



Report on the “Active and Aware – Diabetes Physiotherapy Camp”

Date: 25-11-2024(Pre-camp day) and 26-11-2024 (Camp day)

Time: 10:00 am to 03:00 pm

Venue: Government Lower Primary School (GLPS), Hebbidaramettilu, Harohalli Hobli,
Kanakapura, Karnataka – 562112

Program co-ordinators: Dr. Vinod Kumar K C, Dr. Sandhya Eluri & Dr. Pramod Kashyap

The camp was successfully conducted over two days, focusing on raising awareness and providing practical healthcare solutions for diabetes prevention and management.

Pre-Camp Day:

The pre-camp day was dedicated to community engagement activities. Students and PGs carried out **social mapping, door-to-door announcements, and awareness campaigns** to inform villagers about the importance of early diabetes screening. Placards and charts were used to convey key messages on symptoms, preventive measures, and the role of exercise, nutrition, and foot care in managing diabetes. This experience exposed students to **community-based health approaches** and enhanced their communication and organizational skills. The villagers showed a warm response, actively engaging with the students and expressing keen interest in the camp.

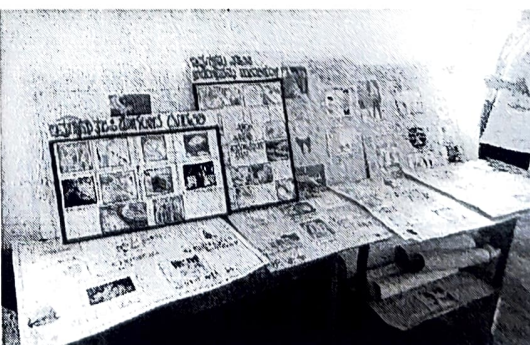
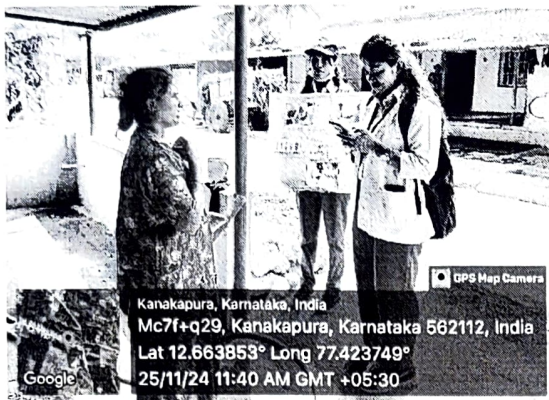
Camp Day:

The camp day saw a remarkable turnout, with over **73 villagers** attending the event. It included **free screenings**, educational sessions on diabetes prevention and management, and **VibraSense testing** for diabetic foot care. Villagers were particularly receptive to demonstrations and discussions on **dietary practices, exercise routines, wound care, and foot care**. Students and PGs actively participated in conducting assessments and educating the villagers, gaining hands-on clinical experience and practical insights.

The camp not only created meaningful awareness within the community but also provided a platform for students to apply their theoretical knowledge practically. The active participation of villagers and students made the camp a significant success, reinforcing the importance of such community-driven health initiatives.


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