

Report on Health Awareness Programme

Conducted by
K L E F Women's forum on 18th August 2018

KLEF Women's forum conducted "HEALTH AWARENESS PROGRAMME" for the Girl students on 18th August 2018.

Resource Person : Dr. G. Ramesh, DNB, MRCS(UK)
Consultant Advanced & Laparoscopic Bariatric Surgeon
Anu Hospitals, Vijayawada.

Venue : Jasmine Hall

Date : 18.08.18

Time : 02.00pm to 5.00 pm

No of Participants : 300 Girl Students

Topic : Awareness Programme on Obesity and other issues on Women's Health.

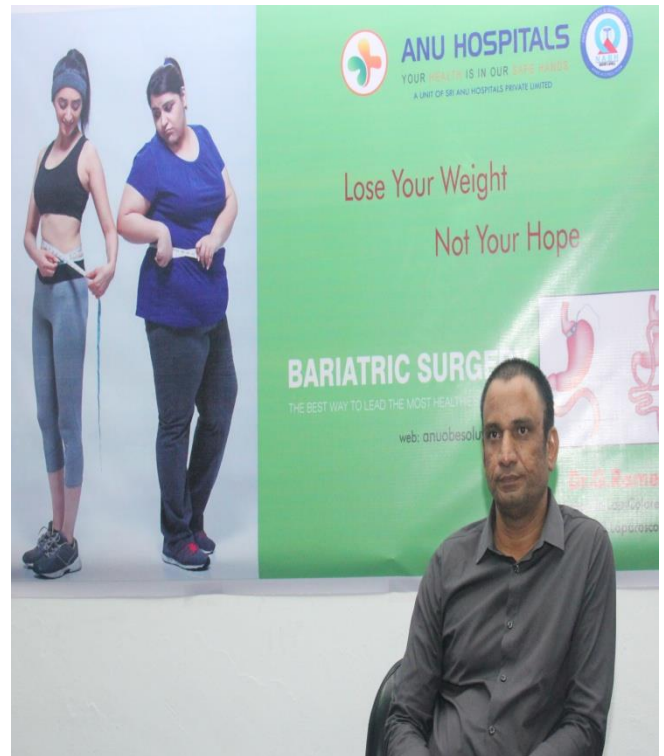


The programme started with a welcome note by Dr T. Uma Maheswara Rao, Registrar K L E F he introduced the resource person Dr. G. Ramesh, DNB, MRCS(UK) Consultant Advanced & Laparoscopic Bariatric Surgeon, Anu Hospitals, Vijayawada to the gathering.

Dr T. Uma Maheswara Rao, Registrar K L E F

Dr. Ramesh said that as the girls are future mothers they need to maintain the balance between food and activity. Otherwise it may cause hormonal imbalance in girls related health problems like Obesity, Infertility. Obesity is more common in women than men. It is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Obesity is commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility.

He also said that Diet quality can be improved by reducing the consumption of energy-dense foods, such as those high in fat or sugars, and by increasing the intake of dietary fiber. Obesity is stigmatized in much of the modern world though it was seen as a symbol of wealth and fertility at other times in history and still is in some parts of the world.



He also told that Bariatric surgery is an option if you have severe obesity and have not been able to lose enough weight to improve your health using other methods or have serious obesity-related health problems. The surgery makes the stomach smaller and sometimes changes the small intestine. He emphasized that Bariatric surgery (weight loss surgery) includes a variety of procedures performed on people who have obesity. Weight loss is achieved by reducing the size of the stomach with a gastric band or through removal of a portion of the stomach.

Bariatric surgery can improve many health problems related to obesity, such as high blood pressure, unhealthy cholesterol levels, and sleep apnea. Surgery also may lead to improved physical function and mood, and better quality of life.

