



RSSDI News

The Official Bulletin of
Research Society for the Study of Diabetes in India (RSSDI)

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Message from the RSSDI President

My Dear Friends,

With nearly 7,000 life members (at least one new member being added daily), today RSSDI representing 29 Indian states and union territories can boast of being the largest and most vibrant organization of diabetes healthcare professionals and researchers in Asia. In 44 years, 36 presidents have moulded, transformed, and firmly established RSSDI into the colossal giant that it is today.

However, as one could say, “the glass is as yet half empty.... Dreams should always be big.”

What more can be done to add to its dynamism?

Awards: To further motivate state chapters, it is proposed to institute an award for best state chapter for the chapter which excels in all round activities. These will be judged by chapter committee at the time of presentation by chapter during EC meeting in April and awarded during the awards presentation at the annual RSSDI meeting.

Ground/field work: Especially in underserved areas not forgetting the challenges of diabetes care amongst millions of diabetics in rural India who are denied the benefits of balanced diabetes care. RSSDI funded diabetes/hypertension screening mobile van has been sanctioned in Gujarat and Telangana with many other states in line. Apart from ASSR (Awareness, Screening, Services, and Referral) as a primary/peripheral diabetes care services, it will aid in otherwise hard to come by prevalence data collection.

The written word: Dr SV Madhu, to whom RSSDI will forever be indebted, has graciously agreed to take over as the Editor-in-Chief of the International Journal of Diabetes in Developing Countries. He assures us that it will be indexed in PubMed soon. The 3rd edition of the RSSDI Textbook of Medicine is in planning. Position statements—first for RSSDI, initially on selected topics will be published. A monograph on “Diabetes Mellitus—Issues for the Indian Woman” is in the pipeline.

Spoken word: In parallel with the increase in diabetes prevalence, the prevalence of gestational diabetes mellitus (GDM) is on the rise, which increases the risk of future type 2 diabetes in the mother and baby as well. Affecting two lives at a time, GDM has an intergenerational impact not only on the individual or family, but public health as well. All levels of prevention: primary, secondary, tertiary, and quaternary, find a suitable playing field in GDM. Public awareness and education hold the key to prevention and appropriate management. RSSDI is playing an active role in encouraging public education—with a focus on GDM and diabetes mellitus-tuberculosis. Various CMEs, updates, seminars, and lectures are already being conducted under the aegis of RSSDI.

Diabetes especially affects younger subjects in India. The effects of a catastrophic illness like diabetes on the nation's youth can have a negative impact on our economic growth. The importance of active and healthy Indian youth cannot be overemphasized. The focus of the RSSDI must therefore shift to “preventive diabetology” in the years to come!

Please feel free to send in your suggestions.

RSSDI belongs to one and all.



Dr Sarita Bajaj
President, RSSDI

Dr Sarita Bajaj
President, RSSDI
Email: drsarita.bajaj@gmail.com



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Message from the RSSDI Secretary

Dear Friends,

At the outset, I would like to thank all the members of RSSDI for posing their faith in me and electing me unanimously for this responsible post. On behalf of RSSDI governing council, I would also like to convey best wishes for a very happy, healthy, and prosperous 2017 to you and your families.

As we enter 2017, RSSDI has an all new, young, dynamic, and motivated governing council in place, ready to take RSSDI further on its progressive path with new ideas and initiatives. RSSDI is currently the largest association of diabetes physicians in Asia as well as one of the highly academic and research oriented medical associations in the country. RSSDI is actively involved in both promoting and disseminating diabetes education as well as promoting research in the field of diabetes in India. My predecessors in the RSSDI office have done a commendable job in shaping the organization to a magnificent society that it is today. RSSDI currently runs diploma programs in diabetes, gives research grants to deserving research projects in diabetes, supports research for postgraduate students, and also gives travel grants to young researchers for presenting their work at different scientific platforms. All this information is available online at www.rssdi.in.

The RSSDI also has almost complete virtual office at its website where any member can access all the desired information and also update his/her membership details time to time. Our new highly dynamic and energetic president Dr Sarita Bajaj has already rolled out some initiatives which are mentioned in this newsletter and I request you all to participate in these initiatives actively. I am sure with your support and participation and under able guidance of Dr Sarita Bajaj we will be able to take RSSDI to next level.

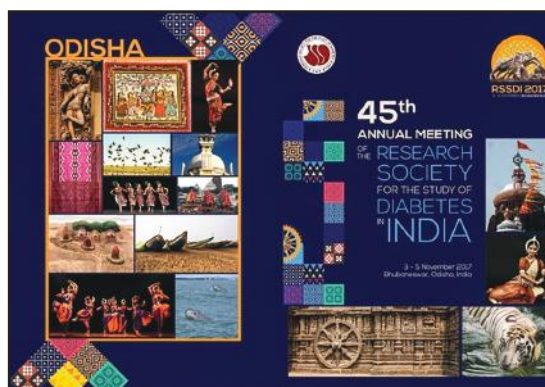
Long Live RSSDI!



Dr Brij Mohan Makkar
Hony. Secretary RSSDI

Yours Sincerely
Dr Brij Mohan Makkar
Honorary Secretary, RSSDI

Invitation to the RSSDI, 2017 Conference



Professor Sidhartha Das
Patron & Organizing
Chairman



Dr Jayant Panda
Organizing Secretary RSSDI

Dear Friends,

We have great pleasure in inviting you to the 45th Annual Conference of Research Society for the Study of Diabetes in India (RSSDI) to be held in the smart city of Bhubaneswar from 3rd to 5th November 2017.

Bhubaneswar is the capital city of scenic Odisha, the soul of India, which is naturally beautiful with forests, wildlife, sea beaches, heritage temples, and many historical monuments. It is also known for its flavor of hospitality and varieties of delicious foods. We assure your convenient travel and comfortable stay with a relaxing time and a complete updated academic exposure.

The organizing committee will leave no stone unturned to make the event memorable for you and your family. Please block your dates and register early to be a part of the event.

Wishing you a very happy, bright, and prosperous new year ahead.

Team RSSDI, 2017
Bhubaneswar, Odisha

IDF, 2017



Shape
the
future
of
diabetes

www.idf.org/congress

#IDF2017

Announcements

IMPORTANT

Dear Members

Please update your membership details like complete postal address, email ID, PAN number, and mobile number by logging in to your membership area on our website www.rssdi.in under subheading Membership corner, so that we can send you RSSDI Newsletter and Journals.

Announcement for State Chapters of RSSDI

Award for Best State Chapter

To further motivate state chapters, it is proposed to institute an **award for best state chapter** for the chapter which excels in all round activities.

A scoring system has been devised based on the following criteria:

- i. Research activities under RSSDI being conducted by the chapter
- ii. Number of members inducted as a percentage of existing members
- iii. Education programs organized—for doctors and public under the aegis of RSSDI
- iv. Activities performed on World Diabetes Day under the banner of RSSDI.

Kindly send all the above details on a continuum and collectively latest till **15th March 2017 (period 1st March 2016 to 28th February 2017)** along with photographs/media clippings.

To be judged by chapter committee at the time of presentation by chapter during EC meeting in April and awarded during the awards presentation at the Annual RSSDI meeting.

Travel Grants for Young Diabetes Researchers to Attend International Conferences

Criteria for the travel grant are as follows:

- Applicant should apply 2 months in advance
- Travel grant is open only to RSSDI members
- Applicant should submit oral paper/poster acceptance document to RSSDI secretariat
- Applicant should submit declaration that he/she is not receiving grant from any other agency/organization. In case of receiving grant from any other organization, RSSDI shall pay only the exceeding amount not covered by that agency.

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RSSDI 2016

Annual conference of RSSDI 2016 was held at International Convention Centre on 18th to 20th November 2016. More than 5,000 delegates participated in the conference.



Lamp lighting ceremony, RSSDI – 2016



Celebrations of our success, RSSDI – 2016



Cultural evening

Continued on page 05



Cultural evening



RSSDI funded research project presentation



Professor BB Tripathy – Nutrition symposium



Dr Shashank Joshi receiving citation for Professor MMS Ahuja Oration

Dr Sarita Bajaj, President RSSDI



Dr Amulya Ranjan Sircar receiving RSSDI Distinguished Service Award



Dr Sudhir Bhandari receiving RSSDI Fellowship Award 2016



Dr Ch. Vasanth Kumar, Chairman RSSDI 2016, receiving RSSDI Fellowship Award 2016



Dr Jayant Panda, receiving RSSDI Fellowship Award 2016



Dr SR Aravind, Past President RSSDI



Dr Anuj Maheshwari, receiving Citation for Dr VG Nadgouda Lecture in Cardiometabolism RSSDI 2016



Dr Rajeev Chawla, Past Secretary RSSDI



Receiving certificate for Certificate Course in Diabetology

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RSSDI Clinical Practice Recommendations were released on World Health Day, 7th April 2016, at a ceremony organized by Ministry of Health Government of India.



RSSDI Clinical Practice Recommendations were released on World Health Day

Continued from page 3

Announcements for Research Grants

- For providing research grants, RSSDI invites proposals from Indian scientists, interested in conducting original research in the field of diabetes mellitus. Furthermore, limited grants are also available for the students of medical colleges for smaller projects
- There is no deadline for submission of the proposals, which can be sent throughout the year. These proposals may fall into one of the following three categories:
 1. Projects involving funding up to ₹40,000 per project (preference will be given to young scientists < 40 years)
 2. Projects involving funding up to ₹10 lakhs
 3. We also invite proposals for more than ₹10 lakhs as major projects but these have to be preferably multicentric
- The detailed proposals should include the following:
 - ◇ Title, names of principal and coinvestigators, summary, introduction/background, review of literature, aims, methodology, study design, and detailed plan of work, and bibliography. Brief biodata of the principal investigator and other coinvestigators
 - ◇ Importance of work in the context of national priorities. Detailed budget sought along with full justification/proposed utilization of funding sought from RSSDI
 - ◇ Whether the project is being partly funded from any other source? If yes, please mention the source and the amount received
 - ◇ Ethical committee clearance of the institution or other bonafide body.

Theme Symposia for RSSDI–2017

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2017.

- Professor MMS Ahuja Symposium—Gestational Diabetes Mellitus
- Professor BB Tripathy Nutrition Symposium—Protein Consumption Patterns and Diabetes.

Last date for submission for abstracts: 31st August, 2017.

Address and Email of Scientific Chair 2017

Scientific Committee RSSDI 2017

Dr P.V. Rao, 6-3-349/17 Dwarakapuri, Hyderabad 500 082

Srikanth 7799923465, Murali 988541110, Off 040 65503111

Email: 2017@diabaid.in

Call for Applications for RSSDI Orations and Awards – 2017

Applications are invited for the three RSSDI orations to be given at the 45th Annual Scientific Meeting of Research Society for the Study of Diabetes in India to be held from 3rd to 5th November 2017, at “RSSDI Conclave” Janta Maidan, Jaydev Vihar, Bhubaneswar.

1. **Professor M Vishwanathan Oration**

2. **Professor MMS Ahuja Oration**

3. **Professor Sam GP Moses Oration**

4. **Late Dr BN Srivastava and Late Sarandulari Shrivastava Award**

All researchers who have contributed to the knowledge in the field of **complications of diabetes** may apply

5. **Dr VG Nadgouda Lecture in Cardiometabolism**

All researchers who have contributed to the knowledge in the field of **cardiometabolism** may apply

The applications should be accompanied by:

1. Summary of the academic achievements along with the details of original research carried out
2. Brief CV with list of research publications and three copies of their best papers in the subject

6. **RSSDI Novartis Young Investigator Award**

All young Indian researchers involved in diabetes research who are below 40 years of age as on January 1st 2017 are eligible to apply

The subject of the research can be on any aspect related to clinical diabetology, epidemiology, or basic science aspects of diabetes. The applicant should have been the first author of the paper for which the application is made

7. **Fellowship Award By RSSDI**

Criteria:

1. Involved in diabetes care for at least 10 years
2. Should be RSSDI member for more than 10 years
3. Any special contribution to diabetes care or more than 5 publications in national journals
4. Qualification: Minimum MD/DNB or MBBS with RSSDI Certificate Course in Diabetology /Diploma in Diabetes
5. Experience: 10 years after acquiring qualification
6. Nomination by 2 RSSDI fellows

8. **RSSDI Distinguished Service Awards**

Criteria:

1. At least 20 research publications at national level/diabetes care for at least 15 years/innovation
2. Should be RSSDI member for more than 15/20 years
3. Significant contribution to RSSDI
4. Awards/orations/expert member of national level government/equivalent academic bodies/excellence in teaching/medical education/significant public service activities
5. Nomination by 2 life members of more than 10 years standing/past or present EC member/patron/credential committee of RSSDI.

The applications should be accompanied by:

1. Summary of the academic achievements along with the details of original research carried out
2. Complete CV with list of research publications.

All candidates should be nominated by 2 RSSDI ACAD life members.

One hard copy of the application should be mailed to:

Dr Sarita Bajaj, Chairman Credential Committee

3/6 Panna Lal Road, Allahabad - 211002, India

Telephone No. 05322256461

One soft copy of the application should be sent by email to: drsarita.bajaj@gmail.com

Or

Dr Brij Mohan Makkar, Honorary Secretary, RSSDI

RSSDI Secretariat, Dr Makkar's Diabetes & Obesity Centre

A-5 B/122, Paschim Vihar, New Delhi - 110063, India

Email: rssdihq@gmail.com

Website: www.rssdi.in

Last date for receipt of applications is 15th March 2017

Chapter News

State chapters of RSSDI have conducted several activities in this quarter so far, both academic as well as those related to functioning of the society. The details are given below:

Delhi Chapter

Annual conference 2016: at The Lalit Hotel, 9th October 2016.

The 12th Annual conference of RSSDI Delhi Chapter was organized on 9th of October 2016. More than 400 delegates took part in this academic feast. National President Dr SR Aravind was Guest of Honor and Chief Guest on that auspicious day.

Delhi Chapter, under the guidance of its new team, is incessantly working hard to create new milestones and higher bench marks.

World Diabetes celebrations in November 2016 were done with great fervor, free blood glucose test camps and ask the expert sessions were conducted, and free glucometers were distributed as prizes in diabetes quiz, for best diabetes-related queries/interaction, with RSSDI EC members. Blue balloons, blue lights, and light emitting videos were displayed and lit, in individual member's clinics and centers. Health awareness walks were conducted, hundreds of citizens joined in activities organized by all EC members of Delhi Chapter in different parts of Delhi.

Noteworthy contributions were made by each and every single Executive member.

CMEs: With this new team, another important initiative taken was development and refinement CMEs and symposia. One of the two perspectives comes from a diabetologist and second one from respective speciality, e.g., nephrology, cardiology, neurology, etc. A CME was conducted on 7th December 2016, which was centered around clinical discussion of a case of coronary artery disease and diabetes. Dr Suman Bhandari from Max Health Care and Dr Dheeraj Kapoor from Artemis Gurgaon were our guest faculty. A great clinical discussion followed and attendees left with extremely clear cut take home messages.



12th Annual Conference of RSSDI Delhi Chapter



Past President RSSDI Dr SR Aravind receiving citation

Chapter News

Punjab and Chandigarh Chapter

Department of Endocrinology, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, Punjab and Chandigarh Chapter of RSSDI and ADITI [Association of Diabetes (young) in Tricity] jointly organized Type 1 Diabetes Education Day on World Diabetes day on 14th November 2016. This program included complimentary blood glucose estimation, urine analysis, and diabetes education program like diet, exercise, and how to prevent complication. Approximately 150 young diabetics with their parents participated.



Type 1 Diabetes Education Day on World Diabetes Day on 14th November 2016

West Bengal Chapter

RSSDI–West Bengal Chapter celebrated the World Diabetes Day with the IDF suggested “Blue Lighting Challenge Ceremony” on 12th November 2016. The ceremony was inaugurated by the honorable Minister of State of Health, Government of West Bengal Dr (Mrs) Sashi Panja, followed by a press meet to spread the message of 2016 IDF theme of “eyes on diabetes.”

The World Diabetes Day was celebrated on 14th November 2016 followed by a patient doctor interaction session involving nearly 300 patients with type 1 and type 2 diabetes.



World Diabetes Day, 2016

Himachal Pradesh Chapter

World diabetes day was celebrated by RSSDI Himachal Pradesh where various diabetes awareness programs were organized among school and nursing students followed by Insulin workshop. The chief guest for the insulin workshop was a 10-year-old type 1 diabetes girl. RSSDI–Himachal Pradesh Chapter provides free insulin to her. Blood glucose and glycosylated hemoglobin (HbA1c) was done in 200 plus diabetic patients. Dr Jatinder K Mokta, Chairman and Dr Parmod Sinha, Honorary Secretary, Himachal Pradesh–RSSDI organized all these events.

Chapter News



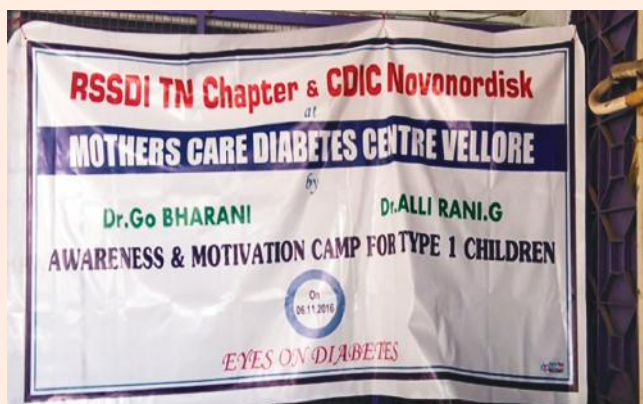
Himachal Pradesh Chapter of RSSDI celebrating World Diabetes Day



Tamil Nadu Chapter

1. World Diabetes Day at Vellore on 6th November 2016

Diabetes awareness and motivation camp for type 1 diabetes children was conducted at Mothers Care Diabetes Centre, Vellore on 6th November 2016. Glycosylated hemoglobin was measured done among type 1 diabetes and new glucometer and insulin kit were given.



Awareness and motivation camp for type 1 diabetes children



Yoga demonstration

2. Doctors Training Program

Doctors training program was organized by RSSDI Tamil Nadu Chapter at Thiruvannamalai on 11th November 2016.



Doctors training program

3. TRAC 2016

TRAC 2016 Tamil Nadu RSSDI conference was held at Chennai on 1st and 2nd October 2016.

Chapter News



Lamp lighting ceremony



Dr Anand Moses, Chairman, RSSDI Tamil Nadu Chapter delivering his keynote addresses

Uttarakhand Chapter

RSSDI-Uttarakhand Chapter hosted its inaugural conference under the chairmanship of Dr Rakesh Karnwal and Dr Harish Basera, Honorary Secretary RSSDI-Uttarakhand Chapter, at JP Manor from 16th to 18th of September, wherein 150 delegates registered and attended the conference.

We were fortunate enough to get 20 eminent speakers from all over India, who gave deliberations on wide variety of topics of general interest. This conference was appreciated by one and all for its scientific content and its level of presentation. It was decided in the general business meeting following conference to conduct CME on regular basis, awareness programs, and free diabetic screening camps for patients.

Conference Calendar

Diabetes UK Professional Conference 2017

March 8th-10th, 2017
Manchester, United Kingdom

4th Latin America Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension 2017

March 16th-18th, 2017
Buenos Aires, Argentina

60th German Congress of Endocrinology 2017

March 15th-17th, 2017
Würzburg, Germany

Diabetic Foot Global Conference 2017

March 23rd-25th, 2017
Houston, United States

Please note that the International Journal of Diabetes in Developing Countries (IJDDC) now has a new weblink.
<http://www.springer.com>

RSSDI Secretariat

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