



## **Health Awareness on Thalassemia & Diabetics**

**Date: 13<sup>th</sup> January 2026**

**Time: 11:00 pm to 12:00 pm**

**Venue: IPS Auditorium**

### **Introduction:**

In the present era, maintaining good health has become a major challenge due to rapid urbanization, changing lifestyles, academic pressure, and lack of awareness about preventive healthcare. Students and faculty members often neglect early symptoms of health problems, which later develop into serious medical conditions. Genetic disorders like Thalassemia and lifestyle-related diseases such as Diabetes are increasingly affecting individuals at a young age, making health education and awareness programs extremely important in educational institutions. Thalassemia, a hereditary blood disorder, is one of the most prevalent genetic diseases in India. Due to limited awareness, lack of genetic screening, and social ignorance, India is often referred to as the “Thalassemia Capital of the World.” On the other hand, **Diabetes** has emerged as a major health concern due to sedentary lifestyles, unhealthy dietary habits, stress, and reduced physical activity, especially in urban populations. Along with these diseases, nutritional deficiencies such as iron deficiency and Vitamin B12 deficiency are commonly observed among students, leading to symptoms like angry headaches, fatigue, and foggy mind, which directly affect academic performance and overall well-being.

Recognizing the importance of preventive healthcare and early intervention, ASM’s Institute of Professional Studies (ASM IPS) organized a Health Awareness Program on Thalassemia and Diabetes on

13 January 2026. The program was conducted in association with Present Finolex – Health Care Education and IT International NGO, with the objective of educating students and faculty members about genetic disorders, lifestyle diseases, and nutritional deficiencies. The awareness session was conducted by Dr. Lisa, a 5th-year MBBS medical professional, who provided scientific yet practical guidance on prevention, symptoms, and healthy living.

The banner displayed during the program, as seen in the photograph, emphasized “Prevention and Awareness Session on Thalassemia”, reflecting the institution’s commitment to promoting health consciousness and responsible living among its academic community. The program served as an important platform to empower participants with essential health knowledge and encourage them to adopt preventive and healthy lifestyle practices.

### **Objective:**

- To create awareness about Thalassemia as a genetic disorder.
- To educate students and faculty about Diabetes and its health impacts.
- To explain why India is known as the Thalassemia Capital of the World.
- To highlight the role of urbanization in increasing health problems.
- To spread awareness about iron deficiency and Vitamin B12 deficiency.
- To explain symptoms such as angry headaches and foggy mind.
- To guide participants about sources of Vitamin B12.
- To promote preventive healthcare and healthy lifestyle practices.



## Audyogik Shikshan Mandal's

(Society Regd. No. Maharashtra/1330/Pune 83; Public Trust No. F-2451/Pune 83)

# INSTITUTE OF PROFESSIONAL STUDIES (IPS)

(Approved by AICTE, Govt. of India & affiliated to University of Pune)

AICTE CODE : 1-4240185    DTE CODE : MB6166    AISHE CODE : C-46639



**Speaker: Dr. Lisa,**

### **Report:**

The Health Awareness Program on Thalassemia and Diabetes was successfully conducted on 13 January 2026 at ASM's Institute of Professional Studies (ASM IPS). The venue was well prepared and arranged in a formal manner. As seen in the photograph, the stage setup included proper seating arrangements for the resource person and organizers, along with a prominently displayed banner highlighting "Prevention and Awareness Session on Thalassemia." The visual arrangement helped in creating awareness and attracting the attention of students and faculty members. The program was organized in association with Present Finolex – Health Care Education and IT International NGO, reflecting a collaborative effort to promote health education within the academic community. Students from different courses along with teaching and non-teaching faculty members attended the session in good numbers, showing active interest in the topic. The awareness session was conducted by Dr. Lisa, a 5th Year MBBS medical professional, who addressed the audience with clear and practical explanations. She began the session by explaining the basic concept of Thalassemia, stating that it is a genetic blood disorder passed from parents to children. She highlighted the importance of genetic screening and explained why India is often referred to as the "Thalassemia Capital of the World." According to her, lack of awareness, insufficient premarital testing, and genetic inheritance are major reasons for the high number of Thalassemia cases in the country. Dr. Lisa further explained how urbanization has significantly impacted human health. Due to fast-paced city life, unhealthy eating habits, reduced physical activity, increased stress, and dependence on processed food, lifestyle diseases such as Diabetes have become common even among young adults. She explained different types of diabetes, common warning signs, and the importance of regular blood sugar monitoring. Special emphasis was given to nutritional deficiencies, particularly iron deficiency and Vitamin B12 deficiency, which are frequently observed among students. Dr. Lisa explained that iron deficiency can lead to weakness and fatigue, while Vitamin B12 deficiency can cause symptoms such as angry headaches, irritation, lack of concentration, and foggy mind. These symptoms directly affect academic performance and daily productivity. The speaker also guided participants about the sources of Vitamin B12, including milk, curd, eggs, meat, and fortified foods. She explained the importance of balanced nutrition and



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encouraged students to avoid skipping meals. The concept of preventive healthcare was strongly emphasized, and participants were advised to undergo regular health check-ups and blood tests when necessary.

The session was interactive and informative. Students and faculty members actively participated by asking questions related to genetic disorders, diet planning, nutritional supplements, and lifestyle changes. Dr. Lisa addressed all queries patiently and provided practical solutions that could be easily implemented in daily life.

**Photos:**





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## Outcomes:

- Improved understanding of Thalassemia as a genetic disorder.
- Awareness about why India has a high prevalence of Thalassemia.
- Better knowledge of Diabetes and lifestyle-related health risks.
- Increased awareness about iron and Vitamin B12 deficiency.
- Identification of symptoms such as headaches and foggy mind linked to nutritional deficiencies.
- Motivation to adopt healthy dietary habits and preventive healthcare practices.
- Encouragement for regular health check-ups and early diagnosis.