



# SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY  
(UGC & AICTE Approved) Gurugram, Delhi-NCR

Department of Nutrition and Dietetics

Faculty of Allied Health Sciences

To,  
Dr. Jasjeet Singh Wasir  
Director  
Division of Diabetes and Endocrinology  
Medanta, The Medicity  
Gurugram

Dear Sir,

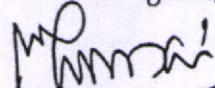
We feel happy to invite your good self as an Expert Speaker to one-day Seminar cum Workshop on **"Diabetes: Education to Protect Tomorrow"** being organized by the Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, SGT University, Gurugram on 14<sup>th</sup> November, 2022, Monday in order to observe World Diabetes Day.

Diabetes is a long term condition, caused by too much glucose in the blood. Every day in the world, one person dies of diabetes related cause and two people are diagnosed with diabetes. This year this day is aimed at focusing providing education regarding a fit and healthy lifestyle for people who have a condition or who may be at risk of acquiring it.

This seminar will highlight the need for better access to quality diabetes education and to understand how to carry out daily self care essential to stay healthy and avoid complication. The importance of the subject attaches great significance because it relates to human health.

We look forward to your expert lecture and confirmation for one-day seminar cum workshop.

With kind regards,

  
Dr. M. Ejaz Hussain 9/11/22

Dean,  
Faculty of Allied Health Sciences  
SGT University, Gurugram

  
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SGT University, Gurugram





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Gurugram, Delhi-NCR

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**Department of Nutrition & Dietetics**

**Faculty of Allied Health Sciences**

**On the Occasion of World Diabetes Day 2022**

**Organizes a Seminar cum Workshop on  
Theme: “Diabetes: Education to Protect Tomorrow”.**

**Date, Time, Venue**

Date: 14<sup>th</sup> November, 2022

Time: 09:30 AM Onwards

Venue: B-block T.V. studio 3<sup>rd</sup> floor

Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, SGT University has organized a Seminar cum Workshop on “Diabetes: Education to Protect Tomorrow” on 14<sup>th</sup> November, 2022 on the occasion of World Diabetes Day 2022

  
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**E Brochure-**

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SGT UNIVERSITY

**Faculty of Allied Health Sciences**  
(Department of Nutrition & Dietetics)

organizes

Seminar cum Workshop on

## “DIABETES: EDUCATION TO PROTECT TOMORROW”

on the occasion of  
**WORLD DIABETES DAY**



*Seminar cum Workshop*

Expert Panel



**Dr. Jasjeet Singh Wasir**  
Director  
Division of Diabetes and Endocrinology  
Medanta, The Medicity



**Ms. Rekha Raheja**  
Food Choreographer and  
Culinary Medicine Consultant



**Dr. Pooja Anand**  
Dean  
PGPT, SGT University

Mon., 14<sup>th</sup> November, 2022 | 09:30 AM Onwards

Venue: I.V. Studio, Dental Building, D - Block, 3rd Floor

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Wonder Grains  
-Miracle Millet

## WORKSHOP

On  
**MILLETS: THE MIRACLE FOODS**

Is organised by

**Faculty of Allied Health Sciences**  
(Department of Nutrition & Dietetics)



Workshop Expert :

**Ms. Rekha Raheja,**  
Food Choreographer & Culinary Medicine  
Consultant



This workshop is open for all courses &  
Certificates will also be provided to the  
registered students.

The registration fees is Rs. 100/- only.

Hurry up guys!!!

Grab your seats before it's too late.

**Venue :** D Block, Nutrition Lab (room no. 210)  
14 November 2022, Monday  
2 PM Onwards  
**\* Contact :** 7037910769 (Manal Yadav)  
7494690183 (Tanu)

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## Brief Profile of Speaker:

**Dr Jasjeet Singh Wasir, Director, Division of Diabetes and Endocrinology, Medanta, The Medicity.** He has done his medical training from prestigious institutes, including All India Institute of Medical Sciences (AIIMS), Maulana Azad Medical College (MAMC) and University College of Medical Sciences (UCMS).

He is a new age metabolic physician, with his core expertise and excellence, in all forms of diabetes, including managing the very complex and complicated patient profiles like post-transplant diabetes, obesity, thyroid disorders, PCOS, fatty liver disease, lipid/cholesterol disorders, and insulin resistance/metabolic syndrome.

With his ethos of a patient centric approach, keen interest in advanced diabetes technologies and newer/novel therapeutics, his team leads in providing advanced diabetes care with equaled compassion.

Dr Jasjeet along with the team, have developed one of the very reputed and well respected in-hospital/in-patient diabetes management protocols at Medanta.

He has over two decades of rich clinical experience.

Awarded with the recent Strategic Center for Obesity Professional Education (SCOPE) certification by the World Obesity Federation (internationally recognised certification in obesity management, recognised by more than 50 national associations globally) he is spearheading the 'Weight Management for Health' program, in its development and realization.

Pursuing his passion for clinical teaching he has successfully mentored young doctors and diabetes educators, as teaching faculty/course director, through the Certificate Course in Evidence Based Diabetes Management (CCEBDM; PHFI), the MEND Diabetes Educator Courses and the CARDIABECON society.

He has authored and co-authored numerous research articles in high impact medical journals, and has presented his research work at numerous international and national conferences.

His contributions and expertise in the field public education are very evident from his social media, print media and television/radio event

**Ms. Rekha Raheja**, Food Choreographer and Culinary Medicine Consultant. She is a Food Choreographer and Culinary Medicine Consultant and wife of a retired military doctor. She

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provides food and lifestyle related advice based on Ayurveda and Siridhanya principles. Since her early days she has a knack of grasping and adopting food practices of her mother and grandmothers. Her strength lies in understanding the ancient science of using food for therapeutic purposes and simplifying it for the modern Indian palate. She is deeply inspired by the works of Dr. Khadar Vali in the field of millets and their immense health benefits. In the past 4 years she has adopted a millets-based diet for herself, her family, and her clients. She has been instrumental in helping patients suffering from a wide range of illnesses like cancer, IBS, diabetes, kidney failure, and many others manage their symptoms and live a healthier, more energetic lifestyle only through the usage of a proper diet. She has refined and curated many dishes from Millets to make it more popular for the modern palate. For her valuable contribution towards promoting millets as a part of the Eat Right India movement by FSSAI she has been felicitated by FDA and invited by “She The People” to write regularly for their online magazine on the benefits of millets.

**Dr. Pooja Anand**, She is working as Professor and Dean at Faculty of Physiotherapy, SGT University. Ph.D. from Manav Rachna International Institute of Research and Studies in the field of Sports Physiotherapy, has passed master of Sports Physiotherapy (MSPPT) from Guru Nanak Dev University, Amritsar and Bachelor of Physiotherapy (BPT) from Rajiv Gandhi University. Was rank holder throughout academic records. A member of Indian Association of Physiotherapy and Indian Association of Sports Medicine. She has participated in collaborative research program under scholarship scheme by University of Tsukuba, Japan sponsored by Japanese Government.

**Organizers:** Department of Nutrition and Dietetics, Faculty of Allied Health Sciences.

**Report of the Webinar/ Event / FDP Program:**

- a) **Introduction:** SGT University provided a golden opportunity to the students of undergraduate and postgraduate to participate in **Seminar cum Workshop** organized by the Department of Nutrition & Dietetics, Faculty of Allied Health Sciences, coordinated by the Dr. Jyoti Goyat. It was conducted on 14<sup>th</sup> November at B-block T.V. studio 3<sup>rd</sup> floor. The main objective of the event was to spread awareness and empowering students about the prevention and management care of diabetes. The seminar cum workshop

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entitled “Diabetes: Education to Protect Tomorrow” was began by Sarasvati vandana and by lighting of lamp by the dignitaries. The Head of Department, Dr. Barkha Bhatnagar gave the welcome address and Dean Physiotherapy, Dr. Pooja Anand has given the opening speech. Our honorable guest Dr. Jasjeet Singh Wasir, Director of Division of Diabetes and Endocrinology of Medanta Hospital, Gurgaon enlightened students on the topic “The truth- Prevention and Reversal of type 2 Diabetes? Ms. Rekha Raheja, Food Choreographer (Culinary Medicine Consultant), gave a lecture on “Culinary uses of miracle food millets”. After the prevention and management lectures on diabetes, Dr. Pooja Anand, Dean FPHY, SGT University has emphasized the “Role of Exercise in Management of Diabetes.” The Seminar was successfully completed with the vote of thanks by Dr. Jyoti Goyat. The workshop on “Millets: The Miracle Food” was headed by Dr. Rekha Raheja post lunch and vote of thanks was adorned by the presence of Prof. M. Ejaz Hussain, Dean Faculty of Allied Health Sciences.

- b) Objective of the webinar/ Event / FDP: The major objective of the event was to empower the students with the understanding of prevention and management of diabetes.
- c) Brief content of lecture- Dr. Jasjeet Singh Wasir, enlightened the participants by bursting up the myths on the truth of prevention and reversal of diabetes. Ms. Rekha Raheja, addressed the need of millets in the prevention and management of diabetes. She explained the importance of basic five millets in all stages of life. Dr. Pooja Anand, Dean, FPHY educated the students with the vital role of exercise in the prevention of diabetes and how exercise is important for living a healthy lifestyle. The Seminar was graced by another eminent personality Dr. Umendra Dutt, Executive Director at Kheti Virasat Mission (The Movement for Natural farming & ecological restoration of Punjab based at Jaitu, Faridkot.) He shared his beliefs with the participants about Ecological Spiritualism. Students enthusiastically participated in the Q/A round. The seminar was successfully ended on good note. Post Lunch, The Workshop on “Millets: The Miracle Food” was conducted by Ms. Rekha Raheja, Food Choreographer (Culinary Medicine Consultant). She demonstrated the preparation of various millet recipes. And addressed the doubts and queries of participants.

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d) Screenshots of Webinar/ Picture of Event: *Good quality picture with regenús is mandatory*



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## e) Feedback Forms

### Event Feedback Form

Date of the event-	14/11/2022
Name of the Event-	Seminar Cum Workshop
Organizer-	Department of Nutrition & Dietetics, FAHS, SGT University
Guest Speaker-	Dr. Jasjeet Singh Wasir, Ms. Rekha Raheja and Dr. Pooja Anand.
Name of Participant-	
Designation-	
Mail ID-	
Phone No-	

Evaluate Event on the basis of criteria below-

	Poor	Average	Good	Very Good	Excellent
Interesting					
Relevant to you					
Inspiring					
Interactive					
Value for time					
Session compared to your expectations					
Overall experience					

Total Number of Participants- 80

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REGISTRATION - DETAILS (14<sup>th</sup> Nov. 2022)

## Seminar cum Workshop on World Diabetes Day

Name	Registration no.	Courses	Signature
Yogita	220538001	MND	
Sapna	220538002	MND	
Tanu	220538003	MND	
Mansi Yadav	220538004	MND	
Purvi Gupta	220538005	MND	
Nisha	220538006	MND	
Akansha Bhardwa	220538007	MND	
Aarzo	220538008	MND	
Nishtha	220538009	MND	
Varshika	220538010	MND	
Bhawna	220538011	MND	
Anmol	220538012	MND	
Tripti	220538013	MND	
Nitisha	220538014	MND	
Bhawana	220538015	MND	
Saurab Arya	220538016	MND	
Dikhsha	220538017	MND	
Mahak	220538018	MND	
Anam		MND	
Rashmi		MND	
Mansimar	210538001	MND	
Cheshtha	210538002	MND	
Muskan	210538003	MND	
Mahima	210538004	MND	
Aastha	210538005	MND	
Vandita	210538007	MND	
Akansha	210538008	MND	
Preeti	210538009	MND	
Priya	210538010	MND	
Divyakshi	210538011	MND	
Nidhi	210538012	MND	
Himani Yadav	210538013	MND	
Simon	210538014	MND	
Rishi	210538015	MND	
Chitra	210538016	MND	
Vanshika	210538017	MND	
Mansi	210538018	MND	
Darvi	210538019	MND	
Nisha	200525001	BND	
Mohini	200525002	BND	
Akansha	200525003	BND	
Simran	200525004	BND	
Mona	200525005	BND	
Bhawika	200525006	BND	
Anchika	220525001	BND	
Deepanshu	220525002	BND	

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Mhaa		
Rakhi	220525003 BND	Hrus.
Nikita	220525004 BND	Sakhi
Shruti	220525005 BND	Nikita
Suhanl	220525006 BND	Shruti
Vindiya	220525007 BND	Suhani
Pranjali	220525008 BND	Vandya
Suhani	220525009 BND	Pranjali
Nidhi	220525010 BND	Suhani
Sakshi	220525011 BND	Sakhi
Rajat	220525012 BND	Sakhi
Nitin	220525013 BND	Rajat
Surya	220525014 BND	Nitin
Vipin	220525015 BND	Surya
Supriya	220525016 BND	Vipin
Prerna	220525017 BND	Supriya
Divya	210525002 BND	Prerna
Geetanjali	210525003 BND	Divya
Simran	210525004 BND	Geetanjali
Jagmeet	210525005 BND	Simran
Vishruti	210525006 BND	Jagmeet
Vanshika	210525007 BND	Vishruti
Kiran	210525008 BND	Vanshika
Vanshita	210525009 BND	Kiran
Sumaiya	210525010 BND	Vanshita
	210525011 BND	Sumaiya

Total No. of Students in Dept. of Nutrition & Dietetics = 72

Total NO. of Students Registered for Workshop = 71

Per Student Registration Charges - 100

71 registrations = 7100/-

*Gayatri*

Dr. Jyoti Gayatri

Event Coordinator

*Barkha*

Dr. Barkha Bhatnagar

Professor & Head

Nutrition & Dietetics  
FAHS.

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## Copy of E certificate for participants:



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S.No: SGTU/...../2022

## Certificate of Participation

This is to certify that Mr./Ms. \_\_\_\_\_  
of \_\_\_\_\_ has successfully participated  
in a seminar cum workshop on "Diabetes: Education to Protect Tomorrow"  
organized by the Department of Nutrition & Dietetics, Faculty of Allied Health Sciences  
on the occasion of "World Diabetes Day"  
held on 14th November, 2022 at SGT University, Gurugram, Haryana, India.

 Prof. M. Ejaz Hussain Dean, FAHS SGT University	 Dr. Barkha Bhatnagar HOD Nutrition and Dietetics SGT University	 Dr. Jasjeet Singh Wasir Director Division of Diabetes and Endocrinology Medanta, The Medicity	 Ms. Rekha Raheja Food Choreographer & Culinary Medicine Consultant
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