

CME

Date : 23.11.2024
Day : Saturday
Hall)

Time: 03:30 PM – 04:30 PM
Venue: HLT-2, Charak (Lecture

Topic: “From Caregivers to Self-Care: Lifestyle changes to support Physicians Well-being”

Speaker: Dr. Ramkumar S

Assistant professor, Department of Physiology

Abstract:

Medical professionals are highly skilled in caring for others but often neglect their own well-being, a phenomenon that has led to rising rates of burnout, stress-related health issues, and mental exhaustion within the field.

This presentation, "From Caregivers to Self-Care: Lifestyle changes to support physicians well-being" addresses the critical need for physicians and healthcare providers to adopt sustainable lifestyle modifications.

It explores practical strategies for integrating physical activity, nutrition, sleep hygiene, and stress management into daily routines, emphasizing how self-care can enhance both personal and professional longevity.

By prioritizing self-care, medical professionals not only safeguard their own health but also improve the quality of care they provide, creating a healthier and more resilient healthcare system overall.

These strategies aim to create an environment where medical professionals can realistically integrate healthy practices into their demanding schedules, promoting long-term well-being.

Please fill out the Google Form of lifestyle questionnaire before 22nd of November. This will help facilitate better discussions and suggestions during the presentation.

<https://forms.office.com/r/iAkBBRGrVQ>

All Faculty & Post Graduate Residents are required to attend the CME.

CME - Attendance 23.11.2024

Sr. No.	Name	Department & Designation	Signature
1	RAMKUMAR S	PHYSIOLOGY - Asst prof.	[Signature]
2	Dr. Anupama Nayal	Physiology - Assoc. Prof.	[Signature]
3	Dr. Brijesh Kumar	Physiology - Professor	[Signature]
4	Dr. Anjali Kotwal	Microbiology - Professor	[Signature]
5	DR. S. K. Verma	Medicine dept. - Prof.	[Signature]
6	Dr. Jyoti Dinda	Physiology	[Signature]
7	Dr. Ruchi Juyal	Community Medicine - Prof.	[Signature]
8	Dr. Monica R	Pathology - Asst. Prof.	[Signature]
9	Dr. Harsh Bohara	Ophthalmology	[Signature]
10	Dr. Anil Juyal	Orthopaedics -	[Signature]
11	Dr. Navin Rajput	Medicine	[Signature]
12	Dr. Anubha Kishor	Pathology	[Signature]
13	Dr. Manvi Ad	Pathology	[Signature]
14	Dr. Sumit Gray	Pathology	[Signature]
15	Dr. Parvinder Kaur	Physiology - Tutor	[Signature]
16	Dr. Shakti Chauhan	Physiology - Tutor	[Signature]
17	Dr. Yashvini Sharma	Immunohematology & Blood Tx	[Signature]
18	Dr. Rahul K. Gupta	Respiratory Medicine	[Signature]
19	Dr. Chinmay Chel	Neonatology Asso. Prof.	[Signature]
20	Dr. Shoham Majumdar	AP, Neonatology	[Signature]
21	Dr. Saikat Pal	Asso. Prof. Neonatology	[Signature]
22	Dr. Nadia Shuaib	Professor (Pathology)	[Signature]
23	DR. DUSHYANT S GAUR	Head HBL & LAB Services	[Signature]
24	Dr. Smriti Chandra	Prof Pathology	[Signature]
25	Dr. Kiran Bhat	Prof of HOD - Biochemistry	[Signature]
26	Dr. Nishtha	Assist. Prof - II	[Signature]
27	Dr. Navin	Tutor - II	[Signature]

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CME - Attendance 23.11.2024

Sr. No.	Name	Department & Designation	Signature
28	Dr. Vidisha Vallabh	Asst. Prof. Com	
29	Dr. Deepshikha	Prof. CM	
30	Dr. Jayanti Senechal	Prof. CM	
31	Dr. Shobhag	Prof / Gen. Med.	
32	Dr. Lakshmi Shukla	PF-2 Biochemistry	
33	Dr. Pranali	JR-2 Paediatrics	
34	Dr. Shyamli Saroj	JR-2 Physiology	
35	Dr. Pragya Dutta	JR-2 Physiology	
36	Dr. Sushil Kumar	Tutor - Physiology	
37	Dr. Ankit Saini	JR-1 Psychiatry	
38	Dr. Rachit Singhania	JR-3 Psychiatry	
39	Dr. Praveen Likhani	Asst Prof. Psychology	
40	Dr. Smrat Kam	Asst Prof. Psychiatry	
41	Dr. Anurag Bhardwaj	JR-2 Anaesthesia	
42	Dr. Abhin Mohan	JR-2 Anaesthesia	
43	Dr. Yusuf	JR-2 Anaesthesia	
44	Dr. Rhea Sharma	JR-2 ENT	
45	Dr. Karshita Dhingra	JR-2 ENT	
46	Dr. Himanshi	JR-1 ENT	
47	Dr. Madan Mohan Jais	JR, Microbiology	
48	Dr. Anam Mahesh	JR Pathology	
49	Dr. Muskan	JR Pathology	
50	Dr. Pooja	JR Patho	
51	Dr. Prakhar Raj	JR-2 ENT	
52	Dr. Priyanka Duttan	JR-3 ENT	
53	Dr. Naina Saini	JR, ENT	
54	Dr. Anshu Anand	SR VII.	

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CME - Attendance 23.11.2024

Sr. No.	Name	Department & Designation	Signature
55	Dr. Gmrabai	JR PSY	
56	Dr. Bhenu	JR PSY	
57	Dr. Akanksha	JR-1 Pathology	
58	Dr. Kartikha	JR-2 Pathology	
59	Dr. Aisha	JR-1 Gynaec.	
60	Shikha Gargal	Tutor, Microbiology	
61	Dr. Architele Kandol	Head of Dental	
62	R. Renu Parmar	Asst. Prof Dental	
63	DR. CHHAVI GARG	SR, ophthal.	
64	Dr. Sukanti Padhyay	Asstt. Prof ophthal.	
65	Dr. Munish Aggarwal	AP, CIVS, Surgery	
66	Dr ALKA AGGARWAL	Professor Anatomy	
67	Dr. Tarun Mittal	JR Radiation Oncol	
68	Dr. Manak	JR Radiation Oncol	
69	Dr. Surabhi	JR Radiation Oncol	
70	DR. SHAMBHAVI	JR-1 - Radiation Oncology	
71	DR. PARITOSH SINGHAL	JR-2 - Radiation Oncology	
72	DR. ANMOL MAHANT	AP - Radiation Oncology	
73	DR. Shobhit Jain	JR DERMATOLOGY	
74	Dr. Jagriti	JR3 DERMA	
75	Dr. Darshana	JR3 DERMA	
76	Dr. Urvinda	JR3 DERMAT	
77	Dr. Sakshi	JR1 DERMATOLOGY	

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