One Day State level seminar
on
"Living with lifestyle diseases"
organized by
Department of Food and Nutrition and IQAC

Date: 08.09.2022   Time: 12 p.m.
Venue: Seminar Hall, Room no 15, College Premise
Number of Participants: 60 (Including Teachers, Students, All Faculties)
Name and Designation of Resource Person(s): Dr. Shankarashis Mukherjee, Associate Professor
Department of Food and Nutrition, West Bengal State University.

Organizing Committee: Department of Food and Nutrition in association with IQAC, PCMM.
Dr. Priyadarshini Chakraborty (Convener), Dr.Tanima Paul Das,(HOD) Dr.Guddi Tiwary and Ms.Juthi Saha.
(Department of Food and Nutrition)

Brief Report: 'Living with lifestyle diseases' organized by Department of Food and Nutrition in association with IQAC, PCMM in room no 15 from 12 p.m onwards.
Dr Arnab Ghosh, Principal, Prasanta Chandra Mahalanobis Mahavidyalaya delivered the inaugural lecture.

The inaugural session of the event started with welcoming the honorable invited speaker (Dr. Shankarashis Mukherjee).Next an opening speech was delivered by our TIC sir (Dr. Partha Sarathi Dutta) followed by speech by IQAC coordinator madam (Dr.Alpana Ray) and our HOD madam (Dr. Tanima Paul Das). After that Dr. Shankarashis Mukherjee was introduced by Dr.Priyadarshini Chakraborty, Department of Food and Nutrition. Next, Dr. Mukherjee launched the coconut based recipe book 'Coco bowl' which was the outcome of Coconut day celebration on 2nd of September 2023.
The next and main phase of the event was the lecture delivered by Dr. Mukherjee on 'Living with lifestyle diseases'. Lifestyle diseases have become an inevitable part of life for today's generation. As the title of the seminar says 'Living with lifestyle diseases', we can hardly eliminate these diseases from our life and therefore must learn to live with these diseases. Our resource person wonderfully amalgamated the topic of discussion with real life examples on lifestyle diseases and how to cope up with them and lead and live a healthy life. He focused on healthy habits of walking, jogging using stairs instead of elevators or escalators. He even discouraged consumption of simple sugar based beverages by children and in general by people of any age group. Instead of that he repeatedly recommended eating a balanced and wholesome diet by including whole grain cereals, proteins rich foods, whole fruits, large amounts of vegetables and healthy fats.
He motivated the audience to overcome unnecessary fears over blood glucose level and how to take routine care of elderly people and young children at home. He threw light on the relation between heredity and lifestyle diseases and how one can escape from being at risk to lifestyle diseases even if his/her parents or grandparents are suffering from those diseases. He suggested a healthy lifestyle routine and also motivated on intake of seasonal whole fruits instead of juices.
The motivating lecture session was followed by an interesting interactive session with lots of questions from the students as well as teachers.
The event ended with a vote of thanks by Dr.GuddiTiwary, Department of food and Nutrition.

Students and faculties benefitted in the following way:

- Both the students and faculty members learnt some healthy food choices
- They inculcated some healthy lifestyle habits
- Eliminated some general misconceptions about lifestyle diseases
- Lastly the event threw light on how to live with lifestyle diseases without getting distracted by myths and unnecessary fears.
- Both the students and teachers can share the knowledge gathered with their near and dear ones and spread awareness on such an important issue.

Geo-tagged photo of the banner

Geo-tagged photo of the Resource Person
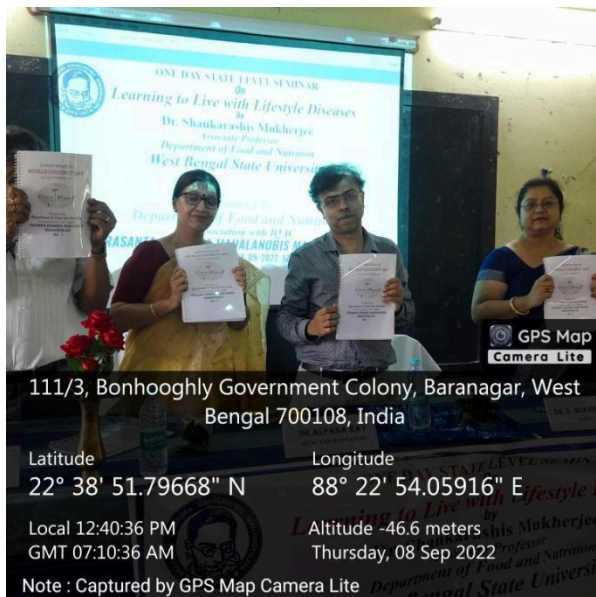
Geo-tagged photo of launch of 'Coco bowl'

Geo-tagged photo of the attendees

Dr. Parthasarathi Dutta
Teacher in charge, PCMM.