



# POORNIMA UNIVERSITY

29<sup>th</sup> February 2016

## Report on Special session on Daily Habits

On the occasion of Science Day, a special session on **Daily Habits followed by Chronic Kidney Diseases (Smoking & Alcoholism)** was organized in Poornima University on **27<sup>th</sup> February 2016** by Social Service Club, B. Tech, First Year Department. The main purpose of the session was to spread awareness amongst the general population for making a healthy society.

**Dr. Jitendra Goswami, Consultant Nephrologist, Soni Manipal Hospital, Jaipur was invited for the session.** The program commenced with the welcome note for **Dr. Jitendra Goswami. Dr. Manoj Gupta, Provost, PU** presented a memento as the token of respect and appreciation to Dr. Goswami. Dr. Goswami started his speech with the objectives of the session including basic anatomy of Kidney, its functioning, the risk factor for Kidney diseases, and simple test to find Kidney diseases. He also discussed the negative effects of smoking and alcohol on human body. Dr. Goswami gave a very valuable **"Take Home Message"** to the students and motivated them to follow some protocols for a healthy life. There was an interactive session too where students asked questions regarding the preventive measures that should be taken to keep everyone fit and fine. All the students responded very well and participated with full vigor and enthusiasm.

