



Divecha Centre for Climate Change
Indian Institute of Science
BANGALORE - 560012
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DCCC Seminar

Title: “**The Need For Aerobic Exercise To Attain Good Health and Wellbeing**”

Speakers: **Dr. Madhusudan. G**
Plastic Surgery, Aster Hospital

Date: 23rd February 2023(**Thursday**)

Time: 4.00PM – 5.00 PM

Venue: DCCC Auditorium, 2nd Floor, D314.

Coffee/Tea : 3.30 PM - 4.00PM

Speaker Bio:-

Dr. Madhusudhan.G is head of the department of Plastic surgery at Aster Hospital, Bengaluru. He is a combined ENT and Plastic surgery and distinguished cosmetic surgeon with over 2 decades of experience. He is an alumnus of Bengaluru Medical College and Post-graduation at PGIMER Chandigarh.

He is an athlete himself and had many scientific papers to his credit and published in peer reviewed Journals and received many awards for his work. As observed, he cares more and speaks lovely. Most sought after cosmetic surgeon.

Abstract:-

- Aerobic exercise is exercise with Oxygen (Self breathing), it provides cardiovascular conditioning.
- Recommended for 30 minutes 5-7 days/week as per American Heart Association. Anaerobic exercise will help to build and maintain muscle and strengthen bones and help to boost metabolism.
- Aerobic exercise will enhance the cardiovascular endurance while Anaerobic will increase our muscle strength both are important to our optimal health.

Benefits of Aerobic exercise:

1. Conditions the cardiovascular system
2. Decrease the risk of heart diseases and decreases resting heart rate
3. Lower H.D.L (Good cholesterol)
4. For better management of blood sugar
5. Helps in weight loss
6. Improves Lung functions

Examples of Aerobic exercises: Walking; Rowing; Cycling; Swimming; Running; Jumping rope; Tread mill
Examples of Anaerobic exercises: Weight lifting; Sprinting; Push ups; Dumbbells

All are welcome!