

ACTIVITY REPORT

1.	Name of the activity	Guest lecture on “Underpinnings of Nutrition and Health: Biochemical approach”
2.	Date & Time	11th March 2026 & 2.15 pm onwards
3.	Venue / Place	Sushrut hall, OPD Building
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	54
5.	Organizing Faculty / Medical team	Dr. Vaishali V. Dhat Dr. Geeta M. Bhatia Dr. Aparna Chaudhari Mrs. Nutan Chaudhari Dr. Sangeeta Kokane Dr. Laxmi Gore
6.	In-charge	Dr. Vaishali V. Dhat, Prof & Head Biochemistry
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	The Department of Biochemistry organized a guest lecture on “Underpinnings of Nutrition and Health: A Biochemical Approach” for faculty members and residents. The session was delivered by Dr. Anita Chalak, Professor and Head, Department of Biochemistry and Laboratory Director at Seth G. S. Medical College and KEM Hospital, Mumbai. Mrs. Nutan Chaudhari compered the programme. Dr. Chalak highlighted the biochemical basis of nutrition and its crucial role in maintaining health and preventing disease. She explained how nutrients influence metabolic pathways, cellular functions, and physiological balance, and emphasized the importance of integrating biochemical knowledge with clinical practice to better understand nutrition-related disorders. She also discussed how certain nutrients regulate gene expression through epigenetic mechanisms such as DNA methylation and histone modification, linking diet-related changes to conditions like obesity, diabetes, cardiovascular diseases, and cancer. The lecture further emphasized the importance of maintaining gut health through proper nutrition and lifestyle to support the gut–brain axis, noting that disturbances in gut microbiota (dysbiosis) are associated with metabolic disorders. Dr. Chalak also elaborated on the dietary sources and antioxidant and anti-inflammatory roles of phytochemicals. The session sparked engaging discussions and provided an enriching platform for faculty members and residents to deepen their understanding of the link between nutrition, biochemistry, and health. The programme ended with vote of thanks.
8.	Number of faculties attended (Guest lecture/ CME/ Workshop/ Seminar/ Health camps)	54
9.	Number of Students/ Technicians Attended	----


Prof. & Head
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