

**Record Notes on Diabetes Awareness Program organized as a part of series of “Theme Based Health Talks” on 9<sup>th</sup> August, 2018 in the Resource Centre (Room No. 445 - A wing), Nirman Bhawan, Dte.GHS.**

In furtherance to the Swasth Bharat Initiative, as envisioned by Hon’ble Prime Minister, the Directorate General of Health Services (Dte.GHS) organized a Diabetes Awareness Program on 9<sup>th</sup> August, 2018 in the Resource Centre of Dte.GHS. On this occasion a talk on diabetes, its prevention and management was organized for the officials of Dte.GHS and MoH&FW. The talk was organized as a part of series of “Theme Based Health Talks” planned for creating awareness among the officials of Dte.GHS and MoH&FW. Dr. Promila Gupta, Principal Consultant coordinated and anchored the session. Dr. Prabha Arora, DDG, Dte.GHS explained the ground level actions that the Programme is implementing and the country's population is deriving benefit from the screening programme in 199 districts and in the remaining districts, the opportunistic screening is ongoing, by which one can get the blood glucose tested, and can be advised accordingly. If levels are above 126 mg /dl, there is need for review again and to adapt increased physical activity as well as diet regulation. If levels are higher, the person is referred to PHC.



2. The salient features of the National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) was briefed by Dr. Manas Pratim Roy, DADG, Dte. GHS. Following this, Dr. (Prof) Jugal Kishor, HOD, Dept. of Community Medicine, VMMC & SJH, explained ways for prevention of diabetes and importance of lifestyle modification including dietary changes. Subsequently, Dr. Bindu Kulshreshtha, HOD, Endocrinology, RML Hospital explained medication for diabetes. She addressed the questions and answers from the audiences and their specific queries regarding their diabetes, and emphasized that .good monitoring of blood glucose and HbA1C and physical activity, regular medication and diet control can help the person to live a life free of complication of diabetes.



3. Approximately 90 -100 officers and officials attended the event. The sessions were interactive, and during the question answer session the participants were encouraged to ask the experts for clarification on various issues being faced by them or by their family members.
4. The awareness campaign was greatly appreciated by all participants.
5. IEC Material in the form of a leaflet was also distributed. Towards the end, Dr. Promila Gupta addressed the participants and asked them to modify lifestyle by utilizing the knowledge gained during this session.



6. The awareness session was appreciated by one and all, and was concluded successfully.

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