



# GOVERNMENT SIDDHA MEDICAL COLLEGE, ARUMBAKKAM, CHENNAI 106

## OBESITY AWARENESS- A SPECIAL CAMP

DEPARTMENT OF PG GUNAPADAM

*“LET FOOD BE THY MEDICINE*

*LET MEDICINE BE THY FOOD” - HIPPOCRATES*

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INAUGURATION- Prof. Dr.K.Kanakavalli MD(s)., Principal, GSMC,  
Chennai.

PRESENCE- Dr.Rathika BAMS., Superintendent Scholar Anna Indian and  
Homeopathic Hospital,

ON THE GUIDANCE OF- Dr. M.D. Saravanadevi MD(s)., Head of the  
Department, PG Gunapadam, GSMC, Chennai.





Venue: Arignar Anna Government Hospital Of Indian Medicine,  
Arumbakkam Chennai 106.

Date : 09.08.2024. (FRIDAY)

Time : 10.00 AM to 12.00 PM

### **OBESITY AWARENESS CAMP**

On 09/08/2024 from 10.00 Am to 12.00 Pm , Special OBESITY AWARENESS CAMP was held in the outpatient area of Arignar Anna Government Hospital of Indian Medicine, Arumbakkam, Chennai.



Motto :

- ❖ To create awareness among public about the importance of their body weight at all age groups.
- ❖ To create awareness about complications and risk factors linked to obesity
- ❖ To provide public a detailed knowledge about maintaining their BMI and medical interventions like yoga, exercise available in Siddha system and easy way to do it.



Provided instructions:

- Kollu rasam ( Horsegram)
- Instant BMI calculation
- Medical advices according to their BMI

➤ Medications provided

- Thiriphala chooranam
- Vaaividanga chooranam
- Neermulli kashayam



More than 400 people were participated and benefited.



