

More than 300 student activists took part in today's protest.

## Webinar on preventive health care held

STAFF REPORTER

GUWAHATI, Dec 29: The National Institute of Rural Development and Panchayati Raj (NIRDPR), North Eastern Regional Centre (NERC), Guwahati, recently organised a national webinar on 'Preventive health care and promotion of healthy lifestyle' as part of the Azadi Ka Amrit Mahotsav celebrations.

The webinar was aimed at discussing the importance of preventive health care and promotion of healthy lifestyle practices and also to deliberate on various fitness domains for creating a healthy nation with the ability to take the right preventive steps, said a delayed press release.

The webinar was inaugurated by I Venkateswarlu, former commissioner of the Government of Andhra Pradesh and health writ-

er, in the presence of Dr Ravindra S Gavali, Director (in-charge) of NIRDPR-NERC Guwahati and Dr T Vijaya Kumar, Associate Professor of NIRDPR-NERC.

Welcoming the delegates, Dr Kumar highlighted the importance of preventive health care, adding that it is becoming an area of focus in most countries, including India.

"Due to hectic schedules and lifestyle choices, health care takes a backseat for many people. Stressful and unhealthy lifestyles have led to a significant increase in the incidence of diseases like hypertension, diabetes, cancer, etc.," Dr Kumar said.

Gavali, while delivering the opening remarks, said

preventive health care is an emerging potential problem that access to quality

health care is a challenging task in the rural areas and as such, the indigenous health system needs to be promoted as preventive health care.

Venkateswarlu, in his inaugural address, said that the prevailing notion about health depending upon the doctors' treatment is wrong.

"We go to the doctor only when we are sick. The doctor provides us with only disease care. Keeping ourselves healthy is real health care. It is preventive in nature... As movement is life and stillness is death, we should take at least half an hour's brisk walk a day. Exercise is king and nutrition is queen. Put them together to have a healthy kingdom," Venkateswarlu said.

Jagannath Chatterjee, health campaigner from Odisha, spoke about health barriers among the rural and the tribal populations. He said disease is primarily about waste accumulation, toxic exposure and nutritional deficiencies.

"The traditional herbal, mineral, and Nature-based healing system of the tribals must be restored. Medicine can work only if it is culturally appropriate," Chatterjee said.

Dr Manisha Choudhury, faculty in the Department of Food Science and Nutrition, Assam Agricultural University, spoke about nutrition for preventive health.

"Nutrition is the intake of food, considered in relation to the body's dietary needs. A balanced diet is one that contains all the different components essential for health and provides all the nutritional requirements for a long and healthy life. In India 61 per cent of the population is suffering from vitamin A deficiency... Assam, Manipur, Mizoram, Nagaland and Tripura are lagging behind in most of the nutritional indicators such as early initiation of breast-feeding within one hour of birth, percentage of children under three years of age who are stunted and percentage of children under three years of age who are underweight," Dr Choudhury said.

Brigadier (retd) HM Pant, holistic healer from Uttarakhand, spoke about holistic lifestyle and said that people must live in sync with Nature.

Eighty individuals from across the country participated in the webinar, the press release said.

WhatsApp numbers 98640 3 receive the topic of the debate.

## Gaushala con

GUWAHATI, Dec 29: The mittee of Shree Gauhati Ga held today on the Gaushala Mour in the chair, said a pre-

In course of the meeting, Ja elected president of the ney 2022-2024. Later, Goenka w committee to appoint other o waka and Krishna Kumar Jal er respectively, the press re

## Book

GUWAHATI, Dec 29: *Jwala dita Galpa*, a book by senior l was released today at the A Minister Dr Ranaj Pegu. Pub ny, the book contains Assame by some renowned national

Advisor to the State Edu Mahanta and Secretary of Pul ta among others were preser

## Commenc

GUWAHATI, Dec 29: On th sary of Padmanath Gohain B Gauhati University organised

Asam Sahitya Sabha presi inaugural address. Prof Taran of the department delivered writer of Assamese literatur by Prof Kanak Chandra Sahai


## New

GUWAHATI, Dec 29: An Foods, took over as the new Chapter 2022 at the annual d the city recently. In his accep great platform for young entrep and work together towards bui

Deorah who is an entrepre also undertaken many philant

## Poetry colle

GUWAHATI, Dec 29: *Rod T* of poems of well-known poet the office of Jyoti Prakashan t Prakashan who released the b ant and replete with meaning i



**WEATHER  
GUWAHATI**

**LOCAL FORECAST:**  
Generally cloudy sky with light rain or drizzle. Maximum and minimum temperatures are most likely to be 22°C and 11°C respectively.

**TEMPERATURE:**  
Max 22.0°C  
Min 10.5°C

The Assam Tribune - Beta Version

The Premier English Daily of the North East. Our motto is to provide authentic news to our readers. Our publications are The Assam Tribune, Dainik Asam, Asom Bani, Gariasi and Sahitya Prakash.

Navigation