

**Faculty Forum: 28-10-2024**

**Kum. Ch. Meghala, Department of Microbiology**

**Topic: Benefits of Probiotics**

Ms. Meghala explained that probiotics are beneficial live bacteria and yeasts that support gut health and overall well-being. She also explained that they help balance the gut microbiome, improving digestion, enhancing immune function, and potentially reducing symptoms of digestive issues like irritable bowel syndrome (IBS). She stressed the fact

that probiotics may also aid in nutrient absorption, reduce the risk of certain infections, and contribute to mental health by influencing the gut-brain axis. She finally concluded that regular intake of probiotics, through foods like yoghurt or supplements, can support a healthy microbiome and improve quality of life.

