



National Workshop

Know your Biological Clocks!

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

Technical Program

DAY – 1 (03.02.2018)			
0900 – 1000	REGISTRATION		
1000 – 1030	OPENING CEREMONY		
Time	Session	Topic	Resource Person
1030 – 1130	Technical Session 1	Circadian rhythms and beyond – Basics for beginners	AK Pati, Sambalpur
1130 – 1300	Technical Session 2	The prospects for the use of chronotherapy in the management of human diseases: with special reference to cancer	Arti Parganiha Raipur
1300 – 1400	LUNCH BREAK		
1400 – 1530	Hands on Training 1	Chronotyping	Arti Parganiha Raipur
1530 – 1700	Hands on Training 2	Autorhythmometry	Babita Pande Raipur
DAY – 2 (04.02.2018)			
1000 – 1130	Technical Session 3	The interval timer (a non-circadian clock) and its implications	Babita Pande Raipur
1130 – 1300	Technical Session 4	Circannual to circadian - the operation of biological clocks in plants	PK Acharya Sambalpur
1300 - 1400	LUNCH BREAK		
1400 – 1530	Hands on Training 3	Actigraphy	Arti Parganiha Raipur
1530 - 1630	Hands on Training 4	Time (short-interval) perception as a cognitive tool for studying biological clocks	Babita Pande Raipur
1630 – 1700	Valediction		