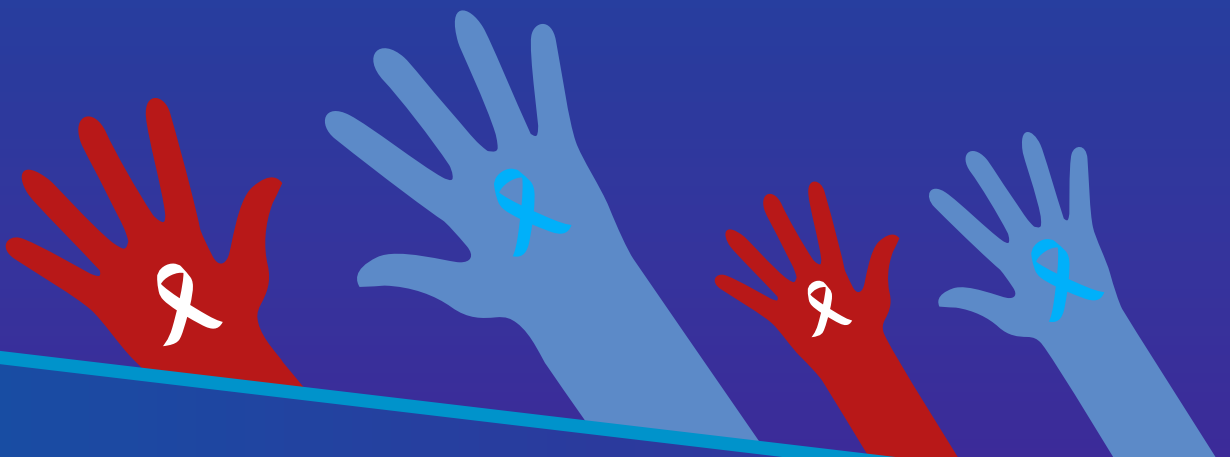


IDF South-East Asia Region

ACTIVITIES COMPENDIUM



world diabetes day
2025





No. 135, Brigade Tower, 7th Floor, 703-704
Brigade Road, Bangalore - 560 025, India
Tel: +91 80 4851 1458



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Editors:

Dr. Amit Kumar Dey

Dr. Banshi Saboo

Sub-editors:

Dr. Manisha Gupta

Riddhi Modi

Disclaimer: This digital compendium presents an overview of activities undertaken within the IDF South-East Asia Region during World Diabetes Day 2025 and is intended for informational and educational purposes only. While every effort has been made to ensure accuracy at the time of compilation, the publishers do not guarantee the completeness or currency of the content and accept no liability for any use of the information contained herein. The inclusion or exclusion of any activity, organisation, or programme does not imply endorsement or recommendation by the publishers or the International Diabetes Federation. No part of this compendium may be reproduced, stored, or transmitted in any form without prior written permission from the publishers.

PREFACE



Diabetes continues to pose one of the most serious public health challenges of our time, with the South-East Asia Region bearing a disproportionate share of the global burden. Home to a large and diverse population, the region is experiencing a rapid rise in all types of diabetes, driven by urbanization, demographic transitions, lifestyle changes, and persistent health inequities. The social and economic consequences are profound, affecting individuals, families, communities, and already stretched health systems, particularly in low and middle income settings.

Despite these challenges, the South-East Asia Region has demonstrated remarkable commitment, innovation, and resilience in responding to the diabetes epidemic. Across countries, dedicated efforts are underway to improve prevention, strengthen early detection, expand access to care, and empower people living with diabetes through education and community engagement. These activities reflect a shared recognition that meaningful progress requires collaboration across sectors, disciplines, and borders.

It is therefore my pleasure to introduce the IDF South-East Asia Region Activities Compendium, Digital Edition. This publication brings together a comprehensive overview of key activities, initiatives, and programmes implemented across the region. It captures the breadth of work led by IDF Member Associations and partners, highlighting best practices, innovative approaches, and impactful actions aimed at reducing the burden of diabetes and its complications.

Designed with accessibility and efficiency in mind, this digital compendium provides concise descriptions of regional and national activities, allowing readers to quickly gain insight into ongoing efforts and lessons learned. It serves not only as a record of achievements, but also as a platform for shared learning, inspiration, and future collaboration within the region.

We hope this compendium will serve as a valuable resource for healthcare professionals, policymakers, advocates, and partners, and that it will support continued progress toward stronger health systems and better outcomes for people living with or at risk of diabetes in South-East Asia.

I would like to express my sincere appreciation to Klub Class for their professionalism and dedication in compiling, developing, and publishing this digital compendium. Our collective efforts will be truly rewarded if this publication contributes to strengthening regional cooperation and advancing equitable and sustainable diabetes care for all.

Sincerely,

Peter Schwarz
President
International Diabetes Federation

PREFACE



The growing burden of diabetes poses an urgent and complex challenge for health systems across the South-East Asia Region. Rapid urbanisation, changing lifestyles, and demographic transitions have contributed to a steady rise in diabetes and its complications, disproportionately affecting vulnerable populations and placing sustained pressure on healthcare infrastructure. Addressing this challenge requires coordinated action, shared learning, and strong regional leadership.

Across the South-East Asia Region, encouraging progress is being made through dedicated efforts in prevention, early diagnosis, patient education, and the strengthening of care pathways. Member Associations, healthcare professionals, and partners continue to demonstrate commitment and innovation in responding to the evolving needs of people living with diabetes. These collective efforts highlight the importance of collaboration and the exchange of best practices to achieve meaningful and lasting impact.

It gives me great pleasure to introduce the IDF South-East Asia Region Activities Compendium, Digital Edition. This compendium brings together a broad overview of activities and initiatives implemented across the region, showcasing the diverse and impactful work being carried out at national and community levels. It reflects the shared vision of advancing equitable, accessible, and high-quality diabetes care for all.

As a digital resource, this compendium is designed to facilitate knowledge sharing and regional cooperation. By documenting these activities, it serves not only as a record of achievements but also as a valuable reference to inform future strategies, inspire innovation, and strengthen partnerships across the region.

I wish to acknowledge the important role played by Klub Class in the development and publication of this digital compendium. Their technical expertise and editorial support have contributed significantly to presenting the region's activities in a structured, engaging, and accessible format.

I am confident that this compendium will be a useful resource for healthcare professionals, policymakers, and advocates, and will contribute to ongoing efforts to reduce the burden of diabetes and improve outcomes for people living with the condition throughout the South-East Asia Region.

Sincerely,

Dr. Banshi Saboo

Chair, IDF South-East Asia Region
Ahmedabad

PREFACE



Diabetes represents one of the defining health challenges of the twenty-first century, and the South-East Asia Region stands at the forefront of this growing epidemic. The region's demographic diversity, rapid socioeconomic transitions, and rising burden of obesity and metabolic disorders have contributed to an increasing prevalence of diabetes, placing significant strain on individuals, families, and healthcare systems, particularly in resource-constrained settings.

Amid these challenges, the South-East Asia Region has emerged as a hub of meaningful action and innovation. Across countries, healthcare professionals, professional bodies, and community organisations are working tirelessly to advance prevention, promote early diagnosis, improve access to quality care, and empower people living with diabetes through education and advocacy. These collective efforts underscore the importance of collaboration, evidence-based practice, and the thoughtful integration of technology to address both current needs and future demands.

It is a privilege to introduce the IDF South-East Asia Region Activities Compendium, Digital Edition. This compendium offers a consolidated view of the diverse initiatives and programmes undertaken across the region, reflecting the commitment of IDF Member Associations and partners to reducing the burden of diabetes and its complications. It highlights best practices, innovative models of care, and impactful community-driven actions that can inform and inspire similar efforts elsewhere.

Developed as a digital resource, this compendium is designed to support efficient knowledge sharing and foster regional learning. By documenting these activities, it serves not only as a record of achievements but also as a catalyst for continued collaboration, innovation, and improvement in diabetes care and prevention. In this context, I would like to acknowledge the valuable contribution of Klub Class, whose expertise and commitment in compiling, developing, and publishing this digital compendium have been instrumental in presenting the region's diverse activities in a clear, cohesive, and accessible manner.

I trust that this compendium will be a valuable resource for clinicians, policymakers, researchers, and advocates, and that it will contribute to strengthening health systems and advancing equitable, sustainable diabetes care across the South-East Asia Region.

Sincerely,

Dr. Amit Kumar Dey
Chair - IDF AI Technology Working Committee
Kolkata

CONTENTS

1. Diabetes Rally and Diabetes Expo 15 R D D HOSPITAL, Bodinayakanur, Theni District, Tamilnadu	14. World Diabetes Day Public Awareness & Diabetes Screening Camp 28 Association of Physicians of India, Jaipur Chapter
2. World Diabetes Month 16 Dr Makkar's Diabetes and Obesity Centre, Delhi	15. World Diabetes Week- Bringing Positive Changes in the Life of Individuals With Diabetes 29 ARLYN Lifesciences Private Limited Prayagraj, Kanpur, Varanasi, Jhansi, Mumbai, Bengaluru.
3. Community Yoga Program for Women and public Education Program with DDC at Medical College 17 MLNMC Prayagraj and Community, Prayagraj, UP	16. World Diabetes Week- Educate, Empower & Enable 30 Dr. Manisha Gupta Diabetes Clinic Kanpur & Bangaluru
4. Awareness and Screening 18 Jothydev's Diabetes and Research Center, Trivandrum	17. World Diabetes Day Celebration. 31 Malda Medical College & Hospital, Malda Town, West Bengal
5. Granthi Diabetes Awareness Walkathon 19 Granthi- Diabetes, Endocrine and Obesity Center Rajkot, Gujarat	18. DRWA - WDD Screening & Complication Screening Camp 32 Diabetes Research and Welfare Association Deshapriya Park, Kolkata
6. Poster Making Competition for Children on World Diabetes Day 2025 : Theme Diabetes and Well Being 20 API Jaipur & RSSDI Rajasthan, Jaipur	19. The WIBE Live: A Hexalogue - Beyond the Prescription: Women Doctors Redefining Wellness With Diabetes 33 The WIBE (Women Inspire Build Enhance) Pan-country (Digital Platform for Wide Reach)
7. World Diabetes Day Celebration 21 SRMS Institute of Medical Sciences, Bareilly	20. Organisational Awareness Campaign on "Diabetes in the Workplace" 34 Popular Doctors Chamber (Diabetes and Metabolism Unit), Kolkata
8. Diabetes Screening & Prevention Awareness - World Diabetes Day 2025 22 Divine Diabetes Care & Wellness Centre: Dr Ashish Aneja Kurukshetra, Haryana	21. Diabetes Clinic Radio Kiosk 35 Cleveland Ehealth Research, Mumbai
9. 41st Annual JDF Winter Camp 23 Juvenile Diabetes Foundation Mumbai Lonavala, Maharashtra	22. Free Online Diabetes Education Workshops Throughout World Diabetes Month 36 Blue Circle Diabetes Foundation, India Online
10. 5K Walkathon Awareness Drive and Meet 24 The Sunflower Circle, Mumbai	23. World Diabetes Awareness Month -metabolic Health Drive 37 Metroplus Clinic Punawale, Pune, Maharashtra
11. Beyond Diabetes Awareness 25 Hind Institute of Medical Sciences, Lucknow	
12. Sensitisation on Lifestyle Disease Prevention & NCD Screening - WDD 2025 26 Diabetes Education Foundation Prayagraj Prayagraj, Uttar Pradesh	
13. Blue Sunday Social: Type 1 Meetup 27 Alignia Wellness Foundation, Chandigarh, Punjab	

24. WALKATHON 2025 38	40. Public Awareness and Screening 54
Howrah Town Diabetes Study Society	AHC Diabetes Clinic, Ahmedabad
Howrah, West Bengal	
25. Metabolic and Diabetes Screening and Awareness Session 39	41. Pre Diabetes Screening and Diabetes Education Complications Screening for Diabetics 55
FS Endocrine & Diabetes Center, Hyderabad	Mother's Care Diabetes Centre, Vellore
26. Diabetes and Obesity Awareness Camp 40	42. Awareness Lecture: Understanding Diabetes Across All Ages. 56
Diabetes Total, Mumbai	Purohit Poly Clinic, Beawar
27. Educating Young Doctors of the Community for Effective Management of Diabetes 41	43. Walkathon & Medical Camp 57
St Ann's Hospital, Visakhapatnam	Empower T1D, Bangalore
28. Caspian Diabetes Expo 42	44. Holistic Diabetes Detection and Mental Health Awareness Camp 58
Caspian Healthcare Foundation	DAWN Foundation, Mumbai
Hyderabad	
29. Diabetes Awareness and Health Check Up 43	45. World Diabetes Day Celebration 59
Blessed Doctor's Clinic, Itarsi	CentraCare Super Speciality Hospital & MRC, Belagavi
30. Diabetes Screening Camp With Patient Awareness, CME on Continuous Glucose Monitoring 44	46. Diabetes Awareness, Screening & Prevention Activities 60
Lumding Divisional Railway Hospital	VIMS Diabetes and Obesity Centre, Bigr
Lumding, Assam	
31. Diabetes and Complications Screening Camp ... 45	47. World Diabetes Day 2025 – Awareness, Screening & Competitions 61
Diabetes and Wellness Clinic, Mumbai	Christian Medical College and Hospital
32. Diabetes Little Champs- Spreading Diabetes Awareness in Children 46	Vellore
Kautilya Foundation, New Delhi	48. World Diabetes Day Health Mela 62
33. Screening and Education Awareness 47	Diabetes India Youth In Action, Delhi
Jupiter, Pune	49. World Diabetes Day 63
34. Walkathon 48	Lodha Hospital and Test Tube Baby Center
Craft Hospital, Perintalmanna, Kerala	Pali, Rajasthan
35. Walk for Wise Prescribing and Community Metabolic Disease Screening Clinic (Free Clinic) 49	50. Diabetes Awareness Outreach Programs 64
Indian Pharmacological Society (Clinical Secretariat) & API	SRMS Complete Diabetes Care, Odisha
Kolkata	
36. World Diabetes Day Celebration 50	51. World Diabetes Day – Type 1 Diabetes Awareness & Inclusive Screening Program 65
The Society for Study of Metabolic Syndrome and Diabetes (SSMSD)	Dr. Mohan's Diabetes Specialities Centre, Chennai
Dibrugarh, Assam	52. World Diabetes Day – Awareness, Screening & Healthy Lifestyle Initiative 66
37. Walkathon for World Diabetes Day 51	Father Muller Medical College, Karnataka
Asansol Coalfield Diabetes Association, Asansol	53. Hypoglycemia Prevention & Metabolic Awareness Initiative 67
38. Type 1 Diabetes-friendly Schools & Growth Charting Initiative: Saving The Future 52	Mumbai Diabetes Care Foundation, Mumbai
Hormone India Diabetes and Endocrine Centre, Bhopal,	54. Public Awareness, Education & Professional Engagement Activities 68
Madhya Pradesh	Sunil's Diabetes Care Foundation of India, Nagpur
39. Diabetes Premier League (DPL) 53	55. Innovative Diabetes Awareness & Children's Empowerment Initiative 69
Rehai Healthcare Pvt Ltd & Hannan Multi-speciality	UDAAN, Maharashtra
Hospital, Sujapur, Malda, West Bengal	

<p>56. World Diabetes Day 2025..... 70 Chittagong Diabetic General Hospital, Khulshi, Chittagong, Bangladesh</p> <p>57. World Diabetes Day Media Engagement Program 71 Bangladesh Endocrine Society, Bangladesh</p> <p>58. Diabetes Awareness, Education & Media Engagement Program 72 Diabetes Association of Sri Lanka, Colombo, Sri Lanka</p>	<p>59. National Diabetes Walk and Health Camp 2025..... 73 Sri Lanka Diabetes Federation, Colombo, Sri Lanka</p> <p>60. World Diabetes Day 2025 – Community Awareness, Screening & Fundraising Activities..... 74 Diabetes Society of Maldives</p>
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Diabetes Rally and Diabetes Expo

R D D Hospital

Activity Overview

The Diabetes Rally and Diabetes Expo organized by R D D Hospital was a comprehensive community-focused health initiative held on 14th and 16th November at Bodinayakanur, Theni District, Tamil Nadu. The event aimed to raise awareness, promote early detection, and improve self-management among people living with diabetes and their caregivers.

Approximately 200 participants benefitted from the program, which combined education, screening, and counselling under one roof. The rally and expo featured interactive awareness sessions on insulin storage techniques, vaccination in diabetic patients, sexual health, diabetes in women, dietary practices, and the importance of yoga and regular exercise. Educational posters and demonstrations helped participants understand diabetes complications and preventive care. Extensive screening services were provided, including eye examinations for cataract, glaucoma, and diabetic retinopathy; dental check-ups; neuropathy assessment using biothesiometer ; blood investigations such as HbA1c, lipid profile, creatinine, and FIB-4 score; and mental health screening using the PHQ-9 questionnaire. Newly detected diabetes and pre-diabetes cases were identified, counselled, and started on appropriate treatment.

The event significantly contributed to early diagnosis, complication prevention, mental health support, and overall empowerment of patients through education and timely medical intervention.

Impact & Reach

 **200** People living with diabetes and caregivers

 **Bodinayakanur**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : R D D Hospital

World Diabetes Month


Dr. Makkar's Diabetes and Obesity Centre

Activity Overview

The activity was a month-long diabetes awareness initiative conducted at the center, aimed at educating individuals on diabetes prevention, early detection, and effective management. A key focus of the program was promoting a healthy workplace environment as an essential component of diabetes prevention and overall well-being.

To ensure sustained engagement, every Thursday of the month was dedicated to diabetes awareness activities, including online educational sessions designed to reach a wider audience and improve understanding of lifestyle modification and disease management. The initiative culminated in a special clinic-based camp on 14 November, featuring a comprehensive health talk, medical consultations, foot screening, fundus examination, Body Composition Analysis (BCA), Fibroscan, and InBody assessment. These activities supported early identification of diabetes-related complications and reinforced a holistic approach to diabetes care.

Impact & Reach

 **10k** General public participated

 **Delhi**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Dr. Makkar's Diabetes and Obesity Centre

Community Yoga and Public Education Program with DDC at Medical College

MLNMC Prayagraj and Community


Activity Overview

The Community Yoga Program for Women combined with a Public Education initiative was successfully organized by MLNMC Prayagraj and the community team in collaboration with DDC at the Medical College on 14 November 2025 in Prayagraj, Uttar Pradesh. The program was conducted within an educational institution, creating a supportive and accessible environment for community engagement. Around 150 participants from the general public actively took part in the event.

The program focused on promoting physical well-being, mental relaxation, and awareness about the importance of a healthy lifestyle, especially among women. Guided yoga sessions were conducted to encourage regular physical activity and stress management. Alongside this, a public education component emphasized preventive health care and the role of balanced nutrition in daily life.

A unique highlight of the event was the provision of healthy snacks such as raw sweet potatoes, chestnuts, buttermilk, cucumber, and apples to patients and attendees. This practical initiative helped reinforce key messages about nutrition and healthy eating habits. The event also attracted media attention, amplifying its outreach and impact. Overall, the initiative successfully screened 150 individuals, raised health awareness, promoted nutrition education, and strengthened community participation toward holistic well-being.

Impact & Reach

 **150** General public participated

 **Prayagraj**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : MLNMC Prayagraj and Community

Awareness and Screening

Jothydev's Diabetes and Research Center


Activity Overview

On 14 November 2025, Jothydev's Diabetes and Research Centre successfully conducted a Diabetes Awareness and Screening program in Trivandrum, aimed at increasing public understanding of type 2 diabetes and obesity. The event was organized in a public setting, making it easily accessible to the general population and encouraging spontaneous participation. Around 35 participants took part in the screening and awareness activities, reflecting strong community interest in preventive healthcare.

A key highlight of the event was the active involvement of Dr. Shashi Tharoor, Member of Parliament, whose presence significantly enhanced the program's visibility and impact. His support helped reinforce the importance of early detection, healthy lifestyle choices, and community-level engagement in combating the growing burden of diabetes and obesity in India.

Participants received basic health screenings along with practical guidance on risk factors, symptoms, and preventive measures related to diabetes and obesity. The program created meaningful dialogue between healthcare professionals and the public, fostering greater awareness and motivation for lifestyle modification. Overall, the initiative contributed to improved public understanding of metabolic health and underscored the value of accessible, community-based health awareness programs.

Impact & Reach

 **35** General public participated

 **Trivandrum**

Activity Highlights



Photo Credit : Jothydev's Diabetes and Research Center

Granthi Diabetes Awareness Walkathon

Granthi- Diabetes, Endocrine and Obesity Center
A unit of 'Aumkar Clinic'

Activity Overview

The Granthi Diabetes Awareness Walkathon was successfully organized on 14th November 2025 at the Race Course, Rajkot, Gujarat, by Granthi – Diabetes, Endocrine and Obesity Centre, a unit of Aumkar Clinic. Conducted at one of the city's most popular public exercise spaces, the event leveraged the daily presence of morning walkers, joggers, and fitness enthusiasts to spread vital awareness about diabetes—often referred to as the “Silent Killer.”

With an estimated participation of around 150 individuals, the walkathon effectively engaged people living with diabetes, their caregivers, and the general public. The initiative stood out as one of the first of its kind in the region, combining physical activity with structured health education. Eminent speakers, including Physician Dr. Rajesh Teli and Endocrinologist Dr. Brij Teli, led the awareness drive, emphasizing early diagnosis, lifestyle modification, and timely treatment to prevent long-term complications.

The event created a strong community impact by encouraging proactive health-seeking behavior and open discussions around diabetes management. Overall, the walkathon significantly enhanced public outreach, improved awareness on prevention and early intervention, and reinforced the importance of regular screening and healthy living.

Impact & Reach

 **150** People living with diabetes and caregivers

 **Rajkot**

Activity Highlights



Photo Credit : Granthi- Diabetes, Endocrine and Obesity Center

Poster Making Competition for Children on World Diabetes Day 2025

Theme – Diabetes and Well Being

API Jaipur & RSSDI Rajasthan

Activity Overview

The Poster Making Competition for Children, organized by API Jaipur & RSSDI Rajasthan, was successfully conducted in Jaipur, Rajasthan, from 14th to 16th November 2025 to commemorate World Diabetes Day 2025. Centered on the theme “Diabetes and Well-Being,” the initiative creatively combined health education with artistic expression, encouraging children to understand diabetes prevention and holistic well-being from an early age.

A total of 53 school students and youth participated enthusiastically, submitting colorful and thought-provoking posters through both offline and online modes, ensuring easy and inclusive participation. The event was hosted in a hospital/clinic setting, reinforcing the strong connection between healthcare professionals, educators, families, and the community. Through art, participants expressed their understanding of healthy eating, physical activity, emotional well-being, and lifestyle choices essential for diabetes prevention.

The competition received overwhelmingly positive feedback from students, parents, teachers, and organizers. It significantly enhanced awareness about diabetes among young minds while nurturing creativity and confidence. By focusing not only on disease awareness but also on overall well-being, the event successfully strengthened community engagement and promoted long-term healthy habits, making it a meaningful and impactful World Diabetes Day initiative.

Impact & Reach

 **53** School students / youth

 **Jaipur**

Activity Highlights

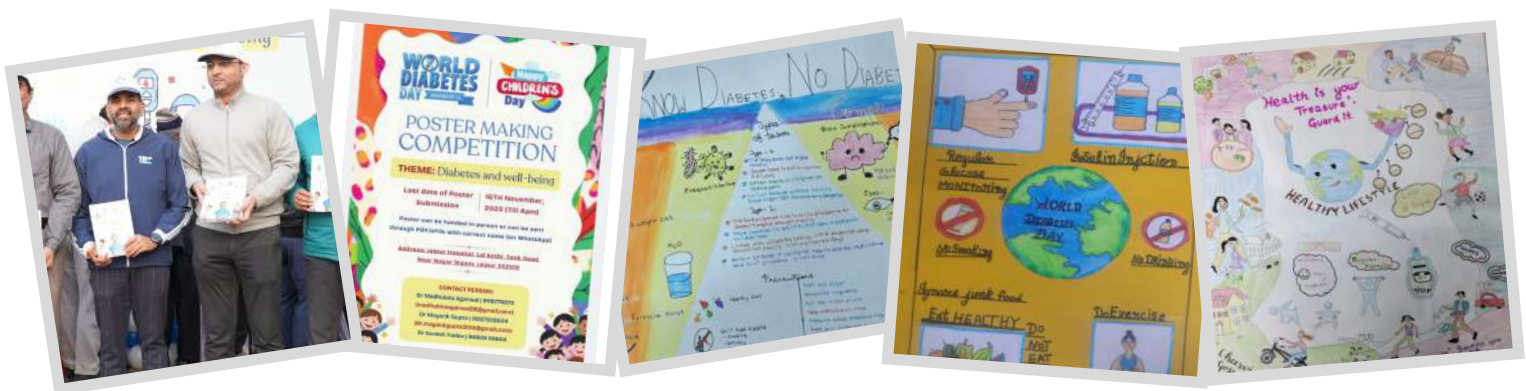


Photo Credit : API Jaipur & RSSDI Rajasthan

World Diabetes Day Celebration

SRMS Institute of Medical Sciences


Activity Overview

The World Diabetes Day Celebration organized by SRMS Institute of Medical Sciences, Bareilly, on 14th November 2025 was a highly impactful, community-focused health initiative aimed at raising awareness and promoting early detection of diabetes. Conducted within a hospital/clinical setting, the event successfully reached approximately 515 participants, including patients with diabetes, high-risk individuals, caregivers, and members of the general public.

A key highlight of the program was its comprehensive and multidisciplinary approach, integrating free diabetes screening with patient education and professional engagement. All participants underwent random blood sugar testing, BMI measurement, and blood pressure checks, ensuring broad screening coverage. In addition, 238 diabetic foot assessments were carried out, emphasizing the importance of preventive foot care in diabetes management.

The event stood out for its strong community participation and seamless coordination of services. Personalized nutrition counselling and diet planning sessions, delivered by experienced dietitians, were particularly well received, offering culturally relevant and practical lifestyle guidance. Importantly, the screening initiative led to the identification of 78 high-risk individuals with elevated blood glucose levels, enabling timely referrals and early intervention. Overall, the program significantly strengthened diabetes awareness, prevention, and care at the community level.

Impact & Reach

 **515** General public participated

 **Bareilly**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : SRMS Institute of Medical Sciences

Diabetes Screening & Prevention Awareness - World Diabetes Day 2025

Divine Diabetes Care & Wellness Centre


Activity Overview

On the occasion of World Diabetes Day 2025, Divine Diabetes Care & Wellness Centre, led by Dr. Ashish Aneja, successfully organised a Diabetes Health Check-up Camp and Awareness Lecture on 13th and 14th November 2025 in Kurukshetra, Haryana. The two-day initiative aimed to promote early detection, prevention, and effective management of pre-diabetes and diabetes-related complications among the general public.

The event witnessed active participation from 350–400 individuals, who benefited from free diabetes screening, risk assessment, and personalised counselling. Expert-led awareness sessions highlighted the importance of early diagnosis in preventing serious complications such as heart disease, kidney damage, and vision problems. Participants were educated on lifestyle modification, diet planning, physical activity, medication adherence, and self-monitoring of blood glucose to improve long-term outcomes.

A multidisciplinary approach involving healthcare professionals, diet consultants, and wellness experts ensured comprehensive guidance. Educational materials were distributed to reinforce key messages, empowering attendees to take proactive control of their health. The initiative not only enhanced community awareness but also encouraged preventive health-seeking behaviour, contributing to improved glycaemic control, better self-management practices, and overall well-being. This impactful program reinforced the centre's ongoing commitment to community-based diabetes prevention and care.

Impact & Reach

 **350- 400** General Public Participated

 **Kurukshetra**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Divine Diabetes Care & Wellness Centre: Dr Ashish Aneja

41st Annual JDF Winter Camp

Juvenile Diabetes Foundation Mumbai


Activity Overview

The 41st Annual JDF Winter Camp, organized by the Juvenile Diabetes Foundation (JDF) Mumbai, was successfully held from 12th to 14th December 2025 in Lonavala, Maharashtra, bringing together over 200 participants from across the country. This long-standing community-based initiative continues JDF's legacy of empowering people living with diabetes through education, confidence-building, and peer support.

Designed primarily for people with diabetes and their caregivers, the three-day camp provided a safe and inclusive environment for learning practical diabetes self-management skills, sharing lived experiences, and building lifelong support networks. Participants engaged in interactive educational sessions, group discussions, and hands-on activities that addressed daily challenges, emotional wellbeing, and long-term health goals.

What makes the JDF Winter Camp unique is its low-profile, outcome-driven approach, focused on sustained impact rather than publicity. Over the years, this commitment has earned the trust of families nationwide and inspired the formation of local diabetes support groups across India. From its humble beginnings in 1982, the camp has grown into a nationally recognized movement, having empowered more than 1,500 individuals and families and catalyzed diabetes education initiatives in multiple regions. The 41st edition once again reinforced JDF's mission of fostering resilience, awareness, and self-management within the diabetes community.

Impact & Reach

 **200+** People living with diabetes and caregivers

 **Lonavala**

Activity Highlights



Photo Credit : Juvenile Diabetes Foundation Mumbai

5K Walkathon Awareness Drive World Diabetes Day 2025

The Sunflower Circle

Activity Overview

The 5K Walkathon Awareness Drive, organized by The Sunflower Circle, was held on 9th November 2025 in the vibrant public spaces of Mumbai, bringing together people living with Type 1 diabetes, caregivers, and supporters for a meaningful morning of movement and messaging. Designed as both a walkathon and an awareness initiative, the event used the simplicity of walking to spark powerful conversations around Type 1 Diabetes in everyday community spaces.

With an enthusiastic group of 15 participants and their families, the walk stood out for its strong social messaging. Participants carried thoughtfully designed placards that challenged stigma, encouraged empathy, and promoted understanding of life with Type 1 Diabetes. These messages resonated with regular walkers, joggers, and passers-by along the promenade, many of whom paused to engage in open, honest conversations about diabetes. The informal, inclusive setting helped humanize the condition, focusing on real people, real lives, and lived experience stories.

The event successfully strengthened the growing Type 1 Diabetes community in Mumbai by fostering inclusion, education, and empowerment. It reinforced a clear and impactful message: no stigma, no judgement; just awareness, connection, and authentic Type 1 Diabetes vibes.

#InjectAnywhere and #EndDiabetesStigma were strong and powerful at this event.

Impact & Reach



100 People living with diabetes, caregivers and general public



Mumbai

Activity Highlights

Stigma Awareness Campaign



Photo Credit : The Sunflower Circle

Beyond Diabetes Awareness

Hind Institute of Medical Sciences

Activity Overview

Beyond Diabetes Awareness was a comprehensive educational initiative organized by the Hind Institute of Medical Sciences in Lucknow on 12th November 2025, aimed at strengthening holistic diabetes care among healthcare professionals. Hosted within an academic medical setting, the event brought together nearly 200 participants, including physicians, specialists, and allied health professionals, fostering an environment of collaborative learning and clinical exchange.

The program went beyond conventional diabetes discussions by emphasizing the multisystem impact of diabetes and the importance of early detection and integrated management. Expert-led sessions focused on recent medical updates, complemented by interactive quizzes that encouraged active participation and reinforced evidence-based practices. A key highlight of the event was the series of awareness and screening camps, addressing critical diabetes-related complications such as diabetic retinopathy, metabolic dysfunction-associated steatosis liver disease, urological issues, and heart failure. These sessions underscored the need for timely screening and interdisciplinary coordination in routine clinical care.

Through meaningful engagement, knowledge-sharing, and on-ground screenings, the event successfully translated awareness into action. The measurable outcomes included high participant engagement, increased clinical awareness, and multiple screenings, reinforcing the institute's commitment to advancing comprehensive, patient-centered diabetes care beyond glucose control.

Impact & Reach

 **200** Healthcare professionals

 **Lucknow**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Hind Institute of Medical Sciences

Sensitisation on Lifestyle Disease Prevention & NCD Screening - WDD 2025

Diabetes Education Foundation Prayagraj

Activity Overview

The Diabetes Education Foundation, Prayagraj successfully organized a comprehensive sensitization, education, and screening program on 24th November 2025 at St. Mary's Convent Inter College, Prayagraj, to mark World Diabetes Day 2025. The event focused on the primordial and primary prevention of lifestyle-related non-communicable diseases (NCDs), with special emphasis on diabetes among adolescents.

The program reached 300 school students through interactive awareness sessions covering healthy lifestyle practices, early risk factors of NCDs, and the long-term complications of diabetes. Age-appropriate health education was delivered to develop healthy habits early in life, reinforcing the importance of nutrition, physical activity, and preventive care. In parallel, approximately 100 teachers and support staff underwent health screening, including BMI, body fat analysis, blood pressure measurement, and random blood sugar testing, enabling early identification of potential health risks.

This initiative highlighted the Foundation's long-standing commitment since 2001, to community-based diabetes awareness across the city and state. By targeting adolescents within an educational setting, the event aligned with global public health recommendations and underscored the critical role of early education in reducing the future burden of NCDs.

Impact & Reach

 **300 Adolescents & 100 Adults** School students / youth

 **Prayagraj**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes Education Foundation Prayagraj

Blue Sunday Social: Type 1 Meetup

Alignia Wellness Foundation

Activity Overview


The Blue Sunday Social: Type 1 Meetup by Alignia Wellness Foundation was a thoughtfully designed community gathering held on 16th November 2025 in Chandigarh, Punjab. Created for people living with Type 1 diabetes and their caregivers, the event intentionally moved away from clinical settings and educational lectures, offering instead a gentle, low-pressure social space where participants could simply be themselves.

Hosted in a public, open environment, the meetup welcomed around 20 participants and fostered an atmosphere that felt warm, intimate, and genuinely human. What made the Blue Sunday Social unique was its focus on emotional safety and connection rather than performance or productivity. Soft check-ins, relaxed conversations, and simple social activities allowed people to open up naturally, often forming meaningful peer connections within minutes of arriving.

Participants shared lived experiences around burnout, caregiving fatigue, alarms, injections, and the invisible mental load of diabetes; many for the first time in a space that felt truly understanding. A particularly powerful moment occurred when attendees collectively chose to inject insulin openly and calmly in public, helping destigmatize the act and sparking curiosity-driven awareness conversations with bystanders.

More than an event, the Blue Sunday Social felt like a community moment, one where people arrived as strangers and left feeling seen, supported, and less alone.

Impact & Reach

 **20** People living with diabetes and caregivers

 **Chandigarh**

Activity Highlights



Photo Credit : Alignia Wellness Foundation

World Diabetes Day Public Awareness & Diabetes Screening Camp

Association of Physicians of India, Jaipur Chapter

Activity Overview


The Association of Physicians of India (API), Jaipur Chapter, successfully organized a World Diabetes Day Public Awareness and Diabetes Screening Camp on 14th November 2025 at Nehru Garden, Gandhi Nagar, Jaipur. Conducted in a vibrant public setting, the event aimed to raise awareness about diabetes prevention, early detection, and healthy lifestyle practices among the general public.

The camp witnessed enthusiastic participation, with approximately 175 individuals engaging in the activities throughout the day. Free diabetes screening was a major attraction, enabling early identification of individuals at risk and offering timely guidance for further medical care. In total, more than 200 people were screened, reflecting the strong community response and outreach impact of the initiative.

To reinforce preventive education, the organizing team distributed healthy diabetic-friendly food packets and portion-controlled diabetic-size food plates, helping participants better understand balanced nutrition and portion management. The event also received media coverage, amplifying its message beyond the venue and strengthening public awareness efforts.

Through a combination of medical screening, nutritional education, and public engagement, the event effectively highlighted the importance of early diagnosis and lifestyle modification in diabetes management, making it a meaningful and impactful World Diabetes Day observance.

Impact & Reach

 **175** General public participated

 **Jaipur**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Association of Physicians of India, Jaipur Chapter

World Diabetes Week - Bringing Positive Changes in the Life of individuals with Diabetes

ARLYN Lifesciences Private Limited


Activity Overview

World Diabetes Week – Bringing positive changes in the lives of individuals with diabetes, organized by ARLYN Lifesciences Private Limited, was a large-scale, multi-city initiative aimed at creating meaningful awareness, education, and access to diabetes care across India. Conducted from 9th to 14th November 2025, the program spanned major cities including Prayagraj, Kanpur, Varanasi, Jhansi, Mumbai, and Bengaluru, engaging hospitals and clinics as primary venues.

The week-long campaign focused on empowering people living with diabetes, their caregivers, and the wider community through structured education, screening, and advocacy. Over 1,000 participants directly engaged in interactive sessions, while more than 2,000 individuals were screened across five locations. A key highlight was the focused support for Type 1 Diabetes, where 200 children received hands-on education on glucose monitoring, insulin administration techniques, carbohydrate counting, D-CARD usage, and CGM technology.

The initiative also successfully expanded a grassroots movement that began with just 20 children, now positively impacting 2,000+ children and over 500 families, while sensitizing policymakers and government officials on the needs of Type 1 Diabetes patients in low-resource settings. Additional highlights included cross-specialty webinars and a diabetes awareness walkathon with over 500 participants, reinforcing community engagement and long-term impact.

Impact & Reach

 **1000+** People living with diabetes and caregivers

 **Bengaluru**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : ARLYN Lifesciences Private Limited

World Diabetes Week – Educate, Empower & Enable

Dr. Manisha Gupta's Diabetes Clinic

Activity Overview


As part of World Diabetes Week, Dr. Manisha Gupta's Diabetes Clinic successfully conducted a multi-city initiative titled "Educate, Empower & Enable" from 9th to 14th November 2025 across Kanpur. Hosted at hospital and clinic settings, the week-long program engaged 200+ participants from the general public, with a strong focus on people living with diabetes, caregivers, and families.

A key highlight was "Empowering Type 1", a compact yet impactful initiative designed for 40 children with Type 1 Diabetes and their parents. Through the session "Parenting Made Easy with Type 1", families gained practical guidance, confidence, and clarity on diabetes management, reinforcing the message that Time in Range (TIR) is the new normal. Continuous glucose monitoring (CGM)-based education and structured follow-ups aimed to improve glycaemic outcomes in children.

The celebrations culminated in a Diabetes Day Rally, where over 500 people marched together, amplifying awareness and community solidarity against diabetes in Bengaluru. The outreach extended beyond physical events through cross-talk webinars, generating 1,000+ impressions, and a press release that reached every core area of the city.

Overall, the initiative successfully blended education, advocacy, and community engagement, creating measurable health impact and widespread public awareness.

Impact & Reach

 **200+** General public participated

 **Kanpur & Bengaluru**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Dr. Manisha Gupta's Diabetes Clinic

World Diabetes Day Celebration

Malda Medical College & Hospital


Activity Overview

The World Diabetes Day Celebration was successfully organized on 14th November 2025 at Malda Medical College & Hospital, Malda Town, West Bengal, with the objective of empowering people living with diabetes; especially children with Type 1 Diabetes Mellitus (T1DM), and their caregivers. The event brought together nearly 100 participants, including young patients and their guardians, who represent one of the most challenging groups in diabetes care due to the complexity of treatment and the need for continuous motivation and support.

The program focused on practical, patient-centric education. Attendees received easy-to-understand handouts in the local language explaining insulin usage, dose adjustment charts, and day-to-day diabetes management. Special emphasis was placed on early recognition of diabetic ketoacidosis (DKA), and participants were trained in the use of ketone testing strips. To further enhance diabetes care, continuous glucose monitoring systems (CGMS) were provided free of cost to selected patients, allowing families to experience modern glucose monitoring firsthand. Guidance on functional foods for diabetes was also shared.

The event received positive feedback from guardians, attracted local media coverage, and was telecast on television. Importantly, engagement with state officials and stakeholders led to discussions on enhancing future funding and support for Type 1 diabetes care in the region.

Impact & Reach

 **100** People living with diabetes and caregivers

 **Malda**

Activity Highlights



Photo Credit : Malda Medical College & Hospital

DRWA – WDD Screening & Complication Screening Camp

Diabetes Research and Welfare Association

Activity Overview


The Diabetes Research and Welfare Association (DRWA) successfully organized a World Diabetes Day (WDD) Screening and Complication Screening Camp on 16th November 2025 at Deshapriya Park, Kolkata, aiming to bring diabetes awareness and preventive healthcare directly to the community. Conducted in a public setting, the camp was strategically designed to engage the general public and encourage walk-in participation.

The event witnessed the active involvement of nearly 200 participants, who benefited from free diabetes screening and complication assessments, including basic health checks and personalized counselling. A dedicated team of healthcare professionals and volunteers provided on-the-spot education about diabetes prevention, early detection, and the importance of lifestyle modification in managing metabolic disorders.

One of the key highlights of the camp was its strong focus on community education, helping people understand the risks associated with undiagnosed diabetes and its long-term complications. Informative interactions, awareness materials, and direct consultations empowered participants to take proactive steps toward better health.

The camp made a measurable impact by spreading crucial health messages, identifying individuals at risk, and reinforcing the importance of regular screening. Overall, the initiative played a meaningful role in strengthening public awareness and promoting preventive healthcare at the grassroots level.

Impact & Reach

 **200** General public participated

 **Kolkata**

Activity Highlights

Free Diabetes Screening/Camp

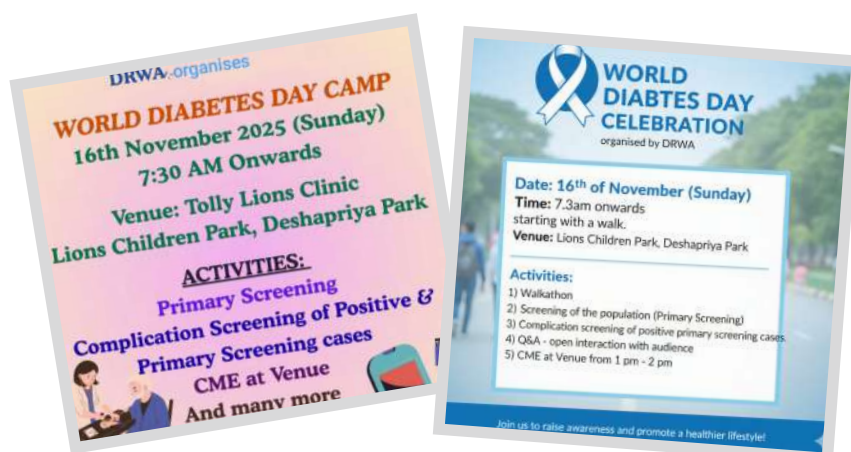


Photo Credit : Diabetes Research and Welfare Association

The WIBE Live: A Hexalogue – Women Doctors Redefining Wellness with Diabetes

The WIBE (Women Inspire Build Enhance)


Activity Overview

The WIBE Live: A Hexalogue – Beyond the Prescription: Women Doctors Redefining Wellness with Diabetes was a pan-India virtual knowledge-sharing initiative organized by The WIBE (Women Inspire Build Enhance) on 12th November 2025. Designed as an engaging online forum, the event successfully brought together healthcare professionals from across the country, enabling meaningful participation beyond geographical boundaries.

A key highlight of the session was the involvement of a renowned key opinion leader in diabetes care, widely recognized as a pioneer in advancing diabetes management, particularly for women during pregnancy. The expert-led discussions went beyond conventional treatment protocols, focusing on holistic, patient-centric approaches to diabetes care, preventive strategies, and the evolving role of women doctors in redefining wellness outcomes.

With an estimated participation of around 500 healthcare professionals, the event fostered active dialogue, knowledge exchange, and practical insights relevant to real-world clinical practice. The virtual format allowed the program to reach diverse populations nationwide, amplifying its impact and accessibility. To date, the initiative has already engaged over 300 participants and continues to inspire healthcare professionals to advocate for proactive diabetes management, especially within workplace and community settings, reinforcing WIBE's commitment to education, empowerment, and sustainable health outcomes.

Impact & Reach

 **Approx. 500** Healthcare professionals

 **Online**

Activity Highlights

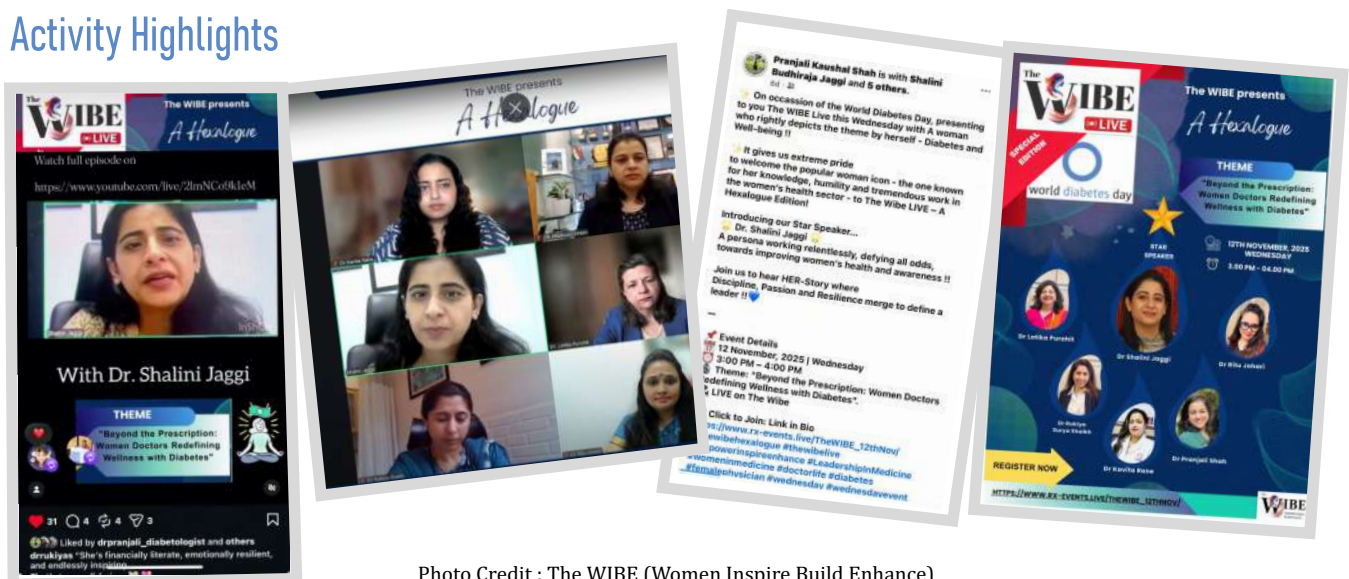


Photo Credit : The WIBE (Women Inspire Build Enhance)

Organisational Awareness Campaign on “Diabetes in the Workplace”

Popular Doctors Chamber
(Diabetes and Metabolism Unit)

Activity Overview

The Diabetes Awareness Program in the Local Area, Baguati, Kolkata, organized by Popular Doctors Chamber (Diabetes and Metabolism Unit), was a focused four day awareness and screening campaign conducted from 12th to 15th November across workplaces and clinical settings, including State Bank of India, Kotak Life branches, and the Popular Doctors Chamber Clinic in Kolkata. Designed around the theme “Diabetes in the Workplace,” the initiative aimed to promote early detection, preventive care, and holistic diabetes management among working professionals and the surrounding community.

Approximately 120 individuals were screened for diabetes, obesity, hypertension, MASLD, and related metabolic risks. The program combined structured demographic assessment with comprehensive clinical evaluations, including BMI, blood pressure, random blood glucose, HbA1c, lipid profiling, and complication screening. Educational components played a key role, with interactive diabetes talks on diet, exercise, medication adherence, glucose monitoring (including CGM awareness), and routine follow-up care. Specialized services such as retinopathy screening, FibroScan liver assessment, and mental health education further strengthened the program’s multidisciplinary approach.

Importantly, the initiative led to new diagnoses of Type 2 diabetes and identified individuals with poor glycaemic control, enabling timely medical guidance. The direct involvement of diabetes specialists within workplace settings made this a first of its kind effort for participating organizations, addressing both medical and diabetes related emotional distress while empowering employees with practical, actionable health insights.

Impact & Reach

 **120** General Public Participated

 **Kolkata**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Popular Doctors Chamber (Diabetes and Metabolism Unit)

Diabetes Clinic Radio Kiosk

Cleveland eHealth Research


Activity Overview

The Diabetes Clinic Radio Kiosk, launched on 14th November 2025 in Mumbai, marked a pioneering step in community-based diabetes awareness and education. Organized by Cleveland eHealth Research, this innovative initiative was installed at the clinic of Prof. Dr. Shashank Joshi, a renowned endocrinologist and diabetologist, transforming a clinical space into a powerful hub for public health communication.

The Radio Kiosk was designed to bridge the gap between medical expertise and the general public by delivering reliable, easy-to-understand information on diabetes prevention, management, and lifestyle modification. A key highlight of the event was the live on-air session by Dr. Shashank Joshi, which enabled real-time dissemination of expert guidance to listeners beyond the clinic walls. Through this unique format, the initiative aims to reach over one lakh patients and high-risk individuals across Mumbai every month, ensuring continuous engagement for an entire year.

Targeted at the general public, the kiosk serves as a sustainable, accessible, and scalable model for health education. The successful launch of Mumbai's first Clinic Radio stands as a measurable outcome, reinforcing the role of innovative digital-health solutions in improving awareness, early intervention, and long-term diabetes care at the community level.

Impact & Reach

 **100+** General public participated

 **Mumbai**

Activity Highlights



Photo Credit : Cleveland eHealth Research

Online Diabetes Education Workshops Throughout World Diabetes Month

Blue Circle Diabetes Foundation


Activity Overview

Throughout World Diabetes Month in November 2025, the Blue Circle Diabetes Foundation successfully hosted a series of free online workshops every Sunday evening, creating a truly global platform for learning, sharing, and empowerment. These virtual sessions brought together 100–120 participants each week, including people living with diabetes and their caregivers, from diverse regions such as the UAE, UK, the Philippines, Japan, and beyond.

The workshops stood out for their highly practical, experience-driven approach. Participants heard first hand accounts of how individuals across different cultures and healthcare systems manage diabetes in real life; what strategies worked well, what didn't, and how challenges were navigated, especially during the festive season. Special focus was given to managing blood glucose during holidays, making informed and intelligent grocery choices, and adapting diabetes care for various types of diabetes.

The interactive format encouraged open discussions, peer learning, and cross-cultural exchange, helping attendees feel supported and less isolated in their journey. By combining global perspectives with actionable tips, these workshops not only increased awareness but also equipped participants with realistic, day-to-day tools for better diabetes self-management, reinforcing the spirit of connection and shared learning during World Diabetes Month.

Impact & Reach

 **100-120** People living with diabetes and caregivers

 **Online**

Activity Highlights



Photo Credit : Blue Circle Diabetes Foundation

World Diabetes Awareness Month - Metabolic Health Drive

Metroplus Clinic Punawale


Activity Overview

As part of World Diabetes Awareness Month, Metroplus Clinic successfully organized a Metabolic Health Drive on 9th November 2025 at its Punawale facility in Pune, Maharashtra. The initiative aimed to promote early detection, awareness, and proactive management of diabetes and related metabolic conditions among the local community.

The event witnessed enthusiastic participation from 106 individuals, including people living with diabetes and their caregivers. A comprehensive range of health assessments was offered, making the drive both impactful and patient-centric. Key screenings included HbA1c testing for 50 participants, FibroScan assessments for over 55 individuals to evaluate fatty liver and Metabolic Dysfunction-Associated Steatotic Liver Disease, and lipid profile testing for more than 70 participants. These services enabled early risk identification and encouraged timely medical intervention.

Beyond diagnostics, the drive fostered meaningful conversations around lifestyle modification, nutrition, and long-term metabolic health. The clinic's healthcare team actively engaged with attendees, addressing concerns and reinforcing the importance of regular monitoring. Overall, the initiative significantly strengthened community engagement, enhanced health awareness, and reaffirmed Metroplus Clinic's commitment to holistic diabetes care and preventive healthcare during World Diabetes Awareness Month.

Impact & Reach

 **2000** People living with diabetes and caregivers

 **Pune**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Metroplus Clinic Punawale, Pune

Walkathon 2025

Howrah Town Diabetes Study Society


Activity Overview

Walkathon 2025, organized by the Howrah Town Diabetes Study Society, was a large-scale public awareness initiative held on 14 November 2025 in Howrah, West Bengal, marking a powerful commitment to diabetes prevention and healthy living. Conducted as a street-based public campaign, the event brought together an estimated 600 participants, reflecting enthusiastic community participation across age groups and professions.

The walkathon witnessed spontaneous involvement from all sections of society, including schoolchildren, common citizens, police personnel, sports professionals, healthcare workers, and media representatives. The presence of well-known local personalities and celebrity supporters further amplified public interest and visibility. This diverse gathering transformed the walkathon into a vibrant platform for spreading awareness about diabetes, physical activity, and lifestyle modification in an engaging and inclusive manner.

Beyond the event day, Walkathon 2025 demonstrated lasting impact through sustained community engagement. Participants not only returned each year but also became advocates for awareness within their families and social circles. The initiative contributed to regular blood sugar detection camps, diet and exercise counselling, and year-round continuing medical education activities says the organizers. Overall, Walkathon 2025 stood out as a meaningful, high-impact public health movement that successfully combined awareness, participation, and measurable outcomes to promote long-term diabetes prevention.

Impact & Reach

 **600** General public participated

 **Howrah**

Activity Highlights



Photo Credit : Howrah Town Diabetes Study Society

Metabolic and Diabetes Screening and Awareness Session

FS Endocrine & Diabetes Centre

Activity Overview

The FS Endocrine & Diabetes Center successfully organized a large-scale Metabolic and Diabetes Screening and Awareness Session on 2nd November 2025, at the GMR Aero Tower, Hyderabad Airport. Conducted in a high-footfall public setting, the initiative aimed to promote early detection of metabolic disorders while strengthening awareness around diabetes prevention and healthy lifestyle practices.

The event witnessed the active participation of approximately 1,000 employees, who underwent comprehensive metabolic screening, including key parameters essential for identifying diabetes and related conditions. Expert healthcare professionals provided on-the-spot guidance, personalized counselling, and practical advice on nutrition, physical activity, and long-term disease prevention, making the initiative both impactful and actionable.

A key highlight of the program was the strong involvement of media representatives, which significantly amplified the reach of the awareness message beyond the venue. Additionally, the presence of senior officials and policymakers from GMR Airport underscored the growing institutional commitment to employee wellness and preventive healthcare. Their engagement reinforced the importance of workplace-based health initiatives as a sustainable strategy for reducing the burden of non-communicable diseases.

Overall, the session stood out as a model public health intervention, combining screening, education, and advocacy to foster a culture of proactive metabolic health management.

Impact & Reach

 **1000** General public participated

 **Hyderabad**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : FS Endocrine & Diabetes Center

Diabetes and Obesity Awareness Camp

Diabetes Total

Activity Overview

The Diabetes and Obesity Awareness Camp organized by Diabetes Total was successfully conducted on 14th November 2025 at Rane Hospital, Mumbai, with the objective of promoting early detection and informed lifestyle choices among the general public. The camp witnessed active participation from over 30 individuals, reflecting strong community interest in preventive healthcare.

The program featured comprehensive blood sugar screening, HbA1c testing, and body composition analysis (BCA), enabling participants to gain deeper insights into their metabolic health. A key highlight was the interactive awareness lecture focusing on diabetes, obesity, and the importance of balanced nutrition. Rather than emphasizing food restrictions, the session encouraged participants to rethink what they should include in their daily diet for better glucose control.

The quiz session at the end of the talk emerged as a major attraction, sparking curiosity and reinforcing learning in an engaging manner. Participants were particularly intrigued by the BCA results, which provided precise estimates of body fat even in individuals who appeared lean.

Approximately 30 to 40 patients were screened in a single day, and all participants received protein powder samples to emphasize the role of adequate protein intake in managing blood sugar spikes. The event's impact was further amplified through photos and videos shared on social media, extending awareness beyond the venue.

Impact & Reach

 **30+** General public participated

 **Mumbai**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes Total

Educating Young Doctors of the Community for Effective Management of Diabetes

St Ann's Hospital

Activity Overview

The academic program “Educating Young Doctors of the Community for Effective Management of Diabetes” was successfully conducted on 4th November 2025 at St. Ann's Hospital, Visakhapatnam, with the objective of strengthening evidence-based diabetes care among early-career healthcare professionals. Held within an educational institution setting, the session brought together around 30 young doctors who actively engaged in focused discussions on contemporary diabetes management strategies.

A key highlight of the event was the in-depth, research-driven discussion that challenged the long-standing myth of initiating only a single oral antidiabetic drug (OAD) in patients with poor glycemic control. Through the presentation of robust scientific evidence and real-world clinical data, speakers emphasized the importance of timely, individualized, and combination-based therapeutic approaches to improve outcomes and prevent complications. The interactive format encouraged participants to critically analyze treatment paradigms, ask questions, and share clinical experiences.

The program significantly enhanced participants' understanding of rational therapy selection and guideline-aligned decision-making in diabetes care. By empowering young doctors with updated knowledge and practical insights, the event contributed meaningfully to improving clinical confidence and promoting better glycemic management in community practice.

Impact & Reach

 **30** Healthcare professionals

 **Visakhapatnam**

Activity Highlights



Photo Credit : St Ann's hospital

Caspian Diabetesity Expo

Caspian Healthcare Foundation

Activity Overview

Caspian Diabetesity Expo 2025, organized by the Caspian Healthcare Foundation, was a landmark community health initiative held on 23rd November 2025 at Banjara Function Hall, Hyderabad. Designed to address the growing dual burden of diabetes and obesity, the Expo brought together 1,500–2,000 participants, including people living with diabetes, caregivers, healthcare professionals, and community members, under one inclusive platform.

A key highlight of the event was its official collaboration with the Research Society for Study of Diabetes in India (RSSDI), Telangana Chapter, which added strong scientific credibility and enabled deeper engagement with the organized medical community. The Expo adopted an integrated “Diabetesity” approach, emphasizing prevention-first strategies that address shared metabolic risk factors rather than treating diabetes and obesity in isolation.

The event featured large-scale health screenings, identifying high-risk individuals for diabetes and pre-diabetes, along with structured referrals for follow-up care. Educational sessions on nutrition, physical activity, medication adherence, and complication prevention empowered participants with practical, actionable knowledge.

With participation from 100+ doctors, pharmaceutical partners, technology innovators, and patient advocates, the Expo fostered meaningful multi-stakeholder collaboration. Extended outreach through social media and local media coverage further amplified public health awareness, making Caspian Diabetesity Expo 2025 a high-impact model for community-driven metabolic health promotion.

Impact & Reach

 **1500-2000** People living with diabetes and caregivers

 **Hyderabad**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Caspian Healthcare Foundation

Diabetes Awareness and Health Check Up

Blessed Doctor's Clinic

Activity Overview

The Diabetes Awareness and Health Check-up Camp organized by Blessed Doctor's Clinic, Tarsi on 16th November 2025 was a comprehensive community focused initiative aimed at promoting preventive healthcare and healthy living. Hosted at the clinic premises, the event witnessed enthusiastic participation from around 250 individuals from the general public, reflecting a strong community response toward diabetes awareness.

The camp offered free diabetes screening and basic health assessments, enabling early detection and timely guidance for participants. A key highlight of the event was its holistic approach to wellness. Alongside medical check-ups, the program featured engaging yoga and Zumba sessions led by an experienced yoga expert, encouraging physical activity as a cornerstone of diabetes prevention and management. Participants also benefited from personalized counselling sessions with a dietician and dentist, who provided practical advice on nutrition, lifestyle modification, and oral health; often an overlooked aspect of diabetes care.

The interactive format helped demystify diabetes, empowered attendees with actionable health knowledge, and motivated many to adopt healthier routines. With 250 individuals screened and educated, the event successfully created measurable impact by increasing awareness, encouraging early intervention, and reinforcing the importance of integrated healthcare within the community.

Impact & Reach

 **250** General public participated

 **Itarsi**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Blessed Doctor's clinic

Diabetes Screening Camp With Patient Awareness, CME on Continuous Glucose Monitoring

Lumding Divisional Railway Hospital

Activity Overview

The Lumding Divisional Railway Hospital successfully organized a two-day comprehensive diabetes focused program on 13th and 14th November 2025 at its hospital premises in Lumding, Assam. The initiative combined a Diabetes Screening Camp with Patient Awareness and a Continuing Medical Education (CME) program on Continuous Glucose Monitoring (CGM), aiming to address both community health needs and professional capacity building.

The diabetes screening camp reached 75 individuals from the general public, enabling early detection and risk assessment while promoting awareness about diabetes prevention, lifestyle modification, and long-term management. Participants actively engaged with healthcare professionals, making the awareness sessions impactful and well-received.

In parallel, the CME featured hands-on workshops on CGM, specifically designed for doctors and nursing staff who were new to CGM technology. These sessions provided practical exposure, improved clinical confidence, and highlighted real-world applications of CGM in diabetes care. The program recorded strong participation, with 50 attendees in the CME, 50 in physical workshops, and 100 participants in virtual CME sessions.

Overall, the event demonstrated a meaningful blend of public outreach and professional education. The positive attendance, enthusiastic participation, and encouraging feedback reflected the program's success in enhancing diabetes awareness, screening uptake, and clinical competence in modern glucose monitoring practices.

Impact & Reach

 **75** General public participated

 **Lumding**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Lumding Divisional Railway Hospital

Diabetes and Complications Screening Camp

Diabetes and Wellness Clinic


Activity Overview

The Diabetes and Complications Screening Camp, organized by the Diabetes and Wellness Clinic, was conducted in Mumbai from 14th to 30th November 2025 to mark World Diabetes Day and strengthen community level diabetes care. Hosted at a community center, the initiative reached 250 participants, primarily people living with diabetes and their caregivers, with the objective of early detection, education, and timely intervention.

The camp offered comprehensive, multi-disciplinary screening services including glycaemic assessment, blood pressure monitoring, lipid profiling, kidney function tests, neuropathy evaluation, retinal screening, and FibroScan based liver assessment. Alongside clinical evaluations, participants attended structured diabetes education sessions focused on self-management, lifestyle modification, and complication prevention. Same day counselling and personalized care plans ensured immediate guidance and clarity for patients, while those requiring advanced care were referred for specialist follow-up.

The program me successfully screened all registered participants, with high completion rates for investigations and education sessions. Significant clinical findings including uncontrolled glycaemia, hypertension, dyslipidemia, neuropathy, and retinopathy highlighted the urgent need for sustained community interventions. The camp stood out for its scale, integrated approach, and strong community engagement, reinforcing the commitment to equitable, accessible, and high-quality diabetes care for vulnerable populations in Mumbai.

Impact & Reach

 **250** General public participated

 **Mumbai**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes and wellness clinic

Diabetes Little Champs- Spreading Diabetes Awareness in Children

Kautilya Foundation


Activity Overview

Diabetes Little Champs – Spreading Diabetes Awareness in Children, organized by Kautilya Foundation, was a large-scale educational initiative conducted on 14th November 2025 in New Delhi. Hosted at an educational institution, the program reached an impressive audience of approximately 1,500 school students and youth, making it a landmark awareness activity focused on childhood diabetes education.

The session was thoughtfully designed to be highly interactive and age-appropriate, ensuring that children not only learned but actively engaged with the subject. Through interactive games, discussions, and participatory activities, complex concepts related to diabetes prevention, healthy lifestyle choices, and early awareness were simplified and made relatable. The enthusiastic participation of students reflected the success of the approach, transforming the event into a lively and memorable learning experience.

A key strength of the program was its ripple effect; children were encouraged to become “Diabetes Little Champs,” carrying the message beyond the classroom into their families, peer groups, and communities. By empowering young minds with knowledge and confidence, the initiative contributed to long-term awareness, early prevention, and community-level impact, reinforcing the role of children as powerful ambassadors of health education.

Impact & Reach

 **1500** General public participated

 **New Delhi**

Activity Highlights



Photo Credit : Kautilya Foundation

Screening and Education Awareness

Jupiter

Activity Overview

The Screening and Education Awareness initiative organized by Jupiter in Pune was a month-long community focused program conducted from November 1st to 31st, 2025. Designed to benefit people living with diabetes and their caregivers, the initiative reached an estimated 1,000 participants, making it a significant outreach effort in diabetes care and education.

The program combined systematic diabetes screening with structured educational sessions aimed at improving early detection, disease understanding, and self-management practices. Participants were guided on blood glucose monitoring, lifestyle modification, medication adherence, nutrition planning, and the importance of regular follow-ups. Caregivers were also actively engaged, helping them better support individuals living with diabetes in daily care and long-term management.

A key highlight of the initiative was the use of “Diabetes Varnamala”, an easy-to-understand educational approach that simplified complex medical concepts into relatable and practical knowledge. This ensured better comprehension across diverse age groups and literacy levels.

Overall, the event successfully enhanced awareness, encouraged preventive health behavior, and empowered participants with actionable knowledge, contributing to improved diabetes literacy and a stronger foundation for better health outcomes within the community.

Impact & Reach

 **1000** People living with diabetes and caregivers

 **Pune**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Jupiter

Walkathon

Craft Hospital Perinthalmanna

Activity Overview

Craft Hospital, Perinthalmanna successfully organized a large-scale Walkathon on 14th November 2025 in Perinthalmanna, Kerala, bringing together health, awareness, and community participation under one impactful initiative. Hosted at the hospital premises, the event witnessed an overwhelming response with an estimated 5,000 participants from both urban and rural areas, reflecting the strong community commitment toward preventive healthcare and active living.

The walkathon was designed to promote the importance of physical activity as a cornerstone of overall health and wellness. Participants from diverse age groups including families, students, healthcare professionals, and local residents joined hands to walk for a healthier future. The inclusive nature of the event ensured accessibility and engagement for people from varied backgrounds, making it a true community driven movement.

Beyond the walk itself, the event served as a platform to reinforce awareness about lifestyle related health issues and the need for regular monitoring of health parameters. The enthusiastic participation and disciplined coordination highlighted the hospital's dedication to public health outreach. Post event evaluations and health parameter assessments are planned to study the measurable impact of the initiative and guide future wellness programs. Overall, the walkathon stood as a meaningful step toward fostering a healthier and more informed society.

Impact & Reach

 **5000** General public participated

 **Perinthalmanna**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Craft Hospital Perinthalmanna

Walk for Wise Prescribing and Community Metabolic Disease Screening – Free Clinic

Indian Pharmacological Society (Clinical Secretariat),
Association of Physicians of India, East Bengal Club


Activity Overview

The Walk for Wise Prescribing and Community Metabolic Disease Screening Clinic (Free Clinic), organized by the Indian Pharmacological Society (Clinical Secretariat) in collaboration with the Association of Physicians of India – East Bengal Club, was held on 14th November 2025 in Kolkata to mark World Diabetes Day. The event uniquely combined community awareness, physical activity, and preventive healthcare by blending a symbolic walkathon with a comprehensive metabolic screening program. Hosted at the Diabetes and Allergy–Asthma Therapeutics Specialty Clinic and Jagriti Sangha Club, the initiative attracted around 450 participants from the general public.

A key highlight of the event was the active involvement of the East Bengal Club, one of India's most iconic sports institutions, which amplified community engagement and reinforced the message that regular physical activity is central to metabolic health. The walkathon served as a powerful symbol of movement, discipline, and collective responsibility toward diabetes prevention. Following the walk, participants underwent free health assessments, including metabolic screening and counselling, enabling early identification of risk factors such as obesity, hyperglycaemia, and liver health abnormalities.

The initiative successfully bridged sports culture with public health outreach, fostering awareness, early detection, and trust within the community, while emphasizing the importance of wise prescribing and preventive care in tackling the growing burden of metabolic diseases.

Impact & Reach

 **Around 450** General public participated

 **Kolkata**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Indian Pharmacological Society (Clinical Secretariat), Association of Physicians of India, East Bengal Clubs and wellness clinic

World Diabetes Day Celebration

The Society for Study of Metabolic Syndrome and Diabetes (SSMSD)

Activity Overview

The World Diabetes Day Celebration 2025, organized by The Society for Study of Metabolic Syndrome and Diabetes (SSMSD), was a two-day community focused initiative held on 13th and 14th November 2025 in Dibrugarh, Assam, with the theme “Diabetes and Well-being.” The program was conducted with the support of the Lions Club of Dibrugarh Excellence, Apollo Clinic, and VG Hospital, aiming to promote early detection, awareness, and holistic management of diabetes.

Day 1 focused on comprehensive diabetes screening camps, where participants received guidance on early diagnosis, lifestyle modification, and preventive care. The sessions emphasized the importance of timely intervention to reduce long term complications and improve quality of life. Day 2 featured an awareness walkathon from VG Hospital to Apollo Clinic, symbolizing community commitment to diabetes prevention and healthy living. The event was formally inaugurated by esteemed dignitaries and attended by medical professionals, volunteers, and community members.

With over 400 participants, the event achieved significant impact; identifying several new cases of diabetes and revealing poor glycemic control in many individuals. Additionally, valuable insights were gained into participants' Knowledge, Attitude, and Practices (KAP), reinforcing the need for sustained community education and preventive strategies in diabetes care.

Impact & Reach

 **432** General public participated

 **Dibrugarh**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : The Society for Study of Metabolic Syndrome and Diabetes (SSMSD)

Walkathon for World Diabetes Day

Asansol Coalfield Diabetes Association

Activity Overview

The Asansol Coalfield Diabetes Association successfully organized a Walkathon for World Diabetes Day on 14th November 2025 in Asansol, marking a strong community driven effort to raise awareness about diabetes prevention and early detection. The walkathon commenced from BNR and concluded at the Polo Ground, drawing enthusiastic participation from nearly 300 healthcare professionals, including doctors, nurses, and allied health workers.

The event received commendable support from local administrative bodies and civic authorities, reflecting a collaborative approach toward public health advocacy. Participants walked together with placards and messages emphasizing the importance of healthy lifestyles, regular screening, and timely management of diabetes. To amplify the outreach, auto-mike announcements were strategically used throughout the route, enabling the campaign to reach approximately 10,000 residents across surrounding localities.

A key highlight of the event was the concluding health session, where medical experts addressed participants and the public on diabetes risk factors, early screening, lifestyle modification, and preventive care. Feedback gathered during the event indicated a significant increase in awareness, with over 80% of participants reporting improved understanding of diabetes prevention strategies. Overall, the walkathon created strong community visibility and reinforced critical diabetes related messages in high footfall public areas.

Impact & Reach

 **300** Healthcare professionals

 **Asansol**

Activity Highlights



Photo Credit : Asansol Coalfield Diabetes Association

Type 1 Diabetes-Friendly Schools & Growth Charting Initiative – “Saving the Future”

Hormone India Diabetes and Endocrine Centre

Activity Overview

The Type 1 Diabetes Friendly Schools & Growth Charting Initiative titled “Saving the Future” was a year long, community focused program conducted by Hormone India Diabetes and Endocrine Centre, Bhopal across multiple schools in Bhopal, Madhya Pradesh. The initiative aimed to improve early detection of growth and endocrine disorders while creating safer, more inclusive school environments for children living with Type 1 Diabetes (T1DM).

Over the course of the program, more than 1,000 students were screened for growth patterns and nutritional status using standardized growth charts integrated into school health records. This led to the early identification of several children with growth delay and thyroid dysfunction, enabling timely medical referral and intervention. In parallel, over 500 teachers and school staff were sensitized and trained in recognizing diabetes-related emergencies, basic T1DM care, and inclusive classroom practices.

The initiative also actively engaged parents through awareness sessions, strengthening school family collaboration in child health management. A key innovative aspect was the practical, real-world demonstration of T1DM management within school settings, bridging the gap between clinical care and daily life. Overall, the program significantly enhanced health awareness, emergency preparedness, and academic inclusivity for students with diabetes.

Impact & Reach

 **500+ TEACHERS** School students / youth

 **Bhopal**

Activity Highlights



Photo Credit : Hormone India Diabetes and Endocrine Centre

Diabetes Premier League (DPL)

Rehai Healthcare Pvt Ltd &
Hannan Multi-speciality Hospital

Activity Overview

The Diabetes Premier League (DPL), organized by Rehai Healthcare Pvt. Ltd. in collaboration with Hannan Multi-Specialty Hospital, marked a pioneering milestone in public health awareness in rural India. Held on 14th November 2025 at the Hatimari Football Ground, Sujapur, Malda, West Bengal, the event creatively blended sport and health education by hosting India's first ever diabetes awareness football exhibition match.

Drawing an enthusiastic crowd of over 10,000 participants, the DPL successfully engaged the general public, including people living with diabetes, their families, and young football enthusiasts. What made the event truly unique was its live commentary in the Bengali language, which seamlessly connected real time football action with key messages on diabetes prevention, management, and lifestyle modification. This culturally rooted approach made complex medical concepts simple, relatable, and memorable for the local community.

Beyond awareness, the event delivered measurable impact. More than 100 individuals underwent on site diabetes screening, counselling, and risk assessment, while thousands more were reached through extensive regional media and social media coverage. The overwhelming community response led to requests for an extended multi day league involving neighboring villages, highlighting strong local ownership. Through collaboration with healthcare workers, clubs, and media, the DPL significantly strengthened preventive health understanding and long-term community engagement in an underserved population.

Impact & Reach

 **10k** General Public Participated

 **Malda, West Bengal**

Activity Highlights



Photo Credit : Rehai Healthcare Pvt Ltd & Hannan Multi-speciality Hospital

Public Awareness and Screening

AHC Diabetes Clinic

Activity Overview

AHC Diabetes Clinic marked World Diabetes Day on 14th November 2025, with a large scale Public Awareness and Screening initiative held in Ahmedabad, reinforcing its commitment to community health and early diabetes detection. The event took place at a prominent public venue, chosen for its accessibility and expansive garden space, allowing comfortable participation for a large gathering. Leveraging the trust and strong outreach of the clinic's network of over 400 active members, the programme successfully invited and engaged more than 500 participants, including people living with diabetes, individuals at risk, and caregivers.

The event focused on increasing public understanding of diabetes prevention, early diagnosis, and effective self-management. Free blood glucose screening formed the core of the initiative, complemented by interactive awareness sessions that addressed common myths, lifestyle risk factors, and the importance of regular monitoring. Trained healthcare professionals and volunteers provided on the spot guidance, answered participant questions, and shared practical tips on diet, physical activity, and adherence to treatment.

A key highlight of the event was its inclusive, community driven approach, which encouraged open dialogue and peer learning in a supportive environment. By hosting the programme in a public setting, AHC Diabetes Clinic ensured wider visibility and reach beyond its regular patient base. The initiative strengthened community engagement, promoted proactive health seeking behaviour, and extended the clinic's impact by reaching a broader audience with vital diabetes awareness messages.

Impact & Reach

 **500** People living with diabetes and caregivers

 **Ahmedabad**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : AHC Diabetes clinic

Pre-Diabetes Screening and Diabetes Education and Complications Screening for Diabetics

Mother's Care Diabetes Centre

Activity Overview

The Mother's Care Diabetes Centre successfully organized a community-based Pre-Diabetes Screening and Diabetes Education & Complications Screening Camp on 16th November 2025 at Sathuvachari, Vellore. Held at a local community center, the event witnessed an encouraging participation of around 100 individuals, primarily people living with diabetes and their caregivers, reflecting strong community engagement and growing awareness around early diabetes detection.

A total of 95 participants benefited directly from the camp. Among them, 40 were known diabetics, while the remaining 45 individuals underwent structured screening. 22 participants received detailed evaluations using Glucose Tolerance Test and HbA1c testing, which identified 14 individuals with pre-diabetes, 7 with normal glucose levels, and 2 newly diagnosed with diabetes. Additionally, 33 participants presenting with general health complaints underwent comprehensive assessments, including blood sugar, blood pressure, foot examination, Vibration Perception Threshold, ECG, lipid profile, and HbA1c testing—all provided free of cost.

A key highlight of the event was the focused health education session, emphasizing lifestyle modification, early detection of pre-diabetes, and diabetes care at the workplace. The strong turnout and willingness of participants to undergo screening highlighted increased community awareness and proactive health seeking behavior, reinforcing the importance of such preventive initiatives.

Impact & Reach

 **100** People living with diabetes and caregivers

 **Vellore**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Mother's care Diabetes centre

Awareness Lecture: Understanding Diabetes Across All Ages

Purohit Poly Clinic


Activity Overview

An impactful diabetes awareness lecture titled “Understanding Diabetes Across All Ages” was conducted on 14th November 2025 at Shri Vardhman Girls College, Beawar, by Purohit Poly Clinic. The session was designed to empower young students with essential knowledge about diabetes, its early warning signs, prevention strategies, and the role of a healthy lifestyle in long term well being. Around 50 students actively participated in this educational initiative, making it a highly engaging and interactive experience.

The session featured a concise yet informative talk that simplified complex medical concepts into easy-to-understand messages suitable for non-medical students. Special emphasis was placed on diabetes prevention, dietary habits, physical activity, and the importance of early screening, especially among youth. A lively Q&A segment followed, where students enthusiastically raised questions related to diet, lifestyle choices, and gestational diabetes, reflecting strong engagement and curiosity.

The program received positive feedback from both students and faculty, with participants reporting improved understanding and increased confidence in identifying early symptoms of diabetes. Many students expressed motivation to adopt healthier habits and share the knowledge gained with their families, thereby extending the impact beyond the college campus. The event successfully contributed to strengthening health awareness and preventive thinking among young minds.

Impact & Reach

 **50** School students / youth

 **Beawar**

Activity Highlights



Photo Credit : Purohit Poly Clinic

Walkathon & Medical Camp

Empower T1D

Activity Overview

The Walkathon & Medical Camp organized by Empower T1D in Bangalore on 14th November 2025 marked a powerful and purpose driven observance of World Diabetes Day. Held at a prominent public location in the heart of the city, the event brought together nearly 150 participants, including people living with diabetes, caregivers, healthcare supporters, and advocates, all united by a shared commitment to awareness, inclusion, and better diabetes care.

The walkathon created strong public visibility, with participants carrying banners and placards and culminating in a striking collective moment in front of the iconic Vidhana Soudha, amplifying messages of understanding and acceptance across the city. Alongside the walk, a dedicated medical camp provided essential health support, education, and guidance, reinforcing the importance of early care and continuous management.

Key advocacy campaigns such as #InjectAnywhere and #EndDiabetesStigma were prominently highlighted, encouraging open conversations around insulin use and challenging societal misconceptions. The event also addressed practical issues like managing diabetes in the workplace, empowering participants with knowledge and confidence. Overall, the initiative successfully blended awareness, advocacy, and healthcare support, leaving a meaningful and measurable impact on the community while strengthening solidarity among people affected by diabetes.

Impact & Reach

 **500** People living with diabetes, caregivers and general public

 **Bangalore**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Empower T1D

Holistic Diabetes Detection and Mental Health Awareness Camp

DAWN Foundation


Activity Overview

The Holistic Diabetes Detection and Mental Health Awareness Camp, organized by the DAWN Foundation in Mumbai from 14th to 16th November 2025, was a meaningful public health initiative that brought physical and mental well-being together under one inclusive platform. Conducted in a prominent public space, the camp successfully attracted a large and diverse turnout, engaging over 100 participants from the general public.

The event focused on early diabetes detection through on-site screenings while simultaneously addressing the often-overlooked link between diabetes and mental health. Qualified healthcare professionals and trained volunteers offered free screenings, basic consultations, and guidance on lifestyle modification, stress management, and emotional well-being. Informative interactions and awareness discussions helped participants understand how mental health plays a critical role in diabetes prevention and management.

A key highlight of the camp was its strong emphasis on reducing stigma around mental health. By creating an open, approachable environment, the initiative encouraged honest conversations and normalized seeking help for mental health concerns. Support from local governing bodies further strengthened outreach and community trust. The camp made a measurable impact, with over 100 individuals screened, many of whom gained early insights into their health status. Overall, the event stood out as a holistic, community driven effort that promoted preventive healthcare, awareness, and compassionate engagement.

Impact & Reach

 **100+** General public participated

 **Mumbai**

Activity Highlights



Photo Credit : Photo Credit : DAWN Foundation

World Diabetes Day Celebration

CentraCare Super Speciality Hospital & MRC

Activity Overview

The World Diabetes Day celebration organized by CentraCare Super Speciality Hospital & MRC in Belagavi was a thoughtfully designed, month long initiative aimed at promoting diabetes awareness, early detection, and preventive care. Conducted from 13th October to 17th November 2025, the program successfully blended medical expertise with community engagement, creating a meaningful and lasting impact.

The celebration featured a series of interactive activities including educational sessions, wellness talks, screening camps, and engaging challenges that made learning about diabetes both accessible and impactful. Healthcare professionals actively participated, sharing evidence based knowledge while encouraging proactive lifestyle changes. A key highlight of the initiative was its innovative approach combining fun, interaction, and education to foster a shared wellness experience across diverse audiences.

Extending beyond the hospital setting, the program reached schools, workplaces, and the wider public through targeted outreach and social media engagement. This multi-platform approach ensured broad participation and reinforced the importance of diabetes prevention and management. With over 200 individuals screened during the campaign, the initiative underscored CentraCare's commitment to community health, early intervention, and sustained awareness, making the World Diabetes Day celebration both impactful and inspiring.

Impact & Reach

 **150-500** Healthcare professionals

 **Belagavi**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : CentraCare Super Speciality Hospital & MRC

Diabetes Awareness, Screening & Prevention Activities

VIMS Diabetes and Obesity Centre

Activity Overview

The VIMS Diabetes and Obesity Centre successfully organized a three-day community focused Diabetes Awareness and Prevention Program from 14th to 16th November 2025 in Valsad, Gujarat, with activities conducted at VIMS Hospital and Smt. BCJ Sarvajanic High School, Bigri. The initiative aimed to promote early detection of diabetes and encourage healthy lifestyle practices among students, parents, and the wider community.

A key highlight of the event was the Free Random Blood Sugar (RBS) check-up offered to all attendees, which witnessed an overwhelming response from the community. Informative diabetes awareness talks were delivered, emphasizing the importance of prevention, early diagnosis, and long-term health management.

Adding a unique and engaging dimension, the program featured a Healthy Cooking Competition showcasing diabetes friendly recipes. Participants demonstrated innovative, nutritious cooking methods, making healthy eating both practical and appealing. Attractive prizes further encouraged enthusiastic participation.

The outreach at the school was particularly impactful, with over 200 students and parents attending the session on a Sunday, reflecting strong community engagement. Overall, the program screened 260 individuals, educated families on diabetes prevention, and reinforced the message that healthy living can be both enjoyable and sustainable.

Impact & Reach



500

General public + school students



Bigri

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : VIMS Diabetes and Obesity Centre

World Diabetes Day 2025 Awareness, Screening & Competitions

Christian Medical College and Hospital

Activity Overview

The World Diabetes Day 2025 celebrations at Christian Medical College and Hospital (CMC), Vellore were a vibrant, multi-day initiative that successfully blended education, creativity, and community engagement to promote diabetes awareness and prevention. Spanning from September to November 2025, the program featured a series of thoughtfully curated activities, including a cookery competition, school students' essay and painting contests, a teachers' quiz, poster competitions for staff and students, and a large-scale public exhibition with free screening services.

A key highlight was the strong focus on real world learning. Participants explored practical aspects of diabetes management, such as planning diabetic friendly meals, adopting healthy lifestyle habits early, and understanding prevention strategies through interactive and engaging formats. The cookery competition encouraged teamwork and innovation, while creative contests empowered students to express their understanding of diabetes through art and writing. The teachers' quiz reinforced the role of educators as informed role models within the community.

The public exhibition stood out as a one stop platform for diabetes education, offering interactive stalls, multilingual talks, educational games, and free blood glucose, eye, and foot screenings. With participation from over 400 members of the public and strong involvement from students, teachers, and healthcare professionals, the event fostered widespread awareness, early detection, and meaningful community participation, reinforcing CMC Vellore's enduring commitment to public health education.

Impact & Reach

 **875** General Public Participated

 **Vellore**

Activity Highlights

Free Diabetes Screening/Camp

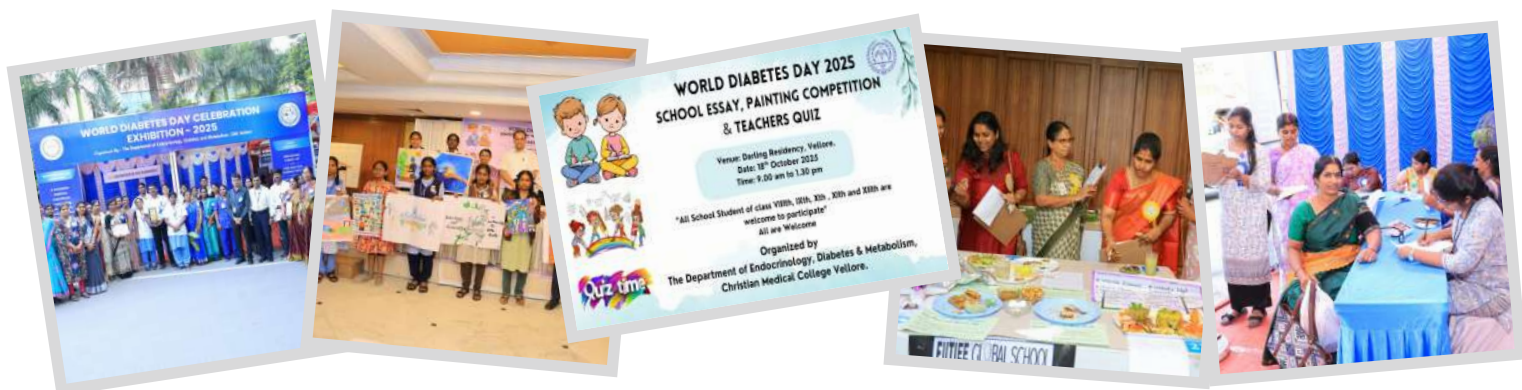


Photo Credit : Christian Medical College and Hospital

World Diabetes Day Health Mela

Diabetes India Youth in Action

Activity Overview

The World Diabetes Day Health Mela, organized by Diabetes India Youth in Action on 14th November 2025 in Delhi, was a large-scale public health outreach initiative aimed at raising awareness, promoting early detection, and empowering individuals to manage diabetes effectively. Held at a hospital/clinic setting, the event witnessed the enthusiastic participation of 400+ attendees, including people living with diabetes, their caregivers, healthcare professionals, and community members.

A key highlight of the mela was the presence of the Honorable Mayor of Delhi as the special guest, which added significant visibility and underscored strong local government support for diabetes prevention and public health initiatives. The event featured free blood glucose screening camps, interactive health education sessions, nutrition and lifestyle counselling, and youth led awareness activities designed to engage diverse age groups. Informative stalls and one-on-one consultations helped participants better understand diabetes management, prevention strategies, and the importance of regular monitoring.

The Health Mela successfully created a supportive and inclusive environment, fostering dialogue between patients, caregivers, and experts. By combining medical services with community engagement, the event reinforced the message that diabetes care requires collective action, awareness, and sustained lifestyle changes, leaving a meaningful and measurable impact on community health awareness.

Impact & Reach

 **400+** People living with diabetes and caregivers

 **Delhi**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes India Youth in Action

World Diabetes Day

Lodha Hospital and Test Tube Baby Center


Activity Overview

The World Diabetes Day celebration organized by Lodha Hospital and Test Tube Baby Center on 14th November 2025 in Pali, Rajasthan was a highly impactful community health initiative aimed at raising awareness about diabetes prevention, early detection, and long-term management. Hosted at the hospital premises, the event witnessed an enthusiastic participation of approximately 350 individuals, including patients, healthcare professionals, partner organizations, and members of the general public.

The program featured free blood sugar screening, through which nearly 300 participants were tested, helping many understand their current health status and encouraging timely medical consultation where needed. Doctors and healthcare staff actively engaged with attendees, providing guidance on lifestyle modifications, balanced nutrition, physical activity, and the importance of regular monitoring to prevent diabetes-related complications.

A key highlight of the event was the collaborative involvement of multiple organizations, which strengthened community outreach and amplified the message of collective responsibility in combating diabetes. Informative discussions, one-on-one counselling, and motivational interactions inspired participants to take proactive steps toward healthier living. Overall, the event successfully fostered awareness, promoted preventive healthcare, and reinforced the hospital's commitment to community well-being in the fight against diabetes.

Impact & Reach

 **350** General public participated

 **Pali**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Lodha Hospital and Test Tube Baby Center

Diabetes Awareness Outreach Programs

SRMS Complete Diabetes Care
Department of Health and Family Welfare


Activity Overview

SRMs Complete Diabetes Care conducted four major diabetes awareness initiatives across Odisha, demonstrating a strong grassroots commitment to public health, early detection, and education. The largest program, a Diabetes and Obesity Awareness Drive, was carried out from 30th May to 20th June 2025 in rural areas of Dhenkanal, Angul, and Cuttack districts. Over 5,000 individuals were screened at community centres, with new cases of diabetes and obesity identified. The initiative emphasized lifestyle modification, medication adherence, and planned bi-weekly follow-ups, despite having no celebrity, media, or government support.

On 13th and 14th November 2025, two focused awareness programs were conducted in Dhenkanal. A Diabetes Awareness Program at a De-addiction and Rehabilitation Centre screened and educated around 60 individuals from a vulnerable population, supported by a Rotary Club and media coverage. The following day, "Diabetes at the Workplace" was organized at Shivam Medical Store, engaging about 40 healthcare professionals through personalized one-to-one discussions on prevention and early diagnosis.

The fourth initiative, a Diabetes Awareness Poster Competition, was held on 15th November 2025 at Saraswati Sisu Bidya Mandir, Odapada. With participation from over 100 school students, the event promoted early health education and awareness through creativity. Collectively, these initiatives highlight SRMs Complete Diabetes Care's inclusive, community-driven approach, reaching rural populations, professionals, vulnerable groups, and future generations.

Impact & Reach

 **5,200+** General public, healthcare professionals, and school students/youth participated

 **Dhenkanal**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit: SRMS Complete Diabetes Care

World Diabetes Day – Type 1 Diabetes Awareness & Inclusive Screening Program

Dr. Mohan's Diabetes Specialities Centre


Activity Overview

Dr. Mohan's Diabetes Specialities Centre demonstrated a strong commitment to inclusive and large-scale public health outreach through three major diabetes awareness and screening initiatives conducted in Chennai during November 2025. Together, these programs reflected a holistic approach to diabetes prevention, education, and community empowerment, reaching diverse groups across community, clinical, and public spaces.

The first initiative, an Awareness and Screening Camp for the Physically Challenged and Transgender Community, was held on 14th November 2025 in observance of World Diabetes Day. Conducted at a community centre, the camp screened over 100 participants and provided free diabetes testing, personalised counselling, and early detection support. Organised in collaboration with IDF Centre of Excellence and the Ashaji Foundation, the program stood out for integrating skill guidance and employment-readiness sessions, creating an empowering and inclusive healthcare environment.

This was complemented by a Type 1 Diabetes Awareness Rally on 8th November 2025, which saw participation from over 700 people, including doctors, individuals with Type 1 diabetes, caregivers, volunteers, and the general public. The presence of senior civic leadership, including the Commissioner of Police, strengthened public advocacy. The month-long World Diabetes Day Campaign further expanded impact, reaching over 20,000 people digitally and screening more than 5,000 individuals through 110 awareness camps across 32 cities. Collectively, these initiatives highlight the centre's leadership in delivering scalable, inclusive, and socially responsible diabetes awareness programs.

Impact & Reach

 **5,800** General public participated

 **Chennai**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Dr. Mohan's Diabetes Specialities Centre

World Diabetes Day – Awareness, Screening & Healthy Lifestyle Initiative

Father Muller Medical College

Activity Overview

Father Muller Medical College (FMMC), Mangalore, Karnataka, demonstrated a strong and sustained commitment to diabetes awareness and preventive healthcare through multiple integrated activities conducted throughout November 2025. These initiatives engaged healthcare professionals, students, and the general public, creating a comprehensive approach to education, screening, and community involvement.

The “Steps for Awareness Challenge,” held from 5th to 15th November 2025, saw active participation from 360 healthcare professionals, including teaching and non-teaching staff, with over 100 participants remaining consistent for all 10 days. On 15th November 2025, a Nutrition & Healthy Workplace session at the FMMC campus reached around 100 healthcare professionals, offering practical guidance on physical activity and healthy eating in demanding work environments, reinforced through the provision of low-glycaemic snacks.

FMMC extended its outreach to the community through a Diabetes Screening Camp at Amemaar Community Centre on 15th November 2025, benefiting about 100 residents with free screening and counselling. Additionally, the “Screening – Know Your Diabetes Risk” initiative conducted at FMMC Hospital from 5th to 15th November 2025 screened over 500 members of the general public, identifying many at moderate to high risk and promoting early lifestyle interventions, while providing MBBS students valuable hands-on learning.

Creative and symbolic engagement included a Bookmark Competition from 3rd to 15th November 2025 involving school students and youth, and Blue Lighting of the institution on 14th and 15th November 2025, reinforcing visibility and solidarity with the global diabetes awareness movement. Collectively, these initiatives highlight FMMC's leadership in preventive healthcare, education, and sustained community engagement.

Impact & Reach



600+ General public, school students / youth and healthcare professionals participated



Mangalore, Amemaar

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Father Muller Medical College

Hypoglycemia Prevention & Metabolic Awareness Initiative

Mumbai Diabetes Care Foundation

Activity Overview


The Mumbai Diabetes Care Foundation marked a significant impact through two thoughtfully designed initiatives aimed at strengthening diabetes awareness and prevention among both healthcare professionals and the general public.

The first initiative, HOPE – Hypoglycemia Prevention and Education, conducted as a virtual event on 20th November 2025, focused on addressing one of the most critical yet under-recognized complications of diabetes: hypoglycemia. Through engaging educational content and doctor led video messages, the program reached daily OPD patients of participating physicians and extended its influence through digital sharing. By empowering both physicians and patients with practical knowledge on early recognition, prevention, and management of hypoglycemia, the initiative enhanced clinical confidence and patient safety, fostering better day-to-day diabetes care.

Complementing this, the Foundation organized a World Diabetes Day Awareness and Doctors' Pledge for Metabolic Wellness event on 16th November 2025 at Courtyard Marriott, Mumbai. Attended by over 100 healthcare professionals, the event emphasized the importance of physicians leading by example. Doctors collectively pledged to prioritize their own metabolic health, reinforcing their role as advocates for healthy living among patients. The event also drew strong engagement and local media attention, amplifying its message beyond the venue.

Together, these initiatives demonstrated a holistic approach combining education, leadership, and advocacy to drive meaningful change in diabetes awareness and management.

Impact & Reach

 **100+** Healthcare professionals
Daily OPD patient interactions and outreach through doctors' awareness video

 **Mumbai**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Mumbai Diabetes Care Foundation

Public Awareness, Education & Professional Engagement Activities

Sunil's Diabetes Care Foundation of India

Activity Overview

Sunil's Diabetes Care Foundation of India demonstrated a comprehensive commitment to diabetes awareness, education, and community empowerment through five major initiatives conducted in Nagpur during November 2025. Together, these activities addressed diabetes care across clinical practice, public education, maternal health, media outreach, and professional capacity building, creating a wide-reaching public health impact.

World Diabetes Day on 14th November 2025 was marked with a patient-centric program at a clinical setting, engaging around 60 people living with diabetes and their caregivers. The program featured direct interaction with **Dr. Sunil Gupta**, free blood glucose screening, personalised diet counselling, myth-versus-fact discussions, and hands-on demonstrations of insulin administration and lifestyle practices. Interactive Q&A sessions and active staff support helped participants gain confidence in day-to-day diabetes management.

On the same day, the Foundation conducted **PregaTalk**, a virtual initiative focused on pregnancy and gestational diabetes. Delivered in multiple regional languages including Maithili, Bhojpuri, Bundelkhandi, Malayalam, and Bengali, the program featured expert-led, evidence-based sessions and reached thousands of women and families across India. A follow-up PregaTalk on 21st November 2025 sustained engagement and reinforced maternal health messaging nationwide through digital platforms.

Public awareness was further strengthened through diabetes-related articles published in **Lokmat Times** on 6th, 13th, and 20th November 2025, reaching an estimated 3–5 lakh readers per week. The month concluded with **NuCon / DE-CON 2025** on 23rd November 2025 at Kavivarya Suresh Bhat Auditorium, Nagpur, attended by approximately 950 participants. This large-scale conference focused on case-based learning and hands-on training, significantly enhancing professional skills in diabetes care. Collectively, these initiatives highlight the Foundation's holistic and scalable approach to advancing diabetes awareness and management.

Impact & Reach



Multiple People

People living with diabetes and caregivers,
General Public Participated, Media



Nagpur

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Sunil's Diabetes Care Foundation of India

Innovative Diabetes Awareness & Children's Empowerment Initiative


UDAAN

Activity Overview

UDAAN's community outreach initiatives in Aurangabad demonstrated the power of people centric and stigma free diabetes engagement through two landmark public events held in November 2025. The first initiative, Health in the Spotlight: UDAAN's Nukkad Nataks Transform Public Spaces, brought diabetes awareness directly to the streets. Through four simultaneous street plays staged at major public locations including hospitals and a busy mall, UDAAN used culturally resonant Hindi theatre to simplify complex medical concepts. The performances focused on early detection, Type 1 diabetes awareness, and breaking stigma, using the memorable "4 Universal T's" framework. Large crowds of students, families, and passers by actively engaged, asked questions, and gained clarity on symptoms, insulin use, and differences between Type 1 and Type 2 diabetes.

Building on this momentum, UDAAN organized a historic community Fun-Fair at Kham River Eco Park, where over 800 families came together in a rare, stigma free space. Nearly 1,800 participants including 800 children openly checked blood glucose, administered insulin, and shared a carb-counted community meal. For many rural families, this was their first experience of collective diabetes management, fostering confidence, belonging, and hope. Together, these events showcased UDAAN's commitment to awareness, empowerment, and inclusive diabetes care at scale.

Impact & Reach

 **2000+** General public, People living with diabetes and caregivers participated

 **Aurangabad**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : UDAAN

World Diabetes Day 2025

Chittagong Diabetic General Hospital

Activity Overview


World Diabetes Day 2025 was observed with great enthusiasm and impact at Chittagong Diabetic General Hospital, Khulshi, on 14th November 2025, marking a significant step toward strengthening diabetes awareness and care in Bangladesh. The event brought together nearly 400 participants, including people living with diabetes, caregivers, healthcare professionals, and policy stakeholders, creating a vibrant platform for learning, dialogue, and action.

A major highlight of the program was the presence of the Deputy Civil Surgeon, key health policymakers, administrative officers from the Social Welfare Department, and specialists from multiple medical disciplines, underscoring strong institutional and governmental support for diabetes prevention and management. The event featured comprehensive screening services, through which 500 patients were assessed, enabling early identification of diabetes-related risks and complications.

An engaging awareness seminar attended by over 300 participants focused on diabetes complications, lifestyle modification, and the importance of regular monitoring and adherence to treatment. In a meaningful step toward equitable care, free medications were distributed to more than 100 diabetes patients supported by the Social Welfare Department.

Overall, the event successfully combined clinical care, education, and social support, reinforcing the hospital's commitment to improving diabetes outcomes and empowering the community through knowledge and access to care.

Impact & Reach

 **400** People living with diabetes and caregivers

 **Chittagong, Bangladesh**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Chittagong Diabetic General Hospital

World Diabetes Day Media Engagement Program

Bangladesh Endocrine Society

Activity Overview

Bangladesh Endocrine Society reinforced its commitment to diabetes awareness and public health advocacy through three well-coordinated activities conducted around World Diabetes Day. These initiatives strategically engaged the media, the general public, and key opinion leaders, highlighting the growing diabetes burden in Bangladesh while promoting prevention, early detection, and sustained lifestyle change.

The campaign began with a press conference at DRU, Dhaka, where senior society members interacted with journalists from leading national media outlets. Experts discussed the rising prevalence of diabetes, the importance of World Diabetes Day, and the need for timely diagnosis and effective management. By sharing current data, addressing misconceptions, and answering questions, the session strengthened accurate, evidence-based health reporting and expanded the reach of key public health messages.

This was followed by a Diabetes Day Run at Hatirjheel, Dhaka, which drew participation from over 1,000 people, including individuals with diabetes, caregivers, healthcare professionals, and community members. The event promoted physical activity as a simple yet powerful tool for diabetes prevention and management. The initiative concluded with a virtual round table discussion with reporters from the Daily Samokal, focusing on the World Diabetes Day 2025 theme and future priorities. Together, these three activities created a cohesive awareness drive that combined media engagement, community participation, and forward-looking dialogue to strengthen national diabetes advocacy.

Impact & Reach



1073

People living with diabetes and caregivers,
Media



Dhaka, Bangladesh

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Bangladesh Endocrine Society

Hypoglycemia Prevention & Metabolic Awareness Initiative


Diabetes Association of Sri Lanka

Activity Overview

The Diabetes Association of Sri Lanka (DASL) marked World Diabetes Day 2025 with two impactful and complementary initiatives aimed at strengthening national diabetes awareness, prevention, and early detection. The first event, "Spotlight on Diabetes: Press Briefing," held on 4th November 2025 at the National Diabetes Centre, Rajagiriya, brought together healthcare leaders, policymakers, and media representatives to commemorate the 30th anniversary of the National Diabetes Centre and the 75th anniversary of the International Diabetes Federation. Conducted bilingually in Sinhala and English, the briefing featured expert panel discussions and an interactive Q&A session, ensuring accurate dissemination of evidence based messages on diabetes prevention, early diagnosis, and management. Strong media engagement amplified these messages nationwide, enhancing public understanding and reinforcing DASL's leadership in health advocacy.

Complementing this advocacy driven initiative, DASL conducted Diabetes Education, Awareness and Screening Sessions across Colombo from 1st to 29th November 2025. These community focused activities reached over 500 participants through free, accessible screening and education services delivered at clinics, workplaces, and public settings. Comprehensive health assessments, personalized counselling, and educational outreach enabled early identification of risk factors while empowering individuals to adopt healthier lifestyles. Together, these events created a balanced approach combining national visibility with grassroots impact, significantly advancing diabetes awareness, early detection, and prevention efforts in Sri Lanka.

Impact & Reach

 **550+** General public participated

 **Colombo, Sri Lanka**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes Association of Sri Lanka

National Diabetes Walk and Health Camp 2025

Sri Lanka Diabetes Federation


Activity Overview

The National Diabetes Walk and Health Camp 2025, organized by the Sri Lanka Diabetes Federation, was a landmark public health initiative aimed at raising awareness, promoting prevention, and improving access to essential diabetes care. Held on 15th November 2025 at the Colombo Municipal Council premises, the event brought together nearly 2,000 participants from across Colombo, reflecting strong community engagement and public interest in diabetes prevention and management.

Designed for the general public, the program combined an energizing diabetes awareness walk with a comprehensive, free health camp delivered through a unique “whole-patient” approach. In addition to routine blood glucose checks, participants benefited from often-overlooked yet critical screenings such as foot examinations and eye checks, ensuring early detection of diabetes-related complications. All services were provided free of charge, reinforcing inclusivity and removing financial barriers to care.

Health education sessions, counselling by trained professionals, and on-site guidance on lifestyle modification, nutrition, and physical activity further strengthened the program’s impact. By directly reaching approximately 1,500 individuals with screenings and health education, the event significantly enhanced community awareness and empowered participants to take proactive steps toward better diabetes management and overall well-being.

Impact & Reach

 **2000** General public participated

 **Colombo, Sri Lanka**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Sri Lanka Diabetes Federation

World Diabetes Day 2025 Community Awareness, Screening & Fundraising Activities

Diabetes Society of Maldives

Activity Overview


Diabetes Society of Maldives conducted a series of impactful diabetes awareness and prevention activities throughout November across Malé, Hulhumalé, and Vilufushi, reaching diverse groups including schoolchildren, people living with diabetes, caregivers, and the general public. These initiatives reinforced the Society's nationwide commitment to community-driven public health action.

The month began with school-based screening and awareness programmes at Aminiya School, Imaaduddin School, and Rehendhi School, engaging over 1,000 students. Sessions focused on healthy lifestyles, diabetes prevention, and early awareness, while screenings highlighted the importance of regular health checks from a young age. Community engagement continued with a Fundraising Gala at Hotel Jen, Malé, attended by 120 guests, which raised funds for ongoing projects while celebrating and supporting the diabetes community.

Public outreach was further expanded through participation in Health Expo 2025 at Hulhumalé Central Park, where over 500 visitors engaged with the Society's stall and more than 100 individuals received free diabetes screening. In Vilufushi, World Diabetes Day activities conducted with the local health centre reached over 200 people, combining community outreach, screening, and future lifestyle support planning.

The month concluded with the World Diabetes Day Generational Ban on Tobacco Run at Ekuveni Track, integrating physical activity, diabetes awareness, and anti-tobacco advocacy, supported by strong participation and media coverage. Collectively, these initiatives demonstrated a holistic and inclusive approach to diabetes prevention and care across the Maldives.

Impact & Reach

 **1955+** People living with diabetes and caregivers
general public, school students / youth participated

 **Maldives**

Activity Highlights

Free Diabetes Screening/Camp



Photo Credit : Diabetes Society of Maldives

