



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....


Year: 2018-2019

1. **Name of the Activity:** Seminar
2. **Category:** Departmental Seminar with external Resource person
3. **Date, Time, and Venue:** 02/03/2019; College Auditorium: 11 am to 12.30 pm
4. **Name of the Resource person:** Dr. Labanya Mondal from Dept of Physiology, Raja Peary Mohan College, Uttarpara, Hooghly. 5. **No of Participants:** 20
6. **Attendance:**

SIGNATURE OF SPEAKER - along Headed WITH DATE		
Roll No	Signature of Student	Signature of Teacher/Staff
1807	Ratna Senapati	1.
1808	Rajashree Das	2. Subhara Senapati
1809	Indira Das	3. Lakshmi Das
1810	Aditi Mondal	4. Anamika Das
1811	Subhina Majumdar	5. Pransha Das
1812	Aradhana Das	6. Ananya Das
1813	Ananya Das	7.
1814	Ananya Das	8.
1815	Ananya Das	9.
1816	Ananya Das	10.
1817	Ananya Das	11.
1818	Ananya Das	12.
1819	Ananya Das	13.
1820	Ananya Das	14.

Attendance for Seminar on Seminar with invited speaker			
Roll No	Signature of Student	Roll No	Signature of Student
255	Apni Senapati		
256	A. P. Ghosh		
257	Mrudula Chatterjee		
258	Rishita Das		
259	Parvathi Mondal		

7. **Brief Description:** Dr. Mondal has delivered a talk on an important topic of contemporary public interest titled “Obesity, a global Epidemic”
8. **Outcomes:** Obesity has become a global epidemic in recent decades, affecting millions of people worldwide. The World Health Organization (WHO) defines obesity as abnormal or excessive fat accumulation that presents a health risk. This condition has reached alarming levels, with the WHO estimating that there are over 650 million obese individuals worldwide. The prevalence of obesity has doubled since 1980 and continues to rise, making it a major public health concern. Obesity is a global epidemic that has far-reaching health, social, and economic implications. Addressing how different complex factors like concerted effort from individuals, communities, industry, and policymakers can contribute to obesity, Dr. Mondal explained in a very comprehensive


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manner how promoting healthy lifestyles, creating supportive environments, and implementing evidence-based policies and interventions, it is possible to mitigate and eventually reverse the obesity epidemic. It is essential to prioritize preventing and managing obesity to improve the health and well-being of individuals and societies worldwide.

9. Photographs:



Pratima Ray

Principal
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