



MNR DENTAL COLLEGE & HOSPITAL

"NAAC ACCREDITED"

(Recognized by MCI & P.W. Dept. of India & Affiliated to MNR University of Health Sciences)

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Date- 1st Nov-2024

CIRCULAR

We are pleased to invite all faculty members, postgraduates, and interns to attend an insightful guest lecture on "Modern Lifestyle Disorders".

Guest Speaker:

Mr. Y. Laxmi Narayana

Senior Wellness Coach, WOWW Community

Contact: 9704738874

Date & Time:

11th November 2024, at 2:30 PM

Venue:

Lecture Hall #2, MNR Dental College

Modern lifestyle disorders, like obesity, diabetes, and hypertension, stem from sedentary habits, unhealthy diets, and stress. These conditions, driven by daily choices, greatly impact health and quality of life. Addressing them requires balanced habits in diet, exercise, and mental well-being.

This session will delve into the science behind lifestyle disorders, exploring cutting-edge research and wellness approaches that align with recent Nobel Prize-winning advancements. Don't miss this opportunity to gain valuable knowledge from a distinguished expert in the field.

We look forward to your active participation.

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Principal

PRINCIPAL

MNR Dental College & Hospital

MNR Nagar, Narsapur Road,

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Activity Report
Guest Lecture on "Modern Lifestyle Disorders"

Date: 11th November 2024

Time: 2:30 PM

Venue: Lecture Hall #2, MNR Dental College

Guest speaker: Mr. Y. Laxmi Narayana from Senior Wellness Coach, WOWW Community
(Contact: 9704738874)

Participants: 73 (18-faculty & 55 students-interns)

MNR Dental College hosted an insightful guest lecture on "Modern Lifestyle Disorders," led by Mr. Y. Laxmi Narayana, Senior Wellness Coach from the WOWW Community. This session was attended by faculty members, postgraduates, and interns, all eager to understand the implications of lifestyle choices on health and well-being.

Mr. Narayana's talk emphasized the rising prevalence of lifestyle disorders such as obesity, diabetes, and hypertension, which are largely influenced by sedentary routines, unhealthy diets, and stress. These modern-day conditions, he explained, are no longer confined to older adults but are now increasingly common among younger populations due to changes in daily habits and technology dependence.

- **Diabetes:** A chronic condition where the body cannot effectively process blood sugar, leading to high glucose levels. Poor diet, inactivity, and stress often contribute to its onset, and uncontrolled diabetes can lead to severe complications like heart disease and nerve damage.
- **Hypertension:** Known as high blood pressure, hypertension puts extra strain on blood vessels and the heart. Often called a "silent killer," it increases the risk of stroke, heart attack, and kidney problems, largely due to stress, poor diet, and lack of exercise.
- **Effects of Sedentary Work:** Prolonged sitting and minimal movement are linked to health issues such as poor posture, weakened muscles, and an increased risk of cardiovascular disease. Sedentary work also contributes to weight gain, stress, and overall lower energy levels.
- **Obesity:** Excessive body weight, typically due to high-calorie diets and inactivity, is associated with a higher risk of heart disease, diabetes, and certain cancers. Obesity also impacts mental health and overall quality of life, making it a key lifestyle-related disorder to address.

The lecture covered the science behind these disorders, highlighting Nobel Prize-winning research and wellness strategies for prevention. Mr. Narayana shared practical advice on integrating balanced diet, exercise, and mindfulness practices to counteract the health risks

