

Report of Edu-link Series 2020-21 by Department of Life Sciences

The first Lecture by Ms Foram Shah on 'Need for Complementary and Alternative Medicine Therapy' on 30th July 2020

The pattern of disease worldwide has changed due to globalization. The healthcare burden is more of non-communicable diseases such as diabetes, cardiovascular disease, hypertension, thyroid, addiction etc. than that of communicable diseases, the main reason being side effects of medicines or prescribing/consuming unwanted medicines.

A medicine is mainly needed to treat or prevent a disease and not suppress it. Looking at the current scenario, faulty living, many doctors prescribing or people themselves consume unwanted medicines thus lead to various health issues and are severely affecting their body. The health becomes better if we follow traditional means of living and curing oneself the way our grandparents used to do.

By knowing the side-effects of medications many people worldwide are now opting for medicine-less treatment for their problems. Complementary and alternative medicine (CAM) therapy or Traditional Medicine (TM) is this very effective in treating and nourishing your body without using modern medicines. CAM therapies such as auricular therapy, neurotherapy, acupressure, acupuncture etc. have successfully showed the results in treating major issues and are now slowly emerging as necessary protocols in healthcare sectors.

This knowledge was shared by Ms Foram Shah who is an alumni of K C College. During this pandemic time when health care is very critical. Also, right information will prevent people making hasty and wrong decisions about their health. This lecture gave a different perspective of alternative healing system to students who can read and learn more about it. This can be their career option if they are interested after their graduation in the subject of Life Science.

The feedback we received from students suggested that they clearly understood the objectives of the lecture, they also liked the contents of the presentation by Foram madam. Most of the students felt that the lecture stimulated interest among them for the subject of Alternative medicine treatment. Students also showed interest in having more lectures on the same topic by Ms Foram Shah.

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