



RSSDI NEWS



THE OFFICIAL BULLETIN OF **RSSDI**



MESSAGE FROM THE RSSDI PRESIDENT

Dr. Anuj Maheshwari



President's Message: Let's move from Bench Research to Clinical Research

Dear Colleagues,

On 29th July 2026, RSSDI entered its 55th year, celebrating the 54th Foundation Day. This milestone is not just a celebration — it is a moment of introspection. We must ask ourselves: have we truly achieved what our founder fathers envisioned when they gave this body its unique name?

RSSDI was never meant to be just another association of doctors. Its purpose was clear — to support **research for prevention** and to reduce complications of diabetes. Yet, the continuously rising prevalence of **prediabetes, diabetes, and complications** tells us a different story. While the responsibility cannot rest solely on us, we must admit that somewhere along the way, we lost focus.

Yes, we have supported structured research, and yes, grants have been released. But the fundamental question remains unanswered: Where is our own Indian data? Even today, we rely on Western guidelines, despite our genetic, social, and cultural differences. Our food habits, our way of living, our challenges — all are unique. Yet, we continue to treat a disease that often begins with **undernutrition** as though it arises from overnutrition.

Undernutrition in pregnancy, long-standing vitamin B12 deficiency, anemia, low birth weight, and physical inactivity lay the foundation of insulin resistance. And still, our treatments often prescribe further caloric restriction. We attempt to cure a disease born of undernutrition with more undernutrition. Let's get rid of this paradox.

The concept of **thin-fat Asian phenotype**, ectopic fat, and de novo lipogenesis in lean individuals offers us a new lens. It is time to develop a distinctly Indian understanding of diabetes prevention and treatment.

Our own **Mahakumbh study** has already opened our eyes. Who would have expected that sadhus — religious priests — show higher prevalence of diabetes than those living in families? The answer lies not only in food habits but in stress. In families, stress is shared. In solitude, it is borne alone. This finding reminds us that diabetes is not just biological — it is social, emotional, and cultural.

As we step into our 55th year, let us reclaim our identity. Let us commit to:

- **Indian data first** — building guidelines rooted in our realities.
- **Undernutrition to insulin resistance** — developing models that reflect our unique pathways.
- **Stress and social context** — integrating psychosocial determinants into diabetes care.

Colleagues, the forthcoming **National Conference in Bengaluru** from 19th to 22nd November 2026 is not just another meeting. It is our opportunity to present organized, real-world research and to chart a new course for RSSDI.

Fifty-five years is not the end of a journey. It is the beginning of a new one. Together, let us ensure that RSSDI fulfills its founding vision — leading India, and the world, with pragmatic, resource-sensitive solutions for diabetes prevention and care.

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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Dr. Rutul Gokalani, Ahmedabad
Dr. Sanjay Agarwal, Pune

MESSAGE FROM THE RSSDI SECRETARY GENERAL

Dr. Rakesh Parikh



Dear Colleagues,

Greetings from RSSDI!

Over the past few months, we have continued to strengthen our commitment towards making RSSDI more connected, more accessible, and more impactful for every member.

I am pleased to share that under our **RSSDI Member Re-Connect** initiative, RSSDI has now established a robust member communication system using the **WhatsApp Business API**. This enables us to share important announcements, academic updates, election notifications, and organizational communications directly with our members in a timely and reliable manner.

Taking another step towards digital transformation, we have also launched **ROBot – RSSDI Official Bot**, our WhatsApp-based virtual assistant. ROBot is designed to answer common member queries instantly, making it easier than ever to access information related to membership, conferences, academic activities, and various RSSDI initiatives.

Innovation remains at the heart of RSSDI. In collaboration with **Knowledge Center for Diabetes & Digital Health (KCDD)**, we are proud to launch **Health-a-thon 2026**, India's first healthcare hackathon dedicated to developing AI-driven solutions for diabetes care. This unique initiative brings together clinicians and technology innovators to co-create practical digital solutions that can transform diabetes management.

Our **RSSDI Rural Outreach Program (RROP)** has also gathered remarkable momentum and is now actively serving nearly **30 villages** across the country. We are delighted to announce that the **digital data entry platform for RROP** will be formally launched on **15th August** by the Hon'ble Minister of State, **Dr. Jitendra Singh**, himself a distinguished diabetologist and Patron of RSSDI. This marks another important milestone in leveraging digital technology to strengthen diabetes care in rural India.

The coming month also brings an important event in the life of our society—the **election for the office of President-Elect, RSSDI**. I earnestly request every eligible member to participate enthusiastically in the **electronic voting process**. Your vote is your voice. Active participation in our democratic process strengthens our society and helps shape its future leadership.

Finally, I extend a warm invitation to all of you to join us at the **RSSDI Annual Conference in Bengaluru**. The conference promises outstanding scientific deliberations, innovative academic sessions, networking opportunities, and the fellowship that has always been the hallmark of RSSDI. I look forward to meeting each one of you there.

Together, let us continue to advance diabetes care, embrace innovation, and build an even stronger RSSDI.

With warm regards,

Dr. Rakesh Parikh

Honorary Secretary General

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

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

Dear RSSDI Members,

July brings renewed energy to our shared mission of improving diabetes care through science, education, collaboration, and community service. Across India, our members continue to lead screening camps, public awareness programs, professional training sessions, school initiatives, and patient education activities that make a meaningful difference at the grassroots level.

The RSSDI Newsletter is not only a record of our collective work but also a platform to learn from one another. I warmly invite every state chapter, city branch, institution, and individual member to share brief reports, photographs, key outcomes, and innovative ideas from diabetes camps, workshops, lectures, outreach programs, and educational initiatives. Your contributions can inspire similar efforts in other regions and help us build a stronger national movement for prevention, early diagnosis, and better diabetes management.

As we look ahead to India's Independence Day on 15 August, let us renew our commitment to a healthier and more empowered nation. Freedom from preventable complications, delayed diagnosis, misinformation, and unequal access to care must remain an important part of our professional responsibility. May the spirit of independence encourage us to work with greater unity, compassion, and purpose.

On behalf of the editorial team, I thank all contributors, office bearers, and members for their continued support. Please keep sharing your achievements, observations, and local success stories through RSSDI so that the newsletter truly reflects the energy and diversity of our organisation.

Wishing you all a productive month and a very happy Independence Day.

Warm regards,
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**



Dr Jayant Kumar Panda

Know Your Candidate – President-Elect 2026

My Vision for RSSDI

My vision for RSSDI is ambitious: to build a Society that is scientifically stronger, institutionally fairer, nationally inclusive and closer to every physician and every person living with diabetes.

RSSDI has been my academic home for many years. Serving it as an Executive Committee member, National Treasurer, Organising Secretary of RSSDI 2017 and in the Odisha Chapter has taught me that leadership is not a position; it is a responsibility to create opportunities for others.

If entrusted with leadership, I dream of an RSSDI where state chapters are empowered, young physicians and investigators receive mentorship and research opportunities, Indian clinical questions generate Indian evidence, and education reaches members beyond cities. I want RSSDI to lead responsibly in digital health and artificial intelligence, while keeping ethics, clinical judgement and patient welfare at the centre.

Above all, I want a Society where East, West, North and South do not compete for relevance, but contribute with equal dignity to one shared purpose.

I do not seek this responsibility to add another title to my career. I seek it to give back to a Society that has given me friendship, learning, trust and purpose and to leave RSSDI stronger for the generation that follows.



Dr Jugal Kishor Sharma

Know Your Candidate – President-Elect 2026

My Vision for RSSDI

RSSDI stands at a defining moment. India carries one of the world's greatest burdens of diabetes, and with that comes an equally great responsibility for RSSDI.

I believe RSSDI must now look beyond its traditional role as an academic organisation. It must become a stronger national voice for diabetes, influencing clinical practice, research, prevention, and public health, while remaining responsive to the needs of its members.

We have an extraordinary wealth of experience within RSSDI. Our seniors have built a strong foundation, and our younger colleagues bring energy, new ideas and the confidence to embrace change. My vision is to bring these strengths together. State chapters should be empowered, young physicians and researchers mentored, and Indian research strengthened from grassroots practice to leading academic centres.

RSSDI should work constructively with Government and other stakeholders, take reliable diabetes knowledge to the community, and embrace digital health and AI without compromising scientific integrity or human judgement.

Vision finds its true meaning when it is translated into thoughtful and meaningful action. Together, let us build an RSSDI where every member matters, every chapter contributes, every patient benefits, and India leads diabetes care with science, compassion, unity, and action.



Dr Sanjay Agarwal

Know Your Candidate – President-Elect 2026

My Vision for RSSDI

As I continue on this journey, I believe there is still much more to be accomplished. Several important questions require thoughtful and sustained solutions.

Why have we not yet been able to alter the rising prevalence of diabetes?

Can we make quality treatment accessible, affordable and uniform for people across the country?

How can we integrate technology more effectively to advance precision diabetes care?

Can we work more closely with the Government, non-governmental organisations and philanthropic institutions to extend our reach to the most remote and underserved areas?

We must strengthen capacity-building initiatives to train a new generation of doctors in diabetes care.

We must provide greater support for research and identify sustainable sources of funding for projects undertaken by our members.

Most importantly, we must identify, mentor and prepare new leaders for the future, so that RSSDI continues to grow with fresh ideas, renewed energy and a strong sense of purpose.

My message to every RSSDI member is simple: let us join hands and work together for the cause of diabetes. Together, we are stronger and can influence meaningful change.

We must lead by example and demonstrate to the world a model of diabetes care that is inclusive, innovative, research-driven and accessible to all.

Together, we can make it happen.

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 |
|---|---|

One-Day Diabetes & Metabolic Conclave Successfully Held in Latur

A one-day Diabetes & Metabolic Conclave focusing on diabetes and obesity was successfully organized jointly by the RSSDI Maharashtra Chapter and the Indian Medical Association (IMA), Latur, at Hotel Grand Sarovar Portico, Barshi Road, Latur.

The conference witnessed the participation of approximately 500 doctors from Latur and neighboring districts. The Chief Guest for the event was Hon. Dr. Shivaji Kalge, Member of Parliament, Latur. Eminent senior medical professionals Dr. G. R. Bharadia, Dr. Ajay Jadhav, and Dr. Ramesh Bharate were also present as distinguished guests.

The scientific sessions featured renowned faculty from across Maharashtra, including Dr. Vijay Panikar, Dr. Vijay Negalur, Dr. Sanhita Walawalkar, Dr. Rajiv Kovil, Dr. Purvi Chawla, Dr. Vyankatesh Shivane, and Dr. Snehal Tanna from Mumbai; Dr. Suhas Erande from Pune; Dr. Narayan Deogaonkar from Nashik; Dr. Sameer Chandratre and Dr. Santosh Malpani (President, Maha-RSSDI) from Nanded; Dr. Bhaskar Patil and Dr. Aniket Inamdar from Solapur; Dr. Jaydeep Revale from Satara; Dr. Rajesh Deshmane from Kolhapur; Dr. Aniruddha Phadke from Ratnagiri; and Dr. Ramdas Barure, who delivered comprehensive lectures on diabetes management, obesity treatment, and the latest advances in metabolic medicine.

The conference was organized by Dr. Chandrashekhar Ashtekar (Vice President, Maha-RSSDI), Dr. Chand Patel, Dr. Pradip Nagure, Dr. Nikhil Darak, along with the IMA Latur team comprising Dr. Harshvardhan Raut (President), Dr. Vishrant Bharti (Secretary), Dr. Shweta Katkar, and Dr. Akanksha Tripathi.

The success of the event was made possible through the dedicated efforts of Dr. Balaji Puri, Dr. Shyam Toshniwal, Dr. Pradip Indalkar, Dr. Sheetal Patil, Dr. Snehal Shivpuje, Dr. Shital Somani, Dr. Abhijit Yadav, Dr. Amol Shekde, Dr. Chetan Sarda, Mr. Sadanand Kamble, Dr. Kiran Davale, Dr. Omprakash Bhosale, Dr. Gajanan Chavan, Dr. Shirish Patil, and Dr. Mahesh Shinde.

The primary objective of the conclave was to update medical professionals with the latest research, evidence-based guidelines, and recent advances in the prevention, diagnosis, and management of diabetes, obesity, and metabolic disorders.



Special Workshop for People with Type 1 Diabetes Held in Latur; 60 Children Receive Free CGMS Devices

A special workshop for people living with Type 1 Diabetes was organized jointly by the RSSDI Maharashtra Chapter and the Indian Medical Association (IMA), Latur, at Hotel Grand Sarovar Portico, Barshi Road, Latur.

As part of this initiative, 60 underprivileged children with Type 1 Diabetes from rural areas were provided with free Continuous Glucose Monitoring System (CGMS) devices. During the workshop, expert doctors addressed the concerns of patients and their parents, providing comprehensive guidance on modern treatment approaches, diabetes technology, insulin management, and lifestyle modifications for better diabetes care.

The workshop featured expert sessions by Dr. Archana Sarda (Chhatrapati Sambhajnagar), Dr. Mayura Kale, Dr. Manoj Chawla (Mumbai), Dr. Nikhil Nasikkar (Mumbai), Dr. Aditi Deshmane (Kolhapur), Dr. Santosh Malpani (Nanded), Dr. Vijay Dhawale (Latur), and Dr. Chandrashekhar Ashtekar (Latur), who provided in-depth education and practical guidance to individuals with Type 1 Diabetes and their parents.

India at a Turning Point: Reframing Prediabetes and Type 2 Diabetes

The new position statement on prediabetes and type 2 diabetes mellitus (T2DM) in India arrives at a critical moment for India's diabetes epidemic. Its greatest strength is that it moves beyond simply describing the burden and proposes an India-specific prevention framework.

A key recommendation is universal diabetes screening from 30 years of age, complemented by targeted screening of high-risk individuals. This recognizes the distinctive Indian phenotype, characterized by earlier onset and high cardiometabolic risk. The inclusion of fasting plasma glucose, HbA1c, OGTT, and validated tools such as the Indian Diabetes Risk Score provides clinicians with a pragmatic diagnostic and risk-assessment toolkit.

Equally significant is the call to reconsider "prediabetes" as a homogeneous condition. Phenotype-based risk stratification, coupled with early cardiovascular-risk assessment, offers an opportunity to identify those most likely to progress and intervene before irreversible metabolic and vascular damage. This is especially relevant given evidence that the trajectory toward diabetes may begin years before conventional diagnosis.

The statement appropriately places lifestyle modification at the foundation of prevention, emphasizing weight reduction, dietary quality, physical activity, and community-based approaches. It also acknowledges the evolving therapeutic landscape, recommending metformin for selected high-risk individuals and considering GLP-1 receptor agonists and SGLT2 inhibitors in appropriate populations.

The real challenge lies in implementing them at scale. India needs stronger primary care systems, affordable diagnostics and medicines, trained healthcare professionals, public awareness, and digital-health platforms. Screening must lead to sustained intervention rather than merely an additional diagnosis.

Ultimately, this position statement represents a shift from a disease-centric model to a prevention-first continuum of care. Its success will be measured not by publication or adoption alone, but by whether it enables earlier detection, meaningful risk reduction, delayed diabetes onset, and fewer cardiovascular and microvascular complications across India.

Link: <https://rdcu.be/frlWF>



Diabetes and Hypertension Detection Camp at Kempegowda International Airport

A Diabetes and Hypertension Detection Camp was organised on 8th, 9th and 10th July 2026 for the staff and workers of Kempegowda International Airport, Bengaluru, by Dr. Karthik Munichoodappa, Hon. Secretary, RSSDI–Karnataka Chapter. The initiative focused on promoting preventive healthcare and facilitating the early detection of diabetes, hypertension and other non-communicable diseases.

The camp formed part of a mega health camp that provided comprehensive health screening to around 3,000 people. In addition to diabetes and hypertension screening, the programme included cancer screening, eye examinations and other preventive health assessments.

Individuals with abnormal findings were guided regarding further medical evaluation and appropriate follow-up.

The camp was also honoured by the presence of Ms. Vandana Gurnani, IAS, Secretary (Labour & Employment), Ministry of Labour & Employment, Government of India, who visited the programme and appreciated the initiative.



Comprehensive Diabetes and Metabolic Health Screening for Police Personnel in South Bengaluru on 3rd, 6th & 7th July 2026

A comprehensive Diabetes Detection, Metabolic Health Screening and Education Programme was conducted for more than 500 police personnel in South Bengaluru, with the objective of promoting early detection, prevention and awareness of diabetes and related metabolic health conditions.

The programme was conducted by Dr. Karthik Munichoodappa, Secretary, RSSDI – Karnataka Chapter, as part of the Chapter's ongoing community outreach and preventive healthcare initiatives.

The screening programme included blood glucose testing, complete blood count (CBC), lipid profile, serum creatinine and obesity assessment, along with eye screening to identify early signs of diabetes-related complications and other health concerns.

The participants also received diabetes education and lifestyle counselling, with emphasis on healthy nutrition, regular physical activity, weight management, prevention of diabetes and the importance of periodic health check-ups.

The initiative focused on the importance of early identification of diabetes, obesity and cardiovascular risk factors, particularly among police personnel who often work under demanding and irregular schedules.



Diabetes Screening Camp Report By RSSDI Assam Chapter

A diabetes screening camp was organized under RSSDI Assam chapter in association with lions club GHY Metro on 22 July 2026 at A.T. Road, Guwahati, a busy commercial and business hub, to promote early detection of diabetes among the working population. A total of 88 individuals were screened using Random Blood Sugar (RBS) testing. Of these, 58 (65.9%) had normal blood sugar levels, 18 (20.5%) were found to have prediabetes, and 12 (13.6%) had RBS values suggestive of diabetes, warranting further evaluation. Overall, 23 participants were known diabetics, while several individuals with elevated RBS were previously undiagnosed, highlighting the importance of opportunistic screening. The camp also identified a positive family history of diabetes in 24 participants. The program successfully raised awareness regarding diabetes prevention, healthy lifestyle practices, and the need for timely diagnosis and regular follow-up.

Dr Kamal kumar Jain M.D



Diabetes Screening Camp Report By RSSDI Assam Chapter

A diabetes screening camp was organized by the *RSSDI Assam Chapter, in association with the **Lions Club, for morning walkers at **Shradhanjali Park, Kedar Road, from **5:30 AM to 6:30 AM. A total of **46 participants* were screened, comprising *40 males and 6 females. Among them, **20 were known diabetics, while **26 had no known history of diabetes. **Six participants (13%) had sugar ≥ 200 mg/dL; of these, **5 were known diabetics, suggesting poor glycaemic control, while 1 was previously undiagnosed and requires confirmation for newly detected diabetes. Another **4 participants (8.7%) had values between 140–199 mg/dL*, including 3 known diabetics and 1 without known diabetes. Overall, the camp highlighted the importance of regular diabetes screening and early detection.

Dr Kamal kumar Jain M.D



RSSDI BIHAR CHAPTER ACTIVITIES

RSSDI Bihar chapter has organised Mid term conference on dated 6th & 7 th June 2026 at Narayan Medical College & Hospital (NMCH) Jamuhar. The conference was Inaugurated by Vice President RSSDI Dr. N.K.Singh and National EC Member Dr. Rajesh Kesari. The scientific Programme started at 9 am on 6 th June . There were several relevant topics discussed by eminent speakesr of Bihar and few faculties from outside the state. There was a workshop conducted for PG students on the topic Research Methodology.

The conference was attended by delegates across the state and faculties and residents of NMCH, Sasaram.

The faculties who delivered their lectures and shared their views among the audience are RSSDI Vice President Dr. N.K.Singh , national EC Member Dr. Rajesh Kesari, Patron Dr. Ajay Kumar, Zonal EC Member Dr. B.K.Singh, Imm. Past Chairmen Dr. Santosh Singh, Dr. Supriyo Mukherjee, Chapter Chairman Dr. Shaibal Guha, Chairman Elect Dr. Atul Kumar , Vice Chairman Dr. Subhash Kumar, EC member Dr. R.K.Modi , Dr. A.K.Das, faculties of NMCH Jamhar , Sasaram Dr. Jitendra Kumar ,Dr. Rana R K singh, Dr. Ranjan Kumar , Dr. Abhishek Kamendu , Dr. Mahendra Pratap , Dr. Abhilasha Singh and so many other faculties across the state.

Please find attached herewith the scientific Programme , Media coverage and few glimpses of the conference.

Hope we will continue such great scientific meetings in coming months also, in fulfillment of our commitment towards academic and research activities.

Thank you all once again

नारायण मेडिकल कॉलेज में कल से मधुमेह पर होगा मंथन

□ मधुमेह उपचार की नयी तकनीक
कृत्रिम बुद्धिमत्ता और आधुनिक शोध
पर होगी चर्चा
प्रतिनिधि, साताराम ओझा

भारतीय मधुमेह अध्ययन अनुसंधान
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अनुसंधान, व्याक्तिगत चिकित्सा,
आधुनिक औषधीय उपचार और

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ज्ञानवर्धन और नवाचार का महत्वपूर्ण
केंद्र बनेगा. सम्मेलन के दौरान
एपीजेनेटिक्स, मोनोक्लोनिक मधुमेह,
ऑत्र माइक्रोबायोम, ट्राइजिप्टाइड,
साप्ताहिक इंसुलिन और कृत्रिम
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कार्डियो-नेफ्रल-मेटाबोलिक विषयों पर
विशेषज्ञ अपने विचार रखेंगे. वहीं दूसरे
दिन मधुमेह से जुड़ी जटिलताओं और
क्लिनिकल प्रैक्टिस पर विशेष सत्र
आयोजित होंगे. कार्यक्रम में
स्नातकोत्तर चिकित्सा छात्रों के लिए
क्विक प्रतियोगिता, शोध-पत्र और
पोस्टर प्रस्तुति के साथ क्लिनिकल
अनुसंधान पद्धति विषयक कार्यशाला
भी होगी. आयोजन सचिव डॉ महेंद्र
प्रताप सिंह ने बताया कि कार्यक्रम में
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जोन समिति के सदस्य डॉ बीके सिंह,
बिहार अध्यक्ष डॉ शैवाल गुहा और
बिहार सचिव डॉ विजय कुमार की
उपस्थिति रहेगी. आयोजन समिति के
अध्यक्ष डॉ जितेंद्र कुमार, सचिव डॉ
महेंद्र प्रताप और सह सचिव डॉ
अभिषेक कर्मेठ हैं. वैज्ञानिक सत्र की
अध्यक्षता डॉ अतुल कुमार करेंगे.
जबकि संयोजक की जिम्मेदारी डॉ
रंजन कुमार निभायेंगे. स्मारिका समिति
की सचिव डॉ आकांक्षा सिंह और
संयोजक डॉ अभिलाषा सिंह होंगी.
आयोजकों के अनुसार सम्मेलन में
राष्ट्रीय एवं राज्य स्तर के लगभग 100
वरीय चिकित्सक भाग लेंगे. इसके
अलावा 150 से 200 प्रतिभागियों व
लगभग 100 चिकित्सा स्नातकोत्तर
छात्रों की सहभागिता रहेगी. डॉ महेंद्र ने
कहा कि भारत में तेजी से बढ़ रही
मधुमेह की समस्या को देखते हुए ऐसे
मंच आवश्यक हैं, जहां विशेषज्ञ न
केवल अपने अनुभव और ज्ञान साझा
करें, बल्कि भविष्य की उपचार
रणनीतियों और शोध की दिशा पर भी
गंभीर मंथन कर सकें.

RSSDI BIHAR CHAPTER ACTIVITIES

Respected senior colleagues, esteemed faculty members, dear friends and delegates,

On behalf of RSSDI Bihar Chapter, it is my privilege to express our sincere thanks at the conclusion of this highly enriching CME on & Imeglimin and its Role in the Management of Diabetes , held at Darbhanga on 21 st June 2026.

I express my sincere gratitude to our distinguished speakers, Dr. Supriyo Mukherjee and Dr. S. C. Jha, for delivering two excellent scientific sessions. Their insightful presentations and the highly interactive discussions have greatly enhanced our understanding of the evolving role of Imeglimin in diabetes management.

I extend my heartfelt appreciation to all the delegates and faculty members, including the enthusiastic postgraduate students of DMCH, Darbhanga, whose active participation made this academic program a great success. The presence of nearly delegates in large numbers reflects the commitment of our fraternity towards continuing medical education and better diabetes care.

I convey my special regards and gratitude to our respected senior members of Darbhanga whose gracious presence added immense value and prestige to this CME. I would also like to acknowledge the active participation and enthusiasm shown by our young and talented colleagues who represent the future strength of RSSDI Bihar.

I sincerely thank the Department of Medicine and the postgraduate students of DMCH, Darbhanga, for their cooperation and support in making this program successful.

Finally, I thank every participant who spared their valuable time to attend this CME and contributed to its success through their presence and active interaction.

With these words, I once again express my gratitude to all concerned and look forward to your continued support and participation in future academic activities of RSSDI Bihar Chapter.

Hope we will continue both virtual and physical CMEs in coming months, in fulfillment of our commitment towards academic and research activities.

Thank you all once again



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:1

Dr. Bhavadharini, Secretary, Tamilnadu RSSDI, Conducted a Hypertension Dedection Camp at her Hospital at Erode. Beneficiaries: 100



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:2

Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, was done to bring about awareness about Insulin & Its Injection Techniques. A CME on “Diabetes 2026 Updates” was conducted in Nandha Medical College and Hospital along with the Department of General Medicine. Beneficiaries: 200



NANDHA Medical College and Hospital
Erode to Perumbar Main Road, Perumbar (Post), Erode-638052

Department of General Medicine
Cordially Invites you for the CME on

Diabetes

2026-Updates

11th June 2026, Thursday 9.00 A.M
@Lecture Hall-II, Academic Block - First Floor

FELICITATION

Prof. Dr. A. Chandrasekar, MB.,
Dean
Nandha Medical College and Hospital

Prof. Dr. V. Sundaraveil, MD.,
Medical Superintendent
Nandha Medical College and Hospital

Prof. Dr. R. Subbaram, MD.,
Vice Principal
Nandha Medical College and Hospital

@Sponsorship by:
LUPIN Ltd., (Metabolites Division)

9.00 AM - 9.30 AM	REGISTRATION
9.30 AM - 9.45 AM	WELCOME ADDRESS Dr. Prasad, M. M.D., Senior Resident, Dept of General Medicine, Nandha, Erode
9.45 AM - 10.00 AM	PATHOPHYSIOLOGY OF DIABETES Dr. J. Mahan, M.D., Professor & Head, Dept of Physiology, Nandha, Erode
10.00 AM - 10.15 AM	CLASSIFICATION, DIAGNOSIS AND TREATMENT OF DIABETES Dr. Prasad, J. M.D., Assistant Professor, Dept of General Medicine, Nandha, Erode
10.15 AM - 10.30 AM	NON-INSULIN THERAPY OF DIABETES Dr. Subal Raj, M.D., Assistant Professor, Dept of General Medicine, Nandha, Erode
10.30 AM - 10.45 AM	INSULIN & ITS INJECTION TECHNIQUES Dr. Bhavadharini, M.B.B.S., D.Med., Consultant Endocrinologist, S.R.C. Diabetes Care Centre, Erode
10.45 AM - 10.55 AM	TEA BREAK
10.55 AM - 11.05 AM	CARDIOVASCULAR COMPLICATIONS IN DIABETES Dr. Ananda Kumar, R. M.D., Consultant Cardiologist, Erode
11.05 AM - 11.15 AM	DIABETIC KIDNEY DISEASE Dr. Vinu, M. D.M., Assistant Professor, Dept of General Medicine, Nandha, Erode
11.15 AM - 11.25 PM	NEUROLOGICAL COMPLICATIONS IN DIABETES Dr. Kanchana, V. D.M., Consultant Neurologist, Erode
11.25 PM - 11.35 PM	OCULAR MANIFESTATIONS OF DIABETES Dr. Mythily, T. M.S., Assistant Professor, Dept of Ophthalmology, Nandha, Erode
11.35 PM - 11.45 PM	DIABETIC FOOT Dr. Vallabalingam, M. A. M.S., Associate Professor, Dept. General Surgery, Nandha, Erode
11.45 PM - 11.55 PM	GESTATIONAL DIABETES Dr. Sankaranarayanan, R. M.D., Professor & HOD, Dept of GOG, Nandha, Erode
11.55 PM - 12.05 PM	VOICE OF DIABETES Dr. Aravind, S. M.D., Senior Resident, Dept of General Medicine, Nandha, Erode



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:3

Dr.Aarathy Kannan, District Coordinator & EC Member of Tamilnadu RSSDI, conducted the Free Medical Camp for the Public at Crescent Nursery and Primary School, Chidambara Nagar, Tuticorin. FREE Height, Weight, BMI, Blood Pressure, Blood Sugar, Medicines, Diet Counseling and Doctor Consultation was done for all beneficiaries. Beneficiaries: 120



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:4

Dr.Ravindranath, Chairman Elect, Tamilnadu RSSDI Conducted a Free Diabetes Awareness Camp for Public, Lalkudi, Near Trichy under the Tamilnadu RSSDI Banner. FREE Height, Weight, BMI, Blood Pressure, Blood Sugar was done for all beneficiaries. Beneficiaries: 125



ACTIVITY:5

Dr. D.Gowri Shankar, Member of Tamilnadu RSSDI, Conducting Health Awareness given regarding Diabetes and Mental Health. PHQ -9 Questionnaire given and evaluated for depression. Beneficiaries: 80



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:6

Dr.Go. Bharani, Member of Tamilnadu RSSDI, Conducted a Free Diabetes Awareness Camp for Public at RSSDI Rural Outreach Program adopted Village, Vallimalai, Vellore District, under the Tamilnadu RSSDI Banner. FREE Height, Weight, BMI, Blood Pressure, Blood Sugar was done for all beneficiaries. Total Numbers of Adult Screened: 423, Male: 222, Female: 201, Total Number of Newly Diagnosed Diabetes: 21, Total Number of Hyper Tension:24, Total Number of Thyroid Disease:3, Total Number of Bronchial Asthma:3, Total Number of Kidney Disease:4, Follow Up of Patients Every Month Second Sunday. Child and Adolescents Health Care by Pediatrician / Family Physician. Eye Screening and ENT Work Up At Regular Intervals.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:7

Dr.C. Muralidharan, Immediate Past Secretary & District Coordinator, RSSDI Tamilnadu Chapter, conducted a Free Diabetes Camp for the Public at Pannai College, Mullipadi Village, Dindigul. FREE Investigations Random Blood Sugar, Blood Pressure, Height, Weight, BMI, Urine for Microalbumin, Biothesiometry, HbA1C, Diet Counseling and Doctor's Consultation was done for all beneficiaries. Beneficiaries: 127, Diabetes - 68, Hypertension- 58, Obesity - 86, Microalbuminuria - 43, Biothesiometry - 67, HbA1C – 41dedected.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:8

Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, on occasion of International Yoga Day, Demonstrated yoga and explained its benefits for Public. Beneficiaries: 75



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY:9

Prof.Dr.G.Prakash, Governing Council Member of Tamilnadu RSSDI, conducted an Update on Diabetes Mellitus & Workshop on Diabetes Technology at Government Mohan Kumaramangalam Medical College Hospital, Salem. Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, also gave an awareness talk about Pregnancy and Diabetes Mellitus. Beneficiaries: 250



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY: 10

Dr.G.Vijayakumar, Past Chairman Tamilnadu RSSDI, at Present National EC Member, at SKPD Charities conducts Free Diabetes Screening and Treatment camp for the needy and poor peoples once a week since 13 years. Our Member Dr.Kannan Natarajan also joined them for the camp, They were honored by the Students, Teachers, on the occasion Doctors Day and also felicitating us for the relentless service to the humanity. Beneficiaries: 420
Great gathering and gave awareness talk by all of us the Gathered Public.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY: 11

Dr.Bhavadharini, Secretary, Tamilnadu RSSDI, Conducted Awareness on Prevention of Diabetes at Nanda College of Pharmacy at Erode. Beneficiaries: 200



ACTIVITY: 12

Dr.Aarathy Kannan, District Coordinator, Governing Council Member of Tamilnadu RSSDI, conducted the Free Diabetes Camp for the Public at Ammanpuram, Tuticorin District under the RSSDI Banner. FREE Height, Weight, BMI, Blood Pressure, Blood Sugar, Medicines, Diet Counseling and Doctor Consultation was done for all beneficiaries. Beneficiaries: 150



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY: 13

Dr.Go.Bharani, Member of Tamilnadu RSSDI, does Follow up of Patients Every Month, Second Sunday at RSSDI Rural Outreach Program adopted Village, Vallimalai, Vellore District, under the Tamilnadu RSSDI Banner. Beneficiaries: 80



ACTIVITY: 14

Dr.C.Muralidharan, Immediate Past Secretary & District Coordinator, RSSDI Tamilnadu Chapter, conducted a Free Diabetes Camp for the Public at 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: 221, Family Members: 590, Below 18: 119, Non Diabetic: 230, Known Diabetic: 62, Newly Detected: 66, Non HTN: 244, Known HTN: 49, Newly Detected: 53.



Activities Report : RSSDI Tamil Nadu Chapter

ACTIVITY: 15

Dr.Ashwin, Member of Tamilnadu RSSDI, conducts a Free Weekly Seva Medical Camp at Sai Samirthi, East Tambaram by Tambaram Medical Center & Hospital on behalf of TN RSSDI. Beneficiaries: 110



ACTIVITY: 16

Dr.Ashwin, Member of Tamilnadu RSSDI, conducted a Free Paediatric Screening Camp and Education under the TN RSSDI Banner at Medical Center and Hospital, Tambaram. Beneficiaries: 60.



RSSDI CGM Clinics – Episode 11: Interactive Case-Based Learning Continues

RSSDI CGM Clinics – Episode 11 featured an engaging discussion on the management of a 54-year-old woman with long-standing uncontrolled Type 2 Diabetes Mellitus, who presented with hematuria, fever, and clinical features suggestive of urosepsis while on oral hypoglycemic agents and basal insulin.

The session encouraged participants to analyze the patient's Continuous Glucose Monitoring (CGM) data, with a special focus on Ambulatory Glucose Profile (AGP) interpretation, optimization of therapy, and the clinical relevance of glycemic variability (GV) in managing complex diabetes cases. Participants actively shared their clinical insights and treatment strategies through the RSSDI LMS platform, fostering meaningful academic discussion and evidence-based learning.

The case was presented by Dr. Satrajit Roy, HOD, Department of Medicine, Central Hospital, ECL, and was enriched by expert insights from Dr. V. Ravindranath, Dr. Polina V. Popova (Russia), and Dr. Mukulesh Gupta, under the moderation of Dr. Manoj Chawla.

The RSSDI CGM Clinics series continues to provide a unique platform for clinicians to strengthen their understanding of CGM interpretation, discuss challenging real-world cases, and enhance patient-centered diabetes care through collaborative learning.



RSSDI Case Files – Episode 38: Early onset diabetes with developmental delay and visual problems

RSSDI also hosted Case Files Episode 38 on 22nd July, titled “Early onset diabetes with developmental delay and visual problems” The case was presented by Dr Ninand Gor, with expert insights from Dr A Shanmugam, Dr Supratik Bhattacharyya and Dr Mangesh Tiwaskar, under the convenership of Dr Pratap Jethwani and Dr N. K. Singh.

Episode - 38

RSSDI CASE FILES

EARLY ONSET DIABETES WITH DEVELOPMENTAL DELAY AND VISUAL PROBLEMS

Join us on 22nd July 2026 | 08:30 PM IST



Case Presenter

Dr Ninand Gor
Consultant Diabetologist & Metabolic Physician,
Dr. Ninad's Diabetes & Obesity Clinic Bhuj

Panelists



Dr A Shanmugam
Sr. Consultant Diabetologist,
Chendur Diabetes Speciality
Centre, Ashok Nagar, Chennai



Dr Supratik Bhattacharyya
Sr Consultant, Endocrinology,
Diabetes & Obesity, Manipal
Broadways Hospital, Manipal
Saltlake & Apollo Sugar, Kolkata



Dr Mangesh Tiwaskar
Consultant Physician and
Diabetologist, Shilpa Medical
Research Centre, Mumbai

Date & Time

 **22 JULY 2026**

 **8:30 PM – 9:30 PM IST**

RSSDI Case Files Convener



Dr. Pratap Jethwani



Dr. N. K. Singh

[Click here to register for the Webinar](#)

Dr. Anuj Maheshwari
President,
RSSDI

Dr. Rakesh Parikh
Secretary General,
RSSDI

Dr. Sunil Gupta
President Elect,
RSSDI

Dr. Vijay Viswanathan
Immediate Past
President, RSSDI

Dr. Banshi Saboo
RSSDI Case Files
Advisor

Dr. Pratap Jethwani
Hon Treasurer & RSSDI
Case Files Convener

Dr. N. K. Singh
Vice President & RSSDI
Case Files Convener

Quiz - 1

A 59 year, Female admitted with c/o Nausea, Vomiting, Chest Burning Sensation, 1 week. k/c/o T2DM on irregular treatment. O/E, Pt Conscious, Oriented, BP- 130/90 mmHg, PR - 87/mint. CVS - S1S2+, RS - NVBS+, Abdomen- Soft, Epigastric tenderness +, CNS – NFND.

Q4. How to manage?

Anti Fungal, Strict Glycemic Control, Proton Pump Inhibitors, Prokinetics.

Q5. Final Diagnosis

Uncontrolled T2DM /Anaemia.
□ Monilial Oesophagitis.

Q1. What is the clinical diagnosis?

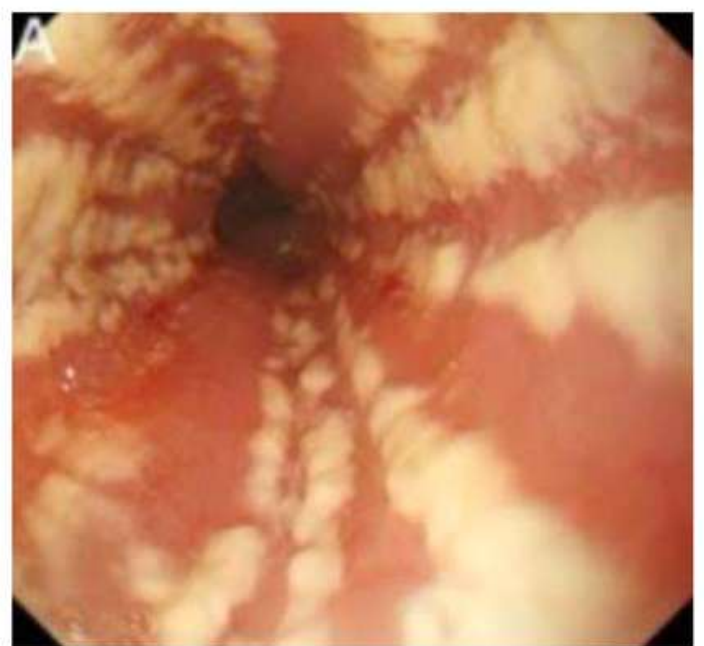
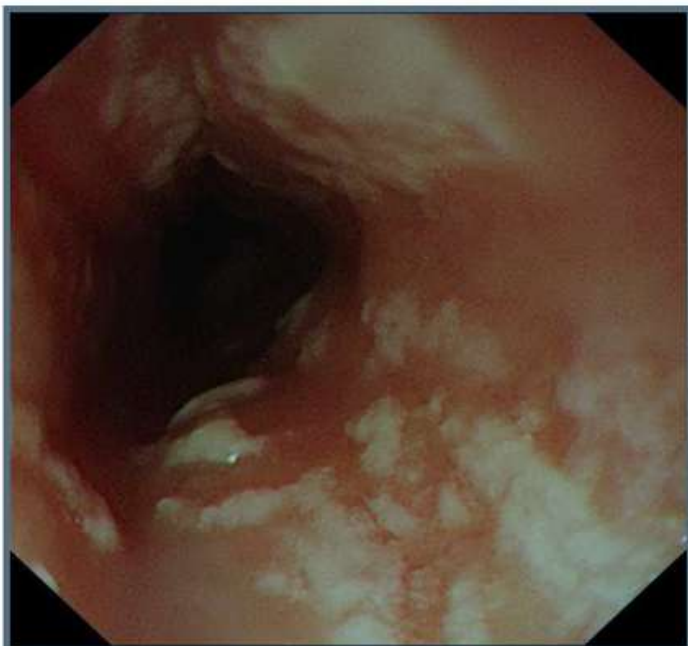
GERD/ GASTRITIS/ T2DM.

Q2. How to evaluate?

Hb-10.2, Blood Sugar = 324mg/Dl, Urea - 32, Creatinine - 1.0, Serum Electrolyte- 138/4.2/106/23/4.50. Usg Abdomen - Fatty Liver. UGI Scopy.

Q3. What does the UGI Scopy show?

Grade 3 Monilial Pan oesophagitis.



Prepared by :
Dr Aarathy Kannan

Quiz - 2

A 61year old female k/c/o uncontrolled T2DM , presented with c/o multiple tense bullous lesions predominantly over chest and lower limb for last 2wks, O/E: BP: 110/70 mmHg PR-98/mint. Pt conscious ,oriented ,Cvs-s1s2+ RS-NVBS+ , Abdomen – soft, CNS – No FND.

Q1. What is the clinical diagnosis?

Bullous pemphigoid.

Q2. What are all the other causes of bullous lesions?

CKD induced skin blisters, Autoimmune Blistering Diseases, bullous drug eruptions.

Q3. What is the pathophysiology of bullous pemphigoids?

The bullae are formed by an immune reaction, initiated by the formation of IgG autoantibodies targeting dystonin, also called bullous pemphigoid antigen 1 and type XVII collagen, also called bullous pemphigoid antigen 2.

Q4. What is the confirmatory test for diagnosis?

Direct immunofluorescence microscopy.

Q5. What does the Direct immunofluorescence microscopy show?

Linear IgG/c3 deposits along the epidermal basement membrane.

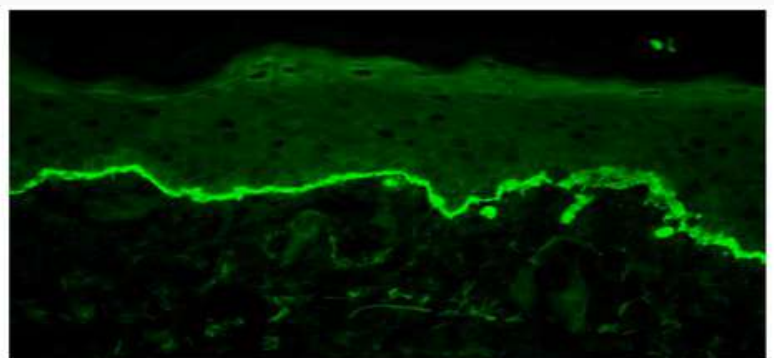
Q5. What is the management?

- ☐ High potency topical steroids.
- ☐ Systemic glucocorticoids if #1 not feasible.
- ☐ Antibiotics.
- ☐ Immunosuppressants.

Case Summary:

A 61year old female k/c/o uncontrolled T2DM , presented with c/o multiple tense bullous lesions predominantly over chest and lower limb for last 2wks- managed with steroids (inj.methyl prednisolone 500 mg IV bd), immunosuppresant (tablet mycophenolate mofetil 500 mg OD), patient responded wel – discharged after 10 days of injectable steroid , patient still in follow up with oral steroid (methyl prednisolone 8mg od).

Prepared by :
Dr Aarathy Kannan





RSSDI Charitable & Community Outreach Activities led by RSSDI Members



DOCTORS' DAY DIABETES DETECTION & AWARENESS CAMP

Date : 03 July 2026

On the occasion of National Doctors' Day, Dr. Sud's Clinic, in association with RSSDI, organized a Diabetes Detection & Awareness Camp to promote early diagnosis, preventive healthcare, and healthy living.

Numerous beneficiaries availed free health screenings, including blood glucose, blood pressure, ECG, HbA1c, serum creatinine, retinal screening, neuropathy assessment, body composition analysis, bone mineral density and diabetes risk evaluation, along with expert medical consultations and lifestyle counselling.

To encourage long-term healthy habits, selected participants received complimentary digital weighing machines, glucometers, skipping ropes, resistance bands, and other fitness accessories. The event also paid tribute to Dr. Bidhan Chandra Roy with a floral homage and promoted environmental health through sapling distribution.

The programme was made successful through the dedicated efforts of doctors, healthcare professionals, volunteers, and the enthusiastic participation of the community, reaffirming our commitment to accessible, preventive, and patient-centered diabetes care.

We express our sincere gratitude to National RSSDI Secretary General Dr. Rakesh Parikh, National Vice President Dr. J. Arvinda, and Dr. N. K. Singh for their inspiring video messages. Their words of encouragement significantly enhanced participation and added great value to the Doctors' Day Health Camp, motivating both the healthcare team and the community.



DOCTOR'S DAY FREE HEALTH AWARENESS SCREENING CAMP

As part of our commitment to preventive healthcare and community well-being, Quest Diabetic Clinic & Diagnostic Centre organized a Free Health Awareness Screening Camp on 1st July 2026 (Doctor's Day) in collaboration with RSSDI and the International Diabetes Federation (IDF).

The camp focused on the early detection and prevention of diabetes, hypertension, obesity, and cardiovascular risk factors. Participants received free health assessments, including vital signs (BP, Pulse Rate, SpO₂), BMI measurement, blood sugar testing (FBS/PPBS/RBS), HbA1c, and Lipid Profile, along with expert counselling on healthy lifestyle practices, nutrition, physical activity, and the importance of regular health screening.

The initiative witnessed encouraging community participation and reinforced the message that early diagnosis, timely intervention, and preventive care are the keys to healthier lives. Through such outreach programs, Quest continues its mission of bringing quality, evidence-based healthcare closer to the community while promoting awareness and empowering individuals to take charge of their health.

Together, we are leading towards a healthier tomorrow.



SCHOOL HEALTH AWARENESS PROGRAM

On 23 July 2026, the RSSDI Araria District Chapter conducted a School Health Awareness Program at Girls High School, Araria. The interactive session was led by Dr. Abhay Kumar, RSSDI District Coordinator, Araria, Physician & Diabetologist.

The program focused on nutrition and anemia prevention, de-addiction, mental health, menstrual hygiene and healthy lifestyle practices to prevent diabetes, hypertension, and obesity. Students actively participated in interactive discussions and a question-answer session.

A blood sugar screening camp was also organized for the teachers and school staff. Officials from the Police Department sensitized students on adolescent safety and prevention of human trafficking. The Headmaster and school faculty extended excellent support in the successful conduct of the program. The RSSDI event was organized with the valuable support of Shri Praveen Kumar, District Programme Officer (Education), Araria.



Latitude: 26.139903
Longitude: 87.462611
Elevation: 69.57±8.72 m
Accuracy: 6.307 m
Time: 23-07-2026 12:13



RSSDI
RESEARCH SOCIETY FOR THE
STUDY OF DIABETES IN INDIA

DR. BANSHI SABOO

Chair, IDF
South east Asia

GUEST OF HONOUR

MR. RIZWAN KOITA

Chairman NABH

GUEST OF HONOUR

CHIEF GUEST

DR. JITENDRA SINGH

Minister of State for the Ministry of Science and
Technology and Minister of State for Prime
Minister's Office; Personnel, Public Grievances
and Pensions; Department of Atomic Energy
and Department of Space.

You are Cordially Invited

to the

INAUGURATION

of the

RSSDI RURAL OUTREACH PROGRAM

Online Data Entry Portal

A Digital Step Towards Documenting and Accelerating
Prevention & Treatment of Diabetes in Rural India



Saturday

15TH AUGUST 2026

(Independence Day)



TIME

4:30 PM

(16:30 HRS IST)

YouTube • LIVE



National Executive Committee 2026



Dr. Anuj Maheshwari
President



Dr. Vijay Viswanathan
Imm Past President



Dr. Sunil Gupta
President Elect



Dr. Rakesh Parikh
Secretary General



Dr. Pratap Jethwani
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Dr. Aravinda J.
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Dr. N K Singh
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Dr. Manoj Chawla
Joint Secretary



Dr. Anil K Virmani
All India EC Member



Dr. Arvind Gupta
All India EC Member



Dr. Jothydev Kesavadev
All India EC Member



Dr. Narayan Deogaonkar
All India EC Member



Dr. Rajesh Kesari
All India EC Member



Dr. Vijaya Kumar G.
All India EC Member



Dr. Narsingh Verma
EC Member (Central)



Dr. B K Singh
EC Member (East)



Dr. Sanjay K Bhadada
EC Member (North)



Dr. Dinesh Agarwal
EC Member (North-East)



Dr. KN Manohar
EC Member (South)



Dr. Lotika Purohit
EC Member (West)



Dr. Amit Gupta
Co-Opted



Dr. Jayanta Panda
Co-Opted



Dr. Rutul Gokalani
Co-Opted



Dr. Sanjay Agarwal
Co-Opted



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 **August**, for feature in the August issue of the RSSDI Newsletter.



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

[Click Here](#)

WARM REGARDS

Dr. Anuj Maheshwari
President, RSSDI

Dr. Sunil Gupta
President-Elect, RSSDI

Dr. Rakesh Parikh
Secretary General, RSSDI

Dr. Vijay Viswanathan
Imm Past President, RSSDI