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Preface:

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PLENARY SPEAKER



Dr. Ross Carter

**Regenerative Warrior, International Speaker, Podcaster, Medical Practice Consultant,
West Palm Beach, Florida, USA**

Dr. Ross Carter has been in practice in Atlanta Georgia since 1996. He is a 2-time #1 Best Selling Author, International Speaker, Podcaster, Medical Practice Consultant, and received his Fellowship in Stem Cell Therapy from American Academy of Anti-Aging Medicine in 2017. He has published 2 #1 Best Selling books: Dr. Stem Cell – Discover How Stem Cell Therapy Can Eliminate Knee, Shoulder, & Hip Pain Naturally in Only 30 Days without Surgery or Medications. The Multimillion Dollar Business Card -The best technique ever created to become the undeniable authority in your field and massively increase quality new patient and referrals. His Podcast, the Regenerative Warrior, is one of the fastest growing Regenerative Medicine & Anti-Aging Podcasts in the world. Dr. Carter currently lives in West Palm Beach Florida with his wife Elizabeth and travels the world as an international consultant to help medical providers become the go-to authority & dominate their niche.



Dr S Joniton Selliah
ERCICRLSH1905051

Relationship Between Anthropometric, Physiological and Performance Ability of Youth Basketball Player at Sri Lanka

Dr S Joniton Selliah

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Abstract

The present study aims to find the relationship between anthropometric, physiological and performance ability of youth Basketball players at Sri Lanka. The study was conducted for youth aged from 18 to 24 years represented 41st national sports festival competition 2015. The players participated from nine provinces for national sports competition in basketball (108 players) were identified as subjects for this study. The basketball performance ability was selected as dependent variable the same was assessed by subjective rating. The Height, Weight, Upper Arm Relaxed Girth, Fore Arm Girth, Chest Girth, Wrist Girth, Waist Girth, Thigh Girth, Calf Girth, Angle Girth, Acromiale Raiale Length, Raialesyilion Dactyilion, Midstyliion Dactyilion Length, Foot Length, Leg Length,. Forced Expiratory Volume in One Second and VO2 Max were selected as independent variables and tested by standardized procedure. The data were collected for performance ability and other selected independent variables. In order to examine the relationship between performance ability and selected independent variables simple correlation was calculated ($P > .05$). The result of present study shows significant relationship with basketball performance ability and the selected criterion variables among Sri Lankan youth basketball players.

Keywords: Anthropometric, Physiological, Performance, sport festival, Relationship

Kiran Fatima
ERCICRLSH1905052

Assessment and Identification of Cholesterol-Degrading Probiotics

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Abstract

Objective: This study aimed to isolate and identify probiotic lactobacillus and evaluate their effects on cholesterol levels. **Methodology:** Probiotic Lactobacillus was isolated from 3 samples butter milk, spinach and egg yolk. MRS agar and MRS broth were used for the growth of lactobacillus and identification of lactobacillus was confirmed by gram staining and various biochemical tests. Growth and survival of lactobacillus was evaluated by antibiotic resistance, acid tolerance in various pH (4, 7 & 9), Bile salt tolerance under different concentrations of bile salt (such as 0.1g, 0.2g, 0.3g, 0.4g & 0.5g) and in various temperatures such as (37°C, 50°C & 4 °C). Cholesterol degradation capability of lactobacillus was Determined under 3 different concentrations of cholesterol (200µg/ml, 400µg/ml, and 600µg/ml) **Results:** Results of cholesterol assimilation were recorded by the percentage of cholesterol degraded. Out of all 3 samples, Lactobacillus isolated from butter milk showed the highest cholesterol degradation (26.68%) at concentration 600µg/ml. **Conclusion:** The present study showed that the isolated probiotic LAB was able to assimilate cholesterol which in turn can reduce the risk of cardiovascular diseases.

Keywords: Probiotic, Lactobacillus, Antibiotic Resistance, Bile Tolerance, Acid Tolerance, Cholesterol



Yeneneh Yirga
ERCICRLSH1905053

Prevalence of Pulmonary Arterial Hypertension among Children with Rheumatic Heart Disease Attending Follow up at the Cardiac Clinic of Jimma University Medical Center

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Abstract

BACKGROUND:

Acute rheumatic fever and its chronic sequele remain significant cause of morbidity and mortality in Ethiopia. Epidemiological data are scarce, especially in the pediatric population of developing countries, regarding the prevalence of pulmonary hypertension among patients with

	<p>rheumatic heart disease. METHODS: A cross sectional study was conducted by including patients who were 18 years and less and had been diagnosed with rheumatic heart disease and have Echocardiography report from January 2014 – August 2017. Their medical record was reviewed and data analyzed using SPSS. RESULTS: A total of 247 medical records of children with rheumatic heart disease were reviewed. Pulmonary hypertension occurred in 149(60.3%) of the children with a mean age at 10.73 ± 2.837 years. Majority of the children were from rural area 99(66.4%) and 88(59.1%) were females. The average Tricuspid valve pressure gradient was 51.17 ± 18.67 mmHg. Heart failure was the presenting illness in 103(69.1%) of children with PAH, having a significant association ($p \leq 0.001$). All associated comorbidities were more prevalent among those who have PAH, malnutrition being the commonest followed by pneumonia. Mitral valve was the most commonly involved valve alone or combined with aortic valve. Mixed Mitral and Aortic valve involvement was seen in 93(62.4%) cases. Severity of Mitral Regurgitation, Mitral Stenosis and Aortic Regurgitation was found to have statistically significant association with p value ≤ 0.05. Medications were almost the only treatment modality, given to 147(98.6%) children and a single child got a surgical repair. CONCLUSION: Rheumatic heart disease related pulmonary hypertension is still the major problem in the center and mitral valve is the commonest valve to be affected. Children with heart failure at presentation are at increased risk of having pulmonary hypertension. Only one patient was operated for underlying valvular lesion. Keywords: Rheumatic Heart Disease, Pulmonary Hypertension</p>
<p>Emmanue Msugh Mbaawuaga ERCICRLSH1905062</p>	<p>Maternal Cryptosporidium Infection in Makurdi, Nigeria Emmanue Msugh Mbaawuaga Department of Biological Sciences, Benue State University Makurdi, Makurdi, Nigeria Abstract Maternal Cryptosporidium infection is a neglected infection in Makurdi; an area with higher HIV rate in Nigeria, but the infection is suspected of contributing to childhood diarrhoea-related mortality. To assess Cryptosporidium infection, 255 faecal samples were randomly collected from volunteered consented antenatal attendees in Makurdi Township. The stool samples were concentrated using formol-ether oocyst concentration technique, stained with modified Ziehl Neelson cold stain and oocysts identified by microscopy. HIV sero-status was determined using Determine (Inverness, Japan) and confirmed with Uni-Gold HIV1/2 (Trinity Biotech, USA). Chi square (χ^2) in an SPSS (version 20.0) software was used to compare categorical variables and significant association was determined at 95% level of probability. Cryptosporidium oocyst was identified in 49(19.2%) of the faecal samples examined. HIV positive attendees were more likely than HIV negative to be infected by Cryptosporidium (84.4% vs 9.9%, $P=0.000$). We found a strong association between stool consistency ($P=0.000$), duration of diarrhoea ($P=0.000$), possession of domestic animals ($P=0.000$) and the infection rate. There was also a significant difference ($P=0.014$) between the rate of infection and sources of drinking water. However, infection could not be associated with age ($P=0.348$), type of toilet system in use ($P=0.890$) and literacy ($P=0.853$). Pregnant women in this study suffer a high burden of Cryptosporidium infection which could complicate HIV status of those immunocompromised culminating into diarrhoea-related mortality. Hence, minimizing the environmental burden and maternal Cryptosporidium infection could also protect against early infant infection reported in this setting. Keywords: Cryptosporidium, HIV, Pregnant Women, Diarrhoea, Makurdi</p>
<p>Mohammad Athar Ansari ERCICRLSH1905072</p>	<p>An Investigation of Gastroenteritis of an Epidemic India-A Longitudinal Study- Handle of John Snow's Water Pump is Still to be Removed Mohammad Athar Ansari Department of Community Medicine, J.N. Medical College, Aligarh Muslim University, Uttar Pradesh, India</p>

Abstract

Background:

Contamination of drinking water has serious health hazards, and required immediate attention from the authorities. If any epidemic spread in the community, there is an urgent need to investigate the epidemic and make recommendations for prevention of epidemics in future. Aims and Objectives: 1. To investigate the epidemic of gastroenteritis. 2. To suggest methods to prevent and control the occurrence of such epidemics in the future. In M. Habib Hall comprising 6 hostels, 700 students resided in 400 rooms and total staff members in the kitchen including cooks, helpers and bearers were 35. Hall was visited by the public health consultants. During the visit, the following procedures were carried out.

1. Inspection of all the areas of the kitchen including stores, garbage disposal sites and canteen inside halls.
2. Filling up of questionnaire of cleanliness and personal hygiene of 22 kitchen staff.
3. Filling up of questionnaire for inspection of kitchen/ canteen.
4. Culture of the samples collected from different sites in the kitchen.
5. Carrying out interactive discussion regarding health and hygiene with kitchen/ dining hall staff and students.
6. Assessment of bacteriological quality of water samples.
7. Confirmation of the diagnosis of the disease from the university hospital.

An arbitrary scale was developed for the assessment of kitchen/canteen hygiene and health and hygiene status of kitchen staff. For kitchen/canteen hygiene a score of 20 and above was taken as good, 13 to 19 as satisfactory and status was poor if the score was less than 13. Similarly a score of 6 and above was taken as good, 3 to 5 as satisfactory and status was poor if the score was less than 3.

Students were investigated and subsequently given adequate treatment. However, 08 students (1.1%) developed serious illness and were admitted in the university hospital on that day. 30 (4.3%) students either visited private practitioner or took self medication.

Bacteriological analysis of water samples revealed that main tube well was highly contaminated. Out of 12 samples, collected from different sites, 07 (58.3%) samples were showing contamination and out of these contaminated samples, 04 were highly contaminated. KleibSELLA, E.coli and Proteus were detected on floor of kitchen rat droppings, wash basin and cooking container. Kitchen hygiene score was 09 (Poor) and hygiene status of kitchen staff was poor in 18.2%. During followup visit, kitchen hygiene was still poor however, there was an increase of 1 point in the score and hygiene status of kitchen staff had improved (38.5%).

During the follow up visit, level of contamination decreased especially in main tube well from 180 MPN to 35 MPN/100 ml of water sample and most of the samples were found satisfactory.

Conclusions: Main source of water supply was highly contaminated leading to epidemic of gastroenteritis. Other contributory factors were poor kitchen hygiene and poor hygiene status of food handlers. It was recommended that contamination should immediately be removed. Best hygienic practices in the kitchen should be developed and adhered to by food handlers. Correct health education should be imparted to students and staff to prevent such epidemics in future.

Amber Fatima
ERCICRLSH1905082

Occurrence of Overweight and Obesity among Young Female Students in association with BMI

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Abstract

The study is designed to obtain the occurrence of obesity among 180 young female students of university, age 19-23 years in association with body mass index (BMI) according to WHO classification. A Questionnaire was prepared to collect information, including age, height, body weight, and socioeconomic status. Among 180 girls 18.33% (33) of girls were under weight, 58.88 % (106) were normal, 16.66 % (30) were overweight and 6.11% (11) of girls were obese. Overweight was more common among female students than obesity. The dietary practices and choices of young female girls have been evaluated by using food frequency questionnaire and found majority of students were used to skipped breakfast and frequent consumption of fast food including burgers, pizzas and coca cola due to

lack of knowledge on healthy balance diet and adverse effect of obesity. Healthy living, eating healthy balanced diet and regular exercise help to maintain standard body weight and health
Keywords: Overweight, Obesity, BMI, Prevalence, Food Frequency Questionnaire, Female Students



Charu Sethi
ERCICRLSH1905083

Parents of children with Intellectual Disability: Anxiety and Challenges

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Abstract

To a parent, every child is special in his or her own way. Family, especially parents are responsible for providing basic needs support such as food, shelter, education, and care at all times especially during times of crisis. Every parent wants his or her child to be physically and developmentally perfect. However, the possibility of having a retarded child is very traumatic. Parents of a child with intellectual disability have additional responsibilities and roles to take care of their differently able child. Family members go through a significant amount of stress and anguish in the process of raising a special child. The purpose of this study is to explore the psychological, social, and economic challenges that parents experience while dealing with their children with intellectual disability and manner in which they address or deal with it.

Hanieh Abdi
ERCICRLSH1905084

Medical Tourism

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Abstract

Modern medical tourism is the product of the citizens of advanced countries. Those who for certain reasons, such as the high cost of health services, prolong treatment process, can't use medical services in their own countries. So, this items will increase the demand for such services in developing countries. Therefore, there are various internal and external factors to choose a country for medical tourism. By studying the global experiences, it was found that at the beginning, the cost of medical services was decisive in determining the medical tourism. But with the intensive competition between the destinations of medical tourism, the quality factor has been the substitute by medical services. This research was accomplished to investigate the internal factors affecting the attraction of medical tourists in Iran. To achieve this goal, internal factors were selected from documentary studies to attract medical tourists which includes four main criteria and 15 sub-criteria. Then, to evaluate them, the Analytical Hierarchy Process was selected as the evaluation method (A.H.P). The criteria and sub-criteria were designed as a questionnaire and presented to 30 university specialists in the field of tourism and medical tourism, physicians and hospital managers, and medical tourism services. Finally, the questionnaires were analyzed by using Expert Choice software. Based on the results of the research, among the four main criteria, the criteria for medical resources with a weight of 0.609, and among the 15 sub-criteria, the sub-criteria of medical equipment with a weight of 0.347 were the highest scores.

Keywords: Medical tourism, Determinants, Health, Iran

Tolesa Bekele
ERCICRLSH1905087

The Effect of HAART on Tuberculosis Free Survival among HIV Positive Adult Patients in Ethiopia

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Abstract

Background: Tuberculosis (TB) is the most common presenting illness among people living HIV/AIDS and leading cause of morbidity and mortality. Previous studies have reported the decreased risk of TB in HIV-infected adults who initiated HAART, although the rate in these population remains unacceptably high. This study aimed to compare TB free survival and incidence rates between two cohorts of HIV positive adult patients.

Methods: Two cohorts of HIV positive adult were retrospectively studied in May 2016. The primary study factor was initiation of HAART and the primary outcome factor was time-to-TB. TB free survival functions were tested using both Log-Rank and Wilcoxon tests. Crude incidence rates and incidence rate ratio were calculated. Graphically, hazard ratios were compared using both Kaplan-Meier and Direct Adjusted survival curves. The association with TB risk was estimated using Cox proportional hazard model in SAS. Model comparison and variable selection were performed using the likelihood ratio test. Proportional hazard assumption was tested using both Schoenfeld residual and time dependent covariates. A > 10% change between unadjusted hazard ratio (HR_{unadj}) and adjusted hazard ratio (HR_{adj}) was calculated to detect a confounding variable whereas interaction terms were used to consider suspected effect modifiers.

Results: Overall probabilities of TB free survival in the HAART cohort was significantly higher than HAART naive cohort (Log Rank X² = 266.41 and Wilcoxon X² = 265.24). A total of 632 HIV positive patients (316 HAART and 316 pre-HAART) have been followed for 1996.08-person year observations (PYO) and 94 incident TB cases were diagnosed (incidence rate (IR) = 3.92 per 100 PYO). The incidence rates (IR) was 10.5 per 100 PYO in pre-HAART group and 2.6 per 100 PYO in HAART group. The incidence rate ratio (IRR) was 4.03 (P < 0.0001). The multivariable analysis showed that the risk of TB is 73% less for HAART group than pre-HAART group (adjusted hazard ratio (HR_{adj}) = 0.27, P < 0.0001). Other predictors of TB were: initiated IPT (HR_{adj} = 0.42, P < 0.0001) and ambulatory status (HR_{adj} = 2.05, P = 0.004).

Conclusions: Tuberculosis free survival is significantly higher among HAART cohort. The incidence rate ratio is 4 time more likely in pre-HAART cohort. Initiation of HAART significantly reduced the risk of TB. Being ambulatory and initiated IPT remained as reliable predictors of TB. Early initiation of combined HAART and IPT should be considered when to prevent morbidity and mortality due to TB/HIV co-infection.

Mina Aubakirova
ERCICRLSH1905088

Knowledge, Attitudes, and practices toward salt consumption among young adults in Astana, Kazakhstan

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Abstract

Excessive salt intake has been associated with various health outcomes, including high blood pressure. In Kazakhstan, a post-soviet country in Central Asia, salt intake levels are estimated to be high, while cardiovascular diseases (CVD) are a major cause of morbimortality. A culturally-relevant public health intervention aimed at decreasing levels of salt consumed may be a simple and affordable means of lowering CVD-related burden in the country. Prior to undertaking actions, a study is needed to understand what the people in the region know and feel about salt intake and its association with health.

Therefore, a cross-sectional online survey on salt-related knowledge, attitudes, and practices was conducted among young (18-30) residents of Astana, the capital city of Kazakhstan. Bivariate tests of association were used for analysis.

Of the 237 participants, 95% knew that high levels of consuming salt could deteriorate health; however, only around 60% believed that hypertension could be such an outcome. Specifically, older participants were more likely to correctly identify the association than younger ones (p=0.007), yet no difference was observed among education levels (p=0.203). Although almost 70% thought that overall per-capita salt consumption rate in Kazakhstan was higher than recommended, less than 30% assessed their own level as such. No significant differences in knowledge of the recommended amount, concerns about amount of salt in food or behavior to reduce salt consumption (except for avoiding fast food, being more prevalent in the older group, p=0.002) were observed between the genders or among the different age and region groups.

Thus, young residents of Astana seem to lack knowledge about safe salt practices and association of salt with hypertension as well as deny one's own salt consumption level being high. An appropriate educational intervention could target these issues.

Keywords: Cardio-Vascular, Hypertension, Nutrition, Prevention, Salt

Tuxun Lu
ERCICRLSH1905106

Rating of Healthcare Quality by Adults In Medical Expenditure Panel Survey

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Abstract

Aim: This study aimed to build a predictive model for Rating of healthcare quality using artificial neural network and compare its performance with linear regression.

Method: A public data was used in this study. All the records were randomly split into two groups: training sample (50%) and testing sample (50%). Two models were built using training sample to predict rating of healthcare quality population: artificial neural network and linear regression. Mean squared errors (MSE) were compared between both models. A R package called “neuralnet” was employed for neural network building.

Results: The random sample size is 6033 adults in the testing sample and 6033 in training sample, a total of 12066 records. The average rating of healthcare quality was 8.38 in the testing sample and 8.39 in the training sample; the median was 9 for both samples.

The Rating of healthcare quality increased for elder adults. Male adults rated the quality of health care lower. White adults rated the quality higher, so did Hispanic adults and unemployed adults. Patients with higher blood pressure had lower rating of healthcare quality. Many SF-12 items were significant predictors of the rating of health quality.

According to the neural network analysis, the most important predictor of Rating of healthcare quality was health limits climbing stairs (SF-12v2), followed by needed to see specialist, Asian, pain limits normal work sf-12v2 and family income as % of poverty line.

For testing sample, the MSE was 2.6 for the linear regression and 2.7 for the artificial neural network. Artificial neural network performed similarly with linear regression.

Conclusions: In this study, we identified important of predictors of rating of healthcare quality, for example, age, male, race, SF-12 items. This tool will be very helpful to understand characteristics determining rating of healthcare quality.



Ephrem Mebrahtu Araya
ERCICRLSH1905108

In Vivo Hepatoprotective and In Vitro Radical Scavenging Activity of Cucumis ficifolius A. Rich Root Extract

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Abstract

Background: Liver disease is a major public health problem associated with high incidence of mortality and morbidity globally. Though liver diseases are global public health and economical conundrum, modern drugs are limited in number, have side effects, unaffordable and inaccessible. Hence these phenomenon's underscore the need for new more potent, safer and cheaper hepatoprotective drugs.

Aim of the study: To evaluate the hepatoprotective and radical scavenging activity of Cucumis ficifolius hydroalcoholic root extract

Methods: Pre and post-treatment model hepatoprotective activity was evaluated in carbon tetrachloride (CCl₄)-induced liver injury in mice. Swiss albino mice of either sex weighing between 25-30 g were used. In a pre-treatment model, mice were given three different doses (125, 250 and 500 mg/kg) of crude extract of C. ficifolius and silymarin (100 mg/kg) for seven days and CCl₄ on day 7, 30 minute after the last treatment. In a post-treatment model, mice were treated with crude extract and chloroform fraction both at dose of 500 mg/kg and silymarin 100 mg/kg, 2, 24 and 48 hr after CCl₄ administration. In both models, toxic control mice received a single dose of CCl₄ (1:1 in olive oil) 1 ml/kg. Mice were sacrificed 24 and 72 hr after CCl₄ administration in both pre and post treatment models respectively and blood samples were collected to assess biochemical parameters, while liver tissue slices were used for histopathological assessment. Radical scavenging activity of crude extract and different solvent fractions were evaluated using 2, 2-diphenyl-1-picrylhydrazyl (DPPH) assay.

Results: Serum levels of liver enzymes aspartate aminotransferase, alanine aminotransferase and alkaline phosphatase were significantly (p<0.05) increased in animals treated with CCl₄ as compared to the normal control. Similarly, histopathological observations revealed severe

	<p>damage in the structure of liver tissue in animals administered with CCl₄. On the other hand, pre-treatment with the crude extract and post-treatment with both crude extract and chloroform fraction of <i>C. ficifolius</i> in CCl₄ exposed animals showed marked improvement in both biochemical and histopathological parameters. In the in vitro DPPH assay, the crude and solvent fractions showed strong free radical scavenging activity.</p> <p>Conclusion: The crude extracts of <i>C. ficifolius</i> and its chloroform fraction showed hepatoprotective activities which could be, at least in part, through radical scavenging action. Phytochemical analysis of <i>C. ficifolius</i> showed the presence of flavonoids, polyphenols, steroids, saponins and terpenoids, which are also associated with hepatoprotective activity.</p> <p>Keywords: <i>Cucumis ficifolius</i>, Carbon tetrachloride, Hepatoprotective, Liver disease, Radical scavenging</p>
<p>Islam Hamad ERCICRLSH1905112</p>	<p>Effect of Permeation Enhancers on the Transdermal Permeability of Glucosamine</p> <p>Islam Hamad Department of Pharmacy, American University of Madaba, Madaba, Jordan</p> <p>Abstract</p> <p>This work aimed to evaluate the ability of the raw glucosamine molecule to pass through animal model and to study the effect of different permeation enhancers on the transdermal delivery of glucosamine. The permeation test was carried using a franz diffusion cell on the mid dorsal area of a rat skin sandwiched between the two compartments. The effects of several enhancers were studied including Butanol, Octanol, camphor, oleic acid, isopropylmyristate and labrafil. Samples taken at certain intervals were analyzed using HPLC validated method. Results of the aqueous solution of glucosamine sulphate showed that it's a good candidate for transdermal delivery systems. Short chain fatty alcohol provided best enhancement efficacy followed by Camphor.</p>
<p>Rahul ERCICRLSH1905113</p>	<p>Higher Education In India : Challenges and Opportunities</p> <p>Rahul Higher Education Commission Haryana, Government PG College, Ambala Cantt, Haryana, India</p> <p>Abstract</p> <p>Higher education in India has expanded rapidly over the past two decades. This growth has been mainly driven by private sector initiatives. There are genuine concerns about many of them being substandard and exploitative. Due to the government's ambivalence on the role of private sector in higher education, the growth has been chaotic and unplanned. The regulatory system has failed to maintain standards or check exploitation instead, it resulted in erecting formidable entry barriers that have generated underside results. Voluntary accreditation seems to have no takers from amongst private providers and apparently serves little purpose for any of its stakeholders.</p> <p>The higher education system in India grew rapidly after independence. [1] By 1980, there were 132 universities and 4738 colleges in the country enrolling around five percent of the eligible age group in higher education. Today, while in terms enrolment, India is the third largest higher education system in the world (after China and the USA) with 17973 institutions (348 universities and 17625 colleges) and is the largest higher education system in the world in terms of number of institutions.</p> <p>[2] There are different types of universities and colleges in the higher education system in the country. They vary terms of their academic, administrative and financial arrangements. Universities can either be established by an Act of Parliament or by the state legislatures. Those established by the Act of Parliament are the central universities and the ones set up by the state legislatures are state universities. Some higher education institutions are granted the 'deemed university' status by the central government through gazette notifications. A few institutions are established by the Parliament / state legislatures as institutions of national importance. Universities, deemed universities and institutions of national importance are degree-granting institutions.</p> <p>The expansion of higher education system in India has been chaotic and unplanned. The drive to</p>

make higher education socially inclusive has led to a sudden and dramatic increase in numbers of institutions without a proportionate increase in material and intellectual resources. As a result, academic standards have been jeopardized. There are many basic problems facing higher education in India today. These include inadequate infrastructure and facilities, large vacancies in faculty positions and poor faculty outmoded teaching methods, declining research standards, unmotivated students, overcrowded classrooms and widespread geographic, income, gender and ethnic imbalances. There is an inadequate and diminishing financial support for higher education from the government and from society. Many colleges established in rural areas are non-viable, are under enrolled and have extremely poor infrastructure and facilities with just a few teachers. Apart from these, the system of higher education has met several setbacks with regard to its regulatory framework, funding and franchises and the much debated and controversial move of privatization of higher educational institutions. These underlying issues will be identified and addressed in the paper.



Sumayyia Marar
ERICRSLH1905115

Perception, Attitude and Practice of Patients and their Companions' Toward Getting Health Information from Social Media

Sumayyia Marar

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Abstract

Background: Social media caused a great sharing of healthcare information. Although it can be a great tool to educate or enhance the patients' knowledge, it can also present a potential risk of providing misleading or poor-quality health information. Saudi patients used of social media for obtaining health information has not been investigated. This survey aims to assess social media and search engines used to look up health information in Saudi patients and their companions' and to describe their perceptions, attitudes, and practices.

Methods: This observational cross-sectional study took place at a tertiary care center in Riyadh, KSA. Data were collected using a self-administrated questionnaire divided into four sections, one covering the demographics and the other three sections exploring their perception, attitude and practice about social media usage to acquire health information.

Results: Three hundred seventy-four participants voluntarily agreed to be a part of this survey. Eighty-five percent of the respondents sought health information using social media; of whom 293 participants (78.3%), 237 (63.4%) and 46 (1.3%) used WhatsApp, YouTube, and Facebook respectively. Furthermore, 72% searched information for themselves, while 52% for family members. Around 28% of participants had used social media for medical consultations, and the majority (79%) was satisfied. The reliability of health information via social media was met in 51% of participants, and 84.1% claimed that the health information obtained was knowledgeable. However, only 29% were ready to share their personal health experience with the public on social media.

Conclusions: Our findings suggested that social media usage is widespread among Saudi patients and their companions'; the majority used social media platforms to find information related to their health conditions, while only a minority got online direct medical consultations. Public awareness of the practical use of social media is needed to help patients' ongoing informational needs by selecting reputable sources.

Deborah Oluwaseun Okusanya
ERICRSLH1905123

Students Perceptions Regarding Homosexuality at Sefako Makgatho Health Sciences University

Deborah Oluwaseun Okusanya

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Abstract

Introduction: Homosexuality has been and continues to be a controversial subject across many disciplines; it has generated many debates around religious, academic institutions, political, socio-cultural as well as medical domains. The current study investigated students from a previously disadvantaged African university's perception regarding homosexuality.

Method: This qualitative study utilized two focus groups to collect data, which then was analyzed using thematic content analysis.

Result: The study revealed that students' level of awareness with regard to homosexuality is very high and their perceptions largely negative. Students predominantly found the practice unethical, and un-African.
Discussion: Students tend to show a lot of stereotypical prejudicial responses and there seems to be a general lack of willingness to discuss this in a public discourse. In conclusion, there seems to be a tension between cultural values and the open environment such as academic institutions. Students' perceptions go a long way in shaping public discourse and the larger population's general attitude toward homosexuality.
Keywords: Homosexuality, Students, Stereotypical, Discourse, Un-African



Esangbedo Vicars
Omhenimen
ERCICRLSH1905124

Drug Misuse Among Young Adults: A Threat to Humanity

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Abstract

Drugs are chemical substances that can alter the normal body system as an accumulation of cell-tissue-organ damage. Different drugs can have different forms of effects and effects of drugs include health consequences that are long-lasting and permanent. They can even continue after a person has stopped taking the substance. In female, it can affect their unborn children in some cases.

There are different routes of drug administration which include; injection, smoking, inhalation and ingestion. The effects of the drug on the body can depend on how the drug is delivered. For example, the injection of drugs directly into the bloodstream has an immediate impact, while ingestion has a delayed effect. But all misused drugs affect the brain. They cause large amounts of dopamine, a neurotransmitter that helps regulate our emotions, motivation and feelings of pleasure, to flood the brain and produce a "high." Eventually, drugs can change how the brain works and interfere with a person's ability to make choices, leading to intense cravings and compulsive drug use. Over time, this behavior can turn into a substance dependency, or drug addiction.

Today, more than 7 million people suffer from an illicit drug disorder, and one in four deaths results from illicit drug use. In fact, more deaths, illnesses and disabilities are associated with drug abuse than any other preventable health condition. People suffering from drug and alcohol addiction also have a higher risk of unintentional injuries, accidents and domestic violence incidents.

Iqbal Durrani
ERCICRLSH1905127

Burden of Pediatric Non Communicable Diseases (NCDs) in Pakistan

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Abstract

Background:

After a remarkable progress in preventing and managing communicable diseases worldwide; huge burden of Non-communicable diseases (NCDs) with around 38 million deaths each year caused by factors that are modifiable is a new challenge to us.

Objective:

- To determine the burden of pediatric NCDs in Sindh, Pakistan.
- To identify clinical, physical, behavioral and other possible risks associated with pediatric NCDs.
- To develop and disseminate information, education and communication materials for future strategies.

Setting, Duration, Study Type:

A survey was conducted in all five divisions representing 29 districts of Sindh through a representative three stage systematic random cluster, cross-sectional technique at household level. The study participants were children (< 1 months to 18 years) with their mothers.

Methods:

Cross sectional survey was conducted to elucidate the information regarding households,

physical examination and anthropometry indicators. A pre coded questionnaire based on main theme of WHO standardized STEP was used to accomplish this information.

Results:
A total of 4615 individuals including; 1440 mothers, 1006 children up to 2 years, 1208 children from 2-5 years of age and 961 children from 5-18 years of age participated in the study. Comparatively, low burden of common NCDs including diabetes, hypertension and cardiovascular diseases recorded (2-3%) among mothers, adolescents and children. High prevalence of risks was recorded among all study groups, as described below;
Children (0 – 5 years): Around 14% newborn were low birth weight. Only 26.7% infants exclusively breast fed. Only 37.6% children (up to 5 years of age) were immunized. More than 55% of children up to 5 years age were malnourished.
Adolescents and children (5-18 years): Physical inactivity (61.6%), use of unhealthy diet (>85%), use of all forms of tobacco (20.2%), use of gadgets (46.7%) were common behaviors. Underweight (30.5%), overweight (20.3%), blood pressure stage I &II (8.8%) and low awareness regarding salt intake (25%) is recorded.
Mothers: Mean age of mothers was 29.8 years. Around 60% were malnourished, use of all forms of tobacco (20.6%), physical inactivity (50%), moderate to high risk using WHR (waist hip ratio) 68%, awareness regarding low intake of salt(38.7%) and more than 26% mothers had stage I & II blood pressure categories.

Conclusion:
Contrary to low burden of diabetes, cardiovascular diseases and hypertension; high prevalence of risks leading to non-communicable diseases among mothers, adolescents and children is evidently reported which is very alarming.
Birth registration, complete immunization, promotion and provision of physical activities in routine life, education to all and enhanced sanitation can help us to reduce future burden of NCDs related MMR.

Keywords: Non Communicable Diseases; Risks; Children; Adolescents; Mothers



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ERICRSLSH1905129

Religious Learning Activities from Social Media and their Implications for Understanding Religion

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Abstract

This research discusses how the millennial generation in religious learning activities via social media. The case in the millennial generation of Indonesia in fact, the millennial generation of Indonesia is oriented towards social media in the process of learning religion not anymore through religious education institutions (pesantren). The Significant development of social media in Indonesia experienced a drastic increase, the total population of Indonesia as many as 265.4 million people, the number of active users on social media reached 130 million with a penetration of 49 percent. This research aims to determine the activities of the Indonesian millennial generation in using social media as a place of religious learning. This research is important because it will know the process of religious learning and how its implications for the millennial generation of Indonesia to study religion via social media. The data of this research were obtained through interviews, observation, documentation, and religious literature relevant to this study. The results of this study indicate that the millennial generation of Indonesia that uses social media as a means of religious learning is not wrong, because on social media there have been many scholars who write books, books and record traces of their preaching in social media and it is very easy for all circles. Finally, this research concludes that the millennial generation of Indonesia that uses social media as a means of religious learning from the ground without guidance from a teacher is undeniable that there are many misguided understandings of religion, so the emergence of liberalism and radicalism.

Keyword: Social Media, Religion, Millennial Generation, Effectiveness, Implications, Indonesia

Chitosan Nanoparticles as Drug Delivery Systems for the treatment of Cancer and Glaucoma

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ERICRSLSH1905107

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Abstract

Novel polymeric nanoparticles based on chitosan were developed for oral administration for Doxorubicin. These nanoparticles were developed utilizing the double emulsion solvent evaporation technique for sustained delivery. The particles enhanced cellular accumulation of encapsulated drugs, compared to the free drugs, in vitro in MCF-7 and Caco-II tumor cell lines and enhanced oral bioavailability of doxorubicin in rats. Other polymeric nanoparticles based on acrylate polymer were prepared and loaded with medications for glaucoma management. The effects of these nanoparticles on reducing the intra ocular pressure (IOP) of rabbit's eyes were investigated and compared to the effects of conventional drug solutions. These novel formulas give a significant decrease in IOP for longer periods.

The Best Method ever Created to Become the Authority in your Medical Niche

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Abstract

Immense competition & the growing immunity to persuasion are some of the challenges facing medical practitioners when marketing their practice today. Conventional marketing methods including TV, radio, newspaper, and the internet don't always yield the desired results. Beautiful websites and social media ads no longer cut it in the market.

Patients have built immunity to persuasion through any type of marketing media or promotional content. This method lays bare the realities of modern-day medical service marketing and offers a unique way of attracting people to your practice by publishing a book that serve as a practitioner's business card.

This method enables practitioners to distinguish themselves from their competition. It enhances respect, authority, and credibility. It showcases the medical professional's knowledge and technical expertise to ideal patients.



Ross Carter
ERCICRLSH1905133

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ERCICRLSH1905134

Experimental analysis of some selected isolated compounds of *Borreria articularis* (L) against Breast Cancer using Computational Chemistry

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Abstract

Background: Breast cancer is a health hazard which is currently on the rise. Among the major causes of breast cancer is estrogen receptor alpha.

Objective: The objective of the study was to find out significant biologically active compounds of *Borreria articularis* (L) which could be potential inhibitors of estrogen receptor alpha (ER- α) for finding drugs against breast cancer.

Methods: PASS prediction for activity against breast cancer and ADME/T analysis was done for all experimented compounds. PASS prediction of the isolated compounds was evaluated by PASS online server. Molecular docking analyses of the compounds were done by Schrodinger. Furthermore ADME/T properties of the isolated compounds were evaluated with QikProp and SwissADME.

Results: A varied range of docking score was found during molecular docking by Schrodinger. Among all scores, 6-methyl-5-cyclodecen-1-ol (-4.785) appeared to possess the best docking score towards estrogen receptor alpha. It also shows good Pa value (0.636) and satisfies the Lipinski's rule of five.

Conclusion: Due to its superior docking score, it is the best selective inhibitor of estrogen receptor alpha. Advanced in vitro and in vivo studies are required to detect estrogen receptor alpha inhibitory activity of isolated compounds from *Borreria articularis*.

Keywords: *Borreria Articularis*, Breast Cancer, Molecular Docking, ADMET

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- 2019 – 5th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 04-05 May, Rome
- 2019 – 6th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 07-08 June, Prague
- 2019 – 7th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 29-30 June, Malaysia
- 2019 – 8th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 28-29 June, Lisbon
- 2019 – 9th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 29-30 June, Singapore

- 2019 – 10th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 12-13 July, Bali
- 2019 – 11th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 12-13 July, Budapest
- 2019 – 12th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 21-22 July, Mauritius
- 2019 – 13th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 27-28 July, Bangkok
- 2019 – 14th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 02-03 August, Barcelona
- 2019 – 15th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 09-10 August, Istanbul
- 2019 – 16th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 31 Aug-01 Sept, Rome
- 2019 – 17th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 13-14 September, London
- 2019 – 18th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 19-20 September, Jakarta
- 2019 – 19th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 27-28 September, Hong Kong
- 2019 – 20th International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 10-11 October, Dubai
- 2019 – 21st International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 18-19 October, Prague
- 2019 – 22nd International Conference on Research in Life-Sciences & Healthcare (ICRLSH), 18-19 October, Bangkok