

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

ShivageMallechwara Hills, Kumaraswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

WomenDignity Cell- Shakti

Talk on Emotional Eating, Obesity and PCOD


Department: MBA (BU)


Date: 18.05.2023

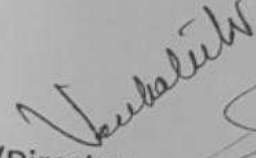
Sl. No.	Particulars	Event related Details			
1.	Event*	Talk on Emotional Eating, Obesity and PCOD			
2.	Title of the Event	Talk on Emotional Eating, Obesity and PCOD			
3.	Date	18.05.2023			
4.	Time	11.00 AM -12.30 PM			
5.	Venue	Room No.501, 5 th Floor			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr.SumeraAluru			
7.	Topics Covered	Emotional Eating, Obesity and PCOD			
8.	Resource Person 2 Details** (Profile to be enclosed)	-			
9.	Topics Covered	--			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	02	External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	57	External: Nil	
12.	Faculty Coordinator/s	Dr. SumeraAluru			
13.	Student Coordinator/s	Bhakti, RutikaMangale			
14.	Total Expenditure (Details to be enclosed)	NA			
15.	Sponsors and Amount (if any)	NA			
16.	Agenda of the Event (Enclose a copy)	NA			
17.	Report uploaded on college website? If yes, give details:				
18.	Report sent to media? If yes, give details:	NIL			

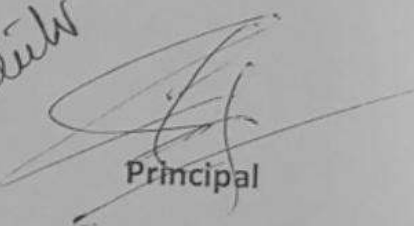
Sl. No.	Particulars	Event related Details
19.	Report uploaded in Social Media? If yes, give details:	-
20.	Certificates Printed? (Enclose a copy***)	-
21.	Feedback Collected? (Enclose a copy***)	-
22.	Summary of the Event (Minimum 100 words)	This event was conducted to create awareness among the girl students about the emotional eating which is quite common the youngsters. They don't even realize the difference between physical hunger and emotionally driven eating urge. The speaker gave a comprehensive idea about stress eating and how it is different from physical hunger. Identification of stress eating signals is essential as it can be helpful in controlling the compelling urge to eat specific foods. Many a times this stress eating habit leads to gaining weight and obesity. A brief discussion regarding how to identify the obesity signals from the body and quantifying them was conducted. During the second part of the discussion quick yet comprehensive overview about another persistent problem of PCOD among young girls. Common symptoms of PCOD along with the PCOD diet plan.
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Photographs attached

Notes:
 * Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.
 ** Name / Organization / Designation / Area of Expertise
 *** Format Copy need to be attached and hard copy need to be filed
 S: Whichever column is not applicable, write as NA.


 Incharge
 vent Coordinator


 IQAC Co-Ordinator


 HOD/Director


 Principal

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE

Mhavige Malleshwara Hills, Kumaraswamy layout, Bangalore - 560078

MBA BU - Internal Quality Assurance Cell (IQAC)

WOMENS' DIGNITY CELL - SHAKTI

GUEST LECTURE

DATE: 18.05.2023

SECTION A & B

TIMINGS: 11:00 AM TO 12:30 PM

SL. NO.	NAME OF THE STUDENT	SIGNATURE
1.	Bonam Ponnamma	Bonam Ponnamma
2.	Namrata Patil	Namrata Patil
3.	Rutika Mangale	Rutika Mangale
4.	Bhakti. Shindkar	Bhakti. Shindkar
5.	Divya G.	Divya G.
6.	Deepthi. V	Deepthi. V
7.	Preethi	Preethi
8.	V. Ashwarya Gupta	V. Ashwarya Gupta
9.	K. Ananditha	K. Ananditha
10.	Soubhagya Singri	Soubhagya Singri
11.	Vaishnavi G	Vaishnavi G
12.	Tejaswini. N	Tejaswini. N
13.	K. Shranani	K. Shranani
14.	ADITI MANGOR	ADITI MANGOR
15.	Sakshi. S. Gowda	Sakshi. S. Gowda
16.	SAHANA. J.	SAHANA. J.
17.	Shreya Chakraborty	Shreya Chakraborty
18.	B.S. Divya	B.S. Divya
19.	Snaha. S. Lokur	Snaha. S. Lokur
20.	Chinnmaye. P	Chinnmaye. P
21.	Meghana U. Hegde	Meghana U. Hegde
22.	Lahari K.M.	Lahari K.M.
23.	Spoonthy. H.S	Spoonthy. H.S
24.	Devika. R	Devika. R
25.	D.K. Jadhav	D.K. Jadhav
26.	Pushpalatha. M	Pushpalatha. M
27.	Sai lakshmi K.S	Sai lakshmi K.S

Shreya

9	Ayushi Shukla		A Shukla
10	Manasi D. Alkonde		Manikande
11	Mahima		Mahima
12	K. Kavitha		Kavitha
33.	Jeevitha - H.S.		Jeevitha
34.	Sneha - R.		Sneha
35.	Shritha - M		Shritha
36.	Vasishanti Choudry		Vasishanti
37.	Deepika N		Deepika
38.	Harshitha MP		Harshitha
39.	Kavyashree P		Kavyashree
40.	Vemula Gowriya		V. Gowriya
41.	Deepika K		Deepika
42.	Pushpalatha M	x	P. Pushpa
43.	Joshika	x	Joshika
44.	Ruthika	x	Ruthika
45.	Navami		Navami
46.	Sampathitha		Sampathitha
47.	ADITI MANGUR		Aditi Mangur
48.	Sharadvi - K.S.		Sharadvi
49.	Sanjana BK		Sanjana
50.	Trupti		Trupti
51.	Namratha		Namratha
52.	ADITI DEWANGAN		Aditi
53.	Ashlesha		Ashlesha
54.	Nishitha		Nishitha
55.	Lalitha		Lalitha
56.	Likitha		Likitha
57.	Raksha		Raksha
58.	Sunitha		Sunitha
59.	Shreya T.P		Shreya
60.	Neharika		Neharika
	Sharanya		Sharanya

Shreya

Photos:



Figure 1. Student Participants -Emotional Eating, Obesity & PCOD

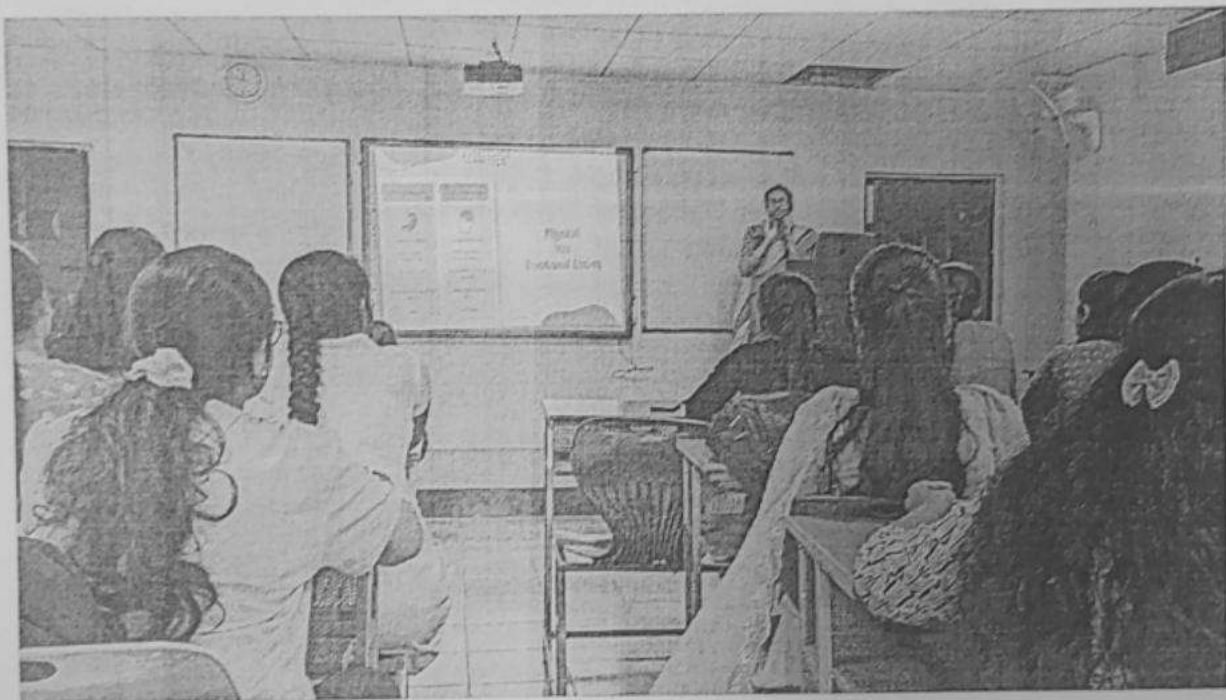




Figure 2 Emotional Vs Physical Eating




Figure 3 What means Obesity?



Figure 4 Student Participants in the event



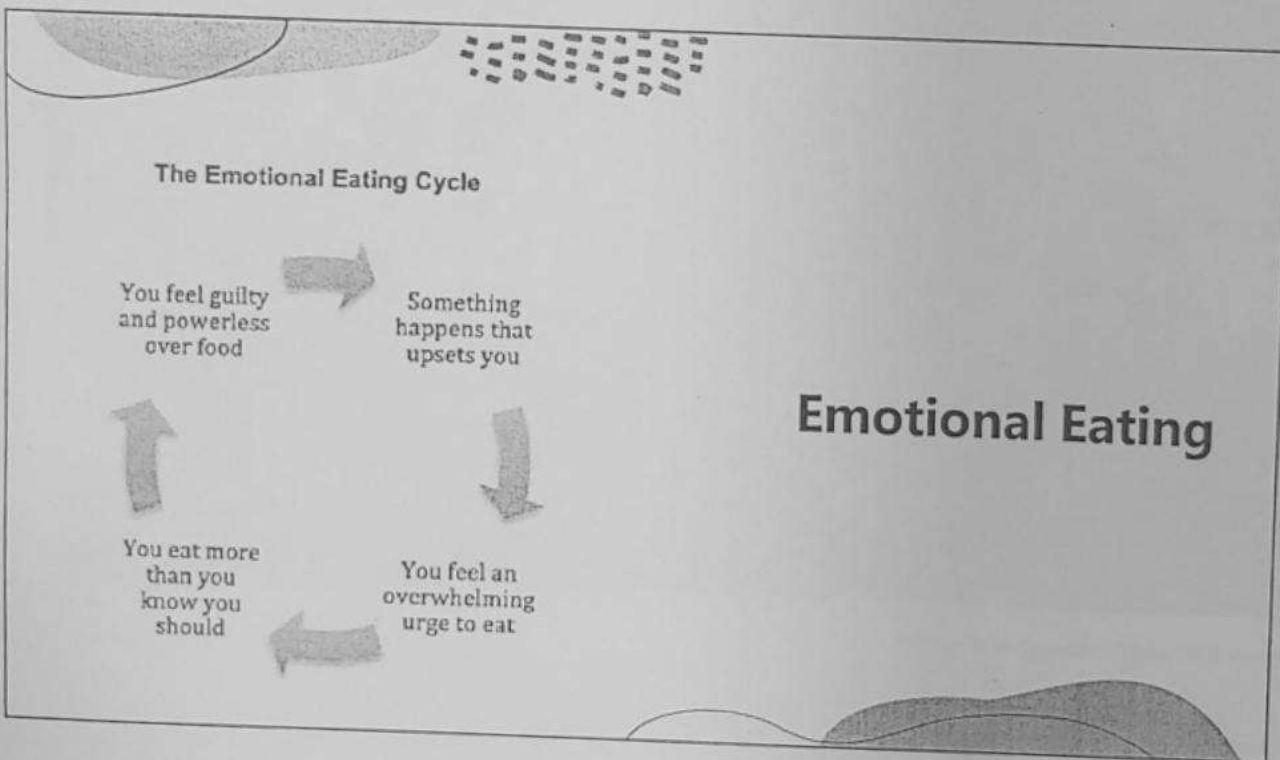
DAYANANDA SAGAR
College of Arts, Science & Commerce
Department of Management studies



IQAC- Women's Cell- SHAKTI
Department of Management studies

WOMEN'S HEALTH

Emotional Eating, Obesity & PCOD



Tips to stop...

emotional eating



Identify your emotional triggers → Find other ways to feel your feelings

Take a break when the craving hits and check in with yourself → Indulge without overeating by savoring food

Follow healthy habits like exercising, sleeping well, eating, and connecting with others.

Physical Hunger



Slow and Gradual

Desire variety, not particular

Satisfied by the cue of fullness

Necessity and intentional eating

Patient

Emotional Hunger



Sudden or Abrupt

Desire specific to certain foods

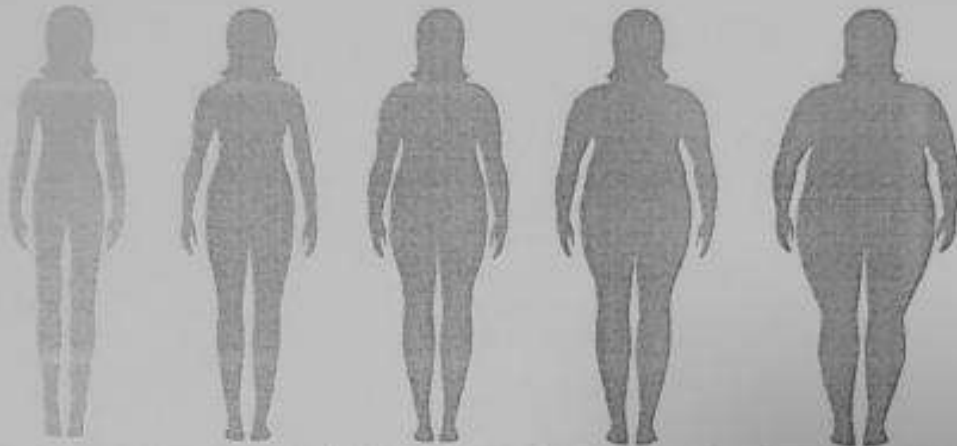
Not satisfied, continues to graze

Feeling guilty after eating

Impulsive

Physical V/s Emotional Eating

Obesity



Normal Weight
BMI
18.5 to 24.9

Overweight
BMI
25 to 29.9

Obesity
BMI
30 to 34.9

Severe Obesity
BMI
35 to 39.9

Morbid Obesity
BMI
40 or more

What causes Obesity

BAD HABITS

and unhealthy lifestyle

SWEETS



JUNK FOOD



REST AT HOME



UNHEALTHY DRINKS



- EATING TOO MUCH
- LIFESTYLE WITH OUT ACTIVITY
- BAD SLEEP AND SMOKING
- EXISTANCE OF FAT GENE

PREVENT Obesity

9 Tips To Prevent Obesity



PCOD

WHAT IS PCOD?

Polycystic ovarian syndrome is the most common endocrine disorder in females. The cause of PCOD is unknown, but doctors believe that an increased level of androgen hormone and insulin might induce the disease. PCOD affects women of all ages, from adolescence to post-menopausal.



ONE IN EVERY 5
WOMEN HAS
PDOD



COMMON SYMPTOMS OF PCOD

- Excessive facial hair (Hirsutism)
- Irregular, Heavy or absent periods
- Weight gain or difficulty losing weight
- Acne or oily skin

PCOD is the most common cause of FEMALE INFERTILITY

PCOD DIET CHART



TOTAL CALORIES
(kcal/Day)
2230



**THANK
YOU!**