



ज्ञान-विज्ञान विमुक्तये

प्रा. मनिष र. जोशी  
सचिव

Prof. Manish R. Joshi  
Secretary



भारतम्



भारत 2023 INDIA

विश्वविद्यालय अनुदान आयोग  
University Grants Commission  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

D.O.No.F.05-2023(QIP)

01<sup>st</sup> May, 2023/11 ज्येष्ठ, 1945

**Subject: Project "SMiLES"**

Dear Madam/ Sir,

There are various health impacting conditions that needs urgent attention. Creating awareness about the health challenges among the youth, therefore, is very important. It is a fact that some of the health issues can be reversed by making necessary lifestyle changes. Fatty liver is one such common condition caused by the storage of extra fat in the liver, which is reversable. In this regard UGC, recently organized a lecture by Prof. S.K Sarin, Director, Institute of Liver and Biliary Sciences, New Delhi, on the signs and symptoms of fatty liver and how this condition can be treated. Prof. S.K Sarin and his team are running a campaign to create awareness among the students about the risks of fatty liver through the project "SMiLES" to make India stronger through a million health educated students.

You are requested to encourage Students and Teachers to actively participate in this initiative and help them follow a proper lifestyle to stay healthy. A few posters are also attached herewith to propagate awareness about fatty liver among students.

With kind regards,

Yours Sincerely,

(Manish Joshi)

To  
The Vice Chancellors of All Universities  
The Principals of All Colleges

वसुधैव कुटुम्बकम्

ONE EARTH • ONE FAMILY • ONE FUTURE

## Project SMILES

(Stronger India through a Million Health Educated Students)

- Target Population - College Students
- Target Age Group - 18-25 years
- Efforts Required - Anthropometric Measurements

Height (cm)

Weight (Kg)

Waist Circumference (cm)

Hip Circumference (cm)

Neck Collar Size (cm)

Do you feel tired all the time?

Are you often getting skin acne?

Are you struggling to find clothes of your size and like?

Are you concerned about it?

All these struggles can be a reflection of unhealthy lifestyle.

### ARE YOU AT RISK OF FATTY LIVER



**1** in **4** Indian adults  
have **Fatty Liver Disease**

If you are 18-25 years of age, please scan the QR code  
below for self assessment of risk of fatty liver in under 10 minutes.

Scan this QR code



or open the following link in web browser

<https://forms.gle/GxEyWMA4gOMTyzAaA>

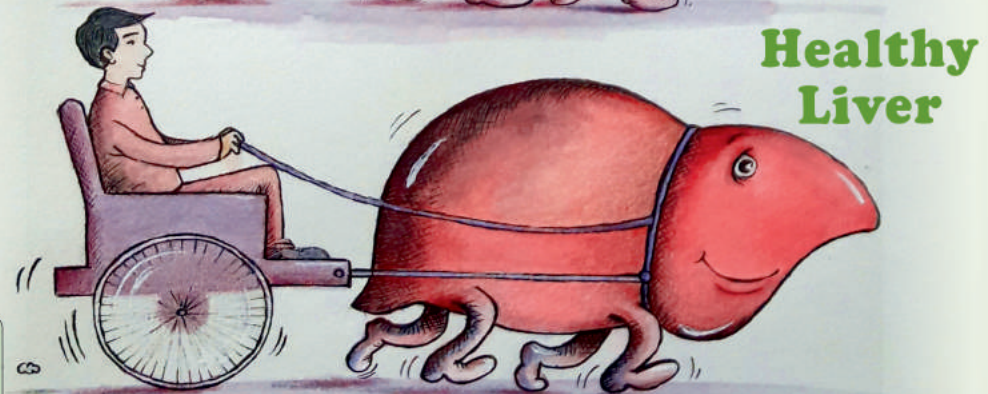
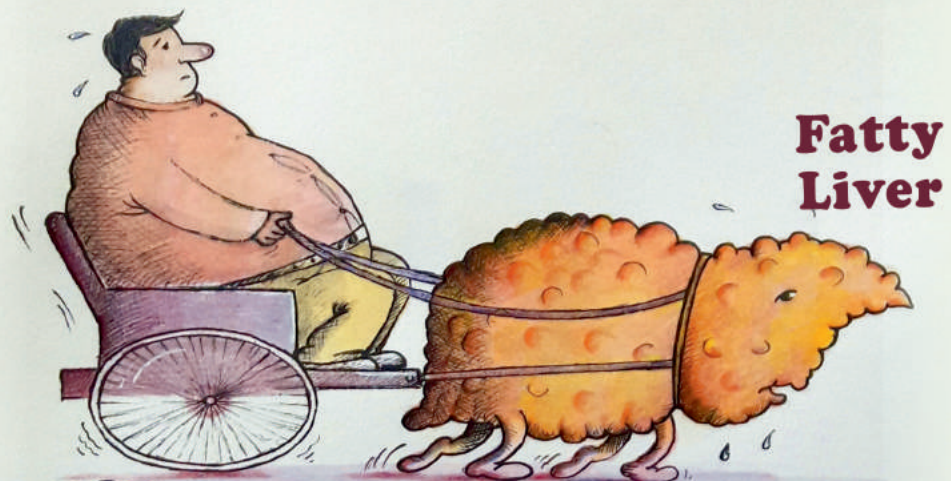
**INSTITUTE OF LIVER AND BILIARY SCIENCES**

An Autonomous Society Under Govt. of NCT of Delhi  
D-1, Vasant Kunj, New Delhi - 110070  
Tel.: + 91 11 46300000, Liver Helpline: 1 800 11 5354, Web: www.ilbs.in

# Project SMILES

Stronger India through a Million Health Educated Students

Which of these scenarios do you prefer?



**Ideal waist circumference**

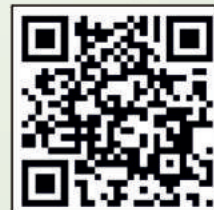
- Males < 90 cms
- Females < 80 cms

*If your waist circumference is more than these values, you might be at risk for fatty liver.*

If you are 18-25 years old, spare 10 minutes to know your risk of fatty liver by opening the following link in web browser

<https://forms.gle/GxEyWMa4gOMTzvAaA>

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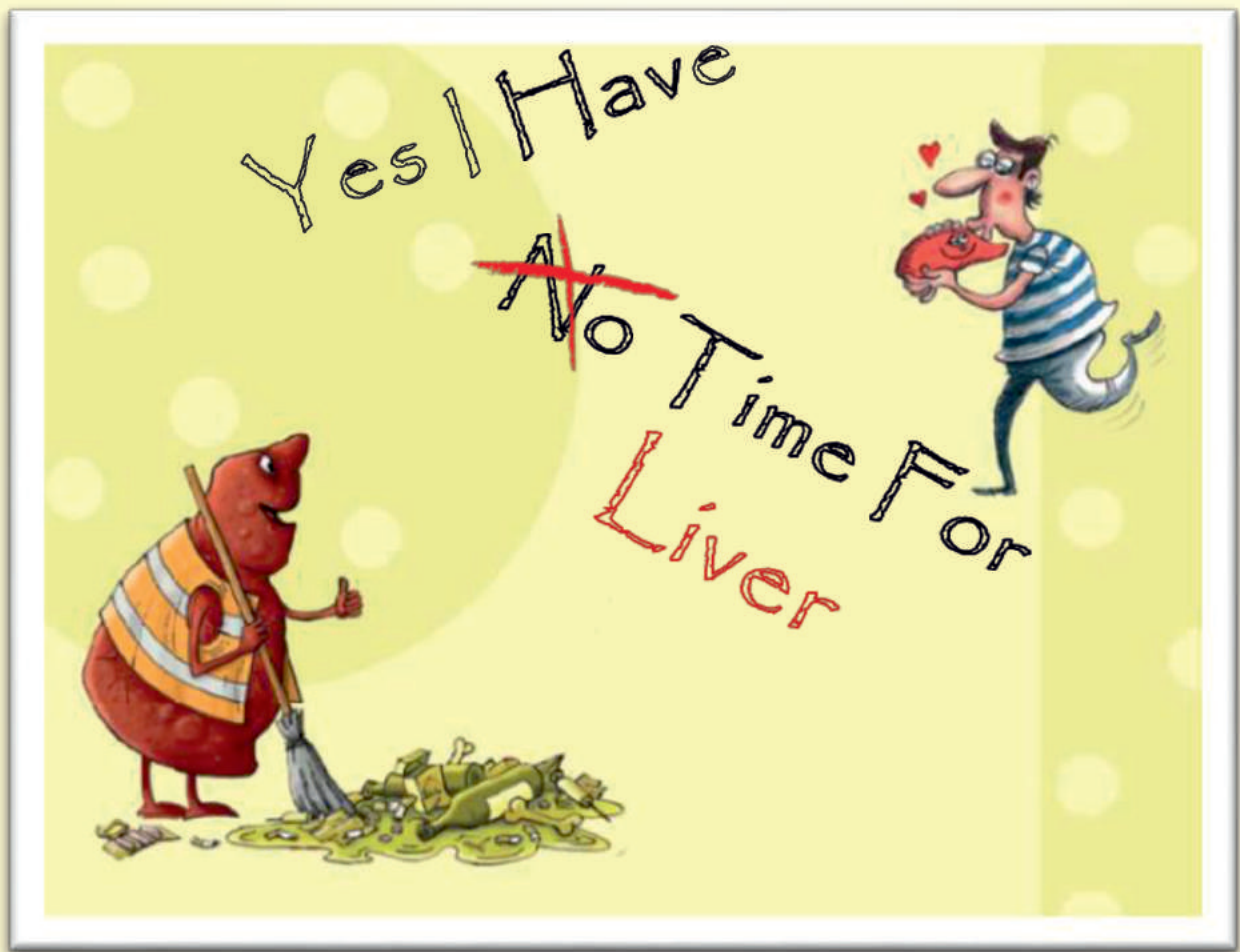


**INSTITUTE OF LIVER & BILIARY SCIENCES**  
Department of Clinical Research & Epidemiology

## **Project SMILES**

**Stronger India through a Million Health Educated Students**

*Do you have time for your Liver?*



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*Do you want to know which risk category you belong to?*

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