Organizing committee

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Dr. Babu Sebastian
(Vice-Chancellor, M.G. University, Kottayam)

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Dr. Keerthi T.R (Director, School of Biosciences)

Convenor
Dr. M.S. Latha
(Professor, School of Biosciences,
M.G. University, Kottayam)

Joint Convenors
Dr. Harikumar (DSS)
Dr. Jayachandran
Dr. Linu Mathew
Dr. Jyothis Mathew
Ms. Raji R Nair
Mr. Jayesh Kuriakose
Mr. Vysakh A

For further details contact:
Dr. M.S. Latha
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BODHANI

Bodhani

Awareness Programme on

"Prevention and Management of Lifestyle Diseases"

On 17th and 18th of March, 2016

Organized by
Department of Student Services (DSS) of M. G University
In Association with
School of Biosciences, M. G University

Venue: **SCHOOL OF BIOSCIENCES AUDITORIUM**

MAHATMA GANDHI UNIVERSITY
(Estd. By Kerala Legislature vide
Notification No.3431/Leg.C1/85/Law dt.17.4.1985)

SCHOOL OF BIOSCIENCES
KOTTAYAM, 686560. Ph: 0481-2731035
Website: mgu.ac.in E-mail: bio.sc.office@gmail.com

DSS and School of Bioscience cordially invite you to

Bodhani....

Dear Delegates,

Increasing industrialization, sedentary nature and unhealthy food habits depict the modern life style of human beings. Though advents in technology, increased knowledge of medicines and growth of diagnostic techniques have defined the modern era, man has become exceedingly susceptible to life style diseases. Globally, the mortality rates associated with life style diseases are much higher when compared to infectious diseases. The contributing factors of these 'silent killer diseases' include bad diet options, lack of adequate exercise, poor posture, disruption in biological clock, environmental conditions, traumatic or stressful work conditions etc. Hence these diseases are aptly termed 'diseases of longevity' or 'diseases of civilization'.

Life style diseases such as hypertension, heart disease, stroke, obesity, diabetes, diseases associated with smoking, alcohol and drug abuse, tobacco- and nutrition-induced cancers, chronic bronchitis, emphysema etc are different from other diseases because they are potentially preventable. Research has proved that incorporation of the scientific – therapeutic discipline of yoga and practice of meditation along with proper diet can improve emotional and physiological functions, psychosomatic health and overall performance of the body. This in-turn can curb the onset of lifestyle diseases. Awareness about the same needs to be rendered to the society so as to invoke healthy living practices and reduce the rates of life style diseases among middle aged people.

Convenor
Dr. M.S. Latha
Professor,
M.G. University, Kottayam.

Joint Convenor
Dr. Harikumar S.
Director,
Department of Student Services,
Student Amenities Centre,
M.G. University, Kottayam.

Programme schedule

DAY-1

08.30 AM -9.30 AM	Registration
10.00 AM	Inauguration
11. AM – 4.00 PM	Invited talks

DAY-2

10.00 AM – 4.00 PM	Invited talks
4.15 PM-5.00 PM	Valedictory function

INVITED SPEAKERS

- Dr. Thomas Varughese. MBBS, MD (Oncologist, Lakeshore Hospital)
- Dr. Sudheer. MBBS, MD (Founder, Harmony Integrated Wellness)
- Dr. Manjunath Sukumaran.
  (Holistic Health Coach; Founder, Harmony Integrated Wellness)
- Dr. Sadakkathulla. MBBS, MD (KIMS Hospital, Kottayam)
- Dr. P.N. Vidyadharan. (Deputy DMO, Kottayam)
- Dr. Mohammed Ismail. MBBS, MS, FICS
  (Moulana Hospital, Perinthalmanna)

SELECTION

NO REGISTRATION FEE

The number of maximum participants is limited to 100. Selection will be based on completed application forms received on or before 14-03-2016 via E-mail.

IMPORTANT DATES

Last date of reciept of application : **14-03-2016**
Intimation of selection by E-mail : **15-03-2016**
Email: bodhani2016@gmail.com

Contact No: 9633839935 (Raji), 9447120534 (Jayesh), 9497358718 (Vysakh)