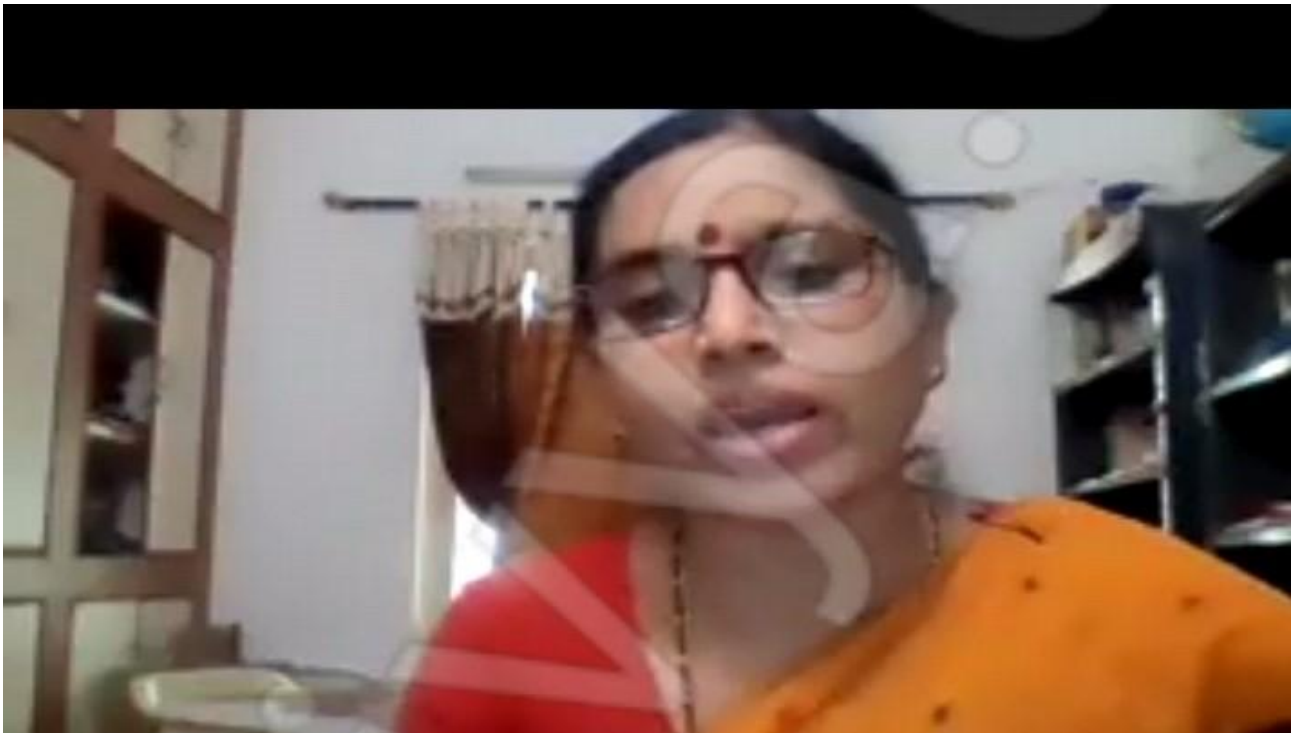


NATIONAL WEBINAR

Sree Vidyanikethan College of Nursing organized a National Webinar on **HEALTHY LIFESTYLE PRACTICES-IMMUNITY AND COVID-19** on 14-6-2021.

Dr.V.VANAJAKSHAMMA, MD, DM Professor of Cardiology, Sree Venkateswara Institute of Medical Sciences (SVIMS), Tirupati, is the resource person for the Webinar.



Dr.V.VANAJAKSHAMMA, MD, DM, ADDRESSED THE GATHERING

The resource person addressed the participants on symptoms of Covid -19 and care to be taken. Dr. Vanajakshammastated that 90% of the patients can be recovered by following symptomatic treatment in home isolation and healthy life style practices, only 10% of the people required hospitalization due to long term illness like cardiac diseases, lung infections, renal diseases.

Lifestyle diseases

- Diabetes mellitus -9%
- Poly cystic ovary disease (PCOD)-22%
- Dysfunctional uterine bleeding (DUB)-18%
- Hypertension -30%
- Dyslipidaemia -30%
- Overweight/obesity -33% (Andhra Pradesh -45%)
- Metabolic syndrome -40%
- Coronary artery disease-30% of deaths



THE SPEAKER EXPLAINED THE LIFESTYLE DISEASES

Dr.V.Vanajakshamma discussed the major life style changes that have occurred over past 3-4 decades. The diseases which are influenced majorly by the Life style such as Diabetes mellitus 9%, poly cystic ovary disease 22%, hypertension 30%, dyslipidemia 30%, over weight/obesity 33%, metabolic syndrome 40%, coronary artery diseases 30%. The speaker referred to a point that in our country cardiac diseases are increased due to poor life practices for instance ego, anger, hatred, jealousy, selfishness are the some of the negative qualities developed due to faulty life style practices.

Negative qualities

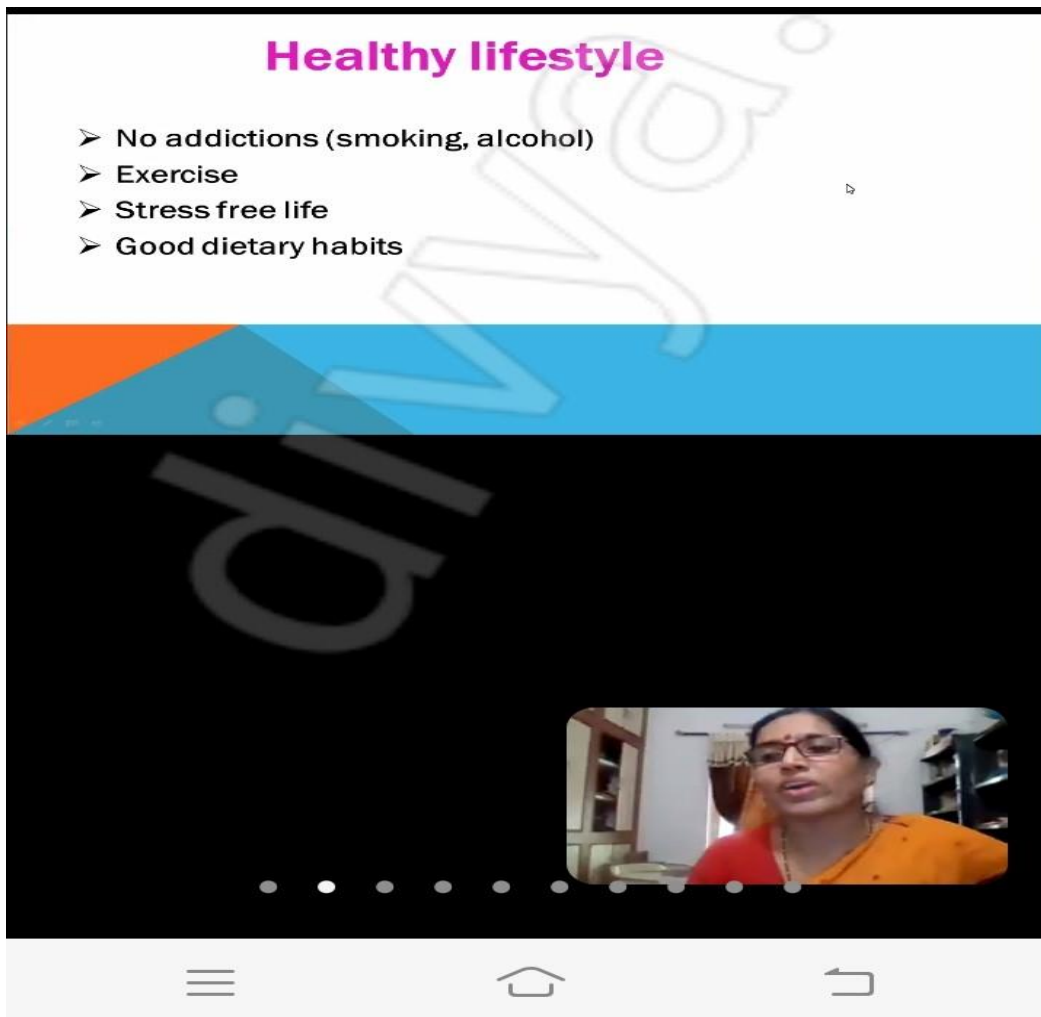
- Ego
- Anger
- Hatred
- Jealousy
- Selfishness

Positive qualities

- Love
- Peace
- Truth
- Righteousness
- Non-violence



During the session the speaker insisted everyone to follow healthy lifestyle practices i.e: no addictions to smoking & alcohol, regular exercise, stress free life, good dietary habits. The speaker said Alcoholism and smoking may show long term impact on health for developing lung diseases, cardiac diseases, degenerative cerebellar diseases. Further, the resource person suggested that regular exercises like walking daily ½ hour, running, Jogging, swimming. Yoga, meditation, Reading books, listening music may help to regularize blood sugars, blood cholesterol and reduce the stress levels. She also said that in our daily diet should avoid polished rice, sugar, high salt, Maida, bakery and sweet items, roasted food, aerated drinks, processed and preserved food and recommended to use unpolished rice, wheat, ragi, jawar, jaggery, low salt, wheat flour.




Healthy lifestyle

- No addictions (smoking, alcohol)
- Exercise
- Stress free life
- Good dietary habits

HEALTHY LIFE STYLE PRACTICES

Avoid	Use
1) Polished rice	1)Unpolished rice, Wheat, Ragi ,Jawar , Sogram
2) Sugar	2) Jaggery
3)High Salt	3) Low salt
4) Maida	4)Wheat flour
5) Buffalo Products (Milk ,Curd and Ghee)	5) Cow Products (Milk, Buttermilk and Ghee)



THE SPEAKER INSISTED TO FOLLOW HEALTHY EATING HABITS

Dr.V.Vanajakshamma explained the healthy benefits of clay pots, steel, and bronze vessels over aluminum, nonstick, plastics.

The speaker instructed to encourage health promotion activities in universities, colleges, schools, hospitals, govt. offices, NGO’S, villages to improve the healthy life style practices.



DR. VANAJAKSHAMMA CLARIFYING THE DOUBTS

415 participants from various institutions participated in the webinar and received the awareness on healthy life practices.