



**DEPARTMENT OF BIOMEDICAL SCIENCE
BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI - 620 024**

A one day Seminar on “Current Perspectives on Lifestyle-Diseases”

Date: 23rd August, 2024

Venue: AC, Auditorium, Bharathidasan University, Tiruchirappalli.

The Department of Biomedical Science, Bharathidasan University, Tiruchirappalli has organized a seminar entitled "Current Perspectives on Lifestyle Diseases" on 23rd August 2024 at AC auditorium, Bharathidasan University, Tiruchirappalli supported by RUSA 2.0, Biological Sciences (Conduction of Development Program). The seminar was driven by an objective to emphasize the impact of contemporary lifestyle patterns on an individual's health and wellness. The development of non-communicable diseases mainly diabetes, obesity, hypertension, myocardial infraction and cancer are the major health challenge due to unhealthy lifestyles. This seminar was organised to enlighten the student participants on personal care and diseases, focusing towards the maintenance of healthiness and also to bring awareness on various lifestyle risk factors, contribute to the development of chronic diseases.

The seminar was started with a welcome note by Dr. G. Mathan, Professor and Head, Department of Biomedical Science, Bharathidasan University and Dr. S.D. Saraswathy, Associate Professor & Organizing Secretary, gave an Overview on Seminar theme. The program was inaugurated by Prof. Dr. M. Selvam, Honourable Vice Chancellor of Bharathidasan University, Tiruchirappalli. The Vice Chancellor, in his presidential address highlighted the university's commitment in addressing public health challenges through academic discourse and research. He also encouraged students and scholars to actively participate in research activities towards the improvement of community health. Prof. Dr. Velu Rajesh Kannan, Syndicate Member, Head, Department of Microbiology, Bharathidasan University, Tiruchirappalli spoke on the implication of healthy lifestyle in prevention and disease management and appreciated the efforts of the Organizing Committee for conducting a social impact seminar for the student community. The Scientific sessions were addressed by eminent physician and scientists working in major areas of clinical research.

Foremost, Dr. T. Balasubramanian MD., DM., Retd. Professor of Cardiology, K.A.P. Viswanathan Government Medical College, Tiruchirappalli served as the chief guest and delivered a Keynote address on “Happy Life is Healthy Life”.





Dr. R. Vijayalakshmi, Professor and Head, Department of Cancer Biology & Molecular Diagnostics, Cancer Institute (WIA), Chennai delivered a talk on, "Be(A)ware of Cancer – Recent Updates" in which she focused on prevalence and risk factors associated with different cancers and the advancements in molecular diagnosis. Dr. A. Thahira Banu, Assistant Professor, Department of Home Science from The Gandhigram Rural Institute – Deemed to be University, Gandhigram spoke on the topic "The Role of Diet in Preventing and Managing Diabetes: A Focus on Modern Nutritious Strategies," emphasizing the concepts of nutrition therapy for prevention and management of type 2 diabetes. More than 175 participants including students, scholars and faculty members were attended this awareness enriching seminar and interacted well in all scientific sessions. Finally, the event was concluded which was concluded with a vote of thanks by Dr. K. Premkumar, Professor who acknowledged the University administration, guest speakers, participants and the organizing team for their support and effort in completing the seminar events successfully. As a whole the seminar offered satisfactory academic delight to the participants which make the success of the seminar.

