

## Weight management and wellness program

w.e.f. 22/06/20 to 21/07/20

Under the Fit India Movement , Internal Security Academy Mt Abu conducted a Weight management and wellness program for obese Officers and men of the Academy under the guidance of Sh Arun Kumar IG/Director ISA for one month w.e.f. 22/06/20 to 21/07/20 . 16 officers and men took part in this program and during the one month program, they followed all weight management guidelines and reduced 4 to 6 kg weight. At the closing ceremony of the program on 21/7/2010, Sh. Arun Kumar, Director/IG ISA, praised the efforts of the participants of the program and suitably rewarded them. Dr. Binny Sareen, Management Consultant, Global Hospital, Mount Abu, was also present on this occasion.



Miss Sujata Rathi, Dietician briefing the Participants of the Program .



Dr. BK Binny Sareen ,Management Consultant, briefing the Participants .



Various Physical exercises during the program.



Various Physical exercises during the program .



Sh Arun Kumar IG/Director ISA Mt. Abu presenting rewards to the participants.



Closing Ceremony By Sh Arun Kumar IG/Director ISA Mt. Abu.

**Result of weight Reduction and health Wellness  
program.isa ,CRPF, Mount Abu.**

S.No	Irla/Force No	Rank	Name	Age	Height	Weight	BMI	Weight	BMI	Reduce Weight
						20/06/20		21/07/20		
01	6979	2I/C	Dr. Mohd. Akber. K	41	162cm	75Kg	28	84 Kg	28.0	-6.0 Kg
02	7561	D/C	Sh. Avigyan Kumar	41	184 cm	85 kg	25	80 Kg	27	-5 Kg
03	7561	D/C	Sh. T.P Singh	35	185cm	93kg	27	89 Kg	26.1	-4 Kg
04	7600	D/C	Sh. Pawan Kumar	43	170cm	90kg	30.2	84 Kg	28	-6 Kg
05	11182	AC(M)	Sh. Mukesh Kumar	49	176cm	92kg	29.7	87 Kg	27	-5 Kg
06	11878	AC(PS)	Sh. Mohan Singh	48	176cm	90kg	29	86 Kg	29.0	-4.0 Kg
07	971120184	Insp/GD	Govind Ram Saini	48	172cm	91.9	32	85 Kg	26	-5.4 Kg
08	125350076	ASI/M	Vimal Kumar	35	172.5cm	86.4kg	29	80.5 Kg	27.0	-5.9 Kg
09	912140375	ASI/GD	D.C Swain	50	176.5cm	95.8kg	28	92.5 Kg	30.1	-3.3 Kg
10	055253683	HC/RO	Ganesh Patil	37	178.5cm	93 kg	29.4	90.0 Kg	28.3	-2.1 Kg
11	041640501	CT/GD	Hariom Yadav	36	176cm	83.9 kg	26.8	78.9 Kg	25.5	-5.0 Kg
12	075002229	CT/GD	Suresh Kumar	34	177cm	94 kg	30	91 Kg	29.5	-3.0 Kg
13	031508648	CT/GD	Manoj Kumar	36	177cm	93Kg	29.3	87	28	-6 Kg
14	061840513	CT/Cook	Jayveer Singh	37	170cm	81kg	28	77.4 Kg	27.0	-3.6 Kg
15	055341982	CT/WC	Zala Vijay Kumar	34	168.5cm	80.6	28.3	77 Kg	27.0	-3.6 Kg
16	921830046	CT/Frash	Chena Ram	57	165cm	78kg	27.4	72 Kg	25	-6 Kg