

## **Activity Report 07: One day Seminar on “Effect of Lifestyle on Adolescence”**

### **A) Summary Report**

<b>Sr. NO.</b>	<b>Title of Programme</b>	<b>One day Seminar on “Effect of Lifestyle on Adolescence”</b>
1	Name Of organizing Department	Biotechnology
2	Name of organizer/Coordinator	Dr.S.S.Kulkarni, Miss.M.A.Dhotre
3	Date Of programme	22 December 2020
4	Venue	Department Of Biotechnology
5	Target Group	Bsc. Biotechnology F.Y, BSc SY, MSc SY
6	Number of Participants Hard copy of Attendance	174
7	Name and detail of resource person	Dr. Swati Gore
8	Total Expenditure of the Programme	Nil
9	Source of Funding	Nil

### **B) Title: - A Report on “Effect of Lifestyle on Adolescence....”**

Department of Biotechnology and Mission Pink Health IMA & IMA Women’s doctor Wing Latur organizes a one Day seminar on “Effect of Lifestyle on Adolescence....” Adolescents form two-thirds of our population. This is a unique group of people with special needs. The aims of this seminar is to identify the lifestyle and behavioural patterns in this group of people and subsequently come up with issues that warrant special attention. The target audience of this programme was all UG and PG students who are the part of this title. Chairperson of this Program Dr. M. H. Gavhane Principal of Rajarshi Shahu Mahavidyalaya (Autonomous) Latur, inaugurated the program and introduced about the college and various activities at college. Head Department of biotechnology Dr. S.S. Kulkarni introduced guest of the programme and briefly introduced about department and program. Dr. Swati Gore President of Mission Pink Health IMA & IMA Women’s doctor Wing Latur, was the Chief Guest of program address all young mind of Department on very important issue of 21<sup>st</sup> century. In her talk madam explains more about adolescents, most adolescents with lifestyle issues fell in the age group of 16–18 years. Females were more depressed than males and had more sleep problems. Substance abuse

and other addictions were documented more in males. Watching television or listening to music was stated as the most common late night activity and therefore was also referred to as the contributory factor for less than eight hours of sleep each day. This problem progress slowly may lead to depression, addictions, mental stress and many physical problems. Dr. Gore madam also gave many suggestion, solutions and ways to find the problem of adolescence at early phases. In the conclusion it must say that adolescents need to be treated as a distinct segment of our population and it is important to realize and address their health and lifestyle problems. Inadequate sleep, depression and smoking were the leading unhealthy behaviours among the respondents. Families can play an important role to help these adolescents live a healthier life.



Shiv Chhatrapati Shikshan Sanstha's

**Rajarshi Shahu Mahavidyalaya**  
**(Autonomous), Latur.**

**One Day Seminar on**  
**Effects of Lifestyle on Adolescence...**

Organized by  
Department of Biotechnology & Mission Pink Health, Latur.

**Dr. Sachin Kulkarni**  
Head, Department of Biotechnology

**Dr. Swati Gore**  
President, MPH, Latur

**Dr. Mahadev Gavhane**  
Principal, R. S. M., Latur



**Zoom Link**

[https://emcure.zoom.us/j/98356791989?  
pwd=NDE4TFZkckZlVlh4U2pJVTA4azY5UT09](https://emcure.zoom.us/j/98356791989?pwd=NDE4TFZkckZlVlh4U2pJVTA4azY5UT09)

**Meeting ID - 98356791989**  
**Pass code - oroferxt**



**10:30 AM to 11:30 AM**



**22 December**  
**2020**

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## Participants (172)

 Search

Manisha Patil (me)



GANESH DESHMUKH (Host)



(A) Irpatgire NIRHAY (Co-host)



Dr. Bhaurao Yadav (Co-host)



Dr. Surekha kale (Co-host)



Dr. Sunita Patil (Co-host)



Poonam Nathani (Co-host)



Rakhi Sarda (Co-host)



Sumit hasale (Co-host)



Swati Gore (Co-host)



Akanksha



Akash Nagmode

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