



# RSSDI'S DEFEAT DIABETES CAMPAIGN



[WWW.DEFEATDIABETES.ONLINE](http://WWW.DEFEATDIABETES.ONLINE)



# RSSDI

## RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA

RSSDI is the largest association of medical professionals dedicated to the care of people living with Diabetes in Asia. It has 21 state chapters and 743 district coordinators.

In addition to Annual National Conference, the organization also conducts annual conferences of state chapters, mid terms CMEs, training workshops etc. for continuous education of medical professionals.

RSSDI also publishes its medical journal - International Journal of Diabetes in Developing Countries, RSSDI Text Book of Diabetes, Newsletters and Practice Recommendations, guidelines, and consensus statements.

RSSDI members are given grants for conducting various research projects. RSSDI also contributes to public awareness with various activities like community reach programs, village adoption programs, weekly live event - Diabetes Bytes, etc.



Registered in 1972



21 State Chapters



Over 10,000+ Members

## MESSAGE



“

Test, Track and Treat are three pillars of Defeat Diabetes. Our Mission is to Reach 100 Million People in 100Days

”

**Dr Banshi Saboo**  
*President, RSSDI*

“

India has a huge burden of diabetes. The only way to tackle this problem is to educate our fellow Indians and raise awareness on diabetes

”

**Dr Vasanth Kumar**  
*President-Elect, RSSDI*



“

In India, We need a transformation - a society that's mindful of blood sugar, which is now becoming the 5th vital sign for human life.

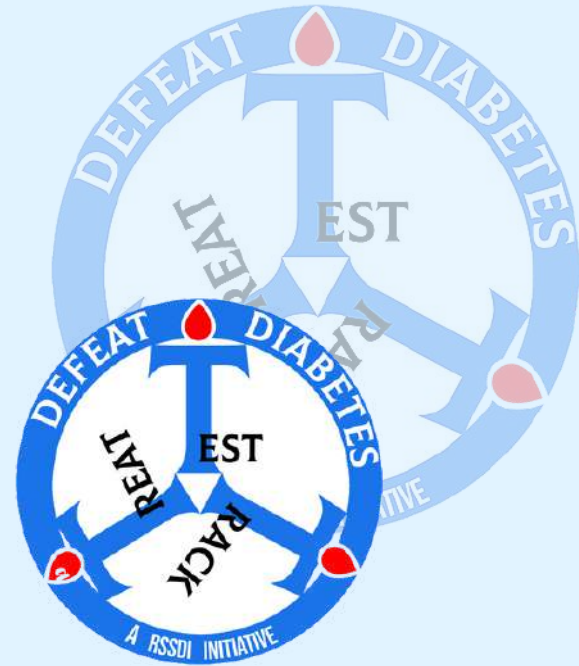
”

**Dr. Sanjay Agarwal**  
*Secretary, RSSDI*



# Defeat Diabetes Campaign

The second wave of the COVID pandemic has taught us very tough lessons. People living with diabetes or undiagnosed diabetes, and even with prediabetes were at 2 to 6 times higher risk of severe infections, hospitalization, and death. Realizing the urgent need for diagnosing the undiagnosed, tracking, and treating those who have diabetes, the Research Society for Study of Diabetes in India (RSSDI) launched the Defeat Diabetes Campaign with an objective of reaching 100 million people in 100 days with the message - Test, Track and Treat.



## MISSION

In 100 Days  
Reach  
100000000  
Peoples



## VISION

Defeat  
**Diabetes**



Test | Track | Treat



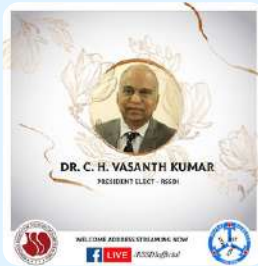
# The campaign was launched

on the occasion of Doctors Day (1st July)



By

**Honourable Justice N V Ramana**  
Chief Justice of India



## Launch of RSSDI's Defeat Diabetes Campaign



### DECLARES:

1. Its **decision** to establish a co-operative program/ movement whereby every Indian would get tested once for his blood sugar in the next 100 days.
2. Its **endorsement** of the use of POC testing for every individual in the country either at home or at the closest HCW.
3. Its **resolve** to involve doctors from all paths to sustain, strengthen, and utilize to the fullest the support offered by RSSDI and its members.
4. Its **intention** to foster the Program as essential for the promotion of human welfare, development and amelioration of Diabetes related distress in the country.
5. Its **commitment** to work out a harmonious balance between the process of development and resources in terms of people, finance & care.

### CALLS UPON:

Every national Medical body and HCP to join hands with RSSDI to penetrate the length & breadth of this wonderful country to make Glucose as the 5<sup>th</sup> vital sign to be assessed for every individual

Let us work together to

**DEFEAT DIABETES AND LOSE OUR STATUS OF BEING THE SECOND LARGEST  
COUNTRY WITH DIABETES IN THE WORLD.**



# The Team



**DR BANSHI SABOO**

President, RSSDI



**DR. VASANTH KUMAR**

President-Elect, RSSDI



**DR. SANJAY AGARWAL**

Secretary, RSSDI

## RSSDI Defeat Diabetes Task Force Members



**DR. AMIT GUPTA**



**DR RAKESH PARIKH**



**DR SUPRATIK BHATTACHARYYA**



**DR PURVI CHAWLA**



**DR RAJIV KOVIL**



**DR SACHIN CHITTAWAR**



**DR NANDITHA ARUN**

## *"Declare Blood Sugar as the fifth vital sign"*

### Petition Receiving Mass Support On **Change.org**

<https://www.change.org/defeatdiabetes>



Dr. Rakesh Parikh started this petition to Tedros Adhanom Ghebreyesus (Director General, World Health Organization)

The double whammy of **COVID and Diabetes** has been a wake up call for all of us specially during the second wave. Diabetic patients presented with severe illness and the requirement for hospitalization and risk of mortality was significantly higher in diabetic patients. We have all witnessed the sharp rise in patients presenting with steroid induced diabetes and mucormycosis. The high prevalence of diabetes, majority of them being uncontrolled and an even larger number of prediabetic and undiagnosed diabetic patients, made it worse.

4,487 have signed. Let's get to 5,000!

At 5,000 signatures, this petition is more likely to get picked up by local news!

Mohammed Ilyes uddin signed 1 hour ago  
Ihithya tottempudi signed 5 days ago

Please enter a first name.

First name

Last name

Email

New Delhi, 110001  
India

Display my name and comment on this petition

[Sign this petition](#)

By signing, you accept Change.org's [Terms of Service](#) and [Privacy Policy](#), and agree to receive occasional emails about campaigns on Change.org. You can unsubscribe at any time.









One can accomplish far greater things when a divine power in by one's side!



GURUDEV SRI SRI RAVI SHANKAR JI SHOWERS HIS BLESSINGS TO DEFEAT DIABETES

We're on #DefeatDiabetes mission  
Join us LIVE on Facebook  
ON 16 SEPTEMBER (TUESDAY) AT 10:00PM

DR. SUNIL KOTA  
MD, DM (DIABETES) FICS  
JEROMEPA, COCHIN

SHRI AMITABH THAKUR, IPS  
JOINT PRINCIPAL, OPERATIONS  
GOVT. OF INDIA

#AMITABHTHAKURJI  
#sunilkota

Facebook: @sunilkota, @amitabhthakurji  
Instagram: @sunilkota, @amitabhthakurji  
Twitter: @sunilkota, @amitabhthakurji

**DR. LOTIKA PUROHIT**  
MBBS, D. DIABETOLOGY (BOMBAY)  
MUMBAI

Join us on Monday  
23rd August at 4.30 pm

**MR. NITIN MUKESH**  
SINGER, CELEBRITY

WE'RE ON MISSION #DEFEATDIABETES.  
JOIN US TODAY AS WE GO LIVE ON FACEBOOK.

**DR. AMI SANGHVI**  
MBBS, F. DIAB, D. DIAB  
MUMBAI

**MR. MANOJ JOSHI**  
ACTOR, CELEBRITY

WE'RE ON MISSION #DEFEATDIABETES.  
JOIN US TODAY AS WE GO LIVE ON FACEBOOK.

**DIABETES BYTES**  
An RSSDI Social Connect Initiative

#DefeatDiabetes

**Ms. Parvathy Omanakuttan**  
Miss India 2008, Health Crusader

16 AUG 2021  
Timing: 9:00-10:00PM  
LIVE @rssdiofficial www.rssdi.in

# Diabetes Education

**MEN WITH DIABETES TEND TO DEVELOP EARLY DYSFUNCTION TO TESTES, EARLIER THAN MEN WITHOUT DIABETES**

Test, track and treat your blood sugar to live longer with diabetes

**Did you know...**  
Healthy foods can boost your mood

**When the goal is weight, change your strategy. Don't just eat less, eat better.**

Test, track and treat your blood sugar

**Green offers a wide variety of options to improve your health, your life, and your mood.**

Test, track and treat your blood sugar

**MYTH vs FACT**

Myth: Eating healthy food can cure diabetes.  
Fact: Eating healthy food can help manage diabetes.

Test, track and treat your blood sugar

**PROTEIN**

Here are six reasons why protein is important for FAT LOSS

- Helps build & maintain lean muscle mass
- Helps burn more & boost your metabolism
- Prevents the most common nutrient deficiencies
- Helps control fat hunger & cravings
- Fills you up, so you're not hungry & overeating
- Helps in appetite & helps you to eat less

**Did you know...**  
Healthy foods can boost your mood

**I DRINK A LOT, BECAUSE I'M THIRSTY... THEREFORE, I PEE A LOT BECAUSE I DRINK A LOT...**

NEVERMIND, IT'S DIABETES...

Showing empathy is the best way to support those living with diabetes

**Type 2 Diabetes**

Test, track and treat your blood sugar

**PROTEIN**

Here are six reasons why protein is important for FAT LOSS

- Helps build & maintain lean muscle mass
- Helps burn more & boost your metabolism
- Prevents the most common nutrient deficiencies
- Helps control fat hunger & cravings
- Fills you up, so you're not hungry & overeating
- Helps in appetite & helps you to eat less

**consume a colorful diet for a colorful life**

**I'm not SUPERWOMAN OR SUPERMAN but I'm FIGHTING DIABETES so close enough!**

people with diabetes are fighters in their own right

**proliferation is a warning sign...**  
you can reverse proliferation before it becomes a problem

**AVOID MILKSHAKE**  
Oral Milk and whey

loading sugar kills natural goodness conventional foods & cereals require for healthy living

**FASTING BLOOD SUGAR**

77 million people in India have diabetes how many will a blood glucose test?

- 15-149 Normal
- 150-185 Pre-Diabetes
- 185+ Diabetes

**sugar isn't essential to make a happy couple...**  
even for the wedding day not to say a week out!

**choose your diet to defeat diabetes**

**in 2045 in INDIA**

55% more people will have diabetes  
65% will have prediabetes

**diabetic neuropathy affects many patients with diabetes**

**medality is impossible DEFEAT DIABETES**

**quit sugary foods, adopt the greens!**

**Strengthen your resistance against Diabetes!**

activities such as yoga and exercises help in keeping chronic conditions like diabetes at bay

**make sure your sweet tooth does not turn around and bite you**

**excessive amounts of added sugars have been associated with an increased risk of type 2 diabetes**

**your feet are always with you**

**controlled blood sugar can affect your kidney**

**meditation & yoga can help one in the management of chronic conditions like diabetes**

**one of the innovations in diabetes management is now CGMS**

**diagnosed diabetes in first year of pregnancy women who did not have diabetes before the was pregnant**

**meet the pancreas**  
It's the organ that produces insulin in the human body





# BEGINNING OF A NEW PARTNERSHIP

One can accomplish far greater things when a divine power is by one's side!

A  
delegation of  
RSSDI and Rotary  
Leadership receives  
blessings of  
Gurudev Sri Sri  
Ravishankar Ji



GURUDEV SRI SRI RAVI SHANKAR JI SHOWERS HIS BLESSINGS TO DEFEAT DIABETES



Rotary



**RSSDI & Rotary International**  
*Join Hands to Defeat Diabetes*







**NATION DAY**

**Million Tests**



**29th September, 2021**

*In Partnership with*



**NATION DAY**

**Million Tests**



**Event**

**- 29th September, 2021 -**



**10258 +  
Sites Across India**



**1064989 +  
Blood Sugar Tests**



**7000 +  
Doctors have Participated**



**2000 +  
Rotary or Rotaract Clubs**



**29th September, 2021**

# About

29th September, 2021



The “*One Nation One Day One Million Blood Sugar Tests*” campaign was conducted on 29th September, 2021 (World Heart Day). The campaign was inaugurated by Gurudev Sri Sri Ravi Shankar, Founder Art of Living on **28th September, 2021** in a virtual ceremony. Pujya Gurudev spoke on the importance of blood sugar monitoring and a well-balanced life with appropriate diet, exercise, stress relief, and meditation for managing diabetes.

The RSSDI *National President, Dr. Banshi Saboo*, reiterated that “the mission of RSSDI was to reach every village in India and make India, free of diabetes complications while reducing the burden of diabetes itself.” *Dr. Balkrishna Inamdar*, Advisor to Rotary India Medical Projects, and *Mr. Shekhar Mehta*, President Rotary International also stressed upon the significance of blood sugar testing as India was the diabetes capital of the world and remarked that *Rotary India* was happy to collaborate with RSSDI for this endeavor.

With luminaries lighting up the screen, the history-creating event towards the world record to conduct the maximum number of blood sugar tests in a single day across 10,000 sites in India was applauded by all dignitaries, guests of honour, and special invitees from RSSDI, International Diabetes Federation, Indian Medical Association, Rotary International, Rotary India, Public Health Foundation of India, C-DOC, Beat O collaborators and the Defeat Diabetes Task Force and emphasized as the need of the hour. The increasing burden of diabetes in India and the close association of diabetes with cardiovascular disease, importantly poor outcomes with diabetes and COVID-19 infection and increased death, have been recognized as a massive public health burden. A large proportion of the Indian population, nearly 57%, remained undiagnosed as per the experts addressing the audience, making it essential to screen the India population, inherently vulnerable to type 2 diabetes mellitus.





# 1064989 Blood Sugar Tests In a day

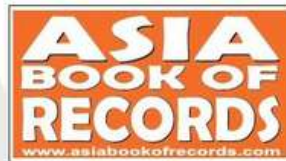






# India Creates History - A World Record

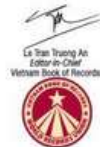
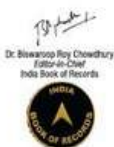
*“The Asia Book Of World Record for the RSSDI OneNationOneDayOne Million Blood Sugar Tests campaign belongs to each one of you for partaking in magnifying efforts for diabetes awareness and monitoring blood sugars.”*



## CERTIFICATE

Research Society for the Study of Diabetes in India (RSSDI) under the guidance of Dr. Banshi Saboo, President, RSSDI and Dr. Sanjay Agarwal, Secretary, RSSDI, New Delhi, India, set a record for the participation of the maximum number of people in Diabetes screening camps held at multiple venues in one day. A total number of 10,64,989 people were screened for Diabetes across 10,258 camps conducted on September 29, 2021 (World Heart Day) wherein the motto was ‘One Nation One Day One Million Sugar Tests’.

Date: October 8, 2021



Asia Book of Records is affiliated to World Record University and follows International Protocol of Records (IPRs) as per the consensus arrived at the meeting of the Chief Editors of National Record Books, Ho Chi Minh City, Vietnam. Asia Book of Records is registered with the Government of India with RNI no. HARENG2011A08B3





Lokmat Times

## RSSDI conducts 10L+ sugar tests in a single day

**15,000+ INDIANS**  
**LOKMAT NEWS/REPORT**  
**MAHARAJ, DELHI**

The Research Society for the Study of Diabetes in India (RSSDI) has conducted a massive nationwide campaign to test the blood sugar levels of over 15,000 people in a single day across various locations in India. The campaign, titled 'One Nation, One Day, One Million Blood Sugar Tests', was held on September 29, 2021, coinciding with the World Heart Day.

Doctors and nurses from various hospitals and clinics across the country participated in the campaign. The tests were conducted at various locations including Delhi, Mumbai, Chennai, Kolkata, and several other cities. The campaign was a success, with over 15,000 people getting their blood sugar levels tested in a single day.

The campaign was organized by RSSDI, a leading organization for diabetes research and awareness in India. The society has been instrumental in raising awareness about diabetes and its complications among the general public. The campaign was a significant step towards the goal of reducing the burden of diabetes in India.

## R. A MILLION BLOOD SUGAR TESTS



एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

## A nation-wide campaign to defeat diabetes kicks off

The Research Society for the Study of Diabetes in India (RSSDI) has launched a nationwide campaign to defeat diabetes. The campaign, titled 'One Nation, One Day, One Million Blood Sugar Tests', aims to raise awareness about diabetes and its complications among the general public. The campaign will be held on September 29, 2021, across various locations in India. The campaign is a significant step towards the goal of reducing the burden of diabetes in India.

## State has to step in big way to tackle diabetes effectively: CJN V Ramana

New Delhi, Sept 29 (PTI) Chief Justice of India (CJI) V Ramana on Thursday called upon the government to step in and put in place a comprehensive policy framework for prevention of diabetes, saying it today affects people across all age groups.

For a country of our size with huge health issues and poverty, it is going to be a huge task. This disease is exactly one for those who fall victim to it. If this disease is to be tackled effectively, the state has to step in a big way, Justice Ramana said.

He was addressing the medical research on National Diabetes Day at the launch of the India Diabetes Commission set up by the government.

# A nation-wide campaign to defeat diabetes kicks off

The Research Society for the Study of Diabetes in India (RSSDI), one of the largest networks of diabetes professionals in Asia, organised the 'One Nation, One Day, One Million Blood Sugar Testing' event. Held on the occasion of 'World Heart Day' (September 29), the mega event raised awareness about diabetes and its close association with heart diseases among the general public. "It was an unprecedented event that was synchronised by conducting blood sugar testing at nearly 10,000 locations across India in collaboration with various strategic partners from the pharma and blood sugar testing equipment sectors, the Rotary Club, India and the Art of Living Foundation. The scale of the exercise made it an official attempt for a place in the Asia Book of Records for the highest number of coordinated blood sugar tests in a single day," said Dr Banshi D Saboo, National President, RSSDI.

The testing drive was inaugurated by Sri Srt Ravishankar along with various other national and international dignitaries. A dedicated geo-location-based portal (<http://defeatdiabetes.online>) was launched to provide information about the sites where the free blood sugar testing was carried during the campaign. Apart from those who attended on-site testing, many individuals also self-tested their blood glucose levels as participants using the web platform to join the campaign.

Commenting on the need for such an initiative, Dr Banshi D Saboo added, "The ongoing pandemic has taught us that uncontrolled diabetes can be a serious comorbidity leading to poor clinical outcomes in patients with the viral infections. India currently has 77 million people with diabetes with an equal number of people suffering from pre-diabetes and at least half the number of people still undiagnosed. It appears that 25% of people living with diabetes are well-controlled today. This initiative will help in creating more awareness about diabetes and testing around it."

Dr Bal Inamdar, Rotary India, Chairman Health concurred with the 'Defeat Diabetes' objective and stated, "India is considered the diabetes capital of the world and at



Dr Banshi D Saboo

## शुगर टेस्ट, डायबिटीज व हृदय रोग के प्रति किया जागरूक

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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## शुगर जांच में मधुमीत डायबिटीस का रिकार्ड में दम

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

## शुगर जांच में 1,570 लोगों का रिकार्ड में दम

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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## RSSDI conducts 10L+ sugar tests in a single day

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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## विश्व हृदय दिवस पर रचा गया इतिहास

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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## जिले में 10 हजार लोगों की मुफ्त मधुमेह जांच

एक दिन में 10 लाख लोगों का किया गया शगर टेस्ट

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# Diabetes VIJAY YATRA

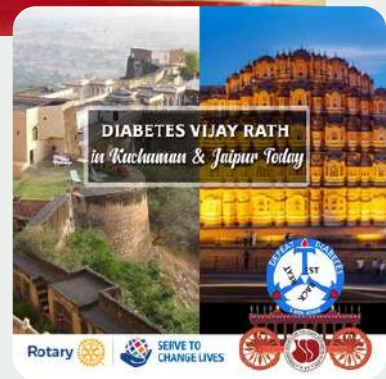
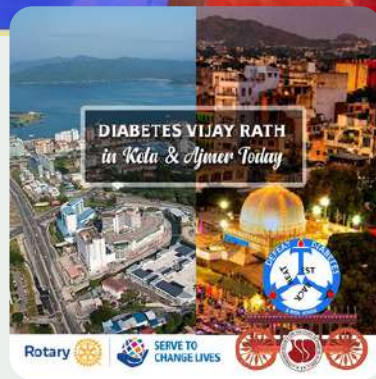
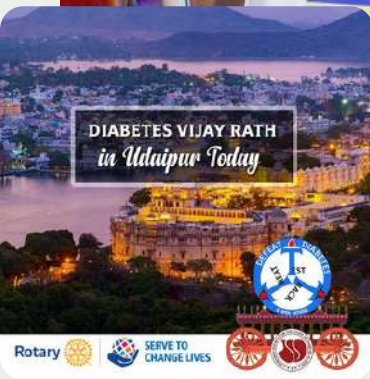
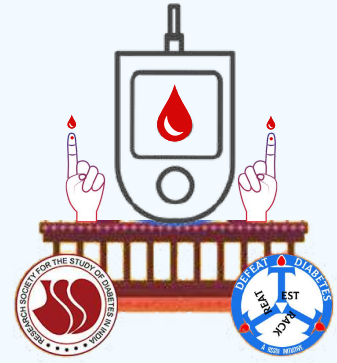
Ahmedabad → Delhi

## Flagging off Ceremony

At 5:00 PM | 01 Oct, 2021



**GANDHI ASHRAM AHMEDABAD**





# Diabetes Vijay Rath





# RSSDI Delegation Meeting with Honourable Union Health Minister





# Blessings from The Chief Justice of India

## Honourable Justice N V Ramana



*Chief Justice  
Supreme Court of India*

N. V. RAMANA  
CHIEF JUSTICE OF INDIA



SUPREME COURT OF INDIA  
TILAK MARG  
NEW DELHI-110 001  
Phone : 011-23794772

11<sup>th</sup> October, 2021



**Justice NV Ramana**  
**CHIEF JUSTICE OF INDIA**

Dear Dr. Vasanth Kumar,

I have learnt that the "Research Society for the Study of Diabetes in India" (RSSDI) has successfully tested blood glucose levels of one million (10 lakh) people at nearly 10000 sites across the country on the occasion of the 'World Heart Day' on 29 September, 2021. The tests that RSSDI conducted free of cost at such a massive scale on a single day would have certainly helped detect diabetes and immediately initiate necessary treatment and counselling for thousands who otherwise would have remained oblivious of the serious health condition.

Such innovative campaigns are much needed. Hope the public health care systems adopt and carry forward such initiatives at regular intervals all over the country. Such campaigns not only help raise awareness about diabetes but also will assist in detecting and addressing the problem before it becomes severe.

Congratulations to you, Dr. Banshi Saboo, Dr. Sanjay Agarwal and all the members of RSSDI and the entire team of doctors, Rotarians and other partners for taking up this mammoth task of screening ten lakh people for Diabetes on a single day. Congratulations also for successfully running 100 day long 'Defeat Diabetes' programme which concluded on 08 October, 2021.

Off. : 7, Krishna Menon Marg, New Delhi-110011  
Resi. : 5, Krishna Menon Marg, New Delhi-110011

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With so many service-spirited and dedicated Doctors like you, I am sure people of this country, particularly the poor people, are going to benefit from many such campaigns in future which will help prevent Diabetes acquiring epidemic proportion.

I wish you all at RSSDI a great success in your fight against Diabetes.

With warm personal regards,

(N. V. Ramana)

Dr Vasanth Kumar,  
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Manikonda,  
Hyderabad - 500 089.







*Thank You*

