

Seminar on “Role of Physiotherapy and Nutrition in Obesity”

19th October 2023

Objective: The seminar aimed to shed light on the interplay between nutrition and physiotherapy in the management of obesity, a growing health concern worldwide.

Description: Banarsidas Chandiwala Institute of Physiotherapy organised a seminar on the "Role of Physiotherapy and Nutrition in Obesity" on 19th October 2023 which was taken by Dr. Hema Malhotra Alumni of Batch 2013 she shared the insights, latest research findings and practical strategies for effective obesity management.

Dr. Hema Malhotra began by defining obesity as a multifactorial condition with various causes, including genetics, environmental factors, and lifestyle choices. She stressed the importance of recognizing obesity as a complex health issue that cannot be treated by a one-size-fits-all approach. The seminar emphasized the significance of a balanced diet in managing obesity. Dr. Malhotra discussed the importance of calorie intake, macronutrients, and portion control in weight management. She also highlighted the benefits of including whole foods, fruits, vegetables, and lean proteins in one's diet.


The seminar addressed the role of physiotherapy in combating obesity. Dr. Malhotra explained how regular physical activity could help individuals lose weight, increase muscle mass, and improve overall health. She discussed tailored exercise programs and their benefits for obese patients, including reduced cardiovascular risk and enhanced mobility. She stressed the need for a personalized approach to obesity management. Each individual's nutritional and physiotherapy needs vary, and a comprehensive assessment is crucial to create effective treatment plans.

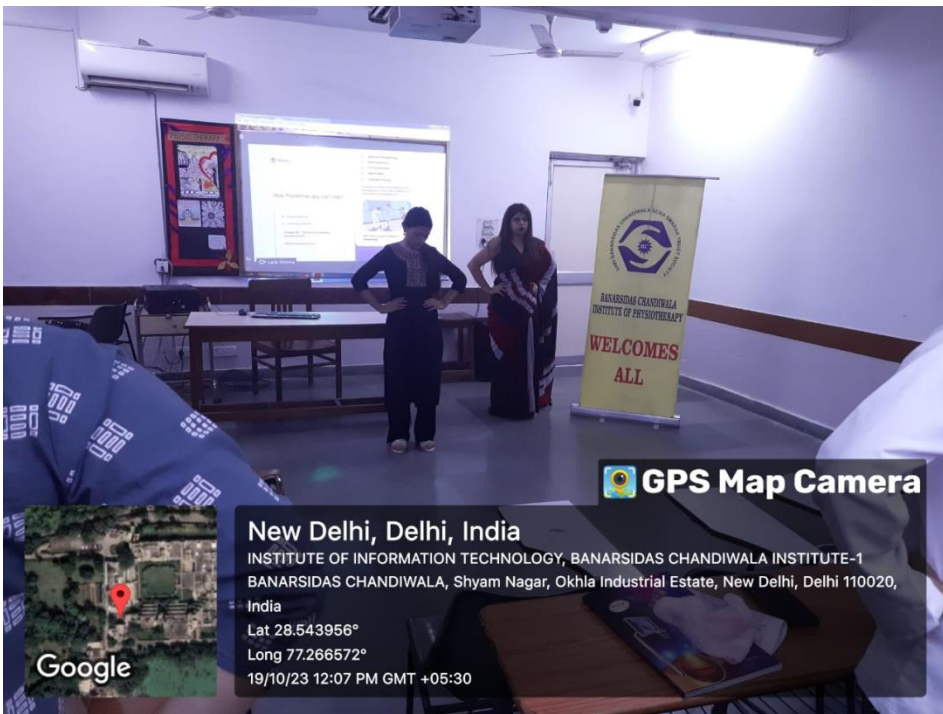
To illustrate the practical application of nutrition and physiotherapy in obesity management, Dr. Malhotra presented real-life case studies where patients successfully achieved weight loss and improved their overall health through a holistic approach. The seminar concluded with an interactive Q&A session, allowing the audience to seek clarification on various aspects of nutrition and physiotherapy in obesity management.



New Delhi, Delhi, India

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