Edition: - 2024

Jan to March 2024

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Prof. Anuj Maheshwari Governor ACP India Chapter

MESSAGE FROM GOVERNOR

Dear Colleagues,

Greetings from the India Chapter of the ACP!!

The nation, recently celebrated Holi with joyful colours and Good Friday with earnest devotion. Now, we await for the declaration of Eid. It is always challenging yet possible for people living with Diabetes to maintain their glucose levels within the target range during the holy month of Ramadan with the fasting and feasting traditions. I wish all ACP members with the discussions and training around this topic, will be able to meet this challenge easily and successfully for their patients.

The ACP annual conference at Boston is coming up in the next two weeks. It gives me immense pleasure to share that more than 50 delegates are registered from India for the same. Many of them are being awarded the honorific FACP during convocation ceremony at the Boston conference. I wish all a great conference with plentiful opportunities for learning and networking coming your way. I am certain it will serve to build the knowledge pool of the participating physicians.

Our team of resident doctors is also travelling to Boston for the Doctor's Dilemma program. I take this opportunity to congratulate Dr. Eshan Taneja, Dr. Aditya Sreehari, both from Kasturba Medical College, Manipal & Dr Nilashish Dutta from North Bengal Medical College, Darjeeling for being part of Team India for the internationally acclaimed, Osler's Cup. I wish them success in their endeavour and kudos to them for keeping the Indian flag high. In the same breath, I also congratulate Dr. Mukhyaprana Prabhu for his hard work and efforts along with Governor elect designee Dr. Swati Srivastava & advisory council member, Dr. Anchin Kalia, both from Jaipur, for the team selection and training of all participants. Dr. Mukhya Prana Prabhu, mentor of team India will be accompanying them to Boston.

The specially curated, educational, web series, the ECP Case files, the Soul Curry & AI in human health, have been running successfully with an online episode every month. The ECP Case files are being seamlessly conducted by Dr. Preeti Dhoat from AIIMS, Bhatinda while Dr. Ajoy Tewari from Hind Institute of Medical Sciences, Lucknow has been the master-planner for Soul Curry and AI in human health has been well-guided by the dynamic trio of Dr. Amit Dey from Kolkata and Dr Alok Modi from Mumbai, under the supervision of Dr. SV Kulkarni from Navi Mumbai. Do share your feedback for any of the programs undertaken and also new ideas for future programs with us at officeacpindia@gmail.com.

This year, we plan to reach out to those areas, particularly where the ACP presence is not profound, in terms of membership. With newer educational CMEs in areas like North East of India, it will help in establishing a rapport with physicians locally.

This brings me to an important task of acknowledging two of our advisory council members, Dr. Abhijeet Kumar and Dr. Bijay Patni. Dr. Kumar has been instrumental in conducting awareness activities for anemia, diabetes, obesity and other metabolic diseases in the villages of the state of Bihar under the village outreach program of the ACP India chapter. Similarly, Dr. Patni has initiated awareness and screening activities under the village outreach program in the states of West Bengal, Sikkim and parts of the north east. My heartiest congratulations and best wishes to both of them on this impactful endeavour.

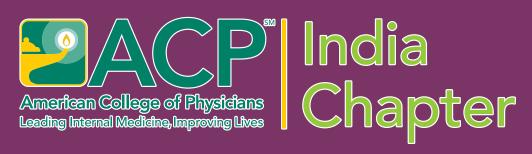
It is my sincere appeal to all members of the ACP India chapter to engage in patient & public education activities in the local area and share the report with us. It will definitely get featured in our newsletter. At this point, I would like to encourage you to maintain your membership without any breaks to remain on board for the different activities undertaken by the ACP India Chapter and enjoy many other benefits. You may apply for the coveted FACP if you have been a member of the ACP for 3 consecutive years. You may also apply for the various awards of the ACP India chapter and eligible candidates are hereby encouraged to apply for MACP.

With warm wishes, I am looking forward to seeing you in Boston.

Prof. Anuj Maheshwari

Governor

ACP India Chapter







Dr. Purvi Chawla ACP India Chapter Advisory Council

EDITORIAL

My dear ACP family,

When entrusted with the responsibility of compiling this newsletter and writing the editorial, I pinched myself hard to see if I were dreaming; soon enough I was wide awake and ready to share my thoughts with you all.....

After the colourful celebrations of the Republic Day and Holi, we offered prayers on the solemn Good Friday and welcomed Easter. Now, as we await the Eid-Al-Ftr celebrations, I really ponder on the beauty of India as the melting pot of cultures. Paradoxically, it is the diversity that poses a unique set of challenges as far as healthcare is concerned. The government, on one hand, attempts at imparting equality in the access to healthcare resources but it is the important associations like ACP India Chapter that help in bringing equity in availability and utilization of the healthcare facilities. The strong emphasis by ACP Indian Chapter on physician and patient education, volunteerism, village outreach programs creating awareness and providing screening opportunities for as many conditions possible; scientific updates, training sessions and case discussions in different parts of the country focused on consolidating primary care practice and strengthening internal medicine and helping to develop and guide young physicians in their careers, has been exemplary.

ACP India Chapter is a force to reckon with, drenched in a plethora of activities impacting the world of physicians and society at large while fostering a positive vibe and nearly instantaneous connections between members, council members and senior experts. Thus ACP India Chapter has become an extended family of professionals, aligned towards improving scientific standards of healthcare in India and lives of people.

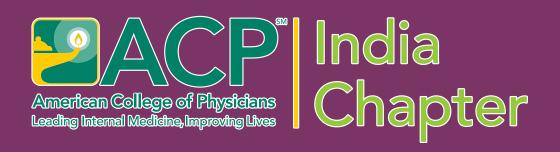
My salutations and heartfelt congratulations to our leader, our Governor, Prof. Anuj Maheshwari for his vision and proaction in taking ACP India Chapter to the heights it enjoys today. He is grooming the team to undertake newer challenges and find solutions enhancing patient care while promoting equitable access. I wish our Governor elect, Prof. Swati Srivastava, the very best in her endeavours as well, as we all stand by to support them.

Women's health has never been out of focus with the ACP India Chapter as it is increasingly clear that providing health education to a woman beneficially impacts the health of the entire household. Recent statistics show the prevalence of childhood obesity is over 8% and overweight is over 12% in India. Managing childhood and adolescent obesity is a skill that physicians need to empower themselves with. I am sure in the coming years that ACP India Chapter will also partake in these efforts and garner more and more energy to combat lifestyle diseases along with consolidating the standards of internal medicine in India. With the progress we made in childhood vaccination, we can learn lessons and apply them to adult vaccination as well with the help of ACP India Charter.

With some of these lingering thoughts, I thank Prof. Anuj Maheshwari and team for this absolute honour and opportunity to communicate with you all. Remember, "What Is Planted In Each Soul Will Sprout" as said somewhere by my favourite philosopher, Rumi.

 $As \, Dean \, Ornish \, says, \\ \text{``Awareness Is The First Step In Healing!''} - a \, key \, message \, for \, all \, healers \, of \, the \, world.$

Warm regards, Dr. Purvi Chawla ACP India Chapter, Advisory Council





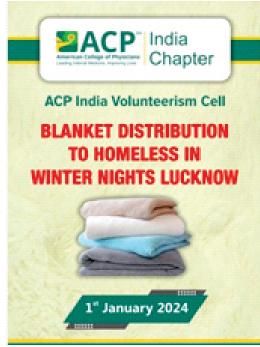
ACP India Chapter Volunteerism Cell Highlight

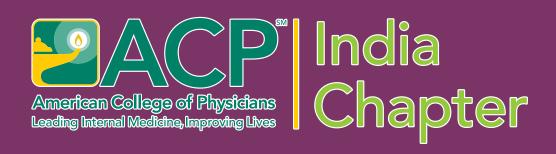
Winters can be harsh, especially in North India and for the homeless. With temperatures dropping to the single digit numbers, ACP India Chapter as part of Volunteerism initiated a Blanket Distribution Drive To The Homeless as a new year gift on 1 January, 2024. Families of ACP India Chapter members led by Governor, Prof. Anuj Maheshwari and other senior members came together and visited every nook and corner of the city for this noble deed.













ACP India Chapter - Scientific Highlights

In association with ACP India Chapter, DRWA organised a CME under the auspices of the outreach program at Sikkim on 12 January, 2024 from 5.30-8.30 pm. The scientific program was very comprehensive ranging from managing chronic pain to sarcopenic obesity and newer anti-diabetic agents like SGLT2i, GLP1RA and heart failure. We congratulate Dr. M.H. Sanwarwalla, President DRWA, Dr. Bijay Patni, Founder President DRWA and Dr. Supratik Bhattacharya, Secretary DRWA for such an academic treat in the presence of our Governor India Chapter, Prof. Anuj Maheshwari. The faculty was a stellar line-up sharing their expertise on experience on the myriad of topics.









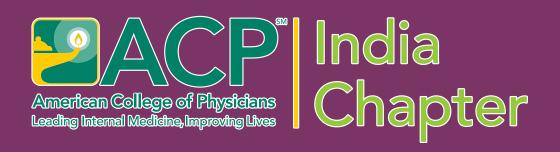








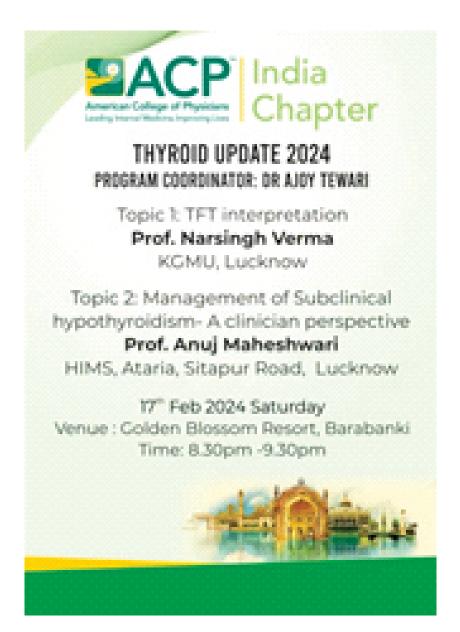






A fantastic academic endeavour was the practical Thyroid Update 2024 - An ACP India Chapter Initiative

Dr. Ajoy Tewari, Lucknow was the program co-ordinator! Sir, you are being highly appreciated for this simple yet profound clinical program of great significance to the attending physician community, especially with two astute speakers, Prof. Narsingh Verma, KGMU, Lucknow talking about TFT interpretation and Prof. Anuj Maheshwari, HIMS, Ataria, Lucknow speaking on the management of subclinical hypothyroidism – a clinician's perspective, on the 17 February, 2024 from 8.30-9.30 pm















ACP India Chapter – ACP-GIMS Gastro Conclave (8 February, 2024)





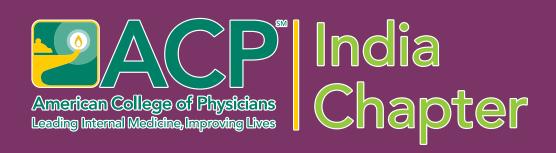
ACP India Chapter in collaboration with the Government Institute of Medical Sciences (GIMS), Greater Noida organised an informative Gastro Conclave on 8 February, 2024 at GIMS. We congratulate Dr. Saurabh Srivastava and Dr. Payal Jain for planning an excellent event. It was well-attended and appreciated by the Director, Dean and CMS of GIMS along with the teachers and resident doctors, exemplifying a good scientific meet









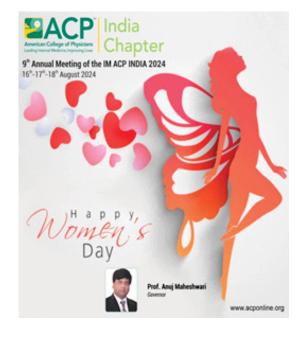






Time	Topic	Speaker	Chairpersons
11:80 AM-12:00 PM	REGISTRATION		
12:00-12:20 PM	Management of chronic Hepatitis-C- excerpts from the national guidelines	Dr. Hardeap Asst Prof (Medicine) GBMS Greater Noida	Prof. Ashutosh Niranjan Dean, NIIMS, Greater Noida Prof. Ajal Gang Dept. of Medicine, GIMS Greater Noida Prof. Vivek Suman Dept of Medicine, LHMC New Delhi
12 20-12-40 PM	Functional bowel disorders- How to approach?	Dr. Naveen Kumar Consultant Gastroenterologist, Noida	Prof. Rambha Pathak Dean, GIMS Greater Noida Dx. Neelesh Kapoor Consultant Physician, Greater Noida
12:40-01:30 PM	INAUGURATION		
01:10 PM-02:00 PM	UNOH		
02:00-02:20 PM	MASLD: What's new and different from NAFLD	Dr. Anuj Mahenhwari Professor (Medicine) HMS Barabanki and Governor, ACP India Chapter	Prof. A K Gadpayle Head, Dept of Medicine, Sharda University Dr. M.K. Soel Senior Consultant, Yatharth Hospital Gr. Noida Dr. Amit Gupta Consultant Physician, Gr Noida
02 20 02:40 PM	Pregnancy related hepatobiliary diseases	Dr. Anupam Prakesh Director Professor (Medicine) LHMC, New Delhi	Prof. Archana Mehta Head, Dept of OBG, Shanda University Ox. Anjali Valsh Consultant Gynaecologist, Gr. Noida
02:40-08:00 PM	Advanced endoscopic techniques and procedures- Are we in the era to replace surgical procedures of abdomen?	Dr. Sanjay Garg Consultant Gastroenterologist and Medical Director, Shanti- Gopal Hospital	Prof. Satendra Kumar Head, Dept. of Surgery, GMIS Gr. Noida Dr. Dheerendra Kuber Asst. Prof (Cardiology), RML New Delhi
01:00-09:20 PM	GERD newer advances in management	Dr. Abhishek Deepak Associate Prof. (Gastro) Shanda University, Gr. Noida	Prof. Shubha Lawni Margekar Dept. of Medicine, LHMC New Delhi Prof. Ravish Verma Dept. of Medicine, Rama Medical College Hapu
03:20-03:40 PM	Role of immunotherapy in HCC	Dr. Sanjay Rai Consultant Oncologist GIMS, Greater Noida	Or. Suresh Babu Professor, Medicine, Shanda University Or. Sunil Kumar Singh Consultant Gastrosurgeon, Gr.Moida
03.40-04.00 PM	Transient elastography (Fibroscan)-interpretation	Dr Abhijeet Ranjan Consultant Hepatologist Cygnus Hospital, Rewari	Prof. Ashek Kumar Head, Dept of Medicine, Santosh Medical College, Ghasiabad Prof. Amit Sharma Dept. of Medicine, UHMC New Delhi
04:00-05:00 PM	Hands-on Workshop on Transient Elastography (Fibroscan)		





Our Governor of ACP India Chapter wishes all a Happy Women's Day that was celebrated globally on 8 March, 2024. He continues to emphasise on empowering women to take care of their health and well-being and recommends the spotlight on educating every woman in order to create a positive ripple effect for the health of the entire household





ACP India Case files

ACP India Chapter - ACP India Case Files

A delightful, interactive programme of great clinical value, especially for the early career physicians as it successfully addresses a variety of topics with indepth discussion on the clinical presentations, nuances, investigations and management. This training for physicians is unparalleled and the commitment of Dr. Amit Gupta, Noida and Dr. Preeti Singh Dhoat, Bhatinda as national co-ordinators of this program is praiseworthy. Our Governor, Prof. Anuj Maheshwari always ensures that there are expert clinicians involved in the case discussions with pearls of clinical wisdom shared. After all, medicine is not just science but also an art.







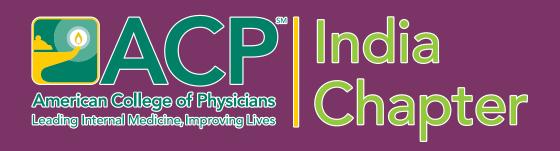














Flavours of ACP India Chapter - Soul Curry

Welcome to the "Well-Being Lounge of the ACP India Chapter!" Allow us to serve you some refreshing Soul Curry!

Indeed food for the soul, this fascinating series, is aimed at every physician in this vast field of medicine to instil and inspire the values of empathy, well-being and fostering a culture of collaborations and growth. With accomplished speakers of international repute like Dr. Mukta Panda, USA, Prof. Shashank Joshi from India and Dr. Tammy Lin and Dr. Vineet Gupta from the US, this program has been well-attended with great lessons to learn for happiness emanates from the soul, the fountainhead of supreme happiness "chidananda". The brainchild of ACP India Chapter Governor, Prof Anuj Maheshwari and Joint Secretary and National Coordinator of Soul Curry, Dr. Ajoy Tewari, it is seamlessly ongoing with ever-evolving discussions.

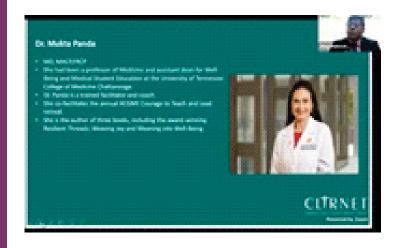






















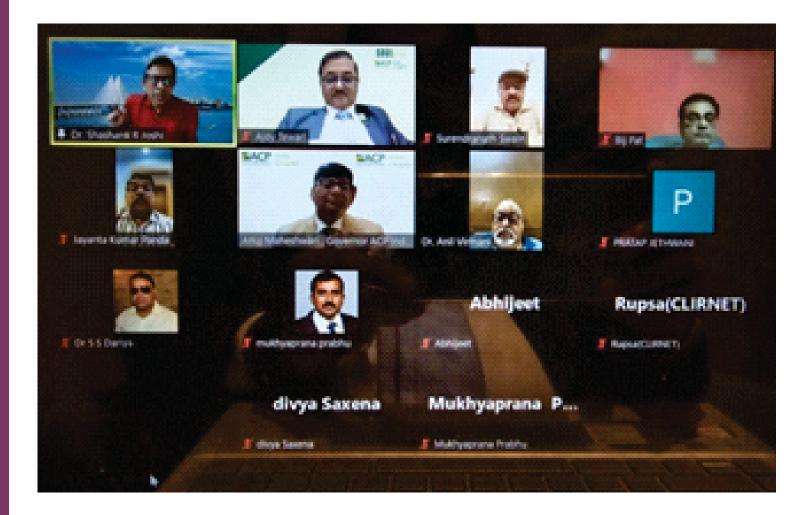














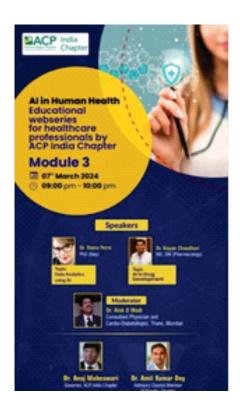


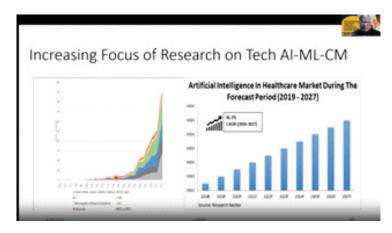
Update Yourself - Al in Human Healthcare

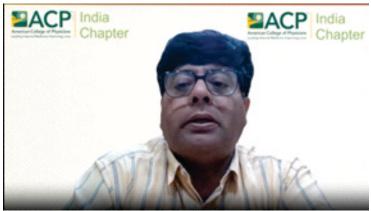
A novel and well-received, educational web series for healthcare professionals by ACP India Chapter took off in the month of January 2024. Three modules in the form of tutorials have been conducted thus far with great success, tackling right from the basics of AI to real life applications, with national and international speakers. We congratulate Dr. Amit Dey from Kolkata and Dr. Alok Modi from Mumbai for initiating this series and moving forward with great strides under the supervision of Dr. S. V. Kulkarni from Navi Mumbai, helping to keep our physicians up to date with the latest developments. With these tutorials, keep the confusion with the AI jargons at bay...

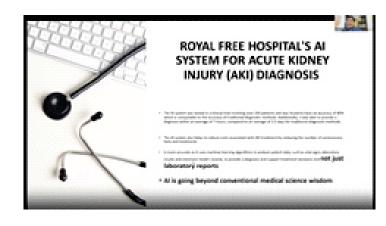


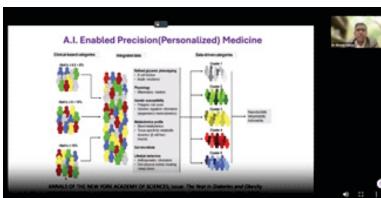


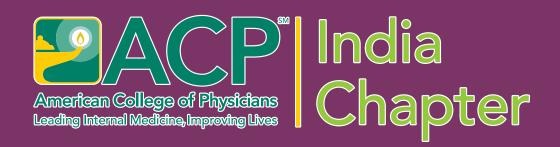




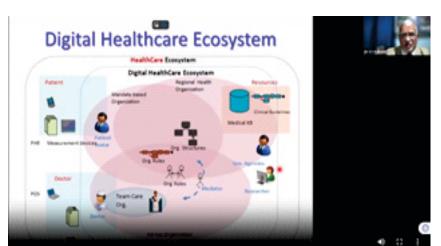






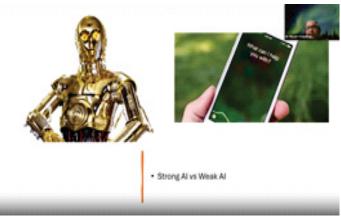














1876: "The Americans have need of the telephone, but we cond. We have glainty of messenger by Preson. British Foot Office.

1876: "The temporary has been many shark-covering to be seriously considered as a means of communication." — William Office, President of Western Union.

1886: "Except account with attendating current (AC is just a wester of time. Noticely will use it, ever." — Thomas Edison.

1900: "The horse is here to stay but the automobilers only a noverity — fad," — President of the Hichigan Savings Bank advising Henry Ford's imper, Horse, Horse, not to invest in the Ford Histor Company.

1821: "The avertage music but far in magnitude communication." Who would pay for a message sent to no one in particular?"

1886: "Receive shore to stay to host on to any market," captures after the first six months. People will soon get fixed of staring at a physical but entirely transfer." — Damy Zanuck, 20th Contury Fox.

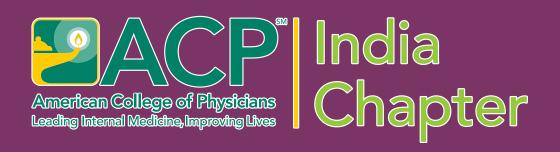
1981: "Elements shopping, while entirely transfer," — Damy Zanuck, 20th Contury Fox.

1981: "Semicle shopping, while entirely transfer," — Steve Hagaine.

1981: "Calculate process will able to be proceeded as a warm of a weaking." — Marty Cooper, inventor.

1986: "I predict the Internet will soon go concludingly supernoval and in 1986 casternophic my college." — Robert Hetralish founder of Xoon.

2001: "There is no chance that the Phone is going to get any significant market shore," — Steve Selimer, Historiotic COO.





TEAM INDIA FOR OSLER'S CUP

HOLD YOUR BREATH, LADIES & GENTLEMEN!

The ACP history awaits the next set of smartest minds and brightest resident doctors from around the world as they roll up their sleeves and get ready to compete at the annual ACP Doctor's Dilemma and aspire to win the coveted "Osler Cup!"

Team India is going strong with three of our sharpest residents, Dr. Eshan Taneja, Dr. Nilashish Dutta and Dr. Aaditya Sreehari, handpicked and trained to represent the ACP India Chapter at the Boston annual ACP Meeting along with mentor, Dr. Mukhyaprana Prabhu. We also thank ACP India Governor Elect Designee, Dr. Swati Srivastava and advisory council member, Dr. Anchin Kaliya who helped groom these young doctors for the competitive Doctor's Dilemma leading to Osler's cup.

Dr. Swati Srivastava *Governor Elect Jaipur*

MENTOR'S



Dr. Mukhyaprana Prabhu

Manipal



Dr. Anchin Kaliya Jaipur

PARTICIPANT'S



Dr. Eshan Taneja Kasturba Medical College Manipal



Dr. Nilashish DuttaNorth Bengal Medical College
Darjeeling



Dr. Aaditya Sreehari Kasturba Medical College Manipal





ACP India Chapter Village Outreach Program



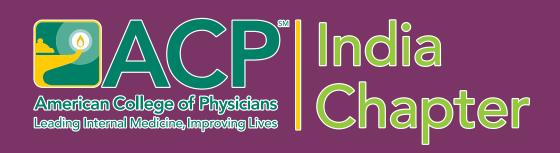




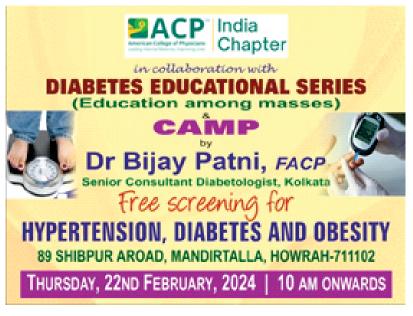




We congratulate Dr. Abhijeet Kumar, ACP member, on his dedicated efforts in undertaking screening and awareness activities for anemia, diabetes, obesity and other metabolic disorders in the villages of Bihar, one of the third largest populated states of India under the Village Outreach Program of the ACP India Chapter









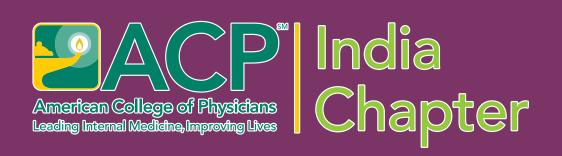






Many congratulations to Dr. Bijay Patni, Advisory Council Member, ACP India Chapter, who has initiated free screening and diabetes education camps in various rural regions of West Bengal, Sikkim and parts of the North East of India, often where the population has limited access to healthcare initiatives.

We wish many more members of the ACP India Chapter to undertake activities, especially under the Village Outreach Program and contribute more to this much-needed initiative





ACP India Chapter - Inviting Our New Fellows (FACP) from Jan-Mar 2024

Region	Name	Member Class
IND	Ravindra Bhardwaj	Fellow
IND	Smitha Bhat	Fellow
IND	Vipul Chavda	Fellow
IND	Surendra Kumar	Fellow
IND	Sanjay Mahajan	Fellow
IND	Laxmi Nand	Fellow
IND	Prabhat Pandey	Fellow
IND	Indira Pattnaik	Fellow
IND	Dwijendra Prasad	Fellow
IND	Parag Rana	Fellow
IND	Jaggi Rawat	Fellow
IND	Hemantkumar Mishrilal Shah	Fellow
IND	Mahesh C. Srivastava	Fellow
IND	Ramu Subbu	Fellow
IND	Kavyachand Yalamudi	Fellow





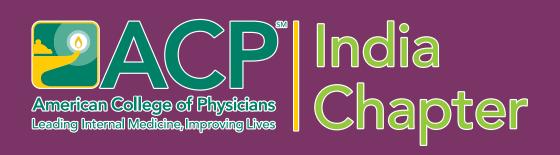
ACP India Chapter - Inviting you all to nominate yourself for the Awards

Indeed, it is time for the much awaited Chapter Awards. Don't miss this golden opportunity to apply for this prestigious recognition by the ACP India Chapter. There's something in it for all the good work being done in the field of medicine!!

 $Please \, note \, that \, one \, form \, should \, be \, submitted \, for \, each \, individual \, award \, given.$

The following are the different categories for nomination:

Name of the Award	
Early Career Physician A	ward
Early Career Physician A	ward
Rising Start Early Caree	r Physician Award
Hospitalist of the Year Av	ward
Humanitarian of the Yea	Γ
ACP India Internist Awar	^r d
ACP India Chapter Interr	nist Award For Advance Career Physicians
Life Time Achievement A	ward
Researcher of the Year A	ward
Medical Student of the Y	ear Award
Resident of the Year Awa	ırd
Resident Recognition Av	vard for the Leadership
Teacher of the Year Awa	rd
Chapter Advocacy Award	t
India Chapter Leadershi	p Award
ACP India Chapter Clinic	al Practice Award
ACP Community Teaching	g Award
Distinguished Mentor Av	vard
Distinguished Teacher A	ward
ACP India Educator Awa	rd
Fostering Diversity Awa	·d
Wellness Award	
Women Physician of the	Year Award
Volunteer Faculty of the	Year Award
Governor's Recognition	Award
ACP India Chapter Excel	lence Award
Award for outstanding w	oman contributing in Women's Health
ACP India Women Educa	tor Award
Award for outstanding M	lan contribution in Women's Health
Scientist of the Year Awa	ard
Dr. A. R. Sircar Best Thes	sis Award 2024
Dr. William Osler Publica	ation of the year Award 2024

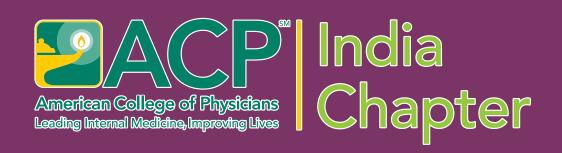




The greatest reward fo medicine isn't the title it's the difference you make in someone life.

-Albert Schweitzer

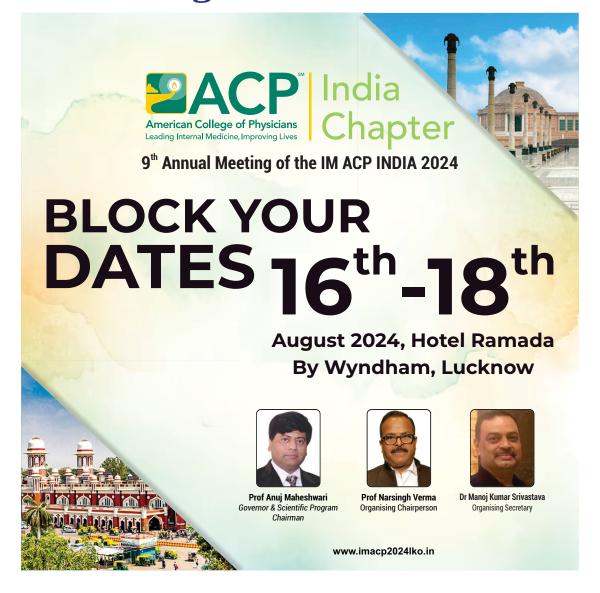








Upcoming Event – First Announcement of the Annual Meeting of the IM ACP INDIA 2024



AHA, have you all blocked your dates for our ACP India Chapter annual meeting this year?

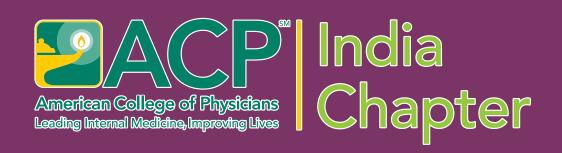
Register soon for a scintillating blend of science and clinical pearls at the 9th Annual Meeting of the IM ACP India Chapter 2024 from 16-18 August, 2024 in the "City of Nawabs" i.e. Lucknow.

Enjoy the charismatic colonial architecture with culinary delights and aesthetics at Lucknow, the capital of the largest state of India (Uttar Pradesh), as you update your knowledge in Internal Medicine and allied topics and connect with your peers, for furthering your professional goals.

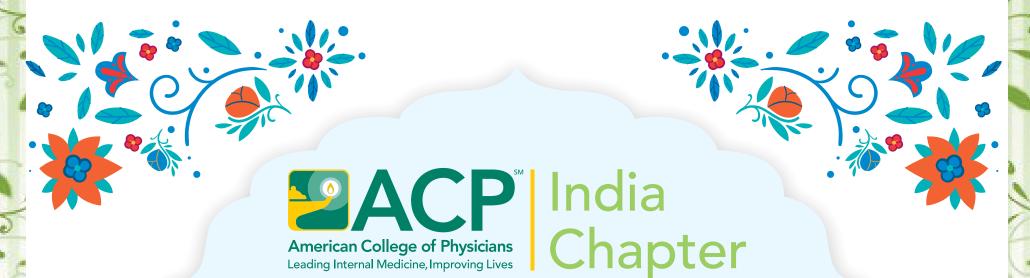
Do visit the website for details and registration:

IM-ACP India 2024 Conference website: https://imacp2024lko.in/









Chapter Reception

Dear Colleague,

It's a great pleasure to invite you to ACP India Chapter Reception being organised during American College of Physician's (ACP) Internal Medicine Meeting 2024 in Boston.

Venue: Griffin, Harbor Wing, Mezzanine Level

Friday 19th April 2024, 7:00pm to 9:30pm



The host, ACP India Governor, Prof. Anuj Maheshwari warmly invites you to the India Chapter Reception to be held on 19 April, 2024 from 7-9.30 pm, during the upcoming annual meeting of ACP at Boston, MA, USA from 18-20 April, 2024.

He wishes one and all planning to attend this premier Internal Medicine meeting at Boston, USA, a successful and interactive conference. This brings with it the opportunity to soak in the quaint, gorgeous old-monuments of Boston interspersed with the fascinating, modern high-rises enriching the cultural heritage of this beautiful city.

It is heartening to see that there are 52 members from the India Chapter registered for this prestigious meeting to be held at Boston, MA with 48 members registered for physical attendance and 4 members registered for virtual participation. Of the total registered, 1 individual is under the Master category, 8 individuals are registered Fellows, 29 individuals are under the Medical Student category, 4 individuals are under the Members' category with 3 individuals under the Resident/Fellow Member category and 6 individuals under the Transitional Medical Graduate Member category.