

UGC Sponsored One Day National Seminar on
**“THE SCIENCE BEHIND AGEING: CAN SCIENCE
MODULATE THE PROCESS?”**



27TH MARCH, 2017

Organized by
UGC – WOMEN STUDIES' CENTRE



**Dr. V. Narayana Rao, Principal being
honoured with a bouquet**



**Sri. S. V. S. M. Razith Kumar, Secretary &
Correspondent honoured with a bouquet**



**Dr. I. Rama Subba Reddy, Psychiatrist
honoured with a bouquet**



**Dr. K. Subba Rao, Prof. in UoH & JNTU
honoured with a bouquet**



**Prof. B. Vara Lakshmi, NIMS School of
Nursing, Hyderabad honoured with a bouquet**



**Smt. A. Krishna Priya, Convenor of the
Seminar honoured with a bouquet**

Lightening of the lamp by the delegates





Opening remarks by Dr. V. Narayana Rao, Principal



Theme of the Seminar by Smt. A. Krishna Priya, Convenor



Staff, Participants & Students at the Seminar



Sri. S. V. S. M. Razith Kumar, Secretary & Correspondent addressing the gathering



Speech by Prof. B. Vara Lakshmi, NIMS School of Nursing



Dr. I. Rama Subbareddy, Psychiatrist with his message



Lead Lecture by Dr. K. Subba Rao, Prof. in UoH & JNTU



Felicitation to Dr. K. Subba Rao, Prof. in UoH & JNTU



Felicitation to Prof. B. Vara Lakshmi, NIMS School of Nursing, Hyderabad

TECHNICAL SESSION



Technical Session by Dr. Krishna Choudary, Neurologist, Liberty Hospitals, Vijayawada



Staff & Participants at the Technical Session



Felicitation to Dr. Krishna Choudary



Introduction of the Dr. Karuna Murthy, Prof. in Pinnamaneni Medical College, Gannavaram by Dr. Mazharunnisa, Lecturer in MBA



Dr. Karuna Murthy honored with a bouquet



Dr. Karuna Murthy, Prof. in Pinnamaneni Medical College, Gannavaram giving his message



Felicitation to Dr. Karuna Murthy, Prof. in Pinnamaneni Medical College, Gannavaram



Dr. Kodey Prabha Devi, Gynecologist addressing the gathering



Staff & Participants listening the speech



Felicitation to Dr. Kodey Prabha Devi, Gynecologist



Feedback from Participants

VALEDICTORY SESSION



Certificate distribution to the Participants by dignitaries

A REPORT ON NATIONAL SEMINAR ON “THE SCIENCE BEHIND AGEING” CAN SCIENCE MODULATE THE PROCESS?

Women Studies Center of KBN college organized one day National Seminar on “The science behind ageing- can science modulate the process?” on 27th March, 2017.

Dr. K. SubbaRao: (Key note Speaker)

In his key note address Dr. K. Subbarao, Dept. of innovative research University of Hyderabad, explained about ageing and the factors affecting the ageing process. He explained about the differences of lifespans now in comparison to past. He also mentioned the mechanism of age related changes and the theories of ageing but no theory is able to explain the process of ageing.

Dr. B. Varalakshmi, principal, NIMS College of Nursing, Hyderabad:

She narrated the changes that occur due to ageing, She also shared her views about the diseases, life style modifications, Mother-child- passive immunity, health development from young age itself. She explained the concept of prevention and control of changes that takes place in ageing process In her words most of the changes that occur due to ageing can be delayed, controlled or modified through diet, exercise and social support. She also explained about physical changes, psychological and mental changes, sociological and spiritual changes.

I Technical Session

Dr. Ashok Babu, Psychiatrist, ANU medical College, Guntur:

He explained about social withdrawal, sad or depression lasting for more than two weeks, unexplained fatigue, confusion, disorientation, increase or decrease in appetite, malnourishment, Memory loss, Somatization, Alzheimer’s dementia and Down syndrome.

II Technical session:

Dr. Krishna Choudary, Neurologist, Liberty Hospitals, Vijayawada.

He explained the problems that encounter with ageing and steps to take for their prevention. He talked about vision impairment, locomotive, cardio-vascular, neurological, respiratory, GIT and Psychiatric diseases.. He talked about team work of : Doctor, nursing staff,

Physio- therapist, Social and Health worker. He concluded saying Empathy is a necessity for health care.

Dr. Karuna Murthy, Principal, Pinnamaneni Sidhardha Medical college, Gannavaram:

He briefly discussed on the hall mark of disease profile of elderly patients.

- Silent presentations.
- Co-existence of multiple diseases
- Many diseases are chronic and require rehabilitation.
- Vulnerability to adverse drug reactions.
- Complicated by psychological and socio- economic problems of old age. He also explained the state programs for elderly like Ankuram, Aadarana, Asara, Aram Ghar old age homes. He also suggested tips for graceful ageing as follows:
 - Simple life style.
 - Adequate activity
 - Rest.
 - Peaceful sleep.
 - Good work ethics.
 - Goodbye to anger.
 - Helping the poor.
 - Nutritious diet.

III Technical session:

Dr. K. Prabha Devi, HOD, Obesity & Gynaecology:

She took the topic Preventive health care in elderly women. She concentrated on the reasons for poor health and high mortality. She focused her lecture on the concept of active and healthy ageing. She gave detailed presentation about osteoporosis, arthritis and low calcium. She also explained the major barriers for availing the health care for rural women.

IV technical session:

15 papers were presented by faculty members of various colleges. The entire day was overwhelmed with an attendance of 130 audiences. The feedback given by the audience is excellent and the seminar ended with valedictory function. Certificates were issued to the paper presenters and also to the participants.