## MIMER MEDICAL COLLEGE, TALEGAON DABHADE DEPARTMENT OF COMMUNITY MEDICINE WORLD OBESITY AWARENESS WEEK ACTIVITY REPORT 18.10.2023

1.	Name of the activity	World Obesity Awareness Week		
2.	Date	18.10,2023		
3.	Time	10.30am to 12.30pm UHTC		
4.	Venue			
5.	Total number of	33 Women and Interns		
	participants/beneficiaries			
6.	Faculty / Medical team	Dr. Aastha Pandey, Dr. Ratna Majumdar, Dr. Ashlesha Dandekar, Dr. Anuradha Sutar, Dr. Shilpa Bagalkotkar, Viranchi Musale		
7.	In-charge	Dr. Aastha Pandey		
8.	Brief summary of the	Aim: To increase awareness about obesity, it's risk		
	event in around 100 words	factors and preventive measures. Obesity is a rising issue amongst population all over the		
	(purpose, conduct, feedback,	World with India being 3rd country with maximum		
	impact, suggestions)	number of obese people. An educational session was arranged in UHTC regarding the same to spread		
		awareness about obesity, it's risk factors and preventive measures. Dr. Shilpa from medicine department of MIMER Medical College and Dr. BSTR Hospital, gave brief information about obesity and its complications. Dr. Anuradha Sutar from MAEER'S Physiotherapy college explained the importance of Exercise in prevention of obesity. Viranchi Musale, Dietician from Dr. BSTR Hospital, greatly explained about proper diet and different risk factors regarding obesity. Total 33 wome attended the session. An exercise session was conducted afterwards by physiotherapist from MAEER'S Physiotherapy college		
9.	Circular / Notification	Circular		
	(Date, time, venue, guest,			
	speaker, faculty etc.)			
10.	Pamphlet	NO		
11.	Attendance (if applicable)	attached		
12.	Coloured geo-tagged	Attached		
	photos (2 to 4)			
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