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To
The Editor,

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Sir,

I request that the following matter may kindly be published in your esteemed daily:

Change in lifestyle imminent need of the hour

Three hundred National Service Scheme volunteers from Tamil Nadu Agricultural University, Coimbatore participated in “Vaiyiru” an anti obesity and Lifestyle change awareness cycle rally organised by GEM Hospital and Research Centre, Coimbatore on 11th October 2014. The rally was organised from Mettupalayam to Coimbatore. TNAU volunteers joined the rally from Mettupalayam Road to GEM hospital. Dr. S. Mahimairaja, Dean (Agriculture) participated in the programme.

Dr. C. Sylendra Babu, alumnus of TNAU and ADGP, Coastal Security Group, Tamil Nadu in his formal inauguration of GEM National gastro Expo 2014 addressed the volunteers and emphasized that body is the greatest property given to us by parents and the body alone can give the greatest happiness to us at any moment. About 30% of the school children under 15 years are said to be obese in India due to faulty food habits and changing life style. Exercising an hour daily and reading books help us to maintain good physique and mental health. Dr. D.R. Karthikeyan, former Director, Central Bureau of Investigation (Retd) in his inaugural address stressed that health is the greatest wealth. With good health and self confidence, nothing is impossible in this world. Dr. C. Palanivelu and Dr. Praveen Raj, Directors, GEM hospital reiterated that obesity is the starting point for many diseases. Other diseases can be identified by symptoms but gastro diseases cannot be easily identified by outward symptoms and by the time of detection, it may be too late for correction. So prevention is better than cure for which change in lifestyle and food habits are essential. The expo has been organised first of its kind in India to reiterate the importance of digestive health. This will pave way for building a healthy state and nation.

On behalf of TNAU, arrangements for the programme were made by the NSS programme Coordinator, Dr. K. Kumutha and NSS Programme Officers Dr. M. R. Latha, Dr. K. Hema Prabha, Dr. Valliammai. Dr. R. Pavendan, Dr. G. Guru, and Dr. S. Varadha Raj participated in the programme.

Public Relations Officer