



# Weill Cornell Medicine-Qatar

## Healing Hands Essay Competition



**We are pleased to announce the annual Healing Hands Essay Competition, which encourages young people to share their views on becoming a doctor in Qatar. Four lucky winners will receive valuable prizes.**

### **Essay topic: The Social Consequences of Obesity**

"The Social Consequences of Obesity" is the theme for this year's Healing Hands event. Obesity is a significant health issue in Qatar, affecting many people. One adverse social consequence of obesity is body shaming—criticizing a person's physical appearance using negative comments, social media posts, and subtle gestures and behaviors. Body shaming is a serious societal problem that can cause feelings of inadequacy, low self-esteem, and emotional distress, as well as raise the risk of engaging in extreme weight loss measures. Body shaming also poses an obstacle to making sustainable lifestyle changes, with more rapid and aggressive options like anti-obesity medications and bariatric surgery becoming more accessible. In your own words, write an 800-word essay examining the social consequences of obesity in Qatar. Consider why body shaming occurs, how it can be resisted, and what steps can be taken to improve the social and emotional health of individuals with obesity. You could also discuss measures that healthcare professionals can take to educate their patients, and explore how society can shift its perspective on more aggressive interventions, viewing them as adjuncts rather than replacements for lifestyle modifications.

Write an 800-word essay in English to explore this topic. Please note that the submission deadline is: May 17, 2025.

### **General Terms and Conditions**

- Competition is open to all Qatari nationals currently enrolled in high schools
- The essay must be the student's original work and written in English
- The applicants need to fill an online application to submit their essays
- Proof of nationality and latest school report are needed

**Apply Here**

For additional information, please contact the Office of Student Outreach and Educational Development at: [healinghands@qatar-med.cornell.edu](mailto:healinghands@qatar-med.cornell.edu) or call 4492 8521