

## SCHOOL OF PHARMACY

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### REPORT ON

### WORLD DIABETES DAY -2023

**Introduction:** World Diabetes Day is observed on 14<sup>th</sup> November every year to raise awareness about diabetes and promote better diabetes management. The theme for this year is "Access to Diabetes Care," focusing on improving access to healthcare services and resources for individuals with diabetes. The program was organised by NNRG on 14.11.2023 at 2.30PM in School of Pharmacy seminar hall.

Dr. Krishna Mohan Chinnala, Certified National Diabetic Educator and Dr. G. Janagardhana Raju, Certified Yoga Trainer of Ministry of AYUSH acted as resource persons and created awareness on diabetes and role of yoga in controlling the diabetes.

**Keynote Address:** Dr. Krishna Mohan Chinnala, an esteemed expert in the field of diabetes care, delivered an insightful keynote address. He emphasized the importance of accessibility to diabetes care for all individuals, irrespective of their socio-economic background. Dr. Chinnala highlighted the challenges faced by people in accessing diabetes care and the need for collaborative efforts from healthcare professionals, policymakers, and the community to address these issues.

#### **Key Points Addressed:**

*Holistic Diabetes Care:* Dr. Chinnala stressed the importance of holistic diabetes care, including regular check-ups, medication adherence, and lifestyle modifications.

*Community Engagement:* He emphasized the role of Pharmacist in community engagement programs in spreading awareness and providing support to those living with diabetes.

*Technological Interventions:* Dr. Chinnala discussed the role of technology in diabetes management, such as mobile apps and wearable devices, to enhance accessibility to care.

**Presentation on Role of Yoga:** Dr. G. Janagardhana Raju, a certified yoga trainer under the Ministry of AYUSH, shared valuable insights into the role of yoga in managing diabetes. His presentation highlighted the positive impact of yoga on blood sugar control, stress reduction, and overall well-being.

#### **Key Points Addressed:**

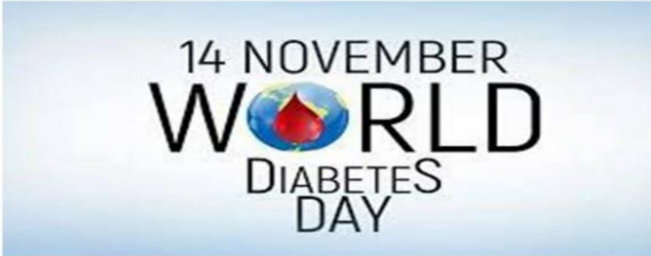
*Yoga for Diabetes Control:* Dr. Raju elaborated on specific yoga asanas (postures) and pranayama (breathing exercises) that have been proven to be beneficial for individuals with diabetes.

*Mind-Body Connection:* He emphasized the importance of the mind-body connection in diabetes management, citing the stress-reducing benefits of yoga.

*Inclusive Approach:* Dr. Raju encouraged an inclusive approach, making yoga accessible to individuals of all ages and physical abilities.

**Conclusion:** The World Diabetes Day event was a success, shedding light on the theme "Access to Diabetes Care." The informative sessions by Dr. Krishna Mohan Chinnala and Dr. G. Janagardhana Raju provided a comprehensive understanding of diabetes care and the role of yoga in maintaining optimal health. The event concluded with a call to action for increased awareness, collaboration, and accessibility to diabetes care globally.

## SCHOOL OF PHARMACY



Theme: "Access to Diabetic care"

**Dr. KRISHNA MOHAN CHINNALA**

M.Pharm., Ph.D., M.Sc (Psychology)

Certified National Diabetes Educator



### ROLE OF YOGA IN KEEPING DIABETES UNDER CONTROL



**Dr.G.JANARDHANA RAJU**

Certified YOGA Trainer,  
Ministry of AYUSH.



Faculty, Staff and Students of B.Pharmacy I year (90) have participated in the program

  
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