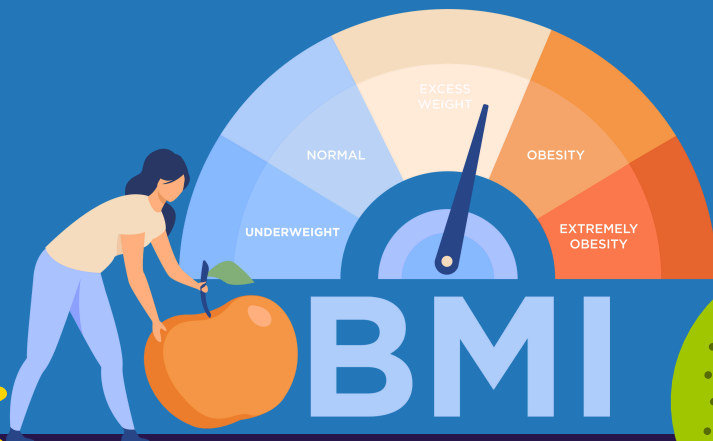


ABOUT THE COURSE

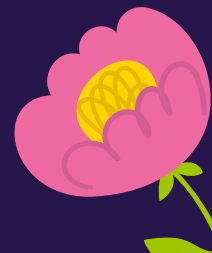
Value-added programs are extra courses or activities that help students learn more skills and knowledge, making them better at their jobs. These programs are important because they help students connect what they learn in school with real-life situations, making them more competitive in the job market. Obesity means having too much body fat. It is different from being overweight, which means weighing too much. The weight may come from muscle, bone, fat, and/or body water. Both terms mean that a person's weight is greater than what's considered healthy for his or her height. The best way to treat obesity is to eat a healthy, reduced-calorie diet and exercise regularly. To do this you should: eat a balanced, calorie-controlled diet as recommended by your GP or weight loss management health professional.



SEVA BHARATI MAHAVIDYALAYA ANTHROPOLOGY DEPT.



ASSESSMENT AND MANAGEMENT OF OBESITY



• Course coordinator:

Kakali Chattaraj Mukherjee
SACT, Seva Bharati Mahavidyalaya

• Resource Persons:

- Farhat Naaz, Assistant Professor, Seva Bharati Mahavidyalaya
- Kakali Chattaraj Mukherjee, SACT, Seva Bharati Mahavidyalaya
- Dr. Rubi Adak Panda, SACT, Seva Bharati Mahavidyalaya
- Nabendu Bera, SACT, Seva Bharati Mahavidyalaya
- Sudipta Pratihari, SACT, Seva Bharati Mahavidyalaya

• Eligibility:

H.S Pass

• Time Schedule:

11th Dec. 2021 to 14th May 2022

• Registration process:

Registration is mandatory for all participants. There is no registration fee for the course. Interested students need to submit the hard copy of registration form to Kakali Chattaraj Mukherjee, SACT, Seva Bharati Mahavidyalaya

• Mode of teaching:

Blended

• Course Duration:

Thirty Two Hours



Be a Part of Ours!



Vill. & P.O.: Kapgari
P.S.: Jamboni ; Dist.: Jhargram
West Bengal: 721505



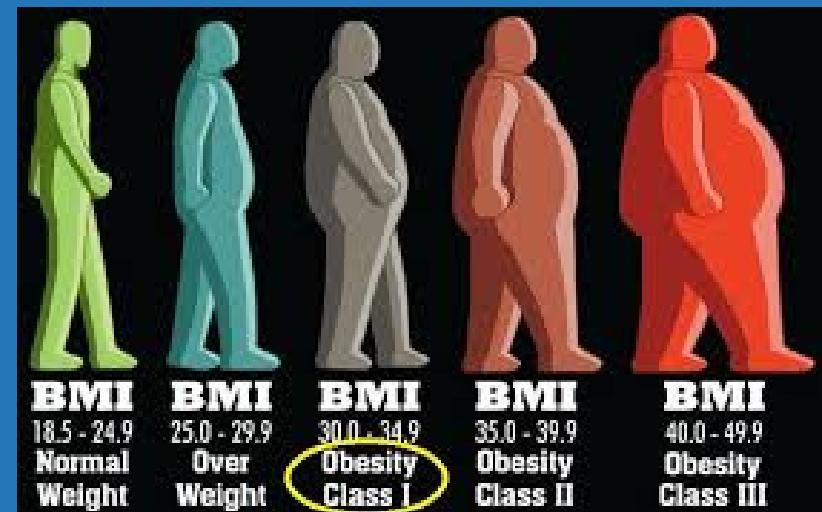
www.sbmahavidyalaya.ac.in



9433122259//9883059582



principal.sbm.dps@gmail.com



Name of the Course: Assessment and Management of Obesity

Duration of the Course: 32 hours

Syllabus and Course Structure:

Sl. no	Module	Description
1	Concept of value-added courses	a) Introduction of value-added courses
		b) Various benefits: Enhanced skill and knowledge, Industry relevant training, Improved job increased networking
2	Concept of Obesity	a) Concept of Obesity and Overweight
		b) Distinguish between Overweight and Obesity
		c) Health risk of Obesity
3	Assessment of Obesity	a) Introduction: General Obesity (BMI)
		b) General Assessment: Body Mass Index (BMI)
		c) Regional Assessment: Neck circumference, Waist circumference, Wrist circumference, Waist Hip Rao

4	Epidemiology and Obesity (Obesity related diseases)	a) High Blood Pressure, Unhealthy cholesterol, heart disease
		b) Type 2 Diabetes c) Certain Cancer – Uterus, Ovary, Colon, Breast, Liver, Kidney, Gallbladder
		d) Sleep apnea, Osteo arthritis, Fatty Liver
5	Management of Obesity	a) Dietary Therapy
		b) Physical Activity c) Behavior Therapy
		d) Weight Loss Surgery
		e) Pharmaco Therapy
6	Conclusion	Importance and role of this course
Assessment for the students		Written
		Viva

Kakali Chattaraj

Signature of the Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kappari, Jhargram



[Signature]

Signature of the Principal

Principal
Seva Bharati Mahavidyalaya
Kappari, Jhargram

Name of the Course: Assessment and Management of Obesity

Duration of the Course: 32 hours

Syllabus Distribution and Routine:

Sl. no	Module	Description	Speaker/Faculty	Duration (L/P/A)	Date & Time
1	Concept of value-added courses	a) Introduction of value-added courses	K. Chattaraj	2 hours (L)	11/12/2021 12:00 AM - 02:00 PM
		b) Various benefits: Enhanced skill and knowledge, Industry relevant training, Improved job increased networking	F. Naaz	2 hours (L)	18/12/2021 12:00 AM - 02:00 PM
2	Concept of Obesity	d) Concept of Obesity and Overweight	N. Bera	2 hours (L)	22/01/2022 12:00 AM - 02:00 PM
		e) Distinguish between Overweight and Obesity f) Health risk of Obesity	S.Pratihar	2 hours (L)	29/01/2022 12:00 AM - 02:00 PM
3	Assessment of Obesity	a) Introduction: General Obesity (BMI)	R. Adak Panda	2 hours (L)	12/02/2022 12:00 AM - 02:00 PM
		b) General Assessment: Body Mass Index (BMI)	K. Chattaraj	2 hours (P)	12/02/2022 02:00 PM - 04:00 PM
		c) Regional Assessment: Neck circumference, Waist circumference, Wrist circumference, Waist Hip Rao	K. Chattaraj	2 hours (P)	19/02/2022 12:00 AM - 02:00 PM

4	Epidemiology and Obesity (Obesity related diseases)	a) High Blood Pressure, Unhealthy cholesterol, heart disease	S. Pratihar	2 hours (L)	26/02/2022 12:00 AM - 02:00 PM
		b) Type 2 Diabetes e) Certain Cancer – Uterus, Ovary, Colon, Breast, Liver, Kidney, Gallbladder	K. Chattaraj	2 hours (L)	05/03/2022 12:00 AM - 02:00 PM
		f) Sleep apnea, Osteo arthritis, Fatty Liver	F. Naaz	2 hours (L)	12/03/2022 12:00 AM - 02:00 PM
5	Management of Obesity	f) Dietary Therapy	R. Adak Panda	2 hours (L)	26/03/2022 12:00 AM - 02:00 PM
		g) Physical Activity h) Behavior Therapy	N. Bera	2 hours (L)	09/04/2022 12:00 AM - 02:00 PM
		i) Weight Loss Surgery	F. Naaz	2 hours (L)	23/04/2022 12:00 AM - 02:00 PM
		j) Pharmaco Therapy	K. Chattaraj	2 hours (L)	30/04/2022 12:00 AM - 02:00 PM
6	Conclusion	Importance and role of this course	K. Chattaraj	2 hours (L)	07/05/2022 12:00 AM - 02:00 PM
Assessment for the students		Written & Viva	K. Chattaraj	2 hours (A)	14/05/2022 12:00 AM - 02:00 PM

Note: L = Lecture

P = Practical

A = Assessment

Rakali Chattaraj

Signature of the Course Coordinator

Seva Bharati Mahavidyalaya
Kagari, Jhargam



[Handwritten Signature]

Signature of the Principal

Principal
Seva Bharati Mahavidyalaya
Kagari, Jhargam

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kaggari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in

Student Enrollment Form

Value-Added Course / Certificate Course

On

Assessment and Management of Obesity

Organized by

Department of Anthropology

Academic Session: 2021 - 2022

Name (Block Letters): JAGADISH GHOSH
Department: B.Sc. General
Category (Hons./Gen.): General
Semester: 1
University Registration No. with Year: VU211035770 of 2021-2022
Address: Nrtandih, Jhargram
Contact No.: 7319201530
Email Id: jagadishghosh749@gmail.com

Jagadish Ghosh.
Signature of the Applicant

For Department Use Only

Approved/Not Approved

Kakali Chattaraj
Signature of the Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

Student Attendance Sheet

Sl. No.	Student Name	Enrollment Id	Reg. No. with year	Dept.	Semester	Signature
1	Ajoy Pratihar	SBM/BNGGCC/2021/VU211035268	VU211035268 (2021-22)	BNGGCC	I	Ajoy Pratihar
2	Bappa Sing	SBM/BNGGCC/2021/VU211035309	VU211035309 (2021-22)	BNGGCC	I	Bappa Sing
3	Bhairab Murmu	SBM/BNGGCC/2021/VU211035314	VU211035314 (2021-22)	BNGGCC	I	Bhairab Murmu
4	Bubai Mahata	SBM/HISGCC/2021/VU211035331	VU211035331 (2021-22)	HISGCC	I	Bubai Mahata
5	Jagadish Ghosh	SBM/BOTGCC/2021/VU211035770	VU211035770 (2021-22)	BOTGCC	I	Jagadish Ghosh.
6	Jagarika Mahata	SBM/ANTHCC/2020/1460366	1460366 (2020-21)	ANTHCC	III	Jagarika Mahata
7	Jaydev Mahata	SBM/HISGCC/2021/VU211035389	VU211035389 (2021-22)	HISGCC	I	Jaydev Mahata
8	Jotirmay Mahata	SBM/ANTHCC/2020/1460372	1460372 (2020-21)	ANTHCC	III	Jotirmay Mahata
9	Kiran Mandi	SBM/ANTHCC/2021/VU211035708	VU211035708 (2021-22)	ANTHCC	I	Kiran Mandi
10	Nabin Hansda	SBM/HISGCC/2021/VU211035461	VU211035461 (2021-22)	HISGCC	I	Nabin Hansda
11	Narayan Dolai	SBM/PEDGCC/2021/VU211035465	VU211035465 (2021-22)	PEDGCC	I	Narayan Dolai
12	Papul Pratihar	SBM/BNGGCC/2021/VU211035485	VU211035485 (2021-22)	BNGGCC	I	Papul Pratihar
13	Rajen Saren	SBM/BNGGCC/2021/VU211035527	VU211035527 (2021-22)	BNGGCC	I	Rajen Saren
14	Raju Mahata	SBM/HISGCC/2020/1460295	1460295 (2020-21)	HISGCC	III	Raju Mahata
15	Sagun Hembram	SBM/SNTGCC/2021/VU211035562	VU211035562 (2021-22)	SNTGCC	I	Sagun Hembram
16	Sahebram Mandi	SBM/HISGCC/2021/VU211035564	VU211035564 (2021-22)	HISGCC	I	Sahebram Mandi
17	Salkhan Murmu	SBM/PEDGCC/2021/VU211035568	VU211035568 (2021-22)	PEDGCC	I	Salkhan Murmu
18	Samay Hembram	SBM/SNTGCC/2021/VU211035571	VU211035571 (2021-22)	SNTGCC	I	Samay Hembram

19	Sanjay Baskey	SBM/BNGGCC/20 21/VU211035582	VU211035582 (2021-22)	BNGGCC	I	Sanjay Baskey
20	Saowhet Mandi	SBM/PEDGCC/20 21/VU211035587	VU211035587 (2021-22)	PEDGCC	I	Saowhet Mandi
21	Sasanka Mahata	SBM/PEDGCC/20 21/VU211035589	VU211035589 (2021-22)	PEDGCC	I	Sasanka Mahata
22	Shyamal Kumar Baskey	SBM/PEDGCC/20 21/VU211035597	VU211035597 (2021-22)	PEDGCC	I	Shyamal Kumar Baskey
23	Sital Ghosh	SBM/BNGGCC/20 21/VU211035603	VU211035603 (2021-22)	BNGGCC	I	Sital Ghosh
24	Soma Mahata	SBM/ANTHCC/20 21/VU211035743	VU211035743 (2021-22)	ANTHCC	I	Soma Mahata
25	Suklal Murmu	SBM/ANTHCC/20 21/VU211035759	VU211035759 (2021-22)	ANTHCC	I	Suklal Murmu
26	Suman Das	SBM/HISGCC/20 1/VU211035645	VU211035645 (2021-22)	HISGCC	I	Suman Das
27	Suman Das	SBM/HISGCC/20 1/VU211035646	VU211035646 (2021-22)	HISGCC	I	Suman Das
28	Sumana Pal	SBM/ANTHCC/20 21/VU211035761	VU211035761 (2021-22)	ANTHCC	I	Sumana Pal.
29	Sumit Mishra	SBM/PEDGCC/20 21/VU211035653	VU211035653 (2021-22)	PEDGCC	I	Sumit Mishra
30	Susanta Dalai	SBM/PEDGCC/20 21/VU211035660	VU211035660 (2021-22)	PEDGCC	I	Susanta Dalai

Kakali Chattaraj

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kagari, Jhargram



(Signature)

Principal
Seva Bharati Mahavidyalaya
Kagari, Jhargram

Certificate course **REGISTER OF ATTEND.**
 Duration:- 11/12/2021 to 14/05/2022

For the month

Sl. No.	Roll No.	NAME OF STUDENTS	REGISTER OF ATTEND.															
			11/12/21	15/12/21	22/12/21	29/12/21	05/01/22	12/01/22	19/01/22	26/01/22	02/02/22	09/02/22	16/02/22	23/02/22				
1.		Soma Mahata	P	P	.	P	P	.	P	P	.	P	P	P	P	P	P	P
2.		Sumana Dal	P	P	.	P	P	.	P	P	.	P	P	P	P	P	P	P
3.		Jaganika Mahata	P	P	P	.	P	P	P	.	P	P	P	P	P	P	P	P
4.		Jotimay Mahata	P	.	P	P	.	P	P	P	.	P	P	P	P	P	P	P
5.		Suklal Murremu	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P	P
6.		Kiran Mandi	P	.	P	.	P	P	P	P	.	P	P	P	P	P	P	P
7.		Nalein Hansda	P	.	P	.	P	P	P	P	.	P	P	P	P	P	P	P
8.		Ajoy Pratihars	P	P	P	.	P	P	.	P	P	P	.	P	P	P	P	P
9.		Papul Pratihars	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
10.		Rajni Mahata	P	P	P	P	.	P	P	.	P	P	P	.	P	P	P	P
11.		Jaydev Mahata	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
12.		Buleai Mahata	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
13.		Suman Das	P	.	P	P	P	P	.	P	P	P	.	P	P	P	P	P
14.		Sumit Mishra	P	.	P	.	P	P	P	P	.	P	P	P	P	P	P	P
15.		Narayan Dalai	P	P	P	.	P	P	.	P	P	P	.	P	P	P	P	P
16.		Sital Ghosh	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
17.		Bappa Singh	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P
18.		Salkhan Murremu	P	P	P	.	P	P	.	P	P	P	.	P	P	P	P	P
19.		Rajen Saren	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P
20.		Bhainole Murremu	P	.	P	P	P	P	.	P	P	P	.	P	P	P	P	P
21.		Shyamal Kr. Barkey	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
22.		Sahelram Mandi	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
23.		Susanta Dalai	P	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P
24.		Sasanka Mahata	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
25.		Sagun Hembram	P	.	P	.	P	P	P	P	.	P	P	P	P	P	P	P
26.		Sanjoy Barkey	P	.	P	P	.	P	P	P	P	.	P	P	P	P	P	P
27.		Samay Hembram	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
28.		Saowhet Mandi	P	P	.	P	P	P	.	P	P	P	.	P	P	P	P	P
29.		Suman Das	P	P	.	P	P	P	P	.	P	P	P	.	P	P	P	P
30.		Jagadish Ghosh	P	P	P	P	P	P	.	P	P	P	.	P	P	P	P	P

[Signature]
 Principal
 Seva Bharati Mahavidyalaya
 Kaptan, Jhargam

[Signature]
 Course Co-ordinator
 Seva Bharati Mahavidyalaya
 Kaptan, Jhargam

No. Present Daily
 No. Absent Daily

TOTAL:

Hindus- Muslims- + Others-
 No. of Free Students- No. of 1/2 Free Students-

36
40

Seva Bharati Mahavidyalaya
Assessment of Certificate Course – 2021- 22
Subject - Anthropology
Topic - Assessment and Management of Obesity

Student Name: Jagadish Ghosh

Registration No: VU211035770 of 2021-2022

F.M. - 40

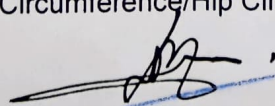
Time - 2 hours

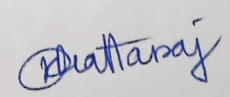
Answer the following questions :-

20x2=40

Choose the correct alternative:-

1. Value Added Course is -
2/ A) Long-term course B) Midterm course C) Short-term course ✓
- 2/ 2. What is the duration of this Course?
A) 40 hours B) 35 hours C) 32 hours ✓
- 2/ 3. What is cause of the Obesity
A) Excessive amount of fat ✓
B) Excessive amount of protein
C) Excessive amount of carbohydrate
- 2/ 4. Full form of BMI is -
A) Basal Metabolic Index B) Body Mass Index ✓ C) Basal Metabolism
- 2/ 5. What is the General Obesity?
A) Waist Circumference B) Wrist Circumference C) Body Mass Index ✓
- 2/ 6. What is the Regional Obesity?
A) Waist Circumference ✓ B) Head Circumference C) Body Mass Index
- 0/ 7. Which is the Waist Hip Ratio?
A) Wrist Circumference/Hip Circumference ✓
B) Hip Circumference/Waist Circumference
C) Waist Circumference/Hip Circumference


Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram


Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

Certificate Course
on
Assessment and Management of Obesity

Organized by
Dept. of Anthropology
Academic Session: 2021-22

Grade Sheet

Sl. No.	Name	Reg. No. with year	Marks Obtained			Percentage (%)	Grade
			Written (40)	Viva (10)	Total (50)		
1	Ajoy Pratihar	VU211035268 (2021-22)	32	6	38	76	B+
2	Bappa Sing	VU211035309 (2021-22)	34	6	40	80	A
3	Bhairab Murmu	VU211035314 (2021-22)	32	7	39	78	B+
4	Bubai Mahata	VU211035331 (2021-22)	36	7	43	86	A
5	Jagadish Ghosh	VU211035770(2021-22)	36	8	44	88	A
6	Jagarika Mahata	1460366 (2020-21)	38	7	45	90	A+
7	Jaydev Mahata	VU211035389 (2021-22)	34	7	41	82	A
8	Jotirmay Mahata	1460372 (2020-21)	36	8	44	88	A
9	Kiran Mandi	VU211035708 (2021-22)	38	8	46	92	A+
10	Nabin Hansda	VU211035461 (2021-22)	38	8	46	92	A+
11	Narayan Dolai	VU211035465 (2021-22)	34	6	40	80	A
12	Papul Pratihar	VU211035485 (2021-22)	34	7	41	82	A
13	Rajen Saren	VU211035527 (2021-22)	34	6	40	80	A
14	Raju Mahata	1460295 (2020-21)	30	6	36	72	B+
15	Sagun Hembram	VU211035562 (2021-22)	36	7	43	86	A
16	Sahebram Mandi	VU211035564 (2021-22)	34	6	40	80	A
17	Salkhan Murmu	VU211035568 (2021-22)	36	7	43	86	A
18	Samay Hembram	VU211035571 (2021-22)	36	6	42	84	A
19	Sanjay Baskey	VU211035582 (2021-22)	32	6	38	76	B+
20	Saowhet Mandi	VU211035587 (2021-22)	34	6	40	80	A
21	Sasanka Mahata	VU211035589 (2021-22)	36	7	43	86	A

22	Shyamal Kumar Baskey	VU211035597 (2021-22)	36	7	43	86	A
23	Sital Ghosh	VU211035603 (2021-22)	32	6	38	76	B+
24	Soma Mahata	VU211035743 (2021-22)	38	8	46	92	A+
25	Suklal Murmu	VU211035759 (2021-22)	36	7	43	86	A
26	Suman Das	VU211035645 (2021-22)	36	7	43	86	A
27	Suman Das	VU211035646 (2021-22)	32	6	38	76	B+
28	Sumana Pal	VU211035761 (2021-22)	40	8	48	96	A+
29	Sumit Mishra	VU211035653 (2021-22)	34	6	40	80	A
30	Susanta Dalai	VU211035660 (2021-22)	34	7	41	82	A

Grade	Grade Scale	Performance Indicator
A+	90 - 100%	Outstanding
A	80 - 89%	Excellent
B+	70 - 79%	Very Good
B	60 - 69%	Good
C	50 - 59%	Satisfactory
D	40 - 49%	Marginal

Kakali Chattaraj

Signature of Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgeri, Jhargram



[Handwritten Signature]

Signature of the Principal
Principal
Seva Bharati Mahavidyalaya
Kapgeri, Jhargram



SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University & funded by UGC and Govt. of WB)

Vill. & P.O.: Kapgari, P.S.: Jamboni, Dist.: Jhargram (WB), PIN Code: 721505

Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in

Certificate of Completion

This is to certify that Mr./Ms. Jagadish Ghosh, a student of B.Sc. (Gen) Department (Hons./Gen.) with Reg. No. VU211035770 (2021-22) has successfully completed the 32 hours duration Certificate Course in Assessment and Management of Obesity organised by the Department of Anthropology, Seva Bharati Mahavidyalaya from 11/12/2021 to 14/05/2022 with Grade A.

Principal
Seva Bharati Mahavidyalaya
Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram

REPORT

CERTIFICATE COURSE ON ASSESSMENT AND MANAGEMENT OF OBESITY Course Coordinator - Kakali Chattaraj Mukherjee Department of Anthropology

Resource Persons :

Mrs. Farhat Naaz - Assistant Professor (HOD) of Anthropology Department
Mrs. Kakali Chattaraj Mukherjee - State Aided College Teacher of Anthropology Department
Dr. Rubi Adak Panda - State Aided College Teacher of Anthropology Department
Mr. Nabendu Bera - State Aided College Teacher of Anthropology Department
Mr. Sudipta Pratihar - State Aided College Teacher of Zoology Department

Course duration: 32 hours

Credits: 2

Eligibility: Higher Secondary

Date: 11.12.21 to 14.05.22

No. of students: 30

Objectives of the Course

The value added courses are short term training programs that are designed to supplement the core curriculum of a degree program. These courses are usually offered as certificate or diploma courses, and they provide students with additional skills and knowledge that are relevant to their field of study.

Obesity is a complex chronic disease with several causes that lead to excessive body fat and sometimes, poor health. Body fat itself is not a disease of course, but when our body has too much extra fat it can change the way it functions. Obesity is a chronic disease characterized by the accumulation of excess body fat that can have a negative impact on our physical and mental health, as well as our overall quality of life.

Proper management of Obesity should include measures to help patients lose weight, maintain appropriate body weight and control other risk factors. By losing weight individuals can reduce their blood pressure, lower blood glucose, low risk of heart disease and strokes, high cholesterol and certain cancers. So Obesity is an important health problem affecting individuals and society all over the world, as well as in our country.

Outcomes of the Course

Obesity is commonly defined as having too much body mass. A BMI of 30 or higher is the usual benchmark for obesity in adults. A BMI of 40 or higher is considered severe to (formerly "morbid") obesity.

Our objectives in Obesity Assessment are to produce an understanding of the mechanisms of obesity and of its links to disease, and to use these insights to develop effective interventions to prevent and treat these conditions.

Choosing healthier foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Weight loss appears to be the most effective therapy for obesity and obesity related comorbidity.

India ranks third globally in obesity, following the US and China. Approximately 8 crore Indians are obese.

The major cause of the rise in overweight and obesity is a long-term disparity between the intake of energy and the expenditure of energy which ultimately leads to weight gain. Consumption of high-energy-dense foods like sugar-sweetened beverages and processed food is considered a major contributing factor to this trend of obesity in cities in India.

Lack of physical exercise and involvement in leisure activities like television and computers as well as mechanization of jobs is also developing obesity. Our environment is easily available for processed and unhealthy foods and oversized food portions increase the chances of obesity.

The good news is that overweight and obesity are largely preventable. The key to success is to achieve an energy balance between calories consumed on one hand, and calories used on the other hand. Getting more physical activity or exercise is an essential part of obesity treatment: Exercise. People with obesity need to get at least 150 minutes a week of moderate-intensity physical activity. This can help prevent further weight gain or maintain the loss of a modest amount of weight.

I successfully completed this certificate course for 30 undergraduate students. I hope the students are well informed about the content of this course and they will benefit from this course in their future practical life.

Rakali Chattaroy

Signature of Course Coordinator



A handwritten signature in blue ink, appearing to be "S. S. S.", written over a horizontal line.

Signature of the Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram