

Talk by Prof Rima Dada

Adding to the list of much appreciated Colloquium Series, organized by Department of Zoology, Deshbandhu College, Dr.Rima Dada, Professor, Department of Anatomy and Genetics, All India Institute of Medical Science, enlightened the curious audiences with her lecture on “Impact of Yoga on Complex Diseases”. The lecture was held on 17th January, 2020, at 12.30pm in ZLT. Dr Dada focused on how unhealthy lifestyle choices leads to initiation and development of complex disorders like obesity, infertility, stress, diabetes, high blood pressure and so on. Sharing her research findings, Dr Dada told how by practicing Yoga in daily routine can not only alleviate the symptoms but in some cases, can be helpful in curing these complex disorders. She further added that Yoga induces molecular remission that re-establishes tolerance to major complex disorders even the ones which are caused due to genetic defects. Dr Dada also discussed some of her recent studies where Yoga was proven to be highly beneficial for the treatment of diseases such as Rheumatoid arthritis, Depression, and Infertility, which were once thought to be incurable even with the conventional medicines. She concluded her lecture by prescribing Yoga to everyone present and said that practicing Yoga even few times a week can bring noticeable benefits. The lecture session ended with an interactive discussion involving Dr Dada, students and all faculty members.

