



MANOAYATANA-2025

NATIONAL SEMINAR

On

**Ayurvedic Approach to Stress Management
& Coping Strategies**

Organized By

**INSTITUTE OF AYURVEDA
MAJOR SD SINGH UNIVERSITY**



Bhojpur, Kanpur Road, Fatehgarh-Farrukhabad. (U.P.)

Venue : College Auditorium

Date : 17th December, 2025

Time : 08:00 AM to 05:00 PM

Our Visionaries



Dr. Babu Singh Yadav
Founder



Dr. Anar Singh
Chancellor



Dr. Anita Yadav
Chairperson



Dr. Anchal Singh
Pro Chancellor

Resource Persons



Prof (Dr.) Suhas Kumar Shetty
Principal and Medical Director,
KLE Shri BMK Ayurveda Mahavidyalaya,
Belegavi



Dr. Warungase Hiranman Nivrutti
Consultant Psychiatrist, Psychotherapist & Counselor
M.D. (Ayurved) (Mano Vignana avum Manasa Roga) (Bangalore)
M.Sc. Industrial Psychology (Chidambaram)
Post Graduate Diploma in Industrial Counseling (Mumbai)

Registration/ Payment Detail

Contact : Dr. Santosh kumar Mishra (7379944888)

Dr. Ratan Singh Rajput (8982929953)

Registration Start From : 28th November to 10th December, 2025

Category	Fees
Faculty	INR 750/-
Ph.D./ P.G. Scholar	INR 750/-
U.G./Intern Scholar	INR 500/-



Registration fee should be Paid only Digitally in favour of “Major S D Singh University” Payable at Farrukhabad only

A/C No. 761910210000171 IFSC - BKID0006877 Bank : Bank of India Branch- MSDSU CAMPUS

Registration & Payment Link

<https://formbuilder.ccavenue.com/live/ccavenue/major-s-d-singh-university>

ORGANIZING COMMITTEE



Prof. Dr. A.K. Batham
Dean Ayurveda
Patron



Prof. Dr. Vinayak Kinnal
Vice Principal
Co-Patron

DISTINGUISHED GUEST



Dr. Chandra Bhan Singh
Associate Professor & HOD Kayachikitsa
Deputy Medical Superintendent
S.R.M Govt. Ayurveda College & Hospital Bareilly,

ADVISORY COMMITTEE



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Prof. Dr. S.K. Mishra



Prof. Dr. Naveen Kumar B.V.



Prof. Dr. Veeranna M.

ORGANIZING SECRETARY



Prof. Dr. Manas R. Debata



Prof. Dr. Anupama Ballari

ABOUT THE COLLEGE

The Institute of Ayurveda, formerly known as SBSDJ Ayurvedic Medical College, was established in the year 2014. The college is located at a distance of less than 1 km from the bank of the River Ganga and about 12 km from Farrukhabad. The college provides health-care facilities to the rural areas and to the underprivileged people of Farrukhabad.

In the year 2023, after the establishment of Major SD Singh University, the college was renamed as the Institute of Ayurveda, Major SD Singh University.

This college, in just 12 years of its establishment, has now become one of the best Ayurvedic medical college not only in Uttar Pradesh but also in the country, with an intake capacity of 100 students every year.

ABOUT SEMINAR

Stress has become an inevitable part of modern life, affecting physical, mental, and emotional well-being. Unmanaged stress can lead to several health issues, including anxiety, depression, hypertension, and reduced productivity. This one-day seminar is designed to provide participants with insights into the causes and effects of stress, along with practical strategies to manage and reduce it effectively.

The seminar aims to : Create awareness about stress and its impact on health. Identify common stressors in personal and professional life Provide practical coping techniques to handle stress. Promote holistic approaches, including lifestyle modifications, mindfulness and relaxation techniques.

PROGRAMME SCHEDULE

8AM-9.30AM	Registration and Breakfast
9.30-10.30AM	Inaugural ceremony
10.30AM-12PM	Session-1 Lecture By Resource person
12PM-1PM	Panel Discussion, Question and Answer session
1PM-2PM	Lunch Break
2PM-3.30PM	Session-2 Lecture By Resource person
3.30PM-4PM	Question and Answer session
4PM-4.30PM	Valedictory and Vote of Thanks
4.30PM-5PM	High Tea
5PM-6PM	Cultural events

COMMITTEES FOR NATIONAL SEMINAR

Advisory Committee

Dr. Rangnath Mishra, Vice-Chancellor
Mr. Ranjit Yadav, Registrar
Prof. Dr. A.K. Batham, Dean Ayurveda
Prof. Dr. Vinayak Kinnal, Vice Principal
Prof. Dr. R.K. S. Bhadouria

Prof. Dr. Santosh Kumar Mishra
Prof. Dr. Naveen Kumar B.V
Prof. Dr. Manas Ranjan Debata
Prof. Dr. Veeranna Mugadur

1. Organizing Secretaries

- ★ Dr. Manas Ranjan Debata
- ★ Dr. Anupama Ballari

2. Scientific Committee

- ★ Dr. Naveen kumar B.V. (Convener)
- ★ Dr. Veeranna Mugadur (Co-convener)
- ★ Dr. Poonam Patel
- ★ Dr. Mohit Baghel
- ★ Dr. Kiran K. Reddy

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- ★ Dr. Vinayak Kinnal (Convener)
- ★ Dr. Ratan Singh Rajput (Co-Convener)
- ★ Dr. Arjendra Singh Bhadouria

4. Registration Committee

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- ★ Dr. Arpita Nandi
- ★ Dr. Piyush Madhav
- ★ Dr. Aashik M. Raju
- ★ Dr. Barin Das

5. Hospitality & Reception Committee

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- ★ Dr. Arjendra Singh (Co-Convener)
- ★ Dr. Ratan Singh Rajput
- ★ Dr. Vinay Yadav

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- ★ Dr. Eishan Jain (Convener)
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- ★ Dr. Darshana O Krishnan
- ★ Dr. Garima Yadav
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- ★ Dr. Shashi Bharti

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- ★ Dr. Piyush Madhav

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- ★ Mr. Ayush Mishra

9. Cultural & Anchoring Committee

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- ★ Dr. Akanksha
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- ★ Dr. Shashi Bharti
- ★ Dr. Aashik M. Raju

10. Food & Refreshment Committee

- ★ Dr. Santosh kumar Mishra, Convener
- ★ Dr. Aradhya dev Mishra, Co Convener
- ★ Dr. Ratan Singh Rajput
- ★ Dr. Kundan Kumar Mishra
- ★ Dr. Ashish Dubey
- ★ Dr. Suneel Rajput
- ★ Dr. Priyanshu Singh

11. Editorial Committee

- ★ Dr. Mohit Baghel , Convener
- ★ Dr. Jojan J. Jerone, Co-Convener
- ★ Dr. Manas Ranjan Debata
- ★ Dr. Anupama Ballari
- ★ Dr. Piyali Kundu

FARRUKHABAD AT A GLANCE



Sankisa is a historically important Buddhist-heritage site, believed to be the place where Buddha descended back to earth from heaven, giving it great religious significance.



Neeb Karori Baba Ashram (in Nib Karori village, Farrukhabad) is important because it marks the place where Neem Karoli Baba spent many years in meditation and service this ashram is considered the origin of his spiritual journey, and his name itself is derived from this village.



Panchal Ghat lies on the bank of Ganga (or RamGanga/Kali-Ganga) and serves as a traditional river-ghat for religious rituals, aartis and fairs locally significant for spirituality and community events.



Kampil was the capital of ancient Panchala kingdom (southern part), and according to tradition, the famed Swayamvara of Draupadi took place here linking it deeply to the epic Mahabharata.



The Pandaveshwar Nath Temple is believed to have been established by the Pandavas during their exile, making it a sacred site linked to Mahabharata.



Fatehgarh Fort is a historic structure built during the British period, known for its old cantonment and strategic location along the Ganga.

DELICACIES OF FARRUKHABAD



It is a dry mixture typically made from fried lentils (moth dal), spices, sev, nuts, and sometimes dried fruits, offering a unique crunchy texture and a complex sweet, salty, and spicy flavor profile.



Farrukhabadi bhune aloo are a famous street food from the Farrukhabad district of Uttar Pradesh, known for its significant potato production. These potatoes are traditionally roasted in hot sand or embers in large street-side furnaces/ovens, giving them a unique smoky flavor and texture.



Farrukhabadi papdi (or papadiya) is a famous traditional street-food chaat from Farrukhabad, made with crispy wheat discs, boiled potatoes, chickpeas, fresh vegetables, curd, and a special local spice blend.

Location Link

<https://maps.app.goo.gl/7cBg77EMd53VvYFV7>

