## **Awareness on Diabetes**

Faculty of Education feels delighted to share the report of 'Awareness on Diabetes' jointly organized by LEO CLUB held on 07/01/2023 at 10:30 a.m. for both B.Ed. First and Second Year students. The Lion Amaji, Club President of Cosmopolitan Lions Club and Leo Lion Keerthi Manoj, District Leo Chair Person were shared about the importance of social service. The Resource Person, Dr.C.Senthil, Prof, Dept of Medicine, A.C.S. Medical College and Hospital, Vellappanchavadi highlighted about gut microbes, semi paleo diet, gestational diabetes, mellitus, and insulin. He even told about how to control the sugar intake, how to balance stress, sugar and BP. He also gave some ideas to control sugar by working out and having proper diet. The awareness about the diabetes was really informative, interactive and beneficial. To create the awareness about the healthy food habits, 'NAVADHANYA SUNDAL' also distributed by the students to the needy people.











