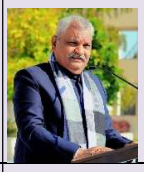
National Seminar on Healthy Aging & Happy Living for Elderly

25th October, 2026
at
Dr. B. Lal Institute of Biotechnology, Jaipur
(6-E, Malviya Industrial Area, Malviya Nagar, Jaipur)
Organized by
National Academy of Medical Sciences-Rajasthan Chapter &
National Academy of Sciences, India-Rajasthan Chapter

Prof. Shiv Gautam	Prof. N. K. Lohiya	Dr. Laxmikant Goyal
Organizing Chairman	Convener	Organizing Secretary

Inaugural Ceremony			
09.30 – 09.35 am	**Welcome Address**		**Prof. (Dr.) Shiv Gautam,** MBBS, MD (PSYCH), MNAMS, FIPS MAPA (USA), FAMS Emeritus Professor of Psychiatry (NAMS) Director Professor, Gautam Hospital & Institute of Behavioural Sciences, Jaipur
09.35 – 09.40 am	**About the Seminar & NAMS Rajasthan Chapter**		**Prof. N. K. Lohiya**, FNASc, FAMS, FIAES, FEMSI Emeritus Professor NAMS/NASI, Secretary-NASI, Rajasthan Chapter NASI Senior Scientist & President - ISSRF University of Rajasthan, Jaipur
09.40 - 10.00 am	**Inaugural Address by the Chief Guest**		**Prof. B. P. Saraswat** Hon'ble Vice-Chancellor University of Rajasthan Jaipur
10.00 – 10.30 am	**Keynote Address by Guest of Honor on 'Lifestyle diseases in Elderly'**		**Prof. (Dr.) Sudhir Bhandari,** MD, FRCP (LONDON), FACP, FACE, DNB, MNAMS, FICP, AFICA (USA), FISC, FRSSDI, FELLOW OF DIABETES INDIA (FDI) Pro Chancellor, Jaipur National University Institute of Medical Sciences, Jaipur Sr. Professor -Medicine, Diabetes & Endocrinology Former, Vice Chancellor, RUHS, Jaipur Former, Principal & Controller, SMS Medical College & Attached Hospitals, Jaipur
10.30 – 10.35 am	**Vote of Thanks**		**Dr. Laxmikant Goyal**, MD(Medicine), FRCP (Edinburgh), FICP, MAMS, MACP Professor and Head, Department of Geriatric Medicine SMS Medical College & Attached Hospitals, Jaipur
10.35 – 11.00 pm	**High Tea**		

Technical Session I

Chairpersons



Dr. Lokendra Sharma
Sr. Professor & Head
Pharmacology RUHS CMS
Principal In-charge, Institute of Public Health



Dr. Bharti K Malohtra, MD
Senior Professor, Microbiology & Additional Principal
SMS Medical College, Jaipur

11.00 – 11.25 am		**Geriatric Medicines for Elderly** **Dr. Laxmikant Goyal**, MD(Medicine), FRCP (Edinburgh), FICP, MAMS, MACP Professor and Head, Department of Geriatric Medicine SMS Medical College & Attached Hospitals, Jaipur
11.25 – 11.50 am		**Heart Health After 60: Protect Your Heart, Enjoy Your Life** **Dr. Ravindra Rao** Chairman, RHL Heart Centre Head - Complex Angioplasty - TAVI Program RHL, Jaipur
11.50 – 12.15 pm		**Cancer: Early Diagnosis and Treatment** **Prof. (Dr.) Arun Chougule,** DRP, PhD, FAMS, FIOMP, FUICC, FICTP, FACSU, MSRP, FCMPI, FTWAS Dean and Chief Academic Officer, Swasthya Kalyan Group of Institutes, Jaipur

Technical Session II

Chairpersons



Prof. H. N. Verma
FPSI, FNASc, FBS, FISEB
Pro-Chancellor
Jaipur National University
Jaipur



Prof. A. S. Ansari, FAMS
Department of Zoology
University of Rajasthan
Jaipur

12.15 – 12.40 am		**Caring Mental Health in Seniors** **Dr. Shiv Gautam,** MBBS, MD (PSYCH), MNAMS, FIPS, MAPA (USA), FAMS Emeritus Professor of Psychiatry (NAMS) Director Professor, Gautam Hospital & Institute of Behavioural Sciences, Jaipur
12.40 – 01.05 pm		**Basic Clinical Investigations in Seniors** **Dr. B. Lal Gupta,** MBBS, MD (Microbiology) Managing Director, Dr. B. Lal Clinical Laboratory Pvt. Ltd. 6-E, Malviya Industrial Area, Jaipur
01.05 – 01.20 am		**Physical Medicine and Rehabilitation** **Dr. Anil Jain,** M.D., DNB, MNAMS H.O.D Physical Medicine & Rehabilitation (PMR) Santokba Durlabhji Memorial Hospital, Jaipur
01.20 pm	**Lunch**	