

KERALA

Blame it all on faulty biological clock: expert



SPECIAL CORRESPONDENT

PATHANAMTHITTA, NOVEMBER 11, 2017 00:00 IST

UPDATED: NOVEMBER 11, 2017 04:56 IST

'There is a sharp rise in mental illness in society'

The sharp rise in mental illness in society is linked to the faulty biological clock, according to Shobi Valeri of the National Institute for Interdisciplinary Science and Technology (NIIST) of the Council of Scientific and Industrial Research.

Dr Valeri was delivering the keynote address after inaugurating a national-level Biofest, PRANAH-2K17, at the Mar Athanasios College For Advanced Studies Thiruvalla (MACFAST) at Thukalassery, near Thiruvalla, on Friday. He said the performance level of people could be increased if we generate a chronotype profile of each person. This would be useful even in treatment of diseases, he said.

Dr Valeri had worked with Prof Jefferey C. Hall, who shared this year's Nobel Prize in Medicine and Physiology. 'PRANAH' is an annual national-level biofest organised by the MACFAST School of Biosciences. Fr Pradeep Vazhatharamalayil, college principal, presided over the inaugural function.

He said the student community could do a lot in developing scientific temper in the society.

Biju Dharmapalan, Head of the School of Biosciences, welcomed the gathering. Fr Cherian Kottayil, MACFAST director; Sanesh Varghese, deputy director; Beena Cherian, Dean; and Aswin Sanjeev, organising committee chairman of 'PRANAH-2k17,' also spoke.

A two-day science exhibition was also held on the college premises as part of the Biofest.

The Kerala State Science and Technology Museum also participated in the exhibition.

