

Awareness Camp on Obesity and Women Reproductive Health
DBT-Star College Strengthening Scheme

Organized by

Department of Zoology, Mugberia Gangadhar Mahavidyalaya

In association with

**Environmental Epigenomics Laboratory, Department of Environmental Science,
University of Calcutta**

Background: Obesity and health risk:

It is well known that obesity is one of the most important public health problems worldwide. It is a major independent risk factor for chronic diseases like cardiovascular disease, diabetes mellitus, hypertension, osteoarthritis and also polycystic ovarian diseases; thus leading to complex metabolic syndrome. Obesity is also associated with high morbidity and mortality. The worldwide prevalence of obesity more than doubled between 1980 and 2014. According to ICMR INDIAB study 2015, prevalence rate of obesity varies from 11.8% to 31.3%. In case of women reproductive health, 20% of Indian women suffer from PCOD (The Hindu, 2019). The problem is expected to get worse as obesity is increasing.

Awareness Program:

A two day awareness camp on the risk of obesity and associated women reproductive health was conducted at Mugberia Gangadhar Mahavidyalaya, under the DBT-Star College Strengthening Scheme on 12th and 13th July, 2022. The initiative was taken by the Department of Zoology, Mugberia Gangadhar Mahavidyalaya in association with the Environmental Epigenomics Laboratory of Dr. Pritha Bhattacharjee, Assistant Professor and Head of the Department of Environmental Science, University of Calcutta. Eminent doctors and research scholars from the University of Calcutta demonstrated the adverse effects of improper lifestyle on obesity and female reproductive health. Around 100 volunteers from Mugberia Gangadhar Mahavidyalaya of the age group 18 to 60 years participated in the health check up camp which involved body composition analysis determining the fat and muscle ratio and blood pressure monitoring. Biological samples were collected from volunteers with their proper written consent and institutional ethical permission (Ref No. 003/17-18/1676). DNA isolation from individual blood samples was demonstrated by the team of researchers to the faculties and students of the Department of Zoology, Mugberia Gangadhar Mahavidyalaya.

Glimpses of the Awareness Camp:



Status Report: Risk of Obesity among Volunteers from Mugberia Gangadhar Mahavidyalaya

- Total: 101 number of individuals including students, faculties and staffs
- It has been observed that 30% of the participants including 19 male and 11 females were overweight with Body Mass Index (BMI) ≥ 25 . 50% of the participants were found to have normal BMI= 18.5 to 24.9, whereas 20% were underweight (BMI < 18.5).

