

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:- Labanya Mondal WITH DATE 2.3.19		
Roll No.	Signature of Students	Signature of Teachers & staff
1238	Ratna Sankar	1.
1253	Rajeshwari Bose	2. Subhama Sahoo
1254	Susila Paul	3. Gokula Paul
1296	Ankita Mondal	4. Shankari Nayak
1287	Sudhansu Majumdar	5. Binayit Chak
1269	Anubara Saha	6. Ganapathy Das
1241	Anurupa Sankar	7.
1264	Soumi Chandra	8.
274	Raksha Saha	9.
236	Ankita Biswas	10.
262	Ankita Dey	11.
5044	Shreerama Bhowmik	12.
258	Rukshan Khatun	13.
246	Madhusmita Ghosh	14.
261	Suparna Chakraborty	

F.T.O

Attendance from Pre-announced Seminar with invited speaker Date: 2/3/19			
Roll No.	Signature of Students	Roll No.	Signature of Students
255	Asmita Samanta		
250	Arya Ghosh		
251	Mrudula Choudhury		
253	Shreeta Datta		
239	Manushree Kundu		

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 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:

