

**DEPARTMENT OF HUMAN PHYSIOLOGY
HOLY CROSS COLLEGE, AGARTALA**

HCCAGT/HPHY/F2/Special Lecture/2024/02

Date: 06.12.2024

To

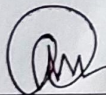
The Principal
Holy Cross College, Agartala

Rev. Father,

We are glad to inform you that the Dept. of Human Physiology intends to organize a Special Lecture on '**Lifestyle Diseases**' for undergraduate students on **13th December 2024 (Friday) at 10 am**. The resource person for the event will be Dr. Subhashis Debnath, Professor and Principal of Bharat Pharmaceutical Technology, Amtali, Agartala, Tripura. This event will be beneficial for UG students of different semesters. This event will be organized as a part of an activity through MoU between HCC and BPT.

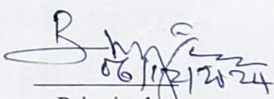
I hope you will grant us the permission to do the same.

Yours faithfully-


6/12/2024
HoD, Human Physiology
Holy Cross College, Agartala

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Approved by-


06/12/2024
Principal,
Holy Cross College, Agartala

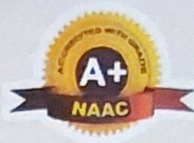
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.
4. HoD, All the Departments of HCC.

HOLY CROSS COLLEGE

Agartala, Tripura West



SPECIAL LECTURE ON 'LIFESTYLE DISEASES'



Date: 13th December, 2024

Time: 10.00 am

Venue: Seminar Hall (G-8)

Dr. Subhashis Debnath

Professor and Principal of
Bharat Pharmaceutical Technology,
Amtali, Agartala, Tripura.

Organized by

Department of Human Physiology
Holy Cross College, Agartala

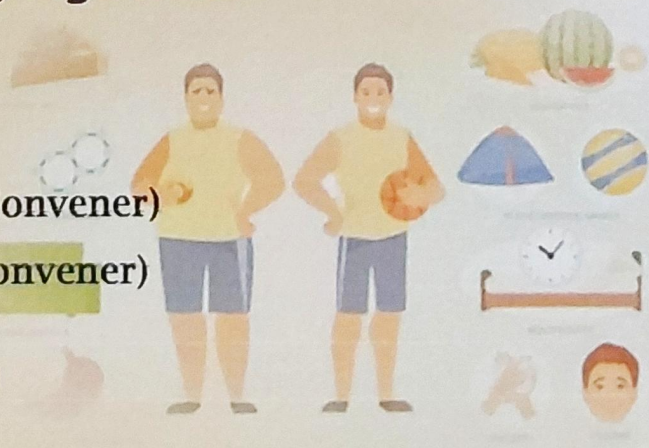
Organizing committee:

Mr. Kanak Chakraborty (Convener)

Dr. Susmita Saha (Joint Convener)

Dr. Sandeep Roy Sarkar

Dr. Ashish Kumar Singha





HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)

Tripura University Reg. Code: 17

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"Educating hearts and minds"

DEPARTMENT OF HUMAN PHYSIOLOGY

HCCAGT/HPHY/F2/Special Lecture/2024/02

Date: 06.12.2024

To

Dr. Subhashis Debnath

Professor and Principal

Bharat Pharmaceutical Technology

Amtali, Agartala, Tripura.

Sub: Invitation letter for the Resource Person.

Dear Sir,

We are happy to share that the Department of Human Physiology, Holy Cross College, Agartala, will organize a Special Lecture on Lifestyle Diseases on 13th December 2024 at 10 am. The venue for the event will be conference hall G8. In connection with this, we are inviting you as a resource person for the event. This event will be organized as a part of an activity through MoU between HCC and BPT.

Therefore, Sir, your kind acceptance and needful action are highly appreciated.

Yours faithfully-

6/12/2024
HoD, Human Physiology
Holy Cross College, Agartala

HEAD

**Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA**

Copy to-

1. Vice Principal & Administrator for information.
2. Academic Coordinator for information.
3. IQAC for record.
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Forwarded by-

Principal
Holy Cross College, Agartala
PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA

DEPARTMENT OF HUMAN PHYSIOLOGY

Special Lecture on Lifestyle Diseases

Date: 13th December, 2024

Time: 10:00 am onwards (IST)

PROGRAMME SCHEDULE

Moderator: Ms. Aparajita Debnath and Mr. Sagar Paul

10:00-10:05 am	Introduction to the Session	Dr. Susmita Saha
10:05-10:10 am	Welcome Address followed by felicitation of resource person	Dr. Fr. Benny K. John, CSC
10:10-10:15 am	Introduction to the Resource Person	Mr. Kanak Chakraborty
10:15-10:45 am	Lecture Session	Dr. Subhashis Debnath
10:45 am-10:50 am	Vote of Thanks	Dr. Ashish Kumar Singha



Dr. Susmita Saha

HoD, Human Physiology

Holy Cross College, Agartala

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

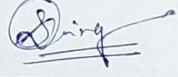
DEPARTMENT OF HUMAN PHYSIOLOGY

Special Lecture on Lifestyle Diseases

Date: 13th December, 2024

Time: 10:00 am onwards (IST)

Participants Attendance

Sl. No.	NAME OF THE PARTICIPANTS	DEPARTMENT	SIGNATURE
1.	Debadrita Deb	H. Phy	Debadrita Deb.
2.	Barsha DebBarma	Human Physiology	Barsha DebBarma
3.	Rajib Reang	Human physiology	Rajib Reang
4.	Anisha DebBarma	Human Physiology	Anisha DebBarma
5.	Sneyshti Purkayastha	Human physiology	Sneyshti Purkayastha
6.	Sovaniki Dairg.	Zoology	
7.	For Chanchabong	Zoology	For Chanchabong
8.	Purba Dey.	Human Physiology	Purba Dey.
9.	Pooja Roychowdhury	H. Physiology	Pooja Roychowdhury
10.	Snehanika Das	H. Physiology	Snehanika Das
11.	Bidipta Banik	H. Phy	Bidipta Banik



12.	Madhurima Das	Zoology	Madhurima Das.
13.	Mandira Debnath	Human Physiology	Mandira Debnath
14.	Aparupa Das	Human physiology	Aparupa Das.
15.	Subhajit Debnath.	Human Physiology	Subhajit D/nath
16.	Rijankar Sen	Human Physiology	Rijankar Sen
17.	Sitab Chakraborty	Human Physiology	Sitab Chakraborty
18.	Sneha Roy.	Human physiology	Sneha Roy.
19.	Tanisha Debbarna	Human physiology	Tanisha Debbarna
20.	Diksha Debbarna	Human Physiology	Diksha D/B
21.	Hymilee Debbarna.	Human Physiology	Hymilee D/B.
22.	Ishita Sharma	Zoology	Ishita Sharma
23.	Ringonani Debbarna	Zoology	Ringonani Debbarna
24.	Harshadip Debnath	Human Physiology	Harshadip Debnath
25.	Kausik Das	Human physiology	Kausik Das
26.	Chandrani Chaudhuri	Human physiology	Chandrani Chaudhuri

27. Aprajita Debnath

Human physiology Aprajita D/N

28. Sagar Paul,

H. Physiology, S. Paul.

29.	Arpita Sukla Das	Human Physiology	Arpita Sukla Das
30.	Nelva Debnath	Botany	Nelva Debnath.
31.	Selina Singh	Botany	Selina Singh
32.	Amrita Debbarna	Botany	Amrita Debbarna
33.	Susmita Debbarna	Botany	Susmita Debbarna
34.	Himani Chakma	Botany	Himani Chakma
35.	Hridi Roy	Human Physiology	Hridi Roy
36.	Nilanjana Saha	H. Phy	Nilanjana Saha
37.	Piyasi Biswas	H. phy.	Piyasi Biswas
38.	Pratiksha Ghosh.	H. Phy.	Pratiksha Ghosh.
39.	Sagan Das.	H. phy.	Sagan Das.
40.	Suprajit Chowdhury	H. phy.	Suprajit Chowdhury
41.	Suchandrima Datta Bhosmik	H. phy.	Suchandrima Datta Bhosmik
42.	Suparna Das	H. Phy.	Suparna Das
43.	Manisha Bhattacharjee	H. phy	Manisha Bhattacharjee

44. Dola De

H. Phy

Dola De

45. Ankita Sutsradhar

H. Phy

Ankita Sutsradhar.

46. Sahil Singha.

Zoology Hnd.

Sahil Singha.

47	Chayanika Acharyee	H. Physiology	Chayanika Acharyee
48	Mounita Debnath	H. physiology	Mounita Debnath
49	Tushar Sankar	H. Physiology	Tushar Sankar
50	Bishal Choudhury	H. physiology	Bishal Choudhury
51	Chandini Reang	Zoology (5 th sem)	Chandini Reang
52	Hambata Debbarma	Botany (5 th sem)	Hambata Debbarma
53	Hamari Jamatia	Botany (5 th sem)	Hamari Jamatia
54	Manasree Sarkar	Zoology (1 st sem)	Manasree Sarkar
55	Souradip Roy	H. physiology (1 st sem)	Souradip Roy
56	Bipsya Chakraborty	H. physiology [1 st sem]	Bipsya Chakraborty
57	Ankita Debnath	H. Physiology [1 st sem]	Ankita Debnath
58	Subhajit Debbarma	H. Phy (1 st sem)	Subhajit Debbarma
59	Blehal Das	H. phy (1 st sem)	Blehal Das
60	Swapnendu Ghauraborthy	H. phy (1 st sem)	Swapnendu Ghauraborthy
61	Somnath Dey	H. phy (1 st sem)	Somnath Dey

62.	Aropan Das	H. phy (H)	Aropan Das
63.	Aakash Paul	Zoo (H)	Aakash Paul.
64.	Colin Subhash Paul Reang	Zoo (H)	Colin subhash Paul Reang
65	Ankita Saha	200 (H)	Ankita Saha
66.	Pratiksha Deb.	200 (H)	Pratiksha Deb.
67	Debalin Debnath	Zoo (H)	Debalin Debnath
68	Debina Debnath	HPHY (H) 5 th Sem	Debina Debnath
69	Snigdha Pal	H.PHY (H) 5 th Sem	Snigdha Pal
70	Ronan Roy	H. Phy (M) 3 rd Sem	Ronan Roy
71.	Pragna Debbarma	Zoology (1 st Sem)	Pragna Debbarma
72	Parijat Goswami	Zoology (1 st sem)	Parijat Goswami
73	Snehasish Choudhury	Zoology (1 st Sem)	Snehasish Choudhury.
74.	Indrani Das.	Zoology (1 st sem)	Indrani Das.
75	Sanhita pal	Zoology (1 st Sem)	Sanhita pal
76	Madhabi Sarkar.	Zoology (1 st sem)	Madhabi Sarkar.

77 Sneha Sharma Zoology (1st sem) Sneha Sharma.

78 Anubhab Datta H. Physiology (1st sem) Anubhab Datta

79 Sonu Debbarma H. Phy (3rd) Sonu Debbarma

80 Biswajit Sinha H. Phy (3rd) Biswajit Sinha

81 Risa Dey H. Phy (3rd) Risa Dey

82.	Pratik Chakraborty	Zoology	Pratik Chakraborty
83.	Ambalina Singha Roy	Human Physiology	Ambalina Singha Roy
84.	Sheerupika Roy	Human Physiology	Sheerupika Roy
85.	Kaberi Debbarma	Human Physiology	Kaberi Debbarma
86.	Esha Debbarma	Human Physiology	Esha Debbarma
87.	Ruli Debbarma	Human Physiology	Ruli Debbarma
88.	Lisha Debbarma	Human Physiology	Lisha Debbarma
89.	Anima Debbarma	Human Physiology	Anima Debbarma
90.	Stelina Debbarma	Human Physiology	Stelina Debbarma
91.	Abhishek Debbarma	Human Physiology	Abhishek Debbarma
92.	Newton Tripura	Human Physiology	Newton Tripura
93.	Thomas Debbarma	Human Physiology	Thomas Debbarma
94.	Ankita Sutoradhar	Human Physiology	Ankita Sutoradhar
95.	Isiri Debbarma	Human Physiology	Isiri Debbarma
96.	Lily Debbarma	Human Physiology	Lily Debbarma

97	Riya Karmakar	Zoology	Riya Karmakar
98	Shreyasi Debnath	Zoology	Shreyasi Debnath
100	Diptanu Das	Zoology	Diptanu Das
101	Prithwi Das	Zoology	Prithwi Das

102	Subhajit Paul	H. phy (1 st sem)	Paul
103	Mayurakhya Ray	Zoology (1st sem)	MRay
104	Jui Das	H Phy (1st sem)	Jui Das
105	Sadia Rahman	H Phy (1st sem)	Sadia Rahman
106	Jahnabi Jamatia	H Phy (5 th sem)	Jahnabi Jamatia
107	Baarkha Doli Jamatia	H phy (5th sem)	Baarkha Doli Jamatia
108	Biplab Tripura	H. phy (3 rd sem)	Biplab Tripura
109	Alena Debbarma	H. phy (3 rd sem)	Alena Debbarma
110	Simari Debbarma	H. phy (3 rd sem)	Simari Debbarma
111	Ayesha Chakma	H. phy (3 rd sem)	Ayesha Chakma
112	Debjani Bhattacharjee	Zoology (5 th Sem)	Debjani
113	Anjel Debbarma	Zoology (5 th Sem)	Anjel Debbarma
114	Pritshani Jamatia	Zoology (1st sem)	Pritshani Jamatia
115	Jelina Tripura	Zoology (1 st sem)	Jelina Tripura
116	Tsipy Debbarma	zoology (1 st sem)	Tsipy Debbarma

117 Urmila Debbarma Zoology (1st sem) Urmila Debbarma

118 Sumedha Das Human physiology (1st sem) Sumedha Das.

119 Swikriti Majumder. Human Physiology (1st sem) Swikriti Majumder.

Department of Human Physiology
Holy Cross College, Agartala
Report on
“Special Lecture on Lifestyle Diseases”

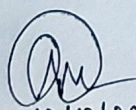
Date of Event: 13th December 2024
Place: Holy Cross College, Jubatara, Tripura(W)
No. of participants: 119
Venue: Conference Hall (G-8)
Time: 10:00 AM

Department of Human Physiology, Holy Cross College, Agartala, organized a "Special Lecture on Lifestyle Diseases" on December 13th, 2024. The session aimed to provide participants with holistic ideas about different diseases associated with our way of living life as a part of an activity through the MoU between HCC and BPT. A total of 119 students have participated in the interaction program.

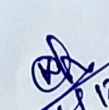
The program was moderated by Ms. Aparajita Debnath and Mr. Sagar Paul, 5th Semester students, Dept. of Human Physiology, Holy Cross College, Agartala. The resource person for the special lecture was Dr. Subhashis Debnath, Professor and Principal, BPT, Amtali, Tripura (W). The program started with welcoming the participants and an introduction to the session by Dr. Susmita Saha, Assistant Professor and Head, Dept of Human Physiology followed by a Welcome Address and felicitation of resource persons by Dr. Fr. Benny K. John, CSC, Principal, HCC, Agartala. The resource person of the event was introduced to the audience by Mr. Kanak Chakraborty, Assistant Professor, Dept. of Human Physiology, HCC, who is also the convener of the program. Dr. Debnath delivered a wonderful interactive lecture on lifestyle diseases and clarified how an imbalance in our eating, sleeping, and mating habits can cause different health issues in various phases of our lives, irrespective of age.

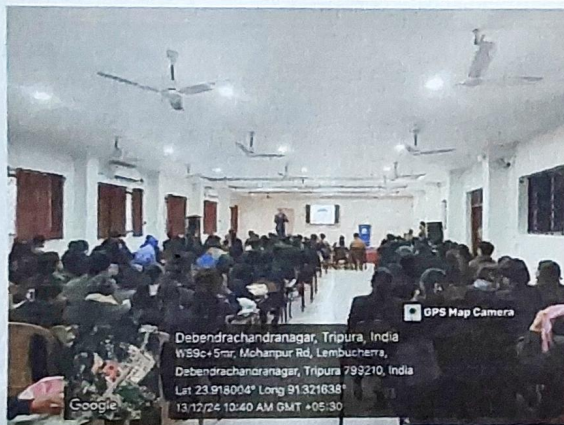
The interactive session received positive feedback from students and undoubtedly will be beneficial in maintaining a disease-free lifestyle. Finally, the event concluded with the proposal of a vote of thanks by Dr. Ashish Kumar Singha, Assistant Professor, Dept. of Human Physiology, HCC.

The report is prepared by
Mr. Kanak Chakraborty


19/12/2024

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA


16/12/24



(Signature)

19/12/2024

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA