

Report on
World Obesity Day' 2025



Organized by
College of Allied Health Sciences
Faculty of Medicine & Health Sciences
SRM Institute of Science and Technology
Tiruchirappalli Campus

About the program

The College of Allied Health Sciences, SRM Institute of Science and Technology, Tiruchirappalli campus as organized a program on “**World Obesity Day – 2025**” at Medical College 4th floor and 2nd Lecture Hall. The purpose of the program is to raise awareness on patient safety, promote best practices, and foster a culture of safety among healthcare providers.

The World Obesity Day’ 2025 theme emphasizes the need for systemic changes, rather than just individual efforts, to address the global obesity crisis. It calls for improvements in healthcare, food systems, and societal structures to create a healthier future for everyone. The current year's theme indicates the fact that obesity is a complex, multifaceted issue that cannot be addressed at individual level. Moreover, it needs changes in the system among the departments like healthcare, food environment, and government public policies, societal structures etc. to create a better healthy future for people.

By focusing on a systems-level approach, the 2025 campaign encourages policymakers, healthcare professionals, and communities to work together to reshape environments that contribute to obesity. Addressing these systemic factors will help improve access to better nutrition, equitable healthcare, and supportive policies, ultimately fostering long-term health benefits for individuals and societies worldwide. Tips to prevent obesity Choosing healthier diet enriched with fruits, vegetables, healthy fats and protein. Limiting unhealthy foods such as potatoes, sweets, red and processed meat. Limiting unhealthy beverages (sugary drinks and sodas *etc.*) Avoiding sedentary lifestyle, physical activity by limiting screen time and other "sit time".

The Students of Operation Theatre and Anaesthesia Technology from College of Allied Health Sciences, SRM Institute of Science & Technology, Tiruchirappalli campus organized a “**World Obesity Day - 2025**” with the theme of “**Changing Systems, Healthier Lives**” on 04.03.2025 in our Lecture Hall. The purpose of the program is to raise awareness on patient safety, promote best practices, and foster a healthy food culture of safety among healthcare providers. Dr. A. Vijayan, Assistant Professor, Department of Microbiology delivered the welcome address. Dr. R. Kirubahar, Associate Professor, Department of Anaesthesiology organized the program. Dr. P. Manoj Kumar, Department of General Medicine, SRM TMCHRC was the resource person. We have conducted various competitions like Poster presentation,

Brush & Beyond, Spell Bee and Flavor Mavericks. We have also organized a rally in the campus to create awareness among students during lunch time. Mr. Kanagaraj has delivered the vote of thanks. Finally, Dr. K. Kumar Ebenezar, Principal, College of Allied Health Sciences along with the guests given away the momentos and Certificates to our students. An awareness video on obesity prepared by our students was also screened. The day was filled with events, engaging discussions, leaving a lasting impression on all who participated.



FACULTY OF MEDICAL & HEALTH SCIENCES
COLLEGE OF ALLIED AND HEALTH SCIENCES
organizes

Guest Lecture

World Obesity day

MARCH 04, 2025
 Medical College 2nd floor
 2.00 PM



Resource Person
Dr. P. Manoj Kumar M.B.B.S., M.D
 Associate Professor
 Consultant Physician & Diabetologist
 SRM Medical College, Tiruchirappalli

For ENQUIRIES : 1800 202 2535



