

Shri Ram College of Commerce

Department of Physical Education and Sports

Obesity Management (Paper code-12555261)

Semester II

Assignment

2019-2020

S.No.	Name of Students	Roll No.	Topic
1	Tanvi kajal	659	Concept of Obesity
2	Nakul	660	Aerobic Activities
3	Pragya Shokeen	662	Assessment of Obesity (Skinfold Thickness)
4	Ritik Singh	663	Principles of weight management
5	Sharang Kapoor	664	Causes of Obesity
6	Rachit Raj Jain	665	Concept of BMR
7	Rakshit Bhuchar	666	Assessment of obesity (Hip- Waist)
8	Suyash Tiwari	667	Measurement Body Composition
9	Shivjit Singh Lamba	668	Assessment of Obesity (BMI)
10	Nanak Moolchandani	669	Anaerobic Activities
11	Shristi Thakur	670	Dietary Aids
12	Radhika Sharma	671	Nutrition
13	Apoorav Dabral	672	Importance of Maintaining weight Management
14	Pranav Pal	673	Obesity Management through Exercise
15	Kshitiz Rattan	674	Health Risk Associated with Obesity
16	Raghav Khanna	685	Gimmicks
17	Damini Bhasin	686	Balanced Diet
18	Muskaan Joon	687	Calculation of Body fat & Lean Body mass
19	Keshav Adlakha	708	Importance of Maintaining healthy weight

20	Pratham	172	Behaviour Modification techniques for weight Management
21	Apoorv Bha.	174	Importance of energy balance Maintaining
22	Sheifali	176	Obesity Management through Diet
23	Shivam	177	Calculation of BMR

Note

- Dr.Kuljeet kaur will remain available on WhatsApp and Email with students in case of any quarry.
- Students may submit Assignment through Email or WhatsApp before 31st March 2020.