



**Maharaja Agrasen Institute of Management Studies**  
**(A unit of Maharaja Agrasen Technical Education Society)**  
**Affiliated to GGSIP University; Recognized u/s 2(f) of UGC**



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**Maharaja Agrasen Chowk, Sector-22, Rohini, Delhi-110086, India**  
**www.maims.ac.in**

## **REPORT**

### **Diabetes Myth Buster**

**Academic Year: 2025-2026**

**Name of the Event:** Diabetes Myth Buster

**Organizing Unit:** Health Ease Society

**Name and Designation of Resource Person:** Dr. Rajneesh Gupta (MBBS, ACCD, FIDM – Communicable Diseases)

**Date of the Event:** 03 February 2026

**Time of the Event:** 2:30 P.M.

**Venue:** Seminar Room, 9th Block, MAIMS

**Staff, Faculty and Students Participated:** Approx. 42 Participants

Health Ease Society of Maharaja Agrasen Institute of Management Studies organized an informative session titled "Diabetes Myth Buster" with the objective of dispelling common misconceptions related to diabetes and promoting accurate, scientific understanding of the disease. The session commenced at 2:30 PM with welcome remarks delivered by Ms. Sana Sachdeva, Joint Secretary of Health Ease Society, who addressed the audience and outlined the purpose and significance of the event. The keynote speaker, Dr. Rajneesh Gupta, was then formally welcomed. Dr. Gupta is a highly experienced medical professional with several years of service in government hospitals and public health institutions. His extensive expertise in clinical care, hospital management, and public health contributed significantly to the value and credibility of the session, making it highly informative for the faculty participants.

Dr. Rajneesh Gupta explained the concept of diabetes by discussing its causes, including genetic factors and lifestyle choices such as diet, physical activity, and emphasized that individuals of all age groups are at risk. The speaker addressed common myths, including the misconception that eating sweets directly causes diabetes, clarifying that lifestyle, family history, and insulin utilization play a major role. He further guided participants on diabetes management, recommending walking up to 5 km daily as an effective exercise to improve insulin sensitivity, and outlined normal blood sugar levels for healthy individuals. Dr. Gupta

also discussed common symptoms such as fatigue, confusion, excessive thirst, and frequent urination, highlighted the risks of diabetic foot due to nerve damage, and dispelled myths related to medications like Metformin and Pioglitazone, assuring their safety and effectiveness when taken under medical supervision. The discussion highlighted the potential risks associated with Ozempic, noting that excessive appetite suppression may lead to nutritional deficiencies, weakness, and mental health concerns. It was emphasized that improper or unsupervised use has been linked to psychological distress, even suicide, underscoring the need for careful medical monitoring. Dr. Gupta emphasized that while diabetes cannot be completely cured, it can be effectively controlled through a balanced diet and healthy lifestyle. He provided practical dietary guidelines and cautioned against consuming fruits such as banana, litchi, mango or grapes, and clarified that the belief in bitter juices like neem or bitter gourd as cures for diabetes is a myth. The session witnessed active participation from faculty members and staff, who raised queries related to diet, blood sugar management, insulin usage, and home remedies. Dr. Gupta addressed all questions patiently, making the session interactive and engaging. The event concluded with a formal vote of thanks by Prof. (Dr.) Praveen Kumar Gupta, Head, Department of Law, expressing appreciation to Dr. Rajneesh Gupta for his valuable insights. Overall, the “Diabetes Myth Buster” session successfully enhanced awareness, dispelled misconceptions, and encouraged participants to adopt informed and healthy lifestyle practices.



