



INSTITUTE OF FOREST BIODIVERSITY (IFB), HYDERABAD

March, 31st, 2021

A Report on Monthly Seminar by Shri Arulrajan, IFS, DCF, Hyderabad held on 31st March, 2021.

As part of monthly seminar series, a seminar on “**Basics of Immunology & How Nature teaches to improve the Immunity & Role of forest in improving Immunity**” has been organized on 31/03/2021 in the Conference Hall of the Institute of Forest Biodiversity, Hyderabad. The seminar started with brief introduction on the topic by Dr. Deepa M., Sc-D, Head of Extension Division, IFB, Hyderabad. Dr. Ratnaker Jauhari, IFS, Director, IFB, Hyderabad presided over the seminar. The speaker of this seminar was Shri Arulrajan, IFS, DCF, IFB Hyderabad. Keeping in view the present Covid-19 pandemic situation, the guidelines of MoH & FW, GoI and Telangana State Government were followed. A total fourteen members of officials from IFB participated in the seminar.

The objective of seminar is to create novel ideas and innovations in the mind of scientific community by invoking seminar topic as “**Basics of Immunology & How Nature teaches to improve the Immunity & Role of forest in improving Immunity**”.

The outline of the presentation made by the speaker was as below:

- Basic Immunity systems
- Role of the different Immunity systems
- Innate & Acquired Immunity mechanisms

- Cell mediated Immune responses
- Humoral Immune responses
- Different types of Antibodies and mechanisms
- Failures of Immune Response
- Hypersensitivity reactions and Immunodeficiency
- Immunodeficiency and its types
- Role of Nature in improving the Immunity
- Regular Natural ways of improvement of Immunity
- Wilderness improves immunity and its concepts
- Importance of Human Microbiomes in Immune system
- Wild Environment/ Forests in improving the Immunity
- Different case studies on Nature Impacts Health
- Nature Improves Psychological Well-Being
- Spiritual Enhancement
- Covid-19 & Its Responds with the Immunity etc.

Expected outcomes of the seminar:

- Basics of Immunology
- How Nature teaches to improve the Immunity
- Role of forest in improving Immunity etc.

Vote of thanks was given by Shri E. Venkata Reddy, IFS, CCF, HoO. The overall seminar co-ordinated by Shri. E. Manikanta Reddy, Technician, Extension Division.



Glimpses of the Seminar

