



MARATHA VIDYA PRASARAK SAMAJ 'S
DR. VASANTRAO PAWAR MEDICAL COLLEGE , HOSPITAL AND
RESEARCH CENTRE
VASANTDADA NAGAR , ADGOAN , NASHIK , MAHARASHTRA -
422003



Department of Physiology
in collaboration with



Association of Physiologists and Pharmacologists of India (APPI)
Nashik chapter

WELCOME TO MULTIDISCIPLINARY CME

“LIFESTYLE MODIFICATION - ENHANCING HEALTH
THROUGH MINDFULNESS “

on 27/9/2024 from 8:30 am to 5 pm



Venue - MCI Raosaheb Thorat auditorium
Hospital building, Dr.VPMCH & RC, Adgaon,
Nashik

SCHEDULE

Time	Session	Speakers
8:30am - 9 am	Registration and Breakfast	-
9am - 9:45 am	Lifestyle modification - need of the hour	Dr. Supriya Dhakane
9:45 am - 10:30 am	Pathophysiology of lifestyle diseases	Dr. Sangita Phatale
10:30 am - 11 am	Inauguration	-
11 am - 11:45 am	Setting a lifestyle modification OPD - a personal experience	Dr. Mrunal Phatak
11:45 am - 12:15 pm	Lifestyle modification for healthy heart	Dr. Hiralal Pawar
12:15 pm - 1 pm	Stress management and lifestyle related psychiatric disorders	Dr. Hemant Sonanis
1pm - 2pm	Lunch	-
2 pm - 2:45 pm	Food as medicine	Mrs. Minal Shimpi
2:45 pm - 3:30 pm	Exercise - a supplement to health	Dr. Sagar Mahagan
3:30 pm - 4pm	High tea	
4pm - 5pm	Valedictory Function	-

OUR ESTEEMED SPEAKERS



Dr. Supriya Dhakane

- MD (CM)
- Prof. and Head ,
Institute of Medical
Education

- Technology and Teachers' Training (IMETTT) & Converner , NMC Regional Centre , MUHS , Nashik
- Executive Committee member - Maharashtra IAPSM Governing council - April 2024-2027

Dr. Sangita Phatale

- MD physiology
- Prof. and HOD Department of Physiology , MGM's Medical College , Chhatrapati Sambhaji Nagar
- Member of BOS MGMIHS, Navi Mumbai



Dr. Mrunal Phatak

- Dean (Academics)
- Professor and Head of
Physiology AIIMS ,
Nagpur

- President of academics of
Physiology for 2017-2019
- Fellowship of Royal College of
Biology , Uk
- Fellowship of Associations of
Physiologists of India

Dr. Hiralal Pawar

- MD Medicine, DM Cardiology
Senior Consultant Cardiologist



Dr. Hemant Sonanis

- M. D. Psychiatry , DPM
- Senior Consultant Psychiatrist, Nashik
- Past President IMA Nashik (2021-22)

Mrs. Minal Shimpi

- Diploma in Yoga teacher
- B.H.SC
- Dietitian
- PG in Dietetics
- Yog-Naturopathy
- PG Yogashastra consultant



Dr. Sagar Mahajan

- Masters in Physiotherapy
- President of the Nashik Physiotherapy Association
- Consultant Physiotherapist Nashik

Applied for 2 MMC Credit hours

Registration Fees

Early bird registration (till 30/8/2024)	Rs 900
Registration after 30/8/2024	Rs 1000
APPI members	Rs 900
Spot registration	Rs 1200

Bank Details for online payment

Account Name	Dean Dr. VPMC UG account
Account No.	60461296381
Name of the Bank	Bank of Maharashtra , Shalimar
IFSC code	MAHB0000014

Registration link:

<https://forms.gle/mQRJtZC8FErFRQmS7>

[In case of any queries regarding registration, kindly contact Dr. Satish Waghmare (Mb No- 8805642129)]

Please scan for payment



Patrons

ADV. SHRI NITINJI THAKARE
Hon'ble Sarchitnis, MVPS Nashik

Dr. DNYANESHWAR LOKHANDE
Hon'ble Education Officer, DRVPMCH & RC, Nashik

Dr. SUDHIR BHAMRE
Hon'ble Dean, DRVPMCH & RC, Nashik

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Organising Chairperson
Prof & HOD, Department of Physiology,
DRVPMCH & RC, Nashik



Dr. Satish Waghmare
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Associate Prof, Department of Physi
DRVPMCH & RC, Nashik



Dr. Vrushali Baste
Associate Prof, Department of Physiology
DRVPMCH & RC, Nashik



Dr. Kiran Avachar
Assistant Prof, Department of Phys
DRVPMCH & RC, Nashik

Special feature: Delegates can get their own fitness level assessed by our experts and procure exercise prescription as per their reports



Saptashrungi Devi



Swaminarayan Temple



Bhandardara



Pandav Leni

*EXPLORE THE SERENE
&
SCENIC BEAUTY OF NASHIK*



Trimbakeshwar



Shirdi



Goda Aarati



Sula Wine