

# WORKSHOP ON PERSONALITY DEVELOPMENT AND CAREER BUILDING 2018

(For UG AYUSH Students)

JOINTLY ORGANIZED BY

**DEPARTMENT OF VIKRITI VIGYAN**

**AND**

**VISHWA AYURVED PARISHAD**

(Date: 05 - 11 February 2018)

Venue – Seminar Hall, Department of Vikriti Vigyan, Faculty of Ayurveda, IMS,  
BHU, Varanasi, 221005



Dear Students,

In Recent years, AYUSH system of medicine gained momentum all over the world, because of newly emerging trends of disease diathesis and failure of conventional system of medicine in the management of variety of disorders. Now the scientists & research scholars are inclined towards the fulfilling the gap between different systems of medicine and perhaps such type of movement will be futuristic global medicine that includes the best medicaments and therapeutic skills from different healthcare resources. As modern medicine with its strong synthetic chemical drugs, fails to combat the nature of human being while the traditional medicine met every challenge in a natural way. Patients from all over the world are coming in India for solving their health problems through AYUSH system of medicine. Popularity of the system and demand for AYUSH doctors are on the rise but students are still in dilemma whether they will be successful in their life as a health professional or not. The present AYUSH graduates are laborious, sincere and energetic but they are suffering with unwanted sets of inferiority complex, which is not fruitful for the system as a whole and also for their future progress. The role of colleges and teachers are not in favor for their holistic development. They are only confined to classrooms and unaware with the global acceptance of the subject. Therefore, interests of the students are reducing day by day in clinical practice of AYUSH system of medicine. In this emerging scenario, the **Department of Vikriti Vigyan, Faculty of Ayurveda, I.M.S, B.H.U** and **Vishwa Ayurved Parishad** feel that the students of AYUSH should get proper exposure to achieve total upliftment of their goal as AYUSH professional and make them aware with the current trends in the present challenging global health scenario. Keeping this fact in the mind like previous years, we are also going to organize a seven-days workshop on the topic ***“Personality development and Career Building-2018”***.

The workshop consists of different guest lectures by the renowned scholars of different fields. The topics, which will be covered in this workshop, are usually not taught by the teachers at U.G. level. The workshop attracts with its unique peaceful atmosphere under daily-routine activity as cross-interactions with intellectual member of different field and sharing of views with the colleagues of different institutions.

### **Rules and Regulations**

#### **1. Eligibility:**

Students studying in Graduate course of AYUSH including interneers are eligible to participate in this workshop. Maximum 4 students are permissible from one college. The participants should come when they are physically and mentally fit.

#### **2. The participants should bring necessary articles for their daily purpose such as-**

A) Pen, copy, sketch pen, pencil, rubber etc.

B) Keep necessary clothes according to season because program is going to be conducted in February.

C) Costly articles such as camera, gold chains, laptop etc. should be avoided.

D) This workshop is not for outing or picnic. It is essentially a learning workshop, so always keep in mind and you have to follow the rules and regulations of the workshop

E) Sincerity, punctuality and regularity should be followed throughout the workshop.

F) Irregularity will not be tolerated and stick to the time given to attend the workshop

#### **3. Workshop fee: Each participants should pay Rs-1500/- for the Seven days workshop. Payment may be made either by demand draft in the favor of “*Vishwa Ayurveda Parishad*” payable at Varanasi or in cash.**

#### **4. The duly filled application form along with the payment should reach the following address latest by 25<sup>th</sup> Jan 2018 either by hand or speed post or courier.**

Dr.Anurag Pandey, Organizing Secretary

Department of Vikriti Vigyan

Faculty of Ayurveda

IMS, BHU, Varanasi-221005, U.P

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#### **5. The participants should have Xerox copy of the draft and registration form at the time of workshop.**

#### **6. The seats are limited (maximum number of the participants is 30).**

#### **7. First come first and priority will be given to those participants one who apply the workshop early and timely.**

#### **8. We will not be able to provide free accommodation facility. After your confirmation to join the workshop by successfully submitting application form along with fee, we may arrange accommodations with payment of Rs. 200/day on your prior request or you may stay as per your convenience.**

**Patron:**

**Prof. Y.B. Tripathi**, Dean, Faculty of Ayurveda, IMS, BHU

**Dr. K. K. Dwivedi**, Associate Professor & H.O.D., Department of Kaya Chikitsa & Panchakarma, Govt. Ayurvedic College and Hospital, Varanasi

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Dr. Neeru Nathani, Head, Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU

## Members of Organizing Committee:

Prof. Atul Varshney (Pilibhit)

Prof. H.N.Day (Farrukhabad)

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Dr. Suryaprakash (Bareilly)

Dr. Durgesh Gupta (Ballia)

Dr. Praveen Rai (Varanasi)

Mr. Rajeev Shukla (Varanasi)

## Members of Scientific Advisory Committee:

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Prof. Dr. O.P. Singh (Varanasi)

Dr. A.K. Dwivedi (Varanasi):

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Dr. Vijay Rai (Varanasi)

Dr. Manish Mishra (Varanasi)

Dr. Neera Saini (Varanasi)

Dr. Piyush Tripathi (Varanasi)

## Tentative Topics:

<ol style="list-style-type: none"> <li>1. Career options in Ayurveda</li> <li>2. Image crisis and image building.</li> <li>3. Personality development</li> <li>4. Psychotherapy/ Counseling/ <i>Sattvavajaya</i></li> <li>5. Global Advancement in Ayurveda.</li> <li>6. New emerging trend in <i>Kshara-sutra</i>.</li> <li>7. <i>Jalauka Karma</i> in different disorders.</li> <li>8. Importance of <i>NadiVigyana</i> in diagnosis and Management of diseases.</li> <li>9. Concept of <i>Samshodhana</i> (bio-purification).</li> <li>10. Preventive &amp; curative aspect of Panchakarma Therapy measures.</li> <li>11. Environmental problems and their remedial</li> <li>12. Rejuvenation therapy.</li> <li>13. Cosmetic problems and its management.</li> <li>14. Industrial options in Ayurveda</li> <li>15. Private practice as a career.</li> <li>16. Herbal farming.</li> <li>17. Medico legal issues of AYUSH doctors</li> <li>18. Communication skills and interaction.</li> <li>19. Web Designing</li> <li>20. Fundamentals of Ayurveda</li> <li>21. Health tourism &amp; Ayurveda</li> <li>22. Time management</li> </ol>	<ol style="list-style-type: none"> <li>23. Entrepreneurship.</li> <li>24. Value study and Ayurveda</li> <li>25. Medicinal importance of cow products.</li> <li>26. Myths realities regarding <i>Rasaushadhis</i>.</li> <li>27. Clinic &amp; office management.</li> <li>28. Ethical issues in doctor and patient relationship</li> <li>29. Strength and weakness of Ayurveda.</li> <li>30. E-commerce, information and communication technology.</li> <li>31. Vajikaran (aphrodisiac) in present scenario.</li> <li>32. Lifestyle disorders in relation to Ayurveda.</li> <li>33. Procurement of Ayurvedic Raw drugs.</li> <li>34. Approach of Seasonal disorders &amp; Management in Ayurveda.</li> <li>35. Practical approach to Marmachikitsa.</li> <li>36. Necessity of Pharmacological studies in Ayurveda.</li> <li>37. Development and Leadership</li> <li>38. CPR</li> <li>39. <i>Agnikarma</i></li> <li>40. <i>Sanskrit Sambhasanam</i></li> <li>41. <i>Jalokavcharan</i></li> </ol>
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## Tentative Schedule of Day to day activities

Sr.No.	Time	Details of program
1.	07 AM-08 AM	Yoga Class and practice of various procedures
2.	10 AM -11 AM	1 <sup>st</sup> Lecture
3.	11.15 AM -12.15 AM	2 <sup>nd</sup> Lecture
4.	12.15Non -01.30 Non	Lunch
5.	01.30 Non -02.30 Non	3 <sup>rd</sup> Lecture
6.	02.30 Non-03.30	4 <sup>th</sup> Lecture
7.	03.45-05 PM	<i>Sanskrit Sambhasanam</i>



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**Application form**

1. Name of participant.....
2. Fathers name .....
3. Address for Correspondence .....
- .....
- .....
4. Phone No./Mobile No. ....
5. E.mail . ....
6. Name of the College studying with full address.....
- .....
- .....
7. Year of passing/Pursuing professional course/ Internee .....
- .....
8. Whether attended previous workshop.....
- (Mention Name & place) .....
9. Detail of Fee (draft No., date & Bank Name)/ cash.....
- .....
10. Where did you get information about this workshop.....
- (Internet/Web site/College/Personal/E. mail)

Paste your recent  
passport size  
photograph

Forwarding authority/  
Principal of the college

Signature of the applicant