

BRIEF REPORT OF WEBINAR

Resource person: Dr. Anila

Platform: Google meet

Date: 13-07-2021

Time: 7pm

Webinar topic: Life style disorder

The banner features a dark blue background with a central circular portrait of Dr. Anila, a woman with glasses and a pink top, framed by a purple ring. The text 'LIFE STYLE DISORDER' is prominently displayed in pink at the top center. Logos for Mar Baselios Christian College of Engineering & Technology and the Department of Electrical and Electronics Engineering are visible in the top corners. The date '13th-SEP-2021 07 PM' is on the right, and the speaker's name 'DR. ANILA' and affiliation 'Kottakal Arya Vaiydhayshala' are at the bottom center. A Google Meet QR code and the ID 'rtv-iopj-lmn' are on the bottom left, and contact numbers are on the bottom right.

MAR. BASELIOS CHRISTIAN
COLLEGE OF ENGINEERING & TECHNOLOGY
KUTTIKANAM, PEERMADE

DEPARTMENT OF
ELECTRICAL AND
ELECTRONICS
ENGINEERING

LIFE STYLE DISORDER

SPEAKER

Online
WEBINAR

13th-SEP-2021
07 PM

DR. ANILA
Kottakal Arya Vaiydhayshala

rtv-iopj-lmn

More Info :
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In the recent times, there is an increasing incidence of diseases such as hypertension, diabetes, cardio vascular diseases, behavioural

problems, high cholesterol, obesity affecting even the younger people. Dr. Anila discussed about different lifestyle disorders and preventive measures. The commonest causes of lifestyle disorders are eating unhealthy foods, over eating, over dependence on processed foods, energy drinks, artificial sweeteners and fast foods. Sedentary living, smoking, drinking alcohol, stress, poor sleeping habits which are all attributed mainly to the so called modern living habits and urbanization added with the altered eating habits makes the situation worse. Dr. Anila is now working at kottakal arya vaidhyashala. She discussed the symptoms of lifestyle disorders and importances of remedial measures. Every disorder have different symptoms. She adviced some of golden rule for preventing lifestyle disorder.

- Always go for healthy diet and moderate exercise to reduce the risk of cardiovascular disorders and diabetes.
- Quit smoking immediately if you are a smoker. Avoid alcohol. Say no to tobacco chewing.
- A healthy diet is nothing but a balanced food which includes fresh vegetables, fruits, minerals, proteins and vitamins.

Lifestyle disorders have its own course of complications, if not properly attended in time. After the session there is a doubt clearing session. Students clarified their doubts on life style disorders.

Program arranged and report

Approved by:

Approved by:

Dr. V I George

Fini Fathima

HOD, EEE Dept

Assistant professor

22-07-2021