**UNVERSITY COLLEGE FOR WOMEN, KOTI**

**DEPARTMENT OF FOOD & NUTRITION**

**DIABETES EVENT**

**15th November, 2021**

In commemoration of Vicenary celebrations of M Sc (Nutrition and Dietetics) course the Department of Food and Nutrition, University College for Women, Koti organized Diabetes Event on Monday, 15th November 2021, on the occasion of World Diabetes Day.

The aim was to spread awareness on the theme “Access to Diabetes Care: If not now, when?”. Free Health Check-Up was an initiative taken by the in-kind contribution of Yashoda hospital and Positive wellness group.

Several competitions, inclusive of Banner the Matter, Blend- A diabetic superfood, Myth Breaker Debate and Wiz Quiz were conducted through the course of the event in order to assess the extent of awareness with regards to Diabetes care amongst the aspiring Nutritionists of Hyderabad.

 As a part of the event a TED talk session was hosted in the seminar hall, presided over by distinguished Dietitians and eminent personalities specialized in varied fields of Medicine and Nutrition from the city of Hyderabad who reiterated the need for awareness of Diabetes, it’s care and prevention. Dr. Haritha Shyam, RD, Clinical Nutritionist, Apollo Hospital, Jubilee Hills; Dr. Subin Physician and Branch Manager, Arya Vaidya Sala, Kottakal; Dr Minhajuddin, Director, National Institute of Unani Medicine, Hyderabad and Dr. A Gayatri Devi, Professional Yoga Resource person, were the speakers in attendance.

The other highlights of the event are Diet Counselling by eminent dieticians-the Alumni of the dept, Food stalls put up by the PG students, Nutrition games for the non nutrition students, sale of nutritious recipe books developed by the department and IGNITE – An event that burns calories.

Prize distribution was done and participation certificates were given to all the participants.

 The event concluded on the note that, every individual deserves the access to diabetes care and it’s our duty as liable Dietitians of the society to get involved in the ease of provision of the former and become a part of the revolution and absolution of Diabetes from India.

 

