

Special Lecture on 'Obesity – Myths Unravalled'

Department of Home Science (Food and Nutrition) organised a guest lecture by Ms Uma Kanal, Senior Nutritionist, Institute of Liver and Biliary Sciences (ILBS), New Delhi on the topic entitled 'Obesity – Myths Unravalled' on 11 th April 2023 at 11:00 am in the Computer Centre.

The programme was conducted under the patronage of Prof. Raj Bhardwaj (Officiating Principal), conscientious guidance of Dr Rachna Mohan (Teacher-in-charge, Dept of Home Science) and was coordinated by Ms Parminder Sehgal, Ms Anupama Agarwal, Dr Akanksha Jain and Dr Suman Mohan. The programme was attended by nearly 70 participants including students of Dept of Home Science, faculty members; and was hosted by Dr Akanksha Jain.

The programme started with the auspicious lamp-lighting ceremony, followed by singing of National Anthem. Further, Prof. Raj Bhardwaj felicitated the speaker; and also enlightened the students with the words of wisdom. This was followed by a comprehensive, highly informative and interesting presentation by the speaker. She explained obesity, current BMI cut-offs for Asians, different index for assessing obesity, regulation of food intake in our body, dietary interventions, sample food plan for obesity and intragastric ballooning and bariatric surgery.

The programme was concluded with the vote of thanks.





