

## Dr Mohan's Diabetes conducts 6th edition of International Diabetes Update

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**Introduced a first-of-its-kind dance routine, THANDAV to promote physical activity as preventive measure for obesity and diabetes in Asian Indian adolescent girls**



Renowned for its pioneering practices in Diabetology, Dr. Mohan's Diabetes Specialities Centre has launched first-of-its-kind dance routine, THANDAV, at the 6th edition of its annual flagship conference, International Diabetes Update. Aimed at Promoting physical activity as preventive measure for obesity and diabetes amongst Asian Indian adolescent girls, THANDAV (Taking HIIT And Dance to Adolescents for Victory over NCDs) was curated and inspired based on the Indian dance forms, as a unique regimen to combat NCDs (Non Communicable Diseases) through a culturally sensitive physical performance.

Attended by a record number of over 3000 doctors from across India, the three day conference was inaugurated by the Chief Guest Dr. Andrew J. Boulton, President-Elect, International Diabetes Federation in the presence of Dr. Satish K. Garg, Professor of Medicine and Pediatrics & Director of Adult Diabetes Program, Barbara Davis Center for Childhood Diabetes, Colorado, USA - Dr. A. Muruganathan, Governor, American College of Physicians(ACP), India Chapter and other renowned practitioners from the field of Diabetes Management.

Currently in its 11th year, Dr. Mohan's Education Academy conducts the annual International Diabetes Update with an aim to increase awareness and update knowledge on basic epidemics of diabetes. This year for the first time, the update is being organized in collaboration with ATDC (Achieve Targets in Diabetes Care ) of the Barbara Davis Center for Diabetes, Denver, Colorado, USA and is supported by American College of Physicians(ACP), India Chapter.

Commenting on the occasion, Dr. V. Mohan, Organizing Chairman of the Diabetes Update and Chairman, Dr. Mohan's Group of Diabetes Institutions, said "Over the past five years, Dr. Mohan's International Diabetes Update has earned its place as the most awaited event on diabetes in India. Year on year, the conference helps enable physicians with the latest knowledge in the field of diabetes management for an improved assistance to patients. The main aim of the Diabetes Update is to help clinicians and scientists to keep abreast with the latest advancements in diabetes prevention and management. This year, the 6 th edition of the Update includes eminent line-up of International & National Faculty who will provide a wonderful

academic feast."

Dr. R .M. Anjana, Member Organizing Committee and Managing Director, Dr. Mohan's Group of Diabetes Institutions said, "Scientific program of the Update will take place over three days, featuring high-level speakers from India and rest of the world. We have a special women centric workshop on "Diabetes and the importance of lifestyle modification". This workshop will enable participants to keep abreast of the latest information on the link between dietary patterns and physical activity and their significant impact on metabolic health and diabetes. In addition, for the first time in India, the workshop will showcase a culturally sensitive and appropriate high-intensity exercise regimen which has been developed based on Indian dance forms- the THANDAV (Taking HIIT and Dance to Adolescents for Victory over NCDs)."

Dr. Ranjit Unnikrishnan, Member Organizing Committee and Vice Chairman, Dr.Mohan's Group of Diabetes Institutions, further elaborated "As always, the update will bring together the best of diabetes researchers and clinicians from all over the world to discuss topics of general and special interest. The Update will provide unique opportunities for diabetes professionals to share ideas, learn about significant advancements and make important connections. Orations, lectures, themed symposia and workshops will cover the entire gamut of Diabetology from bench to bedside"

Dr. Guha Pradeepa, Member Organizing Committee and Head, Research Operations, Madras Diabetes Research Foundation said, "The Update will help to tackle a broad range of diabetes issues, from latest scientific advances to cutting-edge information on prevention, management and awareness. For this edition of the Update, more than 3000 delegates are participating and we have over 100 National and International Faculty working in the field of diabetes contributing to the scientific program. The scientific program has special sessions on emerging therapies in diabetes, challenges in management, workshops on insulin, diabetic retinopathy, gestational diabetes, panel discussions and many others."

This year the International Diabetes Update had several eminent clinicians and scientists as International Faculty including Dr. Andrew J. Boulton, Professor, Department of Medicine, University of Manchester and Consultant Physician at Manchester Royal Infirmary, UK and President-Elect, International Diabetes Federation, Dr. John C. Pickup, Emeritus Professor, Department of Diabetes and Metabolism, King's College London, UK , and the Editor of the famous Pickup's Textbook of Diabetes, Dr. Satish K. Garg, Professor of Medicine and Pediatrics & Director of Adult Diabetes Program, Barbara Davis Center for Childhood Diabetes, Colorado, US and many more. On the whole it featured a gamut of who is who of senior diabetologists and scientists working in the field of diabetes from India and across the globe.