



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,

I have taken over the baton of Presidentship from Dr SV Madhu after the RSSDI annual congress held at Lucknow. I sincerely thank him on behalf of all the EC members for having set the standards of transparency in administration and implementation of projects in terms of timelines to a new "high". I thank all other members of the RSSDI for having served RSSDI for a long time in various capacities.



Dr SR Aravind
President, RSSDI

The annual conference held at Lucknow was a great feast of science, culture, entertainment, and hospitality. I sincerely appreciate the efforts of the organising committee and the scientific chairman.

The new year greets us with the good news of our very own Dr Shaukat Sadikot taking over as the President of International Diabetes Federation (IDF) and Dr Anil Bhoraskar taking over as the Chairman of the South-East Asian regional office of IDF. I congratulate both of them for their long service and richly deserved positions.

The 7th edition of IDF Atlas - 2015 is out and the news is fairly unpleasant. India is still in the 2nd place with 69.2 million diabetics and these numbers are projected to rise to 123.5 million by 2040. Close to 70% of our people live in rural areas and diabetes is a huge burden on this segment. The days ahead will call for critical thinking and timely action. Our vision must be to implement affordable, accessible, and accountable treatment for diabetes. With an increase in young onset diabetes and cardiovascular risk, our healthcare system and our mindset as clinicians need to undergo restructuring in order to address the problems of the next generation.

My immediate task as RSSDI President will focus on advocacy, capacity building, and implementation of projects focussing on education, caring and treating the poor, and research in India to generate our own data which would help India in making the "care capital of diabetes".

I view my leadership role as one of "supporting" our team. I expect each one of you to support our collective objective and work in total cooperation. Our common goal is to "make life of a patient with diabetes better" for now and future.

Wishing all our members a happy and a prosperous new year

Long live RSSDI!

Dr SR Aravind
President, RSSDI
Email: draravind@hotmail.com



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Message from the RSSDI Secretary

Dear Friends,

At the outset, I wish all the members of RSSDI a very happy and prosperous new year. May this year bring more unity and grace to our medical profession which is facing the real test of time.

New year also brings more challenges to us as diabetes care professionals in terms of rising prevalence in a country with such limited resources. RSSDI took an initiative in releasing "Clinical Practice Recommendations for Management of Type 2 Diabetes Mellitus 2015" which have been indigenized and derived from IDF guidelines using Indian evidence and research. These guidelines, in addition to standard care for diabetes, consider the economic realities of our people, making it more affordable for the average Indian. It is expected that these recommendations will help define implementable best practices not only for management of type 2 diabetes mellitus but also prevention of acute and chronic complications of diabetes by primary care physicians across India.

RSSDI also is in the process of starting 'Free Insulin' scheme for poor type 1 diabetics under 15 years of age, which it plans to implement in this quarter through its various state chapters. Hence, I once again invite various state chapters office bearers to help us build a national registry of poor type 1 diabetics so that no one suffers for want of insulin and we could make their lives more comfortable.

Themes, for RSSDI 2016 annual conference have been finalized.

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2016

- Professor MMS Ahuja Symposium—"Affordable Diabetes Care"
- Professor BB Tripathi Nutrition symposium—"Glycemic Index of Cooked Foods".

I am sure all of you must have received the new RSSDI members directory and you shall find it extremely useful to have better connectivity amongst RSSDI members. We have done our best to implement every correction in personal information of each member we could get access to, but still, if there are any errors you may correct it in your profile by logging into the members area or informing the RSSDI secretariat.

Looking ahead for your feedbacks.

Long Live RSSDI!



Dr Rajeev Chawla
MD, FRCP Edin (UK)

Yours Sincerely

Dr Rajeev Chawla

Honorary Secretary, RSSDI

Invitation to the RSSDI, 2016 Conference



Dear Members and Guests,

Welcome to RSSDI-2016

On behalf of the organizing committee of RSSDI 2016, we have great pleasure in welcoming you to the 44th Annual Scientific Meeting of the Research Society of Study of Diabetes in India to be held in Hyderabad during 18–20 November 2016. The RSSDI, as you all know, has grown to become the largest scientific body of professionals involved

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RSSDI, 2015 Conference Report

Annual conference of the RSSDI for the year 2015 was held at Indira Gandhi Pratishthan, Vibhuti Khand, Gomti Nagar in Lucknow from October 30 to November 1, 2015. A total of 5,815 delegates and 427 faculties from across the world participated in the conference. A total of 64 foreign delegates participated and presented their research papers. A total of research papers have been presented in various sessions. For the first time, RSSDI started its fellowship program which were conferred to 30 experts across India and 6 senior doctors were honored with "Distinguished Services Award" during convocation held for the first time. This conference shall be remembered for many things held first time like release of recommendations for diabetes management for the first time by RSSDI, paramedical training program organized first time, and innovative workshops like medical writing, research methodology, sleep apnea, and diabetic retinopathy. On the last day of the conference, a walkathon was organized, which was flagged off by Ms Neha Dhupia former, Femina Miss India, motivating youngsters for daily exercise and mindful eating. Late in the afternoon when conference was over, session were organized for public education by RSSDI-UP Chapter with huge participation from the public and 150 kids suffering type 1 diabetes who later had a candle march in Indira Gandhi Pratishthan where the conference was held.



Lamp lighting ceremony at RSSDI 2015



Valedictory, RSSDI 2015

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in managing diabetes in India and its annual meeting is the major event that all the members of RSSDI and doctors managing diabetes in India look up to. We are privileged to host this event in Hyderabad. The scientific program for RSSDI 2016 being crafted by Professor SV Madhu, Chairman Scientific Committee, will be designed to update our knowledge on various aspects of diabetes. The program will not only have plenary lectures, guest lectures, and symposia, but also workshops designed to provide hands-on training in several important practical areas of diabetes management. There would also be ample opportunities for young researchers to present their research work in the form of free papers. The venue for the conference will be the Hyderabad International Convention Center, which has state-of-the-art facilities for a conference of this magnitude. Hyderabad, known as the 'City of Pearls', is famous for its rich history, food, and its multilingual culture. It is known for its monuments like the Charminar, Golconda Fort, Falaknuma Palace, and for artificially created lakes like the Hussain Sagar, Osman Sagar, and the Himayat Sagar. It is also home to the top research institutions like the National Institute of Nutrition and Center for Cellular and Molecular Biology and business school like the Indian School of Business, Indian Institute of Technology, Indian Institute of Information Technology, and Birla Institute of Technology and Science. Hyderabad is well connected by air/train with different parts of the country. We look forward to welcoming you for the RSSDI 2016. The organizing committee is working hard to ensure RSSDI 2016 to be an academically and culturally enriching event for all.



Dr Ch. Vasanth Kumar
Chairman, RSSDI, 2016



Dr Rakesh Sahay
Organizing Secretary, RSSDI, 2016



RSSDI Fellowship award ceremony - 2015



Dr SV Madhu, Past President RSSDI



Dr Samar Banerjee, Past President RSSDI



Dr Shaukat Sadikot, President IDF



Dr Rajeev Chawla, Secretary RSSDI



**Dr Anuj Maheshwari
Organizing Secretary - 2015 and
Secretary RSSDI-UP Chapter**



**Dr Sarita Bajaj, Scientific Chairman
RSSDI - 2015**



**Dr V Mohan, Past President RSSDI
receiving RSSDI Fellowship Award 2015**



**Dr OP Gupta, Patron
receiving RSSDI Distinguished Service Award**



Dr SR Aravind, President RSSDI



**Dr Shashank Joshi, Past President RSSDI
receiving RSSDI Fellowship Award - 2015**



**Walkathon was organized, which was
flagged off by Ms Neha Dhupia**

Call for Applications for RSSDI Orations and Awards – 2016

Applications are invited for the three RSSDI orations to be given at the 44th annual scientific meeting of RSSDI to be held from November 18–20, 2016 at Hyderabad International Convention Center:

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 1st January, 2015 are eligible to apply.

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

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 two RSSDI ACAD life members.

One hard copy of the application should be mailed to:

Dr SR Aravind, Chairman Credential Committee

360, 19th Main, 1st Block, Rajajinagar, Bengaluru 560 010, Karnataka, India

Email: draravind@hotmail.com

Or

One soft copy of the application should be sent by email to:

Dr Rajeev Chawla, Honorary Secretary, RSSDI

RSSDI Secretariat, North Delhi Diabetes Centre

180 Jai Apartments, Sector-9, Rohini, New Delhi 110 085, India

Email: rssidhq@gmail.com

Last date for receipt of applications is 28th February, 2016.

Theme Symposia

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2016

- Professor MMS Ahuja Symposium—Cardiovascular outcomes in Diabetes Mellitus
- Professor BB Tripathy Nutrition Symposium—Artificial Sweeteners.

Kindly mail the abstracts by June 30, 2016 to:

Dr SV Madhu

Scientific Chair, RSSDI - 2016

drsvmadhu@gmail.com

rssidhq@gmail.com

rssdi2016@gmail.com

Invitation for Certificate Course in Diabetology from RSSDI Accredited Centers

RSSDI invites applications for 2 year (MBBS) and 1 year (Post-MD/DNB) certificate course in diabetology from RSSDI accredited centers.

Interested candidates can apply at one of the centers given below.

RSSDI List of Accredited Centers		
S.N.	Institute Name	Institute Location
1.	Diacon Hospital	Bengaluru, Karnataka
2.	North Delhi Diabetes Centre	New Delhi
3.	Prithvi Hospital	Tumkur, Karnataka
4.	Bangalore Hospital	Bengaluru, Karnataka
5.	TOTALL Diabetes Hormone Institute	Indore, Madhya Pradesh
6.	Dia Care - A Complete Diabetes Care Centre	Ahmedabad, Gujarat
7.	Sonal Diabetes Hospital	Surat, Gujarat
8.	Jothydev's Diabetes and Research Centre	Trivandrum, Kerala
9.	Advanced Endocrine and Diabetes Hospital	Hyderabad, Andhra Pradesh
10.	GD Hospitals and Diabetes Institute	Kolkata, West Bengal
11.	Aditya Diagnostics and Hospital	Dibrugarh, Assam
12.	Sunil's Diabetes Care 'n' Research Centre Pvt Ltd.	Nagpur, Maharashtra
13.	Marwari Hospital and Research Centre	Guwahati, Assam
14.	Down Town Hospital	Guwahati, Assam
15.	St. Theresa's Hospital	Hyderabad, Telangana

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 two categories: projects involving funding up to ₹40,000 per project (preference will be given to young scientists below 40 years of age)
- Projects involving funding up to ₹10 lakhs (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.

Travel Grants for Young Diabetes Researchers to Attend International Conferences

Criteria's 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 has not received 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.

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

1. RSSDI Delhi Chapter organized its bimonthly scientific meeting on 13th December, 2015 at India Habitat Centre, New Delhi. The theme for this bimonthly meeting was "Management of Diabetes in Elderly". "Current Goals and Guidelines for Elderly Diabetics" was discussed by Dr Rajesh Marya, Senior Consultant Physician, New Delhi. It was followed by an interesting "Clinical Case Discussion on Elderly Diabetic with CKD and Other Comorbid Conditions" by Dr Sunil Prakash, Senior Consultant Nephrologist, BLK Superspeciality Hospital, New Delhi and Dr Richa Chaturvedi, Senior Consultant Endocrinologist, Pushpawati Singhania RI and Max Hospital, Gurgaon. It was a highly interactive and the meeting was successful. It was attended by nearly 50 doctors.
2. World Diabetes Day



Odisha Chapter

1. The 3rd RSSDI Odisha State Chapter annual conference was held on 22nd and 23rd August, 2015 at Hotel Mayfair Lagoon Bhubaneswar and was attended by more than 600 delegates. More than 50 faculties participated, including 15 national faculties. Professor SV Madhu the then president of RSSDI delivered the Professor Sidhartha Das oration. Dr Vijay Viswanathan, Dr Manoj Chadha, Dr GR Sridhar, Dr Rajesh Rajput, Dr Anirban Majumdar, Dr Sujoy Ghosh, and Dr Sanjay K Saha were other prominent national faculties who attended the event. The conference was organized by Dr RK Goenka and his team and coordinated by Professor Sidhartha Das Chairman, Dr Jayanta K Panda (Honorary Secretary) and Dr PK Rathor (Treasurer) of the organization.

Chapter News



Lamp lighting ceremony

2. World Diabetes Day

A walkathon was arranged on World Diabetes Day, November 14, 2015 at around 6.30 am. It started from SCB Medical College Campus and continued to historic Barabati fort. Professor Sidhartha Das, Chairman RSSDI Odisha Chapter and Dean and Principal SCB Medical College, flagged off the event and Honorary Member of Rajyasabha and veteran Odia film superstar Shri Anubhav Mohanty and renowned actress Varsha Priyadarshini graced the occasion. Complimentary T-shirt, cap, snacks were given to more than 1,000 participants. It was well covered by the print and electronic media, creating awareness about diabetes risk factors and lifestyle modification.



Himachal Pradesh Chapter

The newly formed Himachal Pradesh Chapter of RSSDI celebrated the World Diabetes Day on November 14, 2015. The following programs were held on that day:

1. A diabetes awareness walk (walkathon) was held in Shimla, which started at 9 am. Schoolchildren, medical college students, and people of Shimla participated (total 200) with enthusiasm
2. A diabetes awareness talk for diabetic patients was organized in the famous gaiety theater hall. Renowned endocrinologist, Dr Sanjay Kalra delivered the talk
3. The medical students in the gaiety theatre organized a small skit on diabetes, focusing on diabetes awareness
4. A free diabetic detection camp was organized on the ridge; more than 300 people were screened in the camp—five new cases of diabetes were detected
5. Quiz competitions for schoolchildren, undergraduate medical students, and postgraduate medical students on diabetes

Chapter News

were organized in the medical college. Poster competitions on diabetes were held for medical college and nursing students.

In the end, Dr Sanjay Kalra delivered a talk on diabetes for the staff and college students of Indira Gandhi Medical College, Shimla.

Second activity:

Free diabetes detection cum awareness camp was organized in the month of September for the Tibetan monks in Shimla and 87 monks was screened for diabetes.

Third activity:

Free diabetes detection cum awareness camp was organized for the lawyers and judiciary officers of Shimla town on November 18, 2015; 140 lawyers were screened, and three new cases of diabetes were detected. The chairman of Himachal Pradesh Chapter, Dr Jatinder K Mokta, delivered an hour-long awareness lecture.

Fourth activity:

Free diabetes detection camp was organized on the 20th of December in police lines Shimla for the police force of the town and 104 police personal were screened in the camp.



Chairman of Himachal Pradesh Chapter Dr Jatinder K Mokta delivering diabetes awareness lecture to lawyers and judiciary officers in Shimla



Tibetan monks in a diabetes detection camp in Shimla



Diabetes awareness walk being flagged off by Hon'ble Judge of the Hon'ble High Court



People's participating in the walkathon



Medical college students performing skit

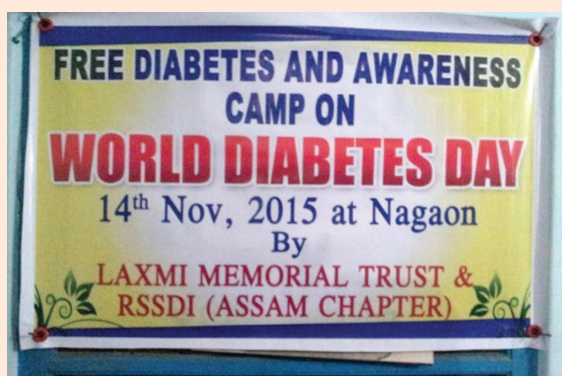


School and medical students participating in quiz competition on diabetes

Assam Chapter

RSSDI, Assam Chapter, celebrated the World Diabetes Day on November 14, 2015 with North Eastern Diabetes Society at Guwahati Medical College auditorium. The program began with a marathon which was flagged off by Mr Bhogeswar Baruah, noted sportsperson and Arjuna awardee of Assam. It was followed by a "Diabetes Awareness Rally" flagged off by Ms Nishita Goswami, a renowned Assamese film actress. The rally started from Nehru Stadium to Guwahati Medical College auditorium with more than 500 participants from various sectors including children. The rally ended with a yoga program conducted at Guwahati college auditorium. To commemorate the event, a public awareness program on diabetes was organized, which was inaugurated by the state Governor of Assam and Nagaland, His Excellency, Shri Padmanabha Balakrishna Acharya. Local dignitaries including the Vice-Chancellor of Guwahati Medical University, and Principal cum Chief Medical Superintendent, Guwahati Medical College, Dr Kabul Chandra Saikia were also present. A cultural program and a quiz competition followed thereafter with a free camp where diabetes detection, lipid profile test, electrocardiogram, and thyroid stimulating hormone tests were done at the Guwahati Medical College auditorium. The program ended with prize distribution by Mr Bhogeswar Baruah to participants who took part in different competitions. On this occasion, many other free diabetes detection camps were also organized in different parts of Assam including Bongaigaon, Nagaon, Tezpur, and Jorhat, under the banner of RSSDI, Assam Chapter.

Chapter News



Punjab and Chandigarh Chapters

Department of Endocrinology, Post Graduate Institute of Medical Education and Research, Chandigarh, and Punjab and Chandigarh Chapter of RSSDI jointly organized the walkathon-cum-public awareness program on World Diabetes Day on November 15, 2015, at Sukhna lake. The program included complimentary blood glucose estimation, blood pressure measurement, and body fat estimation. The program also included diabetes education program (diet, exercise, and how to prevent complication) by galaxy of experts in their respective fields. Approximately 2,000 people participated and blood glucose level was examined for 1,000 participants.



Walkathon



Awareness by experts



Kids with type 1 diabetes mellitus



Honor to type 1 diabetes mellitus fighter

Chapter News



Kerala Chapter

RSSDI, Kerala Chapter, quarterly meet was held on October 25, 2015, at Hotel Hasko Hut, Koyilandy.

The CME secession started at 9.30, the official inaugural function was held at 11, with the chief guest Mrs Shantha Balakrishnan, Municipal Chairperson of Koyilandy, inaugurating the function. Presidential address was given by RSSDI Kerala Chapter chairman Dr Jabbar. The vote of thanks was given by Dr Kripal, organizing secretary. A general body of the Kerala Chapter was also held where Dr Jabbar and Dr Kamath held the proceedings.

About 85 delegates participated. All the scientific sessions were well appreciated. The meeting concluded at 2:30. Credit hours were also granted by TCMC.



RSSDI Kerala Chapter along with Indian Institute of Diabetes Trivandrum conducting medical camp public awareness program and exhibition on November 14, 2015 (World Diabetes Day)



Public awareness program/medical camp held at Trivandrum on World Diabetes Day

Third quarterly conference of RSSDI Kerala Chapter held on December 13, 2015, at Kulanada, Pandalam was very successful. More than 120 doctors, including physicians, endocrinologist, and surgeons, from various parts of Kerala attended the function. The program started at 9. Key message was given by Dr KP Poulouse, Retired Professor of Medicine, Government Medical College Hospital. A few eminent personalities, Dr KP Poulouse, Dr Nihal Thomas, Dr PK Jabbar, and Dr Sasidharan, who have contributed to the cause of diabetes care in various capacities were honored in the CME.

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Dr KP Poulse, Retired Professor of Medicine, Government Medical College Hospital and Dr Kamath at the inaugural function on December 13, 2015



RSSDI Kerala Chapter conference

Announcement

- RSSDI will provide a mobile van to all its state chapters for screening the population for prevalence of diabetes/hypertension. Mobile van will be fully equipped with an MBBS doctor or diabetes educator and point-of-care gadgets and carrying basic equipments, such as clinical examination kit, glucometers, and some medicines—providing awareness, screening, services, and referral as a primary/peripheral diabetes care services.
- Registry for poor type 1 diabetes mellitus patients is being created with the help of state chapters of RSSDI and RSSDI shall supply free insulin to poor type 1 diabetic patients.

Conference Calendar

**European Society of Endocrinology
Clinical Update 2016**
January 15–16, 2016
Abu Dhabi, United Arab Emirates

**Emirates Diabetes and
Endocrine Congress 2016**
February 4–6, 2016
Dubai, United Arab Emirates

**The 9th International Conference
on Advanced Technologies and
Treatments for Diabetes (ATTD) 2016**
February 3–6, 2016
Milan, Italy

Diabetes UK Professional Conference 2016
March 2–4, 2016
Glasgow, United Kingdom

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

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