



AL SHIFA COLLEGE OF PHARMACY

Approved by AICTE, PCI, DME & Affiliated to Kerala University of Health Sciences
Perinthalmanna



World Diabetes Day Cross Country Run

Date and Time: November 14, 2023, 6:00 am

Location: From Kamanam to Kizhattur Panchayat

As part of World Diabetes Day, the Youth Red Cross unit of Al Shifa College of Pharmacy organized a cross-country run in collaboration with Kizhattur Primary Health Centre. The event, held on November 14, 2023, witnessed enthusiastic participation from Youth Red Cross volunteers, athletes from various clubs, health workers, and Kizhattur Panchayat officials.

The cross-country run was inaugurated by Malappuram District Nodal Officer, Dr. Firoz Khan, emphasizing the importance of raising awareness about diabetes. Master Anees conducted warm-up exercises to prepare the participants for the run.

The event saw the active involvement of key figures, including Health Supervisor Dinesh, Gram Panchayat Vice President M Muhammad, Arogya Standing Committee Chairman Bindu Vadakke Kota, Dr. Shamira Mol, and Alshifa College Vice Principal Prof Junise, who led the way for the participants.

To recognize and motivate the participants, trophies were awarded to the first, second, and third place winners in both the male and female categories. Additionally, all participants were honored with medals, acknowledging their commitment to promoting health and awareness in the community.

The collaborative effort of the Youth Red Cross unit, athletes, health workers, and local officials reflects a strong commitment to the cause of World Diabetes Day. The event not only encouraged physical activity but also fostered community engagement and awareness about the importance of a healthy lifestyle in preventing diabetes.

The co-ordinators
prof. Junise V.&Abeesha Jumana V A

Principal
Dr.TNK.Suriyaprakash