



## Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A' Grade University ♦ Approved by AICTE ♦ ISO 9001-2015 Certified

Campus: Green Fields, Vaddeswaram - 522 502, Guntur District, Andhra Pradesh, INDIA.

Phone No. 0863 - 2399999; www.klef.ac.in; www.klef.edu.in; www.kluniversity.in

Admin Off: 29-36-38, Museum Road, Govenorpet, Vijayawada - 520 002. Ph: +91 - 866 -2577715, Fax: +91-866-2577717.

Ref: KLEF/RO/Women's Forum/2018-19

17<sup>th</sup> August 2018

### **Orders of Vice-Chancellor dt. 17-08-2018**

#### **CIRCULAR**

**Sub:** Guest Lecture on "Obesity, its consequences and precautions" for Female Faculty and Girl students on 18-08-2018 from 2.00 p.m. to 5.00 p.m. in Jasmine Hall – reg.

**Ref:** Letter dt. 17-08-2018 from Dr. M. Sreedevi, Professor, CSE & Convener-Women's Forum


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This is to inform that Women's Forum is organizing a Guest Lecture on "Obesity, its consequences and precautions" for Female Faculty and Girl students, as detailed below:

Resource Person	:	Dr.G. Ramesh Garu, DNB, MRCS (UK) Consultant – Advanced & Laparoscopic Bariatric Surgeon, Anu Hospitals, Vijayawada
Date	:	18-08-2018
Timings	:	From 2.00 p.m. to 5.00 p.m.
Venue	:	Jasmine Hall

Interested Female Faculty and Girls students are requested to attend this programme.

All HODs and In-charges of Offices / Sections therefore requested to ensure that this Circular is brought to the notice of all the Female Faculty and Girl Students of their respective departments.

  
(Dr.T. Umamaheswara Rao)  
Registrar

**Registrar**  
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Green Fields, Vaddeswaram-522 502.  
Guntur District, Andhra Pradesh.



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### **Guest Lecture on “Obesity, its consequences and precautions”**

**Date** : 18/08/2018

**Time** : 2:00 P.M to 5.00 P.M

**Venue** : Jasmine Hall, KLEF

#### **OBJECTIVES :**

The main goals of efforts aimed at raising awareness about obesity among women and girls include advancing education and awareness regarding the risks and outcomes associated with obesity, promoting healthier lifestyle choices and behaviors, and offering assistance and resources to those who are at risk of or affected by obesity. Obesity poses significant health risks such as heart disease, diabetes, and certain types of cancer, particularly impacting women and girls. Precautionary measures should involve advocating for regular physical activity, balanced nutrition, and mental well-being, while also creating a supportive environment that acknowledges the unique obstacles women and girls may encounter in managing their weight and overall well-being. Ultimately, the objective is to empower individuals to make informed choices and proactively address obesity-related health issues.

#### **DESCRIPTION**

The program started with a welcome note by Dr T. Uma Maheswara Rao, Registrar K L E F he introduced the resource person Dr. G. Ramesh, DNB, MRCS(UK) Consultant Advanced & Laparoscopic Bariatric Surgeon, Anu Hospitals, Vijayawada to the gathering Dr. Ramesh said that as the girls are future mothers they need to maintain the balance between food and activity. Otherwise it may cause hormonal imbalance in girls related health problems like Obesity, Infertility. Obesity is more common in women than men. It is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. Obesity is commonly caused by a combination of excessive food intake, lack of physical activity, and genetic susceptibility.

He also said that quality of diet can be improved by reducing the consumption of energydense foods, such as those high in fat or sugars, and by increasing the intake of dietary fiber. Obesity is stigmatized in much of the modern world though it was seen as a symbol of wealth and fertility at other times in history and still is in some

#### **OUTCOMES :**

Efforts to tackle obesity, its effects, and preventive measures for women and girls can yield enhanced health and well-being for these groups. Heightened awareness and education may contribute to lower obesity rates, fewer instances of associated health problems, and an

elevated standard of living. Providing women and girls with the tools and information necessary to adopt healthier lifestyles can cultivate a preventive mindset and self-care ethos, thus mitigating the societal impact of healthcare expenses linked to obesity and enhancing the overall health prospects and quality of life for individuals within these vulnerable demographics

## PHOTOS



**Dr T. Uma Maheswara Rao, Registrar K L E F he introducing the resource person on 18-08-2018**



**Dr. G. Ramesh, DNB, MRCS(UK) Consultant Advanced & Laparoscopic Bariatric Surgeon, Anu Hospitals, Vijayawada addressing the gathering on Hormonal Issues on 18-08-2018**



**Audience Listening to the Guest on 18-08-2018**

**FACULTY LIST:**

S.No	Emp No	Name of the employee
1	5999	Dr. P. Rajeswari
2	6781	Dr.M.Gayathri
3	7356	Dr.N.Sagarika
4	5918	Dr. P. SAILAJA
5	6957	Dr. G.VINODINI DEVI
6	7224	Ms.CHANDINI CHOWDARY R
7	7402	GOTTUMUKKALA VIJAYA SUDHA
8	8014	Mrs.BHARGAVI MANNAVA
9	1481	Dr. D.Haritha
10	5890	Dr. M.Anusha
11	7102	Ms. P.Sai Sudha
12	7106	Ms. Ch.Lavanya
13	7568	Ms.P.Hymavathi
14	7680	Ms.M.Manjusha
15	7704	Ms. Ch Gowthami
16	7727	Ms. A Smitha Kranthi
17	7730	Ms. D Manasa
18	7770	Ms. A. Manasa
19	7802	Ms. I Aswani
20	7823	Ms. V. Lalitha
21	7881	Ms. K. Radha
22	3669	Dr.M.Vasuja Devi
23	8298	Mrs. Ch Manjusha
24	7907	Sudha Rani
25	7904	Sravani
26	7649	Madhuri
27	7870	Soundarya

# PARTICIPANTS LIST:

S.No	ID Number	Name of the Student	Signature
1	170040284	GUTTA MANISHA	manisha
2	180180006	Kakusu Bindu Hasini	hasini
3	170040069	Bandaru. Hina Sai Giridevi	P. Sai
4	170031077	Putta Pujitha	Pujitha
5	180040459	Sai vandana	vandana
6	170030054	Ankem Nikhitha	Nikhitha
7	180110049	Patan. Sarthaz	P. Sarthaz
8	170030100	Bandarupalli vinodha	vinodha
9	170030862	Myneni. Derikaripriya	Priya
10	180081048	Jasmittha	Jasmittha
11	180081474	Ganta. Yashwanthini	Yashwanthini
12	170030292	Devineedi Hemasri	D. Hemasri
13	170030895	Nandikam Sai Ravana Chaitanya	Chaitanya
14	170031473	Yajana. Ranja Sree	Ranja
15	16055012	Jagadeeswari	Jagadeeswari
16	182510035	N. Anusha	Anusha
17	180010011	Gireetha Moorthy. Krishnan.	Krishnan
18	170040522	Mandavala Chaitanya Subram	Subram
19	170031229	Ch. Preya Sree	Preya
20	180081444	Lahari	Lahari
21	170031464	Boddu Mohana Sai Savya	Savya
22	180170015	Shaili. Sajida Begum.	Sh. Sajida
23	180040228	Paripuleti Sreeja	Sreeja
24	182510052	T. Sai Lakshmi Arshwalega	Arshwalega
25	170040515	venkata megha	megha
26	182510004	Bavya Sai T	Bavya
27	170040517	Mandavala. Simithra	Simithra
28	170510016	Thotk. P. Soma. Venu. Priya	Priya
29	160541042	P. Divya	Divya
30	170040865	SPANDANA	Spandana
31	170541169	Kotamuri Venkata Lakshmi Aruna	Aruna

S.No	ID Number	Name of the Student	Signature
32	180010044	Gadde Nayan Sphorsthi	C. Nayan
33	180050004	Gunta Sweety	Sweety Gunta
34	180010648	Sai Asvitha	Asvitha
35	180050083	Sindhu Gopisetty	Sindhu
36	180040655	Cholskako Venkata naga moolika	C.V.Na
37	170541004	P. Lakshmi Seelashiva Keerthi	P. Keerthi
38	180040593	Pada Jahnari	Jahnari
39	1800180035	NAGA PRATHYUSHA KUMARI	Prathyusha
40	180040190	Galla Yamini Lakshmi	Yamini
41	170541039	Nunna Bhagyashri	Bhagyashri
42	170541228	Mahima. Atamiyar	A. Mahima
43	180010031	Peddapalem Preethi	Preethi
44	170180008	NAGA SAMEERA	Sameera
45	180170017	Denye Gvaine Mukoza	Denye
46	170030814	Mote Meghana	M.M
47	180550034	Sai Keerthana Levidi	S. Keerthana
48	170641085	K. SUCHARITHA	Sucharitha
49	170030517	Kakalapudi Srija	Srija
50	170010083	Sai Rishitha	Rishitha
51	180040616	PALAPATI LAKSHMI PRIYANKA	Priyanka
52	180050065	Chilakapati Lalitha	Ch. Lalitha
53	170040114	Bommanna Vidhya	Vidhya
54	160010122	N. S. Lavanya	N. Lavanya
55	180040759	BATTU LAHARI	Lahari
56	182510115	Vanjolu Poiga	Poiga
57	170541026	M. Leelavani	M. Leelavani
58	170541027	M. Lakshmi durga	Lakshmi
59	180020042	Rhuvana Sree	R. Rhuvana
60	172510067	SARVIRSHITHA	Sarvirshitha
61	170060043	PAGADALA BHAVANA	Bhavana
62	170030948	PVS Santoshini Charitha	PVS Charitha

S.No	ID Number	Name of the Student	Signature
63	1A00V37A	Velivelli Sai Poojitha	V. Poojitha
64	170031441	NAVA SREE	Navya Sree
65	160541214	Jayvaji Vandhana	J. Vandhana
66	170031529	Varanapadaya madhavi Sri	Madhavi
67	170030204	chatrathi. Dhavishya	Ch. Dhavishya
68	1A0040391	Kaduri Gayatri	K. Gayatri
69	182510109	Shamila M	M. Shamila
70	182510020	K. Sai Lalitha	K. Lalitha
71	170030929	NIKHITHA KOLLI	Nikhitha
72	180040127	Anmesta. Poojitha	P. Poojitha
73	170541248	Jain K Rithika	R. Rithika
74	170040926	Vellanki Divya	V. Divya
75	170040619	Nelluri. Dhargavi	N. Dhargavi
76	180140009	DHEDECPVA	D. Dhecpva
77	170040861	Pandarasoina pravalika	P. Pravalika
78	170040904	Planikya Nikitha	N. Nikitha
79	170541012	Darana Prathyusha	D. Prathyusha
80	180050096	Gopina Sri kanya devi	G. Kanya
81	190541818	Jain RUPALI Sanghvi	S. Sanghvi
82	180040869	Kakara Prathyusha	K. Prathyusha
83	170541324	Paradi Venkata praveenli	P. Praveenli
84	170041088	Khmed Nasra Adow	N. Adow
85	180510072	Gr. LALITHA Devi	L. Lalitha
86	160031610	Abdur Malik Hassan	A. Hassan
87	170060024	MOUNICA LAKSHMI	M. Lakshmi
88	180170016	Sowitha Tirunagari	T. Sowitha
89	170031379	Vellampalli Thannayee	V. Thannayee
90	160541046	Polavarapu Divya	P. Divya
91	170180016	Potturi Sai chaitra	S. Chaitra
92	170040877	LAKSHMI SOWANVA	S. Sowanya

*(Dr. T. Umamaheswara Rao)*  
(Dr.T. Umamaheswara Rao)

Registrar

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