

Child India

November
2020



Monthly e-Newsletter



of Indian Academy of Pediatrics

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DR ANJANI KUMAR AGARWAL (HARYANA)	DR KH RATANKUMAR (MANIPUR)	
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DR SUNIL DUTT SHARMA (JAMMU & KASHMIR)		

Editor's Note

Dear friends,

The November issue of Child India is important because we celebrate Children's Day on 14th November as we do every year but this year the new normal ensured that the hype was created online. Usually Children's Day would be one of those special days in schools — from food packets, to classes for only half a day, to those endless hours of fun with classmates with games and competitions and with teachers performing to entertain children. Alas! this was not to be this year. So how was



Children's Day different this year? For one, it coincided with Diwali. So kids actually going to school on that day was ruled out. But they probably would have celebrated it with their friends a couple of days ahead. This year all they got is a virtual meet and greet and it is to the credit of school managements and teachers who left no stones unturned online to make the day special for their wards..Pediatricians all over India played their part in making children feel happy with a number of programs.

This year World Pneumonia Day – on 12 November 2020 – was held during a global pandemic that is dramatically increasing pneumonia deaths from COVID-19 and other causes. The theme was 'Stop pneumonia - Every breath counts'.

World Prematurity Day, November 17 with Theme 2020 - Together for babies born too soon- Caring for future - was celebrated by IAP all over India in a fitting manner with an aim to increase awareness, reach and engagement around the world about the issues of preterm birth, preterm survival, and optimal development of preterms to reach their potential.

The dAIP platform was as active as it has been all year thanks to the untiring efforts of our President Dr Bakul Parekh and our HSG Dr Basavaraja.

And here's wishing you all 'Keep safe' till the vaccine is available.

Yours in IAP,

Dr Jeelson C Unni

Editor-in-Chief

President's Message

Dear friends and colleagues,

On the verge of finishing my tenure I have mixed emotions. A strong sense of contentment, fulfilment and at the same time excitement for the future of IAP as I see it. Since this is my last communication to you all from the highest platform of our organization, firstly I thank the almighty, my parents and my seniors with whose blessings I got this post & opportunity to serve our organization as president for the year 2020. This year has been a year of firsts for IAP. It started two years ago, when you all elected me as the President elect of our mother organization IAP unopposed – first time in the history of IAP in last four decades. This shows faith and affection you all have for me and honestly that has left me greatly humbled. It motivated me to go extra mile to achieve the best for our mother organisation IAP. I had a vision which would change the way that our medical fraternity works and benefit many fellow pediatricians who are generally practicing in the remote locations and rural areas. dIAP platform – a technology driven academy was established for the first time. With dIAP we are reaching the unreached taking whatever IAP has to offer to each and every corner of our country and beyond. It has no boundaries.



None of us were prepared for what happened next. COVID19 struck – a pandemic of global proportions happening after nearly a century! The world plunged into despair. Before the financial year completed, India was forced into a lockdown situation. World came to a standstill. Economies crashed, academics became a secondary requirement – survival was of utmost important. The whole world was brought to its knees. We, the Doctors and healthcare industry started working overtime, trying to prevent the spread and find a cure, so as to help people survive. This was the time for IAP to come to the rescue of members and community and continue it's academics, social and community activities. No one knew what to do. Desperate times called for desperate measures. We had to start thinking of different ways and so called “new norms “ . IAP took up this challenge and launched the dIAP program - a program which aimed to ensure that all pediatricians got their updates well in advance. The dIAP team was already working quite hard .Now they needed to pull up their socks and ensure that they could deliver well before the expected timeline. I am happy to say that IAP was amongst the first organizations to start the webinar concept on such a large scale. It was and still is hugely popular. People all across the country have started viewing and absorbing the knowledge shared in these webinars. Knowledge wasn't only limited to Covid19 and other academic topics, but rather a holistic approach was taken to ensure the best interests of our members requirements like teleconsultation solution, health and

President's Message

death insurance, medicolegal support, Covid guidelines, connecting with government, charitable and social responsibilities and so on. Even today, IAP leads the system by having numerous webinars in its belt. The biggest plus points being that they could view the webinars at their own convenience. It also gave them the flexibility to attend to their duties and then proceed to get to arm themselves with the latest knowledge in their free time. No wonder we have had more than 1500 webinars covering all the subspecialties with over 1 million views till date. And all these webinars are recorded and archived as a huge library for future reference. Parental webinars is another first answering the unanswered questions in parent's mind. Again as a first, We had a number of virtual meetings – whether administrative or otherwise. By now we have conducted 4 EB meetings, six subcommittee meetings, and six OB meetings in last 8 months addressing various issues satisfactorily in time. On a lighter note, it was also the first time that people have stayed at their own homes 24x7 for such a long time with their better/bitter halves. It gave people time to engage in activities that and hobbies that they had left due to their professional/social commitments.

The next thing in this order was the Zonal pedicons – which was designed to increase the local zonal participation during such conferences. Since we could not meet physically, the dIAP team has worked tirelessly to create this virtual event for us that too in a 3 D format for the first time. Thus, ensuring the safety of every colleague while ensuring a memorable experience. I hope that IAP will continue to utilize this mechanism of science dissemination for years to come.

All this would not have been possible without the guidance of my seniors as well as all of the Office Bearers – Dr. Piyush Gupta and Dr. G.V. Basavaraj in particular – who have stood like a rock and not only helped me in achieving the vision I dreamt for IAP, but also helped me immensely along the entire way. A huge thank you to all of you, my friends and colleagues. Even though I am not taking each and everyone's names here, please understand that achieving this huge dream of mine would not have been possible without your support. I hope that I have helped our mother organization reach a level higher than it was before, but I want you all to realize that this was only possible because of all of you. I am truly grateful to the Almighty to have made me a part of such a strong, vibrant and helpful family.

Jai hind, jai IAP

Yours sincerely,

Dr. Bakul Jayant Parekh

President IAP 2020

Secretary's Message

Dear Colleagues,

"The Best Way To Get Started Is To Quit Talking And Begin Doing."
- Walt Disney



This year has been a bit of a roller coaster ride. Ups & Downs, positive & Negative - it has been an amazing year.

To start with I would like to congratulate all the divisional and state coordinators for the amazing undergraduate & Post Graduate quiz (Divisional round and state round) conducted across India virtually in full swing. Every single day you inspire us with your good work. Kudos!

Yet another news to be excited about is the unique conference in the history of IAP. CIAP-PEDICON-2021 at Hotel International Sahara, Mumbai between 4th - 7th Feb is planned in the most unique and amazing way. Thanks to Dr Bakul Jayant Parekh, Dr Piyush Gupta, Dr Remesh Kumar R, New EB, OB & seniors for coming up and for guidance on this.

Third, National TOT on URTI- Module rolled out in November 2020 excellent coordination with national Scientific convenor Dr A R Somashekar & National Coordinator Dr S Srinivasa and has been successful. My appreciation for this. Adding to this various State level & National sub-specialty conferences are being conducted across India under dIAP platform. My hearty congratulations to all the presidents, secretaries, and their entire team for putting across wonderful shows.

Fourth, Preparation for President action plan - 2021 is going on in full swing to roll Physical TOT during CIAP - PEDICON, 2021 under Presidentship of Dr Piyush Gupta & President Elect-2021 Dr Remesh Kumar.R. You and your dedication are valuable to our team. Thus, we would like to say to you a big "Thank you" for everything you have done so far for us and for the future too.

Fifth, the International & National Webinar Series with the efforts of Dr Mahesh Mohite and Dr Vinod Ratageri are well appreciated by viewers across India & the rest of the world. Bestowing you with appreciation words isn't enough.

Lastly, Protocon-2020 & National Pediweek has been planned for the month of December-2020. Request everybody to attend this and not to miss this academic Bonanza.

As we have come close to the end of 2020, I would like to take this opportunity to thank you all for everything you have done to make this a successful, terrific association to be a part of. Looking forward to seeing you in the new year! Best regards.

IAPians, be safe, and keep everybody safe around you.

Together Let's Build IAP.

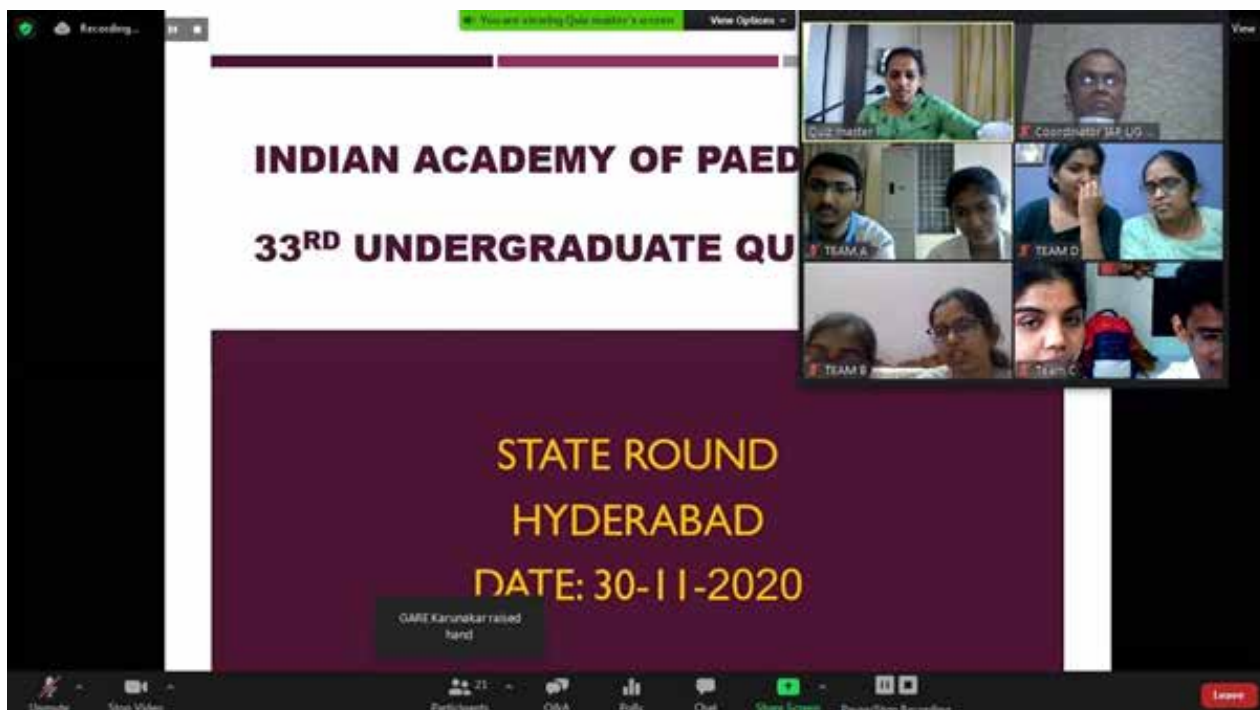
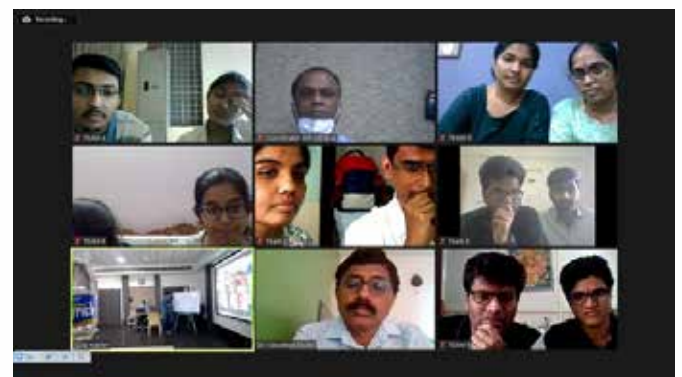
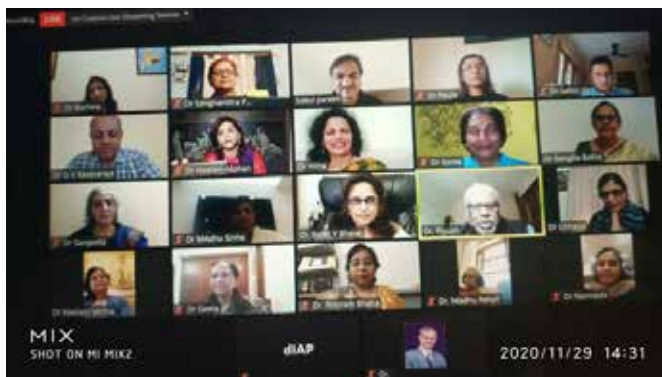
Jai Hind! Jai IAP!

Sincere Regards,

Dr G V Basavaraja

Honorary Secretary General 2020-21

Presidential Engagements



IAP-Women's Wing conducted National TOT on Parenting on 29-11-2020

Presidential Engagements

Inauguration of PCNI & NIPD conference
by Kailash Satyarthi
on 2-12-2020 by IAP Delhi Branch



Presidential Engagements

22nd PEDICRITICON-2020

Inauguration on 4th Dec2020 by National President Dr Bakul Jayant Parekh & President-2021 Dr Piyush Gupta



Presidential Engagements

22nd PEDICRITICON-2020

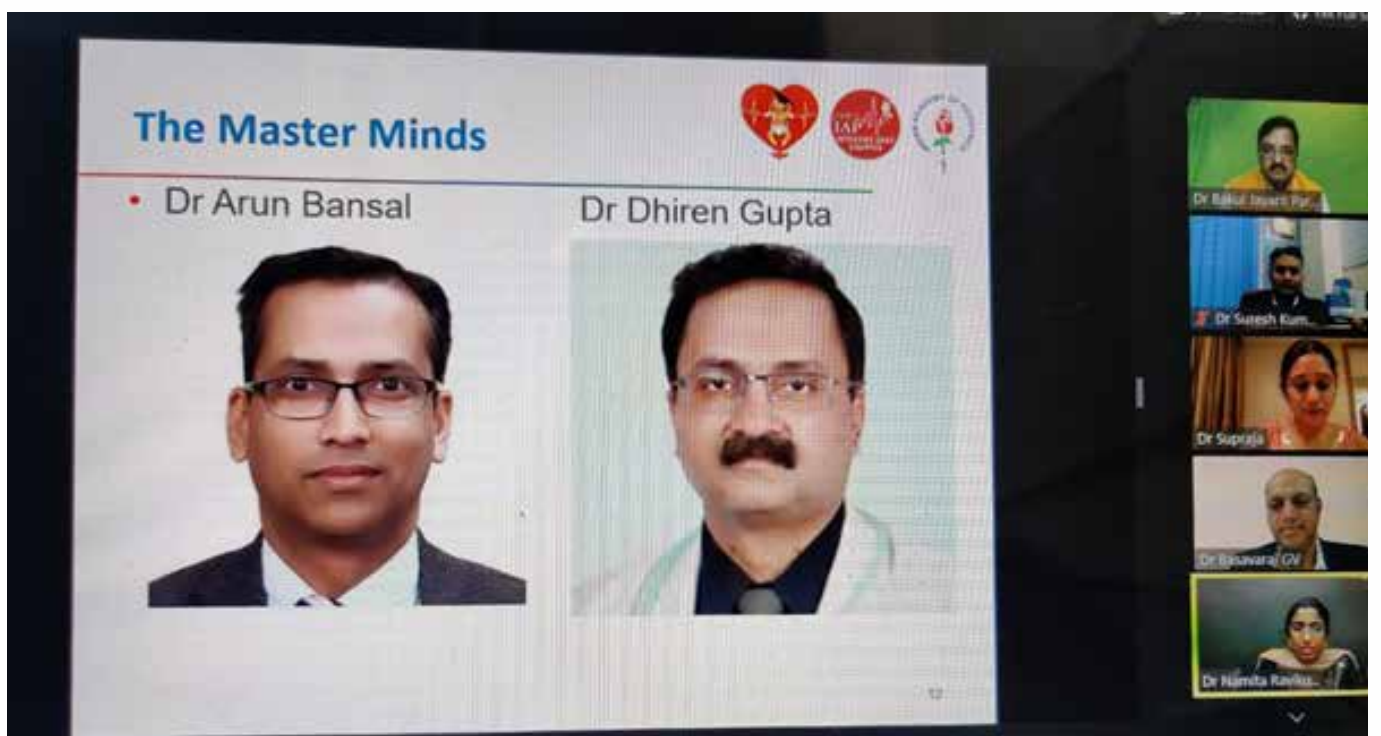
Inauguration on 4th Dec 2020 by National President Dr Bakul Jayant Parekh & President-2021 Dr Piyush Gupta



Presidential Engagements

22nd PEDICRITICON-2020

Inauguration on 4th Dec2020 by National President Dr Bakul Jayant Parekh & President-2021 Dr Piyush Gupta



IAP Hyderabad



IAP Hyderabad



Dept of Paediatrics, Apollo Institute
of Medical Sciences & Research
Hyderabad

International Webinar on
**FOOD-GUT-
HOLISTIC HEALTH**

CHILDREN ARE WHAT THEY EAT



on 4th (Sunday) October 2020 from 2 pm to 4 pm IST

E-Certificates will be provided for all registered candidates

Who can attend: Paediatricians, Physicians, Child Development specialists,
Psychologists, Educators, Therapists, Parents & Professional students



Dr. S. Srikrishna

Assoc. Professor of Pediatrics,
Incharge-SUMEDHA neurodevelopment centre
Apollo Institute of Medical sciences, Hyderabad

Topic: Cognition in
Infants - Role of Nutrition

Moderator



Dr .Jagadish.A

Sr. Consultant Newborn & Paediatric Early
Interventionist (Neuro Developmental Disabilities)
Dept of Paediatrics,
Apollo Institute of Medical Sciences & Research Hyd
Member - Neuro Developmental Paediatrics (NDP) &
I-CANCL. of Indian Academy of Paediatrics (IAP) &
Indian Academy of Cerebral Palsy (IACP)

Topic: Vaccines will not cause Autism &
Gluten Free Casein Free Diet (GFCF)



Dr Jeeson C Unni

Editor-in-chief, Drug Formulary
Indian Academy of Paediatrics (IAP)
Sr. Assc Consultant, Aster Medcity, Kochi

Topic: Role of Nutrition
in Neurodevelopment



Dr K Pavan Kumar

Associate Professor of Paediatrics
MNR MEDICAL COLLEGE
Postgraduate Diploma in Pediatric Nutrition
(Boston, USA)

Topic: Prescription for Fussy Eaters



Dr Meenakshi Chintapalli

Developmental & Behavioral Pediatrician
San Antonio, Texas, USA.
Ex Vice Chairman, Department of Pediatrics,
South Texas Methodist Hospital, San Antonio
Clinical Faculty UTHSCSA, AAP Council-COCAN, COSH
American Academy of Pediatrics (AAP)

Topic: Brain Foods - We Are What We Eat
(ADHD, ASD and Nerve Connections)


**For Registrations &
Webinar queries Contact**

Dr. Jagadish .A
9866585247



drjagadishniloufer@gmail.com

IAP West Bengal




West Bengal Academy of Pediatrics

gives digital platform to young, energetic and passionate Pediatricians

WBAP YUVA CME - VI


Date: 18/11/2020 Time: 7:30 to 9:00 PM

Speakers




Dr. Aritra Gaha

Topic
Latest Hemophilia Guidelines & Comprehensive care in Hemophilia



Dr. Md Abu Sayeed Mullick


Topic
Obesity and overweight in children




Dr. Tanmoy Sar

Topic
Oxygen as a drug; Practical aspects

Join via "Zoom meeting"
Meeting ID: 840 2302 7048
Password: 899830



Dr. Atul Gupta
President



Dr. Madhumita Nandi
Hony Secretary

10:52 3G

3pm, 7th Nov - SMART CLINIC...

SMART CLINIC - WEST BENGAL STATE BRANCH





REGISTERED PARTICIPANTS WILL GET THE LINK ON THEIR REGISTERED EMAIL


PLEASE CLICK HERE TO REGISTER

NOVEMBER 7 - 3PM TO 6PM

This IAP Webinar is supported by 

AGENDA

Essential Equipments
Smart Investments
Communication
Smart Book
Teleconsultation
Digitalizing your Clinic
Smart Vaccination




West Bengal Academy of Pediatrics

Organises PG Class on Digital Platform


Topic:
Management of GB syndrome: An Update

Date: 7/11/2020 Time: 2:00 to 4:00 PM




Teacher:
Prof (Dr.) Sumana Kanjilal
Professor, Pediatrics, IPGMR and SSKM Hospital.


Join via "Zoom meeting"
Meeting ID: 851 9843 5651
Password: 791259






Dr. Atul Gupta, President




Dr. Madhumita Nandi, Hony Secretary

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Makers of -



West Bengal Academy of Pediatrics


Invites you for

Monthly Clinical Meet


Date: 5/11/2020 Time: 1:30 to 3:00 PM

Join via "Zoom Meeting"
Meeting ID: 847 2065 6375
Password: 124056


Host: Midnapore Medical College, Kolkata.






Dr. Atul Gupta
President



Dr. Madhumita Nandi
Hony Secretary

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IAP West Bengal



"RTI-GEM 2.0" PROGRAM

WEST BENGAL STATE BRANCH (KOLKATA)
/COALFIELD/MIDNAPUR



DR BAKUL J. PAREKH NATIONAL PRESIDENT 2020	DR GV BASAVARAJ HON. SECRETARY GEN. 2020-21	DR NIGAM PRAKASH NARAIN VP - EAST ZONE	DR. SANJAY BAFNA NATIONAL COORDINATOR	DR. JAGDISH CHINNAPPA NATIONAL CONVENOR	DR SWAPAN KUMAR RAY EB MEMBER WEST BENGAL	DR PALLAB CHATTOPADHYAY EB MEMBER WEST BENGAL
						
DR ATUL GUPTA PRESIDENT WEST BENGAL	DR MADHUMITA NANDI SECRETARY WEST BENGAL	DR KAUSTAV MUKHERJEE PRESIDENT COALFIELD	DR SWAGATO CHAKRABORTY SECRETARY COALFIELD	DR GAUR MONDAL PRESIDENT MIDNAPUR	PROF DR ARUN KUMAR DE SECRETARY MIDNAPUR	
						

REGISTERED PARTICIPANTS WILL GET THE  **zoom** LINK ON THEIR REGISTERED EMAIL

[PLEASE CLICK HERE TO REGISTER](#)

NOV 22 - 9AM TO 1:30PM

This IAP Webinar is supported by **Dolo** Drops / 120 156.25 / 250



Bactoclav

IAP Navi Mumbai



A) International Webinars by NMAP members

NMAP Member and Paediatric Infectious Disease Specialist, Dr. Dhanya Dharmapalan was invited by the World Health Organisation to talk to general public on neonatal sepsis on the occasion of Universal Children's Day.

- 1) 20th Nov 2020: Saving Children Lives -Treating Neonatal Sepsis; Speaker: Dr. Dhanya Dharmapalan
- 2) 20th Nov 2020: Webinar On Infectious Disease By Academy Of Pediatrics In USA ; Topic : Educational Interventions To Improve Antibiotic Stewardship In Children ; Speaker : Dr. Dhanya Dharmapalan



National Webinars by NMAP members

- 1) 7th Nov 2020 : Pedia Expert Opinion On Developmental Pediatrics; Expert : Dr Leena Deshpande; Moderator : Dr Ramesh Bajania
- 2) 11th Nov 2020 : Joint Venture Of Maha IAP And NMAP Webinar ; Pediatric Urology Update; Experts : Dr A K Singal and Dr Ashwitha Shenoy; Moderator : Dr Satish Shahane And Dr Mangai Sinha
- 3) 12th Nov 2020 : Vaccine Update 20- 21; Expert : Dr S G Kasi; oderator : Dr Vijay Yewale
- 4) 8th Nov 2020 : Central IAP TB Workshop For Jalgaon IAP Branch Conducted By Our NMAP Members; Dr Vijay Yewale And Dr Upendra Kinjewadekar
- 5) 19 th Nov 2020 : Pre- Diabetes – Is Progression To Diabetes Inexorable? Is Pre-Diabetes Reversible?; Expert : Dr Arbinder Singal; Moderator Dr Ganpathi Bantwal;
- 6) 22nd Nov 2020 : FEFCON CONFERENCE ; Aggressive Management Of Fever Prevents Seizure ; Expert : Dr Upendra Kinjewadekar; Moderator : Dr S Balasubramanian



IAP Navi Mumbai



IAP NAVI MUMBAI

Diet tips for preventing anaemia in children :

Anaemia , especially Iron deficiency anaemia(IDA) is a common nutritional deficiency in children. Children need more iron in their food during their period of growth spurts , especially in the first two years of life and then in adolescence when the requirements of iron double.

Following are some of the dietary sources rich in iron for parents to prevent IDA in children:

1. Leafy vegetables especially spinach(palak), Fenugreek(methi) are rich sources of iron (33.5 mg/ 100gm), dill leaves(shepu).

WHO recomme increase iron at food:

- ✓ Eat vitamin C oranges, amla, kiwifruit, papaya along with rich foods.
- ✓ Soak, sprout and legumes.
- ✓ Use a cast iron cookware.

A short note on deficiency due to the diet :

Vitamin B-12 plays a role in RBCs, so the body does not produce adequate intake which is found in:

- ✓ meat
- ✓ poultry
- ✓ shellfish
- ✓ eggs

ANEMIA CAUSES

- Fe (Iron deficiency)
- B12 (Vitamin B12 deficiency)
- B9 (Vitamin B9 deficiency)

PIC-COLLAGE

Childhood Diabetes Awareness

How does this happen?

↑ Blood sugar (Glucose) → ↑ Insulin → ↓ Blood sugar

Can you prevent Diabetes?

- Eat healthy, eat right... 1) avoid processed carbs, sugary drinks, red meat. 2) add more fibre, fruits and vegetables to your diet. 3) eat only when hungry and are not hungry anymore
- Stay physically active
- If overweight, then weight loss
- Check blood sugar if at high risk
- Reduce stress, meditate, improve your lifestyle
- Quit smoking

Diabetes

PIC-COLLAGE

IAP Kerala



Presidential action plan - "TB free air for children"
- Training for 1000 pediatricians in Kerala



IAP Kerala



Hearing friendly declaration IAP Kasaragode

Social Activities of Dr. Arun Shah

From 01-11-2020 to 03-12-2020



11.11.2020 - A TV program on "COVID 19 in children" was recorded today at Doordarshan to be telecast. This is his 50th appearance in Doordarshan from 1984 till date.



29.11.2020 - Felicitated as Guest of Honour on auspicious occasion of foundation day ceremony of Veterans India Muzaffarpur, an organisation of ex military personnel. Feel proud to be associated with an organisation with a mission to serve the families of ex service men!!

