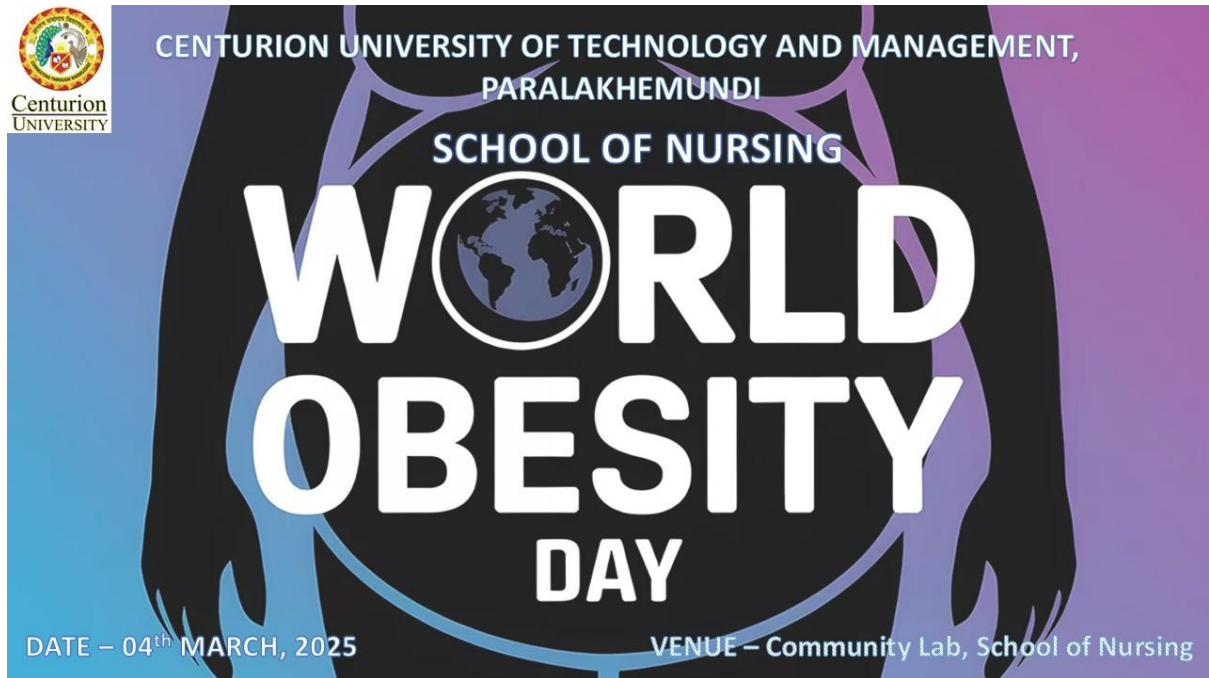


Event Report: World Obesity Day at CUTM Paralakhemundi

Date: 04.03.2024

Venue: School of Nursing, CUTM campus, Paralakhemundi



Banner for the event: World Obesity Day at CUTM Paralakhemundi

Event Details:

On **March 4th, 2025**, the *School of Nursing of Centurion University of Technology and Management (CUTM), Paralakhemundi*, observed **World Obesity Day** through an informative seminar. The objective of the event was to spread awareness on the rising concerns of obesity, promote healthier lifestyle choices, and encourage preventive strategies among the younger generation.

Event Highlights:

The seminar commenced with the presence of esteemed **Chief Guest, Mr. Prabhat Kumar Sahu**, Principal of the *School of Engineering and Technology*, and **Prof. S.N. Sandhya**, Vice Principal of the *School of Nursing*, who both shared their valuable perspectives on the need for obesity awareness in academic and community spaces.

Bimlesh Kumar Jena, a second-year B.Sc. Nursing student, delivered an enlightening speech on the topic. He discussed the causes, symptoms, prevention, and treatment options related to obesity, describing it as a multifaceted and long-term health concern. His address



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emphasized the importance of early intervention and lifestyle adjustments to tackle the growing epidemic.

Health Check-up Activity:

As a practical extension of the event, a **BMI/BMR health check-up** was conducted, engaging a total of **76 students**. The findings were as follows:

- **Normal weight:** 43 students
- **Underweight:** 28 students
- **Overweight:** 5 students

This activity served as a hands-on learning experience and encouraged students to reflect on their personal health and adopt more balanced lifestyles.

The event ended with a warm **vote of thanks**, recognizing everyone who contributed to making the program meaningful and impactful. The initiative left a lasting impression, reminding participants of the critical need to prioritize health and well-being.

Acknowledgement:

We extend our heartfelt appreciation to **Mr. Prabhat Kumar Sahu**, Principal of the *School of Engineering and Technology*, and **Prof. S.N. Sandhya**, Vice Principal of the *School of Nursing*, for their valuable presence and motivational guidance.

Special gratitude goes to **Ms. Subhasri Panigrahi**, Faculty Coordinator, for her meticulous planning and dedication in executing the event smoothly. We also acknowledge **Bimlesh Kumar Jena** (B.Sc. Nursing, 3rd Semester), Student Coordinator, for his energetic involvement and coordination throughout.

A sincere thanks to all the **faculty** and **students** from the *School of Nursing* for their enthusiastic participation, which played a key role in the success of this educational and health-focused initiative. The collective spirit and engagement truly strengthened the impact of **World Obesity Day** at CUTM.



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Photographs of the Event





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Student Participation List

CENTURION UNIVERSITY OF TECHNOLOGY AND MANGEMENT				
SCHOOL OF NURSING ,CUTM,PARALAKHEMUNDI				
Seminar on World Obesity Day & Free BMI & BMR Checkup				
Venue: Community Lab, School of Nursing				
Date & Time: 04/03/2025, 10.00 AM to 12.00PM				
SL.NO	REGD NO	NAME OF THE STUDENT	BRANCH	SIGNATURE
1	241107110034	STUTI	Electrical	Stuti
2	241107110043	Jayvi Kumari	CSE	Jayvi Kumari
3	241107110017	Sana Parveen	CSE	Sana parveen
4	241107130017	Ximkum Kumari	Civil	Ximkum Kumari
5	241107110010	Nitish Kumar	Electrical	Nitish Kumar
6	241107110027	Deepak Yadav	Electrical	Deepak Yadav
7	241107130014	Ajay Mishra	Civil	Ajay Mishra
8	241107110004	Mowaj Raza	Electrical	Mowaj
9	241107110005	Fiharul Alam	Electrical	Fiharul
10	241107140050	Azraf Ansari	CSE	Azraf
11	241107130012	Vivek Kumar	Civil	Vivek Kumar
12	241107120029	Dwain An Chakraborty	Mechanical	Dwain An Chakraborty
13	241107140013	Zoya Hussain	C.S.E	Zoya
14	241107120041	Sujit Kumar	Mechanical	Sujit Kumar
15	241107130001	Mankhush Kumar	Civil	Mankhush Kumar
16	241107120035	Rahul Kumar	Mechanical	Rahul Kumar
17	241107120028	Mankhush Kumar	Mechanical	Mankhush Kumar
18	241107120014	Hayush Kumar	Mechanical	Hayush Kumar
19	241107140006	Atul Kumar	CSE	Atul ks.
20	241107140029	Travindia Doredo	CSE	Travindia
21	241107140011	Tanjudisai Chaitanya	CSE	Sai Chaitanya
22	241107140012	K. Satish Kumar	CSE	Satish
23	241107120044	Manu Kumar	Mechanical	Manu Kumar
24	241107130004	Soni Kumar	Civil	Soni Kumar
25	241107110058	Abhishek Kumar	Electrical	Abhishek Kumar
26	241107120034	Pawan Kumar	Mechanical	Pawan Kumar
27	241107120032	Manoj Kumar Ram	Mechanical	Manoj Kumar Ram
28	241107120017	Vivek Kumar	Mechanical	Vivek Kumar
29	241107120031	Krishna Kumar	Mechanical	Krishna Kumar
30	241107120003	Abhishek Kumar	Mechanical	Abhishek Kumar
31	241107120023	Vicky Kumar	Mechanical	Vicky Kumar
32	241107120037	Furkan Khan	Mechanical	Furkan Khan
33	241107130002	Ravi Kumar	Civil	Ravi Kumar



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CENTURION UNIVERSITY OF TECHNOLOGY AND MANGEMENT				
SCHOOL OF NURSING ,CUTM,PARALAKHEMUNDI				
Seminar on World Obesity Day & Free BMI & BMR Checkup				
Venue: Community Lab, School of Nursing				
Date & Time: 04/03/2025, 10.00 AM to 12.00PM				
S. NO	REGD NO	NAME OF THE STUDENT	BRANCH	SIGNATURE
34	241107110043	Aatish kumar	Electrical	Aatish kumar
35	241107110028	Rahul kumar	Electrical	Rahul kumar
36	241107110024	ABHISHEK KUMAR	Electrical	Abhishek
37	241107110009	Ankush Deep	"	Ankush Deep
38	241107140001	Kayhan kumar	C&E	Kayhan
39	241107110007	Anand kumar	Electrical	Anand
40	241107110046	Malik Babu	"	Malik
41	241107140023	Subhash kumar	C.S.E	Subhash kumar
42	241107140036	Omm Sahu	CSE	Omm
43	241107140051			
43	241107140030	P. Shanumukha	CSE	
44	241107140014	M. Manikumar	CSE	Mani
45	241107140011	Sunil Bhalu	CSE	Sunil
46	241107140011	Silchaintanga	CSE	Sai
47	241107140041	AMAN KUMAR	CSE	Amann kumar
48	241107130008	Shrisant kumar	Civil	Shrisant P
49	241107130012	Himanshu kumar	Civil	Himanshu P
50	241107140031	Prince kumar	C.S.E	Prince kumar
51	241107140032	Harsh kumar	C.S.E	Harsh kumar
52	241107190039	Rakhi kumari	C.S.E	Rakhi
53	241107140047 Kiran kumari	Kiran kumari	C.S.E	Kiran kumari
54	241107140046	Amjali kumari	C.S.E	Amjali kumari
55	241107110013	B. Balaram	Electrical	Balaram
56	241107110009	Kiruman Alan	E.E	Kiruman
57	241107140004	Atin Alan	C.S.E	Atin Alan
58	241107110050	Deepak kumar	E.E	Deepak
59	241107140008	Ravi kumar	C.S.E	Ravi kumar
60	241107110026	Prappal kumar	EE	Prappal
61	241107110053	Sachin kumar	EE	Sachin kumar
62	241107120039	Krishna kumar	Mech	Krishna kumar
63	241107110048	Nitish kumar	Electrical	Nitish kumar

