



Report on “An Awareness and Screening Program on Adolescent Obesity”

Date: 29/12/2023

Venue: Karnataka Public School, Harohalli, Kanakapura Taluk, Karnataka

Time: 2:00pm – 4:00pm

The College of Physiotherapy, Dayananda Sagar University, organized an impactful "Awareness and Screening Program on Adolescent Obesity" at the Karnataka Public School in Harohalli, Kanakapura Taluk, Karnataka. The program aimed to address the growing concern of adolescent obesity by conducting general health screenings and providing essential awareness and guidance. Program started with an informative session by Dr. Vinod Kumar to educate adolescents about the risks associated with obesity, emphasizing the importance of a healthy lifestyle, balanced nutrition, and regular physical activity. This was followed by the screening program conducted by Dr. Bhaswati and team of student volunteers from MPT 1st year, 2nd year, and BPT 4th year to assess the overall health status of adolescents by means of anthropometric measurements such as BMI, waist to hip ratio, sit and reach test and skin fold caliper measurements were taken to identify potential cases of obesity. Based on the individuals BMI level, Ergonomic advice was provided to address lifestyle factors contributing to obesity.

A total of 112 students of age group 13-16years were screened in this program. The approach included not only addressing the immediate health concerns but also educating students on preventive measures and lifestyle modifications to manage and mitigate their conditions effectively.

The program successfully increased awareness about adolescent obesity, equipped participants with the knowledge to make informed lifestyle choices.



COLLEGE OF PHYSIOTHERAPY



Program Coordinator

Principal