

## Diabetes Mellitus - Life Style Management

**Preamble:** Guest Lecture on Life style management for Diabetes Mellitus

**Date:** 13-11-2014.

**Time:** 11:00 a.m.

**Venue:** Nutrition lab

**Resource Person:** B.Srikala, Dietician, Ramesh Hospitals

**Report:** B.Srikala educated the students on the role of diet in the management of Diabetes Mellitus. She said that Type 2 diabetes can sometimes initially be managed through life style modification including a healthy balanced diet with regular exercise.

