



**INSTITUTION'S
INNOVATION
COUNCIL**
(Ministry of Education Initiative)



Department of Botany, Health Club and IQAC
NATIONAL WEBINAR ON
NATURAL REMEDIES FOR STRESS INDUCED DISEASES –
DIABETES, HYPERTENSION AND CANCER
07-01-2025
A Brief Report on the Activity

S.No	01
Name of the activity	“National Webinar on Natural Remedies for Stress Induced Diseases – Diabetes, Hypertension and Cancer”
Date of conducting	07-01-2025
Organized by	Department of Botany, Health Club, IQAC & IIC
Objective or nature of the activity curricular/ Extension to community	<p>1. Identify Natural Stress-Reducing Remedies: Investigate and assess natural remedies, such as herbal supplements that can help reduce stress and its physiological effects on diseases like diabetes, hypertension, and cancer.</p> <p>2. Assess the Role of Diet in Stress-Induced Diseases: Investigate the effects of nutrient-rich diets, rich in antioxidants, vitamins, and minerals, on reducing stress and improving health outcomes in individuals with diabetes, hypertension, and cancer.</p> <p>3. Investigate the Impact of Aromatherapy and Essential Oils: Study the potential therapeutic benefits of essential oils like lavender, eucalyptus, and peppermint in managing stress and their effects on blood pressure regulation, blood sugar control, and cancer-related symptoms.</p>
Resource person	Prof. B.Andallu , Honorary Professor, Dept.of Food and Nutritional Science, Sri Satya Sai Institute of Higher Learning
No. of. Students attended	140
Skills achieved	<p>1. Herbal Medicine Knowledge: Gained proficiency in identifying, selecting, and preparing herbal remedies known for their stress-reducing and disease-managing properties, such as ashwagandha, turmeric, and ginseng.</p> <p>3. Nutritional Counseling: Acquired knowledge of the impact of diet on stress and chronic diseases, including the ability to recommend dietary changes to reduce stress and support the management of diabetes, hypertension, and cancer.</p> <p>4. Holistic Health Approaches: Enhanced understanding of how to integrate natural remedies with traditional medical treatments to provide a comprehensive approach to stress-related diseases.</p>

Values achieved	<ol style="list-style-type: none"> Sustainability: Promoted the use of sustainable, natural approaches that are often accessible and can be maintained over the long term without heavy reliance on pharmaceuticals. Empowerment: Fostered empowerment by equipping individuals with the knowledge and tools to manage their own health and reduce the impact of stress on chronic diseases through self-care and natural remedies. Personalized Care: Valued the importance of tailoring natural remedy approaches to the unique needs of each individual, recognizing that every person's experience with stress and disease is different.
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Brief Report:

Introduction

A national webinar on "*Natural Remedies for Stress-Induced Diseases: Diabetes, Hypertension, and Cancer*" was held on January 07, 2025, organized by the Department of Botany and the Health Club. The event aimed to raise awareness about the rising prevalence of stress-related health issues and the role of natural remedies, particularly diet management and healthy habits, in addressing these challenges. The distinguished speaker for the webinar was Prof. Andallu, an Honorary Professor at the Sri Sathya Sai Institute of Higher Learning. Prof. Andallu is widely recognized for his work in promoting natural and holistic approaches to health.

The webinar specifically focused on how stress exacerbates chronic conditions like diabetes, hypertension, and cancer, and how adopting a proper diet and lifestyle can help prevent and manage these diseases.

Key Points Discussed

1. The Role of Stress in Disease Development

- Prof. Andallu opened the session by discussing the physiological and psychological impacts of stress on the body. He explained that chronic stress triggers the release of cortisol, which can disrupt metabolic processes, leading to conditions like high blood pressure, insulin resistance, and increased susceptibility to cancer.
- He emphasized that long-term stress weakens the immune system, making the body less capable of fighting off infections and diseases, and contributes to the development of chronic conditions.

2. Diet Management: Boiled Vegetarian Food as a Key Remedy

- Prof. Andallu highlighted the importance of diet in preventing and managing stress-induced diseases. He strongly recommended the adoption of boiled vegetarian food as an essential part of a health-conscious diet.
 - **Boiled Food Advantages:** Boiling food preserves the nutrients while minimizing the loss of essential vitamins and minerals. This method of cooking is particularly beneficial in retaining antioxidants, which play a crucial role in protecting the body from oxidative stress and inflammation.
 - **Vegetarian Diet:** Prof. Andallu explained that a vegetarian diet, rich in plant-based foods such as vegetables, fruits, legumes, nuts, and whole grains, is highly effective in maintaining a healthy weight and reducing inflammation. This type of diet supports the management of blood sugar levels, blood pressure, and overall immune function.
- He also discussed the importance of avoiding processed foods, high-fat and high-sugar items, which contribute to poor health outcomes, particularly for individuals at risk of diabetes, hypertension, and cancer.

3. **Healthy Habits for Stress Reduction and Disease Prevention**

- Prof. Andallu stressed that a balanced and healthy lifestyle plays a key role in managing stress and preventing disease.
- **Avoiding Harmful Habits:** The dangers of smoking, excessive alcohol consumption, and high caffeine intake were discussed as significant contributors to increased stress and poor health. Prof. Andallu recommended adopting a lifestyle that minimizes or avoids these substances to maintain optimal health.

4. **Holistic Approach to Health**

- Prof. Andallu concluded the webinar by advocating for a holistic approach to health, which integrates natural remedies, dietary practices, and healthy lifestyle habits. He encouraged the participants to consider the interconnectedness of physical health, mental well-being, and emotional balance in preventing and managing stress-induced diseases.
- The importance of self-care, proper nutrition, physical activity, and positive mental habits was emphasized as a way to enhance quality of life and promote long-term wellness.

Out Come of this Activity:

The national webinar on "*Natural Remedies for Stress-Induced Diseases: Diabetes, Hypertension, and Cancer*," with a special focus on food habits, successfully provided participants with a wealth of knowledge on how to combat and prevent stress-related diseases through dietary changes. The session was led by Prof. Andallu, an expert in natural health remedies, and highlighted the importance of food choices in managing stress and promoting overall well-being.

WEBINAR ONLINE LINKS

Link for Registration form

<https://forms.gle/3rJ9975LnmeNzmaz9>

Link for Google Meet

National Webinar on Natural Remedies For Stress Induced Diseases-Diabetes, Hypertension and Cancer

Tuesday, January 7 · 11:00am – 1:00pm

Time zone: Asia/Kolkata

Google Meet joining info

Video call link: <https://meet.google.com/pwd-okik-its>

Link for Feedback form

<https://forms.gle/q8xkzp5JSeRyHv8f6>

SRI A.S.N.M. GOVERNMENT COLLEGE (AUTONOMOUS)



PALAKOL , W.G.Dt

(Re-accredited by NAAC with 'B+' Grade at 2.67 CGPA)

Palakol, West Godavari District - 534260.

Website : sriasnmgcdpalakol.ac.in



NATIONAL WEBINAR



ON NATURAL REMEDIES FOR STRESS INDUCED DISEASES – DIABETES, HYPERTENSION AND CANCER

DATE: 07-01-2025, TIME: 11 A.M TO 1 P.M



CHIEF PATRON

DR. NARAYANA BHARATH GUPTA

Director, APCCE,
Mangalagiri, Guntur



PATRON

CH. KRISHNA

Joint Director, APCCE,
Mangalagiri, Guntur



CO-PATRON

DR. S. SOBHARANI

RJDCE, Zone - I&II
Rajamahendravaram.



PRESIDENT

DR. T. RAJA RAJESWARI

Principal,
Sri A.S.N.M. Govt. College(A), Palakol



RESOURCE PERSON

PROF. MRS. B. ANDALLU

Honorary Professor,
Dept. of Food and Nutritional Science
Sri Satya Sai Institute of Higher Learning

Organising Committee:

1. Sri T. Krishna, Lecturer in Political Science, IIC President.
2. Sri K. Bhadrachalam, Lecturer in Computer Science IIC Vice President
3. Dr M. Ramakrishna, Lecturer in Zoology, IIC Convenor
4. Sri P.Srinivasa Rao, Lecturer in Botany, Webinar Co-Ordinator
5. Smt V. Sirisha, Lecturer in Botany, Member
6. Kum P. Jyotsna Sri, Lecturer in Zoology, Member
7. M.L.D Sireesha, JKC FTM, IIC Member

ORGANISED BY

DEPARTMENT OF BOTANY, IQAC AND HEALTH CLUB

SRI A.S.N.M GOVT.COLLEGE(A),PALAKOL

E-Certificate will be given to all participants who attend the webinar

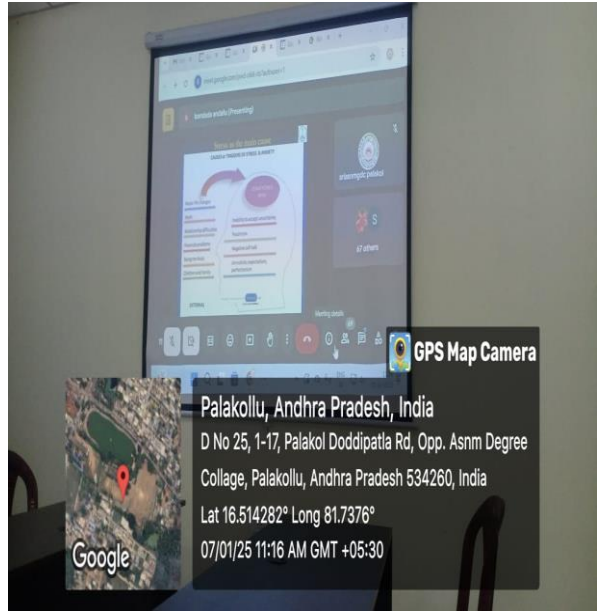
REGISTRATION LINK:

WHATSAPP LINK:

<https://forms.gle/3rJ9975LnmeNzmaz9>

<https://chat.whatsapp.com/CZRqtJeD4Us8TxtG9gKIUr>

National Webinar Brochure



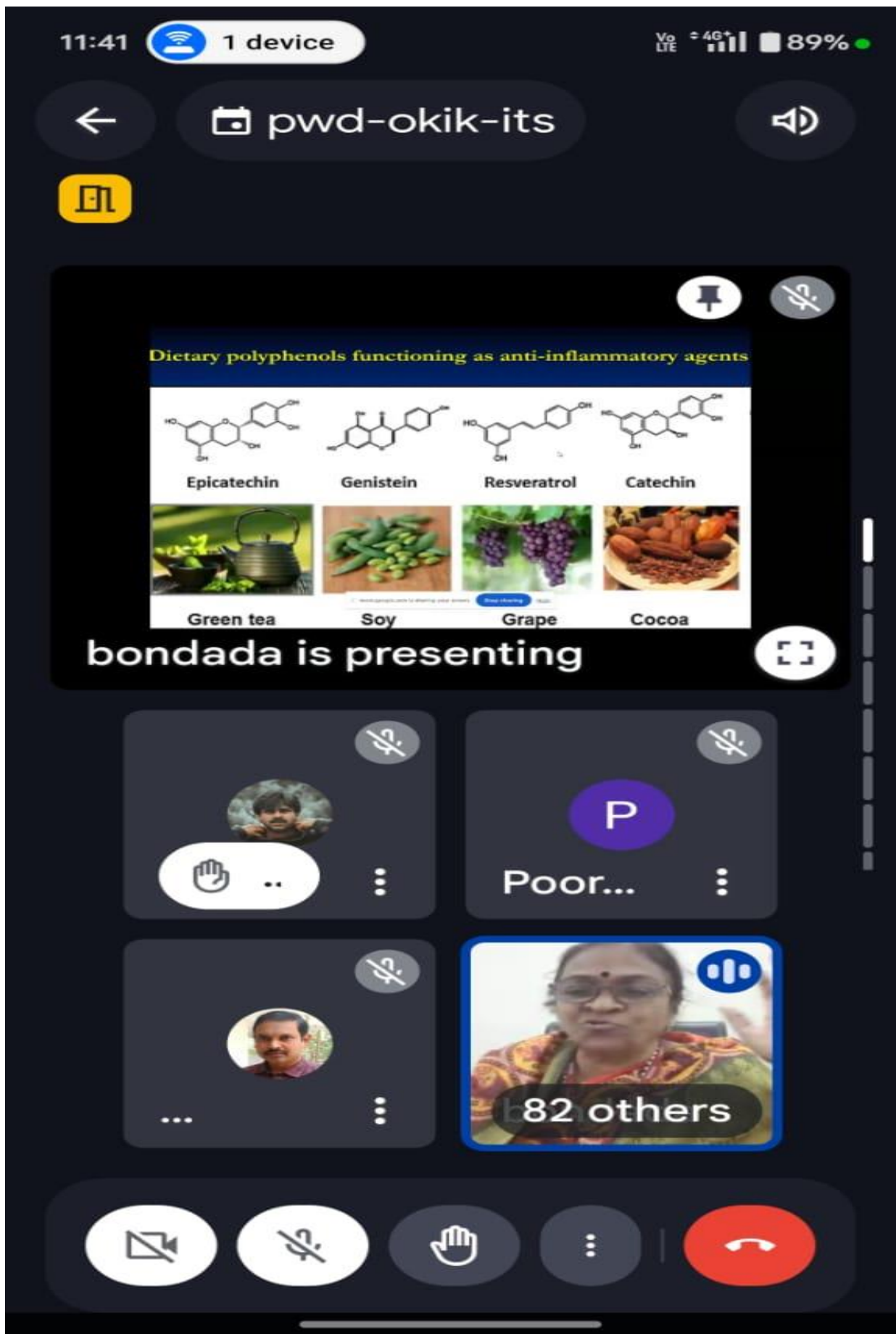
Resource person and staff Participants in Board room



Resource person

Students and staff Participants





Webinar Screen Shot



SRI A.S.N.M GOVERNMENT COLLEGE (AUTONOMOUS)

(NAAC Re-accredited With 'B+' Grade at 2.67 C.G.P.A)

Palakol, West Godavari District - 534 260.



NATURAL REMEDIES FOR STRESS INDUCED DISEASES DIABETES, HYPERTENSION AND CANCER

Certificate of Participation

This is to Certify that Mr./Mrs./Kum/Dr.....

has participated in the National webinar held on 07-01-2025.


P. SRINIVASA RAO
Lect. in Botany
Co-ordinator


M. M. RAMAKRISHNA
Lect. in Zoology
IIC Convenor


K. BHADRACHALAM
Lect. in Computer Science
IQAC Co-ordinator


T. KRISHNA
Vice Principal
Lect. in Political Science
IIC President


Dr. T. Raja Rajeswari
Principal

Certificate Format

పత్రికా ప్రకటన

శ్రీ అద్దేపల్లి సత్యనారాయణమూర్తి ప్రభుత్వ కళాశాల స్వయం ప్రతిపత్తి పాలకొల్లు నందు వృక్షశాస్త్ర విభాగం, హెల్త్ క్లబ్ మరియు ఐ.క్యూ.ఎ.సి వారి ఆధ్వర్యంలో 07/01/2025 న “ఒత్తిడి వలన కలిగే వ్యాధులైన మధుమేహం, హిపర్ టెన్షన్ మరియు కేన్సర్ లను సహజ పద్ధతులతో ఏవిధంగా నివారించవచ్చు” అనే అంశంపై నేషనల్ వెబినార్ ను నిర్వహించారు. ఈ కార్యక్రమానికి రిసోర్స్ పర్సన్ గా హాజరైన శ్రీ సత్య సాయి ఇనిస్టిట్యూట్ ఆఫ్ హెయ్యర్ లెర్నింగ్ ఫుడ్ అండ్ న్యూట్రీషనల్ విభాగానికి చెందిన హానరరీ ప్రొఫెసర్ బొండాడ ఆండాళ్ళు ఉపన్యసిస్తూ నేటి ఆధునిక యుగంలో ఒత్తిడి వలన మరియు మనం ఆచరిస్తున్న ఆహారపు అలవాట్ల వలన అనేక వ్యాధులు కలుగుతున్నాయని వాటిని కొన్ని సహజ వృక్ష సంబంధమైన సాత్విక ఆహారం తీసుకోవడం ద్వారా నివారించవచ్చు అని తెలియజేశారు.

పిల్లలకు చిన్నప్పటి నుండి మంచి ఆహారపు అలవాట్లను నేర్పిస్తూ వేపుడు మరియు జంక్ ఫుడ్స్ కు దూరంగా ఉంచుతూ కూరగాయలను ఎక్కువగా తీసుకోవడం వలన మధుమేహం, హిపర్ టెన్షన్ మరియు కేన్సర్ వంటి అనేక వ్యాధులు రాకుండా ముందుజాగ్రత్త చర్యలు తీసుకోవచ్చు అని తెలియజేస్తూ కొన్ని ఆహార పదార్థాల గూర్చి వివరించారు. ఈ కార్యక్రమానికి సుమారు 100 మంది ఆన్లైన్ లో హాజరయ్యారు. ఈ సందర్భంగా కళాశాల ప్రెసిసిపాల్ డాక్టర్ టి రాజు రాజేశ్వరిగారు మాట్లాడుతూ ఇలాంటి కార్యక్రమలు కళాశాలలో ఏర్పాటు చేయటం వలన విద్యార్థులు మంచి ఆహారపు అలవాట్లను అలవర్చుకుంటారని తెలియజేశారు. ఈ కార్యక్రమంలో కళాశాల వైస్ ప్రెసిసిపాల్ శ్రీ టి.క్రిష్ణ, ఐ.క్యూ.ఎ.సి కోఆర్డినేటర్ శ్రీ కె. భద్రాచలం, అకడమిక్ కోఆర్డినేటర్ డా. వై. యామిని, ఐ ఐ సి కన్వీనర్ డా. ఎం రామకృష్ణ, వెబినర్ కోఆర్డినేటర్ శ్రీ పి.శ్రీనివాస రావు, శ్రీమతి వి.శిరీష, కుమారి జ్యోత్సన, ఇతర అధ్యాపకులు మరియు విద్యార్థిని విద్యార్థులు పాల్గొన్నారు.


8/1/2025