



# 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,

It is once again my privilege to talk to you through this Newsletter. As the second-half of the year draws to a close, I feel a sense of excitement coupled with trepidation because at year-end it's time to reflect, review, reminisce and time to look ahead with hope for the future year.

Presently we are in the process of developing and drafting Clinical Practice Recommendations for Type 2 Diabetes—A joint consensus by RSSDI and ESI. Once this consensus is ready it will be uploaded on RSSDI website as well as widely circulated to all the RSSDI State Chapter's Chairs, Secretary and members for their inputs and comments.

We also plan to nominate about 400 RSSDI District Coordinators (Doctors), one from each district all across India. RSSDI shall arrange "Train-the-Trainer Workshops" with these coordinators on RSSDI Guidelines, 10-12 such to be arranged over different zones of India—North, South, East, West, Northeast.

We are also launching RSSDI Diabetes Educator Program—About 6 modules are being designed which will be followed by mandatory training of 1 month and students shall receive certification by RSSDI.

This is an Election year for selecting New RSSDI EC and Office Bearers. Election process has already been initiated by asking for nomination forms for all the posts. You shall soon be receiving this circular and subsequently the ballot papers. Strengthen RSSDI by participating in this democratic process.

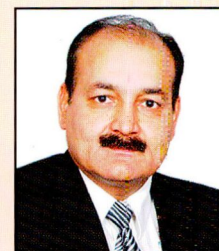
The 47<sup>th</sup> Annual Conference of RSSDI is being organized at Jaipur w.e.f. 7<sup>th</sup>–10<sup>th</sup> November, 2019 – Friends lock your dates and get geared up for a Mega Scientific Feast being planned by Dr Bansi Saboo, Scientific Chair, and warm and personalized Hospitality by Rajasthan RSSDI Chapter which they are known for.

Themes for MMS Ahuja Theme symposia and BB Tripathy Nutrition Symposia are:

- MMS Ahuja Symposium: Validation of RSSDI therapeutic Wheel in Indian clinical practice
- BB Tripathy Nutritional Symposium: Diet and Inflammation
- Interested presenters may start generating original data from your Clinics or Centers
- Last date for abstracts submission is 31<sup>st</sup> August, 2019.

We are looking forward to your active participation in National RSSDI meeting by submitting your abstracts/papers. I once again request all the Office Bearers of State Chapters of RSSDI to actively come forward with proposals to have at least 1-2 villages adopted under their State Chapter as part of our "Village adoption Initiative" so as to fulfill our commitment to IDF to reach every village and person with diabetes.

Yours sincerely, I remain



Dr Rajeev Chawla  
President, RSSDI

Dr Rajeev Chawla  
President, RSSDI

Email: [rajeevaastikchawla@yahoo.com](mailto:rajeevaastikchawla@yahoo.com)





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## Message from the RSSDI Secretary

Dear Friends,

It is great pleasure to connect with you again through this Newsletter. Hope you all are doing well. I am pleased to inform you that RSSDI growing bigger with time and we have crossed the 7500 mark. I congratulate all the State Chapters for actively promoting RSSDI membership.

As you are aware, the RSSDI is actively involved in promoting and supporting clinical research in the field of diabetes and allied areas. One can submit promising projects for research grants any time of the year and projects found to be relevant and selected by research committee are funded by RSSDI on regular basis. Last year RSSDI had adopted the village Kuchaman in Rajasthan as a pilot project for creating awareness among rural patients about diabetes and also screen rural population for diabetes. This year we are working on to take this project further and adopt more villages across the country to benefit more and more rural people through our diabetes awareness program. If you are working in a rural area or know a village which can benefit from this program, please get in touch with the State Chapter office and we will try to include that village if feasible.

I am sure you are also actively participating in regular academic and social activities conducted by your respective State Chapters. Preparations are in full swing for the 47<sup>th</sup> Annual Conference of RSSDI to be held on 7<sup>th</sup>–10<sup>th</sup> November, 2019 at Jaipur. Scientific committee led by Dr Banshi Saboo, is working hard to put up a great Scientific Feast. At the same time, local organizing committee is making sure that you have a memorable time in Jaipur. Abstract submission is already on and you can submit your abstracts of your original research work before 31<sup>st</sup> August, 2019.

Please don't forget to block you dates for the forthcoming **47<sup>th</sup> Annual Conference of RSSDI at Jaipur** on 7<sup>th</sup>–10<sup>th</sup> November, 2019.

Wishing you all the best.

Long Live RSSDI!



**Dr Brij Mohan Makkar**  
Honorary Secretary,  
RSSDI

Yours Sincerely

**Dr Brij Mohan Makkar**  
Honorary Secretary, RSSDI

## Invitation to the RSSDI, 2019 Conference



### RSSDI 2019

47<sup>th</sup> Annual Meeting of Research Society for the Study of Diabetes in India  
*Enhancing Skills to Conquer Diabetes*  
7th-10th November 2019 | JECC, Jaipur, Rajasthan



Dear Friends,

“Khammaghani” from the Organizing Team of RSSDI-2019!

Welcome to Rajasthan!

It's a matter of proud privilege and great pleasure to be bestowed with the honor to hold prestigious Mega Event **“47<sup>th</sup> Annual Meeting of the Research Society for the Study**



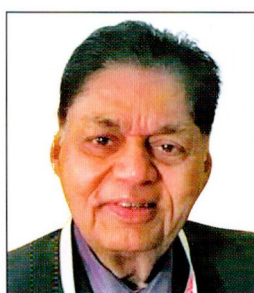
**of Diabetes in India"** which will take place in Jaipur, Rajasthan in the month of November, 2019. The venue for the congress is **Jaipur Exhibition and Convention Center**.

The 47<sup>th</sup> Annual RSSDI 2019 will focus on the latest developments and guidelines in the field of Diabetes and Metabolic Medicine, along with many original, relevant research papers.

Awaiting your active participation! It will be a good opportunity to meet your old friends and make new ones. We are pretty sure that you will enjoy the beauty of Rajasthan—a colorful land, with a rich ancient heritage offering an excellent blend of tradition and contemporary trends. The Pink City—Jaipur is one of the most vibrant and sought after tourist destinations of India. The city of victory- originally known as Sawai Jaipur—is named after its founder, Sawai Jai Singh. It is a mix of traditional and modern, surrounded by forts and palaces and dotted with enchanting gardens and famous temples. The city offers a rich experience of its heritage, its culture, arts and crafts, jewelry, fabric, shoes and much more.

We would like you to witness the vibrant colors, traditions and culture of Rajasthan.

"प्यारो म्हारे देस"



**Dr KK Pareek**  
Organizing Chairman, RSSDI, 2019



**Dr Prakash Keswani**  
Organizing Secretary, RSSDI, 2019

## Invitation for Certificate Course in Diabetology from RSSDI Accredited Centers

### Advanced Certificate Course in Diabetology from RSSDI Accredited Centers in Association with Jaipur National University

RSSDI invites applications for 2-year (MBBS)/1-year (Post-MD/DNB) Advanced Certificate Course in Diabetology from RSSDI accredited centers in association with Jaipur National University (JNU). Please apply to JNU Medical College and Hospital (Permitted by MCI and Government of India).

Tel.: 0141-3063443, (M): 7230013573

Email: [osd.medical@jnujaipur.ac.in](mailto:osd.medical@jnujaipur.ac.in)

Website: [www.jnuhealthcare.com](http://www.jnuhealthcare.com)

Batch details of Advanced Certificate Course in Diabetology – The students can enrol their names in the following batches available for this course each year.

- 1<sup>st</sup> Batch – January to June (2019)
- 2<sup>nd</sup> Batch – July to December (2019).

New Session will start from 1<sup>st</sup> July, 2019.



Interested candidates also can apply at one of the centers out of 17 RSSDI accredited 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.	TOTALL Diabetes Hormone Institute	Indore, Madhya Pradesh
5.	Dia Care – A Complete Diabetes Care Centre	Ahmedabad, Gujarat
6.	Sonal Diabetes Hospital	Surat, Gujarat
7.	Jothydev's Diabetes and Research Centre	Thiruvananthapuram, Kerala
8.	Advanced Endocrine and Diabetes Hospital	Hyderabad, Telangana
9.	GD Hospitals and Diabetes Institute	Kolkata, West Bengal
10.	Aditya Diagnostics and Hospital	Dibrugarh, Assam
11.	Sunil's Diabetes Care n' Research Centre Pvt Ltd	Nagpur, Maharashtra
12.	Marwari Hospital and Research Centre	Guwahati, Assam
13.	Down Town Hospital	Guwahati, Assam
14.	St Theresa's Hospital	Hyderabad, Telangana
15.	Aegle Clinic	Pune, Maharashtra
16.	Tulip Hospital	Sonapat, Haryana
17.	Lilavati Hospital and Research Centre	Bandra West, Mumbai, Maharashtra

## Announcements for Research Grants

The RSSDI is always keen on promoting research in the field of diabetes in India and provides research grants for the same. 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 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.

Research Grants Proposals are invited from all young scientists and researchers for RSSDI Grant, it is open 24 × 7 throughout the year.

It may be submitted on website or emailed to [rssdihq@gmail.com](mailto:rssdihq@gmail.com).



## 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:

### Jharkhand Chapter

Jharkhand RSSDI Chapter organized one day seminar on new treatment modalities in Diabetes which was attended by 150 delegates.

#### मधुमेह मरीजों के हृदय-गुर्दे की सुरक्षा जरूरी

धनबाद, हरिव संवाद

सिराई सोसायटी और द स्टडी ऑफ डायबिटीज इन इंडिया (आरएसएसडीआई) द्वारा खंड पेंटर की ओर से रविवार को मेकासकॉप में सिराई का आयोजन किया गया। इसमें रांची में आए आरएसएसडीआई के सदस्य डॉ. विनय दादनिवाल ने डायबिटीज की दवाओं से मरीज को होने वाले दूसरे कॉम्प्लिकेशन पर चर्चा की। इसके विपरीत के उदाहरण बताए।



बैठक में डॉक्टर को आयोजित सिराई को संबोधित करते डॉ. एनके सिंह (बाएं) और कार्यक्रम में उपस्थित डॉक्टर।

उस विकल्पों पर विचार करना होगा।

कई दवाओं की चर्चा करते हुए उन्होंने

कहा कि इससे न केवल मधुमेह कम

होता है, बल्कि हृदय और गुर्दे की सुरक्षा

भी होती है। सिराई में

आरएसएसडीआई के अध्यक्ष डॉ. एनके

सिंह, डॉ. लीला सिंह, डॉ. पी. गुप्ता, डॉ.

एनके अग्रवाल, डॉ. भर्गवी आदि

मौजूद थे।

आरएसएसडीआई के अध्यक्ष डॉ.

एनके सिंह ने डायबिटीज में व्यायाम के

विपरीत और काल पर चर्चा की। कहा

कि मधुमेह को नियंत्रण में रखकर बाद का

व्यायाम अधिक उपयुक्त है। मधुमेह के

बाद पाने से मधुमेह नियंत्रण में सुधार

होता है। सिराई में डायबिटीज को कमी होने

पर भी व्यायाम प्रभावी है। व्यायाम

डॉक्टर द्वारा प्रिक्लिफेशन पर नहीं निरूपित

है। 20 हजार की आयुवाही को

नियंत्रण करने की योजना को। धनबाद

में इसके विपरीत डॉ. लीला सिंह को

को मेह भले जलाने।

#### दैनिक भास्कर इंसुलिन की कमी में भी व्यायाम प्रभावी: डॉ सिंह आरएसएसडीआई के सेमिनार में मधुमेह के इलाज पर चर्चा

सिटी रिपोर्टर : धनबाद

सिराई सोसायटी और द स्टडी ऑफ डायबिटीज इन इंडिया (आरएसएसडीआई) ने रविवार को शहर के एक होटल में सेमिनार का आयोजन किया। इसमें टाइप 2 डायबिटीज, इसके उपचार की नई और पारंपरिक विधियों पर चर्चा की गई। सोसायटी के सदस्य डॉ. विनय दादनिवाल ने कहा कि शुरुआत से ही एसजीएलटी 2 आई, डेपॉसिलफोजिन और जीएलपी 1 वन आरए जैसी दवाएं शुरू करनी चाहिए। ये न सिर्फ ग्लूकोज को कम करते हैं, बल्कि



जानकारी देते डॉ. एनके सिंह।

हृदय और गुर्दे की भी सुरक्षा करते

हैं। इन दवाओं के हृदय संबंधी

प्रभावों पर विचार करना भी जरूरी

है। सेमिनार के अध्यक्ष डॉ. एनके सिंह

ने कहा कि व्यायाम सबसे जरूरी है। यह अरब डॉलर की दवा है। शरीर में इंसुलिन की कमी होने पर भी व्यायाम प्रभावी है। मधुमेह के व्यायाम की तुलना में दोपहर के बाद का व्यायाम अधिक प्रभावी है। डॉ. सिंह ने कहा कि मधुमेह की रोकथाम में व्यायाम के महत्व समझाने के लिए जलद राज्यव्यापी कार्यक्रम शुरू किया जाएगा। उन्होंने कहा कि मधुमेह नियंत्रण के लिए टुंडी के गांव हरलाडीह को संगठन गेद लेगा। डॉ. वीरम प्रसाद ने अध्यक्षता की। डॉ. लीला सिंह, डॉ. पी. गुप्ता, डॉ. एन पी अग्रवाल, डॉ. भर्गवी आदि थे।

### धनबाद

18.03.2019 03

अस 15:54 बजे का

उदय 15:54 बजे का

## सुबह से अच्छा दोपहर का व्यायाम : डॉ एनके सिंह

आरएसएसडीआई की संस्था में डॉ. एनके सिंह और डॉ. लीला सिंह के बीच चर्चा हुई। डॉ. एनके सिंह ने कहा कि मधुमेह के इलाज में व्यायाम का महत्व है। डॉ. लीला सिंह ने कहा कि मधुमेह के इलाज में दवाओं का उपयोग करना चाहिए।

आरएसएसडीआई के अध्यक्ष डॉ. एनके सिंह ने कहा कि मधुमेह के इलाज में व्यायाम का महत्व है। डॉ. लीला सिंह ने कहा कि मधुमेह के इलाज में दवाओं का उपयोग करना चाहिए।

### West Bengal Chapter

RSSDI West Bengal Chapter organized CME for paramedical professionals.





## Chapter News

### Karnataka Chapter

Karnataka state have been regularly conducting health camps and Monthly clinical meeting.



### Punjab Chapter

The RSSDI Punjab Chapter organized one day symposium on Diabetes with a theme "Head to Toe" on 26<sup>th</sup> May, 2019, at Ludhiana. The event was graced by President RSSDI Dr Rajeev Chawla, past President RSSDI Dr SV Madhu and President elect RSSDI Dr Banshi Saboo. This symposium was conducted for healthcare professionals (Students, Doctors, and Consultants). Approximately 900 participants, participated in this symposium. This events started with Quiz for MD students of surrounding medical colleges (n=10). Quiz was conducted in two parts, first was MCQ round, and through this round five best teams were selected. These five teams entered in second round that consisted of audio visual round. Finally the best three teams were given prizes. Government Medical College Patiala team was winner. Quiz master was



## Chapter News

Dr Sanjay Kumar Bhadada, Secretary RSSDI, Punjab Chapter. This meeting also provided opportunity to MD students to present their thesis dissertation and judged by senior faculty members and RSSDI Presidents (past, present and elect). Three best thesis protocols were given money of ₹25,000 each. In addition to these DM thesis dissertations were also presented. These two events (quiz and thesis protocol presentation) followed by talks by eminent state and national speakers. Titles of talks are given below. Simultaneously at same venue in collaboration with Indian Diet Association organized one day CME on "Diabetic diet" class to clinic, this CME mainly conducted for dieticians. Around 100–150 participants were participated in this CME. Executive Committee meeting also held on 26<sup>th</sup> May, 2019 during this symposium. New Office Bears were introduced.

Various informative topics were as follows:

- Thesis presentation for RSSDI grant awards
- RSSDI—2019 Diabetes Quiz
- Investigating for asymptomatic CAD in diabetes—How far to go?
- Cardiovascular protection in diabetes—Insights from recent CVOT's
- "Elephant in the room"—Heart failure and diabetes
- Diabetic nephropathy—Can we slow the progression?
- Product theater
  1. Remogliflozin
  2. Evogliptin
  3. Fiasp
  4. GLP-1 receptor agonists
  5. Glargine 300U
  6. Co-formulation
- NAFLD—A metabolic disorder: strategies to slow its progression
- Diabetes and bone health
- Sulphonylureas—Myths and realities
- Diabetic foot—A complication as worse as cancer
- Panel discussion—What after Metformin?

### Diet

- Calorimetrics of Diabetic Diet—Hands of practice calorie counting and planning a typical diabetic diet
- From food pyramid to plates to pattern—Which diet pattern Mediterranean/vegan/gluten free/dash is better?
- Slowing down the renal complications with right kind of nutrition in diabetes
- Diet and diabetes—A holistic approach: Role of fashion diets/Keto diets/Fad diets/VLCD.

### Punjab Chapter Symposium



RSSDI Quiz-2019.



## Chapter News



Dr Rajeev Chawla President RSSDI Judged the Oral papers.





## Chapter News



The RSSDI Punjab Chapter in association with ADITI regularly organises education and appreciation classes for young kids with DM. Few pictures of last class are attached.



Kids were rewarded for scoring above 80% in board examination.

### Tamil Nadu Chapter

CME activities organized by the State Chapter.





## Chapter News



### Rajasthan Chapter

The RSSDI Rajasthan Chapter organized Mega DIABETES Detection, Awareness and Education Camp on 24<sup>th</sup> February, 2019 at RATANGARH, Near Salasar Dham from 9:00 AM to 4:00 PM.

Free Consultation, Blood Sugar, Biothesiometer VPT and Diabetes Education was done.

Local arrangements were arranged by Shri Abhinesh Maharshi ji MLA RATANGARH and Family of Dr JK Sharma. It was a very successful Diabetes Camp and wonderful Hospitality, love and affection by people of RATANGARH.



**RSSDI राजस्थान चेप्टर द्वारा आयोजित**

**विशाल निःशुल्क मधुमेह चिकित्सा शिविर**

दिनांक : 24 फरवरी 2019, रविवार, प्रातः 9:00 बजे से सायं 5:00 बजे तक

**स्थान : महर्षि सदन, धनवन्तारि नगर, चार्ड नं. 12, स्तनगढ़**

मधुमेह रोगियों के लिए निःशुल्क उपचार सुविधाएं / शुगर जांच / ब्लड प्रेशर जांच / चैंने की नसों की जांच / निःशुल्क परामर्श / रिफरल

**अधिकाधिक संख्या में पधारकर शिविर का लाभ उठावें।**

मधुमेह के जितरे रोगी को सबसे अधिक ज्ञान होता है  
वह सबसे अधिक जीवित रहता है।

RSSDI DiaHelp .180030022935



A record, 4136 patients screened at RATANGARH.



Camp was attended by Dr KK Pareek, Chairman RSSDI Rajasthan Chapter; Dr GD Ramchandani; Honorary Secretary RSSDI Rajasthan Chapter; Dr JK Sharma, Honorary Secretary RSSDI Delhi Chapter; Dr Sawati Srivastava, Jaipur; Dr Dheeraj Kapoor, Delhi; Dr Minal Mohit, Jaipur; Dr Amit Gupta, Greater Noida; Dr T Rajdev Patro, Delhi; Dr Dinesh Sharma, Jaipur; Dr SS Dariya, Jaipur; Dr Mohit Saran, Delhi; Dr BL Saini, Sikar; Dr Nahar Singh, Sikar.



## Theme Symposia for 47<sup>th</sup> Annual Conference of RSSDI-2019

The themes for 47<sup>th</sup> Annual meeting 2019 at Jaipur are as follows:

- MMS Ahuja Symposium: Validation of RSSDI therapeutic Wheel in Indian clinical practice
- BB Tripathy Nutritional Symposium: Diet and Inflammation.

**Last date for abstracts submission is 31<sup>st</sup> August, 2019.**

### Address and Email of Scientific Chair 2019

Scientific Committee RSSDI 2019

Dr Banshi Saboo, 1 and 2 Gandhi Park, Near Nehru Nagar Circle,  
Ambawadi, Ahmedabad - 380015, Gujarat  
Ph: 9824047676

Email: [banshisaboo0098@gmail.com](mailto:banshisaboo0098@gmail.com)

## Travel Grants for Young Diabetes Researchers to Attend International Conferences

The RSSDI supports young researchers by providing travel grant for presenting original research work at 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.

For more details log on to [www.rssdi.in](http://www.rssdi.in)

## Conference Calendar

### Brazilian Congress of Endocrinology and Metabolism 2019

August 21–24, 2019  
Florianópolis, Brazil

15<sup>th</sup> World Congress on  
Endocrinology and Diabetes  
September 20–21, 2019  
Prague, Czech Republic

### European Association for the Study of Diabetes 55<sup>th</sup> Annual Meeting 2019

September 17–20, 2019  
Barcelona, Spain

### Global Conference Diabetes Conclave 2019

September 27–29, 2019  
Kolkata, India

Please note that the International Journal of Diabetes in Developing Countries (IJDDC) now has a new weblink.

<http://www.springer.com>

### RSSDI Secretariat

#### Dr Makkar's Diabetes and Obesity Centre

A-5 B/122, Paschim Vihar, New Delhi - 110 063, India

Phone Number: 011 - 27061022

Email: [rssdihq@gmail.com](mailto:rssdihq@gmail.com); Website: [www.rssdi.in](http://www.rssdi.in)