

Divecha Centre for Climate Change, IISc.
Dr. H Paramesh Education Trust
IAP Environmental Child Health Chapter
Brain Health: Access for All

Thursday 30th July 2026 Time: 4.00 PM – 5.00 PM (IST)

Auditorium DCCC IISc. - 3.30 PM to 4.00 PM High Tea

Timings	Agenda	Faculty
4:00 PM– 4:05 PM	Welcome Speech	Prof. S.K Satheesh / Prof. J Srinivasan
4.05 PM – 4.10 PM	Introduction of the subject and the speaker	Prof. Dr. H Paramesh
4:10 PM– 4:50 PM	" Lifestyle Interventions to Promote Brain Health "	Dr. Lokesh Bathala Senior Consultant Neurologist and Head of Neurology Department, Aster Hospital
4:50 PM –5:00 PM	Vote of thanks Group picture of participants	Prof. Dr. H Paramesh

Prof. Dr. H Paramesh
Organiser
Visiting Professor Physician Scientist DCCC IISc.
Founder Life Patron Allergy Immunology Chapter Karnataka



Divecha Centre for Climate Change
Indian Institute of Science
BANGALORE - 560012

DCCC Seminar

Title: "Lifestyle Interventions to Promote Brain Health"

Speaker: Dr. Lokesh Bathala

Senior Consultant Neurologist and Head of Neurology Department, Aster Hospital

Date: 30.07.2026

Time: 4:00 PM to 5:00 PM (IST)

Venue: DCCC Auditorium, 2nd Floor, D314

Coffee/Tea: 3.30 PM to 4:00 PM

Speaker Bio:

- Prof. Lokesh B completed his MBBS, MD, D.M in Kasturba Medical College Manipal
- He also has a post graduate diploma in medical law and ethics from National Law School University Bangalore
- He has certificate course in Biostatistics. Epidemiology research intelligence and machine learning
- He is a member of many neurological organisations and is a founder member of "Society of Neurosonology"
- Many scientific papers published in National and International medical journal
- Currently he is the chief of neurology at Aster CME hospital in Bangalore.

Abstract:

World Brain Day is celebrated on July 22nd. The theme for the year 2026 is "Brain Health: Access to All". This is to address the massive global disparities in neurological care. Nearly 3.4 billion people live with some neurological conditions.

The theme focused on core principles of

- 1) Equity
- 2) Early intervention
- 3) Prevention
- 4) Local access
- 5) Global action.

"How our lifestyle interventions help to promote Brain Health" will be discussed during the talk with supportive data.