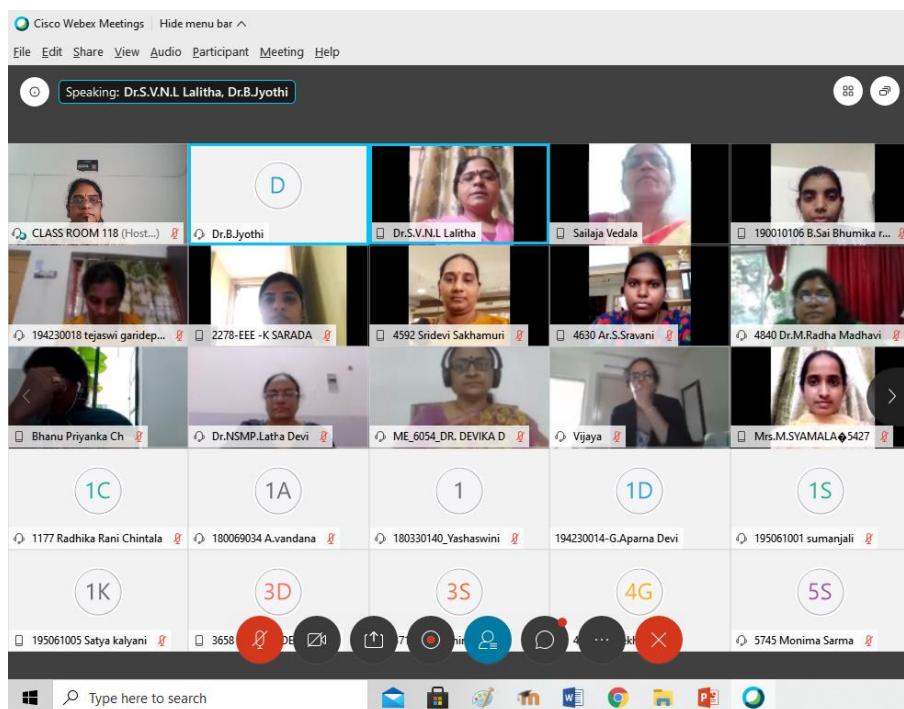


K L E F  
Women's Forum  
A Report of Awareness Program

Women's Forum of KLEF organized an awareness camp for adolescents on 29<sup>th</sup> August, 2020 at 2.30 to 3.30 PM through WebEx. Dr. M Sreedevi has introduced the resource person from Hotel Management Department of KLEF Dr. K Hemamalini. She delivered a lecture on the topic "Awareness on Obesity in Adolescents – Occurrence and Preventive Measures" through online.



The topic covers the occurrence of obesity specifically during this pandemic situations and what are the remedial measures to be followed by the adolescents. She also emphasised on the role of parents to care while the child was growing and described briefly about the difference between junk foods and nutritious foods. Adolescents has to take care while selecting the foods and has to be cautious whether they are zero calorie foods or nutritious foods. Dr.S.V.N.L.Lalitha, Convener of Womens forum congratulated and thanked the resource person and invited other members to actively participate in the womens forum events. With vote of thanks given by Dr. V.N. Sailaja the session was ended.