

## Factors Which Cause The Obesity

- ★ Imbalance of energy input/output
  - \*overeating
  - \*physical inactivity
- ★ Genetics: eg one of the parents
- ★ Medications: steroids, antidepressants, NSAIDs
- ★ Psychological factors: Depression, loneliness, stress
- ★ Diseases: Hypothyroidism, PCOD, Cushings

## Who can Attend

- मोटापा से परेशान हर स्त्री-पुरुष
- तनाव से परेशान हर व्यक्ति
- डायबिटीस, बी.पी. से परेशान व्यक्ति
- १५ साल के उपर उम्र के हर व्यक्ति

## फायदे

- मोटापा से बच पाओगे (Prevention)
- मोटापा कम कर पाओगे (Cure)
- कसरत करना इसकी जानकारी (Exercise)
- क्या खाना, क्या नहीं खाना इसकी जानकारी (True Diet Advice)
- तनावमुक्त कैसे रहना यह सीख पाओगे (Stress Management)
- अपने आप को युवान रख पाओगे (Fine & Fit Figure)



## Content

- Wt, Hight, BP Measurement
- BMI / Body Fat / Body Age
- Obesity Education
  - : Causes,Proces,Effects
- Calory Counting
- Oil free Cooking Demo
- Scientific Exercises
- Stress Management
- Meditation

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Health Services

1 Day  
Practical  
Workshop

## Pro-Slim Medical Workshop

Science to Understand the Obesity !!!  
Science to Prevent the Obesity !!!  
Science to get rid of the Obesity !!!



5 STEP PRORAMME  
"NEEDS"

N : Nutrition  
E : Education  
E : Exercise  
D : Dhyan(Meditation)  
S : Stress Management

Mission & Vision  
Happy Life  
Through Health Education

- 30 Years of Clinical Practice
- Pediatric Consultant (Children Specialist)
- Geriatric Consultant (Old Age Specialist)
- Motivational Coach, Life Coach
- Diabetes, B. P. Obesity, Back-ache Prevention
- Life Style disorder Specialist. ● Health Motivator
- Qualified Nutritionist



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