



WORLD DIABETIC DAY-2025 REPORT

Date: 14.11.2025

Number of beneficiaries: 41 (diabetic and non-diabetic community members)

The Department of Medical-Surgical Nursing at Narayana College of Nursing organized a World Diabetes Day Awareness Programme on November 14th from 9 am to 12 pm in Kakatur, Nellore, following the global theme "Diabetes and Well-Being." The event focused on promoting healthy lifestyles, nutritional awareness, and early intervention to improve the well-being of individuals living with diabetes.

Mrs. A. Latha, HOD, who emphasized the rising prevalence of diabetes and the crucial role of nurses in prevention and community education, inaugurated the programme. Mrs. I. BhanuSree, Assistant Professor, along with Mrs. Rukmini and Ms. NssiMoulika, Tutors, coordinated the event and guided students throughout the activities. A highlight of the event was a Food Exhibition, where IV Semester B.Sc. Nursing students showcased diabetic-friendly foods, including millet-based dishes, fiber-rich meals, natural sweetener desserts, and balanced diet plates. Informative charts displayed practical guidelines for diabetes management, such as choosing whole grains, consuming high-fiber vegetables, staying hydrated, exercising regularly, monitoring blood sugar, and practicing portion control, while discouraging sugary drinks, processed foods, fried items, excess salt, and skipping meals.

Students engaged with participants, explaining the glycemic index, benefits of physical activity, and importance of early screening. Awareness talks and visual demonstrations covered diabetes types, risk factors, complications, and preventive strategies, creating an interactive and educational experience.

The programme successfully enhanced community understanding of healthy dietary practices and lifestyle modifications, receiving positive feedback and reinforcing Narayana College of Nursing's commitment to promoting health and well-being through meaningful awareness initiatives.



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Fig. 1: Mrs. I. BhanuSree, Assistant Professor, explaining diabetic-friendly diets to participants.



Fig no: 2 Food exhibition showcasing diabetic-friendly meals for participants.

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