



Bariatric Surgery Patient Support Group

Theme- Millets: A step towards a healthier lifestyle

25.04.2023

11:00 am-12:00 noon: Registration

12:00-12:30 pm: Activity Session

By Ms. Anam /Mr. Anil, Physiotherapist

12:30-12:40 pm: Talk on Obesity & Risk of Cancer

By Dr. Vitish Singla

12:40-12:50 pm: Talk on Sleep Hygiene

By Ms. Sanchita Jain, Psychologist

12:50-1:00 pm: Talk on Importance of Vitamin & Mineral supplementation post surgery

By Ms. Sakshee Dhawan, Dietician

1:00-1:30 pm: Welcome Address by Dr.(Prof) Sandeep Aggarwal

Release of Bariatric Surgery Patient Information Booklet and BariCare App

1:30-2:00 pm: Patient Interaction

2:00-2:10 pm: Talk on Millet & Its health benefits

By Ms. Richa Jaiswal

2:10-2:15 pm: Outline for the next support group meeting

2:15 onwards: Tea and snacks