



HOLY CROSS COLLEGE (AUTONOMOUS)
Affiliated to Bharathidasan University,
Nationally Accredited (4th Cycle) with A++ Grade by (CGPA 3.75/4)
by NAAC,
College with Potential for Excellence,
Tiruchirappalli – 620002.
RAPHA - Health care Centre



World Diabetics Day Celebration

Introduction

A health check-up programme was organized on the occasion of **Diabetics Day** to promote awareness about diabetes, healthy lifestyle practices, and early detection of health issues among Village people of Sennakarai Holy Cross College adopted Village. The initiative aimed to educate Village people on the importance of regular health monitoring and to encourage preventive healthcare habits within the Village community.

Date and Venue

The programme was conducted on **20.11.2025** at **Sennakarai Village**, Sirugambur, Manachanallur Tk, Tiruchirappalli. in the school auditorium and medical examination room.

Objectives of the Programme

- To observe Diabetics Day and spread awareness about diabetes.
- To conduct basic health screenings for Village people.
- To identify early symptoms related to diabetes and other common health conditions.
- To promote the importance of physical activity and balanced nutrition.
- To provide people with guidance from qualified medical professionals.

Activities Conducted

Awareness Session:

A brief talk was delivered by the visiting medical officer regarding diabetes, its causes, symptoms, prevention, and management. Students were informed about the significance of maintaining a healthy diet, regular exercise, and routine check-ups.

Health Screening:

A team of medical professionals conducted the following examinations in Sennakarai Village, Sirugambur, Manachanallur Tk, Tiruchirappalli. through door-to-door visits.

- Measurement of height and weight
- Body Mass Index (BMI) calculation
- Blood pressure check
- Random blood sugar test
- General physical examination

Counselling:

People received individual guidance on healthy eating habits, the importance of hydration, and ways to incorporate physical activity into their daily routines. Those with borderline readings were advised to undergo further medical evaluation.

Participation

A total of **40** Community people from various age group participated in the check-up. CRDE of Holy Cross College, also assisted in coordinating the activities and ensuring smooth flow throughout the programme.

Outcomes

- Increased awareness among students about diabetes and lifestyle diseases.
- Early identification of students who may require further medical assessment.
- Enhanced understanding of the importance of maintaining personal health and hygiene.
- Positive feedback from students, parents, and staff regarding the usefulness of the programme.

Conclusion

The Diabetics Day health check-up programme was successfully conducted and proved to be highly beneficial for the students. The initiative helped foster a culture of health awareness in the Sennakarai Village, Sirugambur, Manachanallur Tk, Tiruchirappalli. It is recommended that similar health programmes be organized periodically to ensure the continued well-being of all students.









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