

Guest speaker: **VIPUL INDORA** (M.B.B.S., M.D. and founder of MAICAT)
(12:00pm to 02:00p.m.).

St. Lawrence College of Higher Education (SLCHE) organised one day workshop on “Why lifestyle is the biggest destroyer of your health?” on 16th November, 2022

The workshop focussed on how adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular physical activity, may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine. The dignitaries on the panel were **Dr. Vijayshri Bhati,, Dr. Amita J. Toppo, Ms. Renu,, Ms. Kanika Arora, Ms. Jyoti Nain, Ms.Divya Bhatt.**

Dr Vipul Indora highlighted how lifestyles affect health and survival at alleges. He focused on behaviours modifiable by individual actions and public health interventions, such as smoking, obesity and sedentary behaviour, which predispose numerous people to diseases that rank among the leading causes of death, including heart disease, cancer, stroke, diabetes and dementia. These factors not only shorten life but, when they occur together, also have a major impact on survival beyond that associated with each single lifestyle factor.

He focussed on the five major hazardous elements of lifestyle which **can be controlled**:

1. Food habits-sugar and wheat
2. Personal habits-no exercise
3. Substance abuse-drugs, smoking, alcohol
4. Health and beauty aids
5. Stress

He also focused on the element of environmental toxins which cannot be controlled. After the workshop, there was a **question-answer session**, wherein a specific amount of time was set aside for the students to ask questions directly from the guest speaker.

These may be about specific points addressed in his presentation.

In the end, the respected lecturers showered their words of wisdom and thanked the guest speaker for his presence and wise words.

