

Mohamed Sathak College of Arts and Science

(Sponsored by Mohamed Sathak Trust)

Approved by AICTE | UGC | Affiliated to University of Madras
(A Muslim Minority Institution), An ISO 9001:2015 Certified Institution
Sholinganallur, Chennai - 600 119.



GUEST LECTURE

REPORT

NAME OF THE EVENT : Early Metabolic Disorders in Young Adults :Understanding Diabetes Mellitus (DM) and NAFLD

CONDUCTED BY : UG Department Of Home Science - Clinical Nutrition And Dietetics
In association with IQAC

DATE : 21st July 2026.

VENUE : Main block - Seminar hall Room No:6
Mohamed Sathak College of Arts and Science, Sholinganallur, Chennai.

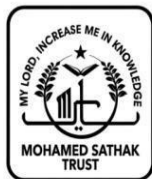
NO. OF. PARTICIPANTS : Nearly 20 professors and 100 students

DIGNITARIES : Dr. M.S. MOHAMED JAABIR, Principal, MSCAS
Dr. M.SYED ALI, Vice Principal & IQAC Coordinator, MSCAS.
Dr. S. PADMA PRIYA, HoD, Department of Home Science – Clinical Nutrition And Dietetics, MSCAS

ABOUT THE EVENT:

The Department of Home Science – Clinical Nutrition and Dietetics, in association with IQAC, successfully organized a Guest Lecture on "**Early Metabolic Disorders in Young Adults: Understanding Diabetes Mellitus (DM) and NAFLD**" on 21st JULY 2026.

The lecture was conducted to create awareness among students about the rising prevalence of metabolic disorders in young adults. The session, delivered by **Ms. Ameena Parveen**, Diabetic Educator and Field Counsellor, Sun Pharma, focused on the importance of healthy lifestyle practices, early screening, and dietary management for the prevention and effective management of Diabetes Mellitus and Non-Alcoholic Fatty Liver Disease (NAFLD). The programme provided valuable insights, promoted health awareness, and encouraged students to adopt preventive measures for a healthier future..



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PROGRAMME OBJECTIVES

- To create awareness among students about early metabolic disorders, particularly **Diabetes Mellitus (DM)** and **(NAFLD)**.
- To emphasize the importance of adopting a healthy lifestyle, including balanced nutrition and regular physical activity, for the prevention of metabolic disorders.
- To enhance students' knowledge of dietary management and evidence-based preventive strategies for maintaining metabolic health.
- To foster health awareness and motivate participants to become advocates for the prevention of lifestyle-related diseases.
- To encourage students to develop healthy habits and make informed lifestyle choices for long-term well-being.

OUTCOME:

- Participants understood the importance of a healthy lifestyle in preventing metabolic disorders.
- The programme improved knowledge of healthy dietary practices for disease prevention.
- The session promoted awareness of lifestyle-related diseases among young adults.
- The programme motivated participants to maintain better health and well-being
- Students gained practical insights from an experienced diabetes educator.

PROGRAMME CONCLUSION:

The Guest Lecture on "**Early Metabolic Disorders in Young Adults: Understanding Diabetes Mellitus (DM) and NAFLD**" was successfully conducted, creating awareness among participants about the importance of healthy lifestyle practices, early screening, and dietary management in preventing metabolic disorders. The session was informative and interactive, enriching the knowledge of students and faculty. The Department sincerely thanks the Management, Principal, Vice Principal & IQAC Coordinator, Heads of Departments, Faculty Members, the resource person, and all participants for their valuable support in making the programme a grand success.

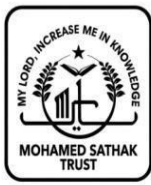
CHIEF GUEST/S:

Mrs. AMEENA PARVEEN, Diabetic Educator & Field Counsellor
(Sun Pharma)

Dr. M.S. MOHAMED JAABIR, Principal, MSCAS

Dr.M.SYED ALI, Vice Principal & IQAC Coordinator, MSCAS

EVENT COORDINATOR: Dr. S.PADMA PRIYA, HoD, Department of Home Science -
Clinical Nutrition and Dietetics, MSCAS.



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COORDINATING MEMBER: Ms. Gracelin Christiana. H HSCND
Ms. Syeda Thaiyeba Fathima. HSCND
Mrs. R. Sandhiya. HSCND

EVENT SCHEDULE : 21st July 2026, MSCAS, Chennai.