



**S 133**

**Report  
Academic Year 2019-2020**

**Name of the Event: Obesity Management- Nutritional and Surgical interventions**

**Date: 26-11-2019**

**Time: 1:30pm-2:30pm**

**Venue: Seminar Hall**

**Organized by: PG Department of Home Science**

**Collaboration (if any): Gem Hospital, Thrissur**

**No. of participants: 74**

**Brief Report of the Event**

Department of Home Science organized a talk on "Obesity Management" for the students of Home Science department in Silver Jubilee Seminar Hall on 26th November 2019 from 1:30pm to 2:30pm. Around 80 students from the Home Science department attended the lecture. The Speaker for the day was Dr. C.J Varghese, Executive director and Head of minimal access surgery, GEM hospital Thrissur. Dr. Thomas Ruby Mariamma, Head of department of Home Science welcomed the gathering. Ms. Samja Sabu, Assistant Professor, introduced the speaker to the students. The lecture was carried in two sessions, first session was taken over by the Chief Dietician of GEM hospital, Ms Vasudha. where she discussed about the dietary modifications for a obese person. Later the second session was taken by Dr. C.J Varghese. He discussed about the obesity management, stress management, and surgery to be done in a obese person, its benefits and after effects. After the lecture there was an interactive session where the students came up with their doubts and queries. The sessions ended with a vote of thanks.



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR



Session on Obesity Management-Nutrition and Surgical Interventions

Brochure

**VIMALA COLLEGE  
(Autonomous)  
Thrissur**

Department of  
**HOME SCIENCE**  
in Association with

**GEM HOSPITAL, THRISSUR**  
is organizing a session on  
**OBESITY MANAGEMENT**  
on 26/11/2019

Venue: Silver Jubilee Seminar Hall  
Time: 12.30-3.30 PM

Faculty co-ordinators:  
Ms. Shaly C M  
Ms. Samja Sabu

Student co-ordinators:  
Anjana C S  
Sabva Nasrin

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

### List of Participants

Name of Student
1. SHAMNA M M
2. MUBEENA K A
3. ANN MARY JOSE
4. ANAGHA JOSEPH
5. MANJU PAULY
6. CHRISTY.T.JOJU
7. MALAVIKA
8. DEVIKA P R
9. NOWRIN RASHEED
10. IRIN DAVIS
11. ANNA MARIYA BABU
12. AJEENA XAVIER
13. SHILPA K S
14. ARUNDHATHY C U
15. JIMSHA PRASAD
16. AMRITHA P J
17. AFEEHA. A. P
18. SREESHA K P
19. STIYA BABU
20. AIRYN K JOHN
21. FILBY JOY V
22. ROSE JAISON
23. SOWMIA K. J
24. ALEENA K J
25. UNNIMAYA ASHOK
26. AMISHA P A
27. SREEKUTTY SURESH
28. DELNA DAVIS
29. CHRISTY DOJAN
30. REENA V
31. ALINA ANN VIJAY

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

32. ANITTA A B
33. SANDRA KURIAN
34. DEVIKA SURESH
35. ANNA MARY JOY
36. NEHA VIJAYAGOPAL O R
37. VISMAYA VINOD K P
38. EDWEENA RAJU
39. SERIN JAISON
40. ABHIRAMI BABU
41. NOUREEN PS
42. ANSILA FATHIMA K A
43. MEGHA P
44. ARATHI LAKSHMI A
45. GRACE SUSAN BINOY
46. SANIYA SINTO
47. SAMYOOJYA SURESH
48. TASHA MARIA SEBASTIAN
49. TINA ROBIN
50. ANGELIENA K GEORGE
51. JOSHIYA P J
52. KARTHIKA K B
53. SONA PORINCHU
54. VIDHYA C WILSON
55. ASWATHY K MADHU
56. ANJANA PAULY
57. ANAAN NAJAATH V K
58. KAVYA N M
59. SONA P SABARIDAS
60. NIYA JOY
61. SNEHA GOPINATH
62. SREYA. K.P.
63. NEETHU KRISHNA E
64. HAMNA BEEVI

*Assessment Period (2016 - 2021)*



## VIMALA COLLEGE (AUTONOMOUS), THRISSUR

65. NOORA KASIM P M
66. ANU MARIYA T PAULSON
67. SRUTHY K S
68. KRISHNAJA C J
69. KAVITHA C J
70. SURYAGAYATHRI P S
71. ARCHANA K S
72. SALITHA M B
73. DEEPHY E S
74. ARYA V M

:

Head, Department of Home Science



PRINCIPAL IN-CHARGE  
VIMALA COLLEGE  
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THRISSUR - 680 009

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