



## **To adapt or not: That is the question**

by **Dr. Vidita Vaidya, TIFR**

4.30 p.m. on 7<sup>th</sup> September 2010.

Seminar Room – PF AG 114, Near Annabhau Sathe Bhavan,  
University of Mumbai Kalina Campus, Mumbai 400098

Stress is a part and parcel of everyday existence. While most responses to stressors are to restore a physiological and psychological homeostasis, in some cases individuals fail to exhibit adaptive stress responses. The consequences of sustained maladaptive stress responses is the precipitation and exacerbation of several stress-related disorders. A key question is the major individual differences in stress-responses. Clearly some of these do depend on inherent genetic predispositions. The speaker will discuss the work at TIFR and from others in the field that addresses the contribution of early life experience in shaping adult stress responses. The ability of early life experiences to leave epigenetic marks, shape the development of stress-response circuitry and to result in lasting consequences on cognitive and emotional behavior will be discussed.

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