

ESIC Hospital Tirunelveli

Report on World Diabetes Day 2025 Observance

Date: 14 November 2025

Venue: ESIC Hospital, Tirunelveli

Introduction

World Diabetes Day 2025 was observed with great enthusiasm and a strong commitment to public health at **ESIC Hospital, Tirunelveli**. The program aimed to raise awareness about diabetes and promote the global theme:

“Diabetes and Wellbeing: நீரிழிவு மற்றும் நல்வாழ்வு.”

Inaugural Session

The event began with the **traditional lighting of the Panchadeep lamp** by:

- **Mr. S. Vijayan, Deputy Director**
- **Mr. C. Miller Edison, Assistant Director**
- **Beneficiaries of ESIC**

This symbolic act represented the collective resolve of the hospital administration, healthcare professionals, and beneficiaries to work toward improved community health and diabetes prevention.





Program Activities

1. Walkathon by Employees

A spirited **walkathon** was organized within the hospital campus, with enthusiastic participation from employees. The activity underscored the importance of regular physical exercise in preventing and managing diabetes. It also helped create an energetic and engaging start to the day's events.





World Diabetic day 2025-ESIC Hospital, Tirunelveli

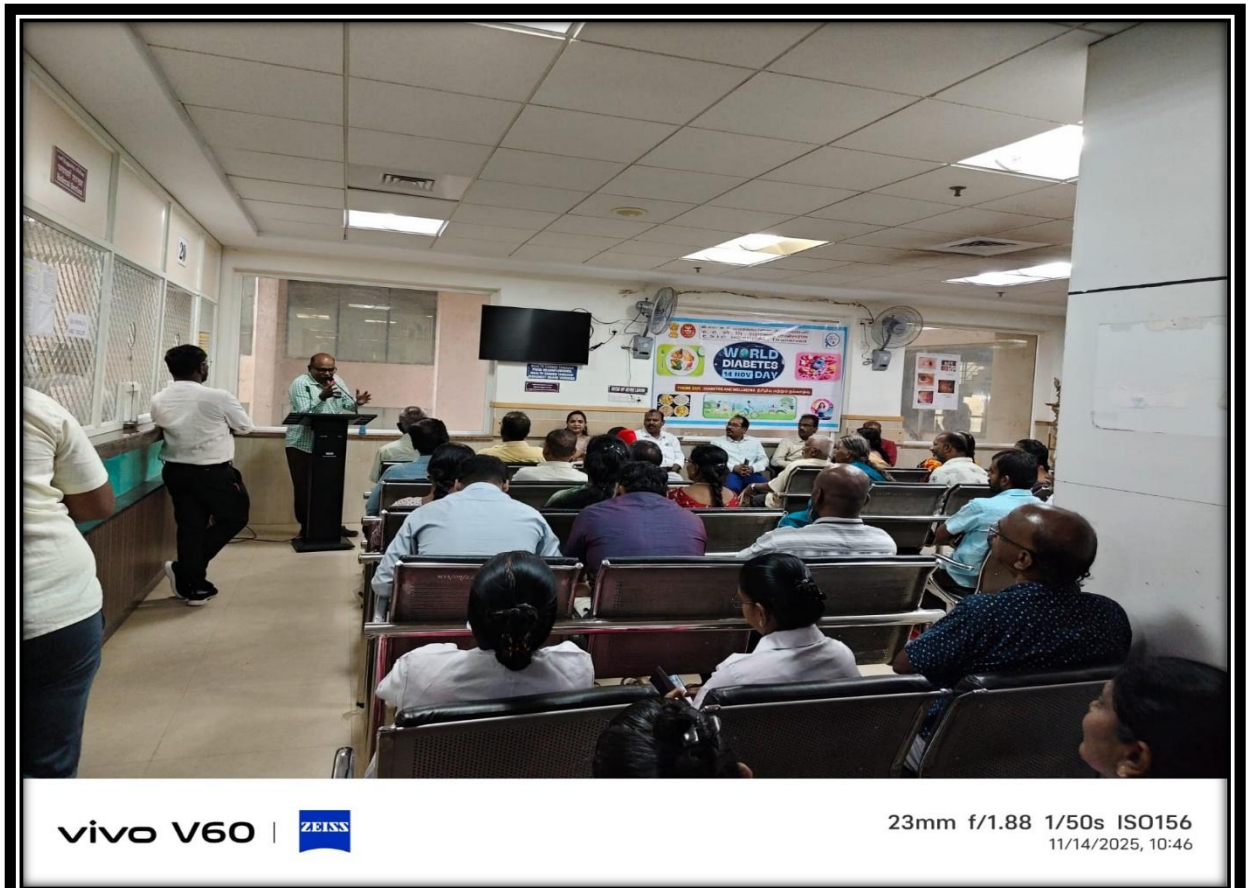


2. Awareness Talks

A series of informative sessions were delivered by specialists from various medical disciplines, offering a comprehensive understanding of diabetes and wellbeing:

- **Dr. S.Sivabalamurugan, Diabetologist:**
Provided an overview of diabetes prevalence, risk factors, and the importance of early detection. He emphasized evidence-based management and lifestyle modifications.
- **Dr. S. Varalakshmi, Ayurveda Expert:**
Spoke about traditional holistic approaches to diabetes care, including dietary practices, herbal support, and mind-body wellness strategies.
- **Dr. C. Gunasekar, Dental Expert:**
Highlighted the critical link between oral health and diabetes control, stressing the role of dental hygiene in preventing long-term complications.
- **Dr. C. Sridharan, Paediatric Expert:**
Focused on pediatric diabetes, early symptom recognition in children, and nurturing healthy habits from an early age.







Coordination and Organization

The program was **efficiently coordinated** by:

- **Hospital Manager Mr. Nisha & Dr. Ranjit**

Their meticulous planning ensured smooth execution, timely proceedings, and active participation by all attendees.

Special Highlights

- The theme “**Diabetes and Wellbeing**” was prominently displayed in both **English and Tamil**, promoting inclusivity and broader understanding among participants.

- The ceremonial **Panchadeep lighting** reinforced the commitment of hospital administrators, specialists, and the community to sustained diabetes awareness efforts.

Healthy Refreshments Distribution

As part of the World Diabetes Day 2025 observance at ESIC Hospital, Tirunelveli, **healthy soup and nutritious snacks**, including **konda kadalai (chickpeas)**, were distributed to all participants. This initiative aligned with the event's overarching goal of promoting healthy lifestyle practices for diabetes prevention and management.

Healthy Soup

Freshly prepared **low-calorie, high-fiber soup** was served to attendees. The ingredients were carefully chosen to support stable blood sugar levels while providing warmth and nourishment. The soup distribution emphasized the role of simple, wholesome foods in everyday diabetic care.

Nutritious Snacks

Participants were also offered **konda kadalai (chickpeas)**—a protein-rich, fiber-dense legume known for its benefits in blood sugar control. The inclusion of chickpeas reinforced the message that small, smart dietary choices can contribute significantly to long-term wellbeing.

Impact

This refreshment initiative complemented the expert talks and wellness activities by offering **practical, real-life examples of healthy dietary options**. It reinforced the day's core message on adopting balanced nutrition and mindful eating habits as essential components of effective diabetes management.

Conclusion

The World Diabetes Day 2025 program at ESIC Hospital, Tirunelveli, successfully met its objectives of enhancing public awareness, motivating lifestyle changes, and strengthening a multidisciplinary approach to diabetes care. With contributions from experts across diabetology, Ayurveda, dentistry, and pediatrics, the event showcased the hospital's dedication to comprehensive and patient-centered healthcare.

Attachments:

Official event invitation poster for World Diabetes Day 2025 – ESIC Hospital, Tirunelveli

