



UpDAYtes

Bi-Monthly Newsletter of 'Diabetes Awareness & You (DAY)'

Issue: 34, Vol: 1, Web: www.day.org.in #Email: daywestbengal@gmail.com #Facebook: /day.org.in 15th January, 2023



Did You Know ????
Globally India has
the highest number
of T1DM (IDF 10th
Diabetes Atlas)



Editorial: Friends! Happy New Year, 2023 to all of you & wishing your immense happiness, success & Joy in the coming days. Last year was very eventful for DAY. We have continued the existing activities and started the Virtual Type 1 Diabetes School and Diabetes Boat Project. These two unique and innovative initiatives are getting acceptance day by day from the beneficiaries. CCDE and RCCD courses got much needed recognition from Narendralal Khan Women's College (Autonomous), a UGC approved state aided college. 7th DAYDEIC was successfully completed with the THEME country as Nepal and we have also started Memorial Oration (this time Dr P.P.Mitra Oration) in our conference and Prof. Edward Jude from UK had delivered that oration. I hope DAY will touch more lives in the present year also with the active support from all of you. Take care!



Upcoming Program:

- *1) Refresher Course on Clinical Diet (RCCD), 4th session will be started from January, 2023 to March, 2023 with 5 Modules, Workshop & Exit Exam.
- *2) Certificate Course for Diabetes Educators (CCDE), 5th session, a recognized Certificate course of Raja Narendralal Khan Women's College (Autonomous) will be started from January-June, 2023 with 10 Modules, Workshop, Exit Exam & 100 hrs. Training. Both the Courses will be conducted very soon virtually with prefixed Monthly twice Classes.

ATTENTION

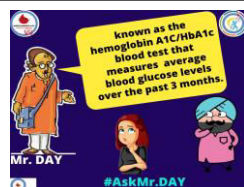
Friends! Our Working Office address is:

**Diabetes Awareness & You
Sachetanata Bhavan**

12/1A/58, Chowbaga Road, Bidhan Nagar (South),
Kolkata – 39; Contact – 03323452000 / 9836395657

#AskMr DAY Campaign

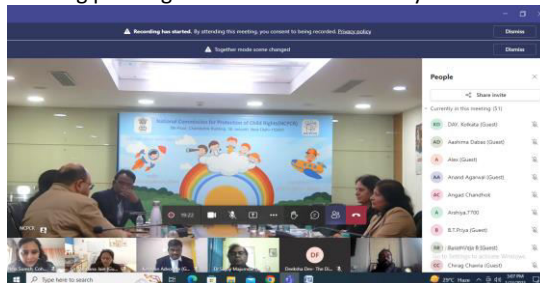
Mr DAY, the Diabetes Ambassador, the FIRST OF THIS KIND IN THE WORLD, has been launched by DAY on World Diabetes Day, 14th November, 2019. Now we have already started a campaign called #AskMrDAY in FB, Instagram & Twitter with different issues related to Diabetes & its complications.



#MrDAY Campaign at Social Media Platforms

Lead News: Meeting with National Commission for Protection of Child Rights (NCPCR) regarding Type 1 Diabetes issues

The National Commission for Protection of Child Rights (NCPCR) had convened a meeting on 13th January, 2023 to discuss the different issues related to Type 1 Diabetes on hybrid mode and DAY was invited from West Bengal to exchange the views with the commission. A two member team consisting Dr. Sujoy Majumdar, Vice President and Mr. Indrajit Majumder, Secretary, have represented DAY in the meeting and shared our activities and suggestions. Different stakeholders including T1D Groups and organizations like RSSDI, T1D Foundation of India, DIYA, Yog Dhyana Foundation, Diabesties, Blue Circle Foundation, Udaan etc were also present in the meeting along with individuals. After elaborate discussion and exchange of views, it was decided that each and every NGOs shall send their suggestions/inputs through email and NCPCR shall work on it to finalise the further action from their end. Taking this opportunity, we would like to express our heartiest thanks to NCPCR for taking this much needed initiative and involving DAY as a part of it. Looking forward to some effective steps to address the long pending T1D issues in our country near future.



Big News: KMC has recognised & accepted CCDE

Kolkata Municipal Corporation (KMC) has recognised and accepted the 'Certificate Course for Diabetes Educators (CCDE)' for training of their Pharmacists & Nurses of present health infrastructure. In a recent survey done by DAY, at present almost 23% adult population of Kolkata is living with diabetes and this decision of KMC have definitely helps people living with diabetes in Kolkata to get more effective support for better diabetes management henceforth.



Helpline: +91 9903999727

OUR DREAM: Construction of SACHETANATA BHAVAN



Dear Friends/ Well wishers!

We solicit your **SUPPORT** for ongoing construction of 'Sachetanata Bhavan' – our organizational building & a location from where Diabetes Awareness and You (DAY) shall provide diabetes related education, treatment and follow up care for people with diabetes or those at risk.

OUR 'DREAM' – SACHETANATA BHAVAN



Construction is going on & we are going to start our activities from there as corporate office address. We need **HUGE FUND** to complete the construction.

For donation please contact:
Indrajit Majumder +91
9433320800



For our senior citizen
Help Line: +91 9830877797

Foster a Diabetes Aware Society & Add Healthy Years To LIFE



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Capacity Building News Desk

5th November'22: We supported the "Diabetes Fighters trust" & participated "Diabetes Awareness Mela" with the theme "Access and education to protect today & tomorrow" at Amphitheatre, Dilli Hoot, Janakpuri to strengthen the movement by sharing our experiences & suggestions to move forward for coming together as 'one'. We need to speak up as our Rights to basic Diabetes Care are still compromised! Ms. Shubhda Bhanot, Executive & life Member, DAY & Ms. Shreya Chakraborty, Activists & Member of DAY have participated in the event as the DAY representatives.

27th November, 2022: "Diabetes Expert Speaks" was held on "Type 1 Diabetes Management". Guest Expert: Dr. Sujay Majumder, Vice Present DAY. Moderator: Shatavisha, T1D Friend, DAY.

17th Dec'22: Organized a Periodical Metabolic Summit, 2021 Virtually. Faculties: Dr. Nirmalya Chakravarty, Consultant Diabetologist ESI, Kolkata; Dr. Sashi Kumar Sinha, ESI Ranchi; Dr. Swayamsidha Mangaraj Consultant Endocrinologist & Associate Prof, IMS & Sum Medical College Bhubaneswar; Dr. Arindam Pandey, Consultant Cardiologist of Apollo Gleneagles Hospital, Kolkata.

25th December, 2022: "Diabetes Expert Speaks" was held on "Foot Care & Problem in Diabetes" Guest Expert: Dr. Ghanshyam Goyal. Moderator: Sukanya.

Beside that regular ERTM & ECME with ERIS & BI are also going along with the 15 studies all over the India through our website with the unrestricted educational grant of ZYDUS & ERIS.

Preventive Care News Desk

Diabetes Awareness & Free Screening Camp was held during the month of November-December, 2022 at South Topsia Road, Kol-46; at Dhapa Kachari Para, Kol-105; at 42 Bus Stand, Kol-39; at near Bypass Dhaba, Kol-107; at VIP Nagar, Notun Bazar, Kol-10; at Prasant Sur Nagar, Nona Danga, Kol-105; at Uttar Panchannagram Bus Stand, Kol-39; at 11 More, British India State, Kol-69; at Kasba New Market, Near Acropolis Mall, Kol-39; at 22, Hatisur Drainage Pumping Police Station, Rajdanga Main Road, Kol-107; at Rajdanga Main Road, Near Acropolis Mall, Kol-107. All above places are under ward-107; at Dhapa, Math Pukur, EM Bypass, Kol-105 & at 1, Hatgachhia; at near Science City, ITC Royal Bengal, Kol-46 are under ward-58; at Hatgachhia, Dhapa Road, Kol-105, Ward- 68; at Paschim Chowbagha, Nona Danga, Kol-39, Ward-108; with maintaining all personal safety measures as per Govt. directives.

Besides that, 28th November, 2022: Organized a Health Camp at Bardhaman with Free screening of blood Glucose, Thyroid, ECG and free medication for 7days & **17th December'22:** Organized a Health Camp among the employees of DHP India Pvt. Ltd. With BMI, BP, Blood Sugar tests, Counselling by Lifestyle counsellors, a workshop on First Aid for all & ECG, PET for selected people at Sankraile Industrial Estate. Howrah. West Bengal.

Curative Care News Desk

6th November, 2022: Monthly outdoor with necessary test for monitoring & control Diabetes, Free Medicine/Insulin distribution & patients education was held under Diabetes Aware Village Project at Sachetanata Bhavan

4th December, 2022: Monthly outdoor with Periodic doctor's consultation, necessary test for monitoring & control Diabetes, Free Medicine/Insulin distribution, patients education & also **Insulin was initiated for a patient** under Diabetes Aware Village Project at Sachetanata Bhavan.

Diabetes Monitor project and T1D Support group are functioning smoothly through our clinic.

Virtual T1D School: World's FIRST T1D School has been launched by "DAY" and it is run by & for the T1Ds. The Weekly Sessions were held during November-December, 2022 with the following topics:

5th Nov'22: "How to deal with Social Stigma".

12th Nov' 22: "How to use Glucometer for monitoring glucose level"

19th Nov'22: "Coming Rock Climbing Expedition".

26th Nov'22: "What different you do in Diabetes week"

3rd Dec'22: "How to manage very high blood sugar"

10th Dec'22: "Diet Session"

17th Dec'22: "Hypoglycemia education"

24th Dec'22: "Best Time to Monitor CBG by Glucometer" by Dr.

Taher Hossain.

31 Dec'22: "Fun Activity & New Year Resolutions of T1D on DM management"

Administration News Desk

"World Diabetes Day, 2022" & "Diabetes Awareness Week, 2022" organizing Committee meetings were held once a week till the date of the observations. Different Sub-Committees were executed the activities as per Activity Calendar approved by Executive Committee on 30th March, 2022. Beside that Secretariat Meeting are also being held as per needed during November & December, 2022.

Media Desk:

1) An article has been published in **Eai Samay** on "A Diabetes Survey on 25% people" & 2) An article has been published on **Times of India** on "1 in 4 found diabetic in Kol borough: Local Survey causes general worry" on **World Diabetes Day, 14th November, 2022**

3) An Article has been published on page 4 of **Times of India**, on "Diabetes with controlled disease can donate blood" on 15th November, 2022 in the occasion of World Diabetes Day, 2022.

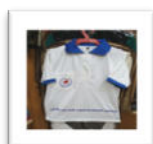
Social Media Desk:

Our Social Media Team is now very active and almost daily a post was there during the month of November and December, 2022 on different topics like 'Diabetes Dictionary in Tri-lingual version, Diabetes Myths & Facts in Tri-lingual version, Diabetes Research Update, Down Memory Lane, #ASKMr.DAY etc. Moreover special posts were also done related with different variety of topics. Now we are requesting all the members & well-wishers to do like, comment and share the posts of our FB page, Instagram page and Twitter platform to reach more and more people with our activities.

Friends! Please purchase our MERCHANDISE to build-up 'Diabetes Awareness'



T-Shirt – Rs 300/- (Size – 34,36,38,40 & 42)



Coffee Mug – Rs 150/-



Diabetes Awareness Book – Rs 250/-





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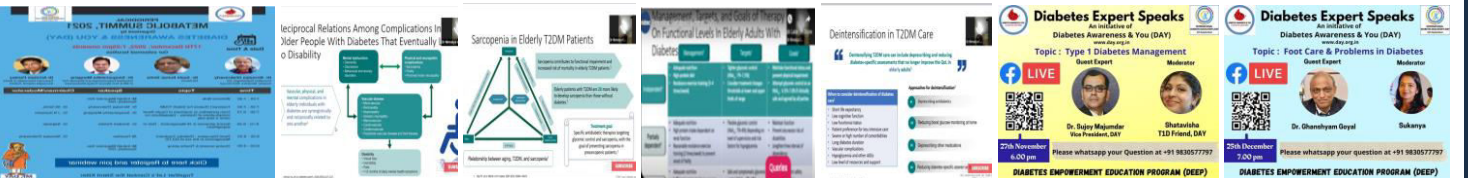
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PHOTO GALLERY



Supporting & Participation of DAY in "Diabetes Fighter Trust" & "Diabetes Awareness Mala" on 5th Nov, 2022 at Delhi.



Educational Program of DAY: CME & "Diabetes Expert Speaks" during November-December, 2022.



Health Camp at Bardhaman, W.B & Sankraile Industrial Estate, Howrah, W.B among the employees of DHP India Pvt. Ltd; Media presence of DAY during November-December, 2022.

Please observe every year

INTERNATIONAL DIABETES EDUCATOR'S DAY

5th September

Please LIKE the Facebook Page: www.facebook.com/IDEDAY

(Already adopted in SAARC Diabetes Control: 2030 in September, 2019 at Dhaka, Bangladesh)



OPD & Monthly Medicine Distribution at Sachetanata Bhavan under Diabetes Aware Village Project during November-December'22

Please observe every year

DIABETES AWARENESS WEEK

14th to 20th November

Please LIKE the Facebook Page: www.facebook.com/day.org.in

Please do your **BLOOD SUGAR TEST**, if YOU are **30 years or above**

Foster a Diabetes Aware Society & Add Healthy Years To LIFE





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SPECIAL FEATURE: WORLD DIABETES DAY & DIABETES AWARENESS WEEK, 2022

We observed "world diabetes Day, 2022" on 14th November, 2022 & Diabetes Awareness week (14-20) November, 2022 like every year. This year DAY launched "Diabetes Boat" India's biggest Reach out Program at Gosaba, Sundarban under Sundarban Diabetes Project on World Diabetes Day, 2022, 14th November, 2022. It is a very innovative initiative of DAY for Sundarban area, Supported by Sri Sri Ramakrishna Sava Samity. This will massively help the destitute & underprivileged people of Sundarban area as we all know that Sundarban is very remote, disadvantageous, inconvenience & full of difficulties prone area. We also organized a Mass Awareness & Diabetes screening Camp on the Diabetes Boat itself on that Day. Dr. Sujoy Majumdar, Vice President DAY, Mr. Indrajit Majumder, Secretary DAY, BDO of Gosaba Block, DAY Members & other renowned persons were present in the inaugural program of Diabetes boat. Dr. Sujoy Majumdar, Mr. Indrajit Majumder & BDO of Gosaba Block delivered the lecture & share their view regarding Diabetes awareness, early detection, treatment, managing, regular monitoring & control of this Silent Killer. They also said that early detection of diabetes can prevent the complication of diabetes and damaging the organs. They also explained through the help of service of DAY & "Diabetes Boat" how people of Sundarban area can be benefited. So without any hesitation they should utilized the 100% facility of this service of DAY.

Diabetes Awareness Week (14-20) November, 2022: *The 1st day of Diabetes Awareness Week, 14th November, 2022: Organized Mass Awareness & Free Diabetes Screening Camp at Chowbagha Road, Bidhan Nagar, ward-107 under Kolkata Municipal Corporation.

***The 2nd day of Diabetes Awareness Week, 15th November, 2022:** Organized Mass awareness & Free Diabetes Screening Camp at Panchannagram Bazar, Kolkata-700039, ward-107.

***The 3rd day of Diabetes Awareness Week, 16th November, 2022:** Organized Mass awareness & Free Diabetes Screening Camp at Chowbagha Road, Kolkata-700039, ward-107.

***The 4th day of Diabetes Awareness week, 17th November, 2022:** Organized Mass Awareness & Free Diabetes Screening Camp at Uttar Panchannagram Bazar, Kolkata-700039, ward-108.

***The 5th day of Diabetes Awareness Week, 18th November, 2022:** Organized Mass Awareness & Free Diabetes Screening Camp at near VIP Nagar High School, Kolkata-700100, Ward-108.

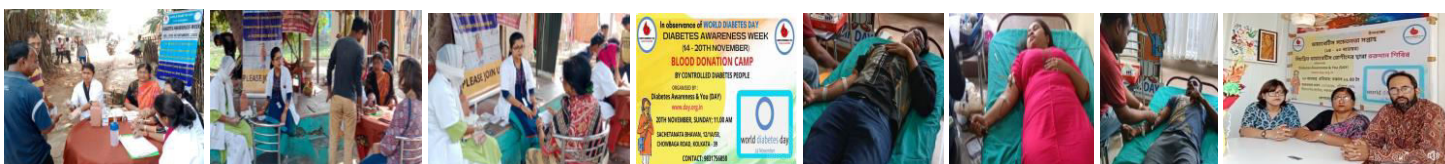
***The 6th Day of Diabetes Awareness Week, 19th November, 2022:** Organized Mass Awareness & Free Diabetes Screening Camp at Tara Shaw Bosti, Kolkata-700039, Ward-107.

***The 7th & last Day of Diabetes Awareness Week, 20th November, 2022:** Organized Mass Awareness & Free Diabetes Screening Camp at Sachetanata Bhavan, 12/1A/58, Bidhan Nagar (South), Panchannagram, Kolkata-700039, Ward no 107 of KMC

***The 7th & last Day of Diabetes Awareness Week, 20th November, 2022:** Organized a blood Donation Camp by controlled Diabetes people at Sachetanata Bhavan. Mr. Sarojit Ray Asst. Director, Blood Safety, H & Fw Dept., Govt. of West Bengal was present with us in our Blood Donation Camp as well as in the LIVE program at DAY FB page. Many of our members & well-wishers & others with controlled Diabetes donated blood. DAY also given massage to the PWDs of the Society through social media -live program to proper manage & control their Diabetes so that they can also be able to donate blood for the welfare of the society as well as can keep up their human rights to feel proud.



Inaugural Program of "Diabetes Boat" at BDO office of Gosaba, Sundarban & Diabetes Screening program at the Boat on World Diabetes Day'22



Mass Awareness & Free Diabetes Screening program in different places of Borough 12 of Kolkata Municipal Corporation & Blood Donation Camp at Sachetanata Bhavan during Diabetes Awareness Week, 2022.

Foster a Diabetes Aware Society & Add Healthy Years To LIFE



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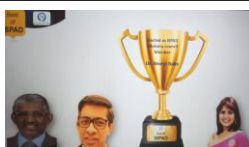
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Member's Achievements Corner:

Ms. Sheryl Salis, Executive Member, DAY has been received a facilitation in the program "Best of ISPAD" organized by Dia Care India on 26th November, 2022 for the elected member of India into the advisory Council (HPC), 2021-2024-as a Health care professional of ISPAD with the highest number of votes.

An article has been published in "Sanbad pratidin" on "Jene Agam Mistite Lagam" by Dr. Rakesh Kumar, Assistant Secretary of DAY on 14th November, 2022.

Congratulations! Ms. Sheryl Salis & Dr. Rakesh Kumar. We are Proud of You.



APPEAL

Dear Member & Activists, Please share your achievements with us to publish in our Newsletter. Publication of any such is sole discretionary power of the authority. - Editor

Our Heartiest Appeal to our Member & well-wisher: Please visit our social media platforms in FB, Instagram & Twitter do Like & share to your nearest & friends.

Be a Valentine of T1D Friend of DAY



Valentine's Day is around. Are you searching for your Valentine? Here it is an opportunity to be a Valentine & get tax exemption u/s 80G of Indian Income Tax Act, 1961. Donate with the link: <https://rzp.io/l/DonationtoDAY>

Cardiac Care Ambulance Service



Helpline: +91 9831756858

PHOTO GALLERY OF OUR GOLDEN PAST



PROUD MOMENTS of DAY : Launching of 'International Diabetes Educator's Day, 5th September (IDED)' in 2016 and endorsement of IDED in last few years by different Global as well as Indian Diabetes Leaders.

Tentative program schedule of January - February, 2023:

Monthly outdoor under 'DAV Project' on 8th January & 5th February # Monthly 'Diabetes Expert Speaks' on 29th January & 26th February # Diabetes Camp at Mohishadol, Purba Medinipur on 12th February # Mass screening thrice a week in Borough 12 of KMC area # Virtual T1D School in every Saturday at 8.00 pm # Annual Program of T1D School at 11.00 am on 19th February at Gyan Manch

Editor-in-Charge: **Mr. Indrajit Majumder**
Asst. Editor-in-Charge: **Ms. Sukla Das**
Published by: **Mr. Indrajit Majumder**, Secretary, on behalf of 'Diabetes Awareness & You', 109, Ramkrishna Nagar, Kol-153

(For internal circulation)

Our SLOGAN:

Annually Test Blood Sugar; Once 30+ YOU Are
उम है ३० साल; मधुमेह की जाँच हर साल/बयस हने त्रिंश बहर; ब्लाड-सुगर टेस्ट प्रतिबहर

Foster a Diabetes Aware Society & Add Healthy Years To LIFE