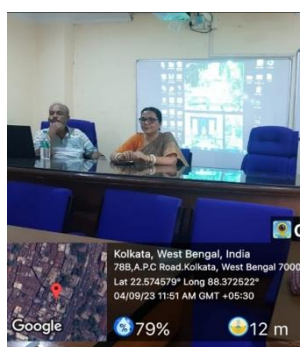


**EXTENSION LECTURE ON LIFESTYLE DISEASES: THE
PREVENTIVE ROLE OF MEDICINAL PLANTS.
ORGANIZED BY THE DEPARTMENT OF BOTANY
VICTORIA INSTITUTION (COLLEGE).**

Date – 04.09.2023, Venue – Suniti Sabhaghar, No. of participating students – 13
Involved Semesters – Semester III and V Botany honours.

Speaker – Dr. Swapan Mandal. Designation – Assistant Professor, Brahmananda Keshab Chandra College.

An extension lecture was organised on 4 September 2023 by Department of Botany, Victoria institution College for enriching students with knowledge of medicinal plants around us and their preventive role in curing and managing lifestyle diseases. The speaker emphasised on modification of our daily lifestyle and food habits for better and healthy future. His talk was focused mainly on health and happiness through Ayurveda. He also shared tips for healthy lifestyle and mesmerised the students with lots of home remedies for various common diseases.



Respected principal madam Dr. Maitreyi Ray Kanjilal inaugurated the session.



Dr Mandal emphasising on the importance of healthy eating habits and medicinal plants in managing LIFESTYLE RELATED DISEASES.