

**Brief report on the Guest Lecture ‘Healthy Lifestyle’**

Medical Education Unit, K.S Hegde Medical Academy (Nitte DU), in association with Arogya Bharati, Dakshina Kannada Unit, organized a guest lecture titled ‘Healthy Lifestyle’ on 21-2-2023 at 11.00 am in Lecture hall-3, KSHEMA. Dr. Satheesh Rao, President of Arogya Bharati, Karnataka Unit, welcomed the gathering & introduced the guest speaker. The guest speaker Dr. Rakesh Pandith, All India President of ‘Arogya Bharati,’ stressed the importance of the One-Nation-One Health System. He also spoke about the activities of the organization & its purpose in improving the healthcare sector. Dr. Jayaprakash Shetty & Dr. AM Mirajkar, Vice Deans, KSHEMA, were also present. Dr. Ankeeta Menona Jacob, Associate Professor of Community Medicine and Member of MEU, proposed the vote of thanks. The guest lecture was attended by more than 150 people, including Faculty, Research scholars, Postgraduate and Undergraduate students.

