



SREE VIDYANIKETHAN COLLEGE OF PHARMACY

Sree Sainath Nagar, A.Rangampet – 517 102

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"A HEALTH TALK ON DIABETES"

on 30th October, 2018

Principal: Dr. C.K. Ashok Kumar

NSS Programme Officer: Dr. K. Saravanakumar

Sree Vidyanikethan College of Pharmacy organized a Health talk on "Awareness on Diabetes" in collaboration with Dr. Reddy's Foundation for Health Education on 30th October, 2018. Dr. B. Krishna Chaitanya Reddy, M.D. Diabetologist has appointed as a resource person to deliver a talk on diabetes. He emphasized on pre-diabetes and early detection of diabetes mellitus.

The resource person advised the delegates to pay attention towards the quantity of food consumed and regular exercise like walking for 5 days a week without a break for two consecutive days and also ensured that diabetes mellitus doesn't indicate that to reduce the food intake but taking the proper food. The theory of quantity and quality play a key role in diabetes mellitus disorder. According to Indian diabetes association, more people are prone to diabetes due to fast/advanced westernization/ urban culture.

The lecture enlightened about the disorder of diabetes mellitus that shows the legacy effects. A total of 50 participants from Sree Vidyanikethan Educational Institutions, Tirupati participated in the health talk. In addition, Dr. B. Krishna Chaitanya Reddy, interacted with the participants and gave suggestions on diet and exercise to be followed to control hyperglycemia. He explained the theme of world diabetes day (November-14) diabetes and the family and their impact on economy in family, society and nation.



Dr. D. Krishna Chaitanya Reddy delivering a talk on diabetes



Glimpse of gathering during the health talk



Dignitaries felicitating the resource person