



World Obesity Day

The World Obesity Day was conducted on 04.03.2024 by the Department of Physiology. The program started with a welcome speech from Dr. R. Durai Arasan, Assistant Professor, Department of Physiology. The chief guest of the program was Dr. K. Yegumuthu, Professor and Head, Department of Pathology, VMCH & RI.

The celebrations of the day were divided into different sessions

Obesity: Myths vs Truth

This session was conducted by Dr. J. T. Ajit Kumar, Assistant Professor, Department of Physiology; Dr. R. Durai Arasan, and Dr. Noel Naveen Johnson, Senior Resident, Department of Physiology. They talked about the common myths associated with body weight, body image, and general well-being, the truths behind such myths, and how to educate ourselves regarding obesity.

Fitness Journey:

This session was a self-motivation talk by CRRI Dr. Ilakkiya Devi, President of the Students Club, who shared her life journey towards her fitness goal. She shared her personal experience linked to weight control as an undergraduate student and the difficulties she faced during her college life as well as during the COVID pandemic. She shared her ideas as to how to improve our perception regarding our well-being and how to easily adopt a health and fitness routine based on diet and exercise which we can stick to in everyday life.

Mime Competition

The students performed mime shows on the topic of obesity. 3 teams participated in the competition.

1. C. Alamelu and team
2. U. Mohammad Ashique and team
3. G. Revanth and team

The show was moderated by Dr. R. Durai Arasan,. The students performed their mime acts in creative and engaging way that depicted the daily struggles of people with obesity. The judge for the mime competition was Dr. V. Srivalli, Consultant-Blood Bank, VMCH & RI.



First place was secured by U. Mohammad Ashique and team (U. Mohamed Ashique, S. D. Rahul, J. Nikilan, R. Vishwa, Krithin Vijay, K. Dhayanithivelan, V. Gopinath, S. Hari Hara Sudhan). The best individual performance was given to A. Riyas Ahamed.

Cooking Competition

The first-year undergraduate students competed in a cooking competition on the topic 'Healthy Breakfast'. This event was moderated by Dr. Noel Naveen Johnson, and Dr. M. A. Hariviknesh, Postgraduate, Department of Physiology. 12 teams participated in the competition and made breakfast food items based on the calorie requirements and local availability of ingredients. This competition was judged by Dr. V. Sriandaal, Assistant Professor, Department of Community Medicine; Dr. A. Janani, Assistant Professor, Department of Forensic Medicine; and Dr. V. Muthumeera, Assistant Professor, Department of Pharmacology.

Marks were given based on the palatability of the food, the inclusion of locally available food items, the presentation, and the explanation given by the students for the questions asked by the judges.

Podium Position	Team members
First	Madhunisha M, Madhuvathani A, Nishanthini N, Shrinithya S B, Vaishnavi Nathan S R
Second	Sairupa G, Shyma S, Sakthi Bharati M Y, Lavanyaa R, Jennifer Sherene Paul Prabahar, Vinitha T
Third	Rajeev Sankar, Sanjay K, Shreniik G, Veena Nandhakumar, Bhaavini A, Bhakthi S Shetty, Swetha G
Consolation	Yashwanth S, Vidhyarth G, Suthan J P, Adarsh S, Kanagamanikandan M
Consolation	Gayathiri Alias Anusha S S B K, Rupha S, Shiva Priya B, Mokshana K S, Telasri R



Painting Competition

In a parallel session, a painting competition was conducted on the topic of 'Obesity and lifestyle changes'. 8 teams participated in the competition. The competition was moderated by Dr. J. T. Ajit Kumar. The judge for the competition was Dr. K. Yegumuthu. The marks were given based on content correlation and creativity.

First place	D. Pandikaniswari and Petrena Paten
Second place	C. Varshana and R. Shenbaga Avanthika
Third place	S. Rupha and B. Shiva Priya

The competitions were followed by a valedictory function in which the winners of the competitions were given certificates and the Judges were presented with mementos.

The program was concluded by a vote of thanks from Dr. S. Anu Professor and HOD, Physiology.

Fitness Motivation Program

Toward World Obesity Day on 04.03.2024, the Department of Physiology conducted a fitness motivation program among doctors from various specialties from 29.01.2024 to 02.02.2024. A self-assessment questionnaire consisting of 20 questions was prepared by the Department of Physiology from various standard questionnaires regarding health. The questionnaire was presented to various pre and para-clinical specialties for self-assessment and reflection on their lifestyle and this was followed by a brief talk enlightening the faculty on various ways to improve their health by Dr. J. T. Ajit Kumar, Dr. R. Durai Arasan, and Dr. Noel Naveen Johnson.

Yoga Training Program

A Yoga training session for faculty and students was conducted in the Yoga lab, Department of Physiology in February 2024 towards the World Obesity Day. It was conducted by Dr. S. Anu. Around 10 faculty and 20 undergraduate students participated in the event. Separate sessions for male and female candidates were conducted. The undergraduate sessions were assisted by first-year undergraduate students S. Sanjay, G. Vidhyarth, and G. Sairupa. The Yoga sessions were conducted in the Yoga lab from 04.00 pm to 04.45 pm and the participants were encouraged to do the Yoga in their homes.

Fitness Challenge



**Department of Physiology,
Velammal Medical College Hospital & Research Institute, Madurai**



A fitness challenge competition was conducted for the volunteering first-year undergraduate students in the Department of Physiology on 02.04.2024 in association with the World Obesity Day celebrations. The competitions included push-ups and planks. The competition was overseen by Physical Director Mr. M. Sivachidambaram and Assistant Physical Director Mrs. S. Malar. The students who did maximum continuous push-ups and the students who held the plank position for a maximum time were given the first three places and were given certificates during the World Obesity Day event valedictory function.

Event	Place	Name
Push ups	First	Allen Nobel
	Second	Mithun Dharshan P R
	Third	Manoj P
Planks	First	Hariharasudhan N
	Second	Vignesh R
	Third	Rahul S D



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CHETTINAD KAVUNI ARISI

AKA BLACK RICE PUDDING

INGREDIENTS:

- Kavuni Arisi - 1 cup
- Water - 3 cups
- Cane Sugar or Brown Sugar - 3/4 cup
- Coconut - 1 cup
- Ghee - 2 tbsp

INSTRUCTIONS:

- Wash and soak Kavuni Arisi overnight or atleast 6 hours.
- Take it in a pressure cooker, add water, cover and pressure cook for 3-5 whistles.
- Now add the coconut pieces by itself, open the cooker, add cane sugar, coconut and add for it. Reduce the flame and mix well.
- Serve.

Calorie Chart

Ingredients	4 servings	Per Serving
Kavuni Arisi	640 kcal	160 kcal
Water	0 kcal	0 kcal
Cane Sugar or Brown Sugar	640 kcal	160 kcal
Coconut	256 kcal	64 kcal
Ghee	128 kcal	32 kcal
Total	1672 kcal	418 kcal

Cost

Kavuni Arisi 1 cup	₹150
Cane Sugar 3/4 cup	₹40
Coconut	₹20
Ghee	₹6
Total	₹216

Nutritional Value of Kavuni Arisi

Carbs: 25%
 Protein: 15%
 Fat: 60%
 Fiber: 10%
 Total Carbohydrate: 100g
 Total Fat: 100g

Nutritional Benefits:

- Black rice has the highest anti-oxidant capacity and includes more protein.
- Without loss, Kavuni rice is high in protein and fiber, helps fill us up & inhibit our appetite. This helps promote weight loss naturally.
- This dish has high cholesterol lowering effect.
- Consuming black rice has various health benefits: better eye and overall health, cancer prevention & weight loss.

Team Members:

Bhavini P
 Bhakti Jyoti
 Myra Sankar
 Shruvika G
 Swetha G
 Usha Narayanaswami



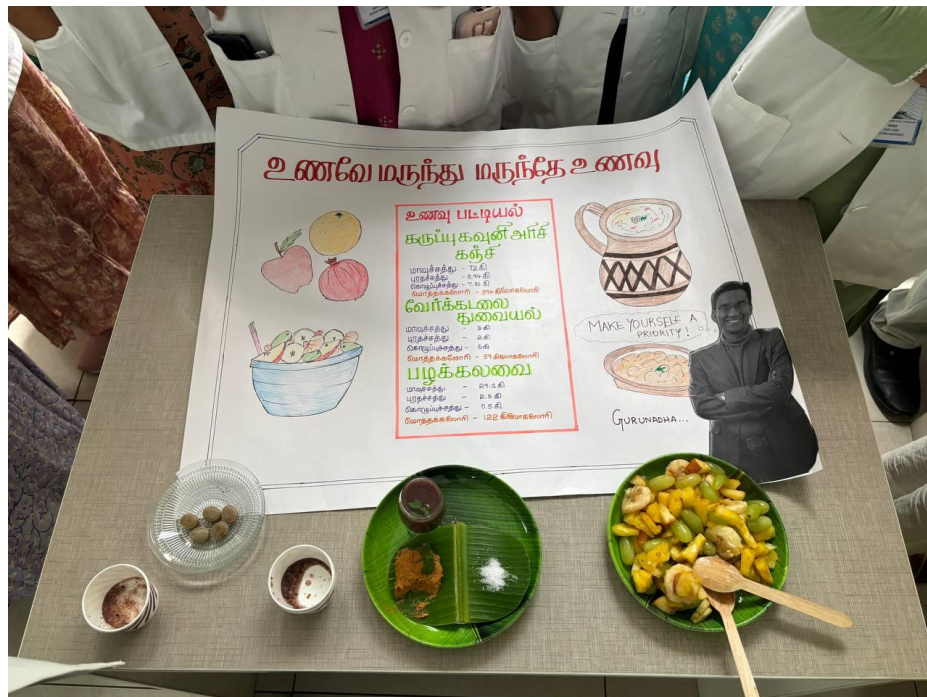
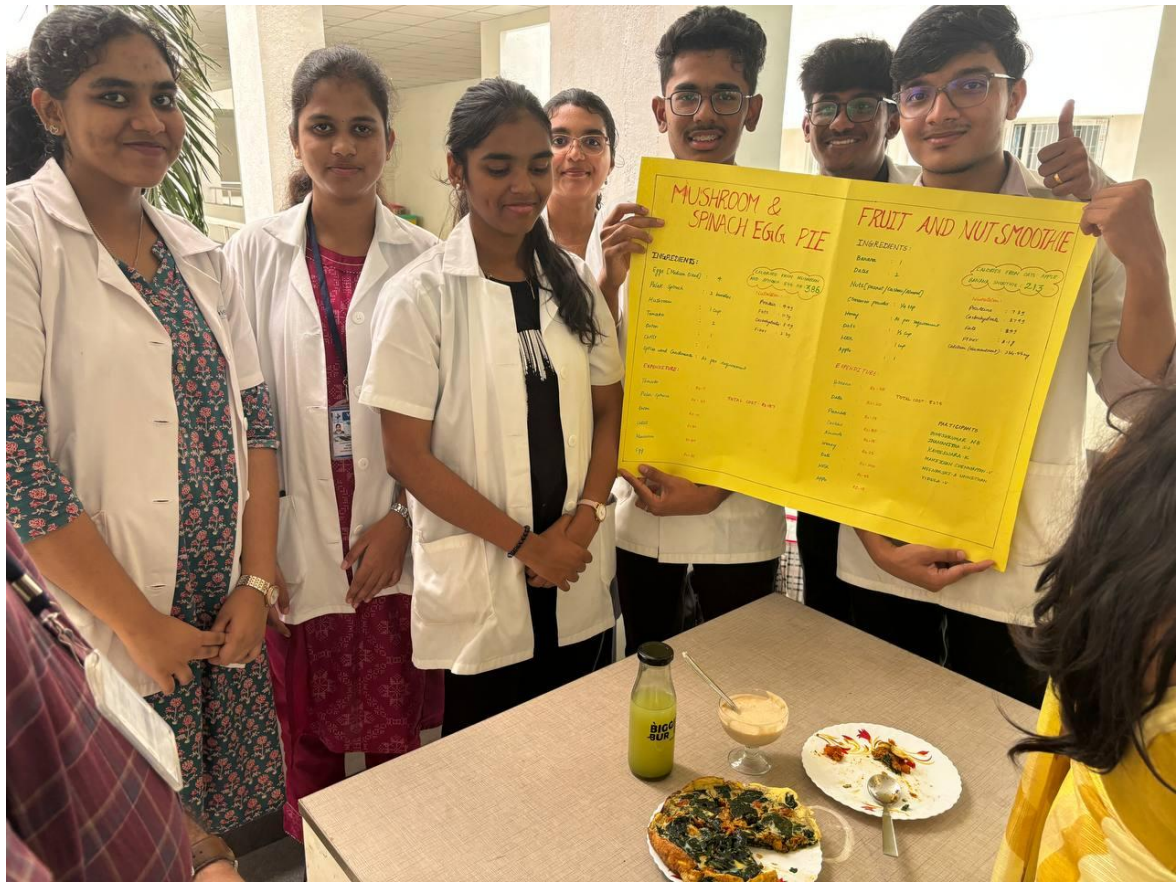


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