



Shrimad Rajchandra College of Physiotherapy



World Diabetes Day

On **14th November 2024**, the Shrimad Rajchandra College of Physiotherapy organized an engaging program to commemorate **World Diabetes Day** with the 60 first-semester students of the Bachelor of Physiotherapy (BPT) coordinated by Dr. Snehal Patel and Dr. Riddhi Matolia. Dr. Riddhi Matolia delivered an informative and interactive talk on diabetes, its associated risks, management, and prevention. She began by explaining the **basic concepts of diabetes**, including the **risk factors**, such as sedentary lifestyle, poor diet, obesity, genetic predisposition, and age. The session further highlighted the **treatment options** available, emphasizing the role of proper medication, blood sugar monitoring, and adopting a healthy lifestyle. She also stressed the importance of **creating awareness about diabetes** to prevent complications and improve the quality of life for those affected by the condition. One of the key aspects of the talk was the **role of exercise in managing diabetes**, how regular physical activity enhances insulin sensitivity, helps regulate blood sugar levels, and contributes to overall health. The program served as an excellent opportunity to raise awareness about diabetes and highlight the role of physiotherapists in promoting a healthy lifestyle.



