

GOVERNMENT SIDDHA MEDICAL COLLEGE CHENNAI 106

Title: Diabetes Awareness Camp on World Diabetes Day

Date: November 14, 2024 (World Diabetes Day)

Location: Department of UG Pothu Maruthuvam OP, AAGHIM , Chennai -106

Organized by: UG – POTHU MARUTHUVAM DEPARTMENT, GSMC ,Chennai -106, with the permission and Guidance of our Principal Professor Dr.K.Kanagavalli,M.D(s) , Department HOD Professor Dr. G.Ujjevanam ,M.D(s) and Department faculties Dr. R.Sasi rekha M.D(s) and Dr.V.Isabell Rafeeda M.D(s)

Objective:To create awareness about diabetes, its prevention, and management among the general public.

Activities:

1. Interaction with people to create awareness on diabetes and its ill effects that causes to our body
2. Issued Avaram poo kashayam to diabetic patients and told about its actions .
3. Gave dietary Advice to diabetic patients

Outcome:

1. Increased Awareness:The camp helped create awareness about diabetes among the general public.
2. Healthy Lifestyle Adoption: The camp encouraged people to adopt healthy lifestyle habits, such as regular physical activity, healthy eating, and stress management.

Conducted by:- UG CRR I POTHU MARUTHUVAM

Conclusion: The diabetes awareness camp was a success, with over 30 people attending the event. We hope to continue creating awareness about diabetes and promoting healthy lifestyle habits among the general public.

