

Name **Dr.Aswini Maran**

Degrees

- MBBS
- Masters in Mind Body medicine and Lifestyle sciences
- Diploma in IBLM – Current.

Designation

Assistant Professor

Area of Research :

- Behavioural change
- Lifestyle medicine

Workshop :

- As part of “Kamaltmika” organized by OBG, we conducted a workshop “Relax, Refresh, Rejuvenate” for Antenatal women and IP caregivers at the OBG dept. G block .
- Active participation in World Health Day activities at the G Block Coaching patients on mental wellbeing (7th April 2022).
- Actively volunteered for the International Day of Yoga in both faculty & student workshop.
- Served as Peer Judge for Scientific Poster competition at Saveetha Dental College – STAR Summit (June 24, 2022)

Clinical practice:

- Duty doctor in Apollo ,Greems Road on COVID Pandemic .
- Persuing Lifestyle medicine and practising behavioural change to bring Lifestyle modifications in medical op.

Certification :

- CCA certified International health and wellness coach

Membership:

- Member in Indian Society of Lifestyle Medicine (ISLM)