

The Diabetes Prevention week celebrations at HIMSR

Intensive Diabetes Prevention Fortnight Initiated at Hamdard Institute of Medical Sciences and Research , Jamia Hamdard with great Fervour and Gaiety

HIMSR started its two week Diabetes Prevention week by organizing a mammoth walk originating from HIMSR entrance gate moving on to main MB Road in South East Delhi around Jamia Hamdard boundry wall today the 13th November at 9 AM in which not only young medical students but its senior faculty and Vice -Chancellor Dr G N Qazi , Registrar Dr F A wani , Dean also took part . Students were carrying placards showing emphatic message about signs and symptoms of diabetes and easy ways of prevention .Most encouraging part was the participation of young girl students raising slogans about dangers of diabetes on heart ,eyes ,kidney and on nerves . The walk ended at HIMSR. This was followed by a talk in afternoon on ' Healthy life style in Diabetes ' by renowned diabetologist Prof. SV Madhu , HOD Medicine and Endocrinology , UCMS and GTB Hospital and former President of RSSDI .Prof Madhu emphasised on the adopting healthy life style right from the early adulthood to avert the pandemic of diabetes engulfing entire India because of its genetic propensity and unhealthy life style . He also mentioned the ongoing clinical trial of preventing diabetes by adopting healthy life style and use of fenugreek and yoga. Prof. S Dwivedi , Dean and Prof. of Medicine and Preventive Cardiology narrated how Sushruta , 500 BC surgeon not only gave an appropriate description of diabetes and also the method to avert this avoidable catastrophe. He also dealt at length the interlink between cardiovascular diseases and diabetes - the concept of diabetes a coronary equivalent. Role of some of the medicinal plants which have beneficial effects on diabetes were also discussed . Notable among them are : Aegle marmelos (Bael) , Azadirachta indica (Neem) , Catharanthus roseus (Sadabahar) , Linum usitatissimum (Flax seeds) , Eugenia jambolana (Black Plum) , Trigonella foenum graecum (Fenu greek) . Registrar Dr Wani thanks Prof. Madhu at the end of his interesting lecture . Prof. Bhawani Singh HOD Medicine and Chief Organizer of the program presented vote of thanks at the end.

Beside above two programs Institute also carried out Health Camp at Madanpur Khadar Village focusing on early detection of diabetes in village population . . HIMSR plans for another Health Check Up camp at Jamia Millia Islamia campus on 14th early morning to create awareness among its residents and staff. It is felt that area of Delhi harbors maximum number of diabetic cases. This camp may shed some light on this assumption. Besides these activities Jamia Hamdard has decided to intensively do screening of all patients attending its Associated HAH Centenary Hospital for next two weeks free of charge . This will prove to be its humble contribution to national endeavor of meeting the grave challenge posed by diabetes in the present decade.











