

Department of Nutrition

Faculty Development Programme on Diabetes Disease and Diet Management

Ms. Muskan Banu, Assistant Professor, Department of Nutrition, attended the **CME–FDP on “Diabetes Disease and Diet Management”** organized by the **Department of Nutrition, Kasturba Gandhi Degree and PG College for Women**, in collaboration with **IAPEN and Apollo Hospitals**, on **25th October 2024**.

The main objective of the CME–FDP was to:

- Spread awareness about **Diabetes**
- Gain knowledge of **Diabetes Management in ICU**
- Develop skills required to **diagnose and combat Diabetes**

The programme featured eminent speakers including:

- **Mrs. Haritha Shyam**, Chief Dietitian, Apollo Hospitals, Jubilee Hills
- **Dr. Aftab Ahmed**, Consultant Physician, Apollo Hospitals
- **Dr. Rajshree R**, Principal, Kasturba Gandhi College
- **Mrs. K. Sowmya**, Senior Dietitian, Apollo Hospitals, Secunderabad
- **Mr. Amol Chauhan**, Head of Institute, Signutra

The CME session began at **3:00 PM** with **lamp lighting** and a **welcome note** by **Ms. Beulah** and **Ms. K. Sowmya**.

Dr. Rajshree addressed the gathering, followed by **Dr. Aftab Ahmed’s** lecture on **“Diabetes – Paradigm Shift in Management”**, where he also discussed:

- Nutritional therapy for Diabetes

- Alternative diets
- Pharmacological interventions
- Non-surgical endoscopic procedures

The second session was led by **Mrs. Haritha Shyam**, who provided insights on **Diabetes Management in ICU**. She explained:

- Glycemic Index and Glycemic Load
- Carbohydrate counting and clinical relevance
- Dysglycemia management
- Responsibilities of clinical nutritionists
- Root causes and practical guidelines for nutrition during transition from **ICU to ward**

The programme concluded with a **Quiz Competition**, and prizes were awarded to the winners.

