

# Report of 24<sup>th</sup> Annual Maharashtra State Joint Conference of IAPSM & IPHA: MHIAPSMIPHACON 2023

Tackling the Burden of Non-Communicable Diseases: New Frontiers & Challenges

Report By: Organizing Chairperson Dr. Manasi Shekhar Padhyegurjar

The 24<sup>th</sup> Joint State Conference of Indian Association of Preventive & Social Medicine (IAPSM) Maharashtra Chapter and Indian Public Health Association (IPHA) Maharashtra State Branch, on the theme 'Tackling the Burden of Non-Communicable Diseases – New Frontiers And Challenges' was organized by the Department of Community Medicine of SMBT Institute of Medical Sciences and Research Centre, Dhamangaon, Nashik on 18<sup>th</sup> and 19<sup>th</sup> March 2023 with Pre-conference workshops on 17<sup>th</sup> March 23.



Incidence and prevalence of non-communicable diseases are changing health scenario of our country on all fronts i.e., disease burden, human resources mobilization and their capacity building, logistics management, scope for strengthening and updating health infrastructure at grass root level, palliative care and improving quality of life of senior citizens etc. Hence the theme of this conference 'Tackling the burden of Non-Communicable Diseases – New frontiers and challenges' was selected as it is apt at present post Covid 19 pandemic period reminding us to get back to normal status and respond to area specific, state specific and country specific priority health issues and respond appropriately.

The two-day scientific event evoked creative discussion in various areas of public health priority. There was an enormous response from delegates from the state as well as outside the state with more than 200 registrations.

Maharashtra Medical Council granted four credit points for the conference and two credit points for each of the two preconference workshops.

## Pre-Conference Workshops:

The first Pre-Conference Workshop was 'Grant Writing for Research Projects' which was conducted on 17<sup>th</sup> March by - Dr. Sanjay Mehendale, Director Research P. D. Hinduja Hospital, Ex Director National Institute of Epidemiology Chennai, Dr. Ganesh Kumar and Dr. Rizwan, Scientist from ICMR-NIE Chennai. It was a full day CME covering various topics like Introduction to the Grant

Writing Grant cycle and Common Errors in Grant Writing, Writing the Methods section including statistical considerations, Gantt Chart, References, Biographical Sketch, preparing budget and funding agencies. etc. The total participants were 50.



The second Pre-Conference Workshop was 'Patenting in Health Care' which was conducted by - Mr. Nilesh Pawaskar and his team from WeGo Library foundation. It was also a full day CME covering various topics like Building Patent Ecosystem in India, how to prepare patents, its Do's and Don'ts, how to monetize patents and Intellectual Property Rights (IPR) and National Intellectual Property Awareness Mission (NIPM) The total number of participants were 90.

## Inauguration

The inaugural function was graced by the following dignitaries by their presence-

- Chief Guest, Lt. Gen. (Retd.) Dr. Madhuri Kanitkar PVSM, AVSM, VSM, Vice -Chancellor, MUHS Nashik
- Guest of Honour, Dr. Subhash Salunke, Former DGHS Maharashtra, and Deputy Director, WHO SEARO and country Representative Indonesia



Day 1 – 18<sup>th</sup> March 2023

- Dr Harshal Tambe, Managing Trustee, SMBT Sevabhavi Trust
- Dr Meenal Mohgaonkar, Dean, SMBT IMS&RC, Nashik
- Dr Gajanan D Velhal, President, IPHA Maharashtra State Branch
- Dr Lalit Sankhe, President, IAPSM Maharashtra State Chapter
- Dr Prasad Waingankar, Secretary, IPHA Maharashtra State Branch
- Dr Purushottam Giri, Secretary, IAPSM Maharashtra State Chapter
- Dr Manasi Shekhar Padhyegurjar, Organizing Chairperson
- Dr Shekhar Padhyegurjar, Organizing Secretary
- Dr Shyam Ashtekar, Academic Coordinator



After lamp lighting, Souvenir of the conference was released by the dignitaries. This was followed by enlightening speeches by the Chief Guest, Guest of Honour and other dignitaries. All the dignitaries were welcomed with Mementos, floral bouquet and presented with Community Medicine UG Workbooks designed by Dr Shyam Ashtekar and faculty of Dept of CM SMBT IMS RC. Dr Vaishali Mali Nikam & Mrs. Durga Mahale were the masters of ceremony for this event. The inaugural programme concluded with National Anthem.



Dr. Rutuja Pundkar and Dr Sujata Muneshwar from PIMS Loni were the masters of ceremony for the Conference for the two-day event.

### Key Note Address

Maj. Gen. (Prof.) Atul Kotwal, SM, VSM (Retd.) Director NHSRC, New Delhi was the keynote speaker for the event, where he lucidly explained the primary health care approach to control of NCDs, He highlighted several efforts of GOI for prevention and control of NCDs, Comprehensive Primary Health Care (CPHC),



Ayushman Bharat etc., mainly building a bridge between health care and medical colleges to work on HWCs. He gave a comprehensive Overview of Indian NCDs Scenario.

### Padma Shri Dr. D. N. Pai Memorial Oration (IAPSM)

It was rendered by Air Vice Marshal Dr. Rajvir Bhalwar, Dean Dr. Balasaheb Vikhe Patil Rural Medical College, Loni on the topic- 'Metabolic Syndrome: The Indian Public Health Perspective.' He highlighted that in our country, various epidemiological studies undertaken across the country have consistently shown a high prevalence, which is likely to be as much as one-quarter of the adult population, with increasing age and female gender being at higher risk and therefore become a priority issue for both, the public health providers as well as for the clinicians in our country,



and needs concerted, all-round efforts for its prevention, early detection, management, and research. Against this background, the various public health measures for prevention and control of Metabolic Syndrome were suggested in this oration.

### **Padma Shri Dr. Suhaschandra V. Mapuskar Memorial Oration (IPHA)**

It was rendered by Prof Dr. Sanjay Zodpey, President, Public Health Foundation of India, New Delhi on the topic- 'Cross-sectoral Linkages and Transdisciplinary Approaches in Public Health.' He highlighted the need for creating public health policies and planning actions that are aligned to realities require multi-sectoral actions.



Optimal public health strategies should be able to cut across conventional silos, such as disease or organ specific approaches, towards trans-disciplinary approaches that provide multiple levers for action. He reminded that Comprehensive responses to the challenges need multiple sectors such as health, agriculture, finance, social & developmental, legal, research, media to work in concert with each other and devise policies that synergistically address the multiple disease determinants.

**Plenary Session-1** was delivered by Dr. Pramila Menon Consultant UNICEF & Associate Professor, Dept. of Pediatrics, D. Y. Patil Medical College Pune on the topic of Childhood Obesity: Problem, Diagnosis and Approaches. She highlighted the problem of childhood obesity particularly in school children, underlying reasons and risks, its assessment, interventions and possible solutions.

**Plenary Session-2** was delivered by Dr Archana Patil, Former Director of Health Services, Mumbai Maharashtra on the topic NPCDCS progress in Maharashtra. She detailed the programme components in details with special reference to the conditions prevailing and the progress of the programme as a whole in the state of Maharashtra.



**Plenary Session-3** was delivered by Dr Savita Shardul, State TB Office, Mumbai, Maharashtra on the topic 'Updates in NTEP'. She described various changes that have come across in diagnosis and management of Tuberculosis in recent years.



**Short Scientific Session-1** was delivered by Dr. Girish Tillu, Assistant Professor, School of Health Sciences, Savitribai Phule Pune



University on the topic NCDs and AYUSH where he highlighted the importance of AYUSH in NCDs. The potential role of AYUSH system of medicine in the management of various Non communicable Diseases were explained.

**Short Scientific Session-2** was delivered by Dr. Shruti Atul Prabhu, Head, Public Health, Sri Sathya Sai Sanjeevani Hospital, Raipur, Chhattisgarh on the topic 'Compassionate Healthcare: A Novel Model for Universal Health Coverage'. As an answer to the age-old challenge of 'How do we improve Health Care delivery in rural areas?' She presented her model of

Compassionate Health Care. She highlighted that how quality care can be provided with free-of-cost service to patients, hospital management in resource limited settings and contribution to 6 out of the 17 Sustainable Development Goals - in keeping with conference theme.



Day 1 Concluded with General Body Meetings of both IPHA and IAPSM Maharashtra State Chapters and a grand banquet dinner at Hotel Grand Rio, Lekha Nagar, Nashik.

Parallel Scientific Sessions for Oral and Poster Presentations were held both days.



Day 2 - 19th March 2023

### Dr. P.S.N. Reddy Oration (IAPSM)

It was rendered by Dr. Balkrishna Adsul Dean, NIMS Medical College, and Research Centre Jaipur on the topic of 'Comprehensive Management of Covid -19 Pandemic at BMC run Seven Hills Dedicated Covid Hospital, Mumbai.' He highlighted the state of art of management



of covid 19 cases at the Seven Hills hospitals with proper planning, infrastructure despite many challenges.

### Dr. D. K. Ramadwar Memorial Oration (IAPSM)

It was rendered by Dr. Arvind Gaikwad Associate Professor, Department of Community Medicine, Govt. Medical College, Chhatrapati Sambhajnagar about



the topic of 'Journey of establishing the first State Cancer Institute in Maharashtra'. He highlighted the importance of growing burden of NCDs

specially cancers, steps taken by the Government in establishing the institute, Hospital Infrastructure and facilities, Population served, post-graduation seats, Up-gradation as State Cancer Institute and future plans.

#### **Dr. Mrunalini Pathak Memorial Oration (IAPSM)**

It was rendered by Dr. Sanjay Deshpande Professor & Head, Department of Community Medicine, Datta Meghe Medical College, Nagpur on the topic 'Role of Family and Parents in Sexuality Education'. He highlighted about Sexuality Education - Learning about the cognitive, emotional, social, interactive and physical aspect of sexuality and Economic, legal, political, religious or other cultural factors that decide individual choices regarding sexual and reproductive health.

#### **Padma Bhushan Dr. Banoo Coyaji Memorial Oration (IPHA)**

It was rendered by Dr. Bahubali Nagaonkar, Chief Medical Consultant, State Health Assurance Society, Maharashtra on the topic 'Mahatma Phule Jan Arogya Yojana (MPJAY): Important Issues'. He described in detail about the Integrated MJPJAY and AB-PMJAY – A PPP



model with ideal Characteristics which include Capacity building, Advocacy, Accreditation, Regulation, Demand Generation, Governance, Vigilance, Monitoring, Avoidance of Duplication, Support, Cost of Treatment, Incentives, Documentation, SOPs, Involvement, and its best practices.

**Plenary Session-4** was originally planned with Dr Jagannath Dixit on role of 2 meals and exercise lifestyle but he could not come due to some unforeseeable reason. Therefore, the session was conducted by Dr. Shyam Ashtekar, Department of Community Medicine, SMTB IMS&RC, Nashik on the topic of 'Rollback Diabetes

with 2 OMEX Lifestyle'. He explained regarding 2 OMEX (2 only meals and exercise) lifestyle, which is based on the principle that "If insulin level in body increases it causes obesity, insulin resistance and type 2 diabetes. He shared various success stories of the above lifestyle. A recently published IJCM paper was discussed, describing role of the 2 OMEX lifestyle on HbA1c, weight loss and reduced medication as compared to conventional management.

**Plenary Session-5** was delivered by Dr Sheetal Ghorpade, Rubiscape / Intellimet, Pune on the topic of 'Data Science in Health'. She highlighted the need for data science in every domain is clear, and platforms like Rubiscape are essential to enabling this. She described AI, ML (Machine learning), Deep Learning, Neural network concepts and how they can improve analysis and development in health.

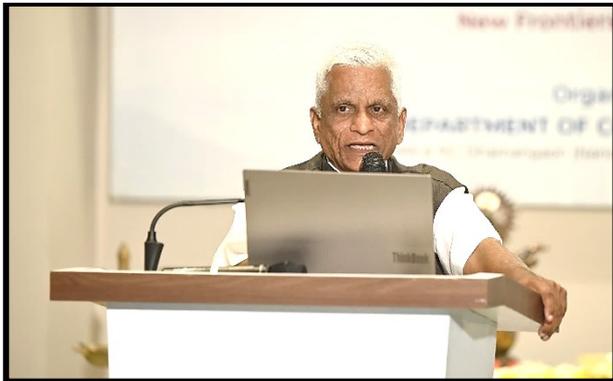


With its end-to-end capabilities, support for both on-premises and cloud-based deployment, and proven track record of delivering effective and efficient solutions, Rubiscape is well positioned to help businesses harness the power of data science and stay ahead of the competition.

**Short Scientific Session-3** was delivered by Dr. Shirish Patwardhan, MD, Consultant & Director, Sai Seva Wellness, Pune on the topic of 'Reducing Abdominal Girth for NCD control'. He highlighted the importance of managing waist sizes. Smart & Safe Abdominal Girth criteria was explained. He reminded that the concept of abdominal girth reduction is a unique blend of Science & Spirituality! To make it sustainable life long, understand the principle and develop your own technique. It is the thinking-software that has to change through silence and reflection. The concept has been tried & tested across the country since 2012. It has been experienced by doctors & non doctors with good results.

**Short Scientific Session-4** was delivered by Dr Subita Patil, Associate Professor and Physician, Department of Preventive Oncology, Tata Memorial Centre, Mumbai on 'A perspective on Onco-Public health and the role of Tata Memorial Hospital'. She explained in detail the perspectives and growing need of onco-public health approaches and the role of TMCH in such instances.

**Panel discussion** on Workbooks, Family visits and CBME was chaired by Dr Gajanan Velhal and Dr Prasad Waingankar



Participants were Dr Deepak Phalke, Dr Shyam Ashtekar, Dr Violet Pinto, where fruitful discussions on CBME basis curriculum, family visits and its importance in medical education along with the new pattern of workbooks were carried out with active involvement of the chairs. Also discussed was the concept of 'A Mind Map of Community Medicine Tree,' which is ideated by Dr Shyam Ashtekar and was appreciated by the audience. Session was attended by delegates in large numbers.



**Valedictory function** was rendered by the organizing chairperson Dr Manasi Shekhar Padhyegurjar. All the prize winners were felicitated at the hands of senior faculty and delegates. Dr Meenal Mohgaonkar, Dean SMBT IMS &RC thanked and appreciated IAPSM, IPHA, Organizing Committee and the dignitaries. MOCs Dr Rutuja Pundkar and Dr Sujata Muneshwar were felicitated by Dean. The vote of thanks for the conference was delivered by Dr Shekhar Padhyegurjar, where he thanked all those who strived hard to make this conference a grand success.



## Paper & Poster Presentation Awards at Conference

<b>Prize</b>	<b>Name of the Winner</b>	<b>Institutional Affiliation</b>	<b>Title of Paper</b>
Dr Khergaonkar Prize (IAPSM/Urban Public Health)	Dr Keerthana C	Rajiv Gandhi Medical College, Thane	Assessment Of Awareness and Screening of Breast Cancer Among Women in Urban Area- A Cross-Sectional Study.
Dr M V Kulkarni Prize (IAPSM/Maternal and Child Health)	Dr Akhil R Nair	SMBT Institute of Medical Sciences and Research Centre, Nashik	Study To Assess the Compliance of Pregnant Females to Two Different Preparations of Oral Iron in The Management of Anaemia in Pregnancy in Selected Districts Of Madhya Pradesh.
Dr. Vijaya Bhalerao Prize (IAPSM/School Health)	Dr Priya Kulkarni	Symbiosis Medical College for Women, Pune.	Predictors of Low Emotional Intelligence among adolescents: A school based cross sectional study in Pune Municipal Corporation.
Dr. Saroj Jha Prize (IAPSM/Health Education/ Gender Issues)	Dr Diana Thomas	Centre for enquiry into health and allied themes (CEHAT)	Gendering Healthcare: Situational Analysis of Clinical Practices in Five Medical Colleges of Maharashtra
Dr. Sonaji Jogdand Prize (IAPSM/Occupational/ Environmental Health)	Dr. Ravindra Lilake	Seth GS Medical College & KEM Hospital, Parel Mumbai	Occupational Injuries and Associated Factors Among Building Construction Workers in Mumbai: A Cross-Sectional Study
Dr Sharangdhar Kanhere Prize (IAPSM/Community Based Intervention/ Use of Appropriate Technology)	Dr Shruti Atul Prabhu	Sri Sathya Sai Sanjeevani Hospital, Nava Raipur, Chhattisgarh.	Community Based Validation & Use of A Novel Tool for Screening Paediatric Heart Defects in A Tribal Setting
Best paper on Conference Theme (Organizer)	Dr Gibin George	Jawaharlal Nehru Medical College, KAHER, Belagavi.	Prevalence Of Osteoporosis and Osteopenia Among Inmates of a Destitute Centre in Belagavi, Karnataka
Best Poster Prize – 1 (IPHA)	Dr Lokhande Shital Rameshwar	Grant Government Medical College & Sir JJ group of Hospital, Mumbai	A Cross Sectional Study to Assess Socioeconomic Determinants of Self-Reported Multimorbidity Among Urban Population Aged 45 Years and Above in Metropolitan City
Best Poster Prize – 2 (IPHA)	Dr Anand Bhide	Dr. Balasaheb Vikhe Patil Rural Medical College, Loni	A Mixed Type of Cross-Sectional Study to Assess Loneliness, Coping Mechanisms and General Wellbeing and Their Correlation in Adolescent Orphans Residing in Orphanages of Western-Maharashtra
Best Poster on Conference theme (Organizer)	Dr Akhil R	Dr D Y Patil Medical College, Pimpri, Pune	Lifestyle Modifications and Blood Glucose Level- A Field Study on Urban Slum Population