

## **Liver disease and you workshop (October 2023)**

Statistika (Department of Statistics) at Mata Sundri College for Women in collaboration with Aarogyam (the cell for mental health and well-being), an initiative by IQAC, organized a workshop on 'Liver Disease and You' on October 9, 2023. The workshop had the primary aim of raising awareness about liver health and providing valuable insights into the prevention of liver diseases.

The distinguished speakers for the event were Dr. Yogesh Batra and Mrs. Sunita Roy Chowdhury, who shared their expertise and knowledge on liver diseases.

Dr. Yogesh Batra, a renowned Senior Consultant Gastroenterology Apollo Hospital, New Delhi, began the workshop by discussing the significance of liver diseases; he provided a comprehensive overview of various liver conditions, explaining their causes, symptoms, and potential risks.

Dr Batra also shed light on common signs and symptoms indicative of liver diseases like fatigue, jaundice, and abdominal pain. He discussed several risk factors, including excessive alcohol consumption, obesity, diabetes, viral hepatitis infection, and exposure to certain medications that may lead to potential liver problems. He also stated several proactive steps to identify and mitigate the development of liver diseases.

Mrs. Sunita Roy Chowdhury, a respected nutritionist, followed Dr Batra's presentation and shifted focus to maintaining a healthy lifestyle to prevent liver diseases as well as upkeep of general well-being. Additionally, she highlighted the need for regular physical activity to maintain a healthy weight and, the significance of a balanced diet rich in fruits, vegetables, and whole grains to keep liver diseases at bay.

Mrs. Roy Chowdhury provided practical tips and dietary recommendations for attendees to incorporate into their daily lives. The workshop facilitated participants to engage in meaningful discussions with the speakers and gain a better understanding of liver health. Attendees were also actively encouraged to ask questions and share their concerns, creating an interactive session.

Dr. Yogesh Batra and Mrs. Sunita Roy Chowdhury leveraged their knowledge of liver health and equipped attendees with valuable knowledge, due to this, the workshop proved to be a huge success with positive feedback across the board.

It is crucial to acknowledge that liver diseases are both preventable and manageable through awareness of healthy habits and timely medical intervention, with this knowledge, we can pave the way for a healthier future not just for ourselves but also for our communities.