



Date:- 22-11-23

EVENT REPORT

Title of the Event: Webinar on “Living with Diabetes”

Name of the Institute: **Wellness Club of Amity University Kolkata**

Organized by the Department: Wellness Club of Amity University Kolkata

Name of the Faculty Coordinator: Prof. Bijoya Mukherjee

Venue: MS Teams

Brief details of the event:

To mark World Diabetes Day, conducting a webinar on "Living with Diabetes" holds immense importance in providing valuable insights and practical knowledge to individuals affected by this condition. An important project took place on the lively grounds of Amity University Campus, Newtown, Kolkata. World Diabetes Day is observed globally on November 14th each year. It was created in 1991 by the International Diabetes Federation (IDF) in collaboration with the World Health Organization (WHO) to raise awareness about diabetes, its impact on individuals and society, and the importance of diabetes prevention and management. 55 participants attended the session. Prof. Bijoya Mukherjee, Professor in charge of Wellness Club, started the session by greeting the eminent speaker and other participants. The eminent speaker Ms. Sheryl Salis, (RD, MDHA, CDE, CP) is Founder Director of Nutrture Health Solutions, and recipient of Allan Drash Clinical Fellowship 2021 by ISPAD (International Society for Paediatric and Adolescent Diabetes). She explained the present situation of Diabetes in world and how to tackle day to day activities by adhering to diet and life style while living with diabetes. The World Diabetes Day serves as a platform to spread awareness about diabetes, its risk factors, symptoms, and complications, aiming to educate individuals, communities, and healthcare professionals. It promotes advocacy efforts for better healthcare policies, access to essential medications, affordable treatment, and improved resources for diabetes care and management. Many individuals lack comprehensive information about diabetes. This webinar serves as a platform to educate participants about the condition, its types, symptoms, management, and the latest advancements in treatments. Understanding diabetes empowers individuals to take control of their health. The webinar conducted will provide insights into how lifestyle modifications, medications, and proper management techniques can help in effectively controlling blood sugar levels. Webinars foster a sense of community among participants. Sharing experiences and insights can provide emotional support, motivation, and encouragement in dealing with the challenges associated with diabetes.



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Figure 1: The Poster of the event



**AMITY
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**Our Eminent
Speaker**



Ms. SHERYL SALIS
RD, MDHA, CDE, CP
Founder & Director
Nutrture Health Solutions

14 November 2022



**WORLD
DIABETES
DAY**

**Protect Family
From Diabetes**

**Wellness Club of
Amity University Kolkata
invites you to webinar**

"Living with Diabetes"

On 22nd Nov. 2023

to mark

World Diabetes Day

Time : 3.35 PM - 4.30 PM

Platform MS Teams

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WELLNESS CLUB



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Meeting in "General"

01:15:27

Pop out Chat People 51 Raise React View Apps More Camera Mic Share Leave

Culinary Science

Promote healthy eating behavior and improve adherence to medical nutrition therapy.

By

- Right Messaging about food- remove fear of food
- Bring back the joy of eating and living with diabetes
- Focusing on Quality and Quantity
- Reinforcing Indian traditional dietary practices
- Demonstrating healthy recipes using healthy ingredients and healthy cooking methods

Sheryl Salis, RD,CDE, CISSN, ND, MDHA,CPT
Nurture Health Solutions

salsifernz (Guest)

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16:06 22-11-2023

Figure 2: The ongoing online session



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Figure 3: The ongoing online session

