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## Department of Biochemistry

*World Diabetic Day celebration*  
*Extension activity at Community Health Centre, Bellur.*  
*19<sup>th</sup> November 2018*

### Summary

An extension activity to mark the celebration of world Diabetic Day was organized by the Dept. of Biochemistry in collaboration with Dept. of Medicine and Dept. of Community medicine at Community Health Centre, Bellur on 19<sup>th</sup> November 2018 for Diabetic patients.

Faculty and staff from the department of Biochemistry, Dr. Sheethal M, Asst. Prof, Dept. of Community Medicine Dr. Raghavendra S K, Asst. Professor, Dept. of Community Medicine & Medical officer, CHC, Bellur, Dr. Vinod Gowda H K, Senior Resident, Dept. of Medicine, Mr. Shivakumar YS and Mr. Dharmendra YP, Public Relation Officer, AH&RC were the coordinators of the programme.

A health check-up by faculties and interns from department of medicine and community medicine was done which included anthropometric measurements, blood investigations, ECG and clinical examination for diabetic patients.

A short inaugural function was organized and coordinated by Dr. Rajeshwari A, Assoc. Prof. Dept. of Biochemistry, Dr. Chikkanna D, Assoc. Prof. Dept. of Biochemistry, Mrs. Rafiya Begum, Tutor, Dept. of Biochemistry. Dr. Shilpashree Y D, Assistant Professor was the moderator of the Programme.

Dr. MG Shivaramu, Principal, AIMS, representative from Grama Panchayat and Zilla Panchayat, Dr. Aliya Nusrath, Prof and HOD, Dept. of Biochemistry Dr. Basavaraju MI, Prof and Head, Department of Com. Medicine Dr Shashikantha Bhat, Prof and I/C Head, Department of Medicine and Dr. Somshekhar , Administerative officer, CHC, Bellur were the dignitaries. Welcome address was rendered by Mr Somashekar G N Assistant Professor, Dept. of Biochemistry. The programme was inaugurated by lighting the lamp by the dignitaries. Dr. MG Shivaramu, Principal, AIMS addressed the gathering and shared his thought regarding importance of adopting healthy eating and life style.

The inaugural function was followed by educational session on “*diabetic diet, life style modifications among diabetic patients and self-care in management of diabetes mellitus*” delivered by **Dr. Sheethal M**, Asst. Prof, Dept. of Community Medicine, **Dr Namitha D**, Asst. Prof, Dept. of Biochemistry **and Dr. Asha Rani N**, Assoc. Prof., Dept. of Biochemistry, AIMS.

All the sessions included active participation from patients and the speakers clarified all the myths and doubts of the diabetic patients.



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