

**DEPARTMENT OF COMMUNITY
MEDICINE**

**DIABETES AWARENESS
CLASS REPORT**

**SUBMITTED BY
INTERN 2019 & 2020 BATCH**



Date: 17th November 2025

Venue: Government Homoeopathic Medical College Hospital, Outpatient Department (OPD),

Topic: Diabetes Awareness

Occasion: World Diabetes Day Awareness Week (November 14th)

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Introduction:

As part of the observance of World Diabetes Day, an awareness class was conducted on 17th of November 2025 at the OPD of Government Homoeopathic Medical College Hospital, organized by Department of Community Medicine. The objective of the program was to educate and sensitize the patients visiting the OPD about Diabetes Mellitus, its causes, symptoms, complications, and preventive measures and homoeopathic management.



Details of the Program:

- **Speaker:** The class was delivered by Interns with the support of our college authorities and from the combined effort of community medicine department.
- **Audience:** The session was attended by many patients and bystanders present at the OPD and IPD.
- **Medium of Instruction:** To ensure effective communication and better understanding among the public, the slides and explanations were prepared and presented in Malayalam, our mother tongue.

- **Topics Covered:**

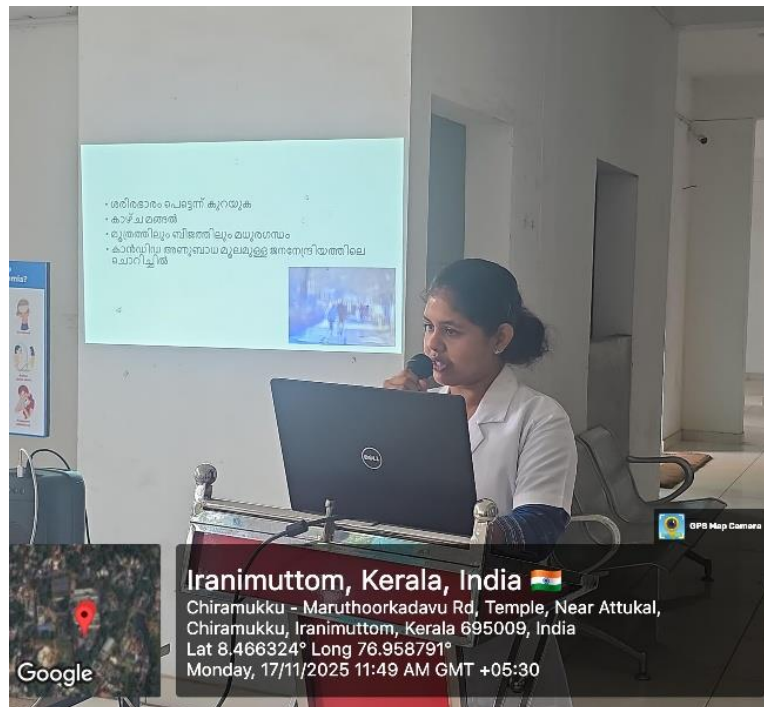
- ❖ Introduction to Diabetes Mellitus, its Incidence and Prevalence
- ❖ Clinical Features of Diabetes Mellitus
- ❖ Diabetic Nephropathy and Diabetic Retinopathy
- ❖ Diabetic Neuropathy
- ❖ Prevention and Management of Diabetes Mellitus
- ❖ Lifestyle and Dietary Management of Diabetes Mellitus

❖ Introduction to Diabetes Mellitus, its Incidence and Prevalence by Dr. Prajitha A P



- Diabetes mellitus is a major global health concern with rising incidence, as new cases continue to increase each year due to factors such as obesity, sedentary lifestyles, and aging populations.
- Its prevalence is also growing rapidly, with hundreds of millions of people worldwide currently living with the condition.
- This upward trend highlights the urgent need for preventive strategies, early detection, and improved management to reduce complications and healthcare burden.

❖ Clinical Features of Diabetes Mellitus by Dr. Athira Vaishnavi



The Classic Symptoms Include:

- Polyuria
- Polydipsia
- Polyphagia
- Unexplained weight loss
- Fatigue or tiredness
- Blurred vision
- Numbness or tingling
- Slow-healing sores
- Frequent infections
- Dry skin
- Diabetic Ketoacidosis (DKA)
- Coma

❖ Diabetic Nephropathy and Diabetic Retinopathy by Dr. Roshna J S



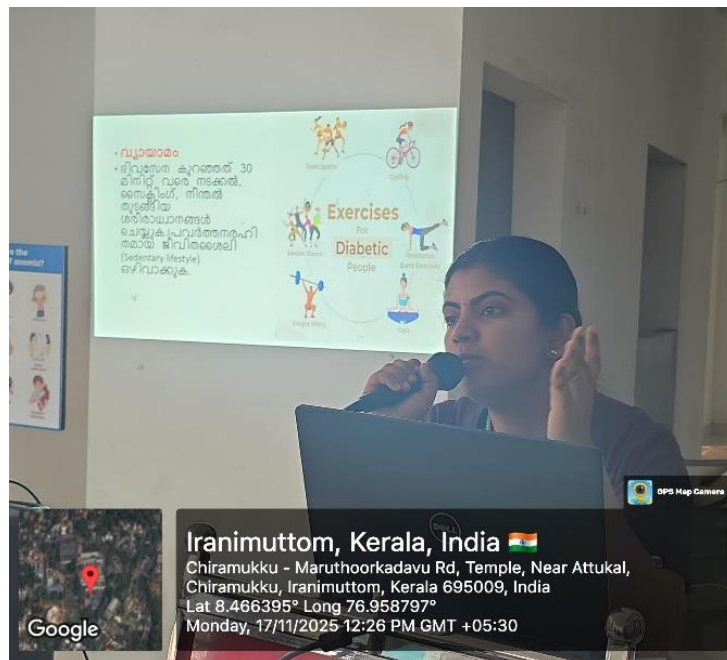
- Diabetic nephropathy is kidney damage caused by chronic high blood glucose, leading to protein loss in urine and progressive decline in kidney function.
- It can eventually result in chronic kidney disease and may require dialysis or kidney transplant if untreated.
- Diabetic retinopathy is eye damage caused by diabetes-related injury to the small blood vessels in the retina.
- It can progress from mild non-proliferative changes to severe proliferative retinopathy with bleeding and retinal detachment.
- Both conditions are major microvascular complications of diabetes and are preventable or slowed by good glycemic, blood pressure, and lipid control.

❖ Diabetic Neuropathy by Dr. Sandra K S



- Diabetic neuropathy occurs due to long-term high blood sugar, causing nerve damage that leads to pain, numbness, and reduced sensation, especially in the feet.
- Diabetes also increases the risk of heart disease and stroke by damaging blood vessels and accelerating atherosclerosis.
- Effective control of blood sugar, blood pressure, and cholesterol helps prevent these complications.

❖ Prevention and Management of Diabetes Mellitus by Dr. Sreelekshmi A



Diabetes mellitus can be prevented by following a healthy lifestyle

- Healthy diet
- Regular exercise
- Avoiding obesity
- Regular health check ups

Diabetes mellitus can be managed by

- Educational support
- Following healthy diet
- Exercise
- Drug therapy

❖ Lifestyle and Dietary Management of Diabetes Mellitus by Dr.Fahma



- A well planned diabetes diet focuses on balanced nutrition, portion control, and the selection of foods with a low glycemic index.
- A diabetes friendly diet includes whole grains, legumes, vegetables, lean proteins, nuts, and seeds.
- Patients are encouraged to limit refined carbohydrates, sugary drinks, white rice, bakery items, and high fat fried foods, as they can cause rapid spikes in blood sugar.
- Meal timing and portion control are equally important. Eating small, frequent meals helps prevent sudden glucose fluctuations.
- Incorporating healthy fats such as olive oil, flaxseed, and nuts supports heart health.

Interactive Session:

After the presentation, a doubt-clearing session was held where patients were encouraged to ask questions and clarify their doubts regarding diabetes. The session saw active participation and genuine interest from the attendees.



Feedback:

The program received overwhelmingly positive feedback from both the patients and the college faculty. Many patients expressed their appreciation for conducting the session in a simple and understandable manner. The college authorities also acknowledged the importance of such initiatives in spreading awareness about chronic lifestyle diseases.



Conclusion:

The awareness class served as an informative and engaging initiative, fulfilling its aim of educating the public about diabetes in an approachable and comprehensible format. Such health education programs are essential in building a healthier society, and it is encouraged that more such initiatives be conducted in the future.

