



REPORT ON WORLD OBESITY DAY

Name of the event: World Obesity Day

Date: 1/11/2025

Time: 3 pm – 4 pm.

Venue: Smt. Vimaladevi Khyalilalji Vagarecha College of Nursing Education, Thane.

IV Semester B.Sc. Nursing Students organized program centered on the global theme “Changing Systems, Healthier Lives,” and the sub-theme “Stigma Care and Dietary Compliance (Caring through Compassion and Nutrition).” Led by Miss Divya Shetty and Mrs. Amruta Parab along with 4th semester B.Sc. Nursing students, the event began with an inaugural address by Principal Mrs. Chitra Naik, who emphasized the growing clinical significance of obesity and appreciated the initiative taken by students and faculty. The highlight of the program was a guest lecture by Madam Simmi Shah, Head of Department of Dietetics at Jupiter Hospital, Thane, who delivered an insightful session on stigma care and dietary compliance. She highlighted the harmful effects of weight stigma in healthcare, urging future nurses to create judgment-free environments, adopt person-first language, and recognize obesity as a chronic condition requiring a compassionate, multidisciplinary approach. She also stressed the importance of sustainable nutrition practices, patient education, and behavioral counseling for effective long-term dietary adherence.

The program also featured an inter-class poster competition and exhibition, where students creatively presented ideas on obesity prevention, management, and the influence of societal factors on health, fostering peer learning and awareness. The event concluded with a prize distribution ceremony led by the Principal and the Chief Guest, recognizing the efforts and participation of students. Overall, the program successfully reinforced the importance of empathy, awareness, and systemic change in addressing obesity, leaving a meaningful impact on the nursing students and encouraging them to approach patient care with compassion and understanding.





Reported by : Ms.Amruta Parab,Clinical Instructor

Ms.Divya Shetty, Clinical Instructor

Signature of the Principal