



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

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Message from the RSSDI President



Dr. Banshi Saboo
President - RSSDI

Greeting to all on this auspicious occasion of Diwali!! I take this opportunity to extend my best wishes to all the members of RSSDI.

I took over as President, RSSDI in December 2019 with great enthusiasm, and as I settled in the office, the world was hit by the pandemic. It was a disappointing start, but I was prepared to face the challenges. I believe, leadership skills can only be proved in most adverse circumstances. As we came to terms with the scare, my first concern was how to ensure medicine supplies for the patients and ensure their well-being. We published guidelines to help HCPs and patients on how to manage diabetes in presence of COVID infection. The entire executive committee and all RSSDI members stood with me in this difficult period and collectively we proved our commitment to the nation as a national body for diabetes care. We also undertook various other activities.

I had limitations to work and execute my ideas, as travel and meetings were not possible. Thanks to the extension of my term, and help from the digital world, I was able to achieve goals I had set for myself. This was also the time to innovate. We flipped our adversities into opportunities. Some of our work we did, I would like to place before you.

- 1. Our district Coordinators network** - Helping to expand the reach of our national programs to all doctors and patients no matter where they are located.
- 2. Our Social media platform** - Today we all know the power of social media and its influence. It was important to have RSSDI advocacy on this important platform to convey our messages to all in the society.
- 3. Creation of Task Forces** -
 - a. For Type 1:** The objective was to create more specialized centers of care to treat patients with Type 1 Diabetes. We have created an ecosystem of HCPs, Support staff and patients who are well trained for care of T1DM patients. Also provision has been made to provide free insulin to children who cannot afford it through our various partners.
 - b. Technology:** Today technology has become integral part of healthcare. We have setup training modules and conduct workshops to educate all on use of newer technologies.
 - c. Diabetic Foot-** Saving feet has been our big initiative. Identifying feet at risk early can save disabilities and catastrophic amputations. We are in the process of setting up centers of training for those interested in feet management.
- 4. Guidelines:** new guidelines were framed for Diabetes management in COVID infection, Diabetes & Thyroid dysfunction, Diabetes and Heart Failure, Oral health in Diabetes, Sleep Disorders in Diabetes. Some are in the pipeline viz. on Postprandial hyperglycemia, Diabetes Dyslipidemia, Diabetes and Hypertension, Guidelines on Type 1 diabetes and on Glucose Monitoring.
- 5. Digital Meetings:** We had several digital meetings to engage members on Technology workshop, Managing Type 1 and 2 diabetes, Glucose monitoring, workshop on Diabetes Feet.
- 6. Annual Meeting hosted Digitally in November'20.** The event was preceded by the Indian Diabetes League tournament where teams from every state were engaged in debates on topics related to diabetes. The meeting attracted the best National and International speakers who delivered almost 200 lectures in 4 days. Approx. 20,000+ delegates were registered and at any given time more than 5000+ delegates were present listening to the deliberations. The meeting was appreciated for its high scientific content.
- 7. Incorporation of new Patrons:** It was a great honor for me to invite our new patrons of RSSDI, Dr. Jitendra Singh, Dr. V Mohan, Dr. PV Rao, Dr. Vinod Kumar, who over the years have been our mentors and have guided the body to its current position of high recognition in the world. We welcome them.
- 8. RSSDI Membership:** Our current member is 9146, when I took over it was 7623. During my tenure we have added 1523 members.

- 9. Defeat Diabetes Campaign:** The objective of the campaign was to reach 100 million people in 100 in 100 day, which were able to achieve within first 75 days. We were also able to test more than 1 million people in a single day, involving 10238 centers across the country. The campaign was inaugurated by Chief Justice of India NV Ramana. It culminated with the Diabetes Rath Yatra at the office of our Union Health Minister Mansukh Mandaviya who praised our efforts. I must acknowledge the hard work of my Task force, EC, RSSDI members, Rotary International and industry, for their active contribution. I am proud to say this achievement of ours has been accepted by the Asian Book of Records as a record.
- 10. Financial Health:** I wanted to ensure that the body had sound financial health to support our various activities and funding for research. Over the last 2 years despite our challenges, we have conducted various activities to achieve our objective. We have actively supported research which is the ethos of our body. As I leave my office, I feel satisfied my successor will be in a better position to continue and support all activities of the body.
- 11. Advocacy through Media:** We placed our views on burning issues related to diabetes, through opinions of our thought leaders on NDTV, Times of India and Economic Times.

I want to acknowledge the efforts of my Secretary Dr. Sanjay Agarwal who walked this entire journey with me with equal zeal and passion. Together we were a great team!!

I want to extend my best wishes to my successor Dr. Vasanth Kumar who will be torchbearer as I pass the baton to him. RSSDI will be in capable hands during his tenure.

I want to thank my entire executive committee, various task force members, RSSDI members, Industry and various NGOs who have contributed immensely to the success of all the planned activities I have undertaken during my tenure.

Best Wishes and God Bless!!

Dr. Banshi Saboo
President, RSSDI



Dr. Sanjay Agarwal
Secretary - RSSDI

Message from the RSSDI Secretary

Greetings to all and my compliments for the season!!

I want to take this opportunity to pen down my feelings as a secretary of this great organization built by thought leaders who had a vision ahead of their time. So rather than speak of our work done in last 2 years, which speaks for itself, let me begin by questions that I asked myself during my tenure as a national secretary.

At the beginning of my tenure as National Secretary, I was “fortunate” to be “hit” by 2 challenges - COVID and the Energies of Dr. Banshi Saboo.

Q. How did I perceive the organization as it exists?

We have a great legacy, and nobody can challenge that. We have set our boundaries in which we operate, our silos. Over the years, our focus has been on cultivating education and research. We need to influence change, for we cannot depend on traditional methods of functioning. The world has moved on. We must move from hierarchal methods of functioning to a new culture of collaborative teamwork. All members need to align for the welfare and growth of the body, rather than think of individual positions they hold in the organization. “Together” sounds more appropriate for collective thinking. It has been difficult I assure you, to make changes to influence adoption of strategies for future, keeping in mind, not to compromise on our existing value system. We need to be a peoples' body, representing the voice of diabetes in our country. The Government and the common man on the street needs to know that.

Q. What needs to change?

We need to look around us. What is expected from a national body like ours? We need to introspect and ideate. We need to build strategies and include everyone from within the organization and outside of it. We need to reach out to the underprivileged and unrepresented, they need us the most. We need to strengthen our pillars of Education, Advocacy, Research, Organization building & its strengthening. We need to build mechanisms of data collection and data sharing to understand our own population. We need to advocate modern methods of functioning, integrating technology and artificial intelligence. Giving young minds responsibilities and helping them to take small steps towards leadership roles and building them to be leaders of the future. The wheels must turn to change pace of our thinking, and somewhere we may need to make painful decisions which may not be in line with conformist thinking.

Q. Going towards the future, what do we need to do?

We need to be inclusive. We need to build networks of HCPs, Industry, Tech companies, NGOs, various Education bodies in the private space, Governments- Central and State and anyone else who want to be part of the grid. We need to send aggressive messages related to diabetes to the community using social media as a powerful influencer for behavioral changes and for adoption of healthy practices to tackle problems of obesity, poor glycemic control, hazards of organ failure and so on. We need to advocate aggressive prevention strategies countrywide, to effect change over time and our poor statistics. RSSDI needs to be in leadership position of the world as a body which transformed our society from leaders of diabetes population to leaders of transformation for a better world for patients with diabetes.

My RSSDI Family...

It has been my privilege and honor to work with an individual who was way ahead of his time in his thinking. He made the change and turned the wheels. He set the momentum of change, which now will be difficult to stop. As he moves out of his Presidency position, he can feel satisfied and reflect on a job well done. My bow and salutes to this great individual who has earned his rightful respect from one and all, my dearest friend Dr. Banshi Saboo.

I look forward to working now with an equally energetic individual full of ideas, Dr. Vasanth Kumar. He will be setting new strategies to work and aim for higher standards. I can assure all our Patrons and Past Presidents, that they can rest easy, the mantle of leadership is passing on to a wonderful individual.

The executive committee has been very active and supportive of new ideas and changes. I thank every member of Central and State EC for helping us to achieve highest standards of work culture and ethics helping the body to be in a strong position.

As Dr. Rajeev Chawala moves out of his position of immediate past president and accepts new roles in the body, I would like to acknowledge the long years he has spent in building the body to its current strength. His selfless work will always be remembered in the history of the body. I congratulate Dr. Brij Makkar for being chosen as President-Elect, unopposed.

I feel satisfied and yet restless, when I self-assess of our own performance and the steps we have taken from the secretariat to improve our internal functioning. A lot still needs to be done, yet. I need to thank my staff Ritika and Rahul for the immense work they have put in to keep the efficiency of the secretariat at the highest level.

My best wishes to all. God bless!!

Dr. Sanjay Agarwal
National Secretary, RSSDI

Message from Immediate Past President

Dear Friends,

While writing for the last time as outgoing Imm. Past President I take this opportunity to thank the RSSDI EC & every member of RSSDI for having entrusted me with the responsibility of Research Committee Chair & RSSDI Coordinator for Advanced Certificate Course in Diabetes. I had tried my best to perform this dual responsibility with utmost sincerity to live up to your expectations.



Dr. Rajeev Chawla
Immediate Past President - RSSDI

The 21st Century has dawned with huge challenges in the form of growing disease burden of diabetes and cardiovascular risk. Not only have the lifestyles and eating habits changed, there is an increase in stress levels, sedentary habits and obesity. With newer technologies, tools and drugs being added to our armamentarium in fighting these challenges, we need to reflect, review and look ahead with hope and cheer in offering state of the art, evidence-based, individualized therapy to our patients and improve outcomes.

Vision of RSSDI has been to be recognized as a global leader for clinical care, education, training, research, advocacy and capacity building in the field of diabetes & to support diabetes research. The details of grants disbursed by RSSDI in the last one year and updates on the Advance Course are shared subsequently in this newsletter.

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

I extend my gratitude to Dr. Banshi Saboo President RSSDI & entire RSSDI Executive Committee for having supported me throughout my tenure and given me enough freedom to serve my commitments.

Looking forward to,
I remain yours
Dr Rajeev Chawla

Message from President Elect

Dear Colleagues,

We have been Regularly having Diabetes awareness and detection programs as a part of our Defeat Diabetes campaign inspite of the pandemic.

This was possible because of the vision of our President Dr. Banshi Saboo and the commitment and sincere efforts by our Secretariat and the members of the task force.

I wish to thank our patrons and past Presidents for their constant guidance and all our members and state chapters for their active participation in all our activities.



Dr. Ch. Vasanth Kumar
President Elect - RSSDI

I look forward to every one's support to continue our research and awareness activities and I also wish to see our state chapters becoming even more active by encouraging our members to take up the RSSDI activities in smaller towns and rural areas.

I wish to constantly interact with the office bearers and EC members of state chapters and work together with all our members across the country and take forward the movement of Defeat Diabetes to attain our goal of preventing Diabetes and providing guidance to people with Diabetes so that they lead normal life free from complications.

Let us also embark on gathering data of our patients across India and RSSDI will facilitate this process so that our members will start collecting data of their patients.

I also feel that it is very important to get the suggestions from all our members which can be incorporated in our future activities.

Let us together defeat Diabetes!

Dr. Ch. Vasanth Kumar
President Elect
RSSDI

100 Years of INSULIN

Amit Saraf, Ami Sanghvi, Rakesh Parikh



This is this is the centenary year of the discovery of insulin, the greatest medical breakthrough of its time. It elevated Sir Frederick Banting to the status of international hero, honored with countless awards including a knighthood and a Nobel Prize. To this day Banting remains the youngest Nobel Laureate in Physiology or Medicine, receiving the Prize in 1923 at 32 years of age.

Prior to the discovery of insulin, a diagnosis of type 1 diabetes was a death sentence. Patients were typically pre-pubescent children presenting with weight loss, excessive thirst, hunger and glucosuria. The only effective treatment was a calorie-restricted diet that starved the body of carbohydrates that fueled the hyperglycemia and coma that inevitably preceded death. Intensive research in the three decades preceding Banting's work identified the islets of Langerhans in the pancreas as the source of the internal secretion believed to regulate blood glucose. Several research groups had demonstrated the ability of crude extracts of pancreas to reduce glucosuria in diabetic dogs, but the side effects resulting from impurities in the extract precluded progression to clinical trials.

Macleod, an expert on carbohydrate metabolism, was attracted to Banting's skills as a

surgeon, clearly a considerable asset when applied to grafting. Macleod supplied Banting with a laboratory, dogs, and an assistant, undergraduate student Charles Best. The promising results of the early experiments encouraged Macleod to extend funding, and to recruit biochemist James Collip to oversee the successful purification of the internal secretion, which MacLeod named insulin from the Latin, *insula*, meaning island, referring to the pancreatic islets.

A discovery is a lesser achievement than an invention, the former requiring a “find” of an existing entity, whereas the latter requires creation. Inventions are considered the pinnacle of scientific achievement, since they originate in the imagination of an individual(s), without whose insight they would not exist, such as Einstein's theory of relativity or Darwin's theory of evolution by natural selection. The discoveries of insulin and the structure of DNA were areas of intensive research, and had Banting et al, and Professor James Watson and Professor Francis Crick failed in their endeavors, others would rapidly have succeeded, in the case of insulin within a few years and with DNA likely within a year.

Among the relatively recent medical discoveries including the smallpox vaccine, antibiotics, anaesthesia, oral contraceptives and chemotherapy, the discovery of insulin was the most accessible of the low-hanging fruit. It was based on a straightforward premise understandable by any competent researcher: the islets of Langerhans in the pancreas produce the internal secretion (insulin), which controls blood glucose levels. Given that hyperglycemia resulting from insufficient pancreatic insulin production is the cardinal feature of diabetes mellitus, judicious preparation of pancreatic extracts would isolate insulin, which could be used to treat diabetic patients. The relative simplicity of the idea and the urgent need to develop effective therapies to treat diabetes attracted up to 400 research groups by 1920, who attempted isolation of insulin. They all failed. A confounding factor, accepted by many contemporary researchers, was that the external secretion degraded the insulin, accounting for its unpredictable potency, thus a means of isolating the insulin from the external secretion was required before the purification process could be applied to homogenised pancreas. This concept was wrong, as the external secretion was stored in the pancreas in an inactive form, but it led to delays in progress as researchers tried in vain to develop methods for removing the external extract.

This brief account glosses over the incompetence, failure, ignorance, conflict, misunderstanding, suspicion, fear and finally triumph that defined the project. The core conflict lay in Banting's belief that Macleod was taking undue credit and stealing his data. While it was true that Macleod did not carry out any of the experiments, he did fund, support and advise on the project and was justified in referring to “our” experiments when presenting the data at conferences.

This transformed Banting's already heightened feelings of simmering resentment into hatred and relations within the group were irrevocably damaged. The final insult to Banting's already fragile ego was Collip's rapid success in purifying the extract where he and Best had failed. Controversy relating to Nobel Prize awards is common, but it is unusual that a nominee threatens to refuse the prize in protest to sharing the award with a colleague. Banting would rather sacrifice the most prestigious award in science than share it with the charlatan Macleod. Wiser counsels soon prevailed and for the sake of the reputation of the University of Toronto he accepted the award, sharing half of his prize with Best.

What is Banting's legacy? He is often described as a country boy who had difficulty adapting to cosmopolitan city life. He was also a decorated war hero who selflessly dedicated himself to helping his fellow soldier. Although naive as a researcher he struck gold with his idea about diabetes, which precipitated the discovery of insulin. However, he was unable to rejoice in his discovery and the countless lives it saved, and later became frustrated with his inability to reproduce his success in the field of cancer research. He died in a plane crash on a secret military mission to England in 1941 as part of a study on aviation medicine.

We think of Frederick Banting in the following context. Images of diabetic patients in Toronto prior to the introduction of insulin still have the power to shock, as current patients receive treatment before they reach such a wretched and emaciated state. The resurrection of Teddy Ryder and Elizabeth Hughes, among the first diabetic patients successfully treated with insulin, is a testament to its life-saving effects. No patient in 1922, their families, or the embattled doctors treating them would argue that insulin therapy was anything other than a miracle.

Diabetes & COVID

Dealing with the COVID19 pandemic and its impact on people living with diabetes was a huge challenge. Imposition of lockdowns to curtail the spread of infection made it even more difficult to communicate with Healthcare professionals (HCPs) and to ensure supply of medicines and insulin for patients in need. RSSDI, the largest Indian organization of professionals working for people with diabetes (PLwD) took up this challenge head on by forming a designated task force to handle this crisis. With the use of technology, various online activities were conducted for HCPs as well as PLwD.

There was a huge impact of lockdown on people having type 1 diabetes particularly children & adolescents. RSSDI released helpline numbers of insulin suppliers as well as glucometer strip suppliers for their help & support. At the same time to provide proper guidance to healthcare professionals as well as general public including people living with diabetes, guidance documents in English as well as few regional languages were released as early as April 2020.

At the end of lockdown, RSSDI has released guidance document for HCPs for post lockdown scenario to enable them to make their clinics imbibe Covid appropriate practices. Also online webinar was conducted by RSSDI on 14th June 2020 for HCPs for the same purpose. In spite of government restrictions during this pandemic, it was essential to help PLwD about fasting during Ramdan for which RSSDI has released one advisory in English & few regional languages.

Glimpses of Guidelines

COVID-19 risk for people with type 1 versus type 2 diabetes:

- In general, we don't know of any reason to think COVID-19 will pose a difference in risk between type 1 and type 2 diabetes.
- More important is that people with either type of diabetes vary in their age, complications and how well they have been managing their diabetes.
- People who already have diabetes-related health problems are likely to have worse outcomes if they contract COVID-19 than people with diabetes who are otherwise healthy, whichever type of diabetes they have.

Precautions to be taken in diabetics:

- Advise patients to drink lots of fluids. If patient is having trouble or pain in swallowing, advise them to have small sips every 15 minutes or so throughout the day to avoid dehydration.
- Patients should be advised for frequent self-monitoring of blood glucose to prevent hypoglycemia as well as to identify glycaemic excursions. Specific instructions should be given about hypoglycemia management e.g. to eat 15 grams of simple carbohydrates (like honey, jaggery, jam or hard candy) and about modification in their drug or insulin dose according to physician advice if hypoglycemia occurs.
- Patients, particularly type 1 diabetes patients, should be advised to check urine ketones when there is sustained Hyperglycemia with two readings of random blood sugar above 250mg/dl. If urine ketones are trace or small, they should be advised for adequate hydration and rechecking ketones in few hours. If urine ketones are moderate or large or persistently small or there are symptoms of DKA (abdominal pain, nausea, vomiting), they should immediately consult physician or emergency department of nearby hospital.
- Patients should be instructed about personal hygiene like regularly washing hands, avoid touching face and cleaning injection/infusion sites & finger-stick sites with soap and water or rubbing alcohol.
- Patients with diabetes, particularly those with poor glycaemic control, as they are at increased risk of complications, they should be instructed about warning symptoms and need for hospitalization if they develop such symptoms.
- Apart from these, patients should be instructed to follow social isolation to prevent spread of infection to others.
- Always to be in touch with your personal doctor in such situations.

Announcing

1st RSSDI RESEARCH RETREAT - PUNE

12th & 13th March 2022

An opportunity to -

- Present research papers
- Collaborate with fellow researchers
- Share ideas and thoughts on writing a research paper
- Networking and opportunity to meet mentors
- Look at opportunities for funding of research
- Participate in Workshops on Research Methodology, Formulating Research Ideas, Biostatistic Analysis and Data Sharing
- And many other subject of interest

Organised by



CMEs on RSSDI ESI Guidelines

We all know that we have the second-highest number of patients with diabetes in our country after China. Still, we are getting more complications, and one of the biggest reasons is only 20% of our diabetes patients are getting targeted control. We can achieve our goal if we treat these patients early and aggressively without any clinical inertia and prevent complications.

We have several guidelines from various bodies which are customized to different populations of people across the world. RSSDI took it upon itself to bring out the clinical practice guidelines, which are framed considering the Indian population in mind.

The main Purpose of this program is to create awareness about and promote the usage of RSSDI - ESI Guidelines across India by every clinician treating diabetes. RSSDI CMEs Agenda is designed in such a way that in the first part there is a guideline discussion while in the second part there is a case-based discussion.

RSSDI collaborated with USV - Leaders in Diabetes Care in India. USV being a Leader in diabetes care and with a proven track record of conducting mass educational CMEs across India, has partnered with RSSDI to create awareness and promote the usage of RSSDI Guidelines in clinical Practice.

RSSDI along with USV, planned to execute 552 District level CMEs in 3 phases in time span of 3 years.

In the 1st phase (Yr. 2020-21) witnessed 186 CMEs covering 154 districts with attendance of >8500 HCPs. In the 2nd year (2021-22), we have planned 256 CMEs covering 185 New Districts. Till date, 125 district level CMEs are completed covering >9074 Delegates. In total 311 CMEs concluded with > 17885 Delegates. All the meetings were graced by the presence of top-end RSSDI CME Speakers & RSSDI District coordinators. We also are conducting Defeat Diabetes Camp with RSSDI CME speakers and District coordinators as a part of the Awareness initiative.



By the end of FY 2023, a total of 552 districts will be covered with a reach of 35000 HCPs. Also, through the Awareness & screening Initiative, around >1000 Screening & awareness camps will be conducted with each RSSDI CME speaker & RSSDI district coordinators. Through these CMEs, we will ensure that HCPs across India are well versed with Indian population specific RSSDI guidelines and start implementing guidelines in their day-to-day Clinical Practice.

Defeat Diabetes Campaign

Task Force Members: **Dr. Amit Gupta, Dr. Rakesh Parikh, Dr. Sachin Chittawar, Dr. Nanditha Arun, Dr. Supratik Bhattacharya, Dr. Purvi Chawla**



Chief Justice of India, Mr. N.V. Ramana

RSSDI Launched a 100 days campaign named as “Defeat Diabetes” with an objective of reaching 100 million people in 100 days with a motto to increase awareness on diabetes and to highlight the importance of Test, Track and Treat in diabetes management. Defeat Diabetes campaign was launched by the chief justice of India, Justice N V Ramana on 1st July 2021. RSSDI made a declaration in the presence of the chief justice of India. A pledge to defeat diabetes was also administered.

Over next 100 days the defeat diabetes task force along with more than 250 ambassadors were actively involved in spreading awareness with the use of various social media platform like Facebook, Instagram and Twitter. Innovative creatives with education material were widely shared on social media by thousands of RSSDI members. Live educational sessions were conducted on Facebook and YouTube by ambassadors on daily basis which were viewed by thousands of people. The ambassadors were also conducting local community reach programs that were widely covered by local print and electronic media. Celebrities like Bollywood actors, social activists, politicians, bureaucrats etc. also supported the campaign by sharing the education material on their social media handles. Many of them also joined Diabetes Bytes, the weekly live show of RSSDI.

An online petition to Declare Blood Sugar as fifth vital sign was published on change.org. The petition has already been signed by around 5000 doctors. A separate FM campaign was conducted in all major cities of India, with 20-40 doctors from each city, the audio bytes being played 6 times a day for one week.

Interim analysis of the campaign at the end of 75 days revealed that we have already reached 123 million people. The reach of campaign through various other modes like WhatsApp, Community reach programs, FM, Media etc. could not be assessed.

The Defeat Diabetes campaign witnessed an unprecedented enthusiasm from medical professionals. This motivated the team to launch another ambitious project of testing One Million People in One Day. Rotary India, Art of Living and BeatO became the partners for this event. On 28th of August 2021 a delegation of doctors led by Dr Banshi Saboo, visited Art of Living International Centre Bengaluru to Invite Gurudev Sri Sri Ravi Shankar as Chief Guest for the launch of "One Day One Nation One Million Sugar Tests" event. On 8th of September 2021 a MOU was signed between RSSDI and Rotary India to work together on diabetes advocacy for next three years.



One Nation One Day One Million

Task Force Members: **Dr. Amit Gupta, Dr. Rakesh Parikh, Dr. Sachin Chittawar, Dr. Nanditha Arun, Dr. Supratik Bhattacharya, Dr. Purvi Chawla**



Testing one million people in one single day was a herculean task that would require a well-coordinated execution and planning. A geolocation based webapp was developed. RSSDI members were appealed to register their clinic and hospitals as a testing site on the portal. A special app was created for general public wherein they could search for the nearest testing site and navigate to the centre. People who would want to participate in the event by testing blood sugar at home were offered a separate link to enter their data. Several online meetings were conducted with the partner organizations to ensure the fulfilment of all their logistical requirements. Online training sessions were conducted for training people regarding the overall execution of event including data entry. This being the first of its kind event, Asia Book of Records was invited to oversee and validate the data.

The "One Nation One Day One Million Blood Sugar Tests" was launched by Gurudev Sri Sri Ravi Shankar, Founder Art of Living on 28th September, 2021 in a virtual ceremony. With the dawn of 29th Sept, thousands of sites logged in for the data entry. All WhatsApp groups were flooded with pics from various cities and queries regarding difficulties in entering data. The IT team kept on struggling for the whole day to be able to meet the demands of server load. RSSDI members from all states, including the youngster to the patrons enthusiastically participated in the event. The data was later verified by validators from Asia Book of Records. In total 106,498,9 people were tested in one single day at 10,258 sites across India. History was created and Asia Book of Records honoured it by presenting the certificate to RSSDI.



The Defeat Diabetes Campaign concluded on 1st Oct 2021. But it was no more just a campaign.

By now it took the shape of a movement. On the occasion of Gandhi Jayanti, Diabetes Vijay Rath was flagged off from Gandhi Ashram by the Honourable Health minister of Gujarat in the august presence of various other luminaries. The Diabetes Vijay Rath covered the distance of 942 km in one week, travelling through various cities like Udaipur, Kota, Ajmer, Kuchaman City, Jaipur, Alwar, Faridabad, Greater Noida. RSSDI members from these cities welcomed the Vijay Rath and conducted several public awareness activities at their respective cities. The Diabetes Vijay Rath reached Rajghat on 8th Oct 2021. A delegation of Doctors led by RSSDI President Dr Banshi Saboo, Dr Vasanth Kumar and Dr Sanjay Agarwal paid tributes to the father of the nation - Sh Mahatma Gandhi. The delegation then met honourable union health minister Mr Mansukh Mandaviya ji and handed over a white paper. Honourable health minister appreciated the efforts of RSSDI and assured his full cooperation for the realization of his own dream of Diabetes Mukta Bharat. Defeat Diabetes campaign has now turned into a movement and RSSDI will continue to work for diabetes Advocacy.



"Look out for details of the 50th Annual Meeting in Chennai - 2022"

Joint Workshop RSSDI AIOS VRSI

RSSDI Work done with the Vitreo Retinal Society of Pune

A joint workshop on Diabetic Retinopathy (DR) for Diabetologist and ophthalmologists was held on December 16th, 2020, by Research society for the study of Diabetes in India (RSSDI), All India Ophthalmology Society (AIOS) and Vitreoretinal society of India (VRSI).

The target audience was diabetologist, physicians and general ophthalmologists from all over the country. The purpose of the workshop was to propose a holistic approach to DR screening. The workshop began with a welcome note by Dr. Banshi Saboo (President RSSDI). Dr. Saboo stressed the need for these training workshops for physicians on DR screening and referral guidelines. Dr. Sanjay Agarwal, Secretary of the RSSDI, outlined the objectives of the workshop.

The workshop objectives were as follows:

1. To provide a practical framework to the diabetologist in the screening and management of DR.
2. To provide a clear understanding of planning, management, and evaluation of a comprehensive diabetes eye model.

The workshop methodology included tools to assess knowledge, attitudes, and practices before and after the workshop, as well as interactive presentations and quizzes on the detection and management of diabetic retinopathy. The faculty members were Dr. Sanjay Agarwal (RSSDI), Dr. Padmaja Kumari Rani (LV Prasad Eye Institute) and Dr. Rajiv Raman (Sankara Nethralaya). The entire program was moderated by Dr. Raja Narayanan, Hon. Gen. Secretary, VRSI.

Advance Course in Diabetology Update

Advance Course in Diabetology Update:

One of the key areas offocus is to train doctors at all levels to better manage Diabetes and its complications. RSSDI recognizes this problem and runs a well-structured, full time, residential “Advanced Certificate Course in Diabetology”. RSSDI has accredited 4 New centres across India and more centers are being inspected for accreditation. At present RSSDI has 22 centres.

12 Students took admission in Feb 2021 Batch, 12 Students got admission in July 2021 Batch, 4 Students appeared in Jan 2021 Exit Examination & 10 Students appeared in June 2021 Exit Examination.

We request all the state chapters and RSSDI Accredited centers to advertise and popularize existing “Advanced Certificate course in Diabetes” which is accredited by both RSSDI and Jaipur National University. We invite applications from all eligible students twice a year in Jan and June for new enrollment, details of which can be gathered from RSSDI website: www.rssdi.in

RSSDI Grants Update

The main objective of the RSSDI is to function as a scientific body encouraging and assisting research. Every year we invite research proposals from Indian scientists, who are members of RSSDI, interested in conducting research in the field of Diabetes, Endocrinology & Metabolism.

The eligibility criteria and application process is listed on our website <https://www.rssdi.in/newwebsite/page.php?id=20>

All research proposals are reviewed by the Research Committee currently chaired by Dr. Rajeev Chawla. All grant proposals are scrutinized to ensure they meet our requirements by an internal review process and approved proposals are disbursed grants in a speedy manner. The entire process is completely unbiased.

Applications for grant proposals are opened every 3 months and researchers can submit the same online on our website in a pre-specified format. From submission to approval and disbursement, the time taken is approx. 2 months.

All completed research papers funded by RSSDI are now uploaded on our website for everyone to read. We have made this mandatory for every grant awarded.

All grant awards are expected to present their work at RSSDI Annual Conference during research papers session.

Update on Proposals for the year 2020-21

There were 38 proposals submitted for RSSDI Grant in the last one year and 17 were approved based on the research committee recommendation. RSSDI has released a total 17 Grants of Rs. 68,58,549/- (5 IPDS Grant, 11 New Grants ,1 Running grant) .

Interested candidates also can apply at one of the centers out of 22 RSSDI accredited centers given below:

RSSDI List for Accredited Centers

Sl.No.	Institute Name	Institute Location
1.	Diacon Hospital	Bangalore, Karnataka
2.	North Delhi Diabetes Centre	New Delhi, Delhi
3.	Prithvi Hospital	Tumkur, Karnataka
4.	Total Diabetes Hormone Institute	Indore, Madhya Pradesh
5.	Dia Care - A Complete Diabetes Care Centre	Ahemdabad, Gujarat
6.	Sonal Diabetes Hospital	Surat, Gujarat
7.	Jothydev's Diabetes and Research Center	Trivandrum, Kerala
8.	Advanced Endocrine & Diabetes Hospital	Hyderabad, Telangana
9.	Sunil's Diabetes Care N' Research Centre	Nagpur, Maharashtra
10.	Marwari Hospital and Research Centre	Guwahati, Assam
11.	Down Town Hospital	Guwahati, Assam
12.	St. Theresa's Hospital	Hyderabad, Telangana
13.	Aegle Clinic	Pune, Maharashtra
14.	Lilavati Hospital & Research Centre	Bandra West, Mumbai
15.	Srajan Hospital	Udaipur, Rajasthan
16.	Endeavour Clinics & Dr. Sambit's Centre of Diabetes and Endocrinology	Bhubaneswar, Odisha
17.	ILS Hospital, Salt Lake	Salt Lake City, Kolkata
18.	Belle Vue Clinic	Dr. U N Brahmachari Sreet, Kolkata
19.	Arthur Asirvatham Hospital	Mdurai, Tamil Nadu
20.	M V Hospital for Diabetes	Chennai, Tamilnadu
21.	Sarvodaya Hospital and Research Centre	Faridabad, Uttar Pradesh
22.	Galaxy Speciality Centre	Sodala, Jaipur

RSSDI ISP Partnership



To address the burden of oral diseases such as periodontitis in patients suffering with diabetes and highlight the bidirectional link between diabetes & oral disease, the RSSDI & ISP came together to release a clinical practice guideline on Diabetes & Oral Care titled "Management of periodontal disease in patients with diabetes- good clinical practice guidelines: A joint statement by ISP & RSSDI" supported by Colgate-Palmolive (India) Limited, which was simultaneously published in the Journal of Indian Society of Periodontology (JISP) and International Journal of Diabetes in Developing Countries (IJDDC).

Faced with the Covid related challenges for a physical workshop the scientific panel comprising of more than 50

eminent periodontist & diabetologist accomplished the intense scientific deliberations over virtual meetings clocking more than 200 hours of research, discussion and medical writing to release the guideline at the inaugural webinar of the National Conference of Indian Society of Periodontology .

The clinical guidelines has proven to be a major scientific tool in enhancing endeavors to highlight the bidirectional link between diabetes & oral disease and also aid in clinical decision making for management of periodontal diseases in patients with diabetes

RSSDI Social Media Activities



One of the most comprehensive and consistent initiatives of the RSSDI social media team comprising of **Dr. Purvi Chawla, Dr. Neeta Deshpande, Dr. Shalini Jaggi, Dr. Sanjay Reddy, Dr. Pratap Jethwani and Dr. Amit Gupta** has been Diabetes Bytes, an educative programme streamed live every week (Thursday, 7.30-8.30 pm) on the official RSSDI handles on Facebook, YouTube, Instagram. While catering to physicians and the general public, Diabetes Bytes has covered the entire gamut of diabetes and created inroads into people's lives by establishing RSSDI as a credible, authentic

knowledge source for diabetes and spreading knowledge about RSSDI activities using a free, social media platform. With a glorious year completed in July, 2021, Diabetes Bytes has maintained the reputation of being the only live show in India using a conversational format in two national languages, with experts like RSSDI patrons, EC members, task force, state chapter teams, endocrinologists, members, celebrities, patient champions, cross-functional associations like the DIPSI, ISPAE, IDA, FOGSI and internationally, the IDF, NHS and others. A striking campaign, Facts over Rumours, was undertaken almost immediately by RSSDI Diabetes Bytes in April-May, 2021 as a 10-day series, with international/national experts and T1DM Task Force, dispelling rumours by fake practitioners of alternative medicine claiming cure for T1DM and encouraging insulin stoppage and death. In order to prevent physicians, people living with T1DM and their families from falling prey to these false claims, experts tackled a variety of scientific, medical, social aspects of T1DM clarifying myths and rumours, guiding them to seek medical help and continue insulin therapy, a proven life-saver for this population in tandem with releasing an urgent press advisory in different languages, widely disseminated for the same intention followed by a national television channel partner to reinforce and relay these scientifically correct messages on T1DM.

Sakhi Initiative

Diabetes and other metabolic disorders have been known to affect women in a different way from men. Additionally, a woman goes through several physiological stages in her life that can have an impact in the way these diseases progress. Therefore, the counseling, therapeutics and prognosis can be vastly different than in men, especially in terms of outcomes such as cardiovascular disease and mortality. This book on Women and Diabetes is an initiative that will bring home the above mentioned issues in a scientific and evidence based manner and promises to be a primer on the subject. In fact, all health care professionals treating women with diabetes will benefit greatly from this compilation. This compilation goes over and above the medical needs and attention of the diabetic women, but also address the sociological aspects of their life which in turn surely affects their physical and mental health. This initiative takes care of the woman through menarche, reproductive years and menopausal years as well, giving them wholesome care throughout their life. The book is a comprehensive, yet crisp and concise read encompassing all medical aspects of a diabetic women and would be found useful by both medical, paramedical and the common man too. In spite of being a primer on the subject, the book is quite adequate in terms of covering the topic in its toto and in a lucid manner too.



RSSDI Year Book

RSSDI Yearbook of Diabetes is a collection of carefully selected articles and certain curated articles from various prestigious peer reviewed journals published over the last one year. These journals are both national and international. Current and relevant topics are included to ensure clinicians are fully up-to-date with the latest developments in the field of diabetology and internal medicine. In the previous edition (2020), the scientific team under the leadership of Professor Sujoy Ghosh attempted to provide background information on what was already known and what the study added in terms of clinical importance and the take to practice for the physicians, in a concise yet comprehensive manner. This method proved very useful both for the practising busy clinician and the studying post-graduate student of medicine too. The book has been an excellent resource for education and teaching in diabetes and was widely appreciated and accepted. Work on the 2021 year book is already underway under leadership of Professor Sujoy Ghosh and we are planning to release the book in March 2022. We urge all clinicians in the field of diabetes to read the upcoming Yearbook of Diabetes and its upcoming editions. We welcome further suggestions for the betterment of subsequent editions, so that we can try to accommodate more and more topics and suggestions from most of our readers to make the book a very comprehensive read.

Type 1 Task Force



RSSDI Digital Workshop on Type 1 Diabetes
16th & 17th Oct, 2021
12:00PM – 08:00PM

Join RSSDI - Type 1 Diabetes Network
T1DN

Objective
To improve the standard of care of Type 1 Diabetes in India

Who should attend?
Diabetologists/ Physicians with a keen interest in managing Type 1 Diabetes

Organized by:
RSSDI

Dr. Banshi Saboo President - RSSDI
Dr. Ch. Vasanth Kumar President Elect - RSSDI
Dr. Sanjay Agarwal Secretary - RSSDI

RSSDI Type 1 Diabetes Task Force
Dr. Alok Gupta UK
Dr. Partha Kar UK
Dr. A. K. Jhinghan New Delhi
Dr. Archana Sarda Aurangabad
Dr. Deepak Dalal Mumbai
Dr. Rishi Shukla Kanpur

[Click here to Register](#)

Task Force Members: **Dr. Rishi Shukla , Dr. Deepak Dalal, Dr. Ashok Jhinghan, Dr. Archana Sarda**

RSSDI has for the first time ever formed a T1D National Task force under the mentorship of Dr. Banshi Saboo & Dr. Sanjay Aggrawal. The team includes Dr. Archana Sarda, Dr. Rishi Shukla, Dr. Deepak Dalal, and Dr. AK Jhinghan with an International Advisory Board Dr. Partha Kar and Dr. Alok Gupta.

The mission and vision of the RSSDI T1D Activities is to improve standard of care for people with T1D and to take it to the last mile in the country, spanning the metropolitan areas to the hinterlands of the country.

A launch dedicated to 100 years of Insulin was done and 40 centers of excellence in T1D care were enrolled from across the country and provided with resources to support underprivileged children with T1D. This initiative was very widely appreciated and accepted and proved to be a launching pad for many more such much needed initiatives in the near future.

T1D Network Workshops were conducted on 16th May 2020 and 16th-17th October 2021. These workshops featured comprehensive science and care modules by experts and were attended by HCPs from across the country showing keen interest in T1D care. These HCPs shared their knowledge, expertise and experience and thoroughly enthralled the audience.

RSSDI has designed teaching modules in T1D care for HCPs, educators, caregivers and patients. These will be available shortly for structured training. These modules will hopefully bridge the gap between up-to-date information and communication between the care giver and receiver as well.

Technology Task Force

Task Force Members - **Dr. Jothydev Kesavadev, Dr. Manoj Chawla, Dr. Sunil Jain, Dr. J. P. Sahai**

Today technology is revolutionizing healthcare and the field of diabetes is no exception. Modern day technology is making progress in bridging the gaps not addressed by conventional practices of medicine. The RSSDI technology task force was created with a vision to improve the awareness, education and training on the use of various technologies in the field of diabetes. We are living in an electronic age and clinical practices shall adopt and adapt to new ways of working. It is important that we understand, learn and engage how to use these modern age tools to our advantage for betterment of our patients.

Glucose monitoring has evolved from Urine glucose monitoring to SMBG to CGMs which offer the advantages of measuring newer metrics of GV and overall blood glucose control like SD, MAGE and Time in Range (TIR). These metrics are now being recommended for improving diabetes care across international algorithms and guidelines.

Insulin pumps offer the advantage of continuous subcutaneous insulin delivery and have been a boon for many patients needing multiple daily injections. From working as delivery devices, we now have pumps which sense and pump, lowering chances of hypoglycaemia and GV. Hybrid close loop systems are around the corner and they offer further advances in automated insulin delivery systems.

Compliance with LSM, monitoring and medication has always been a challenge in PWD. Various Apps available now are guiding and engaging the user towards better adherence and better outcomes. The need of the hour is to validate and guide PWD and physicians alike towards a genuine APP selection.

RSSDI has taken on this responsibility to support the correct use of technology, evaluate new products and advances, guide physicians and patients on strengths and limitations of the various technologies available. The Task Force has effectively carried out training sessions in the last one year since its inception to help physicians understand the nuances of various different technologies in the field of diabetes. All training modules shall be available shortly on our RSSDI Learning management platform for review.

We thank our members of the RSSDI task force **Dr. Manoj Chawla, Dr. Jothydev Kesavadev, Dr. Mithun Bhartiya, Dr. Sunil Jain, Dr. J Jayaprakash Sahai** for the efforts made in making this endeavour possible so successfully.



Organized by:
RSSDI

Diabetes & Technology

DTN
RSSDI - Diabetes Technology Network

12th September, 2020 (Saturday)
2:00PM – 8:00PM
13th September, 2020 (Sunday)
9:30AM – 1:00PM

Objective
Acquaintance to Devices & Digital Technology for Diabetes care

Who should attend?
Diabetologist / Endocrinologist / Physicians / Educators with a keen interest in Diabetes & Technology

Dr. Banshi Saboo President - RSSDI
Dr. Sanjay Agarwal Secretary - RSSDI

Organized by
RSSDI Diabetes & Technology Task Force

Dr. Jothydev Kesavadev Trivandrum
Dr. Manoj Chawla Mumbai
Dr. Mithun Bhartiya Guwahati
Dr. Jalprakash Sal Hyderabad

[Click Here to Register](#)

rssdihq@gmail.com [+91 9099331349](tel:+919099331349)

Chapter News

State chapters of RSSDI have conducted several activities in this quarter so far, both academic as well as those related to functioning of the society. This details are given below :

Kerala Chapter

The RSSDI Kerala Chapter has been actively involved in research. Three different research projects have been funded.

- 1) Effect of partial substitution of diet with unripe Jackfruit based on recipe on Glycaemic parameters.
- 2) Prevalence of Diabetes and Pre diabetes and Metabolic Syndrome in survivors of childhood leukaemia.
- 3) HLA typing of children with Type 1 diabetes Mellitus. Pilot study on autoantibody status of relatives of Type 1 DM children showed possibility in 1 in 85 subjects tested.

The results of these studies are awaited. The full report with study results will be published soon.

Chhattisgarh Chapter

Members of RSSDI Chhattisgarh state chapter have been actively involved in various academic activities. The state team actively participated in Indian Diabetic League IDL 2020 on 26th Oct 2020 and won the match against Team Haryana.

The Chhattisgarh chapter also participated in the Defeat Diabetes campaign actively. The state had registered over 100 centres as sugar testing sites for the One Day One Nation One Million Tests event which was conducted on 29th Sept 2021. Chhattisgarh state has been one of the active partners of this historic record making event which was published in Asia Book of Records.

The Chhattisgarh state also had its representation in the recently held Kaun Banega Diabetes Ka Big Boss event. The state team participated in the quiz on 25th Oct 2021.

Bihar Chapter

RSSDI BIHAR conducted five public webinars to create awareness against COVID19 and diabetes from the month of December 2020 to April 2021.

Around six CMEs were conducted by the founder chairperson Dr. Ajay Kumar, Immediate chairperson Dr. R P Srivastava, and Dr. Subhash Kumar.

Also financial help was offered to one of the members, when she was in need of an emergency fund for COVID-19 treatment as her treatment cost went beyond her financial limits and it brought us immense satisfaction that she responded positively to the line of treatment. The financial support came from the personal contribution of several RSSDI members for which we are highly grateful.

We also conducted seven district co-ordinator CMEs which involved PG's presentations and G.Ps discussion. The program was inaugurated by President elect Dr. Vasanth Kumar.

The annual meeting was conducted on the 25th and 26th September 2021 in a webinar form.

Gujarat Chapter

RSSDI Gujarat chapter conducted 18 district coordinator CME till date along with USV.

Annual hybrid meeting was conducted at Mehsana in August 2021. 1500 delegates attended the meeting virtually, while 50 delegates were physically present in the meeting. Dr. Sanjay Agrawal delivered the oration.

Webinar about special issues in Diabetes on mental health, heart failure and sexual dysfunction on 5th September 2021 from 10am to 2pm was conducted.

Defeat Diabetes campaign attracted active and enthusiastic participation from each and every corner of Gujarat from medical students, post-graduates of medicine and clinicians.

Vijay Rath was started from Ahmedabad, Dr Urman Dhruv was present among dignitaries to flag off the rath. The procession embarked with much joy and hope.

Assam Chapter

After the COVID-19 outbreak, the Assam Chapter RSSDI had to restrict most of its activities to digital media only. The continued medical education (CME) programme was carried out through e-platforms. In this connection, the Chapter organized an E-CME on Doctor's Day (i.e., 1st July 2021). The main focus of the CME was the management of Type 2 Diabetes in relation to new antidiabetic drugs. More than 60 state delegates attended the conference. During the COVID era, the Chapter organized different CMEs with local and national faculties. Eastern Zonal Virtual Diabetes Conclave – RSSDI Assam Chapter was organized on 4th September 2020 (Friday) from 7:30 PM to 9:30 PM. Different topics concerning gliptin treatment were discussed. Dr. Banshi Saboo, National Chairman, RSSDI was one of the speakers. Dr. Abhay Sahoo from Odisha Dr. Kalyan K. Gangopadhyay from Kolkata were speakers in the meeting. More than 200 delegates attended the conference. RSSDI Assam Chapter also organized its mid-term CME on 13th September 2020 (Sunday) from 7:30 PM to 8:30 PM on a digital platform. The aim of the CME was to hear from young upcoming local speakers. The virtual CME was a very successful one. About 60 delegates attended it.

During the second wave of COVID-19, the State Chapter conducted awareness programmes on diabetes management through some programmes on local TV shows. It is hoped that these programmes enabled the public to understand the importance of

Chapter News

diabetes management during the pandemic. The executive body and members of the RSSDI Assam Chapter have taken an active part in the various programmes organized by the central committee, including the Diabetes District Coordinators' Programmes, RSSDI's Defeat Diabetes Campaign etc. The executive committee and members of the RSSDI Assam Chapter took part in the 'One Nation-One Day-One Million people screening' programme, which was organized by the Central RSSDI whole-heartedly. The event was organized on 29th September 2021 (World Heart Day).

The executive body authorized Dr. Suranjit Baruah (Senior Consultant Physician, Guwahati) to hold the state election for the formation of the new executive body as the tenure of the old body will end very soon. He completed the election process successfully. The following office bearers were declared elected: Chairman : Dr. Ripun Borpuzari, Chairman (Elect) : Dr. Dinesh Agarwal, Vice Chairman : Dr. Karuna Kanta Barman, Chapter Secretary : Dr. Sanjib Medhi, Chapter Treasure : Dr. Anuj Kumar Baruah, Executive members : Dr. Rupam Das, Dr. Harshavardhan Kalita, Dr. Balanuz Mazumdar, Dr. Mithun Bharatia and Dr. Kamal Kumar Jain.

As the second wave of COVID-19 is subsiding and restrictions are being lifted, more programmes with people's participation may be planned in the future. These include diabetes screening camps, diabetes awareness camps and type I diabetes support programmes.



State chapter RSSDI, Assam taking part in a local TV show as a part of diabetes awareness during COVID 19 lock down period.



A moment during health check up in relation to the one nation, one day, one million people screening program organised by RSSDI on 29/09/2021 (World Heart Day).



Diabetes Awareness camp at village Manahkuchi, Dist. Kamrup, Rural on 26/01/2020 (Indian Republic Day).

Maharashtra Chapter

RSSDI Conference state chapter 2020

Maharashtra state RSSDI chapter organised the state level Diabetes Conference from 14th to 16th February 2020, under the leadership of Dr. Shashank Joshi (Chairman), Dr. Narayan Deogaonkar (State chapter secretary & Organising Secretary). The Conference was attended by almost 600 to 700 Physicians & Diabetologist across the state. On 14th Feb 2020 Diabetes walk was arranged, & inaugurated by Padamshree Dr. Shashank Joshi (State Chapter Chairman), in which almost 200 people participated. On 15th Feb, Conference was inaugurated by Dr. Dilip Mhaisekar (Vice Chancellor of MUHS), in the presence of National President Dr. Bansi Saboo, National secretary Dr. Sanjay Agrawal, National treasurer Dr. Sunil Gupta, State Chairman Padmashree Dr. Shashank Joshi, immediate past chairman Dr. Vijay Panikar. On 16th Feb. Public awareness program was done by Mr. Sharad Upadhye. Brainstorming sessions were conducted by state and national renowned faculty on all 3 days.

RSSDI conference state chapter 2021

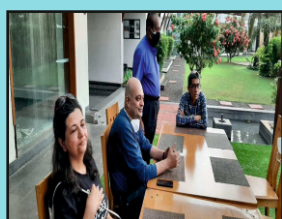
On 13th & 14th February 2021 there was state level conference organised by Dr. Shashank Joshi (State Chairman) & Dr. Narayan Deogaonkar (State chapter secretary & Organising secretary), the conference was organised in hybrid way where most of the talks were online & almost 100 to 150 doctors attended the conference physically.

State Executive Committee Meeting

State executive committee was arranged in Nashik on 24th & 25th of September 2021 & CME was arranged for the District Coordinators of Maharashtra state chapter. Renowned faculty delivered talks to the district co-ordinators. Decision to held elections for the state chapter was taken and Dr. Shashank Joshi and Dr. Sanjeev Indurkar were appointed as election officers.

Blood Sugar Check-up Camp

Free Blood sugar Check-up Camp was arranged on 29th Sept. 2021 by RSSDI. Around 1000 sugar tests were done at Nashik & tests were also done at different locations by RSSDI members across the state.



Tamil Nadu Chapter



ERODE

* “Update on Insulin Therapy and Bridging Barriers in the Indian Context” - A Virtual Meeting was held on 21st August 2021 supported by Novo Nordisk

The following Events were Organized by the EC Member of RSSDI, Vellore

· On 8th Mar 2021, Dr. Go. Bharani, EC Member of RSSDI, Vellore celebrated the “International Women's Day” by conducting 'Diabetes Complication Screening Camp' along with CUM Company, Ranipet.

· “One Nation, One Day, One Million Tests” a Diabetes Detection Camp was held at Vallimalai Village on 29th Sep 2021, for Asia Books of Records.



· Also, they have conducted regular Monthly Awareness Camps on 'Prevention of Diabetes' to aid Public and Patients with Diabetes.

The following Events were Organized by the EC Member of RSSDI, Dindigul

· Between May 2020 and June 2021, EC Member of RSSDI, Dindigul Dr. C. Muralidharan performed Free Services during Covid-19 Challenging Times. Screening Camps on Retinopathy / Neuropathy / Nephropathy were conducted for the benefit of Public and Patients.

VELLORE

· Similarly, they have provided Free Consultation Service to Public between 1pm and 3pm and from 6.30pm to 8.30pm every Day through WhatsApp and Phone Calls for creating Awareness on Diabetes.

· A Programme on One Nation, One Day, One Million Tests was hosted for Asia Books of Records.

The following Events were Organized by the EC member of RSSDI, Erode

· On 29th August 2021, EC Member of RSSDI, Erode Dr. A. Bhavatharini conducted COVID 19, 3rd Wave Awareness Program

· On 28th October 2021, Conducted the Camp in URC Construction Office, Erode and yet another Awareness Camp on the same day with Staff Members of Police Department, Erode District.

Annual Conference - TRAC 2021

The 12th Annual Conference of RSSDI Tamilnadu Chapter is scheduled to be held on December 18th and 19th, 2021. The Conference will be a Two Days Event covering various interesting Sessions such as Scientific Lectures, Presentations on Research and Updates, Debates, Workshops and Panel Discussions.

State Chapter Election

Notification and Nomination Forms regarding the upcoming Election of the Tamilnadu Chapter Executive Committee and its Office Bearers for the year 2021-2022 have been sent to all the Members.

District Coordinators CME Programmes up to Aug 2021

* Nearly 20 Webinars accentuating "RSSDI Guidelines 2020: Putting into Practice" were conducted in various Districts in collaboration with USV

State Level CME Programmes Organized under the banner of RSSDI

* On 25th Feb 2021, A Regional Digital Scientific Meet took place on the “Current Trends in Cardiology”.



DINDIGUL

Chapter News

Delhi Chapter



Community engagement program with more than 100 kids with T1DM

Directory publication. Fitness Run had expenses of Rs 5,23,000/- and there was a net profit of more than Rs1,00,000/- which is unprecedented for a one-day event.

Hope this works as an eye-opener and better senses prevail on these members so that they desist from systematically targeting individuals to further their grudge & agenda and rather work constructively for the general good of our branch.

Karnataka Chapter



KRSSDI 2021, 17th Annual conference was organized on a Hybrid one with Inaugural function and orations being done at Yenepoya Medical University campus physically and the other part of the conference being on the virtual platform. Dr. Vijay Kumar K and Sekhar Y as the organizing secretaries with Dr. Sydney D'Souza being the Chairman, Dr. Suman R as the Scientific Chairman. It was a very successful program, with well thought of scientific topics and a very immaculate faculty including both national and international thought leaders. Provisions were also given for the Paper presentation for the postgraduate students. Life time achievement was awarded to Dr. Prabha Adhikari. Dr. Munichoodappa C Oration was delivered by Dr. Sudha Vidyasagar.

The new GC Was inducted post Elections.

The Indian Diabetes League was organized by the Central RSSDI, and our team was represented by Dr. Balaji Jaganmohan, Dr. Mahesh and Dr. Swaraj Waddanekeri, coached by Dr. Manohar KN, and captained by Dr. Sydney D'Souza won the match. Many of Karnataka RSSDI members participated in "Defeat Diabetes Campaign" and contributed significantly towards the success of "One Nation, One Day One Million Tests".

Jharkhand Chapter



RSSDI JHARKHAND has been promoting membership drive in the state. During the COVID times we conducted bimonthly webinars involving eminent speakers both from the national level and the state level.

Diabetes awareness programmes were held across the state and the state took active participation in the Defeat diabetes campaign initiative which was taken up nationwide with almost 100 centres involved across Jharkhand.

We are distributing free insulins to about 37 diabetic patients and also taken up their regular check ups and screening at no cost to the patients.

Recently the state chapter opened a new bank account according to the guidelines of the headquarter. We are looking forward to do many more activities this year from our end.



**Creating a New benchmark of Quality
for Indian Patients...**

Justoza
Dapagliflozin 5mg/10mg
... For Life

Justoza-M
Dapagliflozin 5mg/10mg + Metformin 500 mg/1000 mg
... For Life

DAPAGLIFLOZIN WITH

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DMF
GRADE

API comes from DMF
facilities approved by
USFDA, EU GMP, WHO
GMP Certified plants

Supports regulatory
requirements of
USFDA

Internationally accepted
Quality, Efficacy & Safety
standards

**Best in Global Quality at Affordable
Prices for our Indian Patients**