



KARPAGA VINAYAGA INSTITUTE OF MEDICAL SCIENCES & RESEARCH CENTRE

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CME ON “WORLD DIABETES DAY 2022”

DATE: 14.11.2022

VENUE: KIMS CME HALL

TOTAL NO. OF PARTICIPANTS: 57

TOTAL NO. OF RESOURCE PERSONS: 05

ORGANIZED BY: Department of Community Medicine, KIMS & RC

World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. World Diabetes Day became an official United Nations Day in 2006 with the passage of United Nation Resolution 61/225. It is marked every year on **14 November**, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

WDD is the world’s largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public and political spotlight.

We the Department of Community Medicine, KIMS&RC conducted a CME on November 14 2022. The theme for this year is “**education to protect tomorrow**”.

The program started with a welcome address by Dr. Prasan Norman This was followed by Dr. Thirunaaukarasu Professor & Head Dept. of Community Medicine who spoke in detail about Preventive Lifestyle in Diabetes. He spoke in detail about the types of DM, statistics, Risk factors, life style management and foot care.

It followed by Dr. Mahesh, J Reader, Department of Community Dentistry. He spoke about Diabetes and Oral Health-Myths and Facts. His talk was about the common oral Problems in diabetic patients. He stressed that Inter professional collaboration and integration of patient centered care will improve general health, wellbeing and quality of life among diabetes patient.

After a small break Dr. Sunitha M Professor, Department of Medical and Surgical nursing gave her talk about Nursing Perspectives: Prevention and Management of Diabetes Mellitus.

After lunch Dr. Prasan Norman spoke about Recent Initiatives under NPCDCS. He explained in detail about the recent joint venture of Tuberculosis and DM and about the mile stones of NPCDCS.

The highlights of the day were three



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1. Healthy Me Pledge- where all the participants took a pledge to have an active, sugar free life style
2. Students participated in an app “PACER” which could be downloaded from the google app store. All were encouraged to walk a minimum of 10,000 steps a day.
3. The smallest step at the right time, in the right direction, an open form discussion which was headed by Prof. Geetha, where the students actively participated.



Figure 1 Welcome address by Dr.Prasan Norman



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Figure 2: Dr. Thirunaaukarasu Prof & HOD of Community Medicine who spoke in detail about the Preventive Lifestyle in Diabetes



Figure 3 Dr. Mahesh, J Reader, Dept. of Community Dentistry, spoke about Diabetes & Oral Health-Myths and Facts



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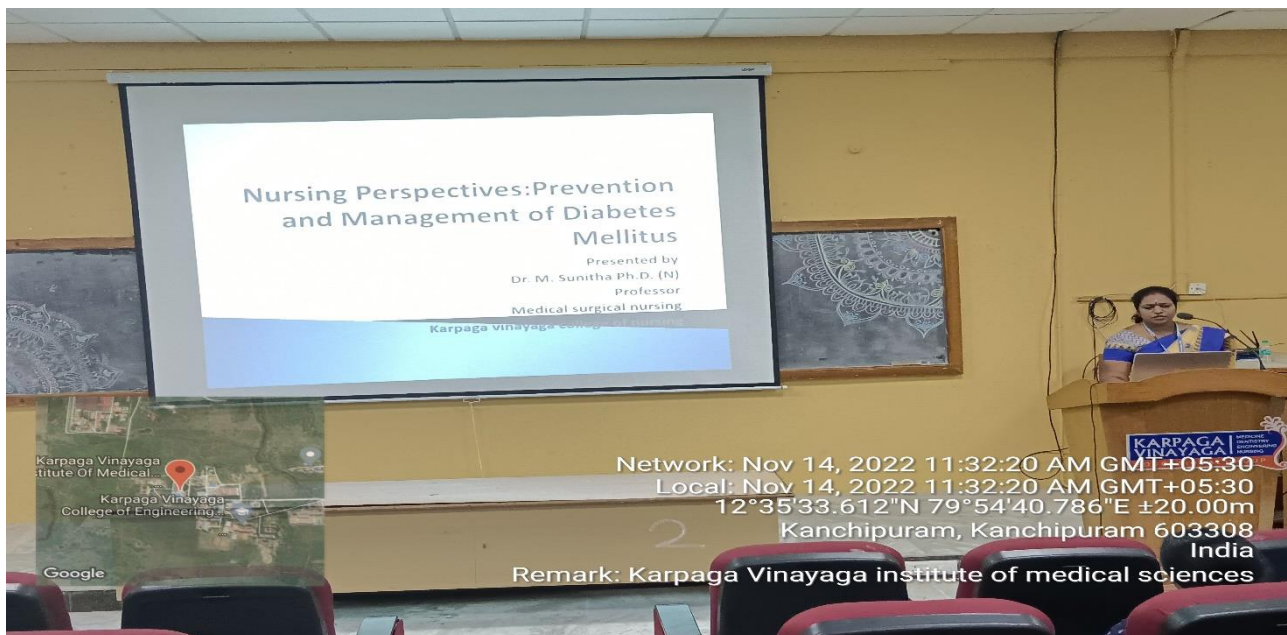


Figure 4 Dr. Sunitha M Professor, Department of Medical and Surgical nursing gave her talk about Nursing Perspectives: Prevention and Management of Diabetes Mellitus



Figure 5 Dr. Prasan Norman spoke about Recent Initiatives under NPCDCS. He explained in detail about the recent joint venture of Tuberculosis and DM and about the mile stones of NPCDCS

Figure 6 Healthy Me Pledge



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	All	Yesterday	steps
1		SRINATH R	19,120
2		Sandy Sandhiya	16,625
3		Joel	13,580
4		Namron	13,209
5		pooja	12,968
6		Thirunaaukarasu	11,040
7		Rajarajeshwari	10,764
8		R. Arthika	10,463
9		venu vaidesh	10,199
10		karthik.keyan	10,010

WORLD DIABETES DAY 2022

"EDUCATION TO
PROTECT
TOMORROW"

DEPARTMENT OF COMMUNITY MEDICINE

29-11-2022

FIT ON FEET
CHALLENGE-
KIMS&RC

10,000 STEPS PER DAY

Figure 7 PACER APP details

Sushwama
Principal
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