

DIABETES DAY CELEBRATION AT A.M. SHAIKH HOMOEOPATHIC MEDICAL COLLEGE, P.G & RESEARCH CENTRE



World Diabetes Day was celebrated at A.M. Shaikh Homoeopathic Medical College, P.G & Research centre recently at the college campus. The event was organized with an objective to bring awareness of diabetes among students and to know the effects of High Blood Sugar on different systems of the body. The chief guest for the event was Dr. C.M. Moogi, Principal, A.M Shaikh Homoeopathic Medical College, P.G & Research Centre.

Addressing the gathering he advised the students to understand and exercise, control on what to eat, when to eat and how to eat. He emphasized the importance of physical activity and healthy food habits. He also said that the practice of regular exercise is important as it prevents a large number of non-communicable diseases, which is indeed the result of decadent lifestyle practices. He also highlighted on the evidence that shows who exercise and are physically active have better indices of academic performance on a long term basis than those who do not. The event also focused on emphasizing that heart disease in diabetes may be a silent disorder and a regular cardiac checkup once in 5 years may be required.

The event was coordinated by Dr. Jyothi Vijaykumar, HoD Department of Practice of Medicine.