

**GOKHALE CENTENARY COLLEGE,
ANKOLA (U.K)**

**Youth Red Cross, Department of Physical Education and Sports in
association with**

Primary Health Care Center Belse, Ankola

OBSERVED THE WORLD DIABETES DAY ON THE 16TH OF NOVEMBER 2021

**REPORT OF WORLD DIABETES DAY
(MEDICAL CHECK UP)**

16TH November 2021

A BRIEF REPORT

WORKSHOP ON WORLD DIABETES DAY

Fit India Movement is a nation-wide movement an initiative launched by [Prime Minister of India](#) in [India](#) to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

Globally, an estimated 422 million adults were living with diabetes in 2014, compared to 108 million in 1980. The global prevalence of diabetes has nearly doubled since 1980, rising from 4.7% to 8.5% in the adult population. This reflects an increase in associated risk factors such as being overweight or obese. Over the past decade, diabetes prevalence has risen faster in low and middle-income countries than in high-income countries.

Diabetes is a major cause of blindness, kidney failure, heart attack, stroke and lower limb amputation. Healthy diet, physical activity and avoiding tobacco use can prevent or delay type 2 diabetes. In addition diabetes can be treated and its consequences avoided or delayed with medication, regular screening and treatment for complications.

According to one 2021 review [Trusted Source](#), people who live in cities and metropolitan areas in India are more likely to develop diabetes than ever before. This is due, in part, to cities promoting a lifestyle that can increase a person's body mass index (BMI). Having a higher BMI is a diabetes risk factor. [In India, more than 77 million adults](#)[TrustedSource](#) are living with diabetes. Researchers predict that this will increase to 134 million by 2045.

Overall, females have a higher risk of developing diabetes than males, but as both groups get older, this risk decreases.

Although diabetes figures are high, researchers estimate that 57% of cases remain undiagnosed. This is particularly concerning, as the risk of serious complications increases when people do not take medication to control their blood sugar.

Rural areas in India are also experiencing a surge [Trusted Source](#) in type 2 diabetes cases, but more studies are necessary to fully understand how and why this is happening.

Taking this surge in this Hypokinetic Disorder the Department of Physical Education, Youth Red Cross in association with Primary Health care center, BelseAnkola, planned to have a talk on Diabetes (Prevention, Cure) and also have a Sugar check and Blood Pressure check up

done for the Teaching and Non teaching staff of both the Degree, PU college and parents of our college students.

On the 16th of November 2021, the workshop was formally inaugurated by lighting the traditional lamp. Shri.K.V.Shetti Trustee and Secretary of Kanara Welfare Trust was the Chief guest of the function. He spoke on the present Lifestyle and related diseases and how Fitness and physical activity can play an important role in alleviating these health issues. Dr. B.V.Shettigar Principal of the College addressed the gathering. He informed the audience about the purpose of this workshop and advised the everyone to make the best use of the opportunity to get a check up done and know about their health in general.

Dr. Ashwin.R Physical Education Director and Organizer of the function rendered the vote of thanks for the inaugural session.

Around 108 members including staff and parents participated in the talk and got their check up done.

A random check up of Blood Sugar Level and Blood Pressure check was done for all the participants. Participants who showed a higher range than permissible were advised and counselled by the doctors for further treatment.



Dr. Ashwin.R