



HEALTH EDUCATION

CENTRAL OBESITY A HIDDEN ENEMY

Saturday, 27 JULY 2024 10.00 AM-11.30 AM
 KVT Matriculation School, Madurai
MOU Activity

Patrons

Chairman	Director
Shri. M. V. Muthuramalingam	Mr. M. S. Santhosh Kumar
CAO	Dean
Er. R. Manivannan	Dr. T. Thirunavukkarasu
Medical Superintendent	Vice Principal
Dr. S. C. Ganesh Prabhu	Dr. B. G. Mahesh Krishna
Organising Secretary	
Dr. S. Anu	

HEALTH EDUCATION

CENTRAL OBESITY A HIDDEN ENEMY

A G E N D A

10.00AM TO 11.05AM	Welcome Address	Mrs. Vijayalakshmi, Principal, KVT School
10.05AM TO 10.30AM	Measurement of Central obesity markers & Group activity	Dr. M. Renu Meena
10.30AM TO 10.45AM	What is Central Obesity – Causes & Implications	Dr. Noel Naveen Johnson
10.45AM TO 11.00AM	Role of diet in prevention of Central Obesity	Dr. J. T. Ajit Kumar
11.00AM TO 11.10AM	Exercise in prevention of Central Obesity	Mr. Siva Chidambaram
11.10AM TO 11.15AM	Vote of Thanks	Dr. J. T. Ajit Kumar

For 2024 – 2025 the Department of Physiology signed a Memorandum of Understanding (MOU) with the management of the KVT Matriculation Higher Secondary School, Madurai for providing health education to its students.

The first health education program was conducted on the 27th of July, 2024 between 10.00 AM and 11.30 AM on the KVT school premises on the topic “Central Obesity – A hidden enemy”. The following faculty and staff from VMCH & RI went for this talk.

1. Dr. J. T. Ajit Kumar, Assistant Professor, Dept. of Physiology
2. Dr. M. Renu Meena, Assistant Professor, Dept. of Physiology
3. Dr. Noel Naveen Johnson, Senior Resident, Dept. of Physiology
4. Mr. M. Siva Chidambaram, Physical Director, VMCH & RI.
5. Mr. B. Kumaresan, Dept. Attender, Dept. of Physiology
6. Ms. M. Uma Devi, Dept. Technician, Dept. of Physiology

The health education session was conducted in the audiovisual hall of KVT School and was attended by around 75 9th-grade students. The session started with the welcome address by Mrs. Vijayalakshmi, Principal, KVT School. Followed by a session on the markers of central obesity by Dr. M. Renu Meena. In this session, she



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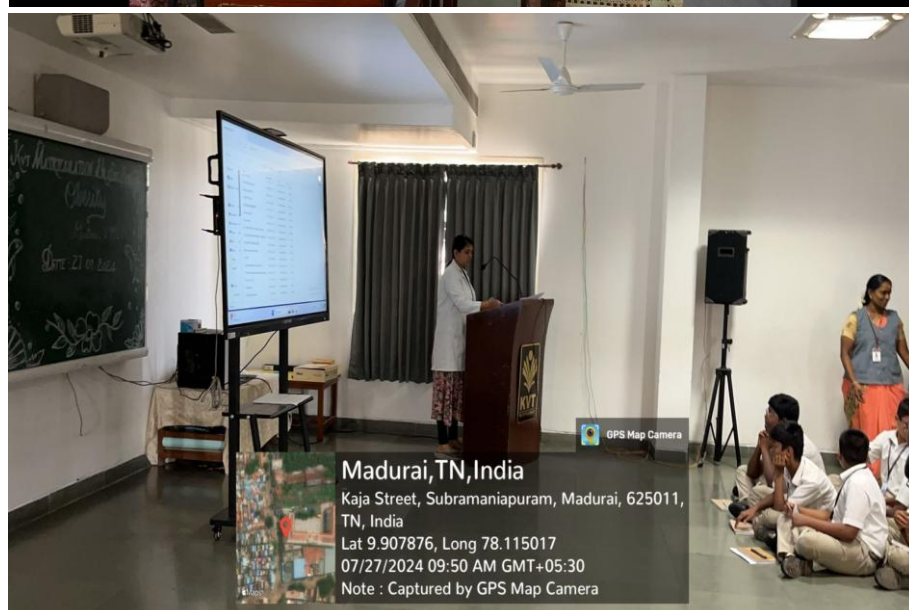
introduced the different ways of classification of obesity with special importance on central obesity. After this session, the students were divided into 4 groups and they were encouraged to measure their height, weight, waist circumference and, hip circumference and to calculate their BMI and Waist-Hip ratio. The second session was by Dr. Noel Naveen Johnson, who spoke on Central obesity and why BMI is not a good indicator of central obesity. He also spoke of the causes of central obesity in school-going children and the future implications of central obesity. The next session was by Dr. J. T. Ajith Kumar, who spoke on the common myths regarding obesity and the importance of a good diet for preventing obesity. The last session was by Mr. Siva Chidambaram who gave a crisp talk on what is missing in today's youths' physical activity that is leading to an obesity pandemic among children. The vote of thanks was delivered by Dr. J. T. Ajit Kumar. The students were attentive during the sessions and asked many doubts. In the end, few students delivered their feedback on how these sessions sensitized them to something they usually ignore in their day-to-day activities.

This is the first of many health education sessions that is planned for the students of KVT School.





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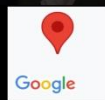




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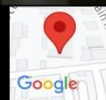


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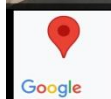


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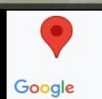


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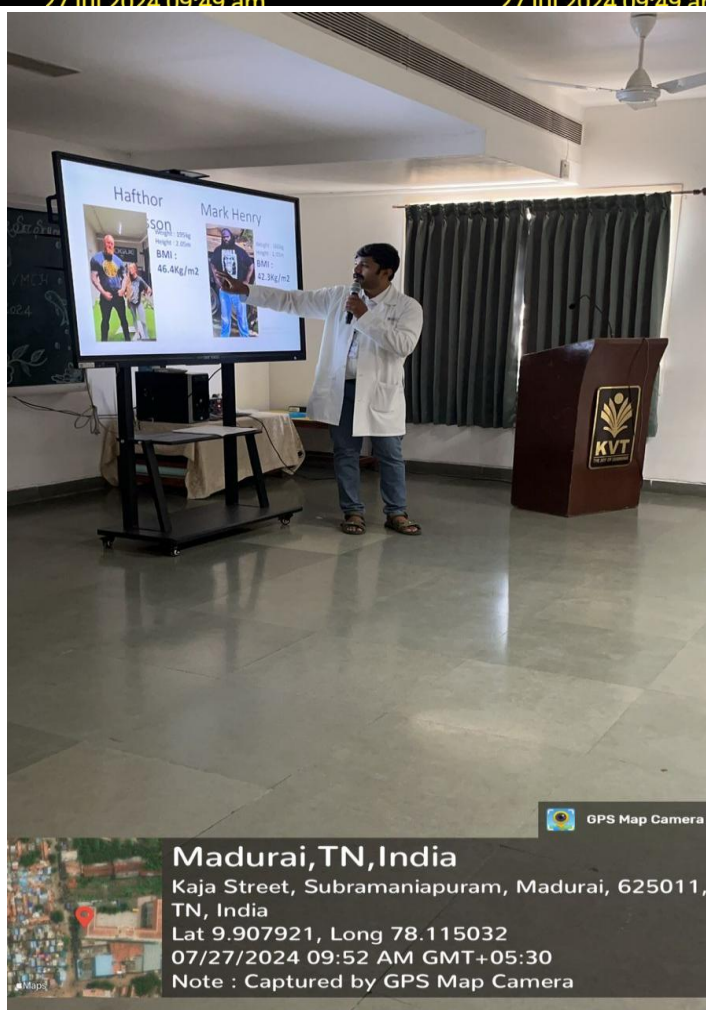
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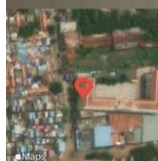


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GPS Map Camera



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Lat 9.907921, Long 78.115032
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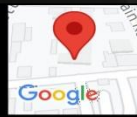


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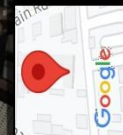


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