

NATIONAL SEMINAR
ON
**SUSTAINABILITY IN HEALTH AND WELL BEING:
PROSPECTS, ISSUES AND CHALLENGES**

MARCH 18-19, 2023



Organized By

Department of Home Science
P.N.G. Govt. P. G. College Ramnagar
(Nainital)- 244715, Uttarakhand



Sponsored By

**Indian Council of Social Science Research (ICSSR)
New Delhi**

Submitted by:

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CONTENTS

- Acknowledgement
- Background of the seminar
- Objectives of the seminar
- Details of dignitaries on dais
- Brief report of the seminar including Technical Sessions
- Contribution of seminar to existing research body
- Concluding remarks
- Photographs of seminar
- Transcripts of Keynote speech and invited talks
- List of participants
- List of paper presenters/ Schedule of the seminar

ACKNOWLEDGEMENT

The successful completion of the TWO-DAY NATIONAL SEMINAR on SUSTAINABILITY IN HEALTH AND WELL BEING: PROSPECTS, ISSUES AND CHALLENGES is made possible only due to Indian Council of Social Science Research (ICSSR), New Delhi. Firstly, I deeply acknowledge all due financial assistance and support received from NIS division ICSSR, New Delhi for organizing seminar.

I intensely acknowledge the research contribution of academicians and scholars as participants as well as the assistance and guidance obtained from numerous sources. I would like to avail this opportunity to express my sincere thanks and gratitude to all of them.

I acknowledge and appreciate everyone who has been the source of inspiration during the course of seminar with the deepest gratitude I can muster. I am extremely obligated to offer my heartfelt and sincere phrases of thanks with innate humility to Prof. M. C. Pande, Principal, P.N.G. Government Post Graduate College Ramnagar, Nainital, Uttarakhand who has been a constant source of support and encouragement. I express my gratitude to Prof. Aneeta Joshi for her invaluable help from the beginning to the end of seminar. I convey my sincere thanks to Dr. Yogesh Chandra for his immense help during the course of organizing seminar.

I am highly indebted to our parents and friends for their affectionate moral support received throughout. My heartfelt thanks are extended to all the well-wishers and all those who have contributed directly or indirectly for seminar and completion of this report.

Dr. Nivedita Awasthi
Convener, National Seminar

1. BACKGROUND OF THE SEMINAR

Ensuring healthy lives and promoting well-being at all ages is essential to sustainable development. Health systems are fundamental to achieving and maintaining societal health and welfare, and are key factors for development and economic growth of the nation. An environmentally sustainable health system would improve, maintain or restore health, while minimizing negative impacts on the environment and leveraging opportunities to restore and improve it, to the benefit of the health and well-being of current and future generations. Beyond its intrinsic value, the environment contributes to social well-being by providing the natural resources and ecosystems services that fuel economic development and enable the achievement of wealth. Environment from energy consumption, greenhouse gas emissions, disposal of toxic chemicals and waste produced. Fostering environmental sustainability in health systems can provide measurable benefits and opportunities in terms of health protection and promotion, financial savings and improved efficiency, increased community resilience and social capital, and reduced environmental risks. Lack of knowledge, awareness, organizational views and practices on environmental sustainability, regulations, compliance and governance can act as barrier to adoption of environmentally sustainable practices in health systems. Cultural and psychological barriers: diffusion of responsibility and moral offset of being a health personnel evidently hinder the adoption of sustainable practices as well.

Sustainable development is a series of 17 interconnected global goals established by United Nations General Assembly in 2015, aimed to be realized by 2030. Among these, SDG-3 aims to ensure healthy lives, healthy living conditions and promote well-being for all people, at all ages. Ensuring healthy lives and promoting wellbeing is very important for achieving and maintaining social health and welfare, as well as for the development and prosperous societies in the country. A health system that is ecologically sustainable can enhance, preserve, or repair health while avoiding negative effects on the environment and grabbing opportunities to improve and restore it for the benefit of present and future generations.

Although, knowledge is gradually increasing on environmental impacts of health system and benefits of promoting sustainable practices; still there is a knowledge gap among populace. Despite the caveats, health systems have an undeniable impact on environment. In context of wider pressures on environment and resource scarcity, need arises for pursuing environment sustainability in health and wellbeing.

2. OBJECTIVES OF THE SEMINAR

To address the issue of sustainable health and well-being and to explore future prospects, issues and challenges associated with the topic, a two-day national seminar, sponsored by Indian Council of Social Science Research (ICSSR), New Delhi on “**Sustainability in Health and Well-Being: Prospects, Issues and Challenges**” was organized on march 18-19, 2023 by the Department of Home Science, P.N.G. Government Post Graduate College Ramnagar (Nainital) Uttarakhand with the following objectives:

- To provide an opportunity to interact, learn and expand our knowledge regarding environmental sustainability in health and wellness.
- To discuss the possible future prospects of sustainability in health and well-being.
- To promote effective individual, societal and possible institutional practices aimed to save our planet and to ensure sustainable health and well-being for all for all ages as well.
- To sensitize and bring renewed awareness about various aspects of sustainability of environment, health and social well-being, drug abuse, health care system, concept of holistic health and yoga as well as psychological practices to acquire sustainable health and well-being.

- To explore and analyze various health services, health care programs run by government, their governance policies and to advance infrastructural changes and innovative practices required.
- To explore the future prospects of researches possible in the area of sustainable health, sustainable diet and sustainable environment and society as well.
- To conclude and explore innovative ideas and develop new strategies for fostering sustainability in health and well-being.
- To infer useful directives, helping us to achieve sustainable health and well-being as well as to save our planet.

3. DETAILS OF DIGNITARIES ON DAIS

Chief Guest:	Prof. C.D. Suntha Director Higher Education, Uttarakhand
Chairman:	Prof. M.C. Pande Principal P.N.G. Govt. P. G. College Ramnagar, Nainital, UK
Special Guest:	Shri Kalyan Singh Maiti (Padamshri) Founder of Maiti Andolan Environmentalist, Dehradun, Uttarakhand
Key Note Speaker:	Prof. Rita Singh Raghuvanshi Retd. Dean College of Home Science G.B. Pant Univ. of Ag. & Tech. Pantnagar, US Nagar, UK
Resource Person 1	Prof. N.L. Sharma Retd. Dean, Faculty of Commerce M.J.P. Rohilkhand University, Bareilly, UP
Resource Person 2	Prof. J.K. Pundir Retd. Professor, Department of Sociology Ch. Charan Singh University, Meerut, UP
Convener	Dr. Nivedita Awasthi Convener, National Seminar Department of Home Science P.N.G. Govt. P.G. College Ramnagar Nainital, UK

4. BRIEF REPORT OF THE SEMINAR

A brief report of the seminar is as follows:

The two-day national seminar was organized in seven sessions including inaugural session, technical session I, II, III, IV, V and valedictory session subsequently. Technical sessions were comprised of invited talks from resource persons followed by paper presentations. In all, eighty-eight papers were selected and presented from a total of one hundred-seventeen papers received from participants belonging to various institutions from different parts of the country.

Brief Report of Inaugural/Technical Sessions

March 18, 2023 (SATURDAY)

On the First day, there were three sessions; Inaugural session in before lunch followed by Technical Session I and II running parallel in Seminar Auditorium and Smart Class Room No.-60 in Science Block scheduled in after lunch program.

A. Inaugural Session (March 18, 2023; 10:00 am-01:10 pm)

The inaugural session got started at 10:00 am with inviting honorable guest dignitaries on Dais. The inaugural session of the seminar began with the enlightening of lamp and Saraswathi Vandana. Guests were felicitated with green plants, mementos and shawls by the welcome committee inclusive of senior professors of the institution.

Prof. M. C. Pande, Chairman of the seminar (The Principal) gave a welcome address and welcome to all the dignitaries of the dais, guests off the dais and participants in seminar hall. He thanked the ICSSR for extending its support in organizing this seminar. He emphasized the significance of sustainability in health and wellbeing as an emergent need for the sake of overall national and societal development of the country in sustainable manner.

The chief guest Prof. C.D. Suntha, Director Higher Education Uttarakhand addressed the guests and participants; conveyed his best wishes for the success of seminar and appealed to the faculty members, researcher and students to spread the beneficial outcomes to the common people of society. He stated that this seminar would be an attempt to learn and discuss about sustainable health and well-being. He showed his strong belief that the deliberations at the seminar would help us all to understand, analyze the issues related to sustainability in health and well-being in a critical manner and to lay-out strategies and individual behavioral practices for approaching towards achievement of sustainable development.

Then after, with a very brief welcome note, Dr. Nivedita Awasthi, Convener of the seminar highlighted aims and objectives of the seminar. She stressed some of the relevant-alarming statistics related to environment and health sustainability and its impact on human health. She also presented brief outline of the seminar followed by briefing of the technical sessions planned.

In continuation, the Special Guest, Padmashri Shri Kalyan Singh Maiti, Environmentalist and Founder of Maiti Andolan deliberated his talk on “**Environment Conservation and Sustainable Health**”. He outlined the contribution of Maiti Andolan to environment sustainability and conservation of natural resources. He also motivated the audience to root a plant on every important occasion in our lives to combat the issue of deforestation, air pollution, loss of biodiversity and global warming.

Then after, the Keynote Address entitled on “**Sustainable Development: Sustainability, Prospects, Issues and Challenges**” was delivered by Dr. Rita Singh Raghuvanshi, Honorary Retd. Professor, G.B. Pant University of Agri. and Tech. Pantnagar, U.S. Nagar, Uttarakhand. She explained the core theme of the seminar. She described the meaning of sustainable

development goals along with the concept of needs and idea of limitations imposed by the state of technology and social organization on the environment's ability to meet present and future needs in detail and about its significance and necessity for national development and social well-being as well. She also discussed about the Environmental Challenges to Sustainability like Climate change, Natural resource use, Waste production, Water pollution, Deforestation, Ocean acidification, Air pollution, Loss of biodiversity, Land-use change and Plastic pollution. She specially focused on social issues- namely Poverty, Lack of health services, Hunger and malnutrition, Poor living conditions, Unfair labor practices, Poor health and Poor work environment. Various strategies for fostering sustainability in health were elaborated by her. She brought forward the concepts of sustainable diet and dietary practices with low environmental impacts as a key, contributing to food and nutrition security and healthy lives for present and future generations.

On this occasion, a souvenir of the seminar was also released by the honorable dais.

After the thought-provoking keynote speech, the session was followed by the resource address by Prof. N. L. Sharma and Prof J. K. Pundir. They delivered their invited talks on **“Sustainable Economic Development”** and **“Sustainable Health and Society”** respectively. Prof. Pundir emphasized that sustainable health and well-being should be society oriented towards the goal of achieving sustainably healthy society.

During this session, the theme **“Unsung Freedom Fighters of India”** was made renowned through a video presentation by Mr. Diwakar Mohan Pathak, Research Scholar, Department of History, P.N.G. Govt. P.G. College Ramnagar, Nainital to celebrate Azadi ka Amrit Mahotsav. In this video, the bold and unsung contribution of Tulsi Devi Rawat, Amar Shaheed Deevan Singh Bisht, Parmal Singh Hyanki, Sarla Bahen and Trilok Singh Pangti to freedom struggle of India was elaborated.

At last, session ended up with a vote of thanks by the Convener Dr. Nivedita Awasthi. She thanked the key note speaker, resource persons, guests, participants and organizing committee and other allied committees for their worthy presence, contributions and their collective efforts as well.

B. Technical Session I:(March 18, 2023; 02:00pm -04:30pm)

The chaired panel for this session was as follows:

Chair: Prof. S. S. Maurya
Co-Chair: Dr. Suman Kumar
Rapporteur: Dr. D. N. Joshi

Invited Talk 1: Public Health, Nutrition and Sustainability

Prof. Lata Pande
Head, Dept. of Home Science
D.S.B. Campus, Kumaun University Nainital, UK

The session started with an invited talk by Prof. Lata Pande on Public Health, Nutrition and Sustainability. She initiated her talk with the concept of Public Health and Nutrition. She discussed Health Care Delivery System, Employer’s Business, Media, Academia, Govt. Public Health Infrastructure and Community Practices in detail for assuring population health. Along with the basic concept of balanced and healthy eating, she also conferred poor dietary patterns and sedentary life style, physiological and psychological stress, alcohol and drug abuse, food insecurity and high prevalence of malnutrition as major nutrition challenges to achieve holistic health. She related how healthy diet and proper nutrition lay foundation for the sustainable growth of society. She meticulously marked how different diet systems affect individual health and their impact on society and environment.

The first technical session on day one of the seminar had papers related to the theme of sustainability and mental health. There were eighteen papers selected for presentation. Prof.

Aparajita presented the research paper on Mental Health: An Alarming Aspect, where she highlighted the significance of mental health of the people in a society. Dr. Sonali Kartik presented her paper “Impact of Parenting Styles on Mental Health and Well-being of Children” where she discussed the changing dimensions of parenting in Indian society and how it has impacted the mental health and well-being of children. Vivek Arya presented how adolescent girls grow and get conditioned mentally through emotional intelligence variables and how their well-being should be considered a constant in his paper “Study of Correlation between Emotional Intelligence & Well-being of Adolescent Girls”.

Lots of questions were asked at the end. This session ended with a plenary speech by the chairperson Prof. S.S. Maurya followed by concluding remarks by the rapporteur Dr. D.N. Joshi.

C. Technical Session II: (March 18, 2023; 02:00pm -04:30pm)

The presentation theme for this session was Sustainability and Society. The chaired panel for this session was as follows:

Chair: Prof. G.C. Pant
Co-Chair: Dr. Bhawna Pant
Rapporteur: Dr. Prakash Bisht

Invited Talk 2: Gender Equality and Sustainable Development of Society

Dr. Deepak Paliwal
Associate Professor
School of Social Sciences
IGNOU, New Delhi

The second technical session was which ran parallel to Technical Session I, had paper presentations relating to sustainability with various social and economic factors. There were fifteen papers presented in this session. The session started with an invited talk by Dr. Deepak Paliwal who presented on the topic “Gender Equality and Sustainable Development of Society”. He explained how gender diversity and representation is important for sustainable development of society. Dr. Ipsita Singh presented her paper “Nutrition Programs in India: A Sustainable Approach”, where she discussed that social schemes have better dispensation of welfare when they are decentralized and are made part of community programs. The decentralization is a better tool for persuading overall development of women physically and mentally. Dr Pooran Chandra Pandey related legal rights and their awareness with sustainable and healthy development of society in his presentation of the paper “Public Health and Environment”.

Question answer session was there at the end. Queries arisen from the audience was accepted and made satisfied. This session ended with a plenary speech by the chairperson Prof. G.C. Pant followed by the concluding remarks from the rapporteur Dr. Prakash Bisht.

March 19, 2023 (SUNDAY)

On the second day, there were three sessions; III and IV running parallel followed by the session V session (open Session) in after lunch program scheduled.

D. Technical Session III: (March 19, 2023; 09:30 am-01:00 pm)

The topic for this session was Challenges to Environmental Sustainability. The chaired panel for this session was as follows:

Chair: Prof. J.M.S. Negi
Co-Chair: Dr. Alok Kandari
Rapporteur: Dr. Manoj Nailwal

Invited Talk 3: Challenges to Environmental Sustainability

Prof. Dinesh Chahal
Department of Education
Central University of Haryana

Invited Lecture: Cultural Heritage and Identity (Azadi ka Amrit Mahotsav)

Dr. Sharad Bhatt
Head, Dept. of History
P.N.G. Govt. P.G. College Ramnagar Nainital, UK

Prof. Dinesh Chahal was the invited speaker for this session who presented on the topic “Challenges to Environmental Sustainability”. He discussed meticulously how sustainability can only happen by being in harmony with nature and developing rational sensitivity towards nature is the only way to achieve it. He also stressed on the conservation of forests and water for sustainable future. He addressed to various environmental challenges: climate change, pollution. Ocean acidification, insignificant control on industrialization and migration, deforestation, water crises, waste management and significant increase of plastic worldwide. He seriously talked about the interrelationship of the challenges to sustainable environment and human health.

As per the directions received from ICSSR in Sanction Order, the third technical session on the second day of the seminar had a lecture on “Cultural Heritage and Identity” just after the invited talk to celebrate Azadi ka Amrit Mahotsav. Dr. Sharad Bhatt delivered his lecture on “Cultural Heritage and Identity” where he expressed his analysis of how rejuvenation of culture is significant for marking the growth of a region and how the dynamism of culture gives identity to sustainability of a society. He explained that cultural heritage and identity are neither fixed nor frozen, but it is a complex multilayered entity comprising many dimensions.

This session had twenty research papers that were presented by participants from different colleges. Professor B. M. Pandey, Principal Govt. Degree College Talla Salt, Almora discussed on the evolutionary aspect of society and its impact on mental health. Dr. Abhilasha Kannaujia presented her paper “Challenges of Trending Urbanization in Changing paradigm of Climate Change: A Case Study of Ramnagar Town”. She discussed paradigm shifts in climate because of urbanization, the reasons for the changes and suggested changes. Dr. Vidya Kumari presented on “Latest Technology for Sustainable Health” where she enumerated and analyzed how robotics, artificial intelligence, augmented reality and virtual reality are used in healthcare system to detect problems in human body and explore solutions that were previously obdurately obscure.

The session ended with an open question answer session followed by plenary speech from Dr. J.M.S. Negi and at last, concluding remark by Dr. Alok Singh Kandari.

E. Technical Session IV: (March 19, 2023; 09:45 am -01:00 pm)

The topic for this session was Health Care System and Sustainable Environment. The chaired panel for this session was as follows:

Chair: Prof. R. D. Singh
Co-Chair: Dr. Dev Aashish
Rapporteur: Dr. Akhilesh Bhatt

Invited lecture 4: Health Care System and Sustainable Environment

Prof. Anju Bisht
Professor and Head, Dept. of Home Science
M.B.P.G. College Haldwani, Nainital, UK

Dr. Anju Bisht was the invited speaker for this session who presented on the topic “Healthcare System and Sustainable Environment”. She discussed different healthcare

dimensions among different age groups, the impact of malnutrition and her analysis of how health system is coping with the problem. She highlighted the health care system as the fifth largest emitter of greenhouse gases worldwide. She also discussed about different types of waste- infectious wastes, pathological and chemical wastes, sharps and pharmaceutical wastes, cytotoxic waste and radioactive wastes produced by health care system. During COVID-19 pandemic, volume of medical waste has risen up to 17 percent. She advocated to reduce the demand for health services by adhering to sustainable living with adoption of healthy and sustainable lifestyle.

There were sixteen papers that were selected for the presentation in Technical Session IV. The papers presented in this session were mostly related to the theme “Health Care System and Sustainable Environment”. The projecting papers were “Health and Well-Being: Concerns, Issues and Challenges” presented by Dr. Radha Singh; “Poshan Abhiyan: An Overview on India’s Nutritional status” by Ms. Sarita and Prof. Anumita Agrawal; “Urgency and Challenges faced during Sustainable development in Hilly areas of Uttarakhand” by Bhanu Priya and “Impact of Hazardous Workplace Environment on Worker's Health in the Brass Industry of Moradabad” by Ms. Tabassum Naaz and Prof. Manisha Tewari.

This session ended with question-answer session and a plenary speech by the chairperson Prof. R.D. Singh followed by concluding remarks by the rapporteur Dr. Akhilesh Bhatt.

F. Technical Session V: (March 19, 2023; 02:00pm -03:30pm)

This session was structured to accommodate on spot presentations on any of the sub-themes of the seminar from the inspired candidates who registered on the second day of the seminar. This session was open for all who were willing to present their papers on spot.

The chaired panel for this session was as follows:

Chair: Dr. Suman Kumar
Co-Chair: Dr. M. C. Shukla
Rapporteur: Dr. Mamta Bhadola Joshi

Invited Talk 5: Sustainable Food and Human Health

Dr. Anamika Chauhan
Assistant Professor, Dept. of Home Science
Chaman Lal Mahavidhyalaya Landhaura, Roorkee,
Haridwar,

The session started with an invited talk by Dr. Anamika Chauhan who presented on the topic Sustainable Food and Human Health. She explained how sustainable food system preserves biodiversity and eco-systems. Sustainable food production and environmental stewardship are essential for overcoming the obstacles related with sustainability. She emphasized the call for “One Health strategy”, holding the idea that the wellbeing of people, animals, and the environment are all interdependent; and this strategy can be used to solve the issues of food safety, sustainable food production, and environmental stewardship by bringing interdisciplinary teams together to form a One Health network.

There were twelve papers registered for on spot presentation. The papers presented in this session were mostly related to the theme of the sustainable environment and sustainable development. The prominent papers were presented by Dr. Amit Kumar Verma in his paper “Fabrication of Collagen-based Films with Anti-oxidative and Biodegradable potential from Fish Waste as an Effective Waste management Strategy for Sustainable Environment” focused on processing of fish by-products and its effective waste management. He related the importance of natural bio waste management in sustainable environmental growth. Dr. Preeti Sharma in her paper “Seaweeds: From Therapeutics to its Bio-economic Impact” discussed on the significance of seaweeds as source of unique bioactive compounds. Ms. Lata Kharakwal presented her paper on “Physiochemical analysis of river Lohawati and its surrounding Aquifers in district Champawat and its impact on human health and sustainable

development". She stressed out the possible hazardous impact of chemical toxicity of water from Lohawati River and its surrounding Aquifers on human health in Champawat district of Uttarakhand.

Then after, the participants shared by open discussion and question-answer session. Session ended with the concluding remarks about the presentations, given by Dr. Suman Kumar, Chairperson of the session.

G. Valedictory Session: (March 19, 2023; 03:45 pm-04:30 pm)

The seminar ended with the valedictory session. Dr. Yogesh Chandra, P.N.G. Govt. P.G. College Ramnagar Nainital gave a brief welcome note and seminar report was presented by Dr. Prakash Bisht, Assistant Professor, Department of English. The valedictory address was delivered by Prof. O.P.S. Negi, the Hon'ble Vice Chancellor, Uttarakhand Open University Haldwani, Nainital. He emphasized sustainable health and well-being as the need of the hour to save environment sustainability and to achieve the goal of sustainable development. Human beings are the key driving force for development, hence if we have to develop sustainably, we must need to be sustainably healthy and well. He advocated the need for strengthened as well as sustainable health care system and health services to ensure health for all.

The Best Paper Presentation award in two categories- Faculty and Scholar were awarded to "Nutrition Program in India: A Sustainable Approach" by Dr. Ipsita Singh, Assistant Professor, Dept. of Sociology, Shaheed Khem Chandra Government Degree College, Betalghat and "Analysis of Soil Sample for its Physio-chemical Parameter for Human Health" by Ms. Babita Kandpal, Research Scholar, Department of Chemistry, P.N.G. Govt. PG College, Ramnagar respectively.

The session concluded with the address from Chairman, Principal P.N.G. Govt. P.G. College Ramnagar, Nainital for appreciating the success of the seminar and thanking the Chief Guests as well as resource persons for taking time out of their busy schedule to be with the participants. Valedictory session ended with vote of thanks given by Dr. Nivedita Awasthi, Convener of the seminar. She expressed her sincere thanks and obligation to ICSSR for financial support, the college administration for providing infrastructure, the organizing committee, other allied committees and all those who helped for organizing this seminar.

5. CONTRIBUTION OF SEMINAR TO EXISTING RESEARCH BODY


This National Seminar on "Sustainability in health and wellbeing: prospects, issues and challenges" brought together academicians and research scholars from all over the country to share and exchange ideas to enhance understanding of various issues related to sustainable development, sustainable health and wellbeing, its associated challenges, future prospects and issues related with in reference with national development as well as societal health and wellbeing. We hope that the deliberations at this two-day seminar and exchange of ideas, knowledge, practices securing sustainability and insightful vision developed through discussions and presentations will have proven to be a good learning opportunity as also an intellectually psycho-social motivating experience for all. This will help participants to think more in this direction, to infer innovative research ideas and insights for planning and conducting new-fangled researches in this area.

6. CONCLUDING REMARKS

All the invitees, guests and participants/delegates appreciated the seminar. The seminar was a great success with wonderful attendance and fruitful interactions throughout the sessions. There were one hundred and seventeen papers received prior to the seminar and out of them only seventy-six papers were selected for presentation due to time restraints in four technical sessions. Additionally, there were twelve on spot papers presentations accommodated in session V, showing the interest, enthusiasm and willingness of participants. Such types of

seminars should be organized frequently so that all the teachers/students can be benefitted with the recent progress in various aspects of sustainability and to reinforce adoption of sustainable health practices as well. This type of awakening and sensitizing workshops should also be regularly organized at society levels so that the common people can also be cognizant, motivated and promoted to practice sustainably healthy daily routine to save our planet, sustainable environment well as sustainable health and well-being for all, at all ages.

Submitted by



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PHOTOGRAPHS OF SEMINAR



Inaugural Address by the Chief Guest, Director Higher Education Uttarakhand



Honorable Dais in Inaugural Session on March 18, 2023



Welcome/Felicitation of Honorable Dais





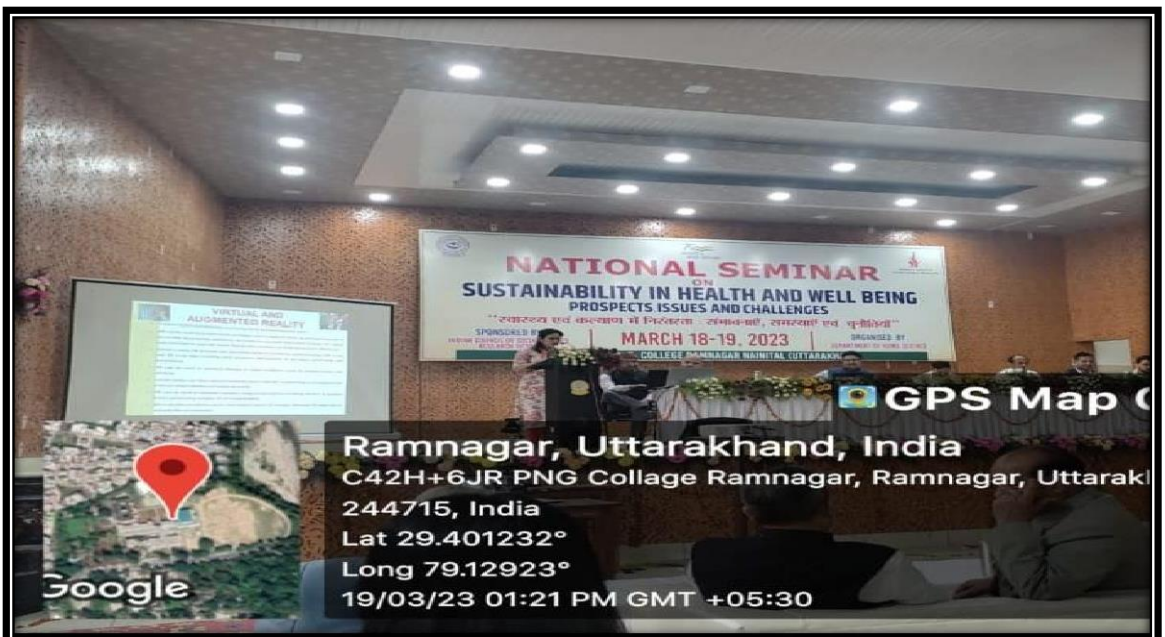
Release of Seminar Souvenir in Inaugural Session



Keynote Speech by Prof. Rita Singh Raghuvanshi



Paper Presentations and Audience/Participants on March 18, 2023



Audience/Participants and Paper Presentation on March 19, 2023



**Valedictory Address by Prof. O.P.S. Negi, Hon'ble Vice Chancellor
Uttarakhand Open University, Haldwani (Nainital)**



Vote of Thanks by Convener in Valedictory Session

Print Media Coverage of Seminar

जलस्रोतों का सूखना भविष्य के लिए खतरनाक : मैती



रामनगर में आयोजित राष्ट्रीय सेमिनार में मंचासीन अतिथि। संवाद

संवाद न्यूज एजेंसी

रामनगर। डिग्री कॉलेज रामनगर में शनिवार को दो दिवसीय स्वास्थ्य एवं कल्याण में निरंतरता, संभावनाएं, समस्याएं एवं चुनौतियां विषय पर राष्ट्रीय सेमिनार का शुभारंभ उच्च शिक्षा निदेशक प्रो. सीडी सूंठा ने किया। इस मौके पर महाविद्यालय को ग्रीन चैंपियनशिप में दो राष्ट्रीय पुरस्कार मिलने पर हर्ष जताया गया। सेमिनार में मुख्य वक्ता जीबी पंत कृषि एवं प्रौद्योगिकी विश्वविद्यालय के प्रो. आरएस रघुवंशी ने डिग्री कॉलेज को ग्रीन चैंपियनशिप में दो राष्ट्रीय पुरस्कार मिलना उपलब्धि बताया। प्राचार्य प्रो. एमसी पांडे ने बताया कि विगत वर्षों में महाविद्यालय को हरित महाविद्यालय के रूप में दो बार राष्ट्रीय पुरस्कार प्राप्त हो चुका है। पद्मश्री कल्याण सिंह मैती ने हिमालयी क्षेत्र में महिलाओं की दयनीय स्थिति और जलस्रोतों

रामनगर महाविद्यालय में दो दिवसीय राष्ट्रीय सेमिनार शुरू

की लगातार कमी को चिंताजनक बताया। उन्होंने पर्वतीय क्षेत्रों में महिलाओं के बेहतर स्वास्थ्य और पर्यावरण के संरक्षण पर जोर दिया। कहा कि देश की जनसंख्या 140 करोड़ पहुंच गई है जिनके लिए ऑक्सीजन, पानी, भोजन के साथ स्वस्थ होना जरूरी है। पहाड़ों में चीड़ के पेड़ों का वैज्ञानिक तरीके से हटाकर वहां बांज समेत फलदार पौधे लगाने चाहिए। सेमिनार का संचालन प्रो. जीसी पंत, डॉ. डीएन जोशी एवं डॉ. कुसुम गुप्ता ने संयुक्त रूप से किया। उद्घाटन सत्र में डॉ. निवेदिता अवस्थी ने भी विचार व्यक्त किए। प्रो. एनएल शर्मा और प्रो. जेके पुंडीर ने स्वास्थ्य के क्षेत्र में सतत विकास की प्रक्रिया को गतिमान करने पर विचार व्यक्त किए।



कार्यक्रम में मंचासीन अतिथि। • अमृत विचार

हिमालयी क्षेत्र की महिलाओं की दयनीय स्थिति पर भी हो मंथन

रामनगर। राजकीय स्नातकोत्तर महाविद्यालय रामनगर में गृह विज्ञान विभाग द्वारा आईसीएसएसआर प्रायोजित "स्वास्थ्य एवं कल्याण में निरंतरता: संभावनाएं, समस्याएं एवं चुनौतियां" विषय पर राष्ट्रीय संगोष्ठी के दौरान पद्मश्री कल्याण सिंह मैती ने हिमालयी क्षेत्र में महिलाओं की दयनीय स्थिति पर मंथन किया। इससे पूर्व उत्तराखंड के उच्च शिक्षा निदेशक प्रो. सीडी सूंठा ने दीप प्रज्वलित कर राष्ट्रीय संगोष्ठी का उद्घाटन किया। मुख्य वक्ता जीबी पंत कृषि एवं प्रौद्योगिकी विश्वविद्यालय पन्तनगर की प्रो. आरएस रघुवंशी ने संगोष्ठी के विषय की प्रासंगिकता पर प्रकाश डाला। महाविद्यालय के प्राचार्य प्रो. एमसी पांडे ने बताया कि विगत वर्षों में महाविद्यालय को हरित महाविद्यालय के रूप में दो बार राष्ट्रीय पुरस्कार प्राप्त हो चुका है। साथ ही मुख्यमंत्री नवाचार योजना के अंतर्गत महाविद्यालय में हिमालयी औषधि ज्ञान केंद्र सफलतापूर्वक कार्य कर रहा है।