

IAP PRESIDENTIAL ACTION PLAN 2020
WEST ZONE DIGITAL PEDIWEEK



PASCHIM RANG

पश्चिम रंग

dIAP

PROGRAM ON 15th SEPTEMBER 2020

MORNING TO EVENING



HALL 1 & 2


South Zone Pedicon


Convention Center


Exhibition Arena


Exhibitors


Conference Hall


Schedule


Brochure


Bag (0)


Feedback

Expand Video

Ask a question



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Scientific Program - Hall 1

Date	Time	Details	Subject - Topic	Speaker / Moderator / Expert	Chair Person / Panelists
15.09.2020	Scientific Co-ordinators - Dr. Sunil Sheth, Dr. Shlipa Dudhgaonkar				
15.09.2020	03.00 pm - 03.30 pm		Welcome	Dr. Samir Shah (Convener) Dr. Jayant Pandharikar (Presi., Maharashtra IAP) Dr. Hiren Patel (Presi., Gujrat IAP) Dr. Arvind D'Almeda (Presi., Goa IAP)	Dr. Chandrashekhar Dabhadkar (Organising Chairman)
15.09.2020	03.30 pm - 04.00 pm	Pearls of Wisdom	Vision of Mission IAP	Dr. Bakul Parekh (National IAP President 2020)	Dr. Piyush Gupta, Dr. G. V. Basavraj
15.09.2020	04.00 pm - 04.30 pm	Pearls of Wisdom	Obeisance to Teachers from Whom I Learnt	Dr. Y. K. Amdekar	Dr. Piyush Gupta, Dr. G. V. Basavraj
15.09.2020	04.30 pm - 05.00 pm	Pearls of Wisdom	Empowering Girl Child	Padmashri Dr. Rani Bang	Dr. Uday Bodhankar
15.09.2020	05.00 pm - 05.15 pm	Short Spell	Financial Fitness in COVID Era	Dr. Dhananjay Shah	Dr. Uday Bodhankar
15.09.2020	05.15 pm - 06.15 pm	Panel Discussion	Bugs Known..., Faces Unknown....	Moderator : Dr. Pramod Kulkarni Expert : Dr. Suhas prabhu	Panelists : Dr. Baldev Prajapati, Dr. Pradeep Gujrati, Dr. Ramakant Patil, Dr. Deepa Firke, Dr. Prashant Jadhav

Scientific Program - Hall 2

Date	Time	Details	Subject - Topic	Speaker / Moderator / Expert	Chairperson / Panelists
15.09.2020	Scientific Co-ordinators - Dr. Vishal Raut, Dr. Mangai Sinha				
15.09.2020	03.00 pm - 03.30 pm	WELCOME	(HALL A)		
15.09.2020	03.30 pm - 05.00 pm	HIV	Sensitization on HIV Program	Dr. AK Puri, Dr. Asheber Gyam, Dr. Vimlesh Purohit, Dr. Apurva Chaturvedi, Dr. Khanindra Bhuyan, Dr. Ira Shah, Dr. Mamta Manglani	Coordinator: Dr. Lopamudra Dutta
15.09.2020	05.00 pm - 06.00 pm	Parenting	Parenting: बदलता रूप और बदलती सीमाएँ	Moderator : Dr. Shubhada Khirwadkar, Dr. Nishikant Kotwal	Panelists : Dr. Hemant Joshi, Dr. Rajesh Boob, Dr. Satish Agrawal, Dr. Suchit Tamboli

WEST ZONE DIGITAL PEDIWEEK

PASCHIM RANG (पश्चिम रंग)



PEARLS OF WISDOM

JOIN US FOR A TIMELY AND ENRICHING DISCUSSION WITH,



**Dr. Bakul Jayant
Parekh**



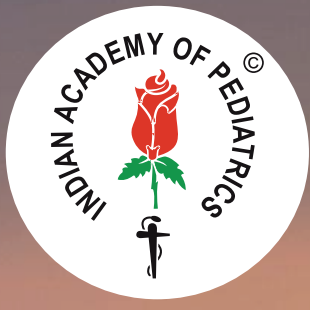
**Dr. Y. K.
Amdekar**



**Padmashri
Dr. Rani Bang**

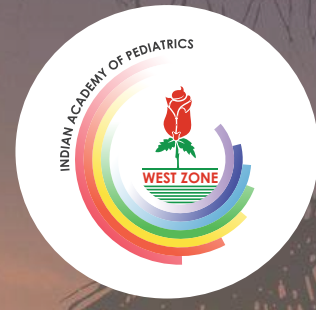
**TUE, 15TH SEPT
3.30 PM – 5 PM**

With warm regards,
DR BAKUL JAYANT PAREKH
NATIONAL PRESIDENT
DR GV BASAVARAJ
HON SECRETARY GENERAL
DR C S DABHADKAR
VICE PRESIDENT- WZ
DR SAMIR SHAH
CONVENOR



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PARENTING

बदलता रूप, बदलती सीमाएँ



SEPTEMBER 15, 2020, 05:00 PM - 06:00 PM

Moderators

Dr Shubhada Khirwadkar
Dr Nishikant Kotwal

Experts

Dr Hemant Joshi
Dr Rajesh Boob
Dr Satish Agrawal
Dr Suchit Tamboli

via

dIAP



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PASCHIM RANG पश्चिम रंग

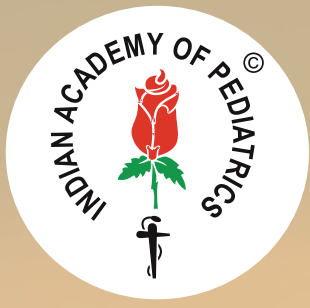
EXPERIENCE WELL BEING THROUGH HEARTFULNESS WAY

15TH - 20TH September 2020
7:00 AM - 8:30 AM IST

15.09.2020	SLEEP A Capsule of Energy
16.09.2020	CHALLENGES IN THE NEW NORMAL
17.09.2020	PRANAYAMA A Key to Good Health
18.09.2020	RESILIENCE BRINGS INNER JOY
19.09.2020	BURNOUT TO BALANCE
20.09.2020	DESIGNING DESTINY The Heartfulness way

heartfulness
wellness



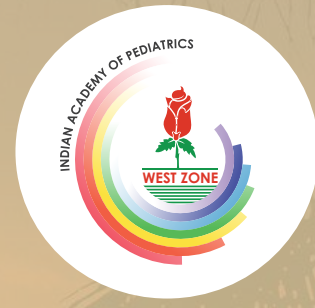


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SPORTS AND WELLNESS ACTIVITIES

15th Sept - 20th Sept . 2020

Sports Coordinator - Dr. Sandeep Dankhade (9881659021)

15th Sept . 2020

1. Plank Challenge (plank hold for maximum time)

Incharges- Dr. Adwait Panat (9922562260) and
Dr. Shreepad Jahagirdar (9822761851)

2. Full depth Pushups (maximum pushups in one min)

Incharge- Dr. Nilesh Pachbudhe (9665436913)

16th Sept . 2020

1. Rapid online Chess (chess.com)

Incharge- Dr. Rohan Bobade (9724072231)

2. Burpees Challenge - Dr. Sushil Rajbhut (9326099217)

(Maximum in 1 minute)

17th Sept . 2020

1. Skipping in one min. Dr Rushikesh Nagalkar (9922445943)

2. Maximum hasyasana in one breath

Incharges - Dr Manisha Kasture (9823436494) and
Dr Laxmi Bhond (8983263233)

Conference registration is mandatory for participation.

**For rules and participation, contact incharges or
coordinator of the respective event.**

Dr Bakul Parekh

CIAP president

Dr G.V. Basavaraja

HSG CIAP

Dr Chandrashekhar Dabhadkar

Organising Chairman

Dr Samir Shah

Convener

Dr. Pravin Gaikwad

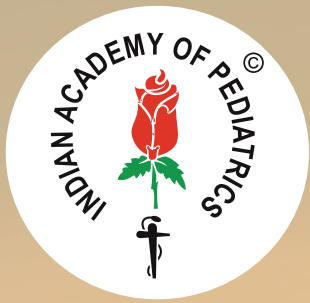
Adviser

Dr. Anurag Katiyar

Adviser

Dr. Sandeep Dankhade

Sports Coordinator (9881659021)

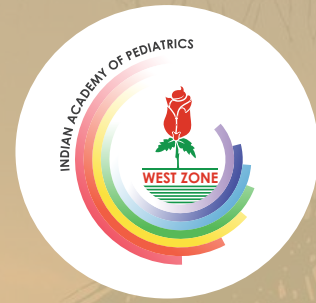


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RULES FOR THE EXERCISE CHALLENGE

1. Perform the challenge on the respective day from 7 a.m. to 11 a.m. and upload before 3 p.m. on the same day.
2. Participants can take part in single or multiple events. No limitations.
3. Record uninterrupted video of the challenge.
4. Register on Google forms on same day before 3:00 p.m. link is given.

Click here to register on google forms.

5. Upload video on Google drive, WhatsApp of respective event incharge or Facebook page "West Zone digital Pediweek. Sports and Wellness.

Click here to open a facebook page.

Full video is needed without editing.

6. Family members of iapians can also participate.
7. Iapians outside the west zone can also participate , but will not be considered for the prizes.

Contact respective event incharges or sports coordinator, West zone digital pediweek 2020, in case of any difficulty.

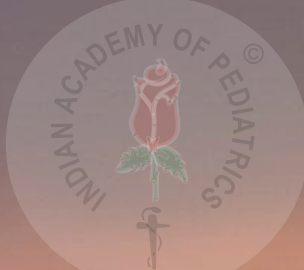
RULES FOR ONLINE CHESS

1. 5 min Rapid chess games will be conducted on chess.com app.
2. Download Chess.com app
3. Link will be shared before the tournament.
4. Tournament will be held for fixed time.
5. Player who has gained maximum points will be declared winner.
6. Interested players should join whatsapp group for further information till 15th Sept. 2020 till 3 pm.

Click here to join whatsapp group for chess competition.

FOUR GROUPS

Men below 45 | Women below 45 | Men above 45 | Women above 45



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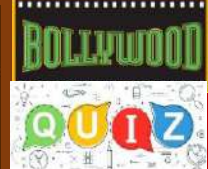
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CULTURAL PROGRAM

15th to 20th September, 2020



15.09.2020

INAUGURATION

08.30 pm - 09.30 pm

Cultural Program from MAHARASHTRA

गर्जा महाराष्ट्र माझा

09.30 pm - 10.30 pm

16.09.2020

PRACTICING PEDIATRICIANS' QUIZ

Quiz Co-ordinator

Dr. Hemant Gangolia

Quiz masters

Dr. Mahesh Mohite & Dr. Chetan Trivedi

08.30 pm onwards

Referee

Dr. Raju Shah, Dr. Girish Subhranian,
Dr. Suhas Prabhu

Scorers

Dr. Manish Mehta & Dr. Anjelica Mehta

17.09.2020

CALM YOGA—Dr. Pramod Jog

08.30 pm - 09.15 pm

Cultural Program from GOA

Goenchim Nekhetra (Goan Stars)

09.15 pm - 10.30 pm

18.09.2020

FITNESS AND REVERSAL OF AGING - Dr. Pravin Gaikwad

08.30 pm - 09.15 pm

Cultural Program GUJARAT

વાગ્યો રે ઢોલ, વાગ્યો કચુંબીનો રંગ

09.15 pm - 10.30 pm

19.09.2020

BOLLYWOOD CHAMPIONS QUIZ

Quiz Co_ordinator

Dr. Hemant Gangolia

Quiz Master

Dr Jay Bhandarkar
Dr Ronak Patel

Scorers

Dr Sunita Ingle
Dr Angelica Mehata

08.30 pm - onwards

20.09.2020

Valedictory

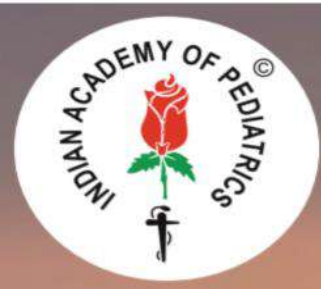
08.30 pm - 09.15 pm

Cultural Program from MAHARASHTRA

चाहिणु थोडा प्यार...

09.15 pm - 10.30 pm





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15th SEPTEMBER 2020

EVENING

08.30 PM TO 09.30 PM

XXXXX



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Cultural Program

गज
महाराष्ट्र
शाजा



By

IAP Maharashtra

Sept. 15, 9.30 pm onwards





OUR SUPPORTERS

Dr.Reddy's 

