



Late Shri Vishnu Waman Thakur Charitable Trust's  
**VIVA INSTITUTE OF PHARMACY**

**SEMINAR 2018**

**INTEGRATIVE THERAPY  
FOR  
LIFESTYLE DISORDERS**

**18<sup>th</sup> and 19<sup>th</sup> January 2018**

## **Objective of Seminar**

Seminar on Integrative therapy for lifestyle disorders was organized by VIVA Institute of Pharmacy, virar. The objective of seminar was building awareness about unhealthy choices people blindly make about their diet, sleeping patterns, sedentary lifestyles. Being an integral part of healthcare team we pharmacist should concentrate first on wellness rather than illness.

### **Day 1 18/01/2018**

#### **Inaugural Function**

##### **Introductory Speech by Principal, Dr. Sunita Ogale.**

At present society is suffering from non-communicable diseases, changing sleeping patterns, job pressures, unhealthy eating habits and lack of exercise are some of the reasons. Earlier generations were suffering from infectious diseases. Pharmacy profession has contributed very little in awareness of nutritional intervention. She explained that integrative therapy has an advantage which concentrates on a single patient.

##### **Key Note address by Dr. Dhaval Dalal, Bhaktivedanta Hospital**

Explained in a key note address that primary drive of life should be only one, "SEARCH FOR HAPPINESS". Five most important things for happiness are ethical earning, Satisfying social relationships, Harmonious relationship in personal life, genuine spiritual practices and keeping good health.

##### **Dr. Anuradha Majumdar, Professor, Bombay College of pharmacy, Mumbai.**

##### **Topic: Combating aberrant crypt formation and colon cancer- Integrated approach.**

Abberant crypt foci are used as marker for research on colonic diseases. Some nutraceuticals can prevent colonic cancer are curcumin from Haldi, Resveretrol in grapes, Isothiocynates from broccoli and cabbage. Polamine proteins from corn such as Zein, glutamine.

Maintaining correct diet is important to prevent transition from benign to cancerous colonic stage. Regular intake of red meat leads to colon cancer. Explained the role of metallothionein is the master regulator is a low molecular weight compound present in cells which regulates homeostasis of cells

and Super oxide dismutase and catalase prevents lipid peroxidation from colon. Proved in albino rats histopathological changes in colon.

**Dr. Aparna Joshi, Surgical Pathologist KEM Hospital ,Pune**

**Topic: Pathology of lifestyle diseases**

Explained 10 leading causes of death. Cardiac Diseases: Prevention of obesity, High intake of salt in burgers, pizzas and cheese. Diabetes: Explained Iceberg phenomenon in medicines. Renal problems and diabetes in pregnancy. Climate change and intake of excess food substances. Environmental pollution, coxenobiotics and Ozone effect. Heavy metal poisoning due to lead, mercury, arsenic cadmium arsenic and nickel was explained.

**Dr. Dhawal Dalal, Bhaktivedanta Hospital.**

Integrated Physicians is the need of today's therapy. Maintaining food habits should be the major focus of the diet. Importance of khichdi in diet. Consciousness of food is required. Good eating habits are Eat when you are calm, never eat standing, never use spoons, Never eat opposite food. Pray before eating, Take water 45 minutes before and 60 minutes after meals. Avoid left over food, Importance of exercise and sleeping habits (Early to bed and early to rise, avoiding electronic gadgets before sleeping).

**Day 2 19/01/2018**

**Dr. Krishna Iyer, BCP Mumbai**

**Topic: Work-life balance**

Discussed about correct handling of the work, career goals, ambition and money and how to balance family and professional life. Issues of parents, spouse and children, neighbors and friends. Explained reasons for stress/ imbalance in teaching profession and due to this many health issue arises like blood pressure and diabetes, acidity, mental disorder etc.

**Shubhangini Joshi, C.B. Patel Research Centre for Chemical and Biological Sciences of Shri Vile Parle Kelavani Mandal, Mumbai**

**Topic: Nutrition and its role in Non-Communicable Diseases (NCD)**

Discussed traditional diet (Maharashtra and Karnataka thali) fulfills all the nutritional requirements. Concept of balanced diet is eating simple and seasonal food available in our area. Problems due to fast food, global foods, demographic transitions, epidemiological and western eating habits. Discussed research data on health issues various parts of India.

**Dr. Nanasahab Memane, Bhaktivedanta Hospital.**

**Topic: Approaches of Ayurveda on lifestyle disorders**

Discussed importance of family doctors, integration of different medicinal therapies for the lifestyle disorders. Basis of Ayurveda as prakruti analysis, following ayurvedic routine like wake up time, danta dhavan and gandush, importance of sesame oil in abhyangam. Timing of exercise (morning exercise good for health). Discussed case study of patient suffering from psoriasis and importance of the diet in its treatment. Discussed we should avoid stale food, stored food, fermented fried food and virudh aahar.

**Dr. Ruchira Tendolkar, Exercise educator, practitioner & consultant, Mumbai**

**Ms. Vineeta Menon, Fitness trainer, SNTD University**

**Topic: Fitness for Life**

Both explained stress as a reason for obesity, difference between subcutaneous fat and visceral fat. Stress causes binge eating. Reasons for abdominal obesity are increased insulin resistance, increased level of adipokines, triglycerides and cholesterol, endothelial dysfunctioning and increased blood pressure. Discussed metabolic syndrome, causes of oxidative stress and its effect on health. Do the exercise in such a way to train the body movements instead of body parts. Demonstrated some primary pattern of exercise.

**Poster Presentation Competition**  
COMPLEMENTARY AND ALTERNATIVE MEDICINE  
FOR LIFESTYLE DISORDERS  
OR NON COMMUNICABLE DISEASES

Total number of posters: 20

|                     |   |
|---------------------|---|
| <b>First Prize</b>  | Niki Jain and Nikita Khule, First year B.Pharm, VIVA Institute of Pharmacy            |
| <b>Second prize</b> | Sanket Shirodkar, Shreya Suryavanshi, Second year B. Pharm VIVA Institute of Pharmacy |
| <b>Third Prize</b>  | Mohammad Shafat and Siddique Adnan, H. K. College of pharmacy                         |

## Innovative food formulations with nutritional / or medicinal value contest



**Total number of participants: 31 groups.**

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|---------------------|--|
| <b>First Prize</b>  | Aashray bhavsar and Vidhi Chavda Third Year B. Pharm, Viva Institute of Pharmacy,                    |
| <b>Second prize</b> | Sachin Yadav, Minakshi Pamecha and Pranit Waghchure Second Year B. Pharm, Viva Institute of Pharmacy |
| <b>Third Prize</b>  | Deepak Bhadvia, Sheetal Salunkhe and Priyanka Gala, third Year B.Pharm, Viva Institute of Pharmacy   |
|                     | Shreya Suryavanshi, Rajeshwari Mourya, Richa Singh, Second Year B. Pharm, Viva Institute of Pharmacy |