

**Dr. Ambedkar College, Deekshabhoomi, Nagpur**  
**Life Line Services Cell**  
**Report 2021-22**  
**Webinar Osteoporosis: Prevention and Management**  
**Date- 22<sup>nd</sup> February 2022**

**DR.AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR**

**IMPORTANT NOTICE**

**Dated: 16-02-2022**

All the members of Lifeline Services Cell i.e Faculty, non-teaching and student members are hereby informed that Lifeline Services Cell has arranged Online Webinar on the topic "**Osteoporosis: Prevention and Management**" on Google meet platform.

Date: 22<sup>nd</sup> February 2022

Timings: Timings: 2.00 pm - 3.00 pm

Speaker: Dr. Leena Y. Ingale, Assistant Professor, Dept. of Anesthesiology IGGMC, Nagpur.

Google Meet Link: Guest lecture on Topic: Osteoporosis: Prevention and Management  
Tuesday, February 22 · 2:00 – 4:00pm

Google Meet joining info

Video call link: <https://meet.google.com/keq-amq-tvi>

The Meeting Id and Password shall be notified. Please note that it is MANDATORY for all the members of the Lifeline Services Cell, Dr. Ambedkar College, Deekshabhoomi, Nagpur to attend the lecture on the date and time notified above.

**ONLINE ATTENDANCE OF ALL MEMBERS IS COMPULSORY**

Principal

(Prof. Dr. B.A.Mehere)

Poster:



**Dr. Ambedkar College**  
**Deekshabhoomi, Nagpur**



**Lifeline Services Cell**

*Organizes*

**Webinar**

*On*

**“Osteoporosis: Prevention and Management”**

**Guest Speaker**



**Dr. Leena Y. Ingale**

Assistant Professor

Dept. of Anaesthesiology

IGGMC, Nagpur

**Date:** 22<sup>nd</sup> February 2022 (Tuesday)

**Time:** 02.00 pm

**Join with Google Meet:**

<https://meet.google.com/keq-arnq-tvj>

**Dr. Jitesh Tripathi**

Co-ordinator

(Lifeline Services Cell-DACN)

**Dr. Mrs. B. A. Mehere**

Principal

Dr. Ambedkar College, Nagpur

**Lifeline Services Cell Members:**

**Ms. Rita Lakkakul**

**Mr. Parag Panse**

## **Report:**

The Lifeline Services Cell of Dr.Ambedkar College, Deekshabhoomi,Nagpur organized a Webinar on the topic “Osteoporosis: Preventon and Management” on 22<sup>nd</sup> February 2022. This webinar was organized for the students and faculty members and members of non-teaching staff of the college to take care of any family member or self needing information on osteoporosis. In osteoporosis information is necessary to take corrective lifestyle and dietary changes at the right time.

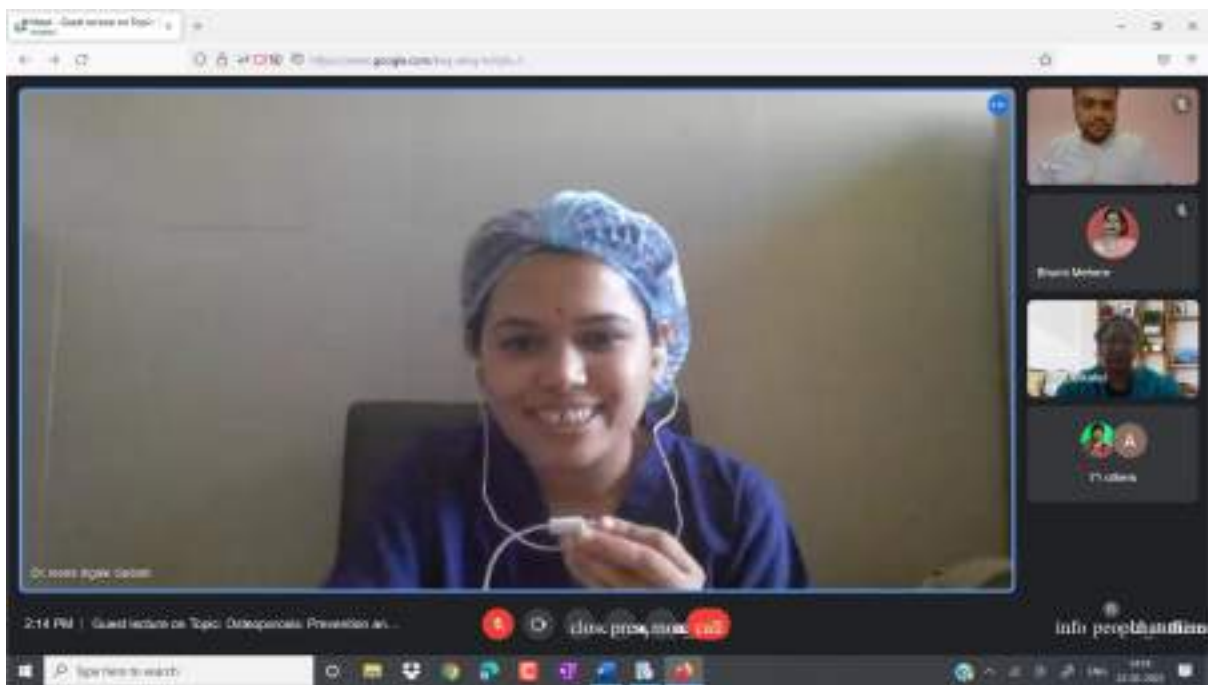
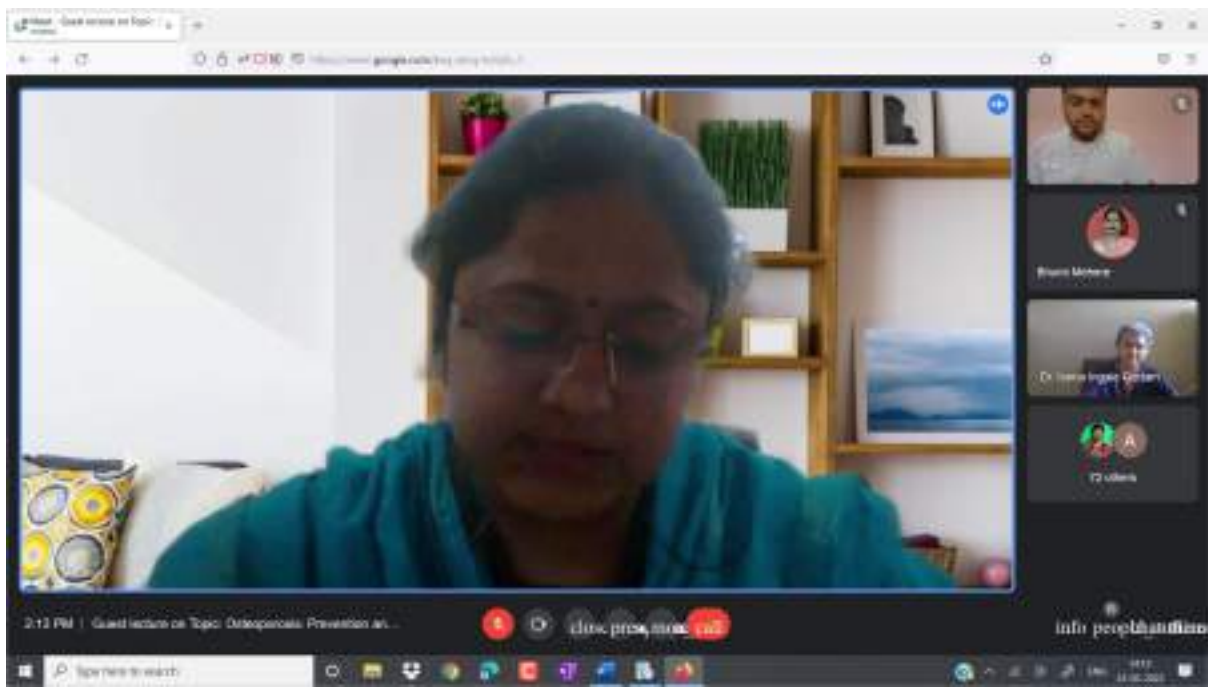
The guest speaker for the program was Dr. Leena Y. Ingale, Assistant Professor, Department of Anesthesiology IGGMC, Nagpur. She introduced the topic thoroughly to all the participant. She discussed the causes for osteoporosis and the possible lifestyle changes for the prevention of osteoporosis.

Miss. Rita Lakakul, Member, Lifeline Services cell, conducted the training programs. All the members of the lifeline services cell participated in the training programs. Dr. Jitesh Tripathi, Coordinator of the Lifeline Services cell, Dr. Ambedkar College, Nagpur presented the aims and objectives of the lifeline services cell of the College. Dr. Panse, Member, Lifeline Services cell proposed the vote of thanks.

The number of participants for the program were 81. The program was a success.

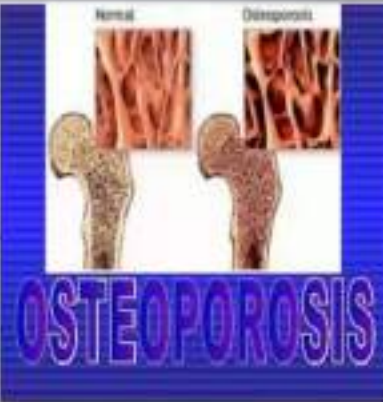
## Photographs:





Zoom Meeting | Guest lecture on Topic: Osteoporosis: Prevention an...

Dr. Leena Ingale is presenting




BY DR. LEENA INGALE  
ASSISTANT PROFESSOR  
IGGMC NAGPUR

OSTEOPOROSIS

2:18 PM | Guest lecture on Topic: Osteoporosis: Prevention an... | info peopleandfins

Zoom Meeting | Guest lecture on Topic: Osteoporosis: Prevention an...

Dr. Leena Ingale is presenting



### OSTEOPOROSIS

- "Silent disease" until complicated by fractures
- Most common bone disease in humans
- Characterized by:
  - Low bone mass
  - Microarchitectural deterioration
  - Compromised bone strength
  - Increased risk for fracture
  - Vertebrae, wrist and hips are most common sites of fractures.

2:18 PM | Guest lecture on Topic: Osteoporosis: Prevention an... | info peopleandfins

Google Meet window showing a presentation slide titled "Poor bone health is common and costly." The slide features a bar chart illustrating the impact of osteoporosis on various healthcare metrics.

Category	Number of People
Fractures (bone osteoporosis)	1.3 million
Hospitalizations	300,000
Trips to the emergency room	300,000
Visits to the doctor's office	2.6 million
People placed in nursing homes	400,000

2:28 PM | Guest lecture on Topic: Osteoporosis: Prevention an... info peopleandfins

Are you among the

1 in 3 women over 50

1 in 5 men over 50

who will be affected by osteoporosis in their lifetimes?

2:24 PM | Guest lecture on Topic: Osteoporosis: Prevention an... [class.proximus.com](#) info peopleandtime

The interface shows a Zoom meeting with a presentation slide. The slide features two statistics: '1 in 3 women over 50' and '1 in 5 men over 50' who will be affected by osteoporosis in their lifetimes. The meeting controls at the bottom show a search bar, a toolbar with icons for chat, mute, video, and share, and a participant list on the right with three visible participants: 'You', 'Dr. Anna Ingrid On...', and 'Pia Linnar', plus a group of 58 others.

2:28 PM | Guest lecture on Topic: Osteoporosis: Prevention an... [class.proximus.com](#) info peopleandtime

The interface shows a Zoom meeting with a presentation slide. The slide displays several anatomical diagrams of joints, including the hand, knee, hip, and spine, illustrating the effects of osteoporosis. The meeting controls at the bottom are identical to the previous screenshot, showing a search bar, a toolbar, and a participant list with three visible participants and 58 others.