



# INTEGRAL UNIVERSITY

[www.integraluniversity.ac.in](http://www.integraluniversity.ac.in)

Established under U. P. Act No. 09 of 2004 by State Legislation, Listed with UGC (UGC Act 1956 section 2F)

Kursi Road, Lucknow-226026 Uttar Pradesh (INDIA)

Phone: PBX 0522 2890812, 2890730, 3096117 (extension 2081) Fax No.: 0522-2890809

## CENTER FOR CAREER GUIDANCE & DEVELOPMENT

(Media Cell)

Phone: 0522-2890765, 09616502629

E-mail: [media@iul.ac.in](mailto:media@iul.ac.in)

## PRESS RELEASE

Date: 20-02-16

### Healthy Campus Campaign at Integral University

**Lucknow 20<sup>th</sup> Feb:** Academic Staff College and Integral Institute of Medical Sciences & Research (IIMSR) of Integral University organised, **Healthy Campus Campaign - I** focused on Diabetes and Physical Activity. The main objective behind organising such campaign is to spread the awareness about Diabetes and importance of Physical Activity in our daily life.

The campaign was inaugurated by the **Vice Chancellor and the Chief Guest, Prof SW Akhtar**. He pointed out the importance of health in our life. He said without a good health, no one can achieve their goals. So, it is very important to have a healthy life. Especially for the students, because they are the future of our country. Campaign was addressed by some renowned specialists of their fields. **Associate Professor, Department of Obstetrics & Gynecology, Dr. Bhavna Gupta (MD)** emphasized on self care system. She said it is good to have self care system instead of Medical system. **Assistant Professor, Department of General medicine, Dr. Nitin Ranjan Gupta (MD)** said, excess weight is the single most important cause of diabetes. Being overweight increases the chances of developing diabetes seven fold. **Assistant Professor, Department of Physiotherapy, Dr. Swapnil Ramteke** shared their views for a healthy and diabetic free life. He said, we can avoid chances of diabetes through Physical activities. Inactivity promotes diabetes, one should always involve in physical activity to avoid diabetic symptoms. He also demonstrated some exercise, effective in diabetes.

During the campaign, a free diabetic check up camp was also organised. Around than 50 people benefitted by this camp. People who were having the high level of sugar were also advised by the doctors how to keep the level of sugar normal. **Dr. Syed Aqeel Ahmad, Director, Academic Staff College** said, our university is a big family and we wish to start the preventive aspect regarding this deadly disease right from our campus. Once we achieve proper awareness at our campus, then we will extend these activities at the city level

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**Hanzla Arif**

(Media Coordinator)

Integral University, Lucknow

Mo. No.+ 91 - 9616502629