

**ACP India chapter activities for the quarter:** 

July: Early Career Physicians

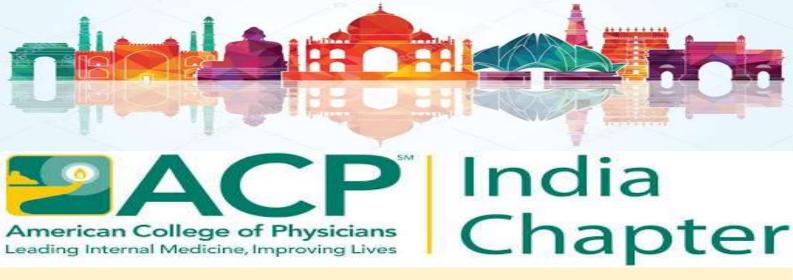
<u>August: Women's Health care month</u> <u>September: Nutrition Advocacy Month</u>

#### In this Issue:

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This quarter of the year saw a plethora of multidimensional activities conducted by the ACP, India chapter for the well being of the society as well as improved access to knowledge and better environment for the health care professionals. In addition to an event organized on the National Doctor's Day, ten CMEs and seven Face book live, YouTube programs were conducted. The chapter also participated in many joint conferences and symposia in association with other organizations.





#### MESSAGE FROM GOVERNOR



#### Dear Colleague:

As Governor of the India Chapter of the American College of Physicians, I am completing 5 months with an agenda to serve you with a difference. I must congratulate past Governor Dr Arumugam Muruganathan for being awarded mastership of American College of Physicians this year. He is the third person from India chapter who have been awarded MACP so far. 19 doctors are awarded FACP in these five months. Dr Swati Srivastava, Dr Kamlakar Tripathi, Dr Sanjay Agrawal & Dr Sajid Ansari have been invited for fellowship from 1st November 2021 onward. 6 members from India Chapter have received appreciation award in recognition of promoting gender equality in medicine & support the career advancement of women in medicine.

I understand that this past year has been marked by uncertainty and upheaval during a prolonged global health care crisis that has challenged us all both personally and professionally. Because of this, it is more important than ever for

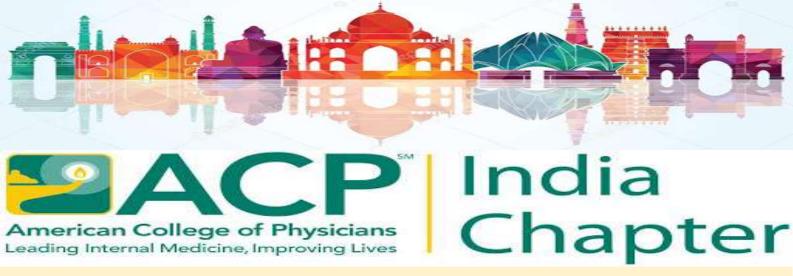
internists to come together as a unified community. There is strength in numbers, and together, we are stronger. ACP has supports internists by providing:

ACP has supported internists during the pandemic by:

- Critical, timely, and relevant clinical guides and resources related to COVID-19. The College has been at the forefront throughout the COVID-19 global pandemic providing a real-time demonstration of the value of your ACP membership. Initiatives include creating pathways to order PPE and other critical equipment; advocating for regulatory issues key to helping internists manage the pandemic and its effects; and publishing a collection of scientific information in Annals of Internal Medicine to help inform COVID-19-related decision making.
- Innovative and trustworthy clinical education tools and resources for lifelong learning in a variety of formats to meet your learning styles and preferences. The ACP Online Learning Centre, Annals of Internal Medicine, the Medical Knowledge Self-Assessment Program (MKSAP), and DynaMed® all offer important information on timely topics.
- **Resources that enhance your professional journey** by helping you navigate the challenges we all confront over the different stages of our careers, including our Physician Well-Being and Professional Satisfaction initiative to help restore the joy of practicing medicine.

In our chapter, we are committed to supporting internists through this crisis and beyond. Examples include:





- ACP India chapter remained active in this crisis time imparting information about diseases and their management with or without COVID. We invited overseas speakers to share their experiences. We have also generated public forum ACP INDIA LIVE to connect with common persons. We have done widespread program on "GOOD BP Practice, COVIDIABETES, Women Health & Nutrition symposia in last few months and planning many such programs in coming days.
- We are planning annual conference on 10th, 11th & 12th December 2021, in which we shall provide free of cost registration to all ACP members for virtual attendance. If conference could occur hybrid/physical, ACP members will be registered on minimum possible price which would be calculated on cost to cost basis.
- Many members are completing 3 years of their membership and they are due for FACP award. I request them to apply for the same as per the set procedure on www.acponline.org. Apply for FACP if you have completed 3 years active membership. We are really looking for to have more and more FACPs from India. If you have not renewed your membership or it is dropped inadvertently, you please get it active.

We are coming up with many new programs for Early Career Physicians, Residents, students and all other members. Last two months remained very busy for all ACP members as they would have received lot of communications from my office not only for academic programs, online CMEs but also for COVIDIABETES invitations, Doctor's Dilemma participation invite, Woman's health & Nutrition.

In December 10th 11th & 12th 2021 we are planning to have our annual conference IM ACPINDIA 2021 at Goa in hybrid mode means you would be able to attend it physically as well as online virtually. All ACP members shall be provided complimentary registration for conference to attend virtually and discounted rate for physical attendance.

if you find any difficulty while renew your membership, you can also call Office ACP India chapter on below given numbers.

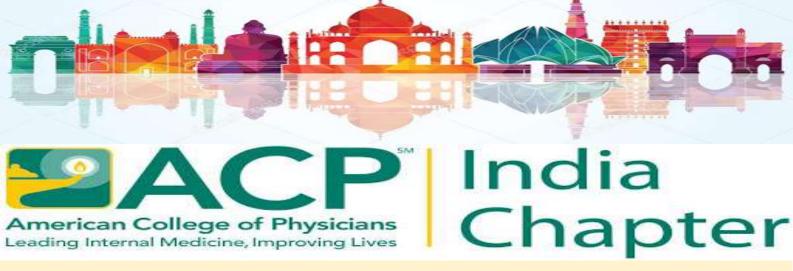
Sincerely,

Anuj Maheshwari

ACP Governor, India Chapter

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On the first day of July, the ACP India chapter, as a mark of National Doctor's Day, organized a program on "Need healthy healers, not heroes: way to wellness for doctors". International eminent guest faculties, Dr Priya Radhakrishnan, Dr Mukta Panda stressed upon the need for the doctors, being the healers of the society to lead a balanced lifestyle with good physical, mental and social health. Dr Anuj Maheshwari, Governor ACP, India chapter chaired the program and Dr A Murugnathan, Past Governor along with Dr Narsingh Verma and other members of advisory council felicitated the Covid Saviors of India for their dedicated work and contribution during the pandemic.







On 1<sup>st</sup> July 2021 ACP India Chapter felicitated Doctors who served the humanity beyond their duties in COVID 19 Pandemic.







Dr. Sudhir Bhandari



Dr. Ajay Kumar Gupta



Dr. Manish Gupta



Dr. N C Srinivasa Prabhu

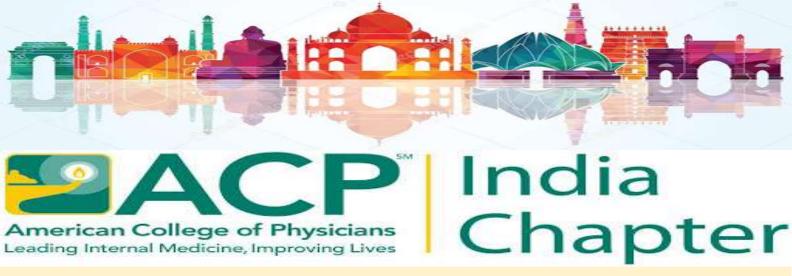


Dr. J D Rawat



Dr. Narayan Prasad



















Dr. Shrikant Sharma

Dr. Rahul Jain

Dr. Puneet Khanna

Dr. Payal Jain

Dr. Rashmi Upadhyay Dr Anubha Srivastava

Dr. Ruman Kugashiya













Dr. Sanjay K. Thakur

Dr. Rajan Pandey

Dr Parwez Alam Ansari Dr. Neelika Malavige Dr Ananda Wijewickrama Hasitha Attanayake Dr. Bidita Khandelwal







Dr. M Mukhya Prana Prabhu



Dr. Vaibhav Shukla



Dr. Arvind Gupta



Dr. N K Singh



Dr. Surrinder K Bakshi



Dr. G B Sattur



Dr M Raja Rao

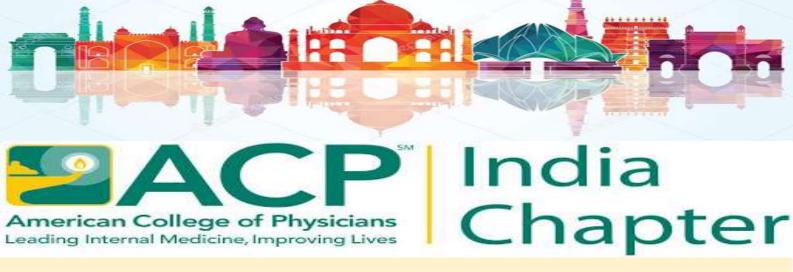


Dr. E Selvakumar



Dr. Santhosh Kumar



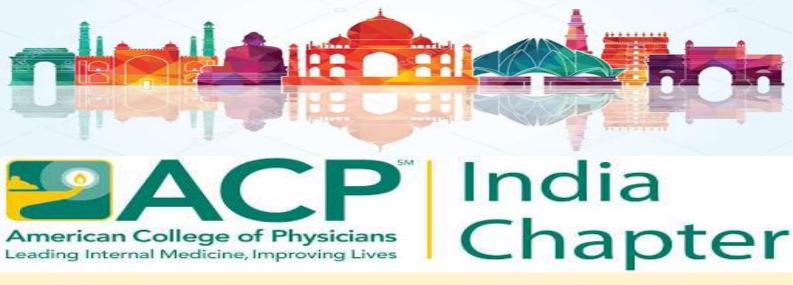


In pursuance of the ACP's efforts of recognizing the needs of the young physicians, involving them in the advancements in medicine, the ACP India chapter dedicated the month of July to early career physicians. The CMEs included ACP India case files where experts discussed important issues faced by early career physicians like "Communicating effectively in difficult situations". A session based on "Transformations made in life to be more peaceful" was conducted helping the young physicians to manage work and stress effectively. A webinar on Covid and hypertension was held where prominent experts discussed the important as well as practical aspects of blood pressure control in patients with Covid infection. Interesting clinical cases were also discussed where approach to and methods to diagnose and manage unusual cases were discussed.









The Early career physician's activities by the ACP India chapter also included Facebook and YouTube live episodes with eminent experts. Dr A Murugnathan and Dr Aditya Kapoor, with their expertise in the field of hypertension, discussed the important as well as practical aspects of blood pressure control in patients with Covid infection. In another similar Facebook and YouTube live program, Dr Shashank Joshi along with Dr Anuj Maheshwari and ACP advisory members discussed the challenges faced by young physicians and suggested solutions to them.

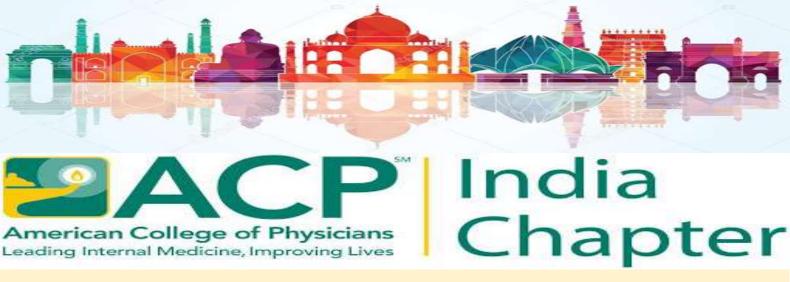




Congratulations to our Past Governor Dr A Murugnathan to be awarded the highly prestigious MACP Mastership Award by the American College of Physicians. His dedication towards service to community and education is an inspiration!





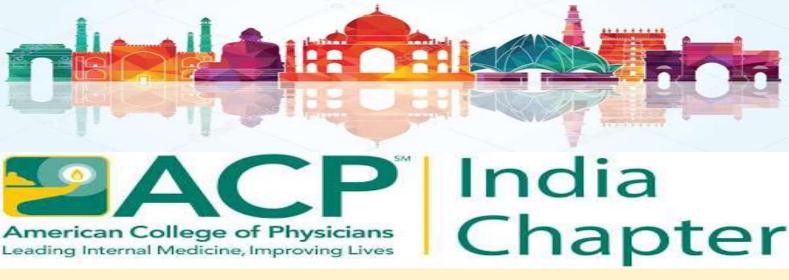


The month of August saw events dedicated to women healthcare. A CME discussing post-menopausal issues in women included talks on psychosocial issues, osteoporosis and hypertension. Common ailments in women which are often ignored like CV risks in women, anemia and female sexual dysfunction were reviewed in a CME. Women's health disorders like puberty issues, PCOS, Hypothyroidism and hyperthyroidism in women were also deliberated upon. How could safe motherhood be missed while talking about women's health? A physician's contribution to safe motherhood, ensuring safe motherhood in pregnancy with diabetes and Covid in pregnancy were topics very well covered.

Engaging discussions regarding obesity and related endocrinological disorders and psychosocial issues during different phases of life were conducted live on Facebook and YouTube.



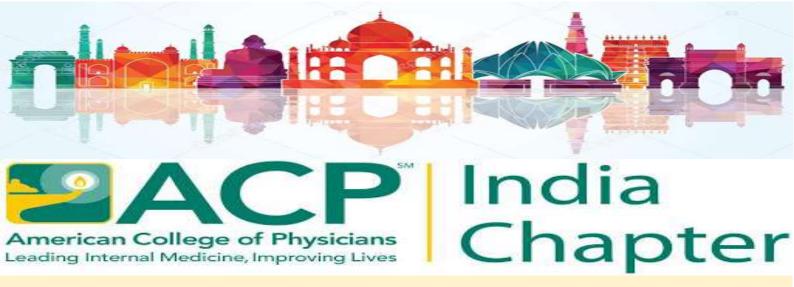




Nutrition, another vital aspect, was the theme for activities for the month of September. How to find the best food choices in obesity, physical asthenia and adolescents were well discussed in a CME event. Innovative concepts of nutrition looked into bio fortification for human health, xenoestrogens in food and adrenal failure and the risks, benefits of genetically modified food. Chrononutrition, an upcoming topic of interest, included time restricted food, calorie restricted food and binge eating. "Nutrition, what do we never care" titled CME included simple yet often neglected aspects of diet like safe drinking, diet drinks, artificial sweeteners, artificial colors in food items.

The great oil saga was a well-attended Facebook and YouTube live program where the much highly used cooking oils and their effects were deliberated. Food supplements, being very commonly used by people were looked upon in yet another interesting Facebook and YouTube live program.





#### ACP members recognize peers during WIM month

Members of the India chapter received appreciation certificate from the ACP in recognition to their efforts to promote gender equality in Medicine & support the career advancement of women in medicine. **Congratulations!** 



Dr Anuj Maheshwari



**Dr Jalees Fatima** 



Dr Swati Srivastava



Dr Divya Saxena



Dr Anubha Srivastava



**Dr Minal Mohit** 

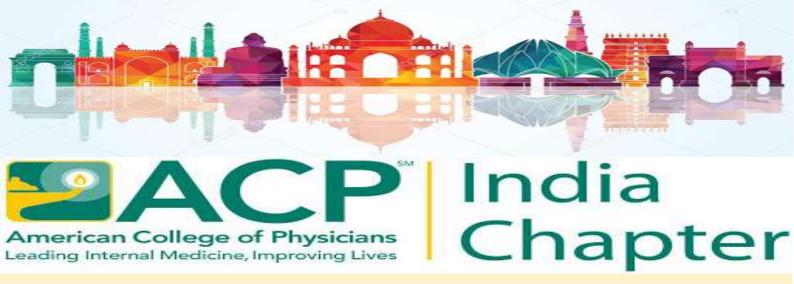




**New Fellows of the American College of Physicians** 

Name
Nivedita Pandey, MD FACP
Swapnil Gautam, MBBS FACP
Chandril Chugh, MBBS FACP
Ajay Mishra, MD FACP
Padmashri Gulati, MD FACP
Ranaganathan N Lakshmi Narasimhan, MD FACP
Remya Sudevan, MBBS FACP
Shri Krishna Gautam, MBBS MD FACP
Swati Srivastava, MD FACP
Prem Shanker Singh, MD FACP
Manivasagam Nataraj, MBBS FACP
Minakshi Dhar, MD FACP
Mukesh K Sarna, MD FACP
E Prabhu, MBBS MD FACP
N Balamurugan, MBBS MD FACP
Justin Cornelius, MBBS MD FACP
Rajesh Shankar Iyer, MBBS MD FACP
Packiamary Jerome, MBBS MD FACP
P Paranthaman, MBBS MD FACP

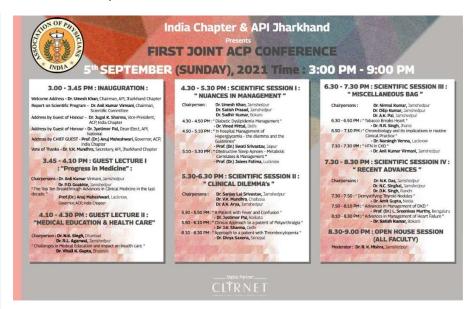




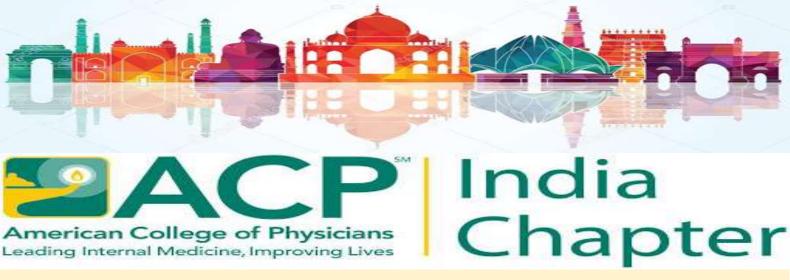
#### **Joint ACP Conferences**

ACP India jointly organized conferences in association with other organizations of India. With the active participation by ACP members, the conferences were very informative, successful and very well attended









#### First Physical Meeting after COVID Pandemic:

First physical meeting was organized by ACP India Chapter after the COVID-19 held at Hotel Clarks Awadh Lucknow on 04 September 2021. After a series of virtual interactions, the physical meeting came as a welcome change, ushering in hope for the improvement in the Pandemic situation and more meetings in the physical or hybrid form.



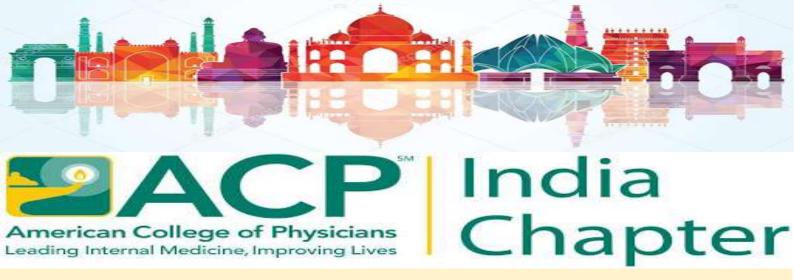








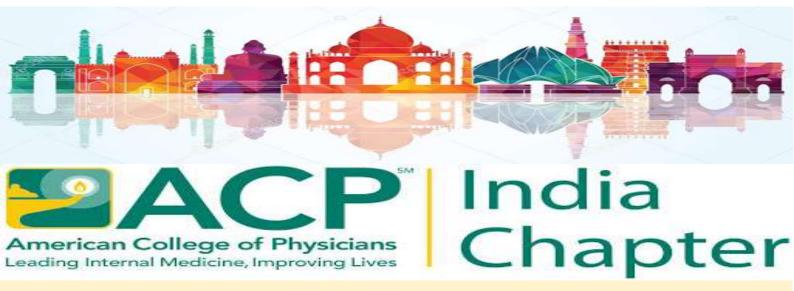




The ACP India chapter announces the Annual Conference for the year 2021, to be held in the hybrid form at Goa from 10<sup>th</sup> to 12<sup>th</sup> December 2021. After the difficult times of the Pandemic in the last year, the chapter is looking forward to an academically enriching interaction with physicians, students and resident doctors.







"Always walk in life as if you have something new to learn and you will"

By

Vernon Howard

Edited by: Prof (Dr) Swati Srivastava

