

PROGRAMME SCHEDULE

9.00AM: Registration

9.30AM: Inauguration Session

Prayer

Welcome Speech: Dr.Thara Sebastian, Head, Dept. of Home Science, St. Teresa's College, and Ernakulam

Presidential Address: Dr. Sr. Vinitha CSST, Director, St. Teresa's College

Felicitation: Dr.Sajimol Augustine M, Principal, St. Teresa's college

Session I:

THE OBESITY EPIDEMIC

Dr. Rajeev Jayadevan
(President IMA Cochin, Deputy Medical Director, Sunrise Hospital, Kochi)

Session II: WEIGHT REDUCTION AND WEIGHT REGAIN PREVENTION

Dr. Fiji Antony
(Chief Clinical Dietitian and HOD, Dietetics Department NMC Super Speciality Hospital, Dubai)

TEA BREAK

Session III: DEMYSTIFYING FAD DIETS

Dr. Manu Raj
(Professor, Dept. of Paediatrics, Amrita Vishwa Vidyapeedham School of Medicine, Kochi)

LUNCH BREAK

Session IV: BARIATRIC SURGERY FOR WEIGHT LOSS

Dr. H. Ramesh
(Surgeon, VPS Lakeshore Hospital, Ernakulam)

Session V: PHYSICAL ACTIVITY AND WEIGHT REDUCTION

Ms.Saju Siddique
(Certified Health and Fitness Trainer, American Council of Exercise (ACE))

VOTE OF THANKS

ORGANIZING COMMITTEE

PATRON

Rev.Sr.Christabelle CSST, Manager,
St.Teresa's College

Rev. Dr. Sr. Vinitha CSST, Director,
St. Teresa's College

Dr. Sajimol Augustine M, Principal,
St. Teresa's College

CHAIRMAN

Dr. Thara Sebastian,
Head, Dept. of Home Science,
St. Teresa's College, Ernakulam

CONVENOR

Dr. Rashmi H Poojara, Asst. Professor

ORGANIZING SECRETARY

Smt. Nimmi Jacob, Asst. Professor

COMMITTEE MEMBERS

Dr. Betty Rani Isaac

Smt. Teresa Kuncheria

Dr. Susan Cherian

Dr. Anu Joseph

Smt. Rose Mary Francis

Dr. Shilpa Jose

Dr. Dhanya N

Dr. Leena Leon

Dr. Nisha Vikraman

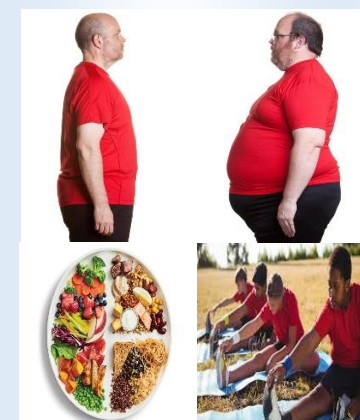
Smt. Leena George

Smt. Grace Ann Mathew

**ST. TERESA'S COLLEGE (AUTONOMOUS)
ERNAKULAM, KERALA, INDIA**



INTERNATIONAL SEMINAR ON OBESITY AND WEIGHT MANAGEMENT



18th DECEMBER, 2019

Venue: D'LIMA CONFERENCE HALL,

ST. TERESA'S COLLEGE

PARK AVENUE ROAD, ERNAKULAM

ORGANIZED BY

DEPARTMENT OF HOME SCIENCE

AND CENTRE FOR RESEARCH

ST. TERESA'S COLLEGE

St. Teresa's college, Ernakulam was established on 15th June 1925, as the first Women's College of the erstwhile Cochin State and the second in Kerala, by the congregation of the Carmelite Sisters of St. Teresa. St. Teresa's is the first aided Women's College in the state. In 2014, the College was conferred autonomous status and stands with a proud history of 95 years. The college has been re accredited by NAAC with 'A++' Grade (4th cycle – 2019) and recognized by the UGC as 'College with Potential for Excellence'.

DEPARTMENT OF HOME SCIENCE

Sixty years of merit and excellence have rolled by in the history of the Home Science Department. The ongoing academic programmes of the Department are B.Sc. Home Science, M.Sc. Child Development, M.Sc. Resource Management and Interior Designing and M.Sc. Food Science and Nutrition. In the year 1985, the department was recognized as the research centre under MG University. At present there are 21 research scholars in the centre.



OBESITY AND WEIGHT MANAGEMENT

Obesity is becoming a worldwide epidemic in both adult and children. Overweight and obesity exacerbate a large number of health problems both independently and in association with other diseases and are among the most significant contributors to ill health.

Weight management demands combination of components- good nutrition, physical activity and behaviour modification. FAD Diets like Keto and Paleo Diets are becoming increasingly popular and need to be scientifically reviewed.

In lieu of the above, a scientific platform to address weight management issues is a vital need of the hour. The organizing committee cordially invites you to the one day international seminar on '**OBESITY AND WEIGHT MANAGEMENT**' scheduled on 18th of December, 2019.



REGISTRATION

Faculty : 750/-

Students : 300/-

Bank Details

Name: Rashmi H Poojara
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ADDRESS FOR COMMUNICATION

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