

Dr Shashank Joshi, Diabetologist and endocrinologist at Lilavati Hospital, Mumbai who spoke on 'Diabetes and Lifestyle Modification: Sustainable Behaviour Change'. Fortunately, **Prof Akhtar Hussain**, President of the International Diabetes Federation was present with Dr Joshi and as 'World Diabetes Day' was started by IDF and WHO he too addressed the audience. He mentioned about UN resolution of 2006, where it is strongly said that all countries and all members should encourage preventive activities for diabetes. He said, lifestyle changes can prevent up to 70% of diabetes cases as it is a very powerful tool not only to prevent happening of diabetes but to also prevent its complications.

After this, Dr Shashank Joshi took the discussion ahead and talked about how India has the largest population of diabetics and pre-diabetic individuals. He said the main things to focus on are: eating slowly, eating on time, controlling proportions, especially of carbohydrates and fats in meals, eating right, and the addition of functional foods is a plus point. He ended his talk by explaining the importance of physical activity, yoga, meditation, sleep quality and quantity, managing stress and doing digital detox was also mentioned as obesity and diabetes go hand in hand.

Dr Joshi, also explained how at a large level we can start the intervention for diabetes, the first is by introducing school and workplace canteens that promote home-cooked meals and the second is by encouraging physical activities also recognising and early detection of diabetes are important.