

*Celebrating*  
**the spirit of womanhood...**



Think Like a Queen.  
A Queen Is Not Afraid to Fail.  
Failure Is Another Stepping Stone  
to Greatness.

*Happy*  
**Women's Day**



**Mahajana Education Society (R.)**

Education to Excel

**SBRR Mahajana First Grade College (Autonomous)**

Jayalakshimpuram, Mysuru - 570 012

Affiliated to University of Mysore & Accredited with 'A' Grade by NAAC  
College with Potential for Excellence

**On the Occasion of**

**International Women's Day - 2024**

**Departments of BtBM, PMCs & BCA,  
SPARSH, Women Empowerment Committee  
& IQAC  
organises**

**Interactive talk on**

**Nutrition and Your Success: Let's Talk**

**Resource Person:**

**Dr. Sushma Appaiah, M.Sc, Ph.D**

Founder of Golz - Nutrition and Diet Solutions  
Roopnagar, Mysuru.

**Date: 19.03.2024**

**Time: 2:15 PM**

**Venue: AVC-II**

*All are Cordially Invited*

*HoDs & Staff*  
Departments of BtBM,  
PMCs & BCA

*Dr. S R Ramesh*  
Chief Executive Officer  
& Academic Advisor

*Dr. B.R. Jayakumari*  
Principal

*Celebrating*  
**the spirit of womanhood...**



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On the Occasion of

**International Women's Day - 2024**

Departments of BtBM, PMCs & BCA,  
SPARSH, Women Empowerment Committee  
& IQAC  
organises

Interactive talk on

**Women Health & Hormonal Regulation**

Resource Person:

**Dr. Sushma Appaiah, M.Sc, Ph.D**

Founder of Golz - Nutrition and Diet Solutions  
Roopnagar, Mysuru.

**Date: 19.03.2024**

**Time: 3:30 PM**

**Venue: AVC-III**

*All are Cordially Invited*

*HoDs & Staff*  
Departments of BtBM,  
PMCs & BCA

*Dr. S R Ramesh*  
Chief Executive Officer  
& Academic Advisor

*Dr. B.R. Jayakumari*  
Principal

Mahajana Education Society ®  
Education to Excel  
**SBRR Mahajana First Grade College (Autonomous)**  
Jayalakshampuram, Mysuru-570 012  
Affiliated to the University of Mysore  
Re-accredited by NAAC with 'A' Grade, College with Potential for Excellence

Date: 19.03.2024

## Department of Biochemistryp

### A Report on Interactive Talk

**Title: Session 1 - Interactive talk on "Women's Health and Hormonal Regulation"**

**Session 2 - Interactive talk on "Nutrition and Your Success: Let's Talk"**

The Department of Sciences (BTBM, PMCs and BCA), SPARSH, Women Empowerment Committee and IQAC all together in association, organized an Interactive Talk on "Nutrition and Your Success: Let's Talk" & "Women Health & Hormonal Regulation" on March 9<sup>th</sup> 2024 in AVC III, SBRR Mahajana First Grade College (A), Jayalakshampuram, Mysuru-12

The programme was organised on account of "**International Women's Day**". The primary motto of this programme was to instil self-concern, create awareness about health and its impact on their working potential among the women population and also create awareness among men population about the problems that women face in connection to hormonal variations as a natural phenomenon in their day-to-day lifestyle.

The programme started with a few of Hippocrates' quotes "Let food be the medicine and medicine be the food", "Cure sometimes, treat often, comfort always" and "Walking is man's best medicine". The programme was conducted in two sessions. The first session was exclusively for female students and the second session was for both men & women teaching and non-teaching staff.

**Session 1:** Session 1 was exclusively for female students, on the topic "Nutrition & your success: Let's talk", where the speaker Dr. Sushma Appaiah addressed the young generation, particularly females. This was a true attempt to create awareness among adolescent group about self-care & self-love via good & healthy nutrition practices for a better tomorrow. Initially speaker addressed non-communicable, communicable diseases, then, she threw light on the impact of lifestyle & dietary patterns for a better tomorrow. Her interaction was also concerned about obesity, underweight, CHD, hypertension, hormonal imbalance, cancer, stress & nutrient deficiency diseases. Based on the worldwide statistical data on anxiety & depressive disorder among young adults collected through her research, she conveyed that many youngsters are the main victims and most prone to various disorders. The speaker created awareness by suggesting a few tips for the young generation concerning stress management and a better lifestyle, thus improving their health, and living a happy life. This was a kind of discussion which could help to lead the young population on the path of success. Finally, the speaker ended the session by quoting 'Health is the greatest wealth one can earn and have as a blessing in life'.

**Session 2:** The session 2 was especially for teaching & non-teaching staff. This session was from the perspective of gender sensitization, where the speaker Dr Sushma Appaiah addressed both men and women staff. The speaker started the session by addressing working women's health and the influencing factors. Meanwhile, she touched on the common health issues that working women and men are more prone to chronic backache, obesity, diabetes, hypertension, high cholesterol, PCOS, thyroid issues etc.

The Speaker focused on imbalanced nutrition, bringing ideas regarding all impact factors and outcomes of imbalanced nutrition. She also threw light on common mistakes made by the wholesome working population about neglected health. Sharing the balanced diet chart, she created awareness on Nutrition and Nutrients - What to take? How to take it? When to take? How much to take? Finally, she gave insights on hormonal imbalance & regulation to be brought in.

The session was informative and inspiring which was a space for self-love & self-care. Students and faculty members interacted well by asking questions. The whole program was successfully completed. Also at the end of the programme as a token of promoting good health all the staff were served with buttermilk with a healthy idea behind, buttermilk enhances the gut microflora lactobacillus, which are the healthy microbes which keep gut system healthy in turn influencing brain and its activities, as the proverb says "Healthy Gut Healthy Brain".

The resource person was Dr. Sushma Appaiah, M.Sc, Ph.D, Counsellor and Founder of Golz - Nutrition and Diet Solutions, Roopnagar, Mysuru. In the graceful presence of respected Principal Dr B R Jayakumari, IQAC co-ordinator Smt. Geeta. D, HoDs and faculty members of the Departments of BTBM, PMCs and BCA, the workshop was held at noon, the first session started at 2.00 PM and wined up at 3.15 PM. Around 100 students from various departments participated actively in this session.

As a token of our tradition, the workshop was started with an invocation, followed by a welcome note rendered by Smt. Spandana N, Head, Department of Microbiology. The introduction of the speaker was given by Smt. Ramya V, Head, Department of Biochemistry

The second session started at 3.30 PM and ended at 4.30 PM. In this session, nearly 100 staff members including both teaching and non-teaching staff were actively involved. The entire programme was hosted by Smt. P Radhika, Assistant Professor, Department of Biochemistry.

In both sessions, students and staff interacted with the speaker by asking questions, and getting clarified with the queries and doubts they had regarding healthy food habits; they also shared their problems seeking better solutions through nutrition and food practices.

The guest expressed her gratitude for sharing her knowledge and for organizing this programme. Finally, the programme was wined up by rendering a vote of thanks by Smt Zuha, Assistant Professor, Department of Microbiology,



Dr. B. R. Jayakumari  
PRINCIPAL

Smt. Bhagyalakshamma Rattihalli Ramappa  
Mahajana First Grade College (Autonomous)  
Jayalakshampuram, Mysuru-570 012



IQAC Coordinator

IQAC Coordinator  
SBRR Mahajana First Grade College  
(Autonomous)  
Jayalakshampuram, MYSURU-570 012



Head of the Department  
Head of the Department of Biochemistry  
SBRR Mahajana First Grade College  
(Autonomous)  
Jayalakshampuram, Mysuru-570 012

**SBRR MAHAJANA FIRST GRADE COLLEGE (Autonomous)**  
Jayalakshimpuram, Mysore - 570 012

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College with Potential for Excellence

**Attendance Sheet**

Date: 19/03/2024

Time: 2:15 - 3:30 PM

Name of the Department: BTBM

Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's Talk"

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	PRASIDH K.C	BSc	IV	-	BTBM	[Signature]
2	Chrihari.P. Nayaka	BSc	IV	-	BCMB	[Signature]
3	Devika. R.S	BSc	IV	-	BTBM	[Signature]
4	Louie Sharmila A	BSc	IV	-	BCMB	[Signature]
5	Jency.M	BSc	IV	-	BCMB	[Signature]
6	Spoothi Raj V	BSc	IV	-	BCMB	[Signature]
7	Mishitha B.V	BSc	IV	-	BTMB	[Signature]
8	Tanya	BSc	IV	-	BTMB	[Signature]
9	Mar Yam Jahrami	BSc	IV	-	BTMB	[Signature]
10	L.chandan	BSc	IV	-	BCMB	[Signature]
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[Signature]  
PRINCIPAL

Pr. Dr. Jayalakshmi  
Mahajana First Grade College (Autonomous)  
Jayalakshimpuram, MYSURU 570 012

Total No. of students attended - 10

Signature of the HoD

- Name: 1) Ranaya.V - [Signature]  
2) Spandana.N - [Signature]  
3) Priyanka Shetty - [Signature]

[Signature]  
Organising Secretary Signature

"D" Sec

**MAHAJANA EDUCATION SOCIETY (R)**  
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**SBR MAHAJANA FIRST GRADE COLLEGE**

Jayalakshmpuram, Mysore - 12  
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**Attendance Sheet**

Name of the Committee: Department of BCA  
Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's Talk"

Date: 19/3/2024  
Time: 2:15 - 3:30 PM

S.No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Manya K.S	BCA	II	D	BCA	Manya K.S
2	Bhousriya	BCA	II <sup>nd</sup>	D	BCA	Bhousriya
3	Bhoomika . C.K	TBCA	II <sup>nd</sup>	D	TBCA	Bhoomika
4	Parameshwari . S	BCA	II <sup>nd</sup>	D	BCA	Parameshwari
5	Pavithra . M	BCA	II <sup>nd</sup>	D	BCA	Pavithra
6	Kannika H.S	BCA	II <sup>nd</sup>	D	BCA	Kannika
7	Harshitha . V	BCA	II <sup>nd</sup>	D	BCA	Harshitha
8	Ciprine J. Baptist	BCA	II <sup>nd</sup>	C	BCA	Ciprine
9	Bhoomika . k	BCA	II <sup>nd</sup>	A	BCA	Bhoomika
10	<del>Sanjina</del>	BCA	II <sup>nd</sup>	'C'	BCA	Sanjina
11	Keshthina . D.N	BCA	II <sup>nd</sup>	'C'	BCA	Keshthina
12	Shrivaishnavi	BCA	II <sup>nd</sup>	'C'	BCA	Shrivaishnavi
13	K. Rani	BCA	II <sup>nd</sup>	D	BCA	K. Rani
14	Pyari Muthamma . D	BCA	II <sup>nd</sup>	'B'	BCA	Pyari
15	Varshitha . I	BCA	II <sup>nd</sup>	'C'	BCA	Varshitha
16	Sandhya . B.I	BCA	-	C	-	Sandhya
17	Shravan . Goura	BCA	-	-	-	Shravan
18	Hikitha . M	BCA	-	-	-	Hikitha
19	Chaitra . M	BCA	-	-	-	Chaitra
20	Chandrasakala . S	BCA	-	-	-	Chandrasakala
21	Rakshitha . H.S	BCA	II <sup>nd</sup>	II	BCA	Rakshitha
22	Bhagyashree	BCA	II <sup>nd</sup>	A	BCA	Bhagyashree
23	Thirisha	BSE	II <sup>sem</sup>	-	MES	Thirisha
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Total No. of students attended - 22

Signature of the Teacher incharge: *[Signature]*

Name: *[Signature]*

(A. Radhegy)

Dr. Jayalakshmi Ramesh Babu  
SBR MAHAJANA First Grade College (Autonomous)  
Jayalakshmpuram, MYSURU - 576 012

Organising Secretary Signature: *[Signature]*

MAHAJANA EDUCATION SOCIETY (R)  
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**SBRR MAHAJANA FIRST GRADE COLLEGE**

Jayalakshimpuram, Mysore - 12  
Affiliated to University of Mysore  
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**Attendance Sheet**

Date: 19/05/2024  
Time: 2:15 - 3:30 PM

Name of the Committee: Department of BCA  
Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's talk"

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Pratham Ram A	BCA	2nd	'C'	BCA	[Signature]
2	Muneez K M	BCA	2nd	'C'	BCA	[Signature]
3	Prathyaksh MT	BCA	2nd	'C'	BCA	[Signature]
4	Pratham D D	BCA	2nd	'C'	BCA	[Signature]
5	Sagar S. Prasad	BCA	2nd	'C'	BCA	[Signature]
6	Punith H.M	BCA	2nd	'C'	BCA	[Signature]
7	Ajay R R	BCA	2nd	'C'	BCA	[Signature]
8	Aiyappa P.P	BCA	2nd	'C'	BCA	[Signature]
9	Pradwal N	BCA	2nd	'C'	BCA	[Signature]
10	Punith Kurian SN	BCA	2nd	'C'	BCA	[Signature]
11	Indrajeeth J	BCA	2nd	'C'	BCA	[Signature]
12	Akhilesh Gowda	BCA	2nd	'C'	BCA	[Signature]
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Total No. of students attended - (12)

Signature of the HOD Teacher-in-charge:

Name:

[Signature]  
(A. Radheshy)

[Signature]  
Organising Secretary Signature:

PRINCIPAL  
Smt. Bhagyalakshmi  
Maha First Grade  
Jayalakshimpuram  
Batehalli Ramnappa  
College (Autonomous)  
MYSURU 570 012

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Jayalakshmpuram, Mysore - 570 012

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College with Potential for Excellence

**Attendance Sheet**

Name of the Department: Microbiology / Biotech / Biochemistry  
Nature of the programme: Interactive talk on  
"Nutrition and Your Success: Kid's Talk"

Date: 19/03/2024

Time: 2:30 to 5:30 pm

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Lenita.P	Bsc	VI	BTMB	BSC (BTMB)	Lenita
2	Ranutej	Bsc	VI	BCMB	Bsc [BCMB]	
3	Hemachandhra.N.B	"	"	"	"	
4	Pavan	Bsc	VI	BTBM	Bsc [BTMB]	
5	Rahul.S	Bsc	VI	BEBM	Bsc [BCMB]	
6	Rohan.S.V	"	"	"	"	
7	Vishwa.P	"	"	"	"	Vishwa.P
8	Chethan.P	"	"	"	"	
9	Shreyas	Bsc	VI	BEBM	Bsc [BCMB]	
10	Manju.K	"	"	"	"	
11	Yashwanth.S.N	"	"	"	"	
12	Sumanth.K.B	Bsc	VI	BTBM	BEBM	
13	Shishir Chandra.R	BSC	VI	B+BM	B+Bc	
14	Subhash Chandra.R	BSC	VI	B+Bm	B+Bc	
15	Sagar M.S	BSC	VI	B+Bm	B+Bc	
16	Dhanush CM	BSC	VI	B+Bm	B+Bc	
17	KOWSHIK.R	Bsc	VI	(B, B)	(B, Bc)	
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Total No. of students attended - (17)

Signature of the HoD

Name: 1) Ranuya.V - [Signature]  
2) Spandana.N - [Signature]  
3) Priyanka Shenoy - [Signature]

Organising Secretary Signature

[Signature]

DR. CHANMATHAMMA RAO  
Principal  
Mahajana First Grade College (Autonomous)  
Jayalakshmpuram, Mysore - 570 012



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**Attendance Sheet**

Name of the Committee: Department of BCA  
Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's Talk"

Date: 19/03/2024  
Time: 2:15 to 3:30 PM

Sl.No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Sujith M	I BCA	II <sup>nd</sup> Sem	C	BCA	Sujith M
2	Surya B.S	I BCA	II <sup>nd</sup> Sem	C	BCA	Surya B.S
3	Shashan K	I BCA	II <sup>nd</sup> Sem	C	BCA	Shashan K
4	Vinay Sushash Pujari	I BCA	II <sup>nd</sup> Sem	C	BCA	Vinay Sushash Pujari
5	Shival Kumar	I BCA	II <sup>nd</sup> Sem	C	BCA	Shival Kumar
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Total No. of students attended (5)

Signature of the Teacher incharge:

S. Sushmitha - The BC Name: Sushmitha BC

F. D. ...  
Organising Secretary Signature:

**SBRR MAHAJANA FIRST GRADE COLLEGE (Autonomous)**

Jayalakshmiipuram, Mysore - 570 012

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**Attendance Sheet**

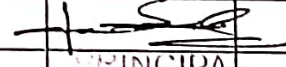
Name of the Department: BTBM

Date: 14/03/2024

Nature of the programme: Interactive Talk on  
" Nutrition & Your Success: Let's Talk "

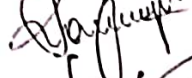


Time: 2:15 - 3:30 PM

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Bushmitha S	BSC				Bushmitha S
2	Hareeshitha. C.K	B.Sc				Hareeshitha C.K
3	Poojya Devanu Hegde	BSC	6 <sup>th</sup> sem	BTMB	BTMB	Poojya
4	Likhitha. S	BSC				Likhitha S
5	Poojsha uttal	BSC				Poojsha
6	Emmanuel Janet	BSC				Emmanuel Janet
7	Keerthana MS	BSC				Keerthana MS
8	Sharanya Kc	BSC				Sharanya K.C
9	Lenita .P	BSC				Lenita P
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PRINCIPAL  
S. M. Shyama Lakshmiamma Rao  
Mahajana First Grade College  
(Autonomous)  
Jayalakshmiipuram, MYSURU 570 012

Total No. of students attended - (09)  
Signature of the HoD

  
Organising Secretary Signature

- Name: 1) Ranjya. V -   
2) Spandana. N -   
3) Priyanka Shenoy - 

**MAHAJANA EDUCATION SOCIETY (R)**  
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**Attendance Sheet**

Name of the Committee: Department of BCA  
Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's talk"

Date: 19/03/2024  
Time: 2:15 - 3:30 PM

S.No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Kanitha K.R	BCA	II <sup>nd</sup>	B	BCA	<i>[Signature]</i>
2	Haripriya K.N	BCA	II <sup>nd</sup>	B	BCA	<i>[Signature]</i>
3	Hithashree D	BCA	II <sup>nd</sup>	B	BCA	<i>[Signature]</i>
4	Prakshana	BCA	II <sup>nd</sup>	B	BCA	<i>[Signature]</i>
5	B. Pragathi	BCA	II <sup>nd</sup>	A	BCA	<i>[Signature]</i>
6	Ganani	BCA	II <sup>nd</sup>	A	BCA	<i>[Signature]</i>
7	Madhura M.C	BCA	II <sup>nd</sup>	A	BCA	<i>[Signature]</i>
8	J. Annamma Darcia	BCA	II <sup>nd</sup>	A	BCA	Annamma Darcia
9	Nishitha N	BCA	II <sup>nd</sup>	D	BCA	<i>[Signature]</i>
10	Meghana P	BCA	II <sup>nd</sup>	D	BCA	Meghana P
11	Thrupthi N. Swamy	BCA	II <sup>nd</sup>	D	BCA	Thrupthi N.
12	Lakshmi P	BCA	II <sup>nd</sup>	D	BCA	<i>[Signature]</i>
13	Keerthi D.N	BCA	II <sup>nd</sup>	D	BCA	Keerthi D.N
14	Syeda Fasiyal	BCA	IV <sup>th</sup>	A	BCA	<i>[Signature]</i>
15	KAVYA S KUMAR	BCA	IV <sup>th</sup>	A	BCA	<i>[Signature]</i>
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Total No. of students attended - (15)

Signature of the HOD Teacher in charge:

Name:

*[Signature]*  
(A. Radheshy)

Signature of the Organising Secretary:

*[Signature]*

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Jayalakshmpuram, Mysore - 570 012

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College with Potential for Excellence

**Attendance Sheet**

Name of the Department: BTBM, PMCB & BCA  
Nature of the programme: Interactive talk on  
"Nutrition & Your Success: Let's Talk"

Date: 19/03/2024

Time: 2:15 - 3:30 PM

Sl. No.	Name of the Student	Course	Semester	Section	Combination	Signature
1	Mythri M.	BSC	II <sup>nd</sup>	-	BTBM	Mythri M
2	Niharika K.P	BSC	I <sup>nd</sup>	-	BTMB	Niharika
3	Sreethra	BSC	I <sup>nd</sup>	-	BTMB	Sreethra
4	Thirisha	BSC	II <sup>nd</sup>	-	MCS	Thirisha
5	Bhagyashree	BCA	II <sup>nd</sup>	-	BCA	Bhagyashree
6	Rakshita H.S	BCA	I <sup>nd</sup>	-	BCA	Rakshita
7	Meghana P	BCA	I <sup>nd</sup>	D	BCA	Meghana P
8	Nishchitha N	BCA	II <sup>nd</sup>	D	BCA	Nishchitha N
9	Jhrupti N. Swamy	BCA	I <sup>nd</sup>	D	BCA	Jhrupti N.
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*[Signature]*

PRINCIPAL

Mahajana Education Society (R)  
Mahajana First Grade College (Autonomous)  
Jayalakshmpuram, MYSURU 570 012

Total No. of students attended - 09

Signature of the HoD

Name:

*[Signature]*  
(A. Radheshy)

*[Signature]*  
Organising Secretary Signature

Received  
*[Signature]*  
8/4/24





# ಮಹಾಜನ ಕಾಲೇಜಿನಲ್ಲಿ ಮಹಿಳಾ ದಿನ: ಸಂವಾದ

## • ಕನ್ನಡಪ್ರಭ ವಾರ್ತೆ ಮೈಸೂರು

ನಗರದ ಎಸ್.ಬಿ.ಆರ್.ಆರ್.ಮಹಾಜನ ಪ್ರಥಮ ದರ್ಜೆ ಕಾಲೇಜಿನ ವಿಜ್ಞಾನ ವಿಭಾಗ, ಸ್ಪರ್ಶ್, ಮಹಿಳಾ ಸಬಲೀಕರಣ ಮತ್ತು ಐಕ್ಯೋಎಸಿ



ಸಹಯೋಗದಲ್ಲಿ ಪೌಷ್ಟಿಕತೆ ಮತ್ತು ನಿಮ್ಮ ಯಶಸ್ಸು ಮತ್ತು ಮಹಿಳಾ ಆರೋಗ್ಯ ಮತ್ತು ಹಾರ್ಮೋನ್ ನಿಯಂತ್ರಣ ಕುರಿತು ಸಂವಾದಾತ್ಮಕ ಚರ್ಚೆ ಆಯೋಜಿಸಲಾಗಿತ್ತು.

ಸಂಪನ್ಮೂಲ ವ್ಯಕ್ತಿಯಾಗಿದ್ದ ನ್ಯೂಟ್ರಿಷಿಯನ್ ಮತ್ತು ಡಯಟ್ಟಲ್ಯೂಷನ್ಸ್ ಕೌನ್ಸಿಲರ್‌ಡಾ. ಸುಷ್ಮಾ ಅಪ್ಪಯ್ಯ ಮಾತನಾಡಿ,

ಉತ್ತಮ ನಾಳೆಗಾಗಿ ಜೀವನಶೈಲಿ ಮತ್ತು ಆಹಾರ ಪದ್ಧತಿಗಳ ಪ್ರಭಾವದ ಮೇಲೆ ಬೆಳಕು ಚೆಲ್ಲಿದರು. ಸ್ಥೂಲಕಾಯತೆ, ಅಧಿಕ ತೂಕ, ರಕ್ತದೊತ್ತಡ, ಸಿ.ಎಚ್.ಡಿ, ಹಾರ್ಮೋನ್ ಗಳ ಅಸಮತೋಲನ, ಕ್ಯಾನ್ಸರ್, ಮಾನಸಿಕ ಒತ್ತಡ ಮತ್ತು ಪೋಷಕಾಂಶಗಳ ಕೊರತೆಯ ಕುರಿತು ಅರಿವು ಮೂಡಿಸಿದರು.

ನಂತರ ಬೋಧಕ ಮತ್ತು ಬೋಧಕೇತರ ಸಿಬ್ಬಂದಿಗೆ ಸಂವಾದ ನಡೆಸಿ, ದೀರ್ಘಕಾಲದ ಬೆನ್ನುನೋವು, ಸ್ಥೂಲಕಾಯತೆ, ಮಧುಮೇಹ, ಅಧಿಕ ರಕ್ತದೊತ್ತಡ, ಕೊಲೆಸ್ಟ್ರಾಲ್, ಪಿ.ಸಿ.ಒ.ಎಸ್, ಥೈರಾಯಿಡ್ ನಂತಹ ಸಮಸ್ಯೆ ಇತ್ತೀಚ್ಚಿನ ದಿನಗಳಲ್ಲಿ ವೃತ್ತಿಪರ ಮಹಿಳೆ ಮತ್ತು ಪುರುಷರಲ್ಲಿ ಹೆಚ್ಚಾಗಿ ಕಂಡು ಬರುತ್ತಿದೆ ಎಂದರು.

ಪ್ರಾಂಶುಪಾಲೆ ಡಾ.ಬಿ.ಆರ್. ಜಯಕುಮಾರಿ, ಐಕ್ಯೋಎಸಿ ಸಂಚಾಲಕಿ ಡಿ.. ಗೀತಾ ಇದ್ದರು.