



HITAYU - 2024

NATIONAL SEMINAR

ON

Ayurveda– Defining Lifestyle

Date: 27th to 29th October 2024



Organized by:

GURU GORAKSHNATH INSTITUTE OF MEDICAL SCIENCES

(Faculty of Ayurveda)

MAHAYOGI GORAKHNATH UNIVERSITY GORAKHPUR

Arogya Dham, Balapar Road, Sonbarsa,

Gorakhpur -273007, Uttar Pradesh

<http://regn.mgug.ac.in/hitayu>

ayu_seminar@mgug.ac.in

HITAYU - 2024

NATIONAL SEMINAR ON 'AYURVEDA—DEFINING LIFESTYLE'

27th to 29th October 2024

On the occasion of Dhanvantari Jayanti, Guru Gorakshnath Institute of Medical Sciences, MGUG, Gorakhpur plans to host a three-day National seminar "HITAYU 2024" on "Ayurveda—Defining Lifestyle" from 27 to 29 October 2024. This is the 2nd national seminar organized by GGIMS.

Hitayu means which is good for life. Lifestyle plays prominent role in health and longevity of life. Ayurveda has described the best practices of life style through daily regimen, seasonal regimen, diet plan, good habits, bio-purification, rejuvenation therapy, counseling, peaceful living and timely clinical management. Yoga also would help in maintaining good health.

Globally and in the Indian context also lifestyle disorders like diabetes, hypertension, obesity, psychosomatic disorders, environmental disorders, nutritional disorders, occupational disorders & substance abuse are highly increasing. Ayurveda has better role in managing such conditions.

Present seminar is concentrating on bringing together the research and clinical experiences together to present them to the scientific world.

Gorakhpur is connected by road, rail and air. Weather will be pleasant in October (Average Temperatures: 18°C-30°C)

Seminar would like to disseminate and plan for the future action plan for better application of these insights to adapt for the current lifestyle.

Important Dates:

Last Date of Abstract Submission:	10 th October 2024
Last date of Registration:	15 th October 2024
Registration with Late fee:	20 th October 2024

Registration Fee Details:

Students (UG, PG & PhD)	Rs 2000/-
Faculty, Scientists & others	Rs 3000/-
Registration with Late fee	Rs 500/- extra

UPI PAYMENT

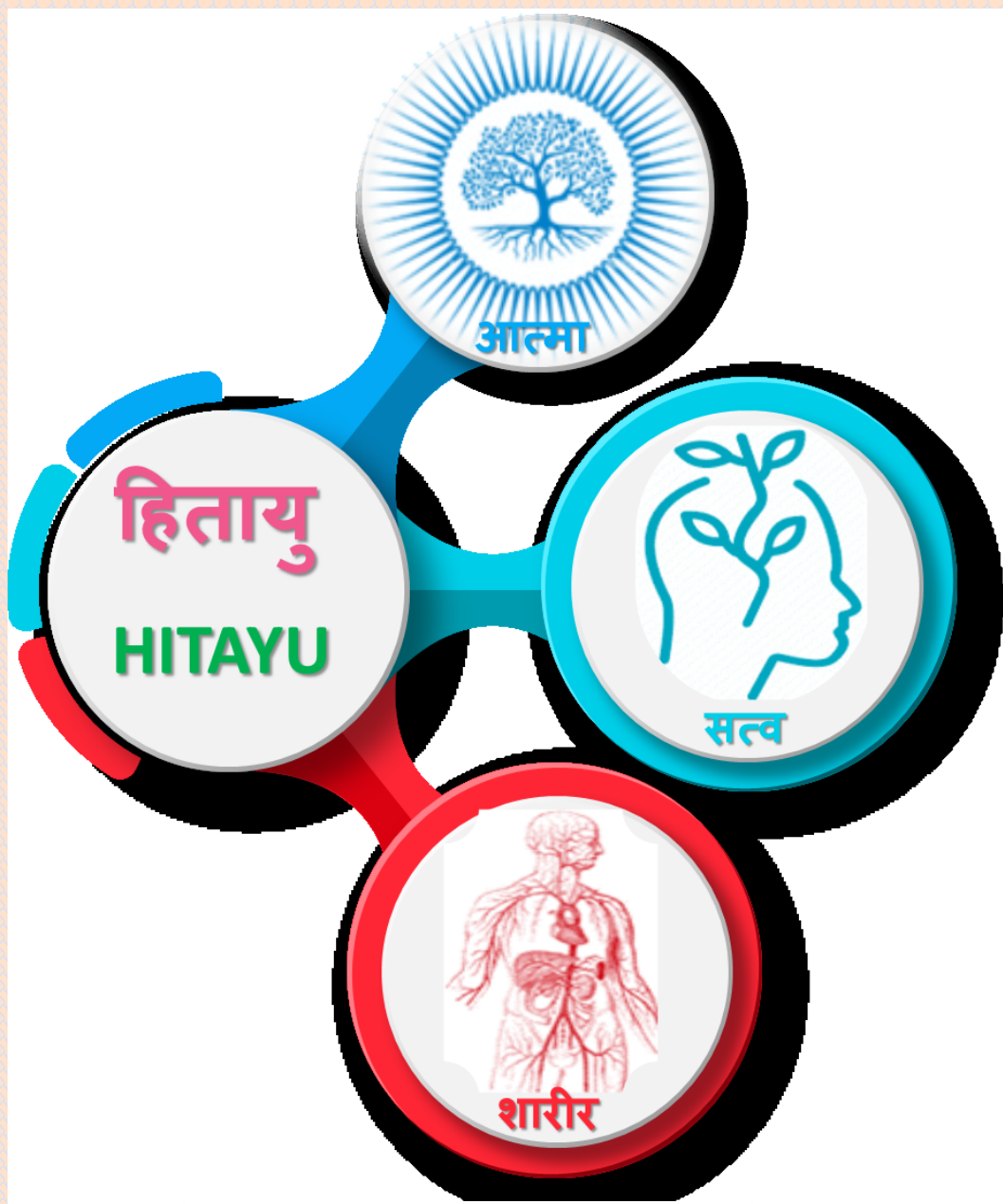


9935904499m1@pnb

Registration, & Fee Link : <http://regn.mgug.ac.in/hitayu>

Abstract submission: <https://forms.gle/oXu8mTRju8P8vQ2NA>

or email: ayu_seminar@mgug.ac.in



Seminar is concentrating on Hitayu themes i.e. life style disorders management by preventive, promotive and curative approaches including rasayana, panchakarma and integrative health care. Plenary sessions, parallel oral and poster sessions will be conducted on these themes including **Unique plenary session on Case Report Presentations**

Case reports and Research papers and posters are requested from students, practitioners faculty, and researchers.

- Metabolic Syndrome
- Cardiovascular Disorders
- Reproductive Health
- Degenerative Disorders
- Mental Health
- Geriatric Health

- Immunity
- Substance Abuse
- Environmental Health
- Nutritional Disorders
- Occupational Disorders
- Child Health



HITAYU 2024 - THEMES

PROMINENT SPEAKERS

NAME OF THE SPEAKER	TOPIC
Dr. A.K. Singh VICE CHANCELLOR, Mahayogi Guru Gorakhnath AYUSH University	Relevance of Ayurveda in Lifestyle in Current Era
Dr. G.S. Tomar President Viswa Ayurveda Mission, Lucknow	Ayurveda for the Management of Metabolic Syndrome: Holistic Individualized Approach
Dr. Gaurav Raj Dwivedi Director ICMR– RMRC, Gorakhpur	Role of Ayurveda Medicinal Plants to Boost Immunity: Learnings from the Pandemic
Dr. Kashinath Samagandi Director Morarji Desai National Institute of Yoga, New Delhi	Yoga Based Lifestyle Intervention for Prevention and Management of Mental Disorders
Dr. Bharati Kumaramangalam Professor, Prasuti—Stree Roga National Institute of Ayurveda, Jaipur	Ayurveda for Women’s Reproductive Health and Disease Management
Dr. Sanjeev Rastogi Professor, State Ayurveda College & Hospital, Lucknow	Translational Potential of Ayurveda Information on Degenerative Disorders
Dr. Raj Kishore Singh Professor, Medicine, BRD Medical College, Gorakhpur	Understanding the Pathogenesis and Strategies for Combating Type2 Diabetes & its Complications
Dr. Vittal Huddar Associate Professor, Kayachikitsa,	Integrative Approaches to Cancer Care: Sharing the Experience
Dr. Shivkumar Harti Addl. Professor, Swasthavritta,	Role of Sadvritha and Achara Rasayana in Lifestyle Disorders
Dr. Sarin N.S. Consultant, FITM, Research & Informations Systems for Developing Nations, New Delhi	Role of Ayurveda Health Informatics in Public Health

Guidelines for Abstract and Paper submission

- The abstract should be submitted in IMRAD format and include - Title, Name(s) of the author(s) with designation, corresponding (presenting) author, institute's name, communication details, Theme (under which the abstract is being submitted), Keywords(3-5).
- Abstract should be submitted in MS Word document, Times New Roman fonts, 12 pts, 1.5 line space not exceeding 300 words.
- Title should include case study/case report/ experimental/ literary/ observational/ survey etc.
- Shloka may be typed in Google input tool Hindi or Sanskrit font, and give the complete references.

Abstract should be submitted online using the link and copy sent by email to ayu_seminar@mgug.ac.in or submit online through <https://forms.gle/oXu8mTRju8P8vQ2NA>

- * The paper should not have been presented or published before anywhere.
- Selected papers will be considered for oral or poster presentation.
- Registered Authors will be notified of abstract acceptance through official e-mail.
- * **Last date for submission of abstracts: 10th October 2024**
- * **The full article of selected papers must be submitted on or before the last date i.e. 15-10-2024**

Format for Oral & Poster Presentation

Format for Oral presentation:

- The presenter may get approximately six minutes time.
- PPT should contain maximum 15 slides with Font size 24 - 28.

Format for Poster :

- The recommended size for poster is 3 (width) x 4 (height) feet.
- Poster includes Title, Author and Co-author names with institutional affiliation, Introduction, methods, results and conclusion
- Text should be clear and to the point.
- Use of bullets, numbering and headlines make it easy to read
- All diagrams, pictures, tables and equations used in posters should be visible to read.
- E-mail and phone number should be placed on the upper right side of the poster.

CASE PAPER PRESENTATION ON LIFESTYLE DISORDERS:

- Case reports have to be submitted using CARE format. (www.care-statement.org)
- Present cases which you have handled or observed.
- For cases under other consultant or practitioner, written permission from the concerned is necessary and add them as Co-Author.
- Selected Case Reports will be given an opportunity to present in the unique plenary session in front of a Panel of Experts.
- Other selected cases will be allowed to be presented in parallel oral sessions.

Registration & Abstract submission Link : <http://regn.mgug.ac.in/hitayu>

Abstract submission Link : <https://forms.gle/oXu8mTRju8P8vQ2NA>

email abstract to: ayu_seminar@mgug.ac.in

HITAYU - 2024

National Seminar on 'Ayurveda—Defining Lifestyle'

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Shri Jyoti Maskara, Eminent Industrialist, Gorakhpur

Guru Gorakshnath Institute of Medical Sciences

Guru Gorakshnath Institute of Medical Sciences, Faculty of Ayurveda in the Mahayogi Gorakshnath University Gorakhpur campus is a budding institution aspiring to provide the highest quality of education, healthcare and research facilities in the field of Ayurveda in Eastern Uttar Pradesh.

The college started functioning in the year 2021 in a vast area of land with high-standard multistorey buildings equipped with ICT-enabled classrooms, a central library, and a digital library.

The college is offering the graduate degree of BAMS with the intake capacity of 100 students and Ph. D programs in Ayurveda. The Mahant Digvijaynath Ayurveda Hospital attached to the college equipped with ultra-modern facilities provides patients with affordable and complete Ayurveda health care with a spirit of selfless service and dedication in all possible ways.



Mahayogi Gorakshnath University, Gorakhpur

With the grace and blessings of Shiva Avatar Mahayogi Guru Gorakshanath Ji and with the loving inspiration and blessings of Sant Shiromani Goraksha Peethadheeshwar Param Pujya Brahmalin Mahant Avidyanath Ji Maharaj, who had a dream resolution towards the betterment of education, the present Peethadheeshwar of Gorakshapeeth and the successful Chief Minister of Uttar Pradesh Shri Yogi Adityanath ji established Mahayogi Gorakshnath University Gorakhpur in the year 2021 with a vision of providing comprehensive services in the fields of Medicine, Ayurveda, Pharmacy, Nursing, Allied Health Sciences, Paramedical and Agriculture.

Under these comprehensive services, University is offering UG, PG, PhD & Diploma courses for Medicine, Ayurveda, Pharmacy, Nursing, Bio-technology, Microbiology, Biochemistry, and Paramedical courses like Lab Technician, Dialysis Technician, Optometry, Emergency & Trauma Care Technician, Anaesthesia & Critical Care Technician and Orthopedics & Plaster Technician.

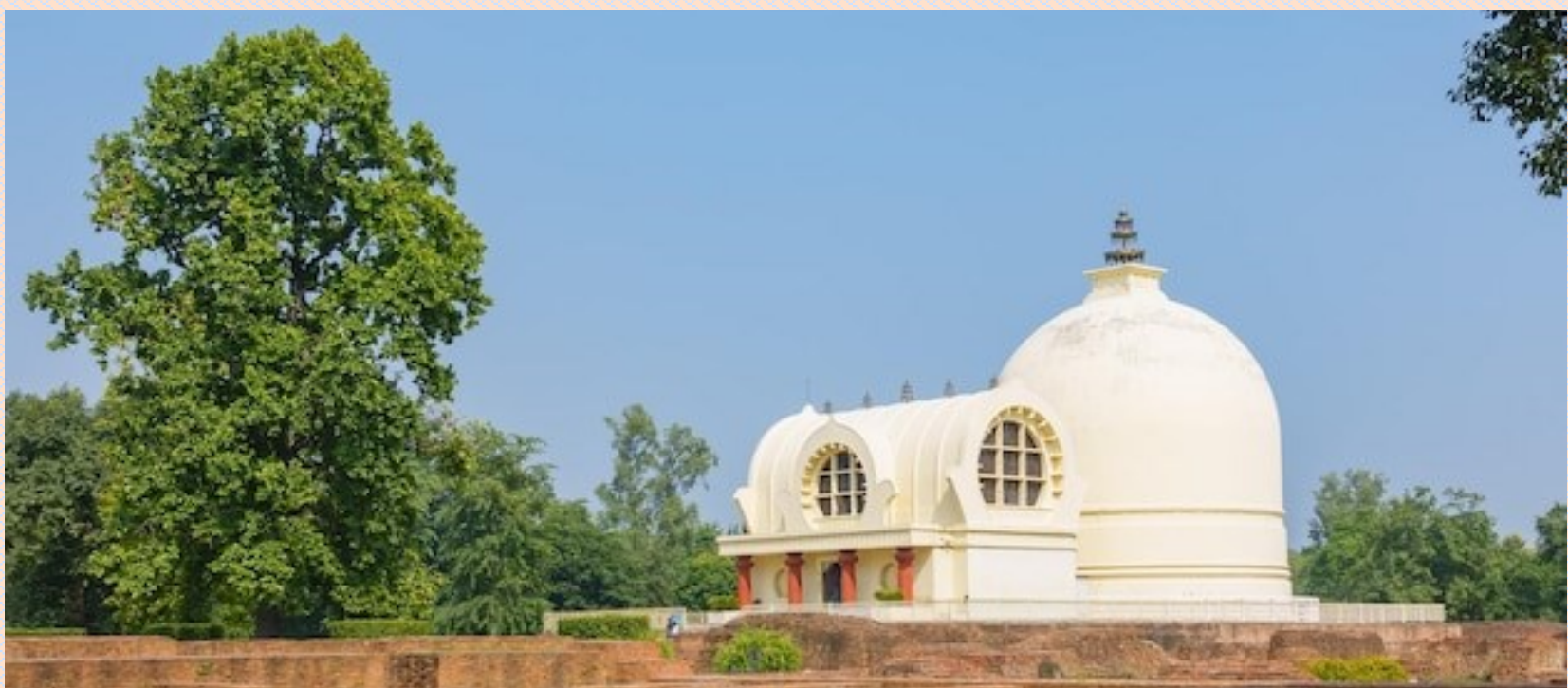
NEAREST PLACES TO VISIT



Shri Gorakhnath Mandir, Gorakhpur



Sri Ram Janmabhumi Mandir, Ayodhya (100Km) (Deepotsav on Diwali)



Lord Bhuddha Mahaparinirvana Sthupa, Kushinagar (40Km)

NEAREST PLACES TO VISIT



Pokhara, Nepal - Annapurna Himalayan Hill Range (250Km)



Lumbini, Nepal (100Km) Lord Bhuddha Birth Place



**Jungle Camp Campus, Valmiki Nagar
Valmikinagar Tiger Reserve (120Km) Jungle camp & Tiger safari**