

**Brief Report of Expert Lecture on “Role of Intestinal Microbiota and Probiotics in Health and Disease”
Organized by Department of Biosciences**

2 messages

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Thu, Jul 20, 2023 at 2:22 PM

**Brief Report of Expert Lecture on
“Role of Intestinal Microbiota and Probiotics in Health and Disease”
Organized by
Department of Biosciences**

Department of Biosciences organized an expert lecture on **4th July 2023** as a part of the expert lecture series. The keynote speaker of the webinar was **Dr. Neerja Hajela**, Head of Science and Regulatory Affairs, Yakult Danone India Pvt. Ltd. who delivered a very informative lecture on the topic, **“Role of Intestinal Microbiota and Probiotics in Health and Disease.”** The programme began with brief introduction by **Dr. Sangeeta Singh**, faculty organiser of the webinar followed by welcome of the guest by **Prof. Dr. Snober S. Mir**, convenor and Head, Department of Biosciences.

Dr. Neerja began the presentation with explaining the role of gut in good health, further, she discussed that bad digestion is root cause of many health issues and around 70% of the immune system is located in the gut. She discussed elaborately on the role of microbiome profiling in immune system education. Gut microbes have a major role in physical as well as mental health. Poor eating habits, infection and use of antibiotics affect the gut microbiome leading to health complications. She further explained the way to improve gut microbiome by having a balanced diet, regular physical activity and drinking sufficient water.

She concluded in her presentation that probiotics help in shaping the structure and function of intestinal microbial communities and probiotic supplements can improve gut flora and better digestion of ingested food. There was a lively question & answer session held upon closing of the lecture. The audience asked a range of insightful and thought-provoking questions on the topic to the speakers.

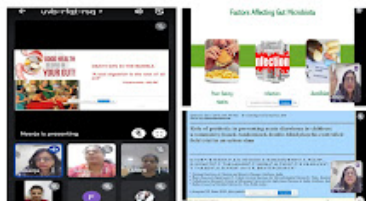
The event concluded with a vote of thanks from **Dr. Swati Sharma**, who thanked the guest for her valuable insights and the audience for their active participation. The webinar was attended by 110 UG and PG students and faculty from various departments as Departments of Biosciences, Bioengineering and Chemistry.

Few clippings of the Event :

Best Regards

Dr. Snober S. Mir,
Head, Department of Biosciences,
(A DST-FIST sponsored Department),
Integral University,
Dasauli, Kursi Road,
Lucknow-226026.
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<https://scholar.google.co.in/citations?user=iQh2DpoAAAAJ&hl=en>



Expert Lecture Series 4th July merged.jpg
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Mon, Jul 24, 2023 at 11:01 AM

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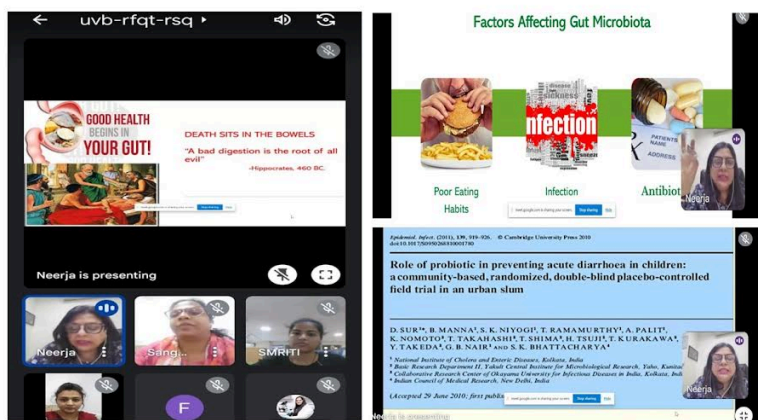
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