

Press Release

IIM Jammu holds an Interactive Awareness Session on the prevention and treatment of diabetes to commemorate the World Diabetes Day

14th Nov 2022 Jammu: Indian Institute of Management (IIM) Jammu held an interactive awareness session on the prevention and treatment of diabetes to commemorate World Diabetes Day. World Diabetes Day is celebrated every year on 14th November and this day marks the birthday of Fredrick Banting who along with Charles Best and John Macleods discovered Insulin in 1922. This year thus also marks 100 years of the discovery of Insulin.

The Theme for World Diabetes Day 2022 is "*Access to Diabetes Care*" and this year the focus is on access to diabetes education, the slogan for this year is "*Education to protect tomorrow*". The session was conducted by Dr Taranpreet Kaur, Assistant Professor, Dept. of General Medicine from AIIMS Jammu. Prof. Jabir Ali, Dean Academics presided over the session.

Speaking on the occasion, Prof. Jabir Ali, Dean Academics, IIM Jammu welcomed Dr. Taranpreet Kaur, Asst. Professor, Dept. of General Medicine, AIIMS Jammu on behalf of the Institute. He mentioned that owing to unhealthy lifestyle practices, there are widespread of diseases in today's world. He urged everyone present on the occasion to practice a healthy lifestyle which will lead to better productivity and optimum output.

Dr. Taranpreet Kaur, Asst. Professor, Deptt of General Medicine from AIIMS Jammu sensitized the faculty, staff, and students on the various ways to prevent Diabetes. She also mentioned the various ways to control diabetes and gave meaningful tips for healthy practices for leading a healthy life. Lastly, she urged everyone to think before they eat, be active, the inclusion of exercise in the routine, and adherence to treatment. She ended her session with a quote by Lord Buddha, which says, "*Every Human being is the author of his own health or disease.*"

The session ended on a positive note with a commitment from everyone to practice a healthy lifestyle for leading a healthy life. The session was attended in large nos. by the faculty, officers, staff and students of IIM Jammu.

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Glimpses from the IIM Jammu Interactive Awareness Session on the prevention and treatment of diabetes on the eve of World Diabetes Day

