



Divecha Centre for Climate Change
INDIAN INSTITUTE OF SCIENCE
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SEMINAR NOTICE

Title: "Environmental Challenges to Prevent Food Related Health Issues".

Speaker: : Dr. Khader Valli

Independent Scientist for Food and Health Mysore.

Date: 18/10/2021

Time: 3.30 PM - 4.30 PM

Venue: Online using MS Teams

Speaker Bio:-

Dr. Khader Valli did his schooling in his home town Prodtuttur town in Kadapa and Tirupati, BSc (ED) MSc (ED) in Mysore. Ph.D in Indian Institute of Science Bengaluru. His research work was on steroids, their uses, side effects and dangers. Post Doctorate fellowship on Environmental Sciences at Beaverton Oregon University U.S.A. His research was on deactivating the poisonous chemicals like Dioxins, pesticides, fertilizers etc. Researched on Lignans secondary metabolites of plants and their biological effects on human metabolism.

Worked as a scientist at CFTRI, Mysore and did not like the idea of scientific knowledge misused for commercial purpose than benefit of the people. Worked as a scientist in multinational Du Pont Company USA on Bioprocessing, Genetic Engineering and returned to Mother land and works on his principle " **Our Health is in the food we eat**" and started research on naturally grown foods and 2 decades research on various types of naturally grown millets and their beneficial effects curing Cancers, BP, Diabetes other non communicable diseases. He also advises various food items which are immensely towards survival of Nature's farming. His book "Siri Jagathu" 2021 is quite famous. This book was dedicated with utmost reverence and gratitude to a true biophilian by his better half Smt. Usha Khader and daughter Dr. Sarala. He will discuss various environmental challenges he faced to prevent food related health issues in managing the patients in his nutritional clinic Let's eat right and also physical environmental issues on the food productions.

Abstract :-

- For human survival along with air, water, food is essential. Our health is in the food we eat.
- The primeval Indian wisdom on various subject including on food has gone into oblivion due to various reasons one of which influence of the western culture and education. The anthropogenic activities by increasing the air pollution, global warming and climate change has a great impact on agriculture and nutrition in future. It is time and our responsibility to clean up the mess and initiate the rejuvenation process of universal wellness by encouraging the path of good nutrition like- encouraging vegan diet, natural oils than refined oil, using more cereals (Siridhanya), palm jiggery, natural personal care products and no doubt inculcate yoga (Suryanamaskar)
- The millets (Siridhanya) will release the glucose slowly into the blood; they have safety effect; stand alone source of nutrients, have the ability to flush out the metabolic wastes from the body and they have the ability to release and maintain health
- Good balance diet will help a great deal in prevention and control of diabetes, cancer, asthma, cardiovascular disease, hypertension, chronic lung, kidney, liver, central nervous disease, endocrine diseases and other non communicable diseases.
- During the talk we cover various challenges faced in treating the patients and how best we can encourage our agriculture without pesticides and fertilizers with quality education with scientific background to protect our environment and good health.

ALL ARE WELCOME