The Arthritis Awareness talk by Dr. Prabhat Reddy Lakkireddy was conducted on 25th January 2023 at IFHE Seminar Hall. The program was organized by Center for Women Development IFHE and was attended by a large number of attendees.

Dr. Prabhat Reddy Lakkireddy, an expert in the field of arthritis, discussed various aspects of the disease, including its causes, symptoms, and treatments. He also talked about the importance of early diagnosis and management of arthritis to prevent complications and improve quality of life.

The Guest of Honor for the program was Prof. L S Ganesh, Vice Chancellor of IFHE. Prof. Ganesh appreciated the efforts of the Center for Women Development in spreading awareness about arthritis and emphasized the importance of taking care of one's health.

Overall, the program was a great success and provided valuable information to the attendees about arthritis. It also helped to increase awareness about the disease and the importance of early diagnosis and management.

In conclusion, the Arthritis Awareness talk by Dr. Prabhat Reddy Lakkireddy was a well-organized and informative program that provided valuable insights into the disease. It was a great initiative by Center for Women Development IFHE and was well-received by the attendees.
**HOME MESSAGE**

- Exercise rule: 3-3-30
- Exercise regime: warm up
  - Exercise: cool down
  - No red meat
- Stop smoking
- Stop processed foods
- Regulate diet
- Couch to 5K

**good foods**

- Vegetables
- Garlic & ginger
- Turmeric - curcumin
- Drumstick - moringa
- Broccoli, walnuts, spinach