



Conference Report

Report of 6th Nabanita–Satish Chandra Biswas Memorial Lecture and 3rd Dr. Murali Mohan Biswas Memorial Lecture, 2019 held on July 06 2019

On 6th July, 2019, Institute of Science, Education and Culture (ISEC) in collaboration with Birla Industrial and Technological Museum (BITM), Kolkata, organized the 6th Nabanita–Satish Chandra Biswas Memorial Lecture and 3rd Dr. Murali Mohan Biswas Memorial Lecture, 2019 at Seminar Hall of Birla Industrial & Technological Museum premises. Registration for this seminar was started from 11.00am. The photographs of Late Nabanita Biswas, Late Satish Chandra Biswas and Late Dr. Murali Mohan Biswas were garlanded with Rajanigandha flower. Prof. (Dr.) Santanu Das, the Secretary of ISEC first invited Mr. Gautam Kumar Seal, Member of BITM for delivering Welcome Address as Director of BITM, Shri V S Ramachandran could not be present on that day. Mr. Seal conveyed his appreciation for the seminar and also mentioned that BITM is celebrating its Golden Jubilee from 2nd May, 2019. Then Prof. Anil Kumar Ghosh delivered the Inaugural Speech by saying a brief biography of Prof. Murali Mohan Biswas, the Founder Secretary of ISEC. He mentioned that Late Satish Chandra Biswas and Late Nabanita Biswas were Dr. Biswas's proud parents. Dr. Biswas was born in Jayrambati, near the "MatriMandir" where "Holi Maa Sarada" lived. Prof. Ghosh also mentioned that Prof. M. M. Biswas donated his Kolkata house to the institution, ISEC. Prof. Ghosh also discussed in brief about the lectures to be delivered by the

renowned speakers. He also wished the very success of the program.

After the inaugural session, the 6th Nabanita – Satish Chandra Biswas Memorial Lecture started. The speaker was Prof. (Dr.) J. K. De. He was the former Professor of NRS Medical College & Hospital and later, joined as Professor in JIMS and Hospital, Budge Budge, Kolkata-700127. He was the student of Calcutta Medical College. Topic of the lecture was "**Silent Killer Diseases**". He shared his working experiences throughout his service life in West Bengal Health Service since 1981. He mentioned that types of diseases among common people and the elite group of people were different in the past, but the situation was changed recently. He told that since last 15-20 years, development in medical science changed widely. He explained the concept of impression and expectation of people from a doctor. He discussed how the nature created and maintained everything for human body. Sharing all information with a doctor is very important for the treatment of a patient. He mentioned that number of Diabetes, hypertension and Ischaemic heart disease patients were not large in common people before, but nowadays, the scenario changed drastically. The silent killer like diabetes is increasing in India because of nature of daily lifestyle. Obesity and Diabetes (Type 2) are very much interrelated. To prevent and to control diabetes, one should change his/ her food habit

and lifestyle. Type 1 diabetes occurs due to lack of insulin secretion from pancreatic beta cells. It is not very common like Type 2. Type 2 Diabetes is a degenerative process. The beta cells in human body destroys with growth of age (after 40 years normally) and type 2 Diabetes may be linked with Alzheimer Disease. The treatment of diabetes is life-long. To control obesity one has to change the food habit with proper calorie based meal. Intake of antioxidants such as fruits, green vegetables, etc., a controlled amount intake of carbohydrates and physical exercise like brisk walking, swimming, etc. is important for controlling diabetes. Fasting may be done once in a week but it is not a parameter to control diabetes. Complication in diabetes are huge. Testing sugar level in fasting & post prandial (PPBS) is to be done to diagnose Diabetes. Through exercise, Nitric Oxide (NO) is induced in our body which increases immunity in human body. Most of the cardiac patient intake NO in tablet form. Arterial endothelium is the largest organ of human body from where 90% of NO secretes. One can control ageing by exercise. Stress, tension, depression cause reduction of NO formation in human body. HDL is only one lipid which is called a friend lipid. Exercise helps in overcoming Ischaemic heart disease, kidney and neurological diseases. Dr. De told that from the age of 6 years to 12 years, most of the organs get matured, immunity system develops. Depression may be the cause of so many diseases such as Alzheimer disease, etc. Concentration level should be increased by practising Yoga for a large span of time. The degeneration of brain leading to reduction of cognitive function (loss of recent memory). Chess playing can reduce probability of Alzheimer disease. In conclusion, Dr. J K De said that one can make his/ her young by doing exercise, changing lifestyle, pranayama, etc., and producing NO to keep pancreas healthy. After the lecture, there was a great interactive session with Prof. (Dr.) J K De.

After the tea break, 3rd Dr. Murali Mohan Biswas Memorial Lecture-2019 started. The topic was, **“Interdisciplinary Studies in Research and Education: A Global View”**. The speaker was Dr. Swapna Mukherjee, the

former Director of Geological Survey of India, the Vice President of ISEC and a follower of Late Dr. Murali Mohan Biswas. At the beginning of her lecture, Dr. Mukherjee mentioned that some years ago, one Interdisciplinary subject Food and Technology was introduced in the Department of Sociology in Calcutta University, West Bengal, India. She explained how the concept of Interdisciplinary education had expanded since last 10 – 15 years with the involvement of multidisciplinary subjects. The Inter Disciplinary Research or IDR means, developing a new solution of a problem by integrating different discipline related to that problem. The researchers defined the term “interdisciplinary” in different ways by keeping the key concept the same. Dr. Mukherjee mentioned some subjects such as Ecology, Cognitive Science and Microbiology as the example of Interdisciplinary subject. She told about the career prospective after studying and doing research based on IDR. She told that IDR includes knowledge based ontology with a wide variety of exposures. She explained the scope of formal education in Interdisciplinary areas. In her lecture, Dr. Mukherjee described the relevancy of interdisciplinary learning, i.e., the insights of gathering knowledge by understanding a problem and to find a solution of that problem. Interdisciplinary studies can be implemented by doing several internship program, elective classes, group projects, summer schools, conferences, etc. She also told that Kathmandu University in Nepal developed interdisciplinary curriculum following Kansas University. So, many challenges may arrive while doing an interdisciplinary research. In Management field, Interdisciplinary studies can be done to implement a task by understanding it. There are some barriers in this form of education and research such as deficiency of knowledge in different subjects, insufficient collaborators with proper time, deviation from one’s core subject, etc. Dr. Mukherjee told about W. M. Keck Foundation who gives support to the interdisciplinary researchers by providing different grants and related supports. She showed a statistical pie chart report on the role of interdisciplinary research team and

its impact in health and computer science publications. In Turkey, there were several tasks performed from 2007 to 2011. In Proceedings of the National Academy of Sciences (PNAS) of USA, researches performed in collaboration with different Universities. Researchers in several Universities like McMaster University, Stanford University, The University of Texas at Austin, School of Information, SHAPE-ID (Shaping Interdisciplinary Practices in Europe), Centre Virtuel de la Connaissance sur l'Europe (CVCE) and Innovating European Studies in Spain are doing their research work in multi-layered interdisciplinary fields. CVCE-2015 showed a strategic frame work on boosting up in integrated research work in interdisciplinary

environment. Dr. Swapna Mukherjee enlightened all the audience in hall about the relevance of IDR and how concept of doing research in hybrid fields were growing world wide recently. After this lecture, the audience interacted with Dr. Swapna Mukherjee on different aspects of Interdisciplinary concepts.

Prof. (Dr.) Santanu Das, the Secretary of ISEC delivered the Vote of Thanks to the speakers, BITM authority, the audience, and all the personalities who were responsible for the success of the Memorial Lectures.

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