

ANNOUNCEMENTS

DIABETES FOUNDATION (INDIA)

Research Society for Study of Diabetes in India (RSSDI)

1989 annual scientific meeting of Research Society for Study of Diabetes in India

- * DATES : 30 October 1989
- * VENUE : Madras Medical College, Madras India
- * THEME : "CHILDHOOD DIABETES"
- * TOPICS : 1. Magnitude of the problem of childhood diabetes : Epidemiology, Childhood Diabetes Registries; 2. Profile of childhood diabetes : clinical, biochemical, immunologic and genetic observations; 3. Complications of childhood diabetes : acute and chronic; 4. Management of childhood diabetes : Experiences in insulin therapy and patient health education. (PLEASE NOTE : Childhood diabetes mellitus=diabetes onset before age 20 years)
- * PROGRAMME : Includes oration, invited lectures (overseas and Indian expert physician and scientists) and free papers; Nutrition section - "Dietary management in childhood diabetes"; Scientific Exhibition, including diabetes patient teaching aids.
- * ABSTRACTS : We request submission of abstracts in English, typed double spaced, not exceeding 250 words please submit abstracts at the earliest.

CORRESPONDENCE :

For mailing abstracts & scientific deliberations
SECRETARY, RSSDI
Dept. Endocrinology Diabetes
All India Inst Med Sciences
New Delhi 110029, INDIA
Tel : 661123 ext. 237

For registration & local arrangements :

PROF. V. SESHAI AH
31 Ormes Road
Opp Kilpauk PO
Madras 600010 INDIA
Tel : 663898, 665262

* PLEASE NOTE : This meeting of the Research Society for Study of Diabetes in India, will immediately follow the annual scientific meeting of the Endocrine Society of India (26-28 October 1989, Trichur, Kerala), and immediately proceed the Symposium on Neuro-Diabetology (30-31 October 1989, Madras) ; please contact for any details,

0900—0930 Inauguration and Presidential Address
0930—1015 SGP Moses Oration
1015—1045 Guest lectures
1045—1100 Coffee
1100—1230 Theme papers on childhood diabetes (Free)
1230—1315 Discussions "Future strategies in childhood diabetes registries, care and research"

1330—1430 Lunch
 1430—1600 Miscellaneous papers (Free)
 1600—1615 Coffee
 1615—1715 Nutrition section : "Dietary management in childhood diabetes"
 1715—1745 RSSDI organisational activities
 Free time
 Banquet

THANK YOU

**CAMP FOR CHILDREN AND YOUTH
 WITH DIABETES**
**Under the auspices of "30th SRI AUROBINDO
 NATIONAL INTEGRATION CAMP"**

Diabetes Foundation (India) &
 Juvenile Diabetes Society
 E 14/4 A First Floor, Vasant Vihar
 New Delhi-110 057-
 Tel : 673626, 600709

Sri Aurobindo Education Society
 Sri Aurobindo Ashram (Delhi Branch)
 Sri Aurobindo Marg
 New Delhi-110016.
 Tel : 669225, 667863

- * A medical, education cum recreation camp for children & youth with diabetes.
- * PARTICIPANTS : Children & youth with diabetes (any one whose diabetes was diagnosed before the age of 25 years).
- * PURPOSE : To help children & youth with diabetes improve their health and well being.
- * THEME (for camp MM 89, winter) : TEAM WORK AND INTEGRATION

* PROGRAMME:

Creative activities, yoga, games, music, community singing, meditation, cultural programmes, picnic, sight seeing (SRI AUROBINDO EDUCATION SOCIETY) Team medical care, healthy education and counselling by doctors, nurses nutritionists and other health care professionals (DIABETES FOUNDATION (INDIA).

* DATES : *25th December, 1989 to 3rd January, 1990.*

* VENUE : Sri Aurobindo Ashram, Sri Aurobindo Marg, New Delhi-110 016.

* COSTS : Camp fee—Rs. 300/- per person. NOTE : For economically under privileged diabetic children & youth, camp scholarships will be awarded depending upon the charitable donation funds available. PLEASE APPLY AND ENQUIRE.)

(NOTE : We would be grateful for additional voluntary donations (Income Tax-exempt under section 80 (G) from organizations, companies and well wishers, Cheques payable to Diabetes Foundation India JDS. Your help to sponsor under privileged children is highly appreciated.)

* ARRIVAL IN DELHI : Participants should reach the ashram campus by 2 pm on 25th December, 1989.

* DEPARTURE FROM DELHI : Participants leave after the valedictory function on 3rd January, 1990 which will be over by 12.00 noon.

* HOW TO APPLY : Send completed registration forms along with camp charges by *demand draft payable in Delhi in favour of "DIABETES FOUNDATION INDIA JDS"*

to Mrs. Satpal Kaur, President, Juvenile Diabetes Society, E 14/4 A First Floor, Vasant Vihar, New Delhi-110057.

- * ACCOMODATION : Dormitory hostel in ashram/school campus.
- * DISCIPLINE : Since the camp is held in the ashram campus, a strict discipline is maintained throughout and all participants are required to follow the rules & regulations of the ashram and uphold the sanctity of the place.
- * PRE-CAMP MEDICAL CHECK-UP : All campers are requested to visit their respective treating doctor in the week prior to beginning of the camp to ensure good health and diabetes control. Also for any possible medical help, please contact. Diabetes Camp office, Deptt. Endocrinology, All India Institute of Medical Science, New Delhi-29. Attention : Dr. S.S. Srikanta.
- * NOTE : Travel expenses will be reimbursed by Sri Aurobindo Education Society both by the shortest route and cheapest mode only on production of ticket, railway receipt or photocopy of ticket (s). This travel grant is currently available to campers between 15-35 years of age. Attempts are being made to extend this travel support even to children below 15 years. **HOWEVER THE CAMP IS OPEN TO ALL CHILDREN AND YOUTH WITH DIABETES AND ALL ARE WELCOME TO PARTICIPATE.** People coming earlier or staying later than the camp duration will have to pay the normal guest house charges of the ashram.

Typical day in the camp

- 0600 Wake up/yoga/exercise
- 0730 Insulin Inj./B² fast
- 0800 Assembly
- 0900 Shramdan/games
- 1030 Snack
- 1045 Diabetes Education Programme
- 1330 Lunch
- 1400 Free
- 1630 Snack
- 1645 Community Singing & Music
- 1900 Meditation
- 2000 Insulin Inj./Dinner
- 2100 Cultural activities & General discussion
- 2230 Snack
- 2245 Retire and lights out
- 0200 Flash check

DIABETES EDUCATION PROGRAMME

- Disc.* 1 : Diabetes : Introduction & Overview
- Disc. 2 : Management of diabetes : Meal plans and physical activity
- Disc. 3 : Management of diabetes : Insulin Inj.
- Disc. 4 : Monitoring diabetes control
- Disc. 5 : Special problems : Hypoglycemia and Ketoacidosis
- Disc. 6 : Adjusting Insulin dosage
- Disc. 7 : Sick day guidelines
- Disc. 8 : Chronic complications
- Disc. 9 : Control, assessment & follow-up
- Disc. 10 : Brittle diabetes
- Workshop I : Self home blood glucose monitoring

Workshop II : Meal planning and food choices

Workshop III : Insulin algorithm & arithmetic

Workshop IV : Diabetes cookery

Workshop V : Shots, hypos & sickdey

* Disc. — Group Discussion

Urine and blood sugar tests : Before breakfast, before lunch, before dinner and at bed-time. Spot blood glucose tests for suspected hypoglycemia and associated illness.

WHAT TO BRING TO THE CAMP

Medications : Prepare a medication list. Bring INSULIN you use and the required

RECENT TRENDS IN DIABETES MELLITUS : NATIONAL SYMPOSIUM

Institute of Genetics and Hospital for Genetic Diseases, Hyderabad is holding a National Symposium on "Recent Trends in Diabetes Mellitus" on 28th & 29th December, 1989 at the Institute. Many of the Experts in the Field are participating in the Sym-

syringes and needles (preferably disposable ones). Cotton, spirit and urine/blood testing materials will be provided. Also bring other medications (tablets, liquids etc.) prescribed by your doctor and instructions for their use (dosage, timings etc.).

Clothings and personals :

1. Two bed sheets, two blankets, one pillow, one water bottle, one durry for yoga.
2. Winter clothes, sports wear and PT shoes.
3. One note-book and writing material.
4. Any costume or other apparel for cultural evenings.
5. Enthusiasm and right attitude.

posium. Further Details will be available from Dr. K. Jalapathi Rao, the Organising Secretary, National Symposium on "Recent Trends in Diabetes Mellitus" Institute of Genetics and Hospital for Genetic Diseases, (Osmania University), Begumpet, Hyderabad-500 016, India.