



India
Chapter

NEWSLETTER: ACP INDIA CHAPTER

March-June 2021

Roadmap of Activities of ACP India Chapter in 2021:

June: Diabetes Control Month & CoviDiabetes Registry.

July: Early Career Physician

August: Women's Health Care Month

September: Nutrition Advocacy Month

October: Life Style Advocacy Month

November: Geriatric Care Mont

In this Issue:

- Awards & Achievements
- Academic Activities
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- At a glance

EVENTS DURING THE MONTH

INTERNATIONAL YOGA DAY on 21st June

International Yoga Day was celebrated with great enthusiasm wherein several advisory council members designed fliers and posters and a highly informative live YouTube and Facebook chat was organized with Yoga Guru Sri Sri Ravi Shankar who discussed in detail about the various applications and advantages of practicing Yoga and its synergy with modern medicine.

DOCTOR'S DAY EVENT to be held on 1st of July, 2021

ACP India chapter is going to have a program on 1.7.21, on the occasion of Doctor's day. Apart from its great scientific content, its main attraction will be felicitation of doctors all over India who have worked in Covid Care hospitals saving lives with dedication and devotion. **They will be awarded "COVID SAVIOUR" award.**



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MESSAGE FROM GOVERNOR

Dear Colleagues,
Greetings!

Before I say thanks for electing me as the new Governor of American College of Physicians (ACP) India Chapter, I must pay my homage to all those colleagues and health care workers who laid their life in fighting with COVID. I am grateful of previous Governor Dr Muruganathan who handed over a wonderful chapter to me which I will try my best to keep it multidimensional and working for wellbeing of society as well as for doctors & other health care workers.

When I took over as new Governor the 2nd wave of COVID was at its peak. Actually it has caused havoc in India and still it is on. Emergence of new cases is much faster than the first wave. This has really come like a storm. In the first week of February new cases every 24 hours were 11794, which increased to 315000 in 3rd week of April and still on 29th May 2021 it is 165553 with 3460 deaths per day. We have lost 325972 lives so far in India. Vaccination seems to be the only remedy but only 2-3% of the population of India has been fully vaccinated. It is really tough to get 1.35 billion Indians vaccinated in such a short time.

The 2nd wave is two times faster than the first one and more fatal too. It now comprises 7.58 percent of the total infections in India. In comparison to the first wave, there has been a substantial increase in the proportion of patients presenting with shortness of breath and those requiring oxygen supplementation and mechanical ventilation during ongoing second wave.

Even since the inception of the pandemic, diabetes mellitus has emerged as one of the distinctive comorbidities that has consistently been associated with severe disease, acute respiratory distress syndrome and mortality in COVID-19. In fact, diabetes has been implicated as the most important cause for mortality in COVID-19 hospitalized patients. Furthermore, COVID-19 has been implicated in the development of new-onset diabetes mellitus (NOD). New-onset diabetes may develop during the acute phase of infection with SARS-CoV-2 or during the post-acute COVID-19 phase.

Unfortunately routine diabetes care is also being compromised because of lockdown almost across country. As the second wave is more severe, inflammation and cytokine-mediated hyperglycemia are likely to be more marked in COVID-19 patients with diabetes. Apart from this more patients are likely to have steroid induced hyperglycemia. Considering all adversities against population with diabetes, they must take extra precautions. They should follow stringently COVID-19 appropriate behavior by staying indoors, appropriate hand hygiene, use of double facemasks, and maintaining appropriate physical distance from others.

Apart from this, what else can we do?

Asking all to check their diabetes whether they are having it or not, especially if they had COVID. In fact they should also check their diabetes if they have come in contact of COVID or any family member got it. They may be developing diabetes, prediabetes or glucose intolerance being an asymptomatic carrier. Glucometer can be used for this purpose. If found hyperglycemic they should consult a physician online virtually. ACP India chapter calls for an advocacy to check for Diabetes and try to keep it controlled.

All ACP members are requested to join this drive motivating all to check their Glucose at different times of day and control it. This is a small endeavour to limit COVID adversities.

31st May was WORLD NO TOBACCO DAY & this is time to say "No" to tobacco and all its products. More important is to make the public understand it. Again it is more detrimental in COVID times jeopardizing health not only of lungs but heart, blood vessels, bones and causing oral submucous fibrosis. 28th May was Menstrual hygiene day and our women wing adviser Dr Divya Saxena has prepared a motivating video and creatives. It may look small efforts but in a country like India it may be proven a big leap if we are able to curtail morbidities among women here.

Last but not the least don't forget to renew your membership as we are coming up with multiple exciting plans in coming year and you may not be deprived of those.

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Thanks & Regards,
Anuj Maheshwari
Governor, ACP India Chapter



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NEW ADVISORY COUNCIL COMMITTEE

A graphic titled 'Team ACP India Chapter Advisory Council' featuring portraits of the council members. The graphic includes the ACP India Chapter logo at the top left. The members are arranged in a grid-like fashion with their names and titles below their portraits.

ACP India Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

**Team ACP India Chapter
Advisory Council**

 Dr Anuj Maheshwari Governor	 Dr B A Muruganathan Past Governor	
 Dr J K Sharma Vice President	 Dr Narsingh Verma Secretary	 Dr Jalees Fatma Treasurer
 Dr Banshi Saboo West Zone	 Dr R R Singh North Zone	 Dr Anil Virmani East Zone
 Dr Swati Srivastava Central Zone	 Dr Srinivasamoorthy South Zone	
 Dr Divya Saxena Women's Wing	 Dr Amit Gupta Early Career Physicians	



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AWARDS AND ACHIEVEMENTS



Team India won Osler Cup in Doctors Dilemma quiz competition in May 2021:

Being Governor, ACP India chapter, It has been wonderful moment and great welcome treat to me by post graduates participants and their trainers who prepared the team to participate in Doctor's Dilemma, one of the high power quiz program of American College of Physicians. It is really lovely to listen "India is winning in international event". It has certainly been the proud moment for ACP India chapter. On international Whatsapp groups of Governors, people were talking about their preferred teams to win but suddenly India arisen as dark horse to win. It was the similar feeling as we had in 1983 cricket World Cup Win. We congratulate the winners and hard work of trainers Dr Minal Mohit and Dr Minakshi Dhar. It is said that battles are fought in ground but they are won in mind. That vision to win this mind game has been given by our past governor Dr Muruganathan. It is his strongest legacy which I am carrying forward. Congratulations Team India (Dr Mayank Agarwal, Dr S. Sidharth, Dr Ashwin Parchani, Dr Anand Thomas) for this magical win.

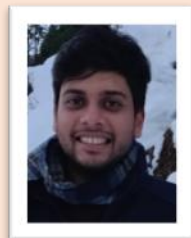
MENTORS



Dr. Minal Mohit



Dr. Minakshi Dhar



Dr. Mayank Agarwal



Dr. S. Sidharth



Dr. Ashwin Parchani



Dr. Anand Thomas

WINNERS



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ACADEMIC ACTIVITIES

TIME	TITLE	TALK BY
8:00 AM - 9:00 AM	Introduction to Diabetes in Hypertension Control	Speaker: Dr. S. Srinivasan
9:00 AM - 10:00 AM	Diabetes	Moderator: Dr. Anil Kumar
10:00 AM - 11:00 AM	Hypertension Control in Diabetes	Speaker: Dr. S. Srinivasan
11:00 AM - 12:00 PM	Diabetes Control in Hypertension	Speaker: Dr. Anil Kumar
12:00 PM - 1:00 PM	Diabetes Control in Hypertension	Speaker: Dr. S. Srinivasan
1:00 PM - 2:00 PM	Diabetes Control in Hypertension	Speaker: Dr. Anil Kumar
2:00 PM - 3:00 PM	Diabetes Control in Hypertension	Speaker: Dr. S. Srinivasan
3:00 PM - 4:00 PM	Diabetes Control in Hypertension	Speaker: Dr. Anil Kumar
4:00 PM - 5:00 PM	Diabetes Control in Hypertension	Speaker: Dr. S. Srinivasan

Link for Webinar - <https://www.tcevirtualevents.com/bsol/accheater/>



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1st JULY 6.30 PM - 8.30 PM

On the occasion of
Doctor's Day

Need Healthy Healers Not Heroes: Way to Wellness for Doctors

Welcome By Governor Program

Virtual Lamp Lighting



Program: Chair
Dr Anuj Maheshwari
ACP Well-Being Champion 2020
Lucknow



Moderator
Anubha Srivastava
Prayagraj

6.45 PM - 7.10 PM

Session 1: Physician Heal Thyself



Speaker
Dr Priya Radhakrishnan
MD, FACP, Arizona, USA
(Guest of Honour)



Chair
Dr J.K.Sharma
New Delhi

7.10 PM - 7.20 PM

FELICITATION OF COVID SAVIOURS IN INDIA

7.20 PM - 7.40 PM

Session 2: We Don't Need Another Hero,
We Need Healthy Healers in Healthy Healthcare



Speaker
Dr Mukta Panda
USA Chief Guest



Chair
Dr R.R.Singh
Bhopal

7.40 PM - 7.50 PM

Q & A

7.50 PM

Felicitatation Of Covid Saviours In India



DR B A MURUGANATHAN
Past Governor
LAUNCH OF WELL-BEING
EDUCATIONAL CAPSULE



Chair
Dr Narsingh Verma
Secretary
VOTE OF THANKS

registration link

Educational grant by

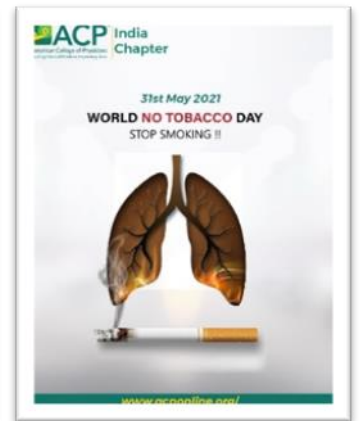
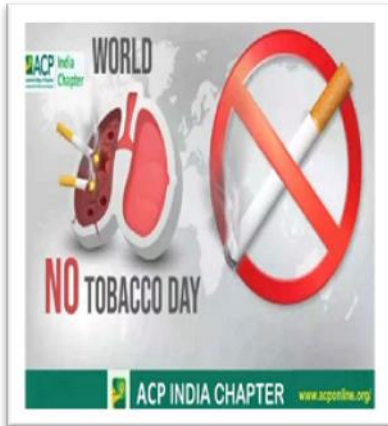


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SOCIAL ACTIVITIES

World No Tobacco day was observed on 31st may 2021



World environment Day was celebrated on 5th June 2021



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International Yoga Day was celebrated on 21st June 2021

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American College of Physicians
Leading Internal Medicine, Improving Lives

Physical activity like **Yoga** maintain your health, muscle strength and flexibility

Yoga for Health - Yoga at Home

International Yoga Day 21 June 2020

ACP INDIA CHAPTER www.acponline.org/

DR. JUGAL KISHOR SHARMA
WEB: www.drjksarma.com | E-MAIL: drjksarma@gmail.com

WISHES YOU
INTERNATIONAL
YOGA
DAY
21 ST JUNE

Logos of various organizations including WHO, Ministry of Health, Government of India, and ACP India Chapter.

ACP India Chapter
American College of Physicians
Leading Internal Medicine, Improving Lives

THE ART OF LIVING

on
International Yoga Day

MODERN MEDICINE AND YOGA
IN CONVERSATION WITH **GURUDEV SRI SRI RAVI SHANKAR**

DR ANUJ MAHESHWARI
Governor
ACP India Chapter

DR AMIT GUPTA
Advisory Council
Member ACP

DR NARSINGH VERMA
Professor of
clinical physiology

DR KAMLAKAR TRIPATHI
Professor
Emeritus Medicine

LIVE on
21 JUN 2021
Timing: 7:30 PM onwards
/gurudev /ACP India Chapter



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ACP'S COMMITMENT TOWARDS MEDICAL EDUCATION

ACP India's Vision about medical education

ACP India under the motivation of Dr. Anuj Maheshwari, is committed towards contributing in medical education in India.

In this perspective there is a committee formed for participation of undergraduate and post graduate medical students. This committee will be planning and executing various student-oriented programs like quiz competitions, Clinical Skill development modules and other educational programs for development of organizational and communication skills in medical students & Residents. Our focus shall also remain on wellbeing of Doctors & Health care workers who are working hard for health of their patients at the cost of their own burnout. New Advisory Council is looking for the workshops & training of Early career physicians in the month of July 2021. We have already prepared a roadmap for CoviDiabetes, women health, geriatric health, nutrition, yoga & life style modifications for the remaining months of 2021.

FROM GLOBAL ARENA

FROM GLOBAL ARENA: No Newsletter is complete nowadays without mention of COVID 19. We are hereby giving some sources of information from ACP on Covid research & News update

COVID-19 Article Collection and Resources



A collection of *Annals of Internal Medicine* content related to coronavirus is freely available below. This list is updated regularly. Keep up to date with the latest information regarding the 2019 novel coronavirus and learn more through additional free resources that include:

- The **ACP COVID-19 Resource Hub**. Focused information for internists and access to the ACP Physician's Guide to COVID-19.
- **ACP/Annals of Internal Medicine COVID-19 Forums**. Watch the ACP/Annals virtual forum events featuring key experts discussing topics related to COVID-19.
- **ACP JournalWise**. This literature alert service, free to ACP members, now includes COVID topic surveillance.
- **DynaMed's COVID-19 Topic Page**. Also includes related summaries for treating special patient populations and more.
- **COVID-19 Evidence Alerts from McMaster Plus**. Summaries of the best new evidence for the care of people with suspected or confirmed COVID-19 infection.



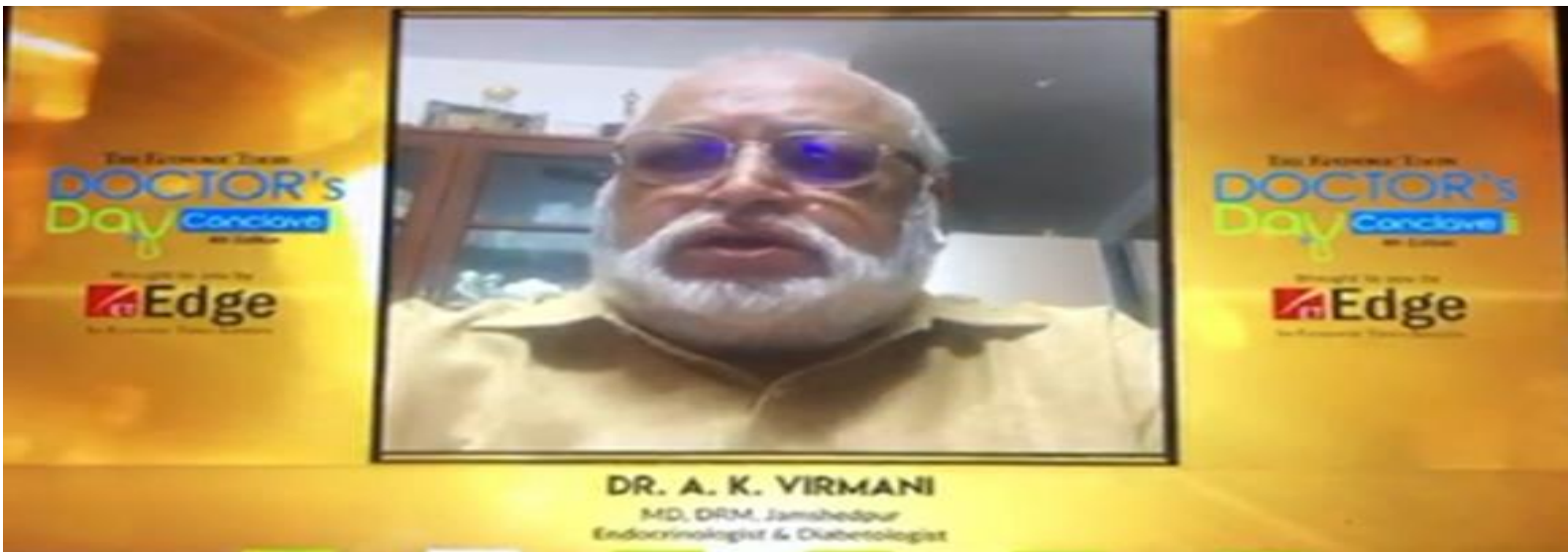
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Economic Times Award to **Dr. Banshi Saboo** Advisory council member West Zone & **Dr. A.K. Virmani**, Advisory council member East zone ACP India Chapter on Doctor's Day



DR. BANSHI SABOO
MD, DNB, PhD, Ahmedabad
Endocrinologist & Diabetologist



DR. A. K. VIRMANI
MD, DDM, Jamshedpur
Endocrinologist & Diabetologist



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TORCH BEARER OF ACP INDIA CHAPTER



The leadership of ACP India had been in the hands of a great visionary Dr. A. Muruganathan who had been instrumental in bringing forth the best output of this association. ACP India has reached multiple milestones which includes chapter excellence award increase membership and as well as winning the Osler Cup in doctor's dilemma which speaks much about his commitment towards science and organization.

Now the torch is handed over to the new Governor Prof. Anuj Maheshwari who is his most deserving successor. We hope and believe that the light of knowledge wisdom and learning will keep glowing in the future in the hands of the new torch bearer and will continue showing the right path of scientific development and refinement in the days to come and will be a source of inspiration to the physicians in India as well as global medical fraternity



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Edited by: Prof. Jalees Fatima

