

Report on National CME on World Diabetes Day: “LOOKING BEYOND GLYCEMIC CONTROL – A HOLISTIC APPROACH TO DIABETES”

Organized by - **Department of Physiology, Himalayan Institute of Medical Sciences, SRHU, Dehradun.**

Under the aegis of Association of Physiologists of India (ASSOPI)

Date: 14th November 2025 | **Time:** 10:00 AM to 2:30 PM on World Diabetes Day

The Department of Physiology, Himalayan Institute of Medical Sciences, organized a Continuing Medical Education (CME) program titled, **LOOKING BEYOND GLYCEMIC CONTROL – A HOLISTIC APPROACH TO DIABETES**

The event commenced with **Lamp Lighting and Guru Vandana** at 10:00 AM, followed by a **Welcome Address** by **Dr. Abha Shrivastava**, Professor and Head, Department of Physiology. The event was graced by Dr. Renu Dhasmana, Principal, HIMS, Dr. Anuradha Kusum, Vice Principal, Undergraduate Medical Programme and Dr. Taruna Sharma, Head of the department, Pharmacology.

Dr. Renu Dhasmana, Principal, HIMS, delivered the Special Address, emphasizing the importance of a multidisciplinary approach in diabetes management. She highlighted how integrating physiology, lifestyle medicine, and preventive care can significantly improve patient outcomes. Dr. Dhasmana also shared her **personal experiences with yoga and lifestyle modifications**, reflecting on how consistent practice has positively influenced her own health and well-being. She encouraged the audience to incorporate simple, sustainable daily habits—including mindful eating, regular physical activity, and stress-reduction practices.

The Keynote Address on the global theme “**Diabetes and Well-being**” was delivered by **Dr. G. K. Pal, Professor (Senior Scale) of Physiology, JIPMER, Puducherry, and General Secretary, ASSOPI**. In his insightful address, Dr. Pal emphasised the importance of a **holistic approach to mind–body wellness** in diabetes care. He highlighted how emotional well-being, stress regulation, lifestyle practices, and physiological balance collectively influence glycemic control. This was followed by the scientific session

The scientific sessions included:

- **Session 1:**

Molecular insights into obesity-associated Type 2 Diabetes Mellitus by **Dr. Pravati Pal**, Professor, Department of Physiology, JIPMER.

- **Session 2:**

Diabetes and its challenges for mental well-being by **Dr. Nisha Batra Dhoot**, Assistant Professor, Department of Medicine (Endocrinology), HIMS, Dehradun.

- **Session 3:**

Save the Steps: Preventing Diabetic Foot through Early Detection by **Dr. Abha Mishra**, Associate Professor, Saraswati Institute of Medical Sciences, Delhi.

- **Session 4:**

Diet and Nutrition – Cornerstone of Diabetes Care by **Prof. (Dr.) Narsingh Verma**, Dean, Hind Institute of Medical Sciences, Sitapur.

- **Session 5:**

Holistic Perspectives in Diabetes Management by **Dr. Chinmay Shah**, Dean & Professor of Physiology, Government Medical College, Bhavnagar, Gujarat.

- **Session 6 (Panel Discussion):**

Prescription Beyond Pills – Role of Exercise in Diabetes by **Dr. Hanjabam Barun Sharma, Dr. Ashish Kumar Gupta** and **Dr. Sankalp Jha** (IMS, BHU)

The CME concluded with a **Vote of Thanks** proposed by **Dr. Jyoti Dvivedi**, Professor, Department of Physiology.

All the members of the Department of Physiology—**Dr. Brijesh Purwar, Dr. Jyoti Dvivedi, Dr. Anupama Nautiyal, Dr. Ramkumar S, and Dr. Debarshi Nandi** actively conducted, coordinated, and participated in the smooth execution of the CME, contributing to its overall success.

The event was well attended by more than 350 participants from all over India including faculties, postgraduate students, and medical professionals from various disciplines, and was highly appreciated for its holistic approach to diabetes awareness and management.



Dr. Abha Shrivastava
Prof. & Head
Department of Physiology