

## Awareness Class on Lifestyle Diseases

**Programme Title:** NSS Special Camping Programme - Medical Checkup Camp

**Venue:** Seethi Sahib Memorial High School, Azhikode

**Organized By:** NSS Units 53 & 95, MES Asmabi College, in collaboration with IMA Kodungallur

**Date:** 25th December 2024

**Time:** 10:00 AM to 11:00 AM

As part of the NSS Special Camping Programme, an awareness class on **lifestyle diseases** was conducted during the Medical Checkup Camp at Seethi Sahib Memorial High School, Azhikode. The session targeted NSS volunteers and elderly residents from the surrounding community, aiming to provide essential knowledge on preventing and managing lifestyle-related ailments.

### Details of the Session

- **Resource Persons:**

- **Dr. Nadeera Banu Salim** (Diabetologist & Food Specialist): Delivered a detailed lecture on diabetes prevention and management through dietary practices and physical activity.
- **Dr. Suresh** (MBBS): Discussed the common causes and risks associated with lifestyle diseases, including hypertension and heart conditions, and shared actionable steps for healthier living.

- **Session Highlights:**

- Overview of lifestyle diseases and their growing impact on public health.
- Importance of nutrition, regular exercise, and stress reduction in combating these diseases.
- Practical tips tailored to the elderly audience for incorporating small but impactful changes in their daily lives.
- An interactive Q&A session where attendees clarified doubts and received guidance on specific health concerns.

### Participants

The session witnessed active participation from NSS volunteers and elderly individuals residing near the camping area. The blend of youthful enthusiasm and the wisdom of the older generation enriched the discussions and ensured a lively exchange of ideas.

### Impact of the Session

The session raised significant awareness about lifestyle diseases among the attendees, equipping them with the knowledge to adopt healthier habits. The elderly participants, in particular,

appreciated the personalized advice provided by the doctors. The volunteers expressed their commitment to promoting these health practices within their families and the local community.

This initiative was a valuable addition to the Medical Checkup Camp, reflecting the NSS's mission of fostering community health and wellbeing.

 **MES ASMABI COLLEGE**  
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**NSS SPECIAL CAMPING PROGRAMME**

**IMA KODUNGALLUR**

**MEDICAL  
CHECKUP CAMP**

*Inauguration*  
**Sri. Pradeep Kumar M S**  
(PTA vice president)

*Doctors*

**Dr. Nadeera Banu Salim**  
(Diabetologist & Food specialist)

**Dr. Suresh MBBS**



**25 DECEMBER  
2024**

**10 AM**



