



DEPARTMENT OF PHYSIOLOGY  
CHIRAYU MEDICAL COLLEGE AND  
HOSPITAL,  
Bhopal, Madhya Pradesh



# Aging Through The lens of Physiology: Unlocking Longevity

Conference details:

Date-15th January 2025.

Time-From 9 am to 5 pm

Venue—

Main Auditorium,  
Chirayu Medical College

Patron

Dr Ajay Goenka, CMD  
Chirayu Medical College  
& Hospital.

For Registration contact:

Dr. Shubham Patel

8982710881

Amit Dayma

8094470657

For Payment \*



For Registration



*Chirayu... Long Life ..to discover the ensemble of health and longevity. The "Department of physiology in association with APPI (Association of Physiologist and Pharmacologists of India)" brings you a one day conference on Aging and longevity. The conference is aimed to cover the Physiological, research, clinical, psychosocial, nutrition, holistic & lifestyle management towards process of longevity.*

*The conference is organized in lush green campus of Chirayu medical college, of the lake city-Bhopal, Madhya Pradesh.*

*The conference also holds the poster and paper presentation for UG, PG students, PhD scholars and Faculty related to diverse field of medical science and technology.*

Fees for Registration— For conference only—	1200/-
For conference and Poster presentation—	1600 /-
For conference and paper presentation—	1600/-
For conference + Poster + Paper Presentation—	2000/-

Kindly make the payment accordingly and fill the google form for registration.

Last Date of Registration 25th December 2025 (Conf., Poster, & Paper).

Late till 5th Jan 2000/- . Spot Registration 3000/- (Only Conference).

For Poster and Paper send the Abstract to Dr. Amir whatsapp-9430600514 and

email at [amirusmani0753@gmail.com](mailto:amirusmani0753@gmail.com) .(Accomodation Facility available with prior intimation)

(\*All payments are inclusive of GST) , For any assistance contact Dr Satyajit 9853038989

Credit Hours  
Available



# SCHEDULE

Time	Topic	Speaker
8:30 - 9:00 am	Welcome Breakfast & Tea	
9:00 - 9:45 am	Physiology of Aging	Dr. Ragini Shrivastava
9:45 - 10:45 am	Recent Advances in the Research of Aging	Dr. Vimlesh Kumar
10:45 - 11:15 am	Inauguration ceremony	
11:15 - 12:00 pm	Psychosocial Impact of Aging	Dr. Jaiprakash Agrawal
12:00 - 01:00pm	Recent Clinical Scenario of Aging	Dr. Khalid Mazhar
01:00 - 01:30 pm	LUNCH	
01:30—2:30 pm	Role of Nutrition in Aging	Rashmi Shrivastava
02:30 – 03:30 pm	Meditation Technique for Longevity and Inner Peace	Dr. Varun Malhotra
03:30 - 4:30 pm	Role of Lifestyle in Longevity	Dr. Jyotsna Gumashta
04:30 - 5:00 pm	Panel Discussion, Valedictory Function & Certificate distribution	
2:00 - 4:00 pm	Poster presentation by UG, PG Residents, PhD Scholars & Faculties	Parallel Session
4:00 - 5:00 pm	Paper presentation by PG Residents, PhD scholars and Faculties	Parallel Session

Scan for the Rules of Poster &  
Paper presentation.





# SPEAKERS



Dr. Ragini Shrivastava,  
Additional Professor, AIIMS, Bhopal  
Topic- Physiology of ageing



Dr. Jaiprakash Agrawal  
Prof. & HoD Psychiatry, GMC, Bhopal  
Topic- Psychosocial impact of ageing



Dr. Vimlesh Kumar  
Associate Professor, IISER, Bhopal  
Topic-Recent advances in the research of  
aging



Dr. Khalid Mazhar  
Assistant Professor, CMCH, Bhopal  
Topic- Recent clinical scenario of ageing



Rashmi Shrivastava  
Sr. Clin. Dietitian & Certified Sports  
Nutritionist.  
Vice President IAPEN, Bhopal Chapter  
Topic- Role of nutrition in ageing



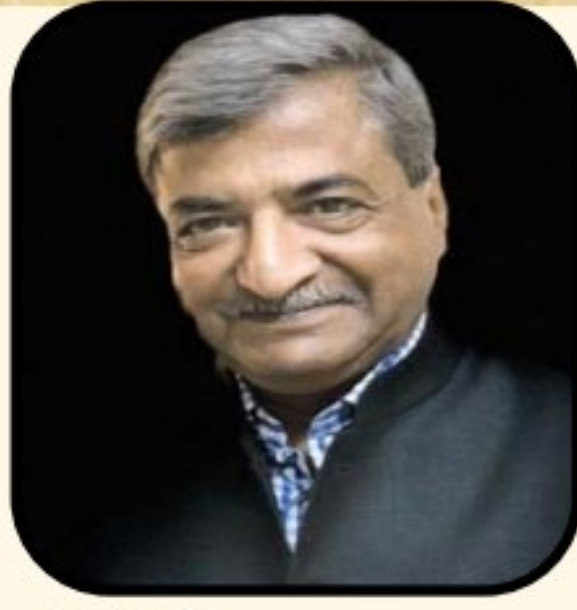
Dr. Varun Malhotra  
Additional Professor, AIIMS, Bhopal  
Topic- Meditation technique for longevity  
and inner peace



Dr. Jyotsna Gumashta  
Professor, AIIMS, Nagpur  
Topic-Role of lifestyle in longevity



# ORGANIZING COMMITTEE



Chief Patron  
Dr Ajay Goenka,  
CMD, CMCH.



Mrs. Neelam Goenka,  
Chancellor, Chirayu  
University.



Co-Patron  
Prof. (Dr.) Sudesh Sohani  
VC, Chirayu University.



Co-Patron  
Dr. Manohar Bende  
Dean, CMCH.



Co-Patron  
Dr. Ulka Shrivastava  
Med. Sup., CMCH.



Co-Patron  
Dr. Ashutosh Mangalgi  
Med. Dir., CMCH.



Organizing Chairperson  
Dr. Jyoti Kumar  
Prof. & HOD., Physiology.



Organizing Secretary  
Dr. Satyajit Bagudai  
Professor, Physiology.



Scientific Secretary  
Dr. Tanwir Alam  
Professor, Physiology.



Joint Organizing Secretary  
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Asso. Prof., Physiology.



Chief Co-ordinator  
Dr. Tanu Shri  
Asst. Prof., Physiology.



Co-ordinator  
Dr. Shubham Patel  
Tutor, Physiology.



Co-ordinator  
Dr. Amit Dayma  
Tutor, Physiology.



Co-ordinator  
Dr. Amir Usmani  
Tutor, Physiology.