



Swasthya Mahotsav 2016

Organised by
K. J. Somaiya College of Science & Commerce
 (Dept. of Biochemistry)

Sponsored by
DBT (Under Star college Scheme)



Date : 9th & 10th December 2016

Day	Date	Name of the speaker	Topic	Timing
1	09-12-2016	Dr. Chetan Vedpathak (Ayurvedic Vaidya)	“ Ayurveda and Healthy living ”	9.00 - 10.30 am
		Dr. Madhav Rege (General practitioner)	“ Is your doctor cheating on you ”	10.30 am – 12.00 noon
		Dr. Ulka Natu (Holistic Healer)	“ Yoga for Daily Life ”	12.00 noon - 1.30 pm
		Dr. Aparna Deshpande (Gastroenterologist)	“ Common gastrointestinal problems & their prevention”	2.00 - 3.30 pm
		Ms. Shraddha Gandhi (Mystologist)	“ Science of aura ”	3.30 - 5.00 pm
2	10-12-2016	Dr. Shilpa Joshi (Nutritionist)	“ Anna he Poorna brahma - A guide to balanced eating ”	9.00 - 10.30 am
		Dr. Harish Shetty (Psychiatrist)	“ Mental health for all ”	10.30 am – 12.00 noon
		Dr. Sujata Kanhere (Pediatrician)	“ Bringing up kids from cradle to college ”	12.00 noon - 1.30 pm
		Dr. Vinayak Joshi (Neurologist)	“ Not all headaches are serious ”	2.00 - 3.30 pm
		Dr. Binoti Seth (Orthopaedic)	“ Haddi swasth to life mast”	3.30 - 5.00 pm