

## Obesity, health risk and awareness program for members, University of Calcutta

Dr. Pritha Bhattacharjee

Asst. Professor, University of Calcutta

A unique health project has been initiated for all the members, students, staffs, faculties & officials of University of Calcutta from May, 2017!

Obesity is one of the most important public health problems worldwide. *The worldwide prevalence of obesity has been more than doubled between 1980 and 2014.* According to a study published in reputed Lancet (2013), **India is just behind US and China in this global hazard list of top 10 countries with highest number of obese people**, and the lifestyle diseases are getting worse as obesity is increasing. The mobility modification and technology driven computer-internet based job tailoring affects lifestyle and enhanced the risk of obesity related health problems silently.

Health awareness program has already been initiated by us in different campuses of Calcutta University. The preliminary data analyses found more than 50% individuals are having higher BMI and visceral fat, which further implies importance to study the specific blood tests (lipid profile, thyroid profiling etc) and require job based interventions to achieve better health and performance of the students' and employees.

If you feel interested and want to know further details about the tests, doctor's feedback and genetic analysis kindly mail us ([environmentalepigenomics2017@gmail.com](mailto:environmentalepigenomics2017@gmail.com); cc to [777.pritha@gmail.com](mailto:777.pritha@gmail.com)).

Some tests may require nominal contribution from the participants. Few glimpses of the camps are attached below.



### **Blood Collection Camps**

Glimpses of the camp held on **16<sup>th</sup> January, 2018** at Ballygunge Science College campus.



Next Camp to be Held on **12<sup>th</sup> February, 2018**

#### **Tests to be done:**

1. Fasting blood glucose
2. Complete Blood Count
3. Thyroid (T3, T4, TSH)
4. Lipid Profile

**Venue:** Ballygunge Science College Campus, Department of Environmental Science

**Time:** 10.30 am to 11.30 am

**N.B. Individuals interested must remain in fasting conditions for twelve hours before the blood collection.**

Kindly register/enquire @ Dr. Pritha Bhattacharjee

9432910619

[777.pritha@gmail.com](mailto:777.pritha@gmail.com)