School of Science
Department of Pharmacy
Health Awareness Meet (HAM) – 4
Topic: Diabetes
Pills or Prevention?

On 29 December the fourth HAM meet kicked off in department of pharmacy with a new topic of discussion on Diabetes Mellitus (DM). Prof B S Rao heartily welcomed all participants with his opening remarks on session goals. He said most of our health problems could be generally attributed to the following:

1. Greedy for junk food or more food than what is required
2. Laziness and physical inactivity
3. Neglect for ones health

The following presentations were made to highlight the above problems, solutions or consequences that may be followed.

Mrs Rajani shakya made a brief presentation on the ways of preventing/delaying the DM where she described the nature of disease and stressed the role of diet and exercise in its prevention. Miss Milli Joshi presented on the aspects of medications on the effective control of DM. She stressed that one must take Medication When exercise and diet do not control diabetics.

The discussion was initiated with the opinions expressed By Prof. Bedi, Medical Specialist from Dhulikhel Hospital. According to him, patients should be given proper instructions for the method of using insulin plus their dietary habit should be adequately counseled. The fact that people are habituated in eating tastier foods with lots of fat is a matter of concern and therefore should be dealt appropriately by providing awareness on the role of diet in the prevention of DM.

Dr Rajendra Koju concurred with the viewpoints of Dr Bedi and further expressed his concern over the chances of increase in the occurrence of DM in the young adults in the future. The consumption of junk foods is high among them, which could be one of the factors on the early occurrence of DM in this age group.

Prof S R Kafle appreciated the significant impact of this type of health meet can have in bringing awareness and changing the overall mentality of people in their perspectives on the need of prevention of this type of chronic disease. He advised to continue this type of awareness meet regularly. Dr Panna Thapa has shared his viewpoint.

Prof.Rao concluded that one should know the art of living. Life is some thing like living with diabetes but one should know how to live with it --with out medication (Diet & Exercise) or including taking medication when essential.

HAM – 5 (1) will be conducted on 31st Jan 2006 on complimentary and Alternative therapies for Diabetes. Session concluded with thanks to all participants.