

DIABETES AWARENESS PROGRAMME

26th JUNE 2025

A **Type 2 Diabetes Awareness Programme** was conducted at the school on **26th June 2025** in two sessions. The first session was held during the morning assembly for classes VI to VIII, while the second session was organised in the school auditorium for classes IX and X.

The sessions were conducted by **Dr. Sr. Alphy Thaikkadan**, an Internal Medicine Physician at Military Hospital, Jabalpur. She was warmly welcomed by the Principal, Rev. Fr. S Arockiya Raja.

In the first session, Dr. Sr. Alphy briefed the students on the harmful effects of excessive intake of sugary products. She explained in detail the difference between junk food and healthy food, what happens when sugar levels in the body rise, and the long-term consequences of diabetes. The students were guided on practical steps to prevent and control diabetes, including adopting a balanced diet and regular exercise. She also highlighted the importance of caring for family members who may be living with diabetes.

During the second session, Dr. Sr. Alphy focused on the impact of blood sugar levels on different organs of the body and how Type 2 diabetes can cause serious complications if not managed properly. She strongly emphasised the importance of never skipping breakfast and maintaining healthy eating habits as key steps towards preventing diabetes.

The sessions were highly informative and helped raise awareness among students about leading a healthy lifestyle and supporting others in managing diabetes effectively. At the end of the programme, the Principal appreciated Dr. Sr. Alphy for her valuable guidance and encouraged students to implement the learnings in their daily lives. She further urged all to develop healthy habits from a young age to build a strong foundation for a healthy future.

Rev. Fr. S. Arockiya Raja
Principal

Shiny Joseph
CBSE Coordinator