

**RDC Program on Health and Wellness (With Emphasis on Ayush)  
Conducted with Department of Biochemistry (Dec 12, 2022)**



## Central University of Haryana, Mahendergarh

(NAAC Accredited A Grade University)

To commemorate the monumental occasion

**“Azadi Ka Amrut Mahotsav”**

Department of Biochemistry

School of Interdisciplinary and Applied Sciences

In association with

Research Development Cell

**Organizes National Webinar on**



Prof. Tankeshwar Kumar  
Vice-Chancellor

CHIEF-PATRON

### **“Health and Wellness (With emphasis on Ayush)”**

on 12<sup>th</sup> December 2022 @ 10:30 AM



Prof. Neelam Sangwan  
Director, Research & Development  
Cell, Dean, SIAS, Dean, Research



Prof. Sarika Sharma  
Nodal Officer, AKAM



Prof. Abhay K. Pandey  
Invited Speaker  
University of Allahabad

#### Organizing Team

Prof. Pawan K. Maurya, Dr. Antresh  
Kumar, Dr. Saurabh Chandra Saxena, Dr.  
Usha Nagarajan, Dr. Mulaka Maruthi,  
& Dr. Neelam

**Link to join:** <https://cuhr.webex.com/cuhr/j.php?MTID=md7b8e48a49812dfb0002a265b4e6dcd4>

**Inaugural Session:** A National webinar was organized on 12.12.2022.

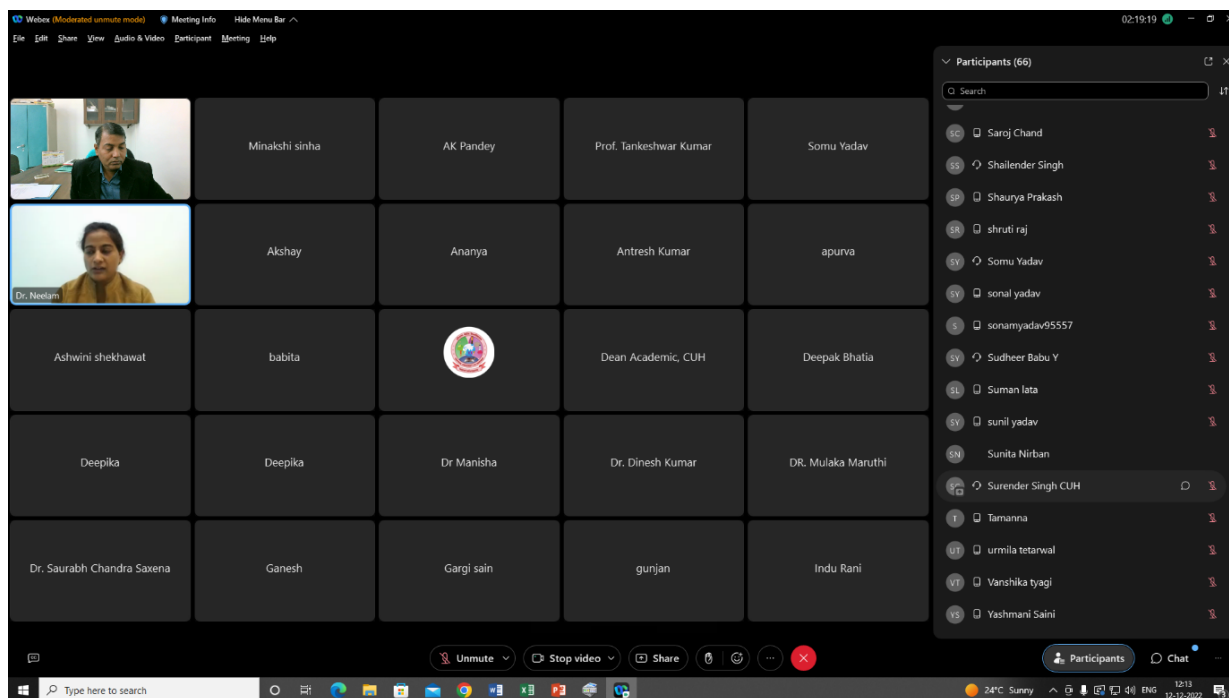
Time	Activity
10:20- 10:30 AM	Link open/testing and joining of the participants/delegates
10:31- 10:35 AM	Welcome Address by (Prof. Pawan Kumar Maurya)
10:36- 10:40 AM	Introduction of theme <i>Azadi ka Amrut Mahotsav</i> (Prof. Sarika Sharma)
10:41- 10:45 AM	Activities of Research Development Cell (Prof. Neelam Sangwan)
10:46- 10:55 AM	Inaugural address by the Hon'ble Vice Chancellor, CUH, Prof. Tankeshwar Kumar
10:56- 11:00 AM	Introduction of Invited Speaker (Dr. Antresh Kumar)
11:01-11:45 AM	Talk by the Speaker (Prof. Abhay K Pandey)
11:46- 11:50 AM	Vote of Thanks (Dr. Neelam)
11:51- 11:52 AM	National Anthem

## RDC Program on Health and Wellness (With Emphasis on Ayush) Conducted with Department of Biochemistry (Dec 12, 2022)



The program was started with “University Kulgeet”. Prof. Pawan Kumar Maurya welcomed all the guests and audience. Prof. Neelam Sangwan, Director, Research and Development Cell, Dean, School of Interdisciplinary and Applied Sciences & Dean, Research introduced about the research activities of Research and Development Cell of the University. She also talked about the importance of the theme of the webinar. Prof. Abhay Pandey, Department of Biochemistry, University of Allahabad delivered expert lecture on **“Natural Products and Redox Balance: An important key to healthy life”**. Large number of students from university attended the program. Student asked several questions and expert interacted with the students and satisfied them with his answers.

## RDC Program on Health and Wellness (With Emphasis on Ayush) Conducted with Department of Biochemistry (Dec 12, 2022)



### Herbal Park Visit: 14.12.2022

The objective of the visit was to identify, learn and characterize medicinally important plants found locally in the region of Haryana, and to create consciousness about the environment among the students. The event was coordinated by Dr. Mulaka. Students of various departments visited the herbal garden and showed keen interest in medicinal plant and their role in treatment of various diseases. Hon'ble Vice Chancellor Prof Tankeshwar Kumar, Prof. Neelam Sangwan, Prof. Sarika and Departmental faculties were present during the event.

**RDC Program on Health and Wellness (With Emphasis on Ayush)  
Conducted with Department of Biochemistry (Dec 12, 2022)**



Participants with honourable Vice Chancellor Prof Dr Tankeshwar Kumar, and organizing Team

**Video making competition on “Informational videos about healing power of medicinal plants”: 15.12.2022**

The event was inaugurated in the Department of Biochemistry by Prof Dr Neelam Sangwan, Director RDC and Prof Pawan Maurya, HOD of Biochemistry Department. Video making competition was organized by Dr Neelam, Department of Biochemistry. The videos were judged by Prof. Kanti Prakash, HOD, Nutrition Biology, Dr. Mulaka and Dr Neelam. The students from various departments viz. Pharmaceutical Sciences, Biomedical Sciences, Biochemistry, Biotechnology participated in the event.



**RDC Program on Health and Wellness (With Emphasis on Ayush)  
Conducted with Department of Biochemistry (Dec 12, 2022)**



**Quiz completion: 15.12.2022**

Research and Development cell in association with the Department of Biochemistry, School of interdisciplinary and Applied Sciences, Central University of Haryana, Mahendergarh, Haryana organized an online quiz competition “Medicinal Plants and Human Health” on 15 December 2022. The students were engaged in challenging and knowledge-improved questions. The main purpose of the competition is to develop interest and knowledge in the importance of medicinal plants. The contest was open to students and faculty members. The rules and regulations of the quiz were explained in beginning. The competition includes objective questions which engaged the students for one hour. Winners were selected based on the evaluation criteria by judges and given certificates to the participants. It was a very informative and knowledge-enriching competition for the participants. The virtual platform-based competition gives a better experience to the students. This program was conducted by



**RDC Program on Health and Wellness (With Emphasis on Ayush)  
Conducted with Department of Biochemistry (Dec 12, 2022)**



Prof. Neelam Sangwan, Director Research Development cell along with the Research Scholars of the Department of Biochemistry, Nisha Yadav, Akshay Kumar, Mettle Bhrama, and Neha Saini who made all efforts towards conducting the Quiz event.

Following event format was prepared:

- The quiz shall be conducted online mode via google form only.
- The link shall be made available to the participants via mail.
- The quiz shall comprise 40 questions (each question carries 1 mark) which are required to be solved in one hour.
- The question shall be MCQs
- No negative marking

**Valedictory Session: 16.12.2022**

The program was started with “University Kulgeet” followed by University documentary. Prof. Neelam Sangwan, Director, Research and Development Cell, Dean, School of Interdisciplinary and Applied Sciences & Dean, Research welcomed all the guests and audience. She also gave a detailed overview of the entire program and various activities organized under the program. Prof. Pawan Maurya, HOD gave detailed one week event organized by Research and Development Cell and Department of Biochemistry. Prof. Sarika Sharma briefed about theme on “Azadi Amrit Mahotsav”. Hon’ble Vice Chancellor address the gathering and talked about the importance of Natural Products and importance in day-to-day life. Prof. Dinesh Kumar introduced the speaker Dr. Bhim Pratap Singh, NIFTEM, Sonapat, Haryana. He derived his speech on “History and Prospects of Traditional Medicines”. The Lecture was followed by discussion with students and faculty members.

S/d

Prof Dr Neelam Sangwan,  
Director, R&D Cell, CUH