

NATIONAL SEMINAR

on

**Fight against Life Style Diseases:
Role of Home Scientists**

Registration Form

Name: Dr./Mr/Ms. _____

Designation: _____

Institution: _____

Address for Communication: _____

Contact No. _____

E mail : _____

Whether presenting a paper (Yes / No).

Registration / Participation Fee Payment

Details: (for working professionals 500/ and 300/- for students and retired personnel).

DD No. _____ Date: _____

Drawee Bank & Branch: _____

DD should be drawn in favour of **Principal, Indira Gandhi National College** payable at Ladwa. Payment in cash also acceptable.

Place: _____ Signature: _____

Date: _____ Name: _____

IMPORTANT SCHEDULE

Last Date of Abstract Submission : 20 January, 2018
Notification of Acceptance : 23 January, 2018
Last Date of Registration : 31 January, 2018
Full Paper Submission : 31 January, 2018
Seminar Date : 03 February, 2018

Abstract Submission to be sent to Mail id:

ignseminar2018@gmail.com

Best/original full length papers will be published in ISBN book.

Kindly pay Rs1000/- as publication charges

Registration form can be downloaded from college

website: www.igncollege.in

Registration Fee:

Participants	Fees
Faculty/Academicians	Rs. 500/-
Research Scholars/ Students	Rs. 300/-

(Registration fee includes registration for the seminar, kit, tea, lunch and Certificates. It does not include accommodation charges.)

The registration fee is payable either by DD in favor of "Principal, I.G.N. College, Ladwa" or in cash.

For further information please contact

Convener

Dr. Madhu Gupta, Asso. Prof. of Home Sc.

Mob. +919466607367, +919034407367

Email: madhugupta08@yahoo.com

ORGANIZING COMMITTEE

Dr. R. K. Chauhan

Dr. Sadhana Gupta

Dr. A. K. Garg

Dr. Sandeep Bansal

Dr. Rajesh Kumar

Dr. Yash Pal Singh

Dr. Mohan Lal

Dr. Vandana Gupta

Dr. Niti Goyal

Sh. Vijay Bansal

Dr. Ashok Verma

Dr. S C Sharma

Dr. Romesh Bhaal

Dr. Rupesh Gaur

Prof. Harneet Kaur

Prof. Sunita Rani

Dr. Neeru Bala

Dr. Kuldeep Singh

Dr. Suman Siwach

INDIRA GANDHI NATIONAL COLLEGE

Ladwa (Dhanora) Distt. Kurukshetra

(Affiliated to Kurukshetra University Kurukshetra)



Estd:1975

Organizes

NATIONAL SEMINAR

on

**Fight against Life Style Diseases:
Role of Home Scientists**

on

Saturday, 03 Feb, 2018

Under the auspices of Department of
Home Science

Chief Patron: **Sh. Pawan Garg**
President
College Governing Body

Patron: **Dr. Hari Parkash Sharma**
Principal

Convener: **Dr. Madhu Gupta**
Asso. Prof. of Home Sc.

SPONSORED BY

DEPARTMENT OF HIGHER EDUCATION,
HARYANA (PANCHKULA)

About the Institution

Ours is a multi-faculty Co-educational Post-graduate institution, affiliated to Kurukshetra University, Kurukshetra. Nestled in the lushgreen idyllic, bucolic milieu, it came into existence on Jan 24, 1974 with the tireless and ceaseless efforts made by its founder President Late Sh. Om Parkash Garg, a man with farsighted vision and animated social consciousness. Since its inception, it has made rapid strides in various branches of knowledge, sports, cultural activities and ranks among the best rural colleges of Haryana. It can legitimately boast of being equipped with all the relevant streams of knowledge – science (both Non – medical & Medical sides), Commerce, Humanities including Bachelor degree in Library and Information Science (B. Lib. & Inf. Sc.) and Bachelor degree in Computer Application (BCA). With highly qualified, motivated and dedicated members of the staff and principal under the benign and inspiring tutelage and aegis of its dynamic governing body, the college is blazing the path of knowledge and reaching new academic horizons, catering to the needs of its rural and semi-rural catchment area.

About Ladwa, Kurukshetra

The college is located in the village Dhanora on the Ladwa-Mustafabad Road. Ladwa is well connected with New Delhi (160 kms), Kurukshetra (20 kms), Chandigarh (110kms), Ambala (50kms), Yamuna Nagar (35 kms) and Shahbad (25 kms) by road transport.

About the Department

The department of Home Sc. was started at the time the college was established. The department aims at equipping students with the skills needed to manage their home efficiently in a dynamic environment. It also helps the students to identify goals in their lives and in creating conducive environment for their holistic personal and professional development.

Concept Note

Lifestyle diseases are not transmitted between people but develop over time due to genetics and personal choices and linked with the way people live their life. These poor life style choices include physical inactivity, unfriendly nutrition and the excessive use of alcohol, drugs and smoking. A well-balanced lifestyle through healthy eating and daily moderate exercise helps in preventing these diseases. Conditions can also be improved if parents set their children's lifestyle on the correct path, as early life decision influences health later in life. The purpose of this seminar is to provide common platform to all the Home scientists to bring forth their research work done in this domain.

Sub-Themes of the Seminar

- ◆ Eating habits and life style changes of new generation
- ◆ Impact of life style on health
- ◆ Major life style diseases
- ◆ Modern life style habits and health
- ◆ Role of Home Scientists – intervening these life style diseases
- ◆ Healthy habits for healthy life
- ◆ Dietary life style interventions in chronic diseases
- ◆ Probable relationship between dietary and life style factors and chronic diseases

Guidelines for authors

The following is the suggested format for paper submission:

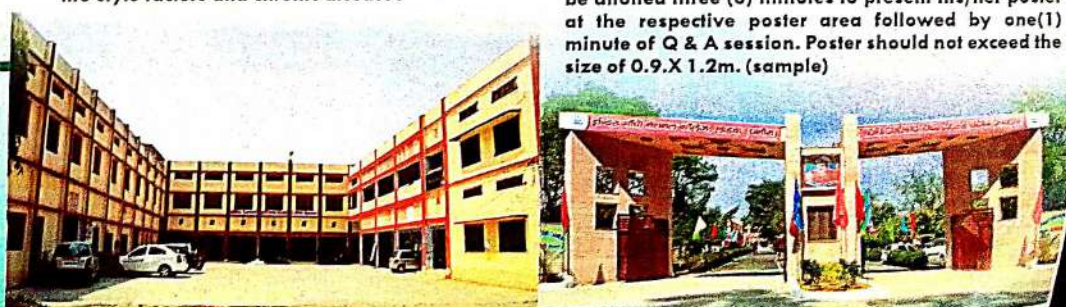
- ◆ Length 2500-4000 words or 8-10 pages
- ◆ Paper title should be brief: Name, Affiliation, Email etc.
- ◆ Abstract(not more than 250 words)
- ◆ Introduction/Background/Objective, Literature Review
- ◆ Methodology, Findings, Analysis & Discussion, Conclusion and Recommendations.
- ◆ References-Harvard/ APA Style is required Tables, Graph, Figures, etc in their appropriate location in the paper (if applicable)
- ◆ Font: 12 Point, Times New Roman
- ◆ Spacing: 1:5 between lines and 2 between paragraphs. Abstract, full paper and application form must be submitted electronically and in hard copy to the convener.

For the Oral Presentation

Each accepted paper will be allotted 7 minutes for oral presentation followed by 3 minutes of questions, answers and discussion.

For the Poster Presentation

Each accepted poster will be assigned a poster session and a poster board space. Each poster presenter will be allotted three (3) minutes to present his/her poster at the respective poster area followed by one(1) minute of Q & A session. Poster should not exceed the size of 0.9.X 1.2m. (sample)



संगोष्ठी में हुई वैज्ञानिकों की भूमिका पर चर्चा

लाडवा, 5 फरवरी (नरेश गर्ग) : शहर के इन्दिरा गांधी नेशनल कॉलेज, लाडवा में गृह विज्ञान विभाग द्वारा उच्चतर शिक्षा विभाग, पंचकूला के तत्वावधान में एक दिवसीय राष्ट्रीय संगोष्ठी जीवन शैली से सम्बन्धित बीमारियों के विरुद्ध घरेलू वैज्ञानिकों की भूमिका का आयोजन किया गया। संगोष्ठी के मुख्यातिथि डॉ. अशोक अग्रवाल, प्रोफेसर और डीन, मत्स्यपालन, फैक्ट्री ऑफ लाइफ साइंस, कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र, वरिष्ठ अतिथि डा. एस.के.गर्ग, पूर्व-प्रोफेसर, जीव विज्ञान विभाग, हिसार तथा बीज वकता के रूप में डॉ. जी.के.कोचर रहे। कार्यक्रम का शुभारम्भ माँ सरस्वती की प्रतिमा पर पुष्पांजलि अर्पित कर किया गया। महाविद्यालय के प्राचार्य डा. हरिप्रकाश शर्मा ने सभी अतिथियों



संगोष्ठी के दौरान मुख्यातिथि व अन्य।

का स्वागत किया। उन्होंने अपने सम्बोधन में कहा कि आज के युग में प्रत्येक व्यक्ति को अपने स्वास्थ्य को लेकर सचेत होना चाहिए। कॉलेज की प्रबंधक समिति के प्रधान पवन गर्ग ने कहा कि इस प्रकार के कार्यक्रम से युवाओं को बीमारियों के बारे में पता लगेगा

जिससे वे अपनी जीवन शैली को सुधार सकते हैं। डा. अशोक अग्रवाल, मुख्यातिथि ने कहा कि 'आज के वैज्ञानिक युग में प्रत्येक प्राणी इतना व्यस्त है कि वह अपने स्वास्थ्य के प्रति बिल्कुल भी ध्यान नहीं देता जिससे उसके शरीर में नई-2 बीमारियाँ दस्तक दे रही हैं।

डॉ. एस. के. गर्ग और डॉ. जी.के. कोचर ने कहा कि बहुत सी शारीरिक एवं मानसिक बीमारियों से अवगत करवाया। आधुनिक युग में नशा, टी.वी, मोबाईल एवं कम्प्यूटर के दुष्प्रभावों को प्रोजेक्टर के माध्यम से प्रस्तुत किया तथा इन समस्याओं के निवारण के बारे में

हमें महत्वपूर्ण जानकारी प्रदान की। इस संगोष्ठी में चाहर से आए अतिथि डॉ. आर.पी. सिंह, डॉ. कुलबीर कौर, डॉ. अंजलि दिवान, डॉ. आभा खेत्रपाल, डॉ. विमा सिंह, तथा डॉ. तरविन्दरजीत कौर इत्यादि ने जीवन शैली से सम्बन्धित बीमारियों के विरुद्ध- गृह वैज्ञानिकों का योगदान विषय पर अपने-2 मत प्रस्तुत किए। डॉ. तरविन्दरजीत कौर ने इस कार्यक्रम का समापन अपने विचार व्यक्त कर किया। गृह विज्ञान विभाग की तरफ से आई छात्राओं ने उपस्थित सभी अतिथियों का वी.एम.आई. टेस्ट किया। डॉ. मधु गुप्ता, संयोजिका ने संगोष्ठी में आए सभी अतिथियों एवं शोधार्थियों का हार्दिक धन्यवाद किया। डॉ. साधना गुप्ता ने मंच संचालन तथा डॉ. नीति गोयल ने संगोष्ठी की समापन रिपोर्ट प्रस्तुत की।

(डिम्पी)

दैनिक भास्कर | मंगलवार 6 फरवरी, 2018

अपने स्वास्थ्य को लेकर रहें जागरूक : डॉ. हरिप्रकाश शर्मा



लाडवा | इन्दिरा गांधी नेशनल कॉलेज लाडवा में गृह विज्ञान विभाग की ओर से सोमवार को जीवन शैली से संबंधित बीमारियों के खिलाफ घरेलू वैज्ञानिकों की भूमिका पर संगोष्ठी आयोजित की गई। इसमें मुख्यातिथि डॉ. अशोक अग्रवाल, डॉ. एसके गर्ग और डॉ. जीके कोचर रही। कॉलेज प्राचार्य डॉ. हरिप्रकाश शर्मा ने कहा कि वर्तमान युग में प्रत्येक व्यक्ति को अपने स्वास्थ्य को लेकर जागरूक होना चाहिए। कॉलेज की प्रबंधक समिति के प्रधान पवन गर्ग ने कहा कि इस प्रकार के कार्यक्रम से युवाओं को बीमारियों के बारे में पता लगेगा। डॉ. एसके गर्ग और डॉ. जीके कोचर ने शारीरिक एवं मानसिक बीमारियों के बारे में बताया। संगोष्ठी में डॉ. आरपी सिंह, डॉ. कुलबीर कौर, डॉ. अंजली दिवान, डॉ. आभा खेत्रपाल, डॉ. विभा सिंह, डॉ. तरविन्दरजीत कौर, डॉ. मधु गुप्ता, डॉ. साधना गुप्ता और डॉ. नीति गोयल मौजूद थीं।

जग मार्ग

कुरुक्षेत्र | मंगलवार, 6 फरवरी 2018

बीमारियों के विरुद्ध घरेलू वैज्ञानिकों की भूमिका का आयोजन

लाडवा। शहर के इन्दिरा गांधी नेशनल कॉलेज, लाडवा में गृह विज्ञान विभाग द्वारा उच्चतर शिक्षा विभाग, पंचकूला के तत्वावधान में एक दिवसीय राष्ट्रीय संगोष्ठी जीवन शैली से सम्बन्धित बीमारियों के विरुद्ध घरेलू वैज्ञानिकों की भूमिका का आयोजन किया गया। संगोष्ठी के मुख्यातिथि डॉ. अशोक अग्रवाल, प्रोफेसर और डीन, मत्स्यपालन, फैक्ट्री ऑफ लाइफ साइंस, कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र, वरिष्ठ अतिथि डॉ. एसकेगर्ग, पूर्व-प्रोफेसर, जीव विज्ञान विभाग, हिसार तथा बीज वकता के रूप में डॉ. जीके कोचर रहे। शुभारम्भ माँ सरस्वती की प्रतिमा पर पुष्पांजलि अर्पित कर किया गया। महाविद्यालय के प्राचार्य डॉ. हरिप्रकाश शर्मा ने सभी अतिथियों का स्वागत किया। आज के युग में प्रत्येक व्यक्ति को अपने स्वास्थ्य को लेकर सचेत होना चाहिए।

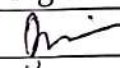


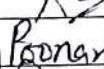

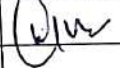

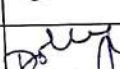
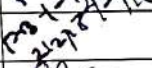
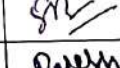
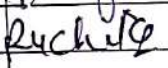
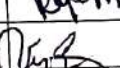
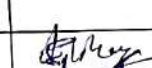
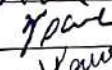
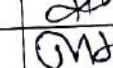

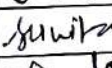
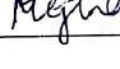
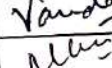
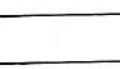
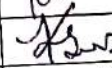
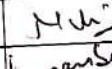
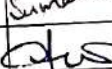
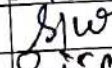
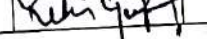



IGN COLLEGE , LADWA (Dhanora) Distt. Kurukshetra

Dated: 02-02-2018

STAFF NOTICE

All the staff members are informed that Home Science Department of the college is organizing One Day National Seminar on 03.02.2018. The Staff members are invited to attend the seminar during their free periods and they are also invited for Lunch in the Auditorium at 1.30 p.m. onwards. All the staff members have to remain present in the Mini Hall after their classes till the seminar is over. No Leave for tomorrow will be sanctioned without the prior permission of undersigned.


PRINCIPAL

S.No.	Name (Dr./Sh./Ms.)	Signature	Name (Dr./Sh./Ms.)	Signature
1	R.K.Chauhan, Asso. Prof.		Rajbir Singh, Lecturer	
2	Madhu Gupta Asso. Prof.		Karamjeet Kaur Lecturer	
3	Ashok Verma, Asso. Prof.		Sourabh Singla, Lecturer	
4	Sadhna Gupta, Asso.Prof.		Poonam Lata , Lecturer	
5	S.C.Sharma, Asso.Prof.		Rajni Saini, Lecturer	
6	A.K.Garg, Asso. Prof.		Sonia, Lecturer	
7	Romesh Bhaal Asso.Prof.		Dolly Kush, Lecturer	
8	Sandeep Bansal, Asso.Prof		Ruchika Gupta, Lecturer	
9	Rajesh Kumar Asst.Prof.		Ramanpreet, Lecturer	
10	Rupesh Gaur Librarian		Satish Kumar, Lecturer	
11	Yash Pal Singh Asstt.Prof.		Shivani Gupta, Lecturer	
12	Harneet Kaur Asstt.Prof.		Megha Gupta, Lecturer	
13	Mohan Lal Asstt.Prof.		Kritika, Lecturer	
14	Sunita Rani Asstt.Prof.			
15	Vandana Gupta Asstt. Prof			
16	Neeru Bala, Asstt. Prof.			
17	Kuldeep Singh Asst. Prof.			
18	Niti Goyal Asstt. Prof.			
19	Suman Siwach Asstt. Prof.			
20	Amit Kumar, Asstt. Prof.			
21	Sudesh Kumar, Asstt. Prof.			
22	Ritu Gupta, Asstt. Prof.			

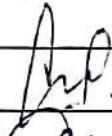

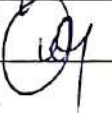
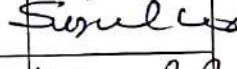
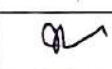
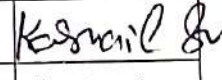



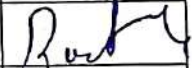
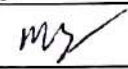
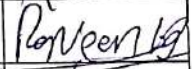

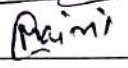


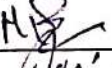
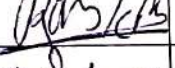
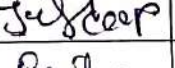
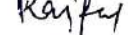
IGN COLLEGE , LADWA (Dhanora) Distt. Kurukshetra

Dated: 02-02-2018

STAFF NOTICE

All the staff members are informed that Home Science Department of the college is organizing One Day National Seminar on 03.02.2018. The Staff members can attend the seminar during the free time and are cordially invited for Lunch in Auditorium at 1.30pm onwards. All the staff members have to remain present in the Mini Hall till the seminar is over. No Leave will be sanctioned for tomorrow without the prior permission of the undersigned.


PRINCIPAL

Sr. No.	Name (Sh./Ms.)	Signature	Name (Sh./Ms.)	Signature
1.	Vijay Kumar		Varinder Sethi	
2.	J.K. Gupta		Sushil Kumar	
3.	Nisha Rani		Karnail Singh	
4.	Ravinder Sharma		Salochna	
5.	Rattan Singh		Roop Chand	
6.	Muni Lal		Parveen Kumar	
7.	Joginder Singh		Mukesh Kumar	
8.	Rakib			
9.	Naresh Kumar			
10.	Naresh Pal			
11.	Raj Kumar			
12.	Jagdeep Chahal			
13.	Raj Pal			

DHE Sponsored one day National Seminar
“Fight against Life Style diseases: Role of Home Scientists”
On
3rd Feb. 2018

Registration	:	9.00 to 9.30 AM
Inaugural Session	:	9.30 – 10.30 AM
Lightening the Lamp Welcome	:	Dr Hari Parkash Sharma , Principal
Seminar Introduction	:	Dr Madhu Gupta , Convener
Message	:	Sh. Pawan Garg , President Governing Body
Chief Guest	:	Dr. Ashok Aggarwal , Professor & Dean, Faculty of Life Science Kurukshetra University, Kurukshetra
Guest of Honour	:	Dr. S. K. Garg , Professor (Retd), Dept. of Zoology and Aquaculture CCS HAU, Hisar
Keynote Address	:	Dr. G K Kochar , Professor (Retd), Dept. of Home Science, Kurukshetra University, Kurukshetra
Tea	:	10.30 to 11.00 AM
Session I	:	11.00 AM. to 1.30 PM
Chair	:	Dr. S. K. Garg , Professor (Retd), Dept. of Zoology and Aquaculture CCS HAU, Hisar
Invited Speaker	:	Dr. Kulbir Kaur , Associate Professor (Retd), Dept. of Home Science, G. N. G. College, Yamuna Nagar
Invited Speaker	:	Dr. Anjali Diwan , Associate Professor, Dept. of Home Science St. Bede's College, Shimla (HP).
Invited Speaker	:	Dr. Vibha Singh , Associate Professor, Dept. of Home Science, CISKMV, Pundi (Kaithal)

Invited Speaker	:	Dr. Abha Khetrapal, Associate Professor, Dept. of Home Science DAV College for Girls, Yamuna Nagar
Lunch	:	1.30 to 2.00 P M
Parallel Session II A	:	2.00 PM. 3.00 PM
Chairperson	:	Dr. Kulbir Kaur, Associate Professor (Retd), Dept. of Home Science, G. N. G. College, Yamuna Nagar
Co - Chairperson	:	Dr. Vibha Singh, Associate Professor, Dept. of Home Science, CISKMV, Pundi (Kaithal)
Parallel Session II B	:	2.00 PM. 3.00 PM
Chairperson	:	Dr. Anjali Diwan, Associate Professor, Dept. of Home Science St. Bede's College, Shimla (HP).
Co - Chairperson	:	Dr. Abha Khetrapal, Associate Professor, Dept. of Home Science DAV College for Girls, Yamuna Nagar
Valedictory Session	:	3.30- 4.30 PM
Report of the Conference	:	Dr. Rajesh Kumar
Valedictory Address	:	Dr. Tarvinder Kaur Professor & Chairperson, Deptt. of Home Sc. Kurukshetra University, Kurukshetra
Thanks	:	Dr. Madhu Gupta
Tea	:	4.30 p.m.

One day National Seminar on 3/10/18 Date: 3/10/18
 Dept. No. 10/10/18
 Page No. 1/1

Sr. No.	NAME	Designation	Address	Paper Present Yes/No	Topic of paper	Mob. No.	Signature
1.	DR. SONU	Asst. Prof.	Govt Home Sc. College Chandigarh Sec. 10	Yes.	Impact of Nutrition on Health: A Life Style Issue.	9463396179	<u>Sonu</u>
2.	SUMAN BALA	Asst. Prof.	KUK. Home Sc.	Yes.	1: Dietary Intervention for Type 2 Diabetics 2: Development of Beverages with Value Addition of Probiotics.	9416468400	<u>Suman</u>
3.	Ritu	Asst. Prof.	Hindu Girls College Jagadhri	Yes	Impact of lifestyle on health.	9466608850	<u>Ritu</u>
4.	DR. NIDHI VATI	Asst. Prof.	Debbi of Home Sci KUK	Yes.	Obesity & clothing	02466186333	<u>Nidhi</u> 2/12/18
5.	MS. SHIVANI JAIN	Asst. Prof.	Dept of Home Sc. K.V.K	Yes	Depression - A Life Style Disease.	9466852747	<u>Shani</u> 3/2/18
6.	Dr. Anu	Asst. Prof.	KUK, Home Sc.	Yes	Polycystic ovary syndrome: A life style disease	9416351777	<u>Anu</u> 3/2/18
7.	Dr. Anurag Dhiman	Principal	Shree Satguru Dev College of Edu. Golepur (Punjab), Distt - Panoh Kulu	Yes.	Healthy habits for Healthy Life	9896927899	<u>Anurag</u>
8.	Mrs Kamlesh Singh	Associate Prof.	S.D. College Ambala	-d-	Role of diet in life style diseases	9596470044	<u>Kamlesh</u>
9.	Dr. Nandini Yadav	Asst. Prof.	S.D. College Ambala	cat. d.	Role of diet in life style diseases	8901187077	<u>Nandini</u>

Sr. No.	NAME	Designation	Address	Paper Present Yes/No	Topic	MOB. No.	Signature
10	Peeta Sahni	Pg Research Scholar	M.M University, Mullana Kurukshetra.	Yes	Menstrual Hygiene already dozen vs medical grade all bone	7988561059	Tanya Sahni
11	ISHA SHARMA	Student	Kurukshetra.			8901402085	Jaspreet
12	Manjira Athwal	Asst. Pro.	Kaithal		Healthy habit for healthy life.	8623036329	Manjira
13	DR TANU JAIN	AP	Anity University Noida	Yes	Dual burden of malnutrition among children.	844740378	Tanu Jain
14	Neha Goyal	Student	Kurukshetra University	No		9463569252	Neha
15	Samidhi Sharma	Student	"	"		7206318581	Samidhi
16	Bharti Sharma	student	Kurukshetra university	"		9050927647 99963-77084	Bharti
17	Aditi Vohra	student	K.V.K	"			Aditi
18	Nikita Tyagi	Student	K.V.K	"		8295041046	Nikita Tyagi
19	Ramandeep Kaur	Student	K.V.K	"		9988921144	Ramandeep
20	Verendes Kaur	Student	K.V.K	"		9416846620	Verendes Kaur
21	Priyanka	Student	K.V.K	"		7082045048	Priyanka
22	Grunjan Tomar	Student	K.V.K	"		9992458571	Grunjan
23	Pratibha Sharma	student	K.V.K	"		8053378894	Pratibha
24	Shikha Choudhary	Student	K.V.K	"		7896017041	Shikha

Sr. No.	NAME	Designation	Date: / /		Paper Present yes/no	Topic	Date: / /		Signature
			Page No.:	Address			Mob. No.	Page No.	
25	Anuradha Rani	Student	K.O.K		-	"	9992925761	Anuradha Rani	
26	Ritu	Student	K.O.K		-	"	9996624327	Ritu	
27	Jyoti	Student	K.O.K		-	"	7206900512	Jyoti	
28	Neha	Student	K.O.K		-	"	7027735021	Neha	
29	Sheenam Girdhar	Student	K.O.K		-	"	9996472897	Sheenam	
30	Meenu Rani	Student	K.O.K		-	"	9034427876	Meenu	
31	Garima Sani	Student	K.O.K		-	"	9992343936	Garima	
32	Rekha Rani	Student	K.O.K		-	"	9728518043	Rekha Rani	
33	Neeru	Student	K.O.K		-	"	989631789	Neeru	
34	Divya Rani	Student	K.O.K		-	"	9992780601	Divya	
35	Ritua	Student	K.O.K		-	"	9138423012	Ritua	
36	Neha	Student	K.O.K		-	"	9466620468	Neha	
37	Priya Sharma	Student	K.O.K		-	"	8950601533	Priya	
38	Swishti Goyal	Student	K.O.K		-	"	884022311	Swishti	
39	Garwita	Student	K.O.K		-	"	9996611368	Garwita	

Sr. No.	NAME	Designation	Address	Topic Present Yes/No	Topic	Mob. No.	Signature
40	Drishti	Student	K.O.K	—	"	9992911411	Drishti
41	Nishu Rana	Student	K.O.K	—	"	9813777701	Nishu Rana
42	Angali Malik	Student	K.O.K	—	"	7027724054	Angali Malik
43	Vandana Rani	Student	K.O.K	—	"	98134-20146	Vandana Rani
44	Tanu	Assistant Prof. Home Science	Hindukanya Mahavideya Jind	yes	Impact on yoga on Daily life style	9466503176	Tanu
45	Kiran	Research Scholar	CCSHAU Hisar	yes	Impact of Life style on health of cancer patients in Hisar City	9896273338	Kiran
46	Poonam Kumari	Assistant Prof. in commercial art	F.C college for women Hisar	yes	फ़ैलदा अनी 19114-1 गुडी	8901377791	Poonam
47	Sukhdev Singh	Assistant Prof.	Ch. Moty Ram College of Education	NO	—	01744-261111	Sukhdev Singh
48	Aman Kumar	Assistant Prof.	Ch. Moty Ram college of Edu.	NO	—	01744-261111	Aman Kumar
49	Sartwant Kaur	Assistant Prof.	"	NO	—	01744-261111	Sartwant Kaur
50	Ram Sarup	Assistant Prof.	"	NO	—	01744-261111	Ram Sarup
51	Nirupma Saini	Assistant Prof.	Gurga Nanak Girls College Sant Pura	yes	Lifestyle and Mental Health	9416467666	Nirupma

Sr. No.	Name	Designation	Address	Present yes/no	Topic	Mob. No.	Signature
52	Manmeet Kaur	Research Scholar	K.V.K	yes	Dietary Interventions for undernourished children (3-6 years) (2) Healthy Eating habits for healthy life style	989681288	Kaur
53	Preeti Sharma	Assistant Prof.	K.V.Pt. CLS Govt. College Sec-14, Karnal	yes	Healthy habits for healthy life	7837094518	Preeti
54	Sanjeev Kumar	Student	K.V.K	yes	आर्युतिक जीवन शैली, शुभ और स्वास्थ्य	9813043827	Sanjeev Kumar
55	Rajinder Singh	Assist. Prof.	S.S.M. College of Education Kalayat (Karnal)	yes	Eating habits and life style changes of new Generation	9416086413	Rajinder
56	Kusum Lata	Assist. Prof.	Ch. Mata Ram College of Education, Jampur Juttanpada	NO	—	01744-261111	Kusum Lata
57	Sweta Goyal	Research Scholar	K.V.K	yes	Efficacy of nutrition counselling regarding fast food consumption among Adolescent obese girls	9716138633	Goyal

Sr. No.	NAME	Designation	Address		Paper Present yes/no	Topic	MOB No.	Signature
			Page No.:	Address				
58	Lakhwinder Kaur	Asst. Professor	KVA DAV College for Women, Karnal		yes	Impact of Modern diet and Life Style on health	9416950554	[Signature]
59	Kuldeep Singh	Asst. Prof.	I-G-N College, Ladwa		yes	Poor Life Style leading Poor Body Mechanics	9466033900 9034248290	[Signature]
60	Suman	Asst. Prof.	KVA DAV College for Women, Karnal		yes	"	9466033900	[Signature]
61	Niti Goyal	Asst. Prof.	I-G-N College, Ladwa		yes	Smart Phones: Use and misuse	8295644820	[Signature]
62	Vandana Gupta	Asst. Prof.	I-G-N College, Ladwa		yes	Mathematical and Statistical modeling of Infectious Diseases	9468367118	Vandana Gupta
63	Sunita Madan	Assoc. Prof.	K.V.K		yes	Life Style Diseases	9315116500	[Signature]
64	Ms Pankaj Gill	Assistant Prof.	Pt. C.L.S. Govt. College, Karnal		yes	Health issues related to footwear & Posture presentation	9416404222	[Signature]
65	Amandeep Kaur	Student	Pt. C.L.S. Govt. College, Karnal		yes	Concept of Healthy habits & Healthy life style	7206623652	[Signature]
66	Manju Narwal	Assistant Prof.	K.V.K		yes	Impediments of Medicine in Teenagers	9501944308	[Signature]
67	Pragati Singh	Assistant Prof.	K.V.K		yes	Dietary adequacy of School going children in selected area of Ambala District	9467921749	[Signature]

Sr. No.	Name	Designation	Date: / / Page No.: Address	yes/no	Topic	Date: / / Page No.: Mob. No.	Signature
68	Dr. Parul	Asst. Prof.	I.B (P.G.) College, Panipat	yes	(i) The Ugly Side of beauty treatments (Poster) & (ii) Impact of Modern Health care Methods on health (oral)	9416792986	[Signature]
69	Sonika Sharma	Asst. Prof. Lecturer	Sr. Sec. School, Omari KKR	yes	Role of Life Style in Non Alcoholic fatty Liver Disease: A review	8901523378	[Signature]
70	Saurabh Singla	Assistant Prof	IGN College, Ludhiana	yes	Role of Mathematical Model in Home Science	98120-68268	[Signature]
71	Shweta Saini	Assistant Prof	DMU, KKR Dayanand Mahila Mahavidyalaya KKR	yes	Life Style : Diseases and Prevention	9416876026 Shweta Saini 3/24/2015	[Signature]
72	Shakti Choudhary	Research scholar	COLD Simla	yes	Healthy habits for. Healthy life.	94160-08954	[Signature]
73	Pranavi Bani	Research scholar	IC College of Home Sc. CCSHAU Hissar	yes.	modern life style habits and. Health	88148-00034	[Signature]
74	Dr. Ritu Gupta	Asst. Prof.	IGN College Ludhiana	yes	Poster on lifestyle and health	99915-40604	[Signature]
75	Kiranvi Saini	Student	Pt CLS Govt College Karnal	yes Poster	Healthy life style & Healthy habits	7404323900	[Signature]

Date: / /
Page No.:

Date: / /
Page No.:

76.	DR Poonam Malik	Assistant Scientist	Human development and family studies CCSHA & LUMAS	yes	SmartPhone:- Risks of overuse Paster Effect of Academic stress on mental Health of Adolescents (O.N.P.)	8901288838	Poonam
77	Dally Kishor	Asst-Prof	IGN Ladang	yes	effect of Academic stress on mental Health	94668-66896	Dally
78	Rajni Saini	"	IGN Ladang	yes	— do —	9812169036	Rajni
79	Ruchi Ka Gupta	"	IGN Ladang	No	X	94674-77098	Ruchita
80	Poonam Lata	"	IGN Ladang	yes	Role of mathematics in Fight against Life style diseases	94165-19019	Poonam
81	Sumita Kaur	"	IGN Ladang	yes	effect of academic stress on mental Health	94169-12815	Sumita
82	Suman Siwach	"	IGN Ladang	No	X	94669-79619	Suman Siwach
83	Kasraj Kaur	"	"	NO	X	61744-260336	Kasraj
84.	Dr. Neeraj Bala	Asst. Prof.	IGN College Ladang	yes	आधुनिक ऐसी विचारों से विपरीत है जो जीवन-मूल्य	9416765118	Neeraj
85.	Dr. Sadhna Gupta	Asst. Prof.	Elan College, Ladang	NO	—	9416828543	Sadhna
86	Dr. Sarasini Jambhani	Asst. Prof.	SNRL Jairam Girls	yes	Major Lifestyle	7056108460	Sarasini

Dated: / /

Page No.: Topic

Research scholar
Dept. of Law
K.U.K.

Smart phones : Use &
abuses .

HP 03/02/2018

Principal
Indira Gandhi National College
LADWA Distt. Kurukshetra

Dated: / /

Page No.:

99884-03686

87 Aarushi Mittal



INDIRA GANDHI NATIONAL COLLEGE
(Affiliated to Kurukshetra University)

LADWA (KURUKSHETRA)

One Day National Seminar

"Fight against Life Style Diseases: Role of Home Scientists"

On
Saturday, 3rd February 2018

Organized by
Department of Home Science

Sponsored by
Department of Higher Education, Haryana





INDIRA GANDHI NATIONAL COLLEGE
(Affiliated to Kurukshetra University)
LADWA (KURUKSHETRA)

One Day National Seminar
"Fight against L... es: Role of Home Scientists"

On Saturday, 3rd February

Dr. Hari Parkash Sharma

Dr. S. K. Garg

Dr. Ashok Aggarwal

Dr. G. K. Kochar



Report

One day National Seminar

Indira Gandhi National College, Ladwa (Kurukshetra)

One Day National Seminar sponsored by DGHE, Haryana was organized by the Department of Home Science with a theme "Fight against Lifestyle Diseases: Role of Home Scientists". This seminar was organized with the aim to spread awareness among all especially youth so that non-curable diseases arises due to unhealthy lifestyles may not occur in their later life.

The seminar was inaugurated by Dr. Ashok Aggarwal, Prof. and Dean, Faculty of life sciences, Kurukshetra University, Kurukshetra who was also Chief Guest of the Seminar by lightening the lamp and offering prayers before goddess Saraswati. Dr. Hari Parkash Sharma, Principal welcomed the Chief Guest, the Guest of Honour, Keynote speaker, Resource Persons and delegates came from different colleges and universities of North India in this seminar. Dr. S.K. Garg, Former Professor and Head, Deptt. of Zoology and Aquaculture, CCS Haryana Agricultural University Hisar was the Guest of Honour and Dr. G.K. Kochar, Former Professor and Chairperson, Deptt. of Home Sc. Kurukshetra University, Kurukshetra delivered keynote address.

After formal exchange of greetings, Dr. Madhu Gupta, Convener of the Seminar explained the theme of the seminar. She emphasized on the increasing trend of lifestyle diseases among youth, therefore making this the need of hour, it becomes essential to create awareness in the society so that some solutions could be drawn. She also appreciated the organization of such seminars as these provide an opportunity to all researchers and educationists to deliberate and exchange their views on one common platform.

Chief Guest, Dr. Ashok Aggarwal, enlightened various life style diseases and their preventions. Dr. G.K. Kochar, Former Professor and Chairperson, Deptt. of Home Science, Kurukshetra University, Kurukshetra, delivered the keynote address. She discussed various postural and other health diseases due to sedentary as well as unhealthy lifestyles. She also discussed the side effects of using smart phones as well as excessive use of new technology.

After this Inaugural session technical session1 was started after the tea break. Four eminent resource persons came from different prestigious colleges and universities delivered their speech under the chairmanship of Dr. S.K. Garg, Former Professor and Head Deptt. of Zoology and Aquaculture, CCS Haryana Agriculture University, Hisar who also interacted with the participants on the impact of life style factors on endocrine system which is responsible for maintaining hormonal balance in the body.



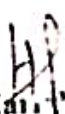
Dr. Anjali Dewan, Associate Prof, Deptt. of Home Science, St. Bede's College, Shimla was the next resource person who spoke on the need for coping the stress and life style diseases. Dr. Kulbir Kaur, Associate Prof. (Retd.), Guru Nanak Girls College, Yamunanagar, shared her views about the emerging curse of obesity in India. Dr. Vibha Singh, Associate Prof., Deptt. of Home Science, CISKMV, Fatehpur-Pundri, discussed about the healthy habits to lead a healthy life and Dr. Abha Khetarpal, Associate Prof., DAV college for Girls, Yamunanagar also discussed about health lifestyle and role of Home Scientist In this regard.

All the eminent resource persons summed up their speeches with a conclusion that one should improve his/her lifestyle in day to day life. Everyone should eat healthy food instead of fast foods, do physical exercises, minimize the use of electronic gadgets etc. One should develop the habit to work systematically rather than creating stress over it. These exercises will certainly help in keeping their health in good condition.

Technical session 2 was arranged after the lunch break.

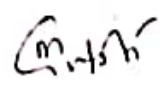
Two parallel technical sessions were arranged simultaneously in venue 1 and venue 2. Fifty research papers were received and eighty seven delegates including students were registered in this seminar. Forty research papers were presented by researchers. Dr. Kulbir Kaur chaired the technical session one and Dr Anjali Dewan chaired the Technical session two. Two papers were adjudged best paper among all. One paper presented by Priya Saini, PG student Deptt. of Dietetics and Nutrition, MMIT & BM (HM), MMU, Mullana on Menstrual Hygiene: Dirty Dozen Vs Medical Grade Silicon and Second paper presented by Sweta Goyal, Research Scholar, Deptt. of Home Science, K.U.K. on the topic Efficacy of Nutrition Counseling regarding Fast Food Consumption among Adolescent Obese Girls. Suman Bala, Asstt. Prof., Deptt. of Home Science, K.U.K. got the consolation prize.

Dr. Niti Goyal, an Assistant Professor of the college presented the report of the seminar. After this the valedictory address was delivered by Dr. Tarvinderjeet Kaur, Professor & Chairperson, Deptt. of Home Science, Kurukshetra University, Kurukshetra. Dr. Madhu Gupta, Convener of the Seminar proposed vote of thanks to Chief Guest, Guest of Honour, eminent resource persons and all the guests and participants for their informative and useful contribution., delegates for their participation as well as sharing their views. Special thanks were also delivered to respected DGHE for sponsoring this seminar and encouraging this noble academic activity.


Dr. Hari Parkash Sharma
Principal

Principal
Indira Gandhi National College
LADWA Distt. Kurukshetra




Dr. Madhu Gupta
Convener



INDIRA GANDHI NATIONAL COLLEGE

(Affiliated to Kurukshetra University, Kurukshetra)

LADWA (Dhanora) Distt. Kurukshetra

Email: igncollege@gmail.com, Website : www.igncollege.in

Ref. No... IGNC/2018/173

29-01-2018

Dr. Ashok Aggarwal (Professor)
Dean, Faculty of Life Science
Kurukshetra University
Kurukshetra

Esteemed Sir,

Our college is going to organize One Day National Seminar on "Fight against Life Style diseases: Role of Home Scientist" sponsored by D.H.E. Haryana on 3rd Feb., 2018.

I shall feel highly obliged if you please give your consent to be the Chief Guest on this occasion at 10.00 a.m. on 03-02-2018. I am very much confident that your presence will be a source of inspiration and encouragement to us.

A line of confirmation will be highly appreciated.

With profound regards,


Dr. Hari Parkash Sharma
Principal,

Principal
Indira Gandhi National College
LADWA Distt. Kurukshetra

इन्दिरा गाँधी नेशनल कॉलेज, लाडवा (कुरुक्षेत्र) में गृह विज्ञान विभाग द्वारा उच्चतर शिक्षा विभाग, पंचकूला के तत्वावधान में एक दिवसीय राष्ट्रीय संगोष्ठी "Fight Against Life Style Diseases: Role of Home Scientists" का आयोजन किया गया।

लाडवा 05.02.2018: दिनांक 03.02.2018 को इन्दिरा गाँधी नेशनल कॉलेज, लाडवा (कुरुक्षेत्र) में गृह विज्ञान विभाग द्वारा उच्चतर शिक्षा विभाग, पंचकूला के तत्वावधान में एक दिवसीय राष्ट्रीय संगोष्ठी "Fight Against Life Style Diseases: Role of Home Scientists" का आयोजन किया गया। संगोष्ठी के मुख्यातिथि डॉ. अशोक अग्रवाल, प्रोफेसर और डीन, मत्स्यपालन, फैक्ट्री ऑफ लाईफ साईंस, कुरुक्षेत्र विश्वविद्यालय कुरुक्षेत्र, वरिष्ठ अतिथि के रूप में डॉ. एस.के.गर्ग, पूर्व-प्रोफेसर, जीव विज्ञान विभाग, हिसार तथा बीज वक्ता के रूप में डॉ. जी.के.कोचर जी ने संगोष्ठी की शोभा बढ़ाई। कार्यक्रम का शुभारम्भ माँ सरस्वती की प्रतिमा पर पुष्पांजलि अर्पित कर किया गया।

महाविद्यालय के प्राचार्य डॉ. हरिप्रकाश शर्मा ने सभी अतिथियों का हार्दिक स्वागत एवं धन्यवाद किया। प्राचार्य महोदय ने अपने सम्बोधन में कहा कि आज के युग में प्रत्येक व्यक्ति को अपने स्वास्थ्य को लेकर सचेत होना चाहिए।

श्री पवन गर्ग, प्रधान, प्रबंधकसमिति ने कहा कि इस प्रकार के कार्यक्रम से युवाओं को बीमारियों के बारे में पता लगेगा जिससे वे अपनी जीवन शैली को सुधार सकते हैं।

डॉ. अशोक अग्रवाल, मुख्यातिथि ने अपने वक्तव्य में कहा कि- आज के वैज्ञानिक युग में प्रत्येक प्राणी इतना व्यस्त है कि वह अपने स्वास्थ्य के प्रति बिल्कुल भी ध्यान नहीं देता जिससे उसके शरीर में नई-2 बीमारियाँ दस्तक दे रही हैं।

डॉ. एस. के. गर्ग और डॉ. जी.के. कोचर ने अपने वक्तव्य में उपस्थित सभी श्रोताओं को बहुत सी शारीरिक एवं मानसिक बीमारियों से अवगत करवाया। आधुनिक युग में नशा, टी.वी, मोबाईल एवं कम्प्यूटर के दुष्प्रभावों को प्रोजेक्टर के माध्यम से प्रस्तुत किया तथा इन समस्याओं के निवारण के बारे में हमें महत्वपूर्ण जानकारी प्रदान की।

इस संगोष्ठी में बाहर से आए अतिथि डॉ. आर.पी. सिंह, डॉ. कुलबीर कौर, डॉ. अंजलि दिवान, डॉ. आभा खेत्रपाल, डॉ. विभा सिंह, तथा डॉ. तरविन्दरजीत कौर इत्यादि ने जीवन शैली से सम्बन्धित बीमारियों के विरुद्ध- गृह वैज्ञानिकों का योगदान विषय पर अपने-2 मत प्रस्तुत किए। डॉ. तरविन्दरजीत कौर ने इस कार्यक्रम का समापन अपने विचार व्यक्त कर किया। गृह विज्ञान विभाग की तरफ से आई छात्राओं ने उपस्थित सभी अतिथियों का बी.एम.आई. टेस्ट किया।

डॉ. मधु गुप्ता, संयोजिका ने संगोष्ठी में आए सभी अतिथियों एवं शोधार्थियों का हार्दिक धन्यवाद किया। डॉ. साधना गुप्ता ने मंच संचालन तथा डॉ. नीति गोयल ने संगोष्ठी की समापन रिपोर्ट प्रस्तुत की।

