



SEMINAR ON 
**CONQUERING DIABETES:
FROM AWARENESS TO ACTION**

What you EXPECT

- *What is Diabetes and its types*
- *What are the causes of Diabetes*
- *What are the symptoms of Diabetes*
- *Treatment for Diabetes*
- *Living with Diabetes*



Tues day
14 November



Time
12.45 PM



Seminar Hall

SPEAKER

DR.C.S.SREENIVASA RAO

**ORGANIZED BY:
THE DEPARTMENT OF ZOOLOGY
ST.JOSEPH'S DEGREE COLLEGE
KURNOOL.
WWW.SJCKNL.EDU.IN**



Letter of IQAC

To

The IQAC Coordinator
St. Joseph's Degree College
Kurnool

Subject: Request for Permission to Organize a Diabetes Awareness Camp

Dear Sir,

I hope this message finds you well. On behalf of the Department of Zoology, I am writing to seek your kind permission to organize a **Diabetes Awareness Camp** titled "**Conquering Diabetes – From Awareness to Action**" for the faculty members of St. Joseph's Degree College.

The camp is proposed to be held on **16th November 2023** and aims to educate faculty members about diabetes, its prevention, early detection, and management strategies. The event will include interactive sessions, expert talks by healthcare professionals, and health check-ups to promote awareness and encourage a proactive approach to combating diabetes.

The program aligns with our college's commitment to promoting health and well-being among faculty members. We believe this initiative will contribute to fostering a healthier and more informed environment within our institution.

We kindly request your approval to organize this camp and would greatly appreciate any suggestions you might have to enhance its impact.

Thank you for considering our request. We look forward to your positive response and guidance.

Yours sincerely,

Dr.C.S.Sreenivasa Rao
Head, Department of Zoology
St. Joseph's Degree College
Kurnool.

CIRCULAR

Date: November 11, 2023
To: All Faculty Members
From: Department of Zoology
Subject: Invitation to Participate in a Diabetes Awareness Program

Dear Faculty Members,

The Department of Zoology is delighted to invite you to participate in a **Diabetes Awareness Program** titled "**Conquering Diabetes – From Awareness to Action**", which is being organized for the faculty members of **St. Joseph's Degree College**.

This program aims to promote awareness about diabetes, its prevention, early detection, and effective management. It will include expert talks, interactive discussions, and a health check-up session to encourage a proactive approach to combating diabetes.

Details of the Program:

- **Date:** November 16, 2023
- **Time:** 12.45 PM
- **Venue:** Seminar Hall, Building 3

We strongly encourage all faculty members to attend this insightful program, as it will provide valuable knowledge and tools to enhance health and well-being.

For further details, please contact the Department of Zoology.

Let us join hands to take a step toward better health!

Department of Zoology
St. Joseph's Degree College
Kurnool

Report on the Seminar: "Conquering Diabetes – From Awareness to Action"

Date: 16th November 2023

Venue: Seminar Hall, Building 3, St. Joseph's Degree College, Kurnool

Organized by: Department of Zoology

On **16th November 2023**, the Department of Zoology, St. Joseph's Degree College, Kurnool, successfully organized a seminar titled "**Conquering Diabetes – From Awareness to Action**" as part of its commitment to raising awareness about pressing health issues. The seminar was held in observance of **World Diabetes Day**, with a focus on educating faculty members about diabetes and empowering them with the knowledge to take preventive and corrective measures.

Resource Person

The event was graced by **Dr. C.S. Sreenivasa Rao**, the Head of the Departments of Biochemistry and Zoology at St. Joseph's Degree College. Dr. Rao is a renowned expert in biochemistry and zoology, with extensive experience in health education.

Objective of the Seminar

The primary aim of the seminar was to provide faculty members with a comprehensive understanding of diabetes mellitus, its increasing prevalence, and practical strategies to manage and prevent the disease.

Key Highlights of the Seminar

1. **Overview of Diabetes Mellitus:**

Dr. Rao began by explaining the different types of diabetes—**Type 1, Type 2, and Gestational Diabetes**—and their underlying causes, including genetic predisposition and lifestyle factors.

2. **Symptoms and Risk Factors:**

The presentation included a detailed discussion on the symptoms of diabetes, such as frequent urination, excessive thirst, fatigue, and slow-healing wounds. Dr. Rao elaborated on the risk factors, emphasizing how obesity, sedentary lifestyles, and unhealthy dietary habits contribute significantly to the disease.

3. **Management and Prevention:**

The resource person stressed the importance of:

- **Early Detection:** Regular health check-ups and blood sugar monitoring.
- **Lifestyle Modifications:** The role of a balanced diet, regular physical exercise, and stress management in controlling blood sugar levels.
- **Medication and Treatment:** Recent advancements in diabetes care, including insulin therapy and oral medications.

4. **Interactive Q&A Session:**

Faculty members engaged enthusiastically in a Q&A session, discussing practical approaches to prevent and manage diabetes in their daily lives. Dr. Rao addressed queries

regarding dietary adjustments, effective exercise routines, and the impact of stress on diabetes.

5. Recent Developments in Diabetes Care:

Dr. Rao shared insights into the latest medical research and innovations in diabetes management, highlighting the importance of continuous education and awareness campaigns to curb the rising prevalence of diabetes.

Impact and Feedback

The seminar received an overwhelmingly positive response from the attendees. Faculty members appreciated the detailed and practical insights provided by Dr. Rao, expressing their gratitude for the opportunity to enhance their understanding of diabetes. The event served as a reminder of the importance of taking proactive steps to improve health and well-being.

Conclusion

The seminar, "Conquering Diabetes – From Awareness to Action," was a resounding success. It not only equipped faculty members with vital information about diabetes but also inspired them to adopt healthier lifestyles and become advocates for diabetes awareness.

The Department of Zoology remains committed to organizing such impactful programs in the future, contributing to the holistic health and education of the college community.

