## M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

## **WORLD OBESITY DAY 2023**

On 4<sup>th</sup> March 2023, M.A. Rangoonwala College of Physiotherapy and Research organised Obesity awareness campaign on the occasion of World Obesity Day as per MUHS instructions. Since obesity is one of the major risk factors for many health diseases, students from final year BPTh, Interns and 1<sup>st</sup> and 2<sup>nd</sup> year MPTh students did screening of patients at obesity screening station. Many patients benefitted from this awareness program. For screening, along with the demographic data of the patients, their comorbidities, Body Mass Index (B.M.I.) and waist hip ratio was calculated and patients were categorized into various grades of obesity. Accordingly, they were made aware about risk factors, weight management strategies, importance of exercising for reducing obesity, maintaining regularity in fitness programs, etc. It was a successful awareness program.







