



AMITY UNIVERSITY

KOLKATA

Date: 23-11-23

EVENT REPORT

Title of the Event: Diabetes and Hypertension Awareness Camp

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

Organized by the Department: Dietetics and Applied Nutrition & Wellness Club of Amity University Kolkata

Name of the Faculty Coordinator: Prof. Bijoya Mukherjee

Venue: Atrium of Amity University Kolkata

Brief details of the event along with the outcome:

Brief details of the event:

An important project took place on the lively grounds of Amity University Campus, Newtown, Kolkata, thanks to cooperation between Amity Institute of Applied Sciences, IAPEN India Association, NGO Clinical Nutrition and Wellness Solutions (CNWS), and DAY (Diabetes Awareness and You).

The Health Awareness Camp, which embodies the values of public health and welfare, came to be on November 23, 2023, from 10:00 AM to 4:00 PM. The respected Prof. Bijoya Mukherjee from the AIASK Department of Dietetics and Applied Nutrition opened the event. Total 230 respondents were participated across the university campus including students, faculty and other staff.

Engaging Activities Included:

1. Blood sugar checks
2. Blood pressure monitoring
3. Hand grip strength evaluations
4. Body composition analyses
5. MAC and WHR assessments catering to diverse age groups
6. Dietary advice guided by the Food Group chart
7. Vital clinical investigations

The main goal of this camp was to draw attention to how important preventive healthcare is. The campaign successfully able to draw attention to the significance of routine health screenings in averting health difficulties by providing on-the-spot tests such as blood pressure monitoring, body composition analysis and blood sugar checks.

Improving Health Awareness: Another aim was to inform participants about various health parameters by means of exercises such as hand grip strength assessments, MAC and WHR evaluations, and clinical investigations. Main goal was to raise public knowledge of the many health indicators and to offer a resource for comprehending and analyzing these statistics. With dietary recommendations derived on the Food Group chart and extensive clinical research, the program aims to provide tailored counsel. The campaign help to provide participants with practical advice on how to adopt better eating habits and lifestyle choices based on their own needs.



AMITY UNIVERSITY

KOLKATA

Figure 1: The Poster of the event





AMITY UNIVERSITY

KOLKATA

Figure 2: Registration desk



Figure 3: Diet counselling Session





AMITY UNIVERSITY

KOLKATA



Fig. 4: Blood sugar check



Fig. 5 : Students checking blood pressure.



AMITY UNIVERSITY

KOLKATA



Figure 6: Participants