

Sri Sathya Sai Institute of Higher Learning
Department of Food and Nutritional Sciences
Anantapur Campus



Report

World Diabetes Day Celebrations, November 2022

Theme: "Education to protect tomorrow"

Organizing committee

Overall organizer/Co-ordinator:

Prof. N. Srividya

Dept. of Food & Nutritional Sciences, SSSIHL

Poster Campaigns:

Content curation and guidance: Prof. N. Srividya

Preparation & Presentation: Ms. Mounika Pandey, Ms. Sparsh S, Ms. Amrita Shaw, Ms. Lohita – Research scholars; II Y MSc FNS (Applied Nutrition), few I Y MSc FNS, & III Y BSc FNS- DFNS

Walkathon, Run for Diabetes, Recipe Concept Contest & WDD Logo

Photo Campaign:

Overall Research Scholar Co-ordinator: Ms. Mounika Pandey

Support: Ms. Sparsh S, Ms. Lohita, Research scholars & II Y MSc FNS (Applied Nutrition)

Educative talks: DFNS, in association with the Sri Sathya Sai General Hospital, Puttaparthi.

Documentation & other support:

Ms. Sai Sruthi Shree K K & Ms. Shrijana Rasaily

WDD Events: Brochures

I. Recipe Concept Contest

SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING
(Deemed to be University)
Department of Food and Nutritional Sciences

DFNS

LOW GI
GLYCEMIC INDEX

world diabetes day
14 November

SUGAR FREE

WholeFood PLANT BASED

WORLD DIABETES DAY, 2022

LOW CARB

CONTEST ALERT!!!

Diabetes is a serious condition that is on rise and still affecting millions worldwide. India is considered to have the second highest population of diabetics. To commemorate the **"WORLD DIABETES DAY 2022"**, Department of Food and Nutritional Sciences, SSSIHL is organising a *recipe concept contest*, wherein participants have to submit a smart *snacks or desserts* idea that can be incorporated in a diabetic diet.

| Instructions | Criteria for Evaluation |
|--|--|
| <ul style="list-style-type: none">➤ Recipe should be submitted in the template provided.➤ The template for the recipe concept is available on the LMS portal DFNS main page.➤ The recipe must be original and non-plagiarized.➤ If found to be plagiarized, the participant will be disqualified. | <ul style="list-style-type: none">§ Combination of foods to bring variety and nutritional balance§ Using diabetic friendly ingredients§ Appropriate method of cooking§ Justification provided§ Novelty of recipe |

OPEN TO ALL

The recipe concept can be submitted either as softcopy or hardcopy to the coordinators.
Shortlisted recipes will be announced on 16th Nov' 2022
Finalists will be asked to prepare their recipe on 17th Nov' 2022.


Submission Deadline:
14th Nov' 2022

Venue: Food Science & Culinary laboratory, DFNS, College building I
Time: 1.00 to 2.30 p.m.


BEST RECIPES WILL BE AWARDED!!

For queries, please contact Coordinators
Prof. (Ms.) N. Srividya-nsrividya@sssihl.edu.in
Mounika Pandey, Research Scholar-mounikapandey@sssihl.edu.in

II. Poster Campaign




SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING
(Deemed to be University)
Department of Food and Nutritional Sciences




**World
Diabetes
Day, 2022**


THEME:
EDUCATION TO PROTECT TOMORROW





Diabetes is a serious condition that is on rise and still affecting millions worldwide. India is considered to have the second highest population of diabetics.


To commemorate the “**World Diabetes Day 2022**”, under the theme “**Education to Protect Tomorrow**”, the Department of Food and Nutritional Sciences, SSSIHL is organising a poster campaign to spread awareness about diabetes and its management.


T  Glycaemic index and glycaemic load of Indian foods

H  Indian diabetic food pyramid

E  Myths and facts about diabetes

M  Mobile Apps for management of diabetes

E  Continuous glucose monitoring (CGM) in diabetes

S  Mudras for diabetes management

Venue: *Marble Floor*
Dates: *16th - 18th Nov' 2022*

III. Educative talks

Sri Sathya Sai General Hospital

in association with

DEPARTMENT OF FOOD AND NUTRITIONAL SCIENCES

SRI SATHYA SAI INSTITUTE OF HIGHER LEARNING

Request your presence at the
Celebration
of the



WORLD DIABETES DAY

2022 THEME

EDUCATION FOR TOMORROW

3:45pm, Saturday, 19 November 2022

Sri Sathya Sai General Hospital
Puttaparthi

PROGRAM SCHEDULE

| | |
|--------------------|---|
| 3:45 pm - 3:50 pm | Ganesh Vandana |
| 3:50 pm - 3:55 pm | Welcome Address by Dr. Sandeep Kumar, Head of the Department, General Medicine |
| 3:55 pm - 4:00 pm | Introduction of Speakers |
| 4:00 pm- 4:30 pm | Talk by Guest Speaker Prof. (Dr.) N. Srividya, Department Of Food And Nutritional Sciences, SSSIHL. |
| 4:30 pm - 4:40 pm | Tea Break |
| 4:40 pm- 5:15 pm | Talk by Dr. Menon, Hon. Consultant Physician |
| 5:15 pm - 5:30 pm | Question Answer Session |
| 2:00 pm - 5: 30 pm | Diabetic Education Posters by students of Department of Food and Nutritional Sciences |
| 5:30 pm -5: 35 pm | Vote Of Thanks |

Detailed Report

World Diabetes Day is celebrated on 14th of November all over the world. It was introduced in 1991 by the International Diabetes Federation and the World Health Organization in response to the alarming rise of diabetes around the world. To commemorate this year's theme "Education to protect tomorrow" the Department of Food and Nutritional Sciences, SSSIHL, conducted a series of events from 14th to 19th November 2022 to spread awareness about diabetes and its management. The events included poster campaigns; walkathon; run for diabetes; a photo campaign; recipe concept contest and educative talks. The events were conceptualized, organized, and coordinated by Prof. N. Srividya, Department of Food and Nutritional Sciences, SSSIHL.

Poster Campaign, covering various themes was held from 14th to 18th November 2022 at the University campus. In response to the initiatives taken by International Diabetes Federation (IDF), the posters and info graphics developed by IDF representing the theme of WDD 2022 "Education to protect tomorrow" were displayed. Around eight informative posters, prepared by the students and research scholars of the DFNS, were displayed in a common area and were explained to the University students and staff. The topics included: Prevalence of diabetes; Historical timeline of diabetes with research advances in management and treatment of diabetes from 15 BC to 2018 AD; Common myths and facts about diabetes; Glycemic index and glycemic load of different Indian foods and Indian food products; Indian diabetic food pyramid (vegetarian); Mobile apps that can be used in the management of diabetes; and Continuous blood glucose monitoring in diabetes care. From 19th Nov'22 the posters were displayed at Sri Sathya Sai General Hospital, Puttaparthi for the benefit of the medical fraternity and support staff. Several patients getting treated at the hospital from various states of India were educated about diabetes, and given dietary tips in diabetes management, through the posters. The explanation to the posters was provided in regional languages to the respective patients for better understanding and benefit.

The above event has been reported by International Diabetes Federation, Belgium:
<https://worlddiabetesday.org/activities/events/awareness-campaign-through-educational-posters/>

The **diabetic recipe concept contest** was announced earlier and the entries were collected for further evaluation on 14th November, 2022.

Walkathon and **Run for diabetes** were organized in the sports ground at SSSIHL, Anantapur campus on 16th November 2022, to spread the awareness on importance of physical activity in management of diabetes. Faculty and research scholars of the department participated in walkathon while, the undergraduate and postgraduate students of the department participated in the run for diabetes.

A photo campaign session entitled '**Beam the Blue**' was held alongside the other events, where the participants and organizers were pictured with a blue circle (logo of world

diabetes day and symbol of diabetes awareness) to promote its awareness, another initiative of IDF. This *event has been reported by International Diabetes Federation, Belgium:* <https://worlddiabetesday.org/activities/events/beam-the-blue-promoting-the-blue-circle/>

The events culminated on 19th November with two *educational talks* that were delivered to doctors, other hospital staff, diabetic outpatients, and to faculty and students of the DFNS, SSSIHL. The first talk by Prof. N. Srividya, DFNS, SSSIHL, focused on the importance of medical nutrition therapy and strategies to lower glycemic response in foods. The second talk was about patient education for T2DM management incorporating principles of low carb diet, fasting and exercise by Dr. Sunil Menon, Hon. Consultant Physician, SSSGH. This **event has been uploaded by International Diabetes Federation, Belgium:** <https://worlddiabetesday.org/activities/events/educative-talk/>

Feedback

The participants gave positive feedback and were highly appreciable about the various events conducted to commemorate the World Diabetes Day, 2022. Poster campaign was acknowledged for its simplified content and educative information, and many said that it helped in clearing their doubts and presumptions on the myths and facts about diabetes and its management. Participants of the diabetic recipe concept contest found the event to be very creative and interesting. Many participants involved themselves enthusiastically in walkathon and diabetes run. They expressed that they shall be incorporating the physical activity component in their lifestyle. Appreciation was received from doctors, health practitioners, learned scholars, students and patients regarding the educative talks given by two eminent speakers - Prof. N. Srividya and Dr. Sunil Menon. Many mentioned that talks were engaging and informative. Interestingly, requests were also received from doctors to develop a diabetic dietary chart with incorporation of local foods to help patients manage diabetes.

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