



Sheth D.M. Polytechnic in Horticulture  
Anand Agricultural University  
Model Farm, Vadodara – 390 003



**SDMPH organized programme on “Obesity – A threat to the youth”**

NSS Unit of Sheth D.M. Polytechnic in Horticulture, Anand Agricultural University, Model Farm, Vadodara – 390 003 organized the awareness programme on “**Obesity – A threat to the youth**” on 20.04.2024 (Saturday) in collaboration with Zydus Hospitals, Vadodara. At outset NSS officer Dr. Shrikant B. Katole, welcome Dr. Nitinkumar R. Patel, Senior Consultant and Gastro Surgeon from Zydus Hospitals, Vadodara and his team and all the NSS volunteers, students and staff of the college. Dr. Shrikant B. Katole told that obesity is excessive fat deposition that can leads to impair health and other disease conditions. He stated that obesity develops over time due poor eating habits and lifestyle changes and casues discomfort in later part of the life. He also advised the students to follow the healthy lifestyle to avoid obesity.

Dr. Nitinkumar R. Patel, Senior Consultant and Gastro Surgeon from Zydus Hospitals, Vadodara talked in detail regarding obesity and its underlying causes and how to overcome it. He suggested to cut off eating of processed food packets, cold drinks, junk food etc. He also requested students to follow healthy routine such as eating on time, cutting of frequency of eating and calorie consumption, go for exercise, involved in sports and outdoor activities etc. All the students and staff of the college attended the programme attentively. At last Chudasama Parthrajsinh, NSS volunteer proposed the vote of thanks.

## Glimpses of the programme

