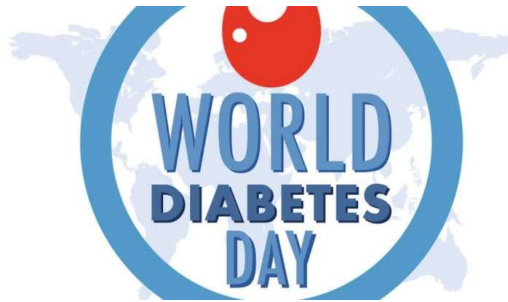


## World Diabetes Day



On 14-11-22 World Diabetes Day (WDD) was observed to create awareness about disease at Anganawadi Centre Raghunadhapalem. It was explained that emerging sedentary lifestyle leading cause for diabetes. Participants were told that life style changes and healthy dietary habits could prevent diabetes.

This year theme is access to Diabetes education which underpins larger multi year theme of "Access to care"

Pregnant women were explained about Gestational Diabetes Mellitus. Intake of balanced diet and fibre rich food was explained. It was explained Adoption of healthy life style and food habits to Antenatal and postnatal mothers. Nutrition and personal hygiene among under 5 children were taught.

Pregnant women, Lactating mothers, under 5 children and Anganawadi staffs participated in the programme. A total of 20 persons participated in the programme.

Programme was successfully organised and coordinated by Staffs and Interns of Rural Health and Training centre under the banner of Unnath Bharath Abhiyan, under the guidance of Dr.Nthesh Kumar,Proffessor ,UBA coordinator -Department of Community Medicine., Mamata medical College Khammam.





