



SHAHEED RAJGURU COLLEGE OF APPLIED SCIENCES FOR WOMEN

(UNIVERSITY OF DELHI)

NAAC "A+" Grade / NIRF Ranking: 36



DEPARTMENT OF BIOCHEMISTRY

"Innovation is our tradition"

&

PHYSICAL EDUCATION AND SPORTS SCIENCES

under the aegis of IQAC

invites you

TO THE ANNUAL TECH FEST

ELIXIR'23 - TRADITION TO TREND

Day 1 | - 16/01/2023

Inauguration	10:30 AM	(SRG)
Talk Session 1	11:00 AM-12:00 PM	(SRG)
Talk Session 2	12:00 -1:00 PM	(SRG)
Vichaarkosh 3.0		
Poster Presentation Competition	2 PM Onwards	(LT-B1)

Day 2 | - 17/01/2023

Welcome of Guest	10:30 AM	
Talk Session	11:00 AM- 12:00 PM	(SRG)
Surya Namaskar	12:30PM onwards	(Basement yoga & aerobics area)
Fastest Jester First	2:00 PM onwards	(SRG)

Convener

Dr. Sadhna Jain
(Biochemistry
department)

Co-convener

Dr. Bimla Pawar
(Physical education
department)

Organising team

Faculty (Biochemistry
department)

Reach us at

vinculum@rajguru.du.ac.in



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Presents

ELIXIR'23 - TRADITION TO TREND "TALK SESSION"

DAY 1- 16.01.2023| 11 AM ONWARDS| SRG-G



AYURGENOMICS: BRIDGING THE TRADITION OF HOLISTIC HEALTHCARE WITH MODERN APPROACHES OF PRECISION MEDICINE

Ms. DEEP SHIKHA PUNERA

Time: 11.00 a.m-12.00 p.m

Senior Research Fellow at Ayurgenomics, TRISUTRA unit at CSIR-IGIB; March, 2019 - Present. Previously Senior Research Fellow at CCRAS Headquarters.

STRENGTH OF TRADITIONAL HEALTH SYSTEM I.E. AYURVEDA IN THE PRESENT ERA

Dr. SAKSHI SHARMA

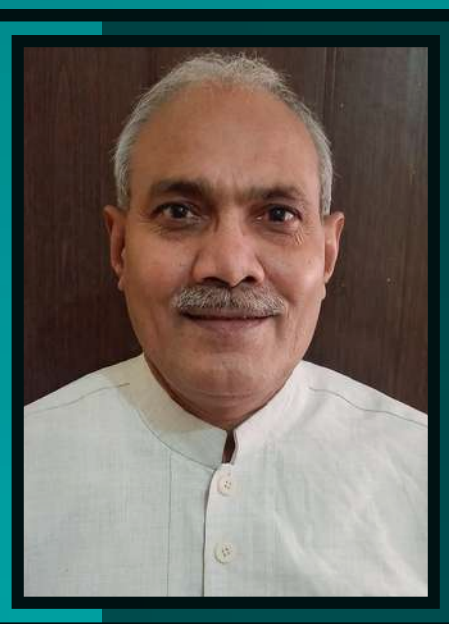
Time: -12.00 p.m -1.00 p.m

Research Officer (Ayurveda)

Central Ayurveda Research Institute, New Delhi



DAY 2- 17.01.2023| 11 AM ONWARDS| SRG-G



ROLE OF YAMA AND NIYAMA IN DAILY LIFE

Dr. J.P. SHARMA

Time: 11.00 a.m-12.00 p.m

Indira Gandhi Institute of Physical Education & Sports Sciences (University of Delhi)

Registration link : <https://forms.gle/aQwnFRVjtYyPdY7z5>

Convenor

Dr.Sadhna Jain

(Biochemistry Department)

Co-Convenor

Dr.Bimla Pawar

(Physical Education Department)

Organizing Team

Faculty (Biochemistry Department)

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For further queries, contact us:

Saumya Anand 8287235394

Arisha Siddiqui 7088382471



biochemistry_srcasw