

Shri Shivaji Education Society Amravati's
Science College Congress Nagar, Nagpur
Department of Zoology
Session: 2024 – 2025

NOTICE

Date: 09/08/24

All the students of B.Sc. Sem I (Zoology) are here by informed that they have to attend '**Guest Lecture on The Indian Lifestyle, Culture and Science Behind It**' on 12/09/24, so all the students should to be present in the zoology lab at 11:30 AM.



Head

Prof. A. D. Bobdey

Dr. A. D. Bobdey
Professor & Head
Department of Zoology,
Shri Shivaji Science College,
Congress Nagar, Nagpur-12.



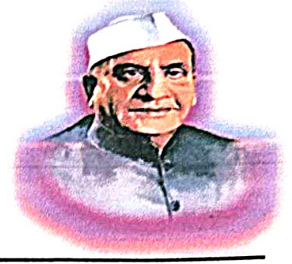
Convener

Dr. Shital S. Deshmukh

Dr. A. D. Bobdey
Professor & Head,
Department of Zoology,
Shri Shivaji Science College,
Congress Nagar, Nagpur-12.



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Report On Guest Lecture on The Indian Lifestyle, Culture and Science Behind It on Dated 12/09/2024

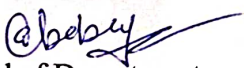
The Zoology Department at Shri Shivaji Science College Nagpur organized guest lecture on the **Indian lifestyle, Culture and science behind it** on dated 12/09/2024. Emphasizing the scientific underpinnings behind various traditional practices. The lecture was delivered by Dr. Jayashree Joshi, Convener, Women's Cell, Indian Dental Association Nagpur Branch, Member of Chhatra Sabha, wing of Vishwa Mangalya Sabha Nagpur Branch and Dr. Vijaya Dhote, Assistant Professor in the Department of Dentistry at Indira Gandhi Medical College, Nagpur

Dr. Dhote and Dr. Joshi's presentation explored how Indian cultural practices and lifestyle choices are interwoven with scientific principles, shedding light on the evolutionary and health-related aspects of these traditions by giving examples of Yoga and Meditation: Reduces cortisol levels, improves cognitive function, and enhances emotional regulation (Source: Harvard Health Publishing). Ayurvedic Diet: Promotes gut health, boosts immunity, and supports personalized nutrition (Source: National Ayurvedic Medical Association). Herbal Remedies: Turmeric's curcumin reduces inflammation, ginger aids digestion, and neem supports immune function (Source: National Institutes of Health). Nature Connection: Grounding techniques reduce stress, improve sleep, and increase feelings of well-being (Source: Environmental Health Perspectives). Social Connections: Strengthens social support networks, improves mental health, and increases longevity (Source: Mayo Clinic). Dr. Dhote's insights provided a valuable perspective on the importance of preserving cultural heritage while embracing scientific advancements.

Their talk highlighted the benefits of ancient practices such as yoga, Ayurveda, and dietary customs, offering a comprehensive look at how they contribute to overall well-being.

Dr. Shital Deshmukh conducted the programme. Dr. Sharayu Ghonmode felicitated the guests. Principal Dr. O.S. Deshmukh and Dr. A.D. Bobdey congratulate for the success of programme.

Action taken Report: Embracing Traditional Indian Lifestyle for Holistic Well-being of students. The science behind these practices validates their benefits, making them a valuable addition to our daily lives.


Head of Department
Prof. A.D. Bobdey


Convener
Dr. Shital S. Deshmukh



अतिथि व्याख्यान में किया मार्गदर्शन

नागपुर, महानगर संवाददाता. शिवाजी साइंस कॉलेज के प्राणीशास्त्र विभाग में भारतीय जीवनशैली, संस्कृति और विज्ञान विषय पर अतिथि व्याख्यान आयोजित किया गया. विभिन्न पारंपरिक प्रथाओं के पीछे वैज्ञानिक आधार पर जोर देना मुख्य उद्देश्य था. डॉ. जयश्री जोशी, संयोजक महिला सेल, इंडियन डेंटल एसोसिएशन, डॉ. विजया धोटे, इंदिरा गांधी मेडिकल कॉलेज, डॉ. धोटे व डॉ. जोशी ने मार्गदर्शन किया. उन्होंने कैसे भारतीय सांस्कृतिक प्रथाएं और जीवनशैली विकल्प वैज्ञानिक सिद्धांतों के साथ जुड़े हुए हैं, जो इन परंपराओं के विकासवादी और स्वास्थ्य संबंधी पहलुओं पर प्रकाश डालते हैं, अवगत कराया. कार्यक्रम का संचालन डॉ. शीतल देशमुख ने किया. डॉ. सरयू घोनमोडे ने अतिथियों का अभिनंदन किया. प्राचार्य डॉ. ओ.एस. देशमुख एवं डॉ. ए.डी. बोंबडे ने कार्यक्रम की सफलता के लिए बधाई दी.



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Shri Shivaji Science College

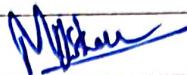

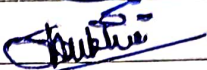

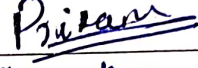
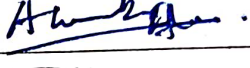






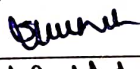
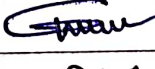
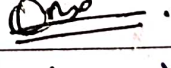
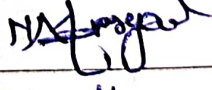
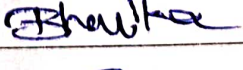


DEPARTMENT of Zoology, Shri Shivaji Science College, organised an engaging guest lecture on the Indian lifestyle, Culture and Science recently emphasizing the scientific underpinnings behind various traditional practices.

The lecture was delivered by Dr Jayashree Joshi, Convener, Women's Cell, Indian Dental Association Nagpur Branch, Member of Chhatra Sabha, wing of Vishwa Mangalya Sabha Nagpur Branch and Dr Vijaya Dhote, Assistant Professor in the Department of Dentistry at Indira Gandhi Medical College, Dr Dhote and Dr Joshi's presentation explored how Indian cultural practices and lifestyle choices are interwoven with scientific principles, shedding light on the evolutionary and health-related aspects of these traditions. Dr Dhote's insights provided a valuable perspective on the importance of preserving cultural heritage while embracing scientific advancements. Their talk highlighted the benefits of ancient practices such as yoga, Ayurveda, and dietary customs, offering a comprehensive look at how they contribute to overall well-being. Dr Shital Deshmukh conducted the programme. Dr Sharyu V Ghonmode felicitated the guests. Principal Dr O S Deshmukh and Dr A D Bobdey, HOD Department of Zoology congratulated for the success of programme.

DEPARTMENT OF ZOOLOGY

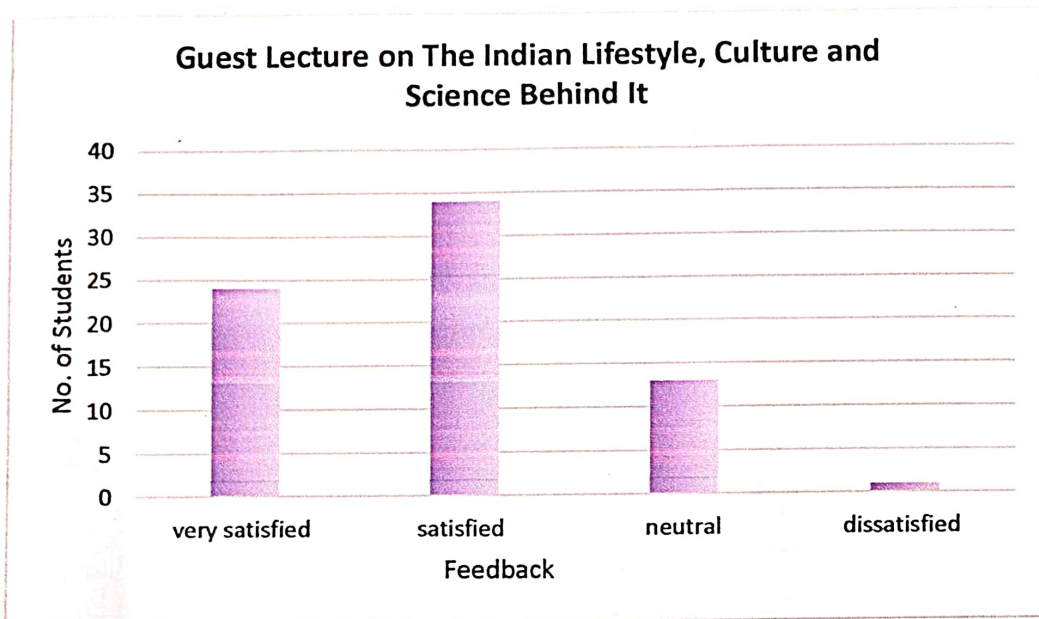
Guest lecture on the Indian lifestyle, Culture and science behind it

Sr. No.	Name of the Students	Signature
1	MUSKANRAJ RAM SAH	
2	SONALI KISHOR GANDHARE	
3	OM SHUKLA	
4	PAYAL DHANENDRA BANGRE	
5	PRITAM GOPAL PANDHARE	
6	ANUSHKA ARVIND KORI	
7	BHUMIKA PRAMOD HIRANWAR	
8	EKTA SINDHURAO NIKAM	
9	ATHARV VINOD CHAVHAN	
10	SMRUTI ANIL TEMBHURNE	
11	SMARNIKA MAHENDRA BHAGAT	S. BHAGAT
12	RISHIKA V. SURVE	
13	AISHWARYA VIJAY WATKAR	
14	SONIYA HARIPRASAD ADIM	
15	ARYAN TAMDADE	ARYAN
16	DEVANG GUNVANTA GAJBHIYE	
17	OM GAJANAN KURUDKAR	
18	NEHARIKA NANDKISHOR MORGHADE	
19	BHAVIKA GOVIND BHORKAR	
20	SHARWARI RAJESH GORLE	S. Gorle

21	SANGRAM JANGLU MESHRAM	<u>Sangram.</u>
22	PRACHITA ARUN PAL	<u>Prachita.</u>
23	SHARVARI NAGESH RANGARI	<u>Sharvari.</u>
24	PALAK RAKESH YADAV	<u>Palak.</u>
25	SEJAL SHEKHAR BURDE	<u>Sejal.</u>
26	NITYAM JOGESHWAR SHIRPURKAR	<u>Nityam.</u>
27	YASHICA RAJESH SHAHU	<u>Yashica.</u>
28	JAISINGH AYTURAM GAWDE	<u>Jaingawde.</u>
29	LAXMI RAVI KUMAR PANJWANI	<u>Laxmi.</u>
30	MUSKAN YOGESH KUMERIYA	<u>Muskan.</u>
31	ATHARV IKA KISHOR JOSHI	<u>Atharv.</u>
32	HIMANSHI SHALIK URKUDE	<u>Himanshi.</u>
33	DIYA SANJAY TEKADE	<u>Diya.</u>
34	KHUSHBOO BASANT KOTARIYA	<u>Khushboo.</u>
35	PRACHEE DHAMMPAL AGLAVE	<u>Prachee.</u>
36	REHAN VINOD BAGDE	<u>Rehan Bagde.</u>
37	PRANJALI RAJA KAMDE	<u>Pranjali.</u>
38	ANJALI RAJU BAGDE	<u>Anjali Bagde.</u>
39	THOMAS ARJUN MESHRAM	<u>Thomas.</u>
40	PRANITA IJILAL MARASKOLHE	<u>Pranita.</u>
41	SANKALP MOHANLAL RAMTEKE	<u>Sankalp.</u>
42	MANASVI AMAR DHANDAR	<u>Manasvi.</u>
43	PRAVIN JANARDHAN TARPE	<u>Pravin.</u>

44	DEVSHREE SUBHAS HALGE	<u>Devshree</u>
45	DEEPALI SUNIL REWADE	<u>Deepali</u> ...
46	KANAK ABHAY SHENDE	<u>Kanake</u>
47	JASPREET KAUR SAMARJEET SINGH CHANIANA	<u>Jaspreet</u>
48	JIYA MANGESH BARAPATRE	<u>Jiya</u>
49	SAGRIKA SURENDRA MATEL	<u>Sagrika</u> .

Feedback



IQAC Coordinator
Science College,
Congress Nagar Nagpur



Principal
S. S. E. S. Amravati's
Science College, Nagpur.