



ONE DAY NATIONAL SEMINAR

ON

Combating lifestyle disorders with Unani Medicine

(Theme: Unani Medicine for Healthy Living)

(Hybrid mode)

Thursday, February 01, 2024 | 10.00 AM - 5.00 PM

Venue

Regional Research Institute of Unani Medicine

N0:1, West Mada Church Road, Royapuram, Chennai-600013

Organized by

REGIONAL RESEARCH INSTITUTE OF UNANI MEDICINE, CHENNAI

(NABH & NABL Accredited)

Central Council for Research in Unani Medicine

Ministry of Ayush, Government of India

About the Organizer:

RRIUM, Chennai: Regional Research Institute of Unani Medicine, Chennai (NABH & NABL Accredited) is one of the premier institutes functioning under the Central Council for Research in Unani Medicine, New Delhi, Ministry of Ayush, Govt. of India, established on 6th July 1979 with the objective of undertaking scientific research on various aspects of Unani medicine viz. Clinical research, drug standardization research and survey & cultivation of medicinal plants. The institute is located in the heart of Chennai city and engaged in providing healthcare facilities through OPD, IPD, Mobile Clinical Research Program and School Health Program to the public for over four decades. More than thirty lakh patients of different ailments have been treated at the institute with high patient satisfaction. The main focus of the institute is in the field of clinical & drug research, where voluminous quality research work have been done on different diseases, including Gastrointestinal diseases, Renal diseases, Musculoskeletal disorders, Neurological disorders, and Skin diseases. The institute has always been committed to provide safe and secure environment and quality healthcare services to the visiting patients and ensures uniform care to all patients using the services of the hospital. The institute has a well-developed biochemistry and pathology laboratories and engaged in providing clinical biochemistry, clinical hematology and clinical pathology services, which are in consonance with the scope of services of the institute. The institute also has a well-established drug standardization research laboratory, equipped with state-of-art instruments, which is an approved Drug testing laboratory by State Drug Licensing Authority of Indian Medicine, Govt. of Tamil Nadu, for quality control analysis of Ayurveda, Siddha and Unani drugs. The institute has been accredited by NABH and NABL, Quality council of India. The institute has well established state-of-art Pharmacy & Ilāj Bi'l Tadbīr (Regimenal Therapy) unit.

About the Seminar:

The prevalence of lifestyle disorders in the current scenario, has become a significant global health concern. Sedentary lifestyles, poor dietary habits, and increased stress levels have contributed considerably to a surge in different health issues such as diabetes, obesity, and cardiovascular diseases. Considering the significance of these health challenges, RRIUM, Chennai is organizing an enlightening seminar (hybrid mode) on "Combating Lifestyle Disorders with Unani Medicine" on Thursday, February 1, 2024 at the Seminar Hall of the institute.

This seminar promises to be an enriching experience for all the participants. By fostering a collaborative and open-minded environment, we hope to contribute to the promotion of holistic health practices that can lead to a healthier, happier, and more balanced life. The benefits of incorporating Unani Medicine into contemporary healthcare practices will be explored, emphasizing its potential to complement conventional treatments and provide personalized, patient-centric care. By fostering a deeper understanding of Unani Medicine, this seminar aims to contribute to the integration of diverse healthcare traditions for the comprehensive management of lifestyle disorders.

Unani Medicine, with its roots in ancient healing traditions, offers a holistic approach that encompasses physical, mental, and spiritual well-being. Through this seminar, we aim to shed light on the principles and practices of Unani Medicine, providing a platform for healthcare professionals, scholars, and the general public to gain valuable insights into alternative and complementary approaches to combatting lifestyle disorders.

Eminent speakers will articulate on the aforesaid theme.

*We are privileged to invite you all
to the One Day National Seminar on Combating Lifestyle Disorders with
Unani Medicine*

Program Schedule

Inaugural Session

Registration
09.00 - 10.00 am

Time	Event
10.00 - 10.10 Hrs	Welcome address & Introductory remark by Dr. Athar Parvez Ansari , Research Officer (U), S-2, RRIUM, Chennai
10.10 - 10.20 Hrs	Address by Guest of Honour, Dr. G Nandhini Devi , Director, Centre for Technology in Traditional Medicine (CTTM), Anna University, Chennai.
10.20 - 10.30 Hrs	Address by Guest of Honour, Prof. Dr. Hakim Sayed Imamuddin Ahmed , Former Principal, Govt. Unani Medical College, Chennai & SAC member, CCRUM, New Delhi
10.30 - 10.40 Hrs	Address by Chief Guest, Prof. Dr. R. Meenakumari , Director General, CCRS, Ministry of Ayush, Govt. of India
10.40 - 10.50 Hrs	Presidential Address by Dr. N. Zaheer Ahmed , Director General, CCRUM, Ministry of Ayush, Govt. of India
10.50 - 10.55 Hrs	Vote of Thanks by Dr. Farooqui Shazia , Research Officer (U), RRIUM, Chennai

Tea break (10.55 - 11.15 Hrs)

Technical Session - I

Time	Event
Moderator: Dr. Shazia , R.O. (Unani.), S-1, RRIUM, Chennai	
11:00- 12:00 am	An Overview of lifestyle disorders in the perspective of Unani medicine Dr. Waseem Ahmad , Associate professor, NIUM, Bengaluru
12:00 - 1.00 pm	Unani Medications for Glycaemic control in Type-2 Diabetes Mellitus: Evidences from Epidemiological and Clinical Studies Dr. Malik Itrat , Assistant professor, Dept of Tahaffuzi wa Samaji Tib, NIUM, Bengaluru

Lunch break (1.00 - 2.00 pm)

Technical Session - II

Time	Event
Moderator: Dr. Jaculin , SRF (Chem), RRIUM, Chennai	
2.00 - 3:00 Hrs	Role of <i>Asbab Sitta Darūriyya</i> (six essential factors) and <i>Ilaj bi'l Tadbir</i> (Regimenal therapy) in the prevention and management of life style disorders Dr. Athar Parvez Ansari , Research Officer (U) S-2, RRIUM, Chennai
3.00 - 4.00 pm	Management of Metabolic syndrome through Unani medicine Dr. Farooqui Shazia Parveen , Research Officer (U), RRIUM, Chennai
4.00 - 5.00 pm	Role of Unani dietotherapy in the prevention & management of lifestyle disorders Dr. U. Md. Khaizer Rabee , Assistant Professor, GUMC, Chennai
5.00- 5.15 pm	Concluding Remarks

High Tea (5.15 pm)



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Registration Form

- 1. Name of the applicant:**
- 2. Father / Husband's Name:**
- 3. Date of Birth:**
- 4. Educational Qualification:**
- 5. Registration Number:**
State and Year of Registration:
- 6. Designation:**
- 7. State whether, Researcher /
Academician / Practitioner /
Research Scholar:**
- 8. Address for Correspondence:**
- 9. Contact Number:**
- 10. Email ID:**

Signature of the applicant

Recommendation of Controlling Officer

Registration link: <https://forms.gle/AuAdGV9k3TUBd6tW8>

Patron

Dr. N. Zaheer Ahmed
Director General
Central Council for Research in Unani Medicine
Ministry of Ayush, Government of India

Organizing Chairman

Dr. K. Kabiruddin Ahmed
Research Officer Incharge
Regional Research Institute of Unani Medicine, Chennai
CCRUM, Ministry of Ayush, Government of India

Convener

Dr. Athar Parvez Ansari
Research Officer (Unani), Scientist-2,
Regional Research Institute of Unani Medicine, Chennai

Organizing Secretariate

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