town is named after the Badrinath temple dedicated to the Vishnu. Many are smitten by this holy shrine the traditional wooden



temple preserver, Lord Hindu devotees the charm of as it showcases Garhwali architecture.

## Adventure Tour in Rishikesh

## Rafting in Rishikesh

Brahmpuri, Shivpuri and Kaudiyala are small villages from where people can start their rafting to Rishikesh. Small rafting can be done from Brahmpuri (11 kms). 18 kms rafting can be done from Shivpuri and rafting can be done from kaudiyala. During monsoon rafting is not possible due to heavy rain. October to June is general season for Rafting.



25 kms long

## Bungee Jumping in Rishikesh

Bungee Jumping or Bungy Jumping is newly added in Rishikesh. It can be done at Jumpin heights which is 15km far from Rishikesh on the Rishikesh - Neelkanth road) Bungee Jump is 83 mtrs above a natural river. Other activities such as Flying Fox and Giant Swing are also available here. Only few places in India have facilities for Bungee Jumping.



## Jungle Safari in Rishikesh

Rajaji National Park or Chilla park is Just 25 kms far from Rishikesh. If you are interested in wildlife this is nearest National park. Per day 02 times Jungle safari can be done here. Morning at 07:00HRS and afternoon 14:00HRS. Normal Jungle safari takes 03 to 04 hour by jeep ride for

36 kms safari range in Rajaji National Park. Elephant, deer, birds and tigers (only few) are key animals of the park.

## Trekking in Rishikesh

There are so many treks available near the Rishikesh. Soft, moderate and hard trek are options. Small treks can be done to beautiful villages and waterfalls and other treks for more



than 01 day can be done in jungle or nearby mountains. Trekking alone is not advisable. Famous small trek are Neer garh (Neer Gaddu waterfall trek, Kunjapuri trek, Neelkanth Temple Trek, Jhilmil Gufa Trek and Trek near Rajaji National Park. Other famous long treks are Gomukh (Gaumukh) Trek, Valley of flower Trek, Tungnath Trek, Devoria tal Trek, Hemkund sahib trek, Kuari Pass Trek and Roop kund Trek.

## Yoga and Meditation in Rishikesh

Rishikesh is world famous for yoga. You can experience yoga in small sessions or you can stay here and spend a week or month to learn yoga. So many yoga experts are here who can teach you yoga



in a unique way which you can't learn anywhere. Rishikesh is also one of the best places in the whole world for meditation. Natural atmosphere, auspicious surroundings, river and mountains what else one can expect to make a strong bond with nature and himself.

## Camping in Rishikesh

Camping is a famous weekend activity. So many temporary camps are established near Rishikesh. Camping can be done in jungle and river bank. Some camps provide group activities. There is no age limit for camping. Enjoy the nature, river and small trek in the camp. Best time for stay in camp October to May.



