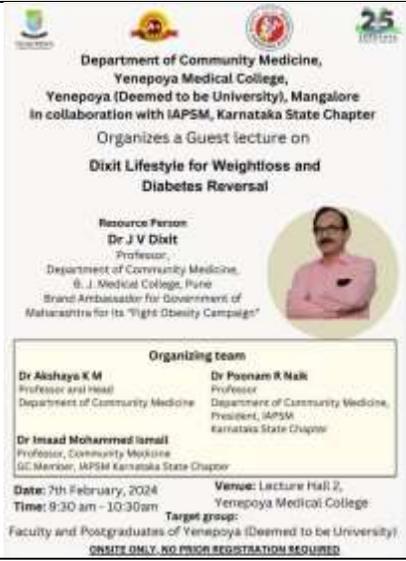


GUEST LECTURE - REPORT

1	Title of the event	“Dixit Lifestyle for Weight Loss and Diabetes Reversal”	
2	Date of the event	7 th February 2024	
3	Organizing department / centre / college	Yenepoya medical college ,Mangalore in collaboration with IAPSM , Karnataka State chapter	
4	Organizing committee members	1) Dr Akshaya KM Professor and Head Department of Community Medicine 2) Dr Poonam R Naik Professor Deaprtment of Community Medicine , President IAPSM Karnataka State Chapter 3) Dr Imaad Mohammed ismail Professor , Community medicine	
I	Name / s of the resource person, designation and affiliation	-Dr J. V. Dixit, Professor, Department of Community Medicine, B. J. Medical college, Pune	
6	Event schedule (<i>enclose brochure if available</i>)	 <p>The brochure details the event organized by the Department of Community Medicine at Yenepoya Medical College, Mangalore, in collaboration with IAPSM, Karnataka State Chapter. The guest lecture is on "Dixit Lifestyle for Weightloss and Diabetes Reversal" by Dr. J. V. Dixit, Professor at B. J. Medical College, Pune. The organizing team includes Dr. Akshaya K M, Dr. Poonam R Naik, and Dr. Imaad Mohammed Ismail. The event is scheduled for 7th February 2024, from 9:30 am to 10:30 am, at Lecture Hall 2, Yenepoya Medical College. The target group is Faculty and Postgraduates of Yenepoya (Deemed to be University). Onsite registration is required.</p>	
7	Brief report of the event:	<p>A lecture was organized by the Department of Community Medicine on the topic “ Dixit lifestyle for weight loss and diabetes reversal” by Dr. J. V. Dixit, Professor, Department of Community Medicine, B. J. Medical college, Pune at the lecture hall 2 of the academic block of Yenepoya Medical College on 07thg February 2024. It was an enlightening lecture based around the fact that insulin secretion by eating happens with each episode of food intake, irrespective of the amount of food. He stressed on the importance of eating twice daily when people are really hungry .lecture was followed by an in-depth question and answer session.</p>	
8	Number of beneficiaries	Total	79
		Professors,	All the departments of Yenepoya Medical College and Hospital
		Associate Professors,	
		PhD scholars,	
MSc. Students,			