



**T.K.M. College of Arts and Science**  
**Kollam- 5**

(NAAC Re-accredited with 'A' Grade)

**UGC SPONSORED NATIONAL SEMINAR**  
**ON**

**Recent Advances in Lifestyle Diseases**

8 & 9 October 2014

**PROCEEDINGS**



*Organized by*

**Postgraduate Department of Biochemistry**  
**T.K.M. College of Arts and Science, Kollam, Kerala**

**IT 3****INFLUENCE OF THE PARTICIPATION IN SPORTS  
ON SELECTED MAJOR DISEASES WITH SPECIAL  
REFERENCE TO KERALA****Dr. A. Shershah**

(Principal Investigator, UGC Major Research project)

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Kerala was the first state in India to achieve cent percent literacy. This was indeed a commendable achievement. However, Kerala has, over the decades, become the disease capital of India. Kerala tops the world in Cancer, Heart diseases, mental disorders and diabetes. The number of multi-specialty hospitals, highly qualified doctors and health workers are in a sufficient quantity in Kerala. But every year the number of patients are increasing alarmingly. So the researcher is very much anxious about the statistics and want to investigate the society's exercise awareness level and knowledge.

Exercise is considered as the most important invention of the modern medicine which can prevent and cure most of the diseases. It is the most effective medicine. For physical and mental health, exercise is the most apt one. Also it is the only suitable method to keep away the life style diseases. Those who do not get sufficient exercises for the body will lose the efficiency to do exercises and other works. Besides that they will lose the muscle strength, power and flexibility. Today's modern era has arrived with lot of gigantic changes in human life style. This includes in eating habits and sedentary life style. Today's life style, lack of work which give sufficient exercise to the body, machine dependence even for simple works, lot of time spend before computers and Televisions, enhanced urbanization and easily available motor vehicles are the main reasons for today's lifestyle diseases. Due to the above reasons, today we are not getting even the minimum



exercises and suffering from diabetes, heart diseases, hypertension, high cholesterol level, obesity etc. Our body is designed to thrive tough physical efforts such as running, jumping, crawling, swimming etc and not for simply transported by cars and lifts. Exercise boosts the immunity and blood flow to all the glands, which helps to increase the efficiency. Exercise also helps to increase the power of our immune system to fight against diseases.