

WORKSHOP CUM SYMPOSIUM

on

COPING STRESS WITH RESILIENT AND CLASSICAL REGIMENS

23rd of March 2019 (Saturday)

Registration Form

Name of delegate (in block letters):

Designation:

Institution:

Title of Abstract:

Address for communication:

Email ID:

Phone/Mobile No.:

Accommodation required (Yes/No):

DETAILS OF ACCOUNT FOR DIGITAL PAYMENT

A/c. Holder Name : Chairman Department of Ilaj Bit Tadbeer
Account Number : 5247101007817
IFS Code : CNRB0005247
Name of Bank : Canara Bank
Name of Branch : AMU Branch, Aligarh

*Recommendation by Head of Institution/ Principal/
Head of the Department

Place:

Date: Signature of Delegate

*In case participant is working in Govt./ Autonomous
Organization should sent their application through proper
channel.

Workshop Cum Symposium

on

Coping Stress with Resilient and Classical Regimens

23rd of March, 2019 (Saturday)

To,

From:

Prof. Asia Sultana

Chairperson / Organizing Secretary

Department of Ilaj-bit-Tadbeer

AKTC, Aligarh Muslim University,

Aligarh, 202 002 (U.P.)



WORKSHOP CUM SYMPOSIUM

on

COPING STRESS WITH RESILIENT AND CLASSICAL REGIMENS

23rd of March 2019 (Saturday)



Organized by

Department of Ilaj-bit-Tadbeer

Ajmal Khan Tibbiya College,
Faculty of Unani Medicine,
Aligarh Muslim University Aligarh



Message

Dear Colleagues

With the Grace of Almighty Allah, it is our proud privilege to share with you that the Department of **Ilaj-bit-Tadbeer, Ajmal Khan Tibbiya College, Aligarh Muslim University, Aligarh** is going to organize a **Workshop cum Symposium on "Coping Stress with Resilient and Classical Regimens" on 23rd March 2019 (Saturday)**. In today's world Stress has become an everyday term. Around 89% population in India is suffering from Stress compared to the Global average of 86% and nearly 75% do not feel comfortable to seek medical advice due to lack of literacy regarding mental health and social constraints. Although Stress can be a motivator by stimulating "fight and flight mechanism" but too much and too often triggers with multiple stressors can lead to devastating effects undermining the physical and mental health. The biochemical alterations during stress can lead to even gross physical manifestations making it a psychosomatic jargon. Also the link between stress and the highly common lifestyle disorders including diabetes, hypertension, coronary heart diseases, obesity, musculoskeletal disorders, poly cystic ovarian disease etc. is well recognized and already established.

Ilaj-bit-Tadbeer is an integral part of Unani classics which promotes self resilience. The branch is emerging as a promising medical field for the management of diseases in general and life style diseases in particular. The therapy owing to its holistic approach has immense healing potentials. It includes several regimes like Hjamah (cupping), Taleeq (leeching), and Fasd (therapeutic phlebotomy), Dalak (therapeutic Massage), Ta'reeq (sudation), Hammam (Turkish bath), Nutool (irrigation) to name a few. Most of these regimens have been scientifically appreciated as inducing anxiety through sympathetic suppression and their psychoneuroimmunologic effects have been in discussion lately. Ministry of AYUSH is encouraging and trying its hard to come up with some promising solutions for this issue of National concern. This forage for such solutions seems to be answered effectively and adequately by these classical regimens.

In this back drop, Department of Ilaj-bit-Tadbeer, Ajmal Khan Tibbiya College, AMU, Aligarh has planned to organize one day National Workshop cum Symposium on **"Coping Stress with Resilient Strategies and Classical Regimens"** schedule to be held on 23rd March 2019 with the aim to create awareness regarding risk factors, biochemical markers, clinical manifestation, distant implications, prevention and management of stress and its co-morbidities. The workshop will include invited lectures by the eminent scholars of Medical field. This academic deliberation will hopefully provide a succinct insight and will prove as an excellent platform to design a holistic protocol and interdisciplinary approach towards the treatment of this highly common problem.

Looking forward to your active participation in making this event a grand success.

(Prof. Asia Sultana)
Organizing Secretary

Registration form can be obtained by email at ilajbittadbeer@gmail.com or from the department on or before 15th March 2019. Registration form along with fees should be submitted by post or personally addressed to organizing secretary *National Workshop cum Symposium on Coping Stress with Resilient and Classical Regimens* Department of Ilaj-bit-Tadbeer Ajmal Khan Tibbiya College, Faculty of Unani Medicine Aligarh Muslim University Aligarh 202002.

Registration Fee

Delegates & faculty members	₹ 600/-
M.D. Students	₹ 500/-
Interns	₹ 400/-
Last date of registration	15 th March 2019

*Accommodation may be arranged on prior request subject to availability of rooms in the University Guest House. However, the delegates should have to pay accommodation charges as per University norms.

Poster Session: Call for Abstracts !!!

Last Date for Abstract Submission 15th March 2019

Awards: Three Best Posters among Students

Tentative Schedule

Date : 23rd March, 2019 (saturday)

Technical Session-I	08:45 am to 09:45 am
Inaugural	09:45 am to 11:00 am
High Tea	11:00 am to 11:30 am

II- Session

Technical Session-II	11:30 am to 01:45 pm
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Venue

College Auditorium, AKTC, AMU, Aligarh

Lunch Break

01:45 pm to 02:30 pm

Venue

D/o. Ilaj-Bit-Tadbeer's Lawn, AKTC, AMU, Aligarh	
Technical Session-III	02:30 am to 04:00 pm
Valedictory & Prize Distribution Session	04:00 pm to 04:30 pm

Venue:

Conference Room, D/o. Saidla, AKTC, AMU, Aligarh

Refreshment

Corresponding Address

Office of the Chairperson,
Department of Ilaj-bit-Tadbeer
Ajmal Khan Tibbiya College, AMU, Aligarh,
Tel.: 0571-2403022, 08755199034, 09412276843, 08979224254

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