



Divecha Centre for Climate Change
Indian Institute of Science
BANGALORE - 560012
Phone: 91-80-22933425/2075

DCCC Seminar on “Environmental Risk factors for Rheumatism : Measures to Mitigate”
(29th February 2024)

Speaker: Dr. Dharmanand
Rheumatologist, IPP Rheumatology,
Association of India

Date: 29th February 2024(Thursday)

Time: 4.00 - 5.00 PM

Venue: DCCC Auditorium, 2nd Floor, D314.

Coffee/Tea: 3.30 - 4.00PM

Speaker Bio: -

Dr. B G Dharmanand was one of the earliest rheumatologists trained in India and United Kingdom. He worked as a chief rheumatologist at Manipal hospital for 17 years and started fellowship programs in Manipal, Sakra and Vikram Hospitals. He is also an examiner for fellowship courses all over the country. He was instrumental in bringing rheumatology/clinical immunology to centre stage in Karnataka. He has served as president of Karnataka chapter of Indian rheumatology association and was the national president (2021-2023). He has special interest in Chronic pain and Scleroderma. He is also an adjunct faculty in Adhichunchagiri Institute of Medical sciences (Deemed to be University).

Abstract: -

Rheumatoid arthritis is amongst the most common autoimmune diseases to affect the mankind. There are around 200 types of arthritis. Many of them are autoimmune like Rheumatoid arthritis, Ankylosing spondylitis, Psoriatic arthritis and Lupus. Gout occurs due elevated Uric acid in the blood. It is usually associated with male sex, Obesity, diabetes and Hypertension (Metabolic Syndrome). Osteoarthritis is age related degenerative joint disease. Genes load the gun (Makes one susceptible); but it is the environment which pulls the trigger by epigenetic mechanisms. Environmental triggers include Infections like Covid, Smoking, Living near highways (Pollution), Diet including processed food, sweet and salty food and psychological stress. Also workplace environment, prolonged sitting, using mobile phones and forward neck posture all can predispose to muscular or soft tissue Rheumatism. Lifestyle changes may be an important step to prevent or reduce the severity of many rheumatological diseases and act as an adjunct to the conventional medical and surgical management.

All are welcome!

Divecha Centre for Climate Change, IISc.
Lakeside Education Trust
International Pediatric Association, Geneva

Rheumatoid Awareness Day

Date: 29th February 2024, Time: 4.00 PM – 5.00 PM (IST)

Auditorium DCCC IISc. - 3.30 PM to 4.00 PM High Tea

Timings	Agenda	Faculty
4:00 PM– 4:05 PM	Welcome Speech	Prof. S.K Satheesh / Prof. J Srinivasan
4.05 PM – 4.10 PM	Introduction of the subject and the speaker	Prof. Dr. H Paramesh
4:10 PM– 4:50 PM	"Environmental Risk factors for Rheumatism: Measures to Mitigate."	Dr. Dharmanand Rheumatologist IPP Rheumatology Association of India
4:50 PM –4:55 PM	Q & A / Remarks by Moderator	Prof. Dr. H Paramesh
4.55 PM –5.00 PM	Vote of thanks Group picture of participants	Dr. Joshitha Sankam Co-Ordinator

Prof. Dr. H Paramesh
Organiser
Visiting Prof. DCCC IISc
Chairman Lakeside Education Trust, Co-Chairman IPA on
Environmental Health and Climate Change