

EGRA SARADA SHASHI BHUSAN COLLEGE

ESTD: 1968

(Reaccredited by NAAC with 'B' Grade with a CGPA of 2.32)

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One Day State Level Seminar on

“Urbanization, changing daily life and prevalence of Lifestyle diseases: An Emerging issue”

DATE: 18th April, 2019.

ORGANIZED BY: Department of Zoology, Egra Sarada Shashi Bhusan College

LIST OF EMINENT RESOURCE PERSONS

- 1) Dr. Nirmal Sarkar
- 2) Dr. Sagar Acharya

PRESIDENT: Dr. Dipak Kumar Tamili Principal, Egra S.S.B. College

ORGANISING SECRETARIES:

1. Dr. Sudipta Kumar Ghorai Assistant Prof. & Coordinator of P.G., & Department of Zoology, Egra S.S.B. College
2. Mr. Debajyoti Pradhan H.O.D (U.G.), Department of Zoology, Egra S.S.B. College

ORGANISING MEMBERS:

- Dr. Sachchidananda Bhattacharya; Dept. of Zoology
Mr. Bishnupada Pradhan; Dept. of Zoology
Mr. Debasish Maity; Dept. of Zoology
Mrs. Sanchita Nayak; Dept. of Zoology
Mr. Chandan Nandi; Dept. of Zoology
Mr. Santosh Bera; Dept. of Zoology
Mr. Santu Paria; Dept. of Zoology
Ms. Debopriya Roy Mahapatra; Dept. of Zoology
Dr. Nirmal Kumar Hazra; Dept. of Chemistry
Dr. Dipak Bisai; Dept. of Geography
Mr. Prosenjit Murmu; Dept. of Geography
Dr. Bablu Samanta; Dept. of Mathematics
Dr. Chayan Ranjit; Dept. of Mathematics
Mr. Maniklal Pati; Dept. of Botany
Ms. Mamtaj Khatun; Dept. of Botany
Dr. Pradip Mondal; Dept. of Physics
Dr. Aloy Chand Biswas; (IQAC Co-ordinator)
Mr. Gopal Nayak, Dept. of Zoology

ABOUT THE SEMINAR

. Lifestyle refers to the way a person (or a group) lives. This includes patterns of social relations, food consumption, behaviours and interests. Human diets have been changed due to urbanization and globalization. Diet & life style are major factors thought to influence susceptibility to many diseases. The increased prevalence of the diseases like obesity, hypertension, diabetes, cancer, heart disease, cerebro-vascular diseases, osteoporosis, diseases associated with smoking and alcohol and drug abuse are significantly observed globally. The increase in these diseases has been associated with increased urbanization and lifestyle changes.

AIMS / OBJECTIVES OF THE SEMINAR

Our aims and objectives of this seminar were to better understand about the urban planning for healthy lifestyle & safe life and to increase awareness about the lifestyle diseases and their impacts on daily life. A healthy lifestyle must be adopted to combat these diseases with a proper balanced diet, physical activity and by giving due respect to biological clock. The topic also covered the areas of household food security, nutrition and food safety & food and farming also.

NO OF PARTICIPANTS: 145

NO OF ABSTRACTS PUBLISHED: 29

NO OF PARTICIPANTS IN POSTER PRESENTATION: 12

OUTCOME:

Due to urbanization, the lifestyle of people has undergone drastic changes and dietary patterns have shifted from traditional and staple food to modern diet. Fast foods, packaged food products and other modernized diet contain high level of sugar, salt and fat. Consumption of high energy rich diet and on the other hand declining energy expenditure due to physical inactivity ultimately result in weight gain i.e obesity. Sedentary lifestyle is an important determinant of increasing prevalence of diabetes in urbanizing population. Urbanization has led to increased mortality from [non-communicable diseases](#) associated with lifestyle, including [cancer](#) and heart diseases. The topic of this seminar was very relevant in the present-day scenario and the participants were made conscious regarding the consequence of lifestyle diseases by the valuable lectures of the resource persons.

