



EVENT COMPLETION REPORT

Workshop on Diabetes: *Understanding, Prevention, Management & Hands-on Glucose Monitoring*

Date: 28 Jun 2025

Time: 10.00 am to 02.00 pm

Venue: VIPS Campus

Organised by: Venkateshwar Institute of Paramedical Sciences

1. Introduction

Venkateshwar Institute of Paramedical Sciences successfully organized an informative and skill-oriented Workshop on Diabetes on 28th June 2025 at the VIPS Campus with the objective of creating awareness among students regarding diabetes mellitus, its causes, complications, prevention, and management. The workshop also aimed to provide practical training in blood glucose monitoring using a glucometer.

Diabetes has emerged as one of the most common lifestyle-related chronic diseases worldwide and poses serious health risks such as cardiovascular disease, kidney failure, neuropathy, vision impairment, and delayed wound healing if left uncontrolled. With increasing prevalence among younger populations due to sedentary lifestyle, stress, poor diet, and obesity, awareness and early diagnosis have become essential.

As future healthcare professionals, paramedical students play an important role in screening, patient education, counselling, and disease management. Therefore, it is important for them to understand both the theoretical and practical aspects of diabetes care. Recognizing this need, the institute designed the workshop to combine academic learning with hands-on experience in diabetes screening and monitoring.

Through expert sessions, practical demonstrations, and interactive discussions, students were encouraged to adopt preventive health practices and contribute meaningfully toward community awareness.

2. Objectives

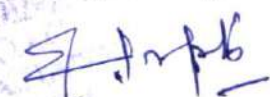
- To educate students about the causes, types, symptoms, and complications of diabetes.
- To promote awareness regarding early diagnosis and preventive healthcare practices.
- To provide hands-on training in checking blood sugar levels using a glucometer.
- To develop practical understanding of diabetes monitoring and data interpretation.
- To encourage healthy lifestyle choices for diabetes prevention.
- To prepare future healthcare professionals for active roles in diabetes care and awareness.

3. Event Highlights

- The workshop commenced at 10:00 AM with an inaugural address by Mr. Rajesh Choubisa, Vice-Principal, VIPS, who emphasized the importance of diabetes awareness and lifestyle management in today's society.

Session I: Causes, Effects & Prevention of Diabetes


COORDINATOR
IQAC
SAI TIRUPATI UNIVERSITY
UDAIPUR


PRINCIPAL
VENKATESHWAR INSTITUTE OF
PARAMEDICAL SCIENCES
UMARDA, UDAIPUR

Resource Person: *Ms. Vaidika Rathore*

Time: 10:00 AM to 12:00 PM

Key topics discussed included:

- Types of diabetes – Type 1, Type 2, and Gestational Diabetes
- Risk factors such as obesity, stress, inactivity, and family history
- Warning signs and symptoms of diabetes
- Short-term and long-term complications
- Importance of balanced diet, exercise, and routine health check-ups
- Role of healthcare professionals in diabetes management
- The session included real-life examples, case-based learning, and interactive discussions.

Hi-Tea Break

Time: 12:00 PM to 01:00 PM

Provided an opportunity for faculty-student interaction and informal discussion.

Session II: Hands-on Practice – Glucometer Use

Time: 01:00 PM to 02:00 PM

Students actively participated in practical demonstrations on:

- Safe finger-prick blood sample collection
- Step-by-step use of a glucometer
- Reading and interpreting glucose values
- Infection control and safe disposal practices
- Importance of regular monitoring in diabetic patients

Event Coordination

- The workshop was efficiently coordinated by Ms. Anjali Sen and Mr. Yash Jain, ensuring smooth execution and active participation.

4. Outcomes

The workshop proved highly beneficial and impactful for all participants. A total of 60 students actively attended the programme and gained valuable knowledge regarding diabetes prevention, diagnosis, and management.

Students developed a better understanding of the causes, symptoms, complications, and long-term risks associated with diabetes. The awareness session encouraged them to adopt healthier lifestyles and understand the importance of regular screening.

The hands-on glucometer training significantly enhanced students' clinical confidence and practical competency in blood glucose testing. Participants learned safe testing procedures, result interpretation, and patient guidance techniques.

For paramedical students, the programme was especially valuable as it connected theoretical concepts with practical healthcare applications. It also strengthened their readiness to assist in diabetic screening camps, hospitals, clinics, and community health programmes.

Overall, the workshop successfully promoted preventive healthcare awareness, practical learning, and professional preparedness among future healthcare workers.

5. Conclusion

The Workshop on Diabetes organized by Venkateshwar Institute of Paramedical Sciences was highly informative, practical, and socially relevant. The programme successfully achieved its objective of creating awareness about diabetes while equipping students with essential hands-on skills in blood glucose monitoring.

The workshop reinforced the importance of early diagnosis, lifestyle modification, and regular monitoring in controlling diabetes and preventing complications. It also highlighted the vital role of healthcare professionals in patient education, counselling, and disease management.

By combining expert lectures with practical demonstrations, the event effectively bridged the gap between academic learning and clinical practice. Such initiatives are essential in preparing students to meet the growing healthcare challenges associated with lifestyle diseases.

Venkateshwar Institute of Paramedical Sciences remains committed to organizing similar health education and skill development programmes that create competent, compassionate, and industry-ready paramedical professionals.

6. Acknowledgements

VIPS extends its sincere gratitude to:

- Mr. Rajesh Choubisa, Vice-Principal and Chief Guest, for his valuable guidance and motivating address.
- Ms. Vaidika Rathore for delivering an insightful academic session.
- Ms. Anjali Sen and Mr. Yash Jain, Event Coordinators, for excellent organization and management.
- All faculty members and students for their active participation and cooperation.
- Technical and support staff for ensuring smooth conduct of the workshop.

Their collective contribution made the workshop successful, enriching, and memorable.

SAI TIRUPATI UNIVERSITY



**VENKTESHWAR INSTITUTE
OF PARAMEDICAL SCIENCES**



WORKSHOP ON DIABETES

28 JUNE 2025

TIME: 10 AM - 2 PM





VENKATESHWAR INSTITUTE OF PARAMEDICAL SCIENCES

(A Constituent Unit of Sai Tirupati University, approved under Section 2(f) of the UGC Act, 1956)

STU/VIPS/2025/33A

DATE-10/06/2025

CIRCULAR

This is to inform to all the students and the staff that **A WORKSHOP ON DIABETES** will be held at college on 28/06/2025. All the students who are interested can enroll in the workshop on or before 16/06/2025. The workshop will be held from 10:00 am till 2:00 pm. Students are requested to report at venue by 9:30 am sharply to ensure smooth functioning of the workshop.


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Copy to:

- College notice board
- College office
- President, STU
- Registrar, STU



VENKATESHWAR INSTITUTE OF PARAMEDICAL SCIENCES

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Name of Event- Workshop on Diabetes

Date- 28 June 2025

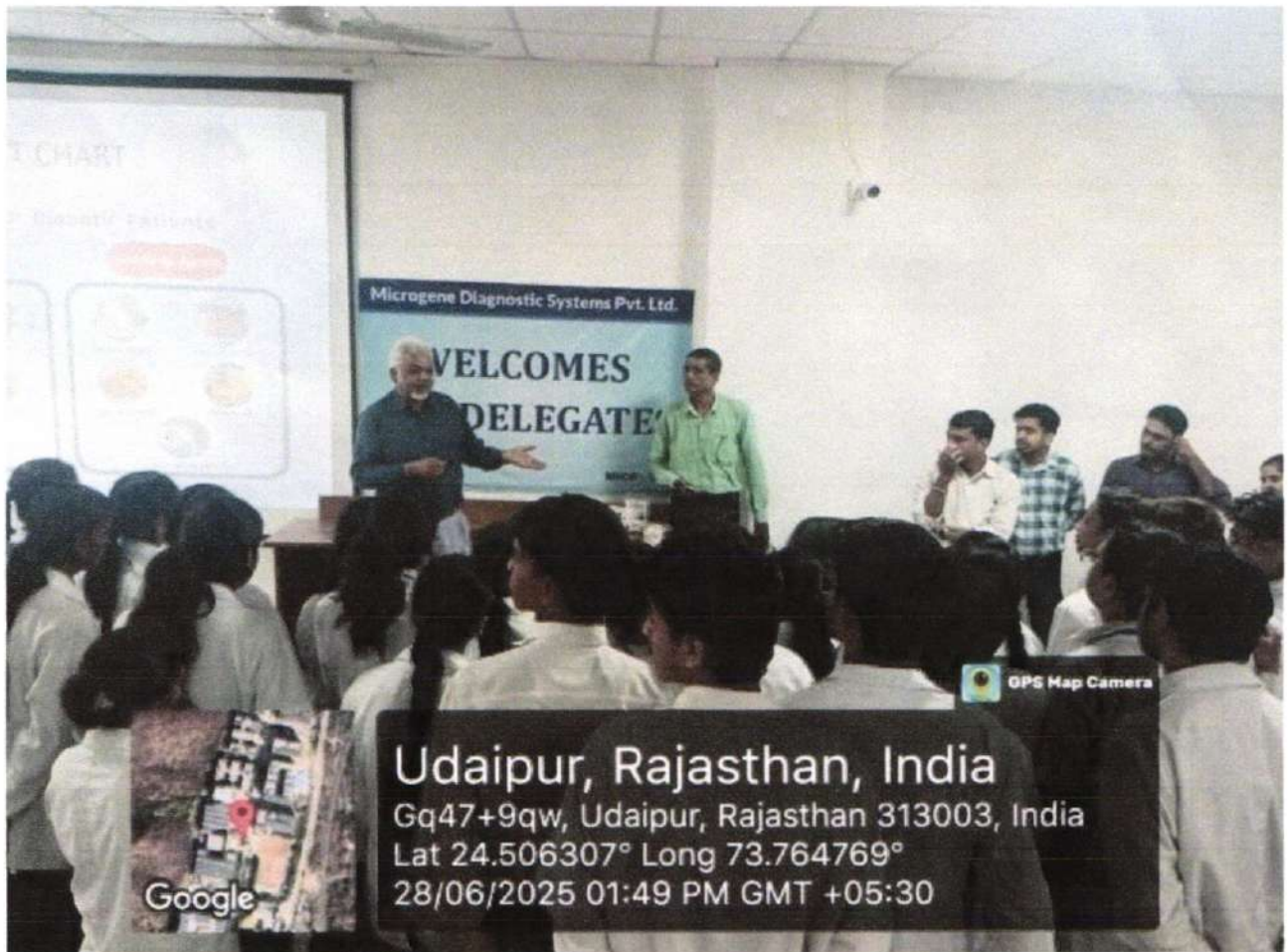
Day- Saturday

Time- 10:00 am - 2:00 pm

S.no.	Name	Signature
1.	Rahul Bahadur	Rahul
2.	Karan Pargi	Karan
3.	Kamlesh	Kamlesh
4.	Hitesh Saini	Hitesh
5.	Hitesh Kumawat	Hitesh
6.	Kalpna	Kalpna
7.	Radha	Radha
8.	Hansa shari	Hansa
9.	Latika Chaudhary	Latika
10.	Monika	Monika
11.	Narendra Meghwal	Narendra
12.	Hardik Yadav	Hardik
13.	Kunal Bhargava	Kunal
14.	Manjiv	Manjiv
15.	Mukesh Kumar	Mukesh
16.	Dishe Kumari	Dishe
17.	Lethe Ram	Lethe
18.	Vedi Pandya	Vedi
19.	Pagel Palat	Pagel

20	Sima Pargi	Sima
21	Pujan Patel	Pujan
22	Umesh Patel	3212
23	Madhav Singh	Madham
24	Dixit	Dixit
25	Parina Kumawat	Ranvi
26	Iakesh Kumari	lokes
27	Pappu dev. Khaspota	Pappu
28	Niket Kajon	Nite
29	Tanishq	Tanishq
30	Teet Meena	Teet
31	Praveen Kumari	Ranvi
32	Ronak Sharma	Ronak
33	Rufus Ali	Ali
34	Vanshika Rathore	Vanshika
35	Anita Kumari	Anita
36	Dilanshi Kumari	Dilanshi
37	Divya Soni	Divya
38	Siddhi Chaitya	Siddhi
39	Vinita Salunki	Vinita
40	Mukesh	Mukesh
41	Muskan Malviya	Muskan
42	Neelam	Bhumi
43	Bhumika	Rudali
44	Rudali Laxkar	Tushar
45	Tushar Ameta	Khushu
46	Khushwant	Dheer
47	Dheeraj	Dheeraj
48	Ravikumar	Ravi
49	Sintu Meghwal	Sintu
50	Ashok Bhati	Ashok
51	Bhavana Kumari	Bhavna
52	Devendra Yadav	DK
53	Himesh Damar	Himesh
54	Tan Poojapat	Trun
55	Vipanshu Tailor	Vipanshu
56	Tanisha Tank	Tanisha

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Lat 24.507002° Long 73.764878°

28/06/2025 01:52 PM GMT +05:30



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Lat 24.50659° Long 73.764573°

28/06/2025 01:55 PM GMT +05:30



Z. Arif

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