

Department of Endocrinology organises cookery competition in town, on World Diabetes Day

On the 7th of October, World Diabetes Day, the Department of Endocrinology, Diabetes and Metabolism, organized a cookery competition at Darling Residency, a local hotel, in an effort to create awareness about the nutritional aspects of 'diabetes home management'. There are currently over 199 million women living with diabetes and this number is projected to increase to 313 million by 2040. Diabetes is the ninth leading cause of death in women globally, causing 2.1 million deaths each year.

The topic given for the 20 teams who had participated in the test of their culinary skills was '*Breakfast for a pregnant woman with diabetes*'. The first place for the enthusiastically fought competition went to the teachers' team from Narayani Nursing College, Ms. Soniaya Priya and Ms. Chamundeshwari, who prepared Whole wheat Bread with Egg, Ragi Adai with Egg Stuffing, Chappathi with Sorakka Chutney, and Ragi Kuzhipaniyaram with Cucumber Chutney and Samaipongal.



The second prize went to the student team of Narayani, Ms. Delma Rakshantha and Ms. Nivetha Shankar, who prepared Wheat ball with Fish Curry (Nethili Fish), Omelette with Spinach Stuffing, Guava Tea and Ragi Adai with Puthina Chutney. Mrs. Precilla Pari, and Varun Krishna, who prepared Ragi Dosai, Puthina Chutney, Curd Raitha, Vegetable Vadai, Karamani with Vegetables, Ragi Semiya with Vegetable Upma, Broken Wheat Kichidi with Vegetables, Multi-grain Chappathi with

Stuffed Vegetables and Sprouts Kanji came in at third place.

Consolation prizes were also given to S. Deepadevi and Sakthi, and Mrs. Meena Chaudhary from CMC, as well as to Mrs. Sundari Arumugan from the Lions' Club.

The judges for the event - Dr. Sanjay Kumar, Scientist, Centre for Stem Cell Research, CMC Vellore; Mrs. Beulah Premkumar, Professor and Head, Medical Surgical Speciality-I, Nursing, CMC Vellore; and Mrs. Leepica Dahiya, teacher at the Spring Days School, Erayangadu - were highly appreciative of the efforts of the participants and stressed the importance of simple, healthy cooking.