

## **Rural Women's Social Education Center (RUWSEC) and Women2Women Awareness Program for women on diabetes prevention**

**Date: 19 Oct 2013**

**Time: 2.30 – 4.00 PM**

**Venue: RUWSEC Clinic, Karumarapakkam, Tirukazhukundram Via, Kancheepuram District**

### **Program Agenda**

- Introduction to the session – Mrs. Mary (Diabetes program coordinator, RUWSEC)
- Screening of short film on Diabetes created by Women2Women and group discussion - Ms. Geetha Veliah (Health Communication Expert, Women2Women) and Dr. Vijayaprasad Gopichandran (Medical Consultant, RUWSEC)
- Nutrition demonstration – Ms. Geetha Veliah and Dr. Vijayaprasad Gopichandran
- Physical Exercise demonstration – Ms. Preethi Reddy (Physiotherapist, SRM University)

The program started with a round of introductions. The facilitators introduced themselves and the agenda of the day.



A segment of the audience  
at the start of the session

The short film on diabetes among women created by the Women2Women initiative was screened. This short film directed by S.B Khanthan and Mohan Raman was screened and at periodic intervals it was

paused and the floor opened for discussions. These discussions were facilitated by Ms. Geetha Veliah and Dr. Vijayaprasad Gopichandran. The first segment of the movie highlighted the changes in life style that have happened over the years and how they have led to the increase in diabetes. This led to significant amount of discussion among the women.

The second segment focused on gestational diabetes. Some of the common myths such as “pregnant women should eat for 2 people instead of 1”, “pregnant women should not do physical work” etc. were discussed and disproved. The importance of proper diet and physical activity during pregnancy was emphasized.



The audience enjoying the short film discussions

Following this the short film had a section on fast foods, junk foods and unhealthy eating practices. The women in the audience recalled how in each of their houses the children demand noodles and junk foods. This discussion progressed into dos and don'ts of eating to prevent diabetes.

The short film session was concluded by summarizing the important messages of diabetes and diabetes prevention for women.

The women were served hot 'sundal' made of black channa which was prepared in a healthy pro-diabetes manner without oil or salt. The discussion on nutrition was started with their opinion on the snack. The women felt that it was tasty. They were then told that healthy food can be prepared tastily. Portion sizes were demonstrated with standard cups.



Ms. Geetha Veliah  
demonstrating portion  
sizes with standard cups.

Amount of rice and vegetables to be consumed was demonstrated with the help of the cups. This led to significant discussion among the women. Some of the women said that restricting the rice intake to 2 cups per meal was very low and would lead to tiredness and inability to work. They were told that they should fill their stomach with fiber rich vegetables instead. There were heated discussions on this topic.

Following this Ms. Preethi Reddy demonstrated seven simple exercises to be practiced daily. She started with simple breathing exercises. She also gave some advice on exercises to reduce knee pain and to reduce abdominal flab. Initially the women were shy and refused to do the exercises. But slowly they volunteered and started exercising. They laughed and enjoyed doing the exercises.



Ms. Preethi Reddy  
demonstrating physical  
exercise to a  
participant

Following this, the women asked questions about food, exercise and medicines. The facilitators addressed these questions one by one. After this Mrs. Mary summarized the proceedings and thanked the facilitators.



Mrs. Mary  
summarizing the  
program proceedings

The women requested more such sessions in the future. They also promised that they will practice the exercises in their villages on their own.