



RSSDI NEWS



THE OFFICIAL BULLETIN OF **RSSDI**



MESSAGE FROM THE RSSDI PRESIDENT

Dr. Anuj Maheshwari



President's Message: India@100 — A Shared Journey to Transform Diabetes Care

Dear Colleagues,

On 15th August 2026, as India entered the 80th year of its Independence, RSSDI marked this historic moment with a milestone that reflects our collective resolve to transform diabetes care across the nation. We launched the digitalisation of our Rural Outreach Program and our multilingual public awareness initiative "Vishwas", designed to deliver trustworthy diabetes education in native languages.

The inauguration by Hon'ble Minister of Science & Technology, Dr Jitendra Singh, symbolized a powerful promise — that science, technology, and compassionate care will advance together. We were privileged to have Mr. Rizwan, Chairman NABH and Chairman Koita Foundation, whose vision has been central to digital innovation in healthcare. The Koita Foundation team, driven by IIT Mumbai alumni, worked with exceptional dedication to make this transformation possible. We were equally honoured by Dr Banshi Saboo, Chair, South-East Asia IDF, whose guidance continues to inspire RSSDI's journey toward excellence.

India@100 — A Vision Rooted in Purpose

Last year, we unveiled our vision document, "India@100: Diabetes care projection through evidence, partnerships, and professional leadership in the next 21 years." It reminds us that diabetes is not merely a disease — it mirrors India's demographic evolution, economic progress, and the gaps that still challenge healthcare equity.

Our mission is bold yet achievable: to transform diabetes from a symbol of systemic gaps into a symbol of national reform by 2047. We envision an India where:

- 80% of the population is aware of diabetes and its risks
- 60% achieve HbA1c <7% — a 2.4-fold improvement from today
- Amputations and blindness reduce by half
- Kidney failure is delayed by five years or more
- Women and rural populations receive equitable care

These are not just targets; they are commitments to our patients and to the future we aspire to build.

Collaboration & Innovation — Catalysts for Change

India can become a beacon for Asia in diabetes care. Regional collaborations will help us develop low-cost, scalable care models and accelerate adoption of new technologies. Our upcoming joint educational program with Nepal on 22nd September is a step toward shared learning and shared solutions. I encourage all members to participate actively.

RSSDI is also working with the Koita Foundation to integrate CGM data into EMRs/EHRs and enable precision-medicine tools that support individualized treatment pathways. This is not just technology — it is empowerment for clinicians and patients alike.

Quality Care for Every Indian

Our vision is simple: every person with diabetes deserves quality care, regardless of geography or resources. To achieve this, we are pursuing NABH accreditation for all RSSDI member clinics and working to make the RSSDI Journal accessible to all members at minimal cost.

Together, We Shape the Future

RSSDI is not just an organization — it is a movement powered by clinicians, educators, researchers, and visionaries. I invite each of you to share your ideas and innovations. Your leadership matters, and together, we will build a future where India becomes a global model for diabetes care.

Thank you.

With warm regards,

Prof. Anuj Maheshwari

MD, MACP (USA) FACE(USA) President RSSDI

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Dr. Daya Kishore Hazra, Agra
Dr. Ashok K. Das, Puducherry
Dr. Siddarth Das, Cuttack
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MESSAGE FROM THE RSSDI VICE PRESIDENT

Dr. Aravinda J



Dear RSSDI Family,

Greetings!

RSSDI continues to stand tall as the largest organization of diabetes care professionals in Asia, with over 13,000 members united by one vision - Science to Society.

Our strength has always been academic excellence, but our responsibility is real-world reach. That is why our Rural Outreach Programme has become the heart of RSSDI this year. We are moving beyond metros to mohallas, beyond guidelines to ground-level implementation. Through district-level CMEs, ASHA worker training, free screening camps, awareness drives and our initiative "Har Bhasha Mein Madhumeh Shiksha", we are ensuring that no doctor and no patient is left behind. Prevention, early diagnosis and affordable care in rural India is our true Seva and service to the nation.

The excitement is building for our 54th Annual National Conference of RSSDI 2026 in Bengaluru. The Silicon City will host the Science City of diabetes. Prepare for cutting-edge science, eminent national and international faculty, hands-on live workshops, and a perfect blend of technology and tradition. Block your dates - November 19th to 22nd. Bengaluru awaits you for knowledge, networking, collaboration and grand celebration.

And the future is already here - RSSDI ROBOT, your 24x7 smart academic companion to help our members address all their queries related to RSSDI activities, membership, conferences and academics instantly.

Let's together build - ACADEMIC EXCELLENCE, REAL-WORLD IMPACT.

Jai RSSDI!

Dr. Aravinda J

Vice President, RSSDI

MD, MRCP (London), Triple FRCP (Edinburgh, London, Glasgow)

Past Chairman, RSSDI-Karnataka Chapter

MESSAGE FROM THE **RSSDI Newsletter, Editorial Team**

Dear RSSDI Members,

September arrives with a quiet sense of renewal—a moment to reflect on what has passed, acknowledge what binds us together, and look ahead with purpose.

August was an important month for RSSDI, marked by the democratic process of the President-Elect elections. In a professional society, elections are more than a choice of leadership; they are an expression of participation, trust, transparency, and collective responsibility. The strength of an institution lies not only in who leads it, but also in the fairness of the process and the dignity with which members engage in it.

September also offers two meaningful reminders. **Teachers' Day on 5 September** celebrates those who have shaped our journey. Medicine, after all, is a lifelong cycle of learning, teaching, mentoring, and being taught—even by our patients.

World Heart Day on 29 September reminds us that diabetes care must extend beyond glycaemic control. Protecting the heart, kidneys, limbs, and quality of life must remain central to every clinical conversation.

The RSSDI Newsletter belongs to you. I encourage every member to contribute—share your clinical pearls, research, challenging cases, chapter activities, innovative practices, and patient-centered initiatives. Let us not merely read the newsletter; let us help shape it.

Wishing you a September of **Learning, Leadership, Democracy and Heart Health**.

Warm regards,
Dr. Lotika Purohit
Editor, RSSDI Newsletter



**Dr. Lotika
Purohit**



**Dr. Anubha
Verma**



**Dr. Aarathi
Kannan**



**Dr. Bharat
Kukreja**



**Dr. Ajay
Singh**



**Dr. Shambo
Samajdar**



**Dr. Vinay
Dhandhan**



**Dr. Vipul
Chavda**

RSSDI Rural Outreach Village Adoption Program



- The Research Society for Study of Diabetes in India (RSSDI) Rural Outreach Village Adoption program aims to reduce the rising burden of diabetes, obesity, and hypertension in rural India by adopting 100+ villages for targeted screening, education, and, in collaboration with Rotary India, providing access to care. RSSDI doctors and state chapters conduct regular health screenings, train local healthcare staff, and promote healthy lifestyles to improve outcomes for undiagnosed or undertreated rural populations.
- **Village Adoption Goal:** RSSDI aimed to adopt 100 remote villages across India to provide, for example, diagnostic kits, glucometers, and BP apparatus to rural areas.
- **Targeted Screenings & Care:** Doctors conduct mass screenings, fill community-based assessment checklists (CBAC), and refer patients with non-communicable diseases (NCDs) to primary health centers.
- **Education and Prevention:** The program offers educational sessions to rural residents on dietary habits, exercise, and lifestyle changes to prevent complications.
- **Knowledge Transfer:** Acting as a knowledge partner, RSSDI trains local medical and paramedical staff to ensure sustainable, high-quality diabetes care in these villages.

Villages Adopted

- | | |
|---|---|
| <ul style="list-style-type: none">• Thamaraiyakam Village near Chennai• Vakkampatti Village, Dindukal District• Vallimalai village, Vellore• Safedabad, Kiwadi, Daniyalpur, Mubarakpur in Barabanki district, UP• Ram Nagar, Varanasi | <ul style="list-style-type: none">• Bagsuma and Ratanpura villages in Dhanbad district of Jharkhand• Izarhatta, Benipur, Darbhanga, Bihar• Bazpatti, Sitamarhi, Bihar• Village TEMRI Near FUNDAHAR Raipur Chattisgarh• Village Gharbara, Noida, UP• Lengpui Village, Mizoram |
|---|---|

India@100: diabetes care projection through evidence, partnerships, and professional leadership in next 21 years

India@100: From Diabetes Burden to a Blueprint for Transformation

As India moves towards the historic milestone of 100 years of independence in 2047, the question before us is not simply how many people will be living with diabetes, but what kind of diabetes care system we will have built for them.

India today carries one of the world's largest diabetes burdens. Yet the real challenge extends far beyond numbers. Early-onset diabetes, prolonged lifetime exposure to hyperglycaemia, delayed diagnosis, complications, unequal access to care, and persistent urban–rural and gender disparities make diabetes a mirror of the strengths and weaknesses of our healthcare system.

At the same time, India has reasons for optimism. We have generated our own evidence that diabetes can be prevented. The Indian Diabetes Prevention Programme demonstrated the effectiveness of lifestyle intervention, while the Kerala Diabetes Prevention Program showed how prevention can move beyond specialist clinics into communities through culturally appropriate, peer-supported approaches.

The next phase must therefore be about translation—from evidence to implementation, from isolated excellence to universal access, and from treating disease to preserving health.

Four priorities can define this journey.

First, equity must become the foundation of diabetes care. Essential diagnostics, medicines, retinal and renal screening, and continuity of follow-up should not depend upon geography, gender or socioeconomic status.

Second, India needs to embrace life-course prevention. Diabetes prevention cannot begin when glucose levels cross a diagnostic threshold. It must start in schools, continue through workplaces and reproductive years—including gestational diabetes—and remain relevant into old age.

Third, digital health and artificial intelligence must become enablers of equitable care rather than privileges of urban healthcare. Connected devices, mobile platforms, risk-prediction tools and digital screening have the potential to take expertise beyond metropolitan centres and bring timely interventions closer to patients.

Finally, clinicians must evolve from being only providers of individual care to becoming architects of healthcare systems. Physicians, diabetologists and endocrinologists must participate in protocol development, training, audits, registries, digital initiatives and community-based programmes. Professional societies such as RSSDI and ESI can play a transformative role by becoming engines of capacity building, quality improvement, research and policy partnership.

The success of India@100 should ultimately be measured not by the sophistication of our technology or the number of specialist centres we create, but by outcomes that matter to people: more individuals knowing their diabetes status, better glycaemic control, fewer amputations, less blindness, delayed kidney failure, and narrowing—ultimately eliminating—rural, socioeconomic and gender inequities.

The foundations already exist. What the coming decades demand are scale, integration, accountability and shared leadership. Government programmes, clinicians, researchers, professional societies, technology partners and communities must move together.

India@100 offers us an extraordinary opportunity: to transform diabetes from a symbol of healthcare disparity into a demonstration of what India can achieve through science, equity and collective action.

By 2047, our greatest achievement should not merely be that India learned to treat diabetes better.

It should be that India changed the trajectory of diabetes itself.

Link: <https://medcraveonline.com/JDMDC/india@100-diabetes-care-projection-through-evidence-partnerships-and-professional-leadership-in-next-21-years.html>

RSSDI Rural Outreach Program (RROP) Digital Platform & RSSDI VISHWAS Videos Launch, 15 August 2026, Online

On 15 August 2026, India's 80th Independence Day, RSSDI launched the RSSDI Rural Outreach Program (RROP) digital platform for diabetes screening and the RSSDI VISHWAS Videos for patient education in underserved rural communities.

The initiatives were launched by Chief Guest Dr (Shri) Jitendra Singh Ji, Union Minister of State (Independent Charge) for Science & Technology and Earth Sciences, and Minister of State for Atomic Energy.

The event was honored by Dr (Shri) Banshi Saboo Ji, Chair, IDF South-East Asia, and Shri Rizwan Koita Ji, Chairperson, NABH, and Director, Koita Foundation.

The RROP digital platform connects rural health workers, RSSDI doctors, and programme teams for field-level screening, doctor-led case review, and real-time monitoring. The RSSDI VISHWAS Videos offer simple, multilingual guidance on diabetes self-care, diet, nutrition, and complication prevention. The videos (KCDD VISHWAS page link here) are currently available in three Indian Languages (Hindi, Marathi and Tamil) besides English. The videos will be made available in 10 Indian languages.

Together, these launches are an important step towards bringing standardized, technology-enabled diabetes care to the last mile and supporting the vision of a healthier India.



TRAC 2026 - Annual Conference of the RSSDI Tamil Nadu Chapter

TRAC 2026, the Annual Conference of the Tamil Nadu Chapter of the Research Society for the Study of Diabetes in India (RSSDI), was held on August 8 and 9, 2026, at Courtyard by Marriott, Madurai. The conference brought together diabetologists, endocrinologists, physicians, researchers, and healthcare professionals from across Tamil Nadu and beyond for two days of academic excellence, professional interaction, and camaraderie.

With a strong focus on contemporary diabetes management, TRAC 2026 featured an engaging scientific programme covering evolving concepts in diabetes, cardio-renalmetabolic protection, continuous glucose monitoring, newer pharmacological therapies, diabetes remission, technology, and practical approaches to everyday clinical challenges. Interactive panel discussions, workshops, case-based sessions, orations, quizzes, and industry-supported scientific programmes provided diverse learning opportunities.

A major strength of TRAC 2026 was the dedicated and meticulous work of the organising committee. From conceptualising the scientific programme and inviting eminent faculty to coordinating logistics, delegate registration, hospitality, academic sessions, and social events, every aspect was planned with care. The committee worked tirelessly behind the scenes, often attending to the smallest details, to ensure that the conference progressed smoothly and that every delegate and faculty member felt welcomed and valued. Their commitment, teamwork, and enthusiasm were instrumental in creating the distinctive warmth and professional excellence of TRAC 2026.

Beyond academics, Madurai provided a memorable cultural backdrop, with visiting faculty experiencing the city's heritage and hospitality.

TRAC 2026 will remain a celebration of knowledge, collaboration, friendship, and teamwork, made possible by the collective vision and tireless efforts of the organising committee, faculty, delegates, volunteers, RSSDI leadership, and industry partners.



RSSDI Odisha State Conference 2026: Advancing Diabetes Care Through Academic Exchange and Practical Learning

The RSSDI Odisha State Conference 2026 was organised as a comprehensive academic meeting bringing together diabetes specialists, physicians, young doctors and healthcare professionals from across Odisha and different parts of the country. With over 1,300 registrations, the conference provided a vibrant platform for continuing medical education, professional interaction and exchange of contemporary knowledge in diabetes and metabolic health.

Scientific Programme: The scientific programme, spread over more than two and a half days, comprised 52 scientific sessions covering a broad range of contemporary and clinically relevant topics in diabetes, obesity and metabolic health. The programme brought together 40 eminent national faculty members and more than 150 state faculty members, including speakers and chairpersons.

The sessions incorporated evidence-based updates, expert perspectives, clinical discussions and interactive learning, addressing both established and emerging issues relevant to everyday clinical practice.

Outcomes of the Conference: The conference successfully achieved its objectives by providing participants with updated scientific knowledge, practical learning opportunities and a platform for professional interaction. The diverse scientific programme facilitated discussion on contemporary approaches to diabetes and obesity, while the workshops enhanced exposure to practical aspects of patient management. The active participation of young doctors and the opportunity for presentation and discussion of research further contributed to strengthening an academic and research-oriented environment. With its 1,300+ participants, 52 scientific sessions, distinguished national and state faculty, dedicated workshops and strong young-doctor participation, the RSSDI Odisha State Conference 2026 served as a significant platform for continuing medical education and professional collaboration. The meeting reinforced the importance of evidence-based practice, practical skills, research and collaborative approaches in improving diabetes care and advancing metabolic health.



CME on “Diabetes and Oral Health” Organized at LLRM Medical College Meerut by UP RSSDI Chapter

CME on “Diabetes and Oral Health” Organized at LLRM Medical College Meerut

18 August 2026: A Continuing Medical Education (CME) programme on the theme “Diabetes and Oral Health” was successfully organized at LLRM Medical College, under the aegis of UP RSSDI and Diabetes India Oral Health .

The CME was organized by the Department of Endocrinology, with the objective of creating greater awareness about the important relationship between diabetes and oral health and emphasizing the need for timely oral screening and appropriate dental care among people living with diabetes.

More than 150 students actively participated in the CME. The programme provided an interactive academic platform for students and healthcare professionals to understand the oral manifestations of diabetes, the bidirectional relationship between diabetes and periodontal disease, the importance of oral screening, and the role of multidisciplinary care in improving patient outcomes.

The programme was organized under the guidance of Dr. Sandhya Gautam district leader ,organising chairman and Head of department Endocrinology Dr Snehlata Verma as organising secretary On 13th August a cme was organised at Hotel Amar Agra under the banner of RSSDI-UP Chapter under the guidance of President RSSDIUP chapter Dr Sunil Bansal and Vice President RSSDIUP chapter Dr Prabhat Agrawal. Total 42 delegates attended the cme.







You are Cordially Invited to

CME

ON

DIABETES AND ORAL HEALTH

Bridging the Gap for Better Health Outcomes

Organized by
DEPARTMENT OF ENDOCRINOLOGY
LLRM MEDICAL COLLEGE, MEERUT
In collaboration with Diabetes India oral health and UPRSSDI

 **18th August, 2026**
Tuesday

 **10:00 AM Onwards**

➤ **VENUE**

AUDITORIUM
LLRM Medical College, Meerut

Patron Dr. R. C. Gupta Principal, LLRM Medical College	Dr. Dheeraj Raj SIC, LLRM Medical College	Dr. Ajay Chaudhary CMS, LLRM Medical College
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ORGANIZING CHAIRPERSON Prof. Dr. Sandhya Gautam	ORGANIZING SECRETARY Dr. Snehlata Verma	ORGANIZING CO SECRETARY Prof. Dr. Shweta Sharma
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Cardio Kidney Metabolic CKM Symposium Organized at Lucknow by UP RSSDI Chapter

A Cardio Kidney Metabolic CKM Symposium was organised on 9th August at Lucknow by RSSDI UP Chapter under the leadership of Immediate Past Chairman and National Executive Prof Dr Narsingh Verma and Chairman Dr Sunil Bansal and dynamic Secretary Dr Ajoy Tewari. It was attended by 168 delegates from in and around Lucknow. Prof Narsingh Verma, course director, Dr Ajoy Tewari, Dr Himanshu Gupta, Cardiologist, Dr Deepak Dewan, Nephrologist and Dr Manoj Srivastava, spoke on various aspects of CKM Syndrome



Diabetes Prevention Campaign by MP RSSDI Chapter

We all are aware of the increasing prevalence of diabetes, pre-diabetes and the multi factorial aetiology of T2DM. Genetics plays a very important role in the causation of diabetes so RSSDI-MP chapter started a campaign to detect pre-diabetes early in the course of life.

A poster is designed to Calculate the risk score of developing diabetes which included Dr V Mohan's Indian diabetes risk score.

At the same time. We are doing free blood glucose of the relatives of Diabetic patients and also providing them glucometer to carry out SMBG (self monitoring a blood glucose) as well as the blood glucose of near and dear ones at home so that they can be picked up early.

We advise them if your random blood glucose is more than 140 mg% and your IDRS is more than 60. Get your A1 C done and if your A1C is more than 5.7 act early, consult your doctor, adopt healthy lifestyle to prevent development of diabetes in future.



Public Awareness Program on Diabetes & Obesity-What Youth Should Know By RSSDI Maharashtra Chapter

A dedicated Public Awareness Program on Diabetes and Lifestyle Management was successfully organized by the RSSDI Maharashtra Chapter on August 29, 2026, at Ranjan Mandir, Shirke High School Campus, Ratnagiri. With a special emphasis on reaching students and young adults, the initiative aimed to build early health literacy, foster preventive habits, and drive diabetes awareness among the youth.

The program was graciously presided over by Chief Guest Mrs. Shilpa-tai Patwardhan, Chairperson of the Ratnagiri Education Society, whose presence added great prestige to the event.

The session featured a series of engaging, practical lectures by leading experts tailored to guide the younger generation and community toward long-term wellness:

Dr. Vijay Negalur decoded the vital link in Relation between Obesity and Diabetes, educating attendees on how early weight management safeguards future health.

Dr. Santosh Malpani delivered key practical guidance on Diet in Diabetes, focusing on smart nutritional choices for everyday prevention and control.

Dr. Chandrashekhar Ashtekar highlighted the importance of physical fitness in Exercise in Diabetes, encouraging young individuals to build active routines.

Dr. Sanhita Walawalkar covered crucial aspects of Diabetes and Women's Health, addressing key lifestyle and metabolic considerations across different stages of life.

Dr. Vijay Panikar presented an encouraging outlook in How to Live with Diabetes, detailing effective, balanced strategies for long-term health management.

By targeting young minds, the event successfully instilled a proactive mindset toward lifestyle choices, health awareness, and chronic disease prevention resulting in an impactful day for all attendees.

The session concluded with a formal Vote of Thanks delivered by Dr. Kalpana Mehta, expressing deep gratitude to the speakers, school management, guests, and enthusiastic audience who made the event a grand success.



360 Degree of Metabolic Diseases CME By RSSDI Maharashtra Chapter & IMA Ratnagiri

The "360 Degree of Metabolic Diseases CME," a Mid-Term Conference organized by the RSSDI Maharashtra Chapter in association with IMA Ratnagiri, was successfully conducted on August 30, 2026, at Hotel Kohinoor Samudra Beach Resort, Ratnagiri. The event gathered consultant members of IMA Ratnagiri and practicing physicians from across the region for an intensive, full-day academic session running from 9:00 AM to 5:00 PM.

The CME featured a comprehensive scientific program covering critical aspects of metabolic disorders, diabetes management, and clinical practice, delivered by distinguished faculty:

Dr. Nikhil Nasikkar opened the sessions with an insightful presentation on the Updated Classification of DM: Is it applicable in India?

Dr. Rahul Meddidar detailed how to evaluate a metabolic disease conditions in a patient in busy clinical practice.

Dr. Sanhita Walawalkar addressed Diabetic CKD: Pathophysiology and Management. Dr. Chandrashekhar Ashtekar delivered a crucial update on Hyperglycemia in Pregnancy (HIP): What a clinician must know and do?

Dr. Santosh Malpani shared practical insights on the Changing paradigm of medicines in Type 2 Diabetes: What is applicable to Indian Diabetic?

Dr. Suresh Purohit offered actionable guidance on Setting up a Metabolic Speciality Clinic in India.

Dr. Vijay Panikar presented advanced therapeutic strategies in From Insulin Resistance to Organ Protection: The New Logic of Pioglitazone-based Combinations. His lecture covered many important clinical updates.

Dr. Vijay Negalur expertly outlined clinical approaches to Acute complications of DM: How clinicians should manage? His lecture was widely appreciated as he used Chalk and board technique rather than PPT.

Dr. Lotika Purohit examined the complex clinical interplay in Interplay OSA, Obesity and DM: understanding the link and approaches to management.

Dr. Pranav Shamraj provided valuable cardiology insights on 360 degree view of Heart diseases: A Diabetic perspective.

Dr. Suvarna Patil presented intriguing regional clinical findings from her own original research on Dervan Adolescent Cohort-footprints of Type 5 Diabetes.

Dr. Alimya Parkar shared essential clinical guidance on Fixing Insulin dosages in clinical practice: Glucose Regulation.

Dr. Aniruddha Phadake concluded the scientific lectures with a detailed presentation on CGMS usage in Diabetics: Clinical practice.

The program included a formal Inauguration Function prior to lunch and concluded with a Valedictory Function. Every topic sparked engaging academic discussion, delivering tremendous practical value to all attendees. Overall, the conference was praised as a grand success for its execution, high-caliber speakers, and impactful knowledge sharing.

A special note of appreciation goes to Dr. Aniruddha Phadake for exceptionally organizing and coordinating the event, ensuring a seamless experience for all participants. We also extend a heartfelt thank you to Dr. Nikhil Nassikar for his invaluable guidance and constant support in bringing this conference to fruition.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:1

Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, Conducted Diabetes Health Education Awareness at Nanda College of Allied Sciences at Erode. Beneficiaries: 150



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:2

Dr.C.Muralidharan, Immediate Past Secretary & District Coordinator, RSSDI Tamilnadu Chapter, does Follow up of Patients Every Month in Home Visit, at RSSDI Rural Outreach Program adopted Village, Vakkampatti Village, Dindigul. Free Investigations, Random Blood Sugar, Blood Pressure, Height, Weight, BMI, Diet Counseling and Doctor's Consultation was done for all beneficiaries. Beneficiaries: No. of Families: 173, Family Members: 316, Below 18: 37, Non Diabetic: 115, Known Diabetic: 60, Newly Detected: 11, others are not tested in Random Blood Sugar, Non HTN: 128, Known HTN: 49, Newly Detected: 47.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:3

Dr.Ashwin, Member of Tamilnadu RSSDI, conducts a Free Health Camp Seva Medical Camp at Sai Samirthi, Beneficiaries: 60



Activities Report : RSSDI Tamil Nadu Chapter

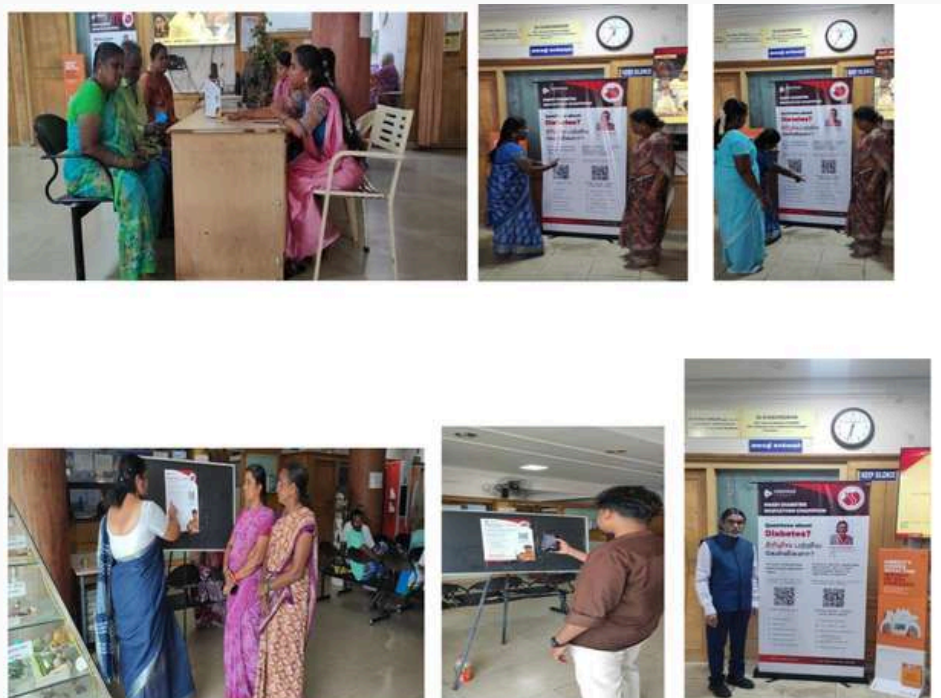
ACTIVITY:4

Dr.Balamurugan, EC Member of Tamilnadu RSSDI, Conducted Diabetes and Hypertension Awareness talk and Screening for Employees of Kotak Mahindra Insurance at Coimbatore. Beneficiaries: 60



ACTIVITY:5

Dr.Shunmugavelu, Past National EC Member of National RSSDI, conducted awareness about diabetes in his Hospital and also distributed the Educational Kit to all Patients at Trichy. Beneficiaries: 100



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:6

Dr.Navin & Dr.Varsha, Member of RSSDI Tamilnadu Chapter, conducted a Diabetes Awareness Rally and walking for 3 km to spread awareness on Diabetes and Well-Being at NV Consultations. Beneficiaries: 250



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:7

Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, delivered an awareness talk at Intensive Diabetic Foot Workshop at RK Diabetic Foot Care Centre. Beneficiaries: 165



 INTENSIVE DIABETIC FOOT WORKSHOP 	
17TH AUGUST 2026	
PROGRAMME	
TIME	PROGRAMME
09:30 AM – 10:00 AM	Registration
10:00 AM – 10:45 AM	Diabetic Foot Basics and Guidelines
10:45 AM – 11:15 AM	Common Foot Conditions and Their Management
11:15 AM – 11:30 AM TEA BREAK	
11:30 AM – 12:15 PM	Debridement – Practical Session
12:15 PM – 12:45 PM	Advanced Wound Dressing Materials
12:45 PM – 01:15 PM	Footwear Basics
01:15 PM – 02:00 PM LUNCH BREAK	
02:00 PM – 04:30 PM	Continuation of Practical Session Including Hospital Tour
04:30 PM – 04:45 PM	Distribution of Certificates
PRACTICAL SESSION HIGHLIGHT	
The practical session will include all basic and advanced Diabetic Foot Diagnostic and Therapeutic Techniques.	
We look forward to welcoming you for an intensive day of learning, practical skills and clinical exposure.	
 Dr. RK Diabetic Foot and Podiatry Institute Rakesh Jhunjhunwala Amputation Prevention Center In association with Subash Amputation Prevention Initiative Trust 1 Jayanthi Nagar Extension, Off 200 Feet Road, Kolathur, Chennai - 99	
	

Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:8

Dr.Ranjith, Member of RSSDI Tamilnadu Chapter, On the occasion of Independence Day, 15 August 2026, a special Free Diabetes Detection and Screening Camp was conducted to promote awareness, early detection, and prevention of diabetes under the Banner RSSDI and Vijaya Diabetes Centre, Chromepet. Participants received Blood Sugar Screening, BMI Assessment, Diabetic Foot Screening & Diabetic Eye Screening, Along with expert medical guidance on Healthy Lifestyle & Diabetes Prevention. Beneficiaries: 120.







**ON THE OCCASION OF
INDEPENDENCE DAY
FREE DIABETES DETECTION CAMP**

15-8-2026 SATURDAY | **7.30 AM TO 11.00 AM** | **VENUE: PERUMAL KOVIL, MURUGESAN STREET, NAGALKENI, CHROME PET.**


BLOOD SUGAR TEST (FBS)


BLOOD SUGAR TEST (PPBS)


BMI CHECK


DIABETIC FOOT SCREENING


DIABETIC EYE SCREENING

EARLY DETECTION TODAY, HEALTHY TOMORROW

CONDUCTED BY
**Dr. V. SHANMUGAM MEMORIAL CAMP
VIJAYA DIABETES CENTRE
CHROME PET**
UNDER THE BANNER OF
RSSDI TAMILNADU CHAPTER

**சுதந்திர தின திருவிழையாட்டு
இலவச சர்க்கரை நோய் பரிசோதனை முகாம்**

15-8-2026 சனிக்கிழமை | **காலை 7.30 மணி முதல் 11.00 மணி வரை** | **இடம்: பெருமாளி கோவில், முருகேசன் தெரு, நாகல்கனி, குறும்பேட்டை.**


இரத்த சர்க்கரை பரிசோதனை (FBS)


இரத்த சர்க்கரை பரிசோதனை (PPBS)


உடல் எடை (BMI) சரிபார்ப்பு


சர்க்கரை நோய் கால் பரிசோதனை


சர்க்கரை நோய் கண் பரிசோதனை

இன்றே கண்டறிவோம், நாளடைவில் நலமாக வாழ்வோம்.

ஒப்பந்த
**டாக்டர் வி. சண்முகம் நினைவு முகாம்
விஜயா டயபட்டீஸ் சென்டர்
(RSSDI) தமிழ்நாடு அகதிப்பாடம்**




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Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:9

On behalf of Tamilnadu RSSDI chapter, A CME on “ABCD in Diabetes” was conducted in Stanley Medical College and Hospital along with the Department of Internal Medicine and HOD Prof.Dr.S.Chandrasekar, Dr.A.Panneer Selvam, Chairman, Tamilnadu RSSDI, Dr.G.Vijayakumar, National EC Member of National RSSDI, Dr.A.Shanmugam, Treasurer, Tamilnadu RSSDI & Dr.R.P.Rajesh, Member of Tamilnadu RSSDI organized & coordinated the event. It was done to bring about awareness about Diabetes and membership drive. The event ended with a good note.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY: 10

Dr.Prakash, Co - opted EC Member, Conducted the Diabetes Education Program for B.Sc (Nursing) students at Government Mohan Kumaramangalam Medical College, Salem, under the banner of Tamilnadu RSSDI. Beneficiaries: 75



RSSDI CGM Clinics – Episode 12: Optimizing CGM-Guided Management in LADA

RSSDI CGM Clinics – Episode 12 featured an insightful discussion on the management of a 65-year-old woman with a 15-year history of diabetes diagnosed as Latent Autoimmune Diabetes in Adults (LADA), who remained uncontrolled despite receiving Multiple Daily Insulin (MDI) therapy.

The case highlighted the pivotal role of Continuous Glucose Monitoring (CGM) in identifying glycemic patterns and guiding therapeutic optimization through carbohydrate counting, improved bolus insulin strategies, and individualized insulin adjustments. Participants actively analyzed the CGM metrics and Ambulatory Glucose Profile (AGP) to discuss practical approaches for improving glycemic control in patients with LADA.

The case was presented by Dr. Neelam H. Jain, Consultant Physician and Internal Medicine Specialist, Bengaluru. Expert perspectives were shared by Dr. Arvind Gupta, Dr. Ritesh Chowdhary, and Dr. Peerzada Ovais, with Dr. Vipul Chavda serving as Moderator and Dr. Manoj Chawla as Coordinator.

The RSSDI CGM Clinics continue to provide an interactive academic platform where clinicians can interpret real-world CGM data, discuss challenging diabetes cases, and strengthen evidence-based decision-making to enhance patient outcomes.



RSSDI Case Files – Episode 39: Case Summary – Diabetic Myonecrosis (Diabetic Muscle Infarction)

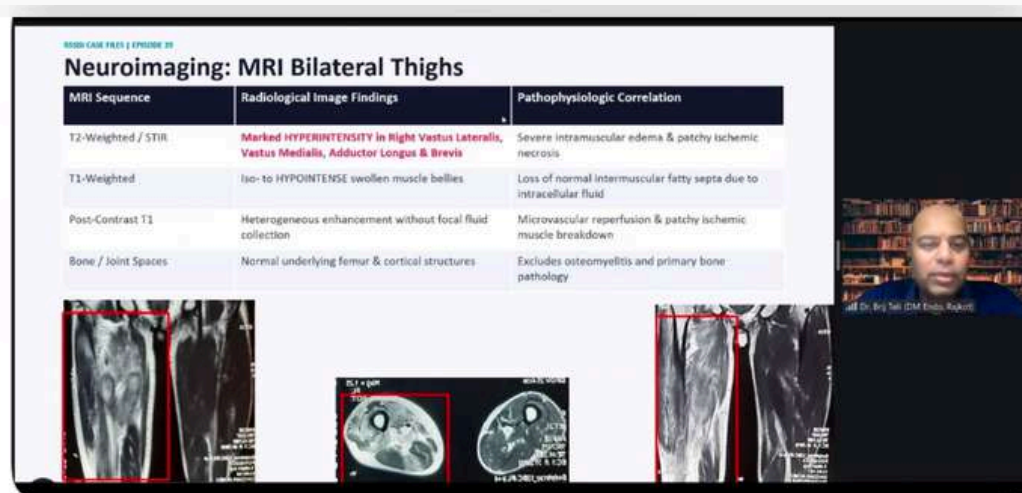
Speaker: Dr Brij Teli, DM(Endo), Rajkot

A 62-year-old man with 20 years of poorly controlled type 2 diabetes presented with severe, persistent right mid-thigh pain and swelling for 25 days, causing complete inability to walk. There was no preceding trauma, intramuscular injection, fever, or chills. Empirical broad-spectrum antibiotics and high-dose NSAIDs produced no improvement. His diabetes was complicated by stage 5 chronic kidney disease and non-proliferative diabetic retinopathy; HbA1c was 12.9%, creatinine 5.91 mg/dL, and urea 106 mg/dL.

Examination showed diffuse asymmetric right-thigh swelling, woody induration, and exquisite tenderness, with markedly restricted hip and knee movement. Importantly, there was no local warmth, skin necrosis, bullae, crepitus, fluctuation, or neurovascular deficit. Laboratory evaluation demonstrated normal leukocyte count (7,900/mm³) and normal CPK (190 U/L), with only mild inflammatory marker elevation.

DVT was excluded by venous Doppler, while ultrasonography showed diffuse edema without pus or focal collection. Radiographs showed no soft-tissue gas or bone destruction. MRI provided the diagnostic turning point: T2/STIR hyperintensity involving the right vastus lateralis, vastus medialis, adductor longus and brevis, with swollen T1 hypo-/isointense muscles and heterogeneous enhancement without a focal collection. These findings established diabetic myonecrosis (diabetic muscle infarction), a rare microvascular complication of longstanding diabetes.

Muscle biopsy was avoided. Management was conservative with strict limb rest, leg elevation, analgesia, basal-bolus insulin optimization, and twice-weekly hemodialysis. Antibiotics were discontinued. Within 2–3 weeks, pain and swelling resolved, joint mobility improved, and the patient regained independent ambulation, with no recurrence at latest follow-up.



Key MRI slide: multi-compartment right-thigh muscle edema and ischemic changes supporting diabetic myonecrosis.
Clinical message: In longstanding poorly controlled diabetes with a painful non-traumatic thigh mass, normal WBC/CPK and negative infection/DVT work-up should prompt MRI and consideration of diabetic myonecrosis; avoid biopsy when imaging is classical.

Quiz - 1

60 year old male with T2DM presented with blackish discoloration of left foot, reduced consciousness, fever, altered mental status, breathing difficulty x 1 week. H/O great toe amputation 2 years back. O/E-pt conscious, disoriented, B/L pedal oedema +, CVS-S1S2 +, RS- B/L crepts+, P/A soft. Vitals, BP - 110/60 mmHg, HR - 120/min, Spo2-90% at RA. Absent dorsalis pedis pulsation left foot with local rise of temperature.

Q1. What does the CT angiogram shows?

Absent blood flow in distal part of anterior tibial artery.

Q2. Differential diagnosis?

Sepsis , heart failure , AKI

Q3. What is critical limb ischemia?

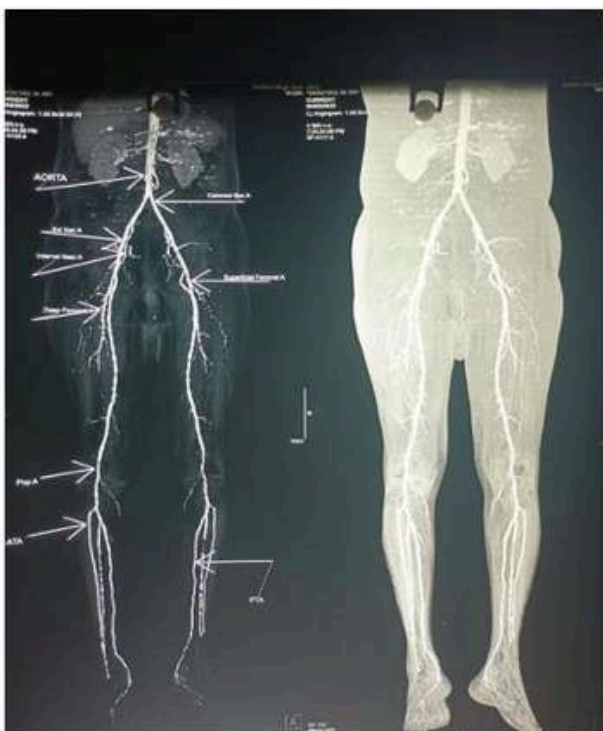
ABPI < 0.3

Q4. How will you manage this patient?

Peripheral angioplasty

If not responding, below knee amputation with IV antibiotics and supportive measures.

Prepared by :
Dr Aarathy Kannan





RSSDI Charitable & Community Outreach Activities led by RSSDI Members



RURAL OUTREACH / VILLAGE ADOPTION

Date : 15 Aug 2026

This independence day on behalf of RSSDI, A rural outreach activity was arranged at THE WAY OF LIFE (a visually challenged shelter home), present outskirts of Cuttack. Routine blood check ups like RBS and haemoglobin of all participants were conducted. Health education and awareness activities were demonstrated to the participants.



Call for Applications | IJCMD

The International Journal of Clinical Metabolism and Diabetes (IJCMD), the official publication of RSSDI, invites applications from interested and qualified professionals to join its editorial team as Associate Editors and Reviewers.

CALL FOR APPLICATIONS

Join the Editorial Team of

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International Journal of Clinical Metabolism and Diabetes

Applications Invited for

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The International Journal of Clinical Metabolism and Diabetes (IJCMD), from the Research Society for the Study of Diabetes in India (RSSDI), invites interested and qualified professionals to contribute to the journal's academic and peer-review activities.

Be a part of the editorial process



Contribute your subject expertise



Support high-quality scientific peer review



Engage with current research in diabetes and related fields



Contribute to strengthening scientific publication



Interested?

Scan the QR Code to Apply



SCAN & APPLY

Or visit:

<https://forms.gle/tJAwoKDhMqCukVCN7>

HEALTH-A-THON 2026

Health-a-thon 2026 is gaining tremendous momentum across India!

530+ doctors & healthcare professionals have registered

1800+ technology professionals have registered

100+ technology teams in the Diabetes track are already available on the platform. Once registered, you can explore, connect and join a team, or register jointly with a technology partner you already work with.

Top 10 teams in the Diabetes track will be invited to the Grand Finale at IIT Bombay, with attractive cash prizes and national recognition.

If you haven't registered yet, please register soon - doctor registrations will be closing shortly

Register NOW: <https://healthathon.reskill.in/>



The poster for Health-a-thon 2026 features a central image of four healthcare professionals (three doctors and one technologist) collaborating around a laptop. The text is organized into sections: top logos (KOITA Foundation, KCDH, Reskill AI), main title 'Health-a-thon 2026', subtitle 'India's First Health Hackathon', and target audience 'Doctors & Technologists'. It specifies the focus on 'Co-creating AI Solutions in Cancer, Diabetes & Maternal Health'. A 'Collaboration with' section lists the Indian Council of Medical Research, National Cancer Grid, and the Research Society for the Study of Diabetes in India. The bottom section includes a call to action 'OPEN FOR EVERYONE!' with a list of eligible participants, a QR code to register, and details about the 'GRAND FINALE AT IIT BOMBAY' with a 'TOTAL PRIZE POOL WORTH ₹54 LAKHS+'.

KOITA FOUNDATION | **KCDH** | **Powered by Reskill AI**

Health-a-thon 2026

India's First Health Hackathon

Doctors & Technologists

Co-creating AI Solutions
in **Cancer, Diabetes & Maternal Health**

In Collaboration with

- Indian Council of Medical Research (ICMR)
- NATIONAL CANCER GRID
COLLABORATION FOR CANCER CARE
- RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA

OPEN FOR EVERYONE!

- ✓ Doctors & Healthcare Professionals
- ✓ Healthcare Startups & HealthTech Companies
- ✓ Innovators, Developers & Entrepreneurs

Scan to Register

GRAND FINALE AT **IIT BOMBAY**

TOTAL PRIZE POOL WORTH **₹54 LAKHS+**

RSSDI Digital Tech Webinar Series

What if AI could become your everyday clinical assistant and you could connect CGMs with your EMRs?

Join Webinar 3 of the RSSDI Digital Tech Webinar Series to discover how AI and digital innovations and CGM integration in EMRs can make diabetes practice smarter, more connected and more efficient.

Topics:

- 1 AI Assistant in Diabetes Practice
- 2 Enabling Continuous Diabetes Care (Connecting CGMs with EMRs)

 Saturday, 19 September 2026

 2:00–2:45 PM IST

RSSDI DIGITAL TECH WEBINAR SERIES

AI & Digital Innovation in Diabetes Care

**READY TO GIVE
YOUR CLINIC A
DIGITAL EDGE?**

Limited Edition Diabetes Technology Webinars
Explore the latest AI and digital innovations in diabetes care

Webinar 3:

1. AI Assistant in Diabetes Practice
2. Enabling Continuous Diabetes Care
(Connecting EMRs with CGMs)

 Sat, 19th Sep 2026
 2:00-2:45 PM IST



REGISTER HERE!

Learn • Digitize • Transform

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GET FEATURED IN THE RSSDI NEWSLETTER

Showcase Your Charitable & Community Outreach Activities

RSSDI invites its members to submit details of their charitable and community outreach initiatives carried out during the month of **September**, for feature in the September issue of the RSSDI Newsletter.



Submit details by scanning the QR code **OR**

[Click Here](#)

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