

# ORGANISATIONAL ACTIVITIES AND NEWS

## Juvenile Diabetes Society (JDS)

JDS is a voluntary, non-profit public service institution committed to diabetes care (and hopefully cure) specially as it pertains to children and youth.

### AIMS

1. To provide educational and counselling services to all juvenile diabetics and their families, schools, community organizations and the public at large.
2. To help and support underprivileged diabetic patients, in all possible ways.
3. To interact with and influence relevant governmental and non-governmental agencies to implement policies and programs for the welfare of juvenile diabetics.
4. To collaborate with other national and international organisations with similar objectives for furtherance of the cause of juvenile diabetics.
5. To support scientific research committed towards optimal diabetes care and ultimate cure.

### CURRENT ACTIVITIES OF JDS

#### Monthly Meets

Once a month, group discussions are held on specific medical, social and other aspects of diabetes, by diabetologists and other specialist health professionals along with patients and their families. Counselling and spot blood tests are also available.

#### Newsletter

'Challenge' is our quarterly newsletter; a knowledge resource and practical guide for people and families with diabetes mellitus. Physicians, nurses, dieticians and health educators, as well as men and women with diabetes provide health guidance and share useful experiences.

#### Camps

Residential camps are organised periodically to provide a structured health educational-medical-recreational camping experience for children and youth with diabetes (and their families) in non-hospital environment.

Other activities include participation in medical research projects and seminars and radio/TV programs for educating the lay public.

### ORGANISATION

Juvenile Diabetes Society is a constituent society of Diabetes Foundation (India). The Foundation is registered under the Registration of societies Act, 1960. (Registration no. S/16551 of 21-4-1986)

### PROMOTIONAL ASPECTS

The Foundation with its constituent societies is a voluntary, non-profit, public service institution committed to diabetes care.

Contributions in a manner of one's choice, donation of medical supplies, equipment and other resources, informative and educational material, provision of social amenities or any other form of support are welcome.

Donations would be exempted from income tax (80 G exemption) under Section 35 (i) (ii) of the Income Tax Act, 1961.

Cheques, Bank Drafts and other forms of donation can be drawn in favour of 'DIABETES FOUNDATION (INDIA) JDS'.

#### Office Bearers:.

President: Ms. Satpal Kaur

Secretary: Mr. Rajeev Vijay

Treasurer

Executive Committee: Ms. Sita Trehan

#### Medical science advisory board

Prof. MMS Ahuja	Prof. HB Chandalia
Dr. S Das	Dr. SK Garg
Dr. M Joshi	Ms. A Khosla
Dr. PSN Menon	Dr. V Mohan
Dr. P Shah	Ms. S Setia
Dr. SS Srikanta	Dr. A Sood
Dr. A Virmani	

Diabetes Collaborative Study Group

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## **The Vth National camp for the children and youth with diabetes-A report**

**Mrs. Jagjit Dhindsa**

The Vth National Camp for children and youth with diabetes was organised at Chandigarh, from December 22-28, 1990, in collaboration with Juvenile Diabetes Society (JDS), Diabetes Foundation (India) and All India Institute of Medical Sciences, New Delhi.

These periodic camps aim at educating diabetics about management of their condition in a safe and healthy environment, mingled with an enjoyable camp experience. Campers meet and associate with other diabetics from different parts of the country and develop self-discipline and awareness. Once again, diabetics from many states, e.g. Assam, Rajasthan, Madhya Pradesh, Himachal Pradesh, Punjab, Haryana and Delhi joined this winter camp. This proved the popularity of such camps.

The theme for this camp was 'Self-help is the best help.' The general activities followed here were:

1. To try and maintain glucose levels in each camper. This was done by testing blood and urine samples four times a day and adjusting individual insulin doses accordingly.
2. A well regulated meal-plan was observed at the required time to help maintain the blood glucose levels.
3. A physical education programme was followed. A trained yoga teacher held classes before breakfast.
4. Two lectures every day were held on management of diabetes and other associated complications. These were delivered by the doctors as well as the senior campers.
5. Newly diagnosed diabetics were taught and cared for in all aspects, including personal hygiene.
6. Outdoor activities included visit to places of interest, e.g. rock garden, sector 17 complex and the lake. A day-long picnic to Kasauli provided

ample enjoyment to the campers. Timber trail trolley ride was exceptionally popular. The success of the camp is attributed to the benefactors and patrons of JDS. All India Institute of Medical Sciences (Dept. of Endocrinology, Metabolism and Diabetes), New Delhi, provided all the doctors and the staff for care of the campers. Donations by the local residents of this city and help in cash and kind by M/s. Amrit Banaspati Co. Ltd. Gable India Pvt. Ltd. and Alkem Labs Labs helped in making this camp a reality.

A visit by Prof. BNS Walia, Dean of the PGI, Chandigarh, on the opening day and his inaugural address were most supportive. Prof. MMS Ahuja's visit to our camp from Delhi, in spite of his busy schedule, raised the spirits of campers. His involvement with the cause of children and youth with diabetes was appreciated.

This camp was especially important as the JDS-Chandigarh chapter was introduced to the society at large. Thus, the cause of insulin-dependent diabetics got another boost.

Problems faced by rural, economically backward and orphaned children and youth with diabetes were exposed, and to some extent solutions were found.

Since the first camp in India at Shimla in 1988, a long distance has been covered. The senior campers attending the Vth camp were fine examples of the popularity of these periodic camps. Based on the efforts of the voluntary organisation, the success achieved here had volumes to speak for itself.

With each camper having enjoyed the duration of the camp to their delight, the Vth National Camp was a success story.

## **Minutes of annual meeting of research society for the study of diabetes in India (RSSDI) (1990)**

The Annual Meeting of the general body of the RSSDI was held on December 21, 1990, at 12.30 p.m. at Hotel Ashraya International, Bangalore. During the annual scientific session of RSSDI, twenty members were in attendance. The President called the meeting to order and standard the proceedings. The following points were considered:-

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*Mrs. Jagjit Dhindsa is president, Juvenile Diabetes Society, Chandigarh Chapter, House No. 1154, Sector 33C, Chandigarh.*

1. Dr. MMS Ahuja informed the gathering that the Endocrine Society of India has delinked itself from Association of Physicians of India and will now be holding its scientific sessions separately. It was proposed that the annual scientific meetings of the two associations could be held jointly. The proposal was discussed and it was felt that the identify of the RSSDI scientific sessions should be kept intact while periodically, combined meetings may be feasible (optional).

2. First issue of International Journal of diabetes for developing countries (Diabetes Bulletin) was announced.

3. Dr. HB Chandalia was unanimously elected president of RSSDI for the year 1991.

4. Membership of society:

Dr. C Munichoodappa said that a drive should be started to enroll more members. Membership procedure and forms have been streamlined. It was clarified by the President that the membership of RSSDI and subscription to the Society journal (Diabetes Bulletin) were two separate matters. Members should ensure that their dues are paid.

5. Dr. MMS Ahuja informed the gathering about the efforts made by RSSDI to get affiliated to the International Diabetic Federation. This will help provide necessary inputs for .....the growth of the society and help it to interact with international agencies for overall improvement in diabetic care and research. It was decided to look for sponsors from neighbouring countries like Bangladesh, Singapore or Malaysia and approach IDF president for this purpose as well.

6. Theme of the ongoing society meeting 'Carbohydrate Metabolism in Pregnancy' was appreciated by all. The following themes for the next society meetings were considered:

- (i) Oral hypoglycemic agents in the treatment of NIDDM

- (ii) Elderly diabetics.

- (iii) Insulin therapy.

It was decided that the theme will be finalized by the president-elect and organising secretary of the next society meeting.

7. Venue of the next RSSDI meeting:

It was suggested by the president that the next meeting should be considered with some other scientific meeting. This will enable a large number of scientific members to participate in the meeting. Proposals were made to hold meetings at Calcutta, Bombay and Delhi. It was decided unanimously that the President elect should decide the venue after considering the above mentioned fact and availability of sponsor. ISGD (International) meeting is proposed at Delhi on November 9-12, 1992. The RSSDI meeting could precede this meeting.

8. Minutes of the last annual general meeting of the society were read out and approved unanimously.

9. President and all the members thanked Dr. C Munichoodappa profusely for organising the society meeting so well and with a large participation Members were invited to attend the CME programme organised by Prof. V Sessaiah in Madras on December 22-23, 1990.

There being no other points to consider, the meeting came to a close with a vote of thanks to the chair.

### **'Prevention of Blindness' week**

The National Society for Prevention of Blindness-India is observing its annual campaign (Prevention of Blindness Week) from April 1-7, 1991. During this week, the state and district branches of the Society will be organising educational programs. The theme this year is 'Diabetes and the eye'.