

Students' Conference on Integrative Wellness Science & Practice

The First "Students Conference on Integrative Wellness Science and Practice" was conducted on 2nd October 2022 at AIIMS Rishikesh under the Patronage of Prof Meenu Singh, Executive director & CEO, AIIMS Rishikesh. The aim of the Conference, a brainchild of Executive Director, Prof Meenu Singh, AIIMS Rishikesh, is to bore the seeds of healthy & happy life in students' life by motivating them to practice a balanced routine, healthy diet, yoga, pranayama & meditation. The name of the conference, "Students' Conference", was chosen by Executive Director to emphasise the importance of Integrative Wellness for students.

The conference started with a healthy breakfast comprising Coconut water, sprouted pulses with vegetables, and a banana. All students enjoyed the healthy and delicious breakfast.

1. The conference started at 9.30 am with a formal Welcome of the dignitaries viz. Prof Meenu Singh, Executive Director and CEO, AIIMS Rishikesh; Swami Dayadhipananda, Medical Superintendent, Ramakrishna Mission Hospital, Haridwar; Prof Jaya Chaturvedi, Dean Academics AIIMS Rishikesh; Prof Sanjeev Mittal, Medical Superintendent, AIIMS Rishikesh; Prof Vartika Saxena, Dean Research, AIIMS Rishikesh; Dr Susheel Sharma, Expert Speaker on Integrative Wellness Science & Practice and Visiting Professor of Cardiology at AIIMS Rishikesh and Dr Barun Kumar, Organizing Secretary and Associate Professor of Cardiology, AIIMS Rishikesh. The dignitaries performed the Lamp Lighting Ceremony to formally initiate the proceedings of the Conference.
2. Prof Meenu Singh addressed the delegates and provided an insight into the concept of overall wellness in the lives of medical students which was a leading light to conduct such a meeting. Prof Meenu reinforced the importance of a healthy lifestyle and stress management for everyone especially students whose minds are still in the developing phase.
3. The Honorable CM of Uttarakhand, Mr Pushkar Singh Dhama Ji, in his video message, lauded the efforts of Executive Director, Prof. Meenu Singh, for mentoring students' conference and introducing yoga, meditation & Pranayama in students' life. He also praised the medical students for participating in Students' conference on integrative wellness and encouraged them to adopt this in their life as well as in the patients' life.

4. The first Session was conducted by Prof Susheel Sharma, who introduced the concept of Integrative Wellness to the students. He quoted interesting videos promoting whole plant-based diets and lifestyle choices leading to wellness.
5. The next session was conducted by Swami Dayadhipananda, Medical Superintendent of Ramakrishna Mission Hospital, Haridwar. Swami Ji invited a few volunteers which included participation of the Director, Prof Meenu Singh and many students & faculty members. Swami Ji led the session of YOGA wherein he demonstrated simple 'Asanas', which were helpful in daily life to alleviate joint pains and improve flexibility. The session was enjoyed by everyone and participants performed the 'Sukshma Vyayama' poses even while seated in the auditorium.
6. Prof Vartika Saxena conducted the next session and highlighted the importance of a routine or 'Dincharya' for students. She gave examples of successful persons like Gandhi Ji and our present Prime minister Shri Narendra Modi Ji.
7. Prof Susheel Sharma conducted the next session and demonstrated the ways to practice Integrative Wellness, with dietary and lifestyle choices. He highlighted and reinforced benefits of whole plant-based diets and also exercise, social interactions and discipline for overall well-being and longevity.
8. Swami Dayadhipananda conducted the next session and performed 'Pranayama' and 'meditation' by leading others. Everyone participated in this session and it provided everyone with relaxation and brought a smile to everyone's faces.
9. The next session was conducted by Dr Gauri Mittal, who is an expert on integrative medicine. The session comprised stress management through understanding our inborn personalities. Dr Gauri deciphered the basic personality traits and explained in simple words how to manage stress within each type of personality, as the same methods may not be applicable to everyone.
10. This was followed by a Quiz which was conducted online by Dr Vinod; this quiz would help to understand which areas actually impact the students.
11. The conference was then concluded with words of thanks by Dr Barun Kumar.
12. Director madam then distributed books to all students, and there was a photography session with organizers and students.

13. The conference was attended by more than 300 MBBS students, residents & faculty members of AIIMS-Rishikesh.
14. The conference was anchored by Dr Vandana Dhingra, Additional Professor, in the department of Nuclear Medicine, AIIMS-Rishikesh.
15. Meeting ended with a healthy lunch comprising Mixed whole grain Roti, Green leafy vegetables, rajma, salad & an apple. Everyone enjoyed the food.









