

5. EAT HEALTHY, STAY CLEAN & STAY HEALTHY

i. Two days workshop on Medical Diagnosis & First Aid

2. DBT Sponsored Two Days Workshop on Medical Diagnosis & First Aid

Two days' workshop on Medical Diagnosis & First Aid was organized on 19-20th December 2019 by Zoology department, under star college scheme sponsored by DBT, Government of India New Delhi.


It began with lightening of lamp by Principal Prof. Devendra Gupta followed by words of coordinator Dr. Jahid Ali Malik, who welcomed all the guest speakers, participants, students and briefed about the star college scheme sponsored by DBT New Delhi. Prof. Sulaxna Sharma, Convenor of the workshop introduced the guest speakers, highlighted the importance of the workshop and motivated the students for their active participation.

First session began with, 1st guest speaker who delivered lecture on "**Hypertension: its diagnosis and management**". She said that Hypertension is the number one health related risk factor in India, with the largest contribution to burden of disease and mortality. India's demographic transition with an increasing proportion of elderly people and a sedentary lifestyle and obesity associated with increasing urbanization, and other lifestyle factors like high levels of salt intake, alcohol and tobacco consumption, are contributing to this burden of hypertension. She talked about various aspects viz. prevention, screening, diagnosis and management of this life style disease. Various techniques to measure BP and routine checkup tests were shown to the students. It was followed by question and answer session. Second session started with talk on the topic "**Diabetes**" by Dr. Neena Sablok. She elaborated the various clinical aspects of the disease, its causes like life style and obesity and its management.

In third session guest speaker **Dr. Parvesh Sablok** delivered lecture on **Anemia: Its Causes & Consequences**. He explained the condition of anemia as one does not have enough red blood cells. The cells travel with iron and hemoglobin, which is a protein that helps carry oxygen through the bloodstream to the body organs. An anemic person feels more tired or cold than healthy person. Anemia affects more than two billion people globally, which is more than 30% of the total population. Dr. Sablok discussed the types of anemia and its management. The session was followed by question answer by students, participants and faculty. The day ended with vote of thanks by Prof. Seema Tyagi.




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