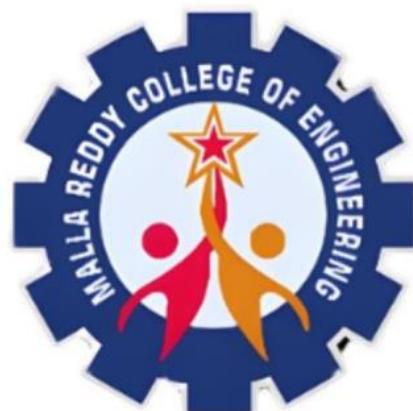


A Report of

Health Talk on Gut Health



MALLA REDDY
COLLEGE OF ENGINEERING



WELLNESS CLUB

Organized By: Wellness Club

Venue: Seminar Hall, MRCE

Date: 28-01-2026



MALLA REDDY COLLEGE OF ENGINEERING

(Approved by AICTE, Permanently Affiliated to JNTUH)

Recognised under Section 2(f) & 12(B) of the UGC Act 1956, An ISO 9001:2015 Certified Institution.

Maisammaguda, Dhulapally, post via Kompally, Secunderabad - 500100



MRCE/2025-2026/WC/CIR-4

Date : 27-01-2026

MRCE-Wellness Club - CIRCULAR

Dear faculty & students,

The Wellness Club of MRCE is organizing an Expert health talk on the topic: **"Gut Health"**. This interactive one-hour session aims to create awareness about maintaining a healthy gut, understanding different digestive patterns and common gut-related issues, debunking prevalent myths about digestion and diet, and adopting effective habits for improved gut health. An expert from Apollo Health city will lead the session, followed by an interactive Q&A segment.

Details of the Event:

Date: 28-01-2026

Time: 11:30 am to 12:40 pm

Duration: 1 Hour

Venue: Seminar Hall

Organized by: MRCE Wellness Club

Resource Person: Dr.Sujeeth Kumar Bashetty MBBS, MS, FIAGES, FAIS, FALS, DIPMAS, FICRS (Robotic Surgery), Professor & Sr Consultant Laparoscopic & Robotic Surgeon, Dept of General, Surgical GI and Laparoscopic Surgery, Apollo health city, Apollo Clinics.

All the interested students and faculty members are encouraged to attend and make the most of this wellness initiative.


Convener

Copy to

1. All Dean's
2. All HOD's
3. AO
4. Library
5. Admin


Principal
27/01/26.

MALLA REDDY COLLEGE OF ENGINEERING
Maisammaguda, Dhulapally Post,
Kompally, Secunderabad 500 014.

1. Objective

The objective of the Health Talk on Gut Health was to create awareness among students and faculty about the importance of digestive health and its impact on overall physical and mental well-being. The session aimed to educate participants on common gut-related issues, preventive healthcare practices, lifestyle modifications, and the role of diet in maintaining a healthy gut. The initiative also intended to encourage students to adopt healthier habits to improve immunity, focus, and long-term wellness.

MRCE
HYDERABAD

WELLNESS CLUB

Health talk on Gut health

Organizing by WELLNESS CLUB

"A healthy gut is the foundation of a healthy life."

DR.SUJEETH KUMAR BASHETTY

MBBS, MS(General Surgery)
Professor & Sr Consultant
Laparoscopic & Robotic
Surgeon,
Dept of General, Surgical GI
and Laparoscopic Surgery,
Apollo health city,



28th Jan 2026
11:30Am to 12:30PM

CHIEF PARTON
Sri CH. Malla Reddy
Founder Chairman,
MRGI

PARTON
Dr. M Ashok
Principal, MRCE

CONVENOR
Dr. K Shanthi Latha
Associate Professor
Dept of CSM

Seminar hall,MRCE

2. Introduction

Gut health plays a vital role in maintaining overall health, influencing digestion, immunity, mental health, and energy levels. With increasing academic pressure and irregular lifestyle habits among students, digestive issues have become increasingly common. Recognizing the need for awareness, the Wellness Club of Malla Reddy College of Engineering organized a Health Talk on Gut Health. The session was designed to provide scientific insights into gastrointestinal health and practical guidance for maintaining a balanced lifestyle.



Principal sir presenting a potted plant as a token of welcome to Dr. Sujeeth Kumar.

3. Resource Person

The session was conducted by Dr. Sujeeth Kumar Bashetty, a highly experienced medical professional with extensive expertise in gastrointestinal and laparoscopic surgery.

Dr. Sujeeth Kumar Bashetty's qualifications include MBBS, MS(General Surgery), FIAGES(Minimal Access Surgery), FAIS, FALS (Advanced Laparoscopic Colorectal Surgery), DIPMAS(Minimal Access Hernia Surgery), FICRS (Robotic Surgery)

His experience includes:

- Professor & Sr Consultant Laparoscopic & Robotic Surgeon
- Dept of General, Surgical GI and Laparoscopic Surgery, Apollo health city, Jubilee Hills, Apollo Clinics, Manikonda



Dr. Sujeeth Kumar delivering a session to students and faculty

4. Session Overview

The one-hour interactive session focused on the fundamentals of gut health and its direct connection to daily lifestyle choices. Dr. Sujeeth Kumar Bashetty explained the functioning of the digestive system in a simple and engaging manner, making the topic accessible to a non-medical audience. The session included discussions on dietary habits, gut microbiota, common gastrointestinal disorders, stress-related digestive issues, and preventive care.



Dr. Sujeeth Kumar interacting with students

5. Key Topics Covered

The key topics covered during the session were:

- Importance of gut health in overall well-being
- Role of gut microbiome and digestion
- Common gut-related disorders and their causes
- Impact of stress, sleep, and lifestyle on digestion
- Importance of balanced diet, hydration, and fiber intake
- Preventive measures and when to seek medical advice

6. Participant Interaction and Engagement

The session was highly interactive, with students actively participating in the discussion. A dedicated Q&A segment allowed participants to clarify doubts related to digestion, food

habits, acidity, and lifestyle-related concerns. The real-life clinical examples shared by the resource person helped students relate the concepts to everyday experiences.

7. Key Observations and Outcomes

The following key observations were made about the session:

- Increased awareness about the importance of gut health
- Improved understanding of diet–digestion relationships
- Students showed interest in adopting healthier food habits
- Clarification of myths related to digestive health
- Positive feedback on the practical and interactive nature of the session



Interactive Q&A session with students

8. Conclusion

The Health Talk on Gut Health organized by the Wellness Club proved to be an informative and impactful initiative. The session successfully highlighted the significance of digestive health and encouraged students to take proactive steps toward a healthier lifestyle. The expert guidance provided by Dr. Sujeeth Kumar Bashetty added immense value to the program, making it a meaningful contribution to the holistic well-being of the MRCE student community.



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Felicitation of Dr. Sujeeth Kumar by the Principal and Dr. Srinivas.



Group photo with Resource Person Dr. Sujeeth Kumar

Prepared by:

Convener - *Wellness Club*

Malla Reddy College of Engineering