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Deen Dayal Upadhyay Kaushal Kendra (DDU-KK)



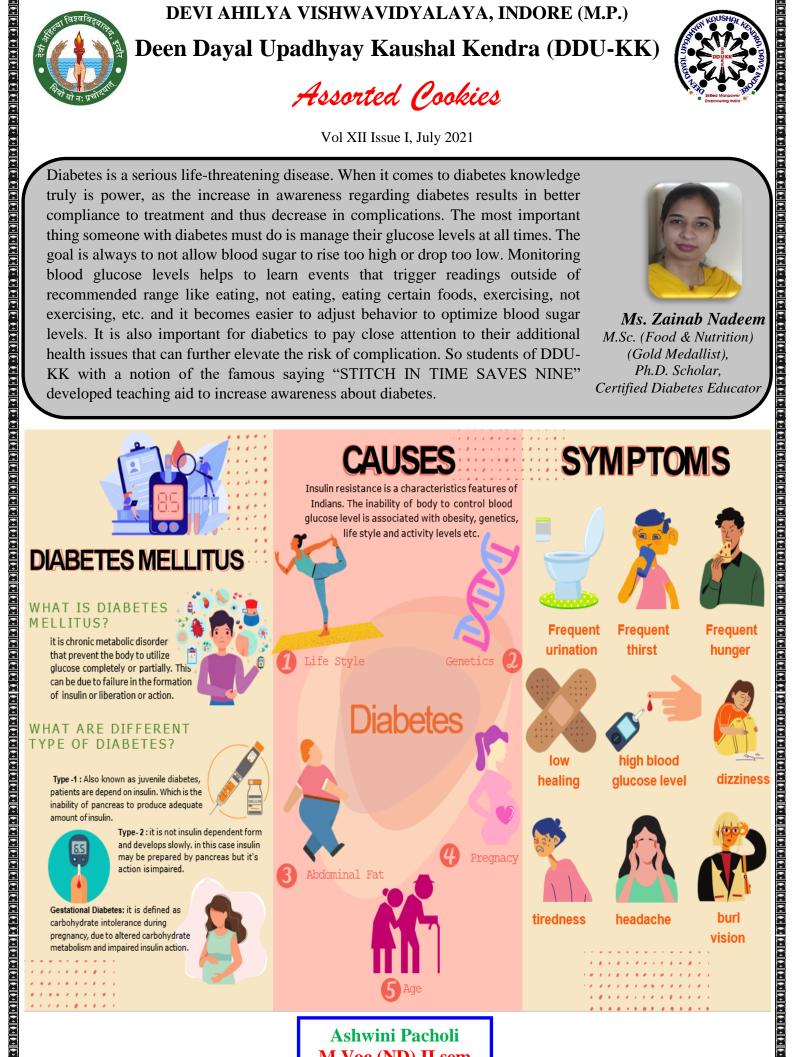
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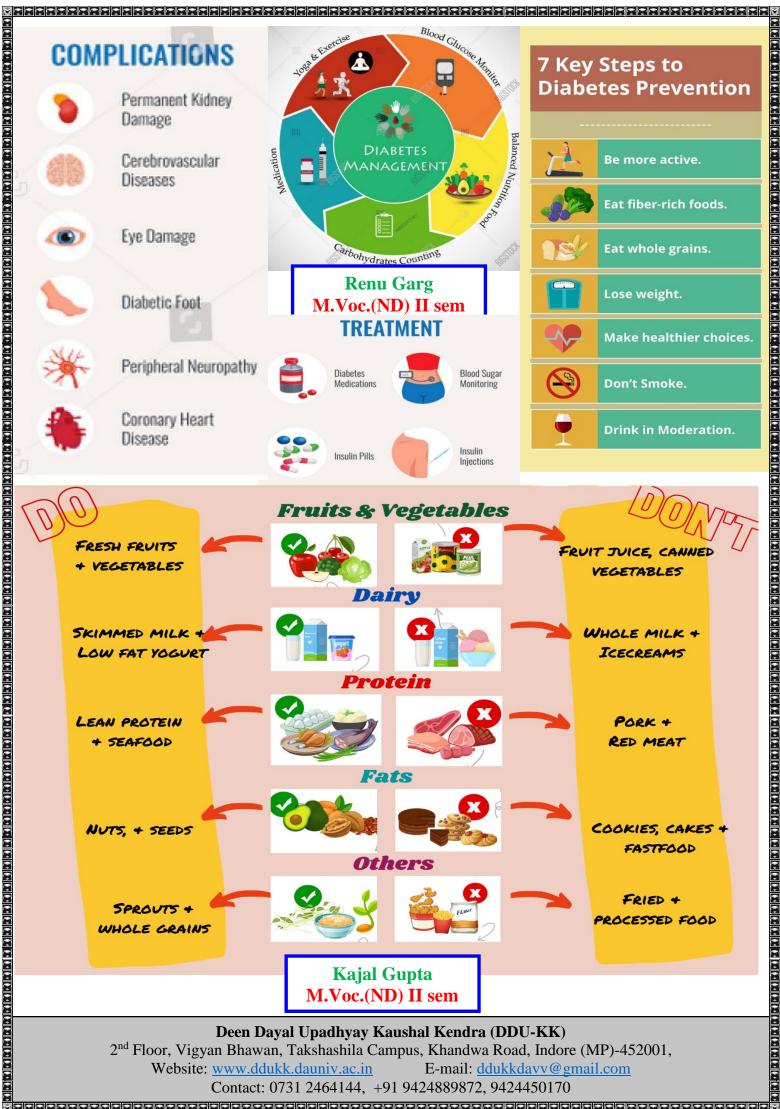
Diabetes is a serious life-threatening disease. When it comes to diabetes knowledge truly is power, as the increase in awareness regarding diabetes results in better compliance to treatment and thus decrease in complications. The most important thing someone with diabetes must do is manage their glucose levels at all times. The goal is always to not allow blood sugar to rise too high or drop too low. Monitoring blood glucose levels helps to learn events that trigger readings outside of recommended range like eating, not eating, eating certain foods, exercising, not exercising, etc. and it becomes easier to adjust behavior to optimize blood sugar levels. It is also important for diabetics to pay close attention to their additional health issues that can further elevate the risk of complication. So students of DDU-KK with a notion of the famous saying "STITCH IN TIME SAVES NINE" developed teaching aid to increase awareness about diabetes.



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