



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

As we all prepare to participate in our annual scientific meeting at Lucknow, I am sure there is a buzz of excitement and expectation to experience yet another RSSDI scientific extravaganza that will be served out this time in the backdrop of traditional lucknavi flavors.

It is also the time for me to prepare to hand over the baton so that my more illustrious colleagues can take charge and continue to take RSSDI forward with the freshness of their creative ideas.

As I reflect over the events of 2015, I must say it has been an eventful year with many defining and unforgettable moments for me. Firstly, I had an opportunity to visit most of the state chapters and it was indeed a great sense of satisfaction and a matter of pride for RSSDI to note the enthusiasm and dedication of each of the state chapters in carrying out all the activities that RSSDI stands for. They deserve all the appreciation for the very good work they are doing. The voice of RSSDI is becoming louder, clearer, and stronger.

Secondly, we had set ourselves the very difficult task of coming up with RSSDI Clinical Practice Recommendations for our country by the end of this year and I am indeed grateful to all the members of the executive committee as well as all those experts across the country who willingly committed their time and effort to actually make this happen. The energy and single-minded commitment of all my colleagues was a revelation and I will personally cherish many of the wonderful moments that we all enjoyed as we completed this hugely difficult task, all my life. The guidelines are set for release shortly.

Another important decision that we took this year and that I wish to share with you all is to make free insulin available to as many young insulin requiring diabetic patients for as long as possible. We all felt it is important to take up more and more activities that directly make a difference to the lives of diabetic patients. We are in the process of finalizing the details of this scheme that will be rolled out very soon.

More than anything else, I have really enjoyed reaching out to all of you through this newsletter and share some of my thoughts. Apart from feeling connected, it reminds me of the strength and potential of RSSDI in meeting the challenges of diabetes care in our country.

Long live RSSDI!



Dr SV Madhu
President, RSSDI

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President, RSSDI
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Message from the RSSDI Secretary

Dear Friends,

It gives me extreme satisfaction while writing this column as the Secretary as we have accomplished number of tough tasks during this quarter before this News Letter goes for print.

New RSSDI Directory has been prepared which is to be released during the inaugural function of RSSDI-2015 conference at Lucknow.

Another yet extremely difficult task which we committed ourselves was to formulate RSSDI Clinical Practice Recommendation for Management of Type 2 Diabetes Mellitus 2015 guidelines which have been completed and published in International Journal of Diabetes in Developing Countries Supplement issue October 2015 and these will be released during the inaugural function of RSSDI-2015 at Lucknow.

I welcome the "Down Town Hospital" at Guwahati, Assam which was approved and accredited for the Certificate Course in Diabetology from RSSDI.

RSSDI Update Book has been printed for the 1st time in the RSSDI-2015 conference and will be formally released during the inaugural function of RSSDI-2015 at Lucknow.

Another great initiative has been the registry for poor type 1 diabetes mellitus patients below 15 years of age which is being created with help of the state chapters of RSSDI and RSSDI shall supply free insulin to these patients.

I am sure with the ongoing support from all of you, RSSDI shall be reaching greater heights.

Long Live RSSDI



Dr Rajeev Chawla
MD, FRCP Edin (UK)

Yours Sincerely

Dr Rajeev Chawla

Honorary Secretary, RSSDI

RSSDI, 2014 Conference Report



RSSDI conference 2014, was successfully organized from 21st-23rd November, 2014 at Karnataka Trade Promotion Organization Trade Centre, Bengaluru.



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Invitation for Certificate Course in Diabetology from RSSDI Accredited Centres

RSSDI invites applications for 2 year (MBBS)/1 year (Post-MD/DNB) Certificate Course in Diabetology from RSSDI accredited centres.

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

RSSDI List of Accredited Centres		
S.N.	Institute Name	Institute Location
1.	Diacon Hospital	Bengaluru, Karnataka
2.	North Delhi Diabetes Centre	New Delhi, Delhi
3.	Prithvi Hospital	Tumkur, Karnataka
4.	Banglore Hospital	Bengaluru, Karnataka
5.	Total 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.	G D 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

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 co-investigators, summary, introduction/background, review of literature, aims, methodology, study design, and detailed plan of work and bibliography. Brief biodata of principal investigator and other co-investigators
 - ◇ 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.

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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 two scientific meetings. The first scientific meeting was a “Bimonthly Scientific Meeting” on 2nd August, 2015 at India Habitat Centre, New Delhi. Dr Atul Luthra discussed “New onset Diabetes after Transplant” and Dr JK Sharma presented data on micro- and macrovascular complications of diabetes. It was very successful and was attended by nearly 80 doctors.
2. Second scientific meeting was the “MSD Symposium on Diabetes” on 3rd Aug. 2015 at Hotel La Shangrila, New Delhi. Dr Rajeev Chawla was the Chairperson. The meeting was a grand success and was attended by nearly 100 doctors.
3. RSSDI Delhi chapter organized its 11th Annual Conference at Hotel The LaLit, New Delhi on October 4, 2015. The conference witnessed an excellent scientific feast by renowned and eminent national faculty with the finest choice of clinically relevant topics. Dr SV Madhu, President National RSSDI was the chief guest, his deliberation on “Stress and Diabetes: A two way link” was appreciated by everyone. Dr Shashank Joshi was the guest of honour, he was conferred with RSSDI-Delhi chapter’s Oration on “Diabesity in Asian Indians”. He gave a take home message as “Eat less, Eat on Time, Eat Right, Think more, Sleep well, and Smile”. RSSDI Delhi chapter Chairman’s oration was by Dr BM Makkar on “Obesity-Bad or Good”, which was also appreciated by all. The other eminent faculty was Dr Ambrish Mithal, Dr Anoop Misra, Dr Nikhil Tandon, and Dr Rajeev Chawla. The conference was well attended by nearly 450 delegates and was a great success. There was active participation and fruitful interaction after every session. All the sessions were well attended and appreciated by one and all.



Lamp lighting ceremony by the RSSDI Delhi chapter executive and other members.



Dr Shashank Joshi delivered RSSDI-Delhi oration on “Diabesity in Asian Indians”.

Assam Chapter

RSSDI, Assam Chapter celebrated the 2nd Annual Day along with continuing medical education (CME) program on 16th August, 2015 at Hotel Kiranshree Portico, Guwahati. The function was a grand success where more than 70 doctors attended. Dr Dinesh Agarwal, Honorary Secretary of RSSDI Assam chapter opened the ceremonial function by welcoming everyone and it was followed by Saraswati vandana. The scientific session started with CME on the two topics: 1. Diabetes- Myths and Facts Speaker: Dr Sujit Bhattacharya, Consultant Endocrinologist, Vivekananda Institute of Medical Sciences, Kolkata. 2. Role of Kidney in Glucose Homeostasis, Speaker: Dr JJ Mukherjee, Consultant Endocrinologist, Apollo Gleneagles Hospital, Kolkata.

RSSDI, Assam chapter organized a CME Program named “Together We Fight Diabetes” on 6th September, 2015 at Hotel Radisson Blu, Guwahati. The CME was a grand success where more than 50 doctors were present from all over northeast. Two hours credit point was allotted for delegates and three hours credit points for speakers by Assam Council of Medical Registration. The Registrar of Assam Council of Medical Registration, Professor KL Talukdar, also attended the program and a speech was also given by him on the continuity of such kind of program.

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The function was initiated with lighting of the lamp by senior dignitaries. An introductory speech was given by Professor Mihir Saikia, Chairman. The session started with the welcome address by Dr Dinesh Agarwal, Honorary Secretary.



Lamp lighting ceremony



Lamp lighting ceremony

Tamil Nadu Chapter

1. Diabetes screening camp organized by the RSSDI Tamil Nadu chapter at Minjur Panchayat Township on 4th August 2015.



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2. Tamil Nadu RSSDI annual conference 2015 held at Salem on 8th and 9th August, 2015.



Lamp lighting ceremony



Dr SV Madhu (President, RSSDI) delivering Presidential oration

3. The RSSDI Tamil Nadu chapter has started research funding for PG students/researchers to do research work in diabetes. The following students/researchers have been awarded research grants:

- ◇ Dr Prem Kumar
- ◇ Dr Bhavya RL
- ◇ Dr Krishna G Seshadri

Kerala Chapter

1. An International Diabetes Update (IDU) 2015

The International Diabetes Update (IDU) was organized on 25th–26th July, 2015 at Indian Medical Association House, Kochi. Four hundred and thirty delegates from Kerala and 52 from Tamil Nadu and Karnataka attended the conference.

The conference was well appreciated for the very interesting mix of lectures, symposia, panel discussions, and paper presentations. An international update is planned tentatively for July 2016.

2. DIAFEST 2015

DIAFEST-2015 was a unique programme conceived by RSSDI, Kerala chapter in accordance with the established goals of RSSDI viz education and awareness. DIAFEST aimed at:

Creating awareness in the public about the growing menace of diabetes and other lifestyle diseases, especially in the younger population.

The event was held at Rajiv Gandhi Indoor Stadium, Kochi from 31st July to 4th August, 2015. Every day, the exhibition was open to the public from 10 am to 8 pm.

The exhibition was officially inaugurated on 31st July, 2015 at 5.30 pm by the Honorable Mayor of Kochi Corporation, Sri Tony Chammany and the key note address was given by Veteran Professor CK Ramachandran, who also released hand book on diabetes. Other guests of honor were the District Collector Sri Rajamanikkam IAS and Justice PK Shamsuddeen who released the theme song of the event. The “student doctors” from Red Cross took the oath on behalf of the audience.



International Diabetes Update (IDU) 2015

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The highlight of the exhibition was a “live nutrition corner” with the help of traffic signal system with colors—red, yellow, and green; people were explained the importance of choosing healthy food stuffs.



DIAFEST 2015

Chhattisgarh Chapter

The 1st Annual Conference of RSSDI Chhattisgarh chapter was organized in Raipur on 13th September, 2015. Conference was graced by the presence of President RSSDI, Professor SV Madhu, Honorary Secretary, Dr Rajeev Chawla, Past President, Professor Samar Banerjee. Other guest speakers were Dr Sunil Gupta from Nagpur, Dr Jayant Panda from Cuttack, Dr R Dargad and Dr Mankad from Mumbai and Ahmedabad, respectively. Local speakers were Dr Biplab Bandyopadhyaya, Dr Kalpana Das, Dr Kamlesh Jain, and Dr D Solanki. The conference was inaugurated by Shri Ajay Chandrakar, Cabinet minister of Health and Family Welfare Chhattisgarh government by lighting of lamp and Saraswati vandana. The conference was attended by 110 delegates from all over Chhattisgarh.



Shri Ajay Chandrakar, Cabinet Minister of Health and Family Welfare, Chhattisgarh Government unveiled the Chhattisgarh State Chapter of RSSDI logo.



Dr Sunil Gupta receiving memento as faculty.

Other Activity

Help Defeat Diabetes through Education and Awareness 2015

In an attempt to empower the diabetes-affected citizens, their families and care-givers, diabetologists, physicians, pharmaceutical industry, and almost everybody who is part of the quest against diabetes, Dr Chandalia's Diabetes Endocrine Nutrition Management and Research Centre in association with Help Defeat Diabetes Trust and Association of Diabetes Educators organized an exhibition titled 'Help Defeat Diabetes through Education and Awareness 2015' at Nehru Centre,

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Worli, Mumbai, from May 29th to 31st, 2015. The exhibition was a concrete step towards spreading nationwide awareness, information, assistance, and guidance to common people regarding various aspects of diabetes.

Among the guests who graced the occasion were Dr Nikhil Chitnis (Gynecologist and Infertility Specialist), Mr Hasit Dani (Director, Gujarat Organics Ltd), Mr VB Haribhakti (Chartered Accountant), Mr Dipak Himatsingka (Chairman and MD at Amines and Plasticizers Ltd), Dr Muralidhar Kamat (Cancer Surgeon), Dr Shobha Udipi (Professor and Head, Shreemati Nathibai Damodar Thackersey College) and Mr Pankaj Udhas (Singer and Ghazal Maestro).

The event was a 3 day affair comprising of knowledge dissemination and interaction throughout the event. It was attended by approximately 950–1000 visitors.

Event Highlights:

1. **Diabetes Expo:** Various stalls displaying a wide array of health-related products, services, drugs, foods, drinks, equipments, and medication kits and books, magazines offering a host of information were put up.



Diabetes Expo

2. **Patient Education Gallery:** Approximately 100 charts on diet, exercise, diabetes complications, foot care, eye care, insulin administration, self-monitoring of blood glucose were displayed in the gallery.



Education Gallery Food Pyramid conceptualizing Diabetes Lecture Series healthy eating

3. **Diabetes Lecture Series:** Another important highlight of the event was the interactive education series with structured lecture modules on management of diabetes conducted by Dr Chandalia's DENMARC team on all 3 days. All sessions were conducted twice a day (forenoon and afternoon). Most visitors attended these continuous sessions and spent 3–4 hours in the education session. There was active audience participation in these sessions. In addition, three guest lectures on prevention of diabetes and early detection of complications were held.

Additionally, special sessions were also held as follows:

- ◇ **Continuing education for diabetes educators:** This was a 5 hour session attended by diabetes educators. Dr Shaival Chandalia (Endocrinologist and Diabetologist at DENMARC and Jaslok and Bhatia Hospitals, Mumbai) took a lecture on 'Emerging therapies in diabetes'.
- ◇ **Get-together of insulin pump users:** Meeting of type 1 diabetics on insulin pumps together with prospective type 1 diabetics requiring pump therapy was brought about in this session. Dr HB Chandalia also took a lecture on 'Advanced pumping: refining basal and bolus doses'.

Health check-up camp: The event also consisted of a health check-up camp, which was highly appreciated. Blood sugars, blood pressure, and body mass index were checked free of cost for the visitors. Glycosylated hemoglobin tests were also

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offered. Retina tests were also conducted wherein retinal photographs were taken by a special camera not requiring pupillary dilatation.



Health check-ups

The intensity and standard of education imparted to the visitors was very high and lasted about half a day for each visitor. The event was thus unique in its own way and highly appreciated by people with diabetes.



Dr SV Madhu, President RSSDI, presenting memorandum for RSSDI Government of India partnership to the Minister Health and Family Welfare, Mr JP Nadda and Minister of State for Ministry of Science and Technology (India) and Earth Sciences (Independent charge), Dr Jitendra Singh in Delhi.



Dr SV Madhu, President RSSDI, Dr Rajeev Chawla, Secretary RSSDI and Dr Banshi Saboo, Joint Secretary, RSSDI "Burning Mid Night Oil" for the "RSSDI Therapeutic Wheel" for RSSDI Guidelines.

Announcement

- RSSDI will provide a mobile van to the state chapters of RSSDI for screening the population for prevalence of diabetes/hypertension. Mobile van will be fully equipped with a MBBS doctor or diabetes educator and point of care gadgets and carrying basic equipments, namely: 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 DM patients is being created with help of state chapters of RSSDI and RSSDI shall supply free insulin to poor type 1 diabetic patients. Initially ₹20 lakhs has been allocated for the first year.
- **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 the RSSDI members
 - ◇ Applicant should submit oral paper/poster acceptance document to RSSDI secretariat
 - ◇ Applicant should submit declaration that he/she has not been 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.

Obituary

RSSDI executive committee and members express their heartfelt grief at the demise of two of our very senior members:

Dr Muralidhar Rao S (Past President RSSDI)

Dr BN Srivastava.

May their soul rest in eternal peace and may God give strength to their loved ones to bear the irreparable loss.

Conference Calendar

International Diabetes Federation World Diabetes Congress 2015 November 30–December 4, 2015 Vancouver, Canada	Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meeting 2015 November 30–December 3, 2015 Vancouver, Canada
45th Annual Conference of Endocrine Society of India December 17–20, 2015 Ahmedabad, Gujarat, India	18th Congress of the Asian Federation Endocrine Societies 2015 December 10–13, 2015 Kuala Lumpur, Malaysia

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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