

**DR. AMBEDKAR COLLEGE  
DEEKSHABHOOMI, NAGPUR  
HRD LECTURE SERIES  
15 APRIL -23 APRIL 2019**

**LECTURE:6: DATE: 23 APRIL 2019  
TOPIC: FITNESS & LIFESTYLE 22 APRIL 2019:  
RESOURCE PERSON : DR. NEENA SAHU, NAGPUR**

On the 23rd of April 2019, the last lecture of the HR Lecture Series was delivered. The topic of the lecture was "Fitness and Lifestyle". This topic was deliberately selected because health and fitness is often the most ignored and least prioritised area. Higher fitness consciousness amongst teachers and the non teaching staff is bound to enhance the work productivity of these two very important pillars of the educational institution. It is with this aim in mind that a lecture on the said topic was organised. The resource person to deliver this talk was a noted physiotherapist and Fitness consultant of Nagpur Dr Neena Sahu.

She began her lecture by highlighting how our economic prosperity has distanced us from simple day to day activities which were helping to strengthen our body muscles. Technological interventions and affordable domestic help, she said, are keeping us away from the routine chores which helped to maintain fitness. She enlightened the audience about why hypertension and diabetes has emerged as the biggest killer in the present age. These she said are all lifestyle disorders which can be corrected by right management of body activity and diet. She laid particular emphasis on the problem of varicose veins to which people on the Teaching profession are particularly prone. Dr Sahu suggested some simple techniques that can be followed by teachers in their daily routine, without having to spare some time specially for that. Dr Neena Sahu also said that there are some simple activities that can be taken to by everyone, right at their workplace. Step climbing for those who have to sit for long hours, especially on the chairs with castors, she said is the finest exercise. She also pointed with deep concern how our extensive use of mobile and the rampant texting is resulting into postural problems for the younger generation. Obesity, PCOD, postural disorders are problems with which the new generation will have to live, if they're not corrected at the right time, she said.

Further Dr Sahu also threw some light on menopausal problems for women, prostate problems in men and other pertinent and common problems like stress incontinence, sleep apnea, back problems etc. She assured the audience that all of these are correctable with daily exercise. The easiest trick, as a first step, she said, was to do all our work ourselves instead of appointing surrogates for all of them. Finally Dr Sahu spoke about the importance of planning and managing one's diet and also paying attention towards water consumption. Her lecture ended on the positive note that commitment to doing regular exercise can enhance our quality of life and lead us to a healthier and fit India!



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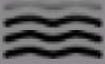
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