



# RSSDI News

The Official Bulletin of  
Research Society for the Study of Diabetes in India (RSSDI)

## Patrons

Dr HB Chandalia  
Mumbai  
Dr C Munichoodappa  
Bengaluru  
Dr Ashok K Das  
Puducherry  
Dr Binode K Sahay  
Hyderabad  
Dr OP Gupta  
Ahmedabad  
Dr V Seshiah  
Chennai

## President

Dr Rajeev Chawla  
New Delhi

## President Elect

Dr Banshi Saboo  
Ahmedabad

## Immediate Past President

Dr PV Rao  
Hyderabad

## Vice Presidents

Dr Vijay Paniker  
Mumbai  
Dr Ch. Vasanth Kumar  
Hyderabad

## Secretary (2017–19)

Dr BM Makkar  
New Delhi

## Joint Secretary (2017–19)

Dr Rakesh Sahay  
Hyderabad

## Treasurer

Dr Jayanta Kumar Panda  
Cuttack

## Executive Committee

Dr Anuj Maheshwari  
Lucknow  
Dr Sanjay Kalra  
Karnal  
Dr Sunil Gupta  
Nagpur  
Dr KR Narasimha Setty  
Bengaluru  
Dr Vijay Viswanathan  
Chennai  
Dr CR Anand Moses  
Chennai  
Dr Sanjay Agarwal  
Pune  
Dr Sujoy Ghosh  
Kolkata  
Co-opted  
Dr Jayaprakashai Jana  
Nellore  
Dr Jyotidev Kesavadev  
Kerala  
Dr Shalini Jaggi  
New Delhi

## Message from the RSSDI President

My Dear Friends,

I once again take this opportunity to thank every member of RSSDI for unanimously electing me to the highest chair of RSSDI and I assure you of my utmost sincerity and efforts to live up to your expectations in bestowing this great responsibility upon me.

The 21<sup>st</sup> century has dawned upon us with huge challenges in the form of growing disease burden of diabetes and cardiovascular risk. Not only have the lifestyles and eating habits changed, there is an increase in stress levels, sedentarism and obesity. Thanks to the scientific and technological advancements, longevity has increased and so has understanding of disease processes and their management. With new and new technologies, tools and drugs being added to our armamentarium in fighting these challenges, we need to reflect, review and look ahead with hope and cheer in offering state of the art, evidence-based, individualized therapy to our patients and improve outcomes.

We recently had a meeting of IDF–South-East Asia where Dr Shaukat Sadikot, immediate past president IDF who expressed his keenness to start a new initiative over next 1,000 days to reach out to the community to reduce HbA1c by at least 1% to coincide with 100 years of the discovery of Insulin. To facilitate this initiative, we at RSSDI have pledged to adopt 100 remote villages across India over this period where RSSDI shall roll out mass screening of undiagnosed diabetes patients and shall be a knowledge partner to train medical and paramedical staff in these villages so as to improve delivery of services. This is an obligation on us to reach out to the masses and an IDF mandate too to bridge the gap between the privileged and the underprivileged. We shall attempt to make some difference to the lives of those suffering with this deadly disease. I request all the office bearers of State chapters to come out with their proposals to adopt at least one village each in this quarter which we can together adopt and nurture.

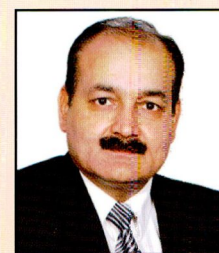
We are planning to upgrade and revise the RSSDI Clinical Practice Guidelines Document for Type 2 Diabetes and shall release the 3<sup>rd</sup> edition of these recommendations at the 47<sup>th</sup> annual conference of RSSDI at Jaipur. We are coordinating with all the expert KOLs in India who are keen to contribute towards generating a consensus. Furthermore, we shall then upload the draft of these revised recommendations on the RSSDI website by the second quarter of this year for your critical appraisal and look forward to receiving comments/suggestions from every RSSDI member and clinician to contribute their inputs which will be incorporated in the final document thereafter.

We also plan to start a structured certificate course for Diabetes Educators from the offices of the RSSDI so as to bridge the gap between health care providers and diabetic patients. These RSSDI certified educators will serve as our much needed torchbearers in helping the clinicians by training and educating our patients in our busy clinics on different aspects of diabetes management. I also request all the state chapters and RSSDI Accredited Centers to advertise and popularize our already existing “**Advanced Certificate Course in Diabetes**” which is accredited by both RSSDI and Jaipur National University. We invite applications from all eligible students for the upcoming July 2019 batch, details of which can be gathered from RSSDI website [www.rssdi.in](http://www.rssdi.in)

I once again reiterate that together we can make RSSDI a reckoning force in the times to come not only amongst the health care providers, but also at the community level to make every diabetic's life much easier and more comfortable to live without any complications and comorbidities.

Looking forward

I remain yours



Dr Rajeev Chawla  
President, RSSDI

Dr Rajeev Chawla  
President, RSSDI

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





### Research Committee

Dr PV Rao  
Chairman  
Dr Sarita Bajaj  
Dr V Mohan  
Dr AG Unnikrishnan  
Dr Arvind Gupta  
Dr Manas Barua  
Dr SR Aravind

### Editorial Committee

Editor-in-Chief  
Dr SV Madhu  
Executive Editor  
Dr Rajeev Chawla

### Associate Editors

Dr V Mohan  
Dr Sujoy Ghosh  
Dr Sunil Gupta  
Dr Sudhir Bhandari  
Dr Sanjay Kalra  
Dr Amitesh Aggarwal

### Textbook Editorial Board

Dr Shashank R Joshi  
Editor-in-Chief  
Dr SV Madhu  
Dr Samar Banerjee  
Dr Sarita Bajaj  
Dr Rajeev Chawla  
Dr Sidhartha Shah  
Dr Vijay Panikar  
Dr PV Rao  
Advisor

### Credential Committee

Dr Rajeev Chawla  
Chairman  
Dr HB Chandalia  
Dr C Munichoodappa  
Dr Ashok K Das  
Dr Binode K Sahay  
Dr OP Gupta  
Dr V Seshiah

### Constitution Amendment Committee

Dr Ch. Vasanth Kumar  
Chairman  
Dr Samar Banerjee  
Dr KR Narasimha Setty  
Dr Anand Moses

### International Committee

Dr Rajeev Chawla  
Chairman  
Dr PV Rao  
Dr SR Aravind  
Dr Vijay Panikar  
Dr Ch. Vasanth Kumar

### Newsletter Editorial Board

Dr BM Makkar  
Editor  
Dr Sujoy Ghosh  
Dr Jyothidev Kesavadev  
Dr Sanjay Agarwal

### State Chapters Committee

Dr Banshi Saboo  
Chairman  
Dr Jayant Panda  
Dr Anuj Maheshwari  
Dr Sunil Gupta  
Dr Vijay Viswanathan

### Community Outreach Committee

Dr Ch. Vasanth Kumar  
Chairman  
Dr Sunil Gupta  
Dr Rakesh Sahay  
Dr JP Sai

## Message from the RSSDI Secretary

Dear Friends,

It is indeed a pleasure to present you yet another edition of RSSDI Newsletter. This newsletter is aimed to keep our members informed of the activities of RSSDI and its various chapters and also to keep you updated about the future activities.

I am sure, you are aware by now that our new President Dr Rajeev Chawla assumed the office at the AGM at RSSDI Annual Conference at Ahmedabad. My heartiest congratulations to Dr Chawla and warm welcome to the new Governing Council of RSSDI. I am sure the new team will take RSSDI to new heights!

When RSSDI published its first Clinical Practice Recommendations in the year 2015 at RSSDI Annual Conference of RSSDI 2015 at Lucknow, a decision was taken to revise the recommendations every 2 years so as to update the same by including newer research and concepts and keep it relevant with changing times. This year we will be working on this revision and present the revised version of the Clinical Practice Recommendations at the forthcoming RSSDI Annual Conference at Jaipur in November 2019.

Furthermore, 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 anytime 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.

I am sure you are also actively participating in regular academic and social activities conducted by your respective state chapters. Please don't forget to block you dates for the forthcoming **47<sup>th</sup> Annual Conference of RSSDI at Jaipur** on 7–10 November 2019.

Wishing you all the best.

Long Live RSSDI!

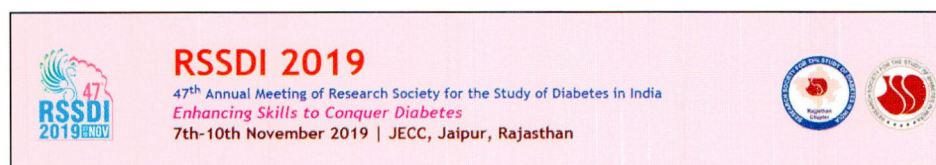


**Dr Brij Mohan Makkar**  
Honorary Secretary,  
RSSDI

Yours Sincerely

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

## Invitation to the RSSDI, 2019 Conference



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**.

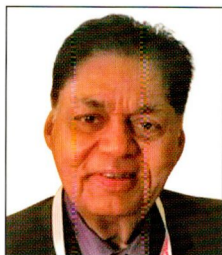


The 47<sup>th</sup> Annual RSSDI 2019 will focus on the latest developments and guidelines in the field of Diabetes and metabolic medicine, along with many original, relevant research papers.

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.

"पधारो म्हारे देस"



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



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

## Call for Applications for RSSDI Orations and Awards – 2019

Please visit [www.rssdi.in](http://www.rssdi.in) for all details for Nomination of Orations.

A mass mailer will be sent to all members for nomination for Orations.

**Last date to file nomination is 31<sup>st</sup> May 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 & 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 2019
- 2<sup>nd</sup> Batch – July 2019

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



# 46<sup>th</sup> Annual Conference of RSSDI 2018 at Gujarat

Gujarat state chapter organized 46<sup>th</sup> annual meeting of RSSDI (RSSDI 2018) from 22<sup>nd</sup> to 25<sup>th</sup> November, 2018 at Gujarat University Convention Centre, Ahmedabad which was well attended by more than 5,000 delegates. Scientific agenda, created by scientific committee chairman Dr Rajeev Chawla and his team including scientific coordinator Dr Shalini Jaggi, was appreciated by all delegates, making it one of the most successful RSSDI annual meetings. There were about 12 international and about 100 national faculties whose deliberations have contributed to the success of this event. Event was inaugurated by Dr OP Gupta (Patron and Founder member – RSSDI) and Dr VS Ajaonkar (Senior Diabetes Specialist – Mumbai) along with entire team of RSSDI. Event was very well managed by disciplined planning and consistent efforts of entire organizing team led by Dr Banshi Saboo, Organizing Chairman and Dr Pratap Jethwani, Organizing Secretary. Entire team of Gujarat state chapter along with Dr Hardik Chandrana and Dr Payal Saboo had worked hard to make this event successful. Some unique features of RSSDI 2018 are worth mentioning here. RSSDI Lounge depicting history of RSSDI as well as historical milestones in the field of diabetes was acclaimed by delegates and faculties alike. Another unique concept of RSSDI VILLAGE in exhibition area showcasing the various activities of different state chapters of RSSDI was well appreciated by all state chapters and delegates. EAT WELL book with detailed information about calorie content of food items of all 4 days menu, along with activities required to burn those calories was another novel idea, to make our delegates aware about their eating patterns and importance of physical activity. Diabetes quiz, organized for postgraduate medical students, was attended by 17 teams and was very well appreciated by PG students as well as delegates.



Registration started since morning.



Inauguration – Lamp lighting.



Ribbon cutting for RSSDI 2019 STALL.



Faculty dinner – Gujarati style.





WALKATHON Flag off ceremony.



Jam Packed Hall – Excellent scientific feast.

Continued from page 3

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.	TOTAL 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



## 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:

### Assam Chapter

The Annual Conference of Assam Chapter was held at Hotel Radisson Blu, Guwahati on 25<sup>th</sup> and 26<sup>th</sup> August of 2018. Around 300 delegates from different parts of northeast region participated in the event. Regional as well as national faculties were invited as Guest Speakers. The Event was inaugurated by Director, IIT Guwahati along with honorary President, RSSDI (Dr PV Rao), honorary Secretary, RSSDI (Dr BM Makkar) and Vice President, RSSDI (Dr Vijay Panikar). An extensive coverage of the event was carried out by both print and electronic media.



Inauguration of Assam chapter conference.

### World Diabetes Day 2018 Celebrations

Synchronizing with the theme, "The Family and Diabetes" RSSDI Assam Chapter organized various programs like Health Check-up Camp and Awareness program on November 14, 2018, at various places in Assam like Guwahati, Jorhat, Nagaon, Tezpur, Dibrugarh etc. Various Hospitals – Marwari Hospitals, Guwahati; Down Town Hospital, Guwahati and NGOs like Lions Club of Kamrupa, Aaradhya Foundation etc., also participated in the programs.

### Delhi Chapter

The 14<sup>th</sup> Annual Conference of the Delhi chapter was held on the 21<sup>st</sup> of October, 2018 at Hotel Lalit. The theme of the conference was 'Trials to Clinics – Unravelling Evidence for Clinical Solutions'. Dr Shaukat Sadikot, Immediate Past President, IDF graced the conference as chief guest and was felicitated by Chairman Dr AK Jhingan, Secretary Dr JK Sharma and all members of the EC, Delhi Chapter. A galaxy of national experts addressed the delegates as faculty, discussing all the current evidences and trials and translating these into day-to-day clinical practice. The conference was well attended by a large number of delegates and was greatly appreciated for its content as well as conduct.

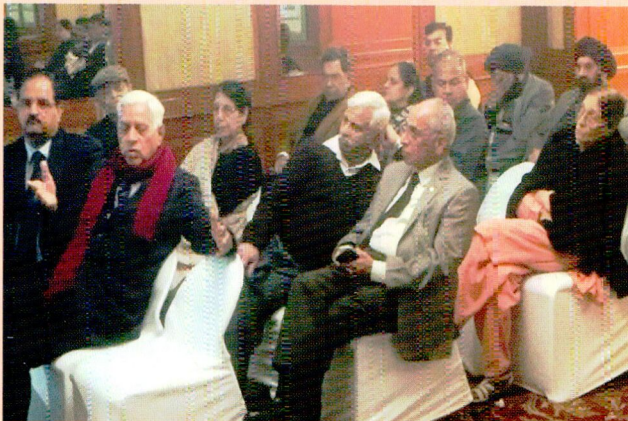


IDF President Dr Shaukat delivering RSSDI oration.



## Chapter News

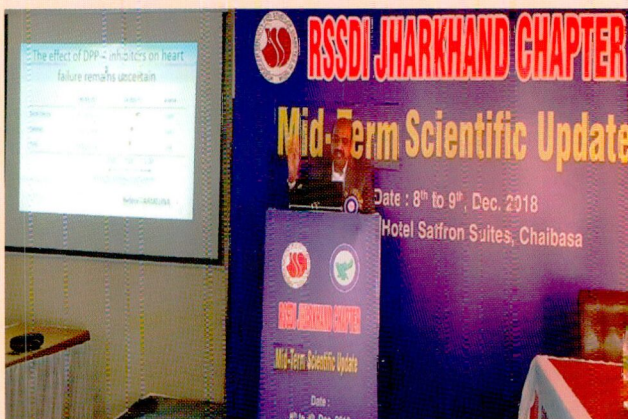
The first bimonthly CME of 2019 was held on Sunday, 6<sup>th</sup> January 2019 at India Habitat Centre. Research data was presented along with interesting case discussions and was well attended by members of the Delhi chapter.



### Jharkhand Chapter

Various events were organized by the Jharkhand Chapter including CMEs on 21<sup>st</sup> July at Maithan and 27<sup>th</sup> July of 2018 at Dhanbad and Mid-term CME at Chaibasa that involved active interactions between the faculties and audience and were well attended.

At the Mid-term Scientific Update on morning 9<sup>th</sup> December of 2018 a walkathon was organized with Lions Club of Chaibasa and Giants Club of Chaibasa, with great response about 60 members participated in that program. The scientific session was preceded by opening ceremony. All the speakers did their excellent job with great interactions with delegates, with special highlights in latest development in Diabetes Awareness, Diagnosis and Management. The number of participants was about 85 plus, which includes all primary care physicians around the periphery of Chaibasa Town. The local as well as National Medias were also invited and there was excellent coverage of the program, including interview with ALL INDIA RADIO with Chairman and Organizing Secretary focusing on the Nationwide aim of RSSDI.



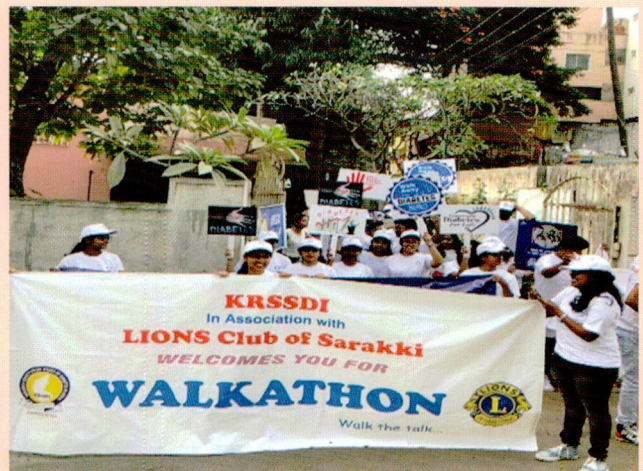




## Karnataka Chapter

The notable activities from the Karnataka state chapter of RSSDI with the new GC Inducted in November 2018 were:

1. Annual conference at Mysuru attended by close to 500 members
2. Diabetes walkathon on account of world diabetes day
3. Free Health camps on world diabetes day by the GC Members
4. Initiated the monthly meetings from December 2018—marked on as 3<sup>rd</sup> Friday of every month. A very successful first program attended by about 90 delegates and we honored Dr Shekar MA.



Faculty creating fond memories.







### Kerala Chapter

RSSDI Kerala Chapter hosted their meeting in June 2018 at Cherai Beach Resort which is situated about 30 km from Kochi. There was 155 delegates and many speakers from Kerala and over India. The organizing Secretary Dr NM Madhu did a great job and the delegates appreciated the meeting well CME points of 3.5 hours were also granted by TCMC.





## Chapter News

### Madhya Pradesh Chapter

World Diabetes day 2018 was celebrated under the banner of TOTALL Diabetes Hormone Institute Indore and RSSDI Madhya Pradesh Chapter on 14<sup>th</sup> November 2018. The event was well attended by around 1,500 people including Type 1, Type 2 Diabetes patients and the healthy individuals. Talk show, awareness program, drawing competition etc. were conducted as part of the celebrations. A short film on Diabetes Awareness "Gumraha" was also launched on the occasion. The entire event was an extra ordinary concept and well appreciated by all the attendees and matched to the mission of World Diabetes Day.



### Tamil Nadu Chapter

The chapter conducted various CMEs in different parts of the state all through the term which were well attended by local members. The Annual Conference (TRAC 2018) was conducted in Erode by Dr Bhavatharini. Numerous CME programs were also conducted at places like Dindigul, Erode and Tuticorin under active organization skills of Dr Selvaraj, Dr Muralidharan and all other members of the chapter.



## Chapter News



### Uttar Pradesh Chapter

RSSDI Uttar Pradesh has adopted four villages Daniyalpur, Mubarakpur, Kewari and Safedabad in district Barabanki to improve population health in noncommunicable diseases especially Diabetes Mellitus and its comorbidities.

A center has been established by RSSDI Uttar Pradesh Chapter at Shiva Yog Peetham at Barabanki which is almost at approachable distance from all these villages. This center has been equipped with glucometer, electronic BP apparatus, HbA1c analyzer, Table top lipid analyzer and Biothesiometer and a computer on which internet can be connected through mobile phone with paramedic staff. Centre shall be looked after by RSSDI Uttar Pradesh chapter.

On 10<sup>th</sup> March 2019 it was inaugurated by President RSSDI Dr Rajeev Chawla together with Swami Chetnanand from Shiv Yog Peetham in presence of National EC member Dr Anuj Maheshwari, Chapter Secretary Dr Narsingh Verma who worked hard to materialize this project. Many honorable citizens and RSSDI members were present during the inauguration.

Once in a week, a senior member of RSSDI Uttar Pradesh shall visit there on roster basis. All facilities at the center shall be provided free of cost to all the villagers. Paramedic staff shall conduct door-to-door campaign to screen diabetes and related comorbidities in villagers so that they can be protected from complications.



Dr Rajeev Chawla (President RSSDI) inaugurating village adoption.



## 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

RSSDI facilitates research presentations by young researchers at international meetings by providing grants.

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.

## Conference Calendar

**Malaysian National Diabetes  
Institute 11<sup>th</sup> Diabetes Complications  
Conference & Grand Rounds 2019**  
April 19-21, 2019  
Kuala Lumpur, Malaysia

**American Diabetes Association's  
79<sup>th</sup> Scientific Sessions**  
June 07-11, 2019  
San Francisco, California

**AACE 28<sup>th</sup> Annual Scientific &  
Clinical Congress 2019**  
April 24-28, 2019  
Los Angeles, California

**Diabetes and Endocrinology 2019  
Nurture the Glandular Health Worldwide**  
June 24-25, 2019  
Rome, Italy

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 & 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)