



Smt. Saroj R. Dhumane
Founder Chairman

Kalpataru Samajseva Mitra Mandal's
**DHANVANTARI HOMOEOPATHIC MEDICAL COLLEGE
AND HOSPITAL & RESEARCH CENTRE**

Recognised by – Govt. of Maharashtra & NCH, New Delhi
Affiliated to – Maharashtra University of Health Sciences, Nashik
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Address: Dhanvantari Campus, Kamatwade, Cidco, Nashik - 422008 ☎ 0253-2377103, 2393748

Ref No.:- DHMC/2024/ 8380

Date:- 05/08/2024

To,
The Director,
Student Welfare department ,
Maharashtra University of Health Sciences ,Nashik

Subject—Regarding activity taken for social awareness about Diabetes Mellitus in the community.

Respected sir,

As per suggestions given by Student Welfare department of MUHS, NSS department of every college has to perform various social activities. So, as per instruction given by Student Welfare department of MUHS, NSS department of DHMC organised an activity regarding social awareness about Diabetes Mellitus.

Objective of activity –To create social awareness about Diabetes Mellitus

Activity— NSS students of 3rd year from Dhanavantari Homoeopathic Medical College And Hospital & Research Centre, Nashik divided themselves into small groups. Each group was given a particular area for creating social awareness about Diabetes Mellitus. Students told citizens about concept of Diabetes Mellitus, causes, risk factors of Diabetes Mellitus & symptoms of Diabetes Mellitus. Students further explained about diet & regimen to control Diabetes Mellitus. All the citizens listened the information given by students with great interest.

Students were guided by Dr. Abhishek Pagare sir. He gave full guidance to students regarding social awareness about Diabetes Mellitus.

Throughout this activity students were enthusiastic.

BENEFITS OF SOCIAL AWARENESS ABOUT DIABETUS MELLITUS----

- 1] Social awareness about Diabetes Mellitus helps in early detection of Diabetes Mellitus.
- 2] Social awareness about Diabetes Mellitus will help to reduce the risk of neurological complications.
- 3] Social awareness about Diabetes Mellitus will reduce the risk of renal complications.
- 4] Social awareness about Diabetes Mellitus will reduce the risk of early cataract.
- 5] People will also become aware that checking blood glucose regularly can help them to control Diabetes Mellitus.
- 6] People will get knowledge about what are symptoms of Diabetes Mellitus & hypoglycaemia.
- 7] People will get knowledge about diet & regimen to control Diabetes Mellitus.



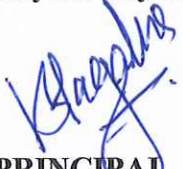
HOW TO PREVENT DIABETUS MELLITUS?---

- 1] Losing extra weight reduces the risk of Diabetes Mellitus.
- 2] Avoid eating fatty foods.
- 3] Sleep on regular time.
- 4] Sleep adequately.
- 5] Do not drink alcoholic drinks.
- 6] Take your breakfast,lunch & dinner on regular time.
- 7] Choose high fibrous diet.
- 8] Learn stress management techniques like moderate exercise, Yoga & meditation.
- 9] Avoid eating polished rice,potato,sweet potato & wheat.
- 10] Add bajare ki roti or jawar ki roti regularly in your diet.
- 11] Eat fruits like jamun,papaya,guava,orange,green apple ,grapes in your day to day life.


NSS PROGRAMME OFFICER
DR. ABHISHEK PAGARE


ASSISTANT PROGRAMME OFFICER
DR. VAIBHAV MAHAJAN




PRINCIPAL
DR. UMESH NAGARKAR
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik



GPS Map Camera



Nashik, Maharashtra, India
Sidhi Plaza, Near Dhanvantri College, Kamatwade Gaon, Nashik, Maharashtra 422007, India
Lat 19.97794°
Long 73.75038°
01/08/24 01:55 PM GMT +05:30



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Devavrat Apartment, Trimurti-Kamatwade Rd, Near Dhanvantri College, Kamatwade Gaon, Nashik, Maharashtra 422007, India
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Long 73.750412°
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Devavrat Apartment, Trimurti-Kamatwade Rd, Near Dhanvantri College, Kamatwade Gaon, Nashik, Maharashtra 422007, India

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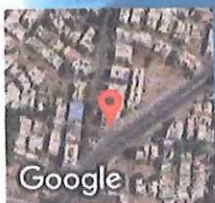
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Nashik, Maharashtra, India
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ASSISTANT PROGRAMME OFFICER
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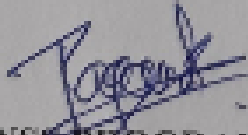

PRINCIPAL
DR. UMESH NAGARKAR
PRINCIPAL
Dhanvantari Homoeopathic Medical College
and Hospital & Research Centre,
Nashik

- Following Students were present during this activity.

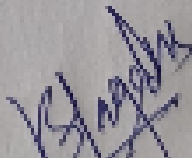
IIRD YEAR BHMS NSS VOLNTEERS

SR. NO	NAME OF GIRLS	PRESENT/ABSEN
1.	BANJARA ROSHNI RANJIT	PRESENT
2.	LAD VAISHNAVI CHANDRAKANT	PRESENT
3.	KOLHE KOMAL NARAYAN	PRESENT
4.	KHARCHE ANAGHA MAHESH	PRESENT
5.	MADANE DHANSHREE NARAYAN	PRESENT
6.	DONGARE PRERNA PANDHARINATH	PRESENT
7.	JAIN ACHAL RAJU	PRESENT
8.	PATIL ANUSHKA KIRAN	PRESENT
9.	SURYAWANSHI RAJASHIRI NARSINHA	PRESENT
10.	GAIKWAD NIKITA SUBHASH	PRESENT
11.	BHOSALE RUTUJA BHASKAR	PRESENT
12.	GOYAL RITIKA MAHENDRA	PRESENT
13.	SALUNKHE MANSI ANIL	PRESENT
14.	GUPTA SIMRAN JAY	PRESENT
15.	JAIWAR AKANKSHA BHANUPRATAP	PRESENT

SR. NO	NAME OF BOYS	PRESENT/ABSEN
1.	BHOSALE ATHARVA DHANAJI	PRESENT
2.	MANSURI MOHIN HABIB	PRESENT
3.	PATIL KUNAL JAGTRAO	PRESENT
4.	MOMIN MOHAMED IBRAHIM JALEEL AHMED	PRESENT
5.	BORGE TEJAS SANTOSHI	PRESENT
6.	SALUNKE AVINASH KESHAV	PRESENT
7.	JAGTAP GAURAV RAMESH	PRESENT
8.	VASAVE DARSHAN MILIND	PRESENT
9.	WAGH AJAY RAJESH	PRESENT
10.	JADHAV KAMLESH YASHIWANT	PRESENT


NSS PROGRAM OFFICER
 Dr. Abhishek Pagare




PRINCIPAL
 Dr. UMESH NAGARKAR
PRINCIPAL
 Dhanvantari Homoeopathic Medical Coll
 and Hospital & Research Centre,
 Nashik