

SGK GOVERNMENT DEGREE COLLEGE
VINUKONDA, PALNADU DISTRICT



OBSERVATION OF WORLD DIABETES DAY

14.11.2023

TIME: 11.00 – 12.30 PM

CONDUCTED BY

**DEPT OF ZOOLOGY AND COLLEGE
HEALTH CENTER**

Activity Report

S. No.	Content	Name
1	Name of the Programme	OBSERVATION OF WORLD DIABETES DAY
2	Date & Time	14.11.2023 & 11.00 – 12.30 PM
3	Conducted by	DEPT OF ZOOLOGY AND COLLEGE HEALTH CENTER
4	No. of Students attended	120
5	Chief Guest	Dr K.V.S Koteswara Rao, incharge principal
6	Convenor	B.R.K.Kishore, convenor, college health center

Objective:

The observation of World Diabetes Day on November 14th each year commemorates the birthday of Sir Frederick Banting, who co-discovered insulin, a life-saving treatment for diabetes, alongside Charles Best in 1921. This day serves to raise awareness about diabetes, a global health concern, and promote preventive measures and healthy lifestyle choices.

Agenda:

Welcome and Introduction:

The event commenced punctually at 11:30 AM with an enthusiastic welcome extended by Sri B.R.K Kishore, Lecturer in Zoology contextualizing the significance of November 14th as World Diabetes Day and the relevance of understanding diabetes in today's context.

Keynote Address by Chief Guest:

Dr. K.V.S Koteswara Rao, Lecturer in Chemistry delivered an enlightening keynote address. His speech delved into the global prevalence of diabetes, the alarming rise in cases among younger populations, and emphasized the pivotal role of lifestyle modifications and early detection in managing this chronic condition.

Insights and Perspectives:

Esteemed speakers added depth to the discussion. Sri Ch. Haribabu, Vice Principal, shared personal anecdotes, stressing the need for holistic health education. Sri B.R.K Kishore, Convenor College Health Center and Lecturer in Zoology, highlighted the correlation between dietary habits and diabetes. Sri D. Siva Phanindra, Lecturer in Computer Science, shed light on technology's role in diabetes management. Dr. G. Swarnalatha, Lecturer in Telugu, emphasized the importance of cultural awareness in promoting health initiatives.

Interactive Sessions and Awareness Activities:

Engaging activities were interspersed throughout the event. Power point presentation, facilitated by the college health center team, encouraged participation and imparted crucial information about diabetes symptoms, prevention, and management. Thought-provoking presentations and

videos further enriched the audience's understanding of the topic.

Q&A and Open Forum:

A dynamic Q&A session allowed attendees to voice their queries and concerns. The audience actively engaged with the speakers, seeking advice on dietary modifications, exercise regimes, and the psychological aspects of living with diabetes.

Conclusion:

The event culminated at 1:00 PM on a high note. Attendees expressed newfound awareness and pledged to make positive lifestyle changes. Several students and faculty members volunteered to form a diabetes awareness group within the college to sustain the momentum generated by this event.

Acknowledgments:

Heartfelt gratitude was extended to Dr. K.V.S Koteswara Rao and all speakers for their valuable insights and time. Special appreciation was directed to the organizing committee members, volunteers, and participants for their active involvement, contributing to the success of this crucial awareness initiative.



Fig1 Dr K.V.S Koteswara Rao, Principal (incharge) speaking on the occasion



Fig2 Sri B.R.K Kishore Lecturer in Zoology presenting ppt