

**Report on Faculty Development Programme, SDM, Ujire (In association with Ministry of
AYUSH, Govt of India.)**

Date: 7th and 8th March

Time: 10:00 am – 5:00 pm

Place: SDM College of Naturopathy and Yogic Sciences, Ujire, Dharmasthala

Participants from JSSINYS, Cbe: Dr. G. S. Sharmila, Dr. T. Selvameenakshi, Dr Preethi K S

Theme: “Research Intervention of Diet, Nutrition and Fasting for Lifestyle and Metabolic Diseases”

Day 1

Dr. T. B. Jaya Chandra, Former Minister; Govt. of Karnataka inaugurated the program. Welcome note was provided by Dr Prashanth Shetty, Principal, SDMCNYS. Morning session was carried out by Dr. Vijay Pratap Singh, MPT, PhD, Associate Professor, Kasturba Medical College, Mangalore. The topic covered was “Faculty Development Programme for a Better Teaching Attitude”. The session gave the participants insights on Taxonomy of learning, projecting the involvement and importance of knowledge, skill and attitude of learning. He also gave principles to be followed while teaching adult students (Andragogy).

The afternoon session was by Dr. Wolfgang I Schöllhorn, Institute Director, Institute of Sports Science, Mainz, Germany. The topic was “Teaching in Germany”. He shared all the pedagogy and andragogy principles followed in Germany and shared more knowledge on importance of cognitive learning. After the session, all the participants were taken for SDM Naturopathy Hospital Visit.

Day 2

Morning session was given by Dr. Praveen Jacob, BNYS, MS (USA), Alpha Natural Nutrition, Bengaluru. The topic covered was “Nutrition and Fasting Therapy for Lifestyle and Metabolic Diseases”. He projected the importance of controlling the disorders of lifestyle by eliminating all the visceral fat and providing continuous supply of good fat to subcutaneous fat in our body.

Afternoon session was by Dr H. S. Prema, MSc, PhD, Managing Director and Consultant Dietician and Nutritionist, Varenya Nutrition Concepts, Bengaluru. The topic covered was “Diet Intervention for Metabolic Diseases”. The main diseases and their dietary intervention covered were PCOD, DM Type 2 and Obesity. The programme was concluded by valedictory function and certificate distribution.



Report Prepared by

Dr. Preethi K S