



# National Workshop

## Know your Biological Clocks!

*How to rock your health by synchronizing your circadian body clocks with rhythms of the nature?*

Tick tock. Tick tock. Can you hear your biological clock ticking or not? All living organisms have internal biological clocks called circadian rhythms which control everything from when we sleep and rest, body temperature, heart activity, hormone secretion, blood pressure, oxygen consumption, and metabolism. Disruptions in the normal circadian rhythms lead to the dysfunction of metabolic pathways, and may ultimately lead to a number of diseases, including obesity, metabolic syndrome, type-2 diabetes, cardiovascular disease, and cancer. Have you ever wondered that everything in nature follows a pattern? For example, most flowers will bloom in spring and wither away in winter. If human being follows the natural laws and take the advantage of these natural patterns, then they can plan an abundant life of everything. If we follow the biological clocks, then we can have stress free life in 21st century.

This workshop is designed to help layman not only to feel the tick tock of biological clocks but also how to adjust them to changing environmental conditions to have hassle free life. This workshop will provide the participants with an opportunity to have a thorough understanding of meridian channels of biological clock work and take advantage of the appropriate time to take care of their health, the energy free flow and control mechanisms in the body thereby eliminating the majority of diseases. These issues will be discussed from a scientific background but with a focus on the usefulness of daily practice.

### Objectives

- To empower common human being the art of understanding their own clocks
- To demonstrate the natural cycles of the human with reference to circadian clocks
- To gain a better understanding of the link between circadian rhythms and human health and diseases
- To develop tips, tricks and adjustments of biological clock to have hassle free life in changing life styles scenarios
- To make the participants aware about their own chronotype, if they are Lark type or Owl type or Neither type!

**03<sup>rd</sup> & 04<sup>th</sup> February, 2018**

**Venue: Lecture Gallery – I  
Gangadhar Meher University, Sambalpur  
Odisha-768004**

**Hurry! Register at the earliest ...**

Please visit  
[www.gmuniversity.ac.in](http://www.gmuniversity.ac.in)  
for registration

Day 1: Registration	10.00 – 10.30
Technical Session	10.30 – 13.00
Hands on Training	14.30 – 16.30
Day 2: Technical Session	09.30 – 13.00
Hands on Training	14.30 – 16.00
Valediction	16.00 – 16.30

**REGISTRATION FEES INR 500/-**

Payable at HoD Dept. of Professional Studies  
Account Number: 21010110041697  
IFSC - UCBA0002101  
Bank Name: UCO Bank, G.M. University, Sambalpur  
Registration fee may be deposited through NEFT to the above mentioned account

**Who should attend? The workshop is open for all.**

For further enquiries, kindly contact us at  
[rpc@gmuniversity.ac.in](mailto:rpc@gmuniversity.ac.in) (Dr. Manoranjan Mishra, Mob – 7008928640)

Organized by Research Promotion Cell and IQAC, Gangadhar Meher University, Sambalpur