

# NIRMALA COLLEGE OF PHARMACY

Muvattupuzha P.O., Ernakulam Dist., Kerala-686661

Established in 2004, under Nirmala College Society

(Reg.No.ER 928/2001)



## **NATIONAL PROGRAM FOR PREVENTION & CONTROL OF CANCER, DIABETES, CARDIOVASCULAR DISEASE AND STROKE (NPCDCS)**

### **Awareness classes about diabetes in nearby Institutions**

<b>Date &amp; Time</b>	16/11/2022, 12 PM
<b>Venue</b>	Nirmala College, Muvattupuzha and other sister institutes
<b>Collaborating agency</b>	NSS/ ISPOR, Nirmala College of Pharmacy
<b>Events</b>	Awareness session about Diabetes
<b>No. of students participated</b>	60
<b>No. of participants benefitted</b>	80

Awareness classes about diabetes was organized with the objective of educating the staff of our nearby institutions such as Nirmala College, Nirmala Higher Secondary School, Nirmala Public School, Nirmala Sadan training college, MCA College, etc about diabetes, its risk factors, prevention, management and the importance of adopting a healthy lifestyle. B-Pharm and Pharm D students along with faculty members visited these institutions to raise awareness about diabetes, its types, symptoms and complications. Also educated them about the risk factors associated with diabetes and the method to prevent its onset. Information to promote a healthy lifestyle for diabetes management including proper nutrition and physical activity were also explained. Healthy eating habits focused on portion control, balanced meals and the significance of diet rich in fruits, vegetables and whole grains etc were detailed. Simple exercises and physical activities suitable for individuals with diabetes were demonstrated and the importance of regular physical activity in managing blood sugar levels and overall health was emphasized. They also stressed the importance of early detection, regular monitoring, and management of diabetes. Queries and concerns raised by the participants

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were addressed and encouraged to share their experiences related to diabetes. A pamphlet containing key information on diabetes and a healthy lifestyle was distributed for further reference. Principal or senior faculty members from each institution expressed gratitude for the educational initiative, which help them to lead a healthy life.



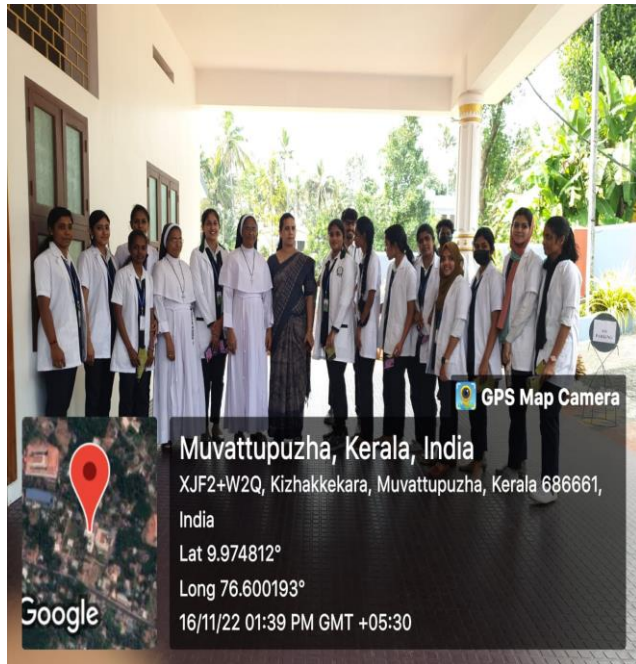
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**Nirmala College Of Pharmacy  
Muvattupuzha**



# WORLD DIABETES DAY

ACCESS TO DIABETES EDUCATION

## Public Awareness Program

16-11-2022



By:  
2nd Sem B-pharm

In-association with:  
Co-curricular Committee



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