

Interdisciplinary Lecture on 'Diabetes Risk Reduction Awareness Programme'

Interdisciplinary lecture was held on 7.1.2020 at 10.00am in the smart classroom. Dr. Prof. Hema V.H. Principal, Faculty of Nursing, Dr.MGR Educational and Research Institute delivered a lecture on 'Diabetes Risk Reduction Awareness Programme'. The session was useful and informative throwing limelight on the following aspects.

- Types of Diabetes
- Pre-diabetes and diabetes
- Healthy food habits
- Regular exercises with short term and long term goals
- Evaluation of body mass index - BMI on nutritional status
- Evaluation scale on Indian Diabetes Risk Score (IDRS)
- The session on the whole was a useful preventive measure to lead a healthy life.



