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ICFAI Hyderabad, Executive Management in Healthcare, University of Virginia
Head (Operations and Marketing), Indian Chest Society.



From the President's Desk

Dr. Sundeep Salvi

I feel deeply honored, humbled, and privileged to take over as the President of the glorious Indian Chest Society for the year 2023-2024. The Indian Chest Society is the flagship and the largest society of Pulmonologists and allied respiratory care workers from across India. Founded in 1980, ICS has established itself as the largest dedicated society for knowledge upgradation, research output and advocacy in the field of respiratory diseases, with the aim of not only reducing the suffering and deaths associated with lung diseases, but also preventing lung diseases and improving lung health.

The last couple of years has been tough for the Society, but I hope that we will now have a new united beginning and take the ICS to newer heights. The field of respiratory medicine has only recently started getting the true recognition that it truly deserved. Our respiratory warriors have been fighting the battle of tuberculosis, other infectious lung diseases, the SARS-COV-2 pandemic, and more recently the ever growing burden of chronic respiratory diseases and lung cancer. This specialty has evolved into multiple super-specialty verticals like interventional pulmonology, sleep medicine, obstructive airways disease clinics, lung oncology clinics and several others. The lung is now getting the true recognition that it deserves.

I am very keen to have a vibrant and inclusive Indian Chest Society that not only upgrades the knowledge of respiratory medicine for its members and fellow colleagues, but also nurtures the spirit of research, leadership and advocacy in the field of lung health. I feel privileged to have a wonderful team of energetic, committed and dedicated governing body members who will help us lead the field of respiratory medicine, and I look for your unconditional support to make this society grow to newer heights.

Let us all come together and not only celebrate the beauty and power of this wonderful organ, the lung, but also do everything that it takes to reduce the suffering and deaths of our fellow people suffering from lung diseases. I am sure the Indian Chest Society will grow to newer and newer heights over the forthcoming years, and I look forward to my leadership role for this glorious society.

Dr. Sundeep Salvi

MD, DNB, PhD (UK), FCCP, FICS, Hon. FRCP (London)
President, Indian Chest Society



From the Secretary's Desk

Dr. Raja Dhar

The Indian Chest society is our mother organisation effective since 1981 with Respiratory physicians throughout the country working collaboratively in trying to improve the image and the footprint of the specialty on a National and global level. The society provides a platform for Academics, Research and a support for young pulmonologists throughout the country. I was privileged to take over as Secretary of Indian Chest Society on 7th October 2023 from Dr. Rajesh Swarnakar. He has given a laudable service to the country and the Indian Chest Society in supporting and promoting Academics, Research and Advocacy within the regulations of the society and I understand that I have big shoes to fill.

Indian Chest Society has had many changes which have only helped the society move forward. I want to focus on certain areas during my tenure as Secretary, ICS. The first area of focus would be in trying to support young pulmonologists in the country. We will provide them support to choose a career path and get support through platforms to become faculty at various local, regional and national meetings. We will provide them opportunities to do fellowships and courses to pursue sub-speciality interests which would further their career. They would also want to learn and participate in research which is representative of their local area and also in the country. The Indian Chest Society has succeeded in trying to foster these individual areas. We want to build research activities under the umbrella of ICS to try and get a representative of national data in various disease areas. The process started with the ILD and the Bronchiectasis registry and we hope that the other disease areas can also be focused on.

NAPCON 2023 Delhi provided a platform for our junior faculty. We do multiple webinars, where we also provide a platform to young faculty. Going forward at a state, regional and national level, I promise we would have dedicated participation from these youngsters who will be selected by their State Heads in becoming speakers at various levels. We will arrange for training sessions to help them to learn public speaking and elocution for such forums. There would also be online platforms where they ask questions, put suggestions and we hope to start these platforms under various key opinion leaders for handholding purposes in the not-so-distant future.

Academics is an area of focus and it can be fostered by networking. We have networked extensively within the country and with the European Respiratory Society which has furthered education considerably. We have done the Hermes exam in India and plan to continue to do so. We have also started joint fellowship with the ERS which is still in a

nascent stage. Going forward we want to collaborate with several other international societies to try and exchange the best practices with them. In doing this, we want to tie-up with countries within Asia, specifically South Asia to build a larger umbrella which would give us representative data for this entire region. We would also like to tie-up with other countries and continents in trying to do collaborative meetings, exchange, ideas and participate in our national conferences in respective countries. International collaboration, networking and working together remains one of the important ethos of the Indian Chest Society.

We would also want to work with our paramedical staff and try to support them as a part of our larger respiratory network. The paramedic area has often been ignored in India and we want to provide a platform for the same where they can connect with each other with the support of the medics, where we would support activities of the paramedic staff. This was started in Napcon 23 where we had a paramedic workshop which was tutored by doctors and paramedics and went down very well. We hope to do larger events both on a virtual and a physical platform in supporting training and networking activities within the paramedic arena.

Respiratory medicine is undergoing various challenges at the moment. It has been abolished from the undergraduate curriculum which is a cause for concern. Diseases like TB, COVID, COPD, Asthma, Interstitial Lung diseases, Sleep remain very important areas for training undergraduates for our country. Indian Chest Society has taken up a role of Advocacy in trying to build up understanding and there are ongoing discussions with the government in trying to reinstate Respiratory Medicine in the undergraduate curriculum. There are other Advocacy activities like screening sleep studies in heavy goods vehicle drivers to reduce accidents where the ICS has actively participated in and we look forward to engaging in several more. Trying to build up guidelines and protocols is another important area. There are various guidelines which need to be updated & new guidelines need to be formulated. The ICS will work in trying to do the same with full efficiency.

We promise that inclusivity would be the spirit of the Indian Chest Society under our leadership. We will try to make sure that every city, region, state gets themselves represented in the ICS activities. Feel free to give us your suggestions, ideas and I promise each idea would be carefully considered and implemented if possible. We will definitely give you feedback if you write to us and connect with us. We have a very active administrative team who handholds the medical team in trying to do these activities on a joint basis. I look forward to my tenure as Secretary, where we can take the Indian Chest society forward with support from you all.

Thanking you.

Sincerely,

Dr. Raja Dhar

Secretary, Indian Chest Society

NAPCON 2023 : A Thunderous Success



The Indian Chest Society (ICS) did the most prestigious Annual National Conference on Pulmonary diseases, NAPCON Delhi 2023, at Delhi's Hotel Ashoka Chanakyapuri from Thursday, October 5th, to Sunday, October 8th, 2023. This year the theme of the Conference was "Lungs Care - Bench to Bedside" which saw a large number of registrations of over 2000 delegates from all across the globe. As a leading event in the field of respiratory medicine, the conference addressed key issues and promoted advancements in Respiratory Medicine through scientific research, collaboration, and knowledge sharing among healthcare professionals.

ICS congratulates the Organizing Team consisting of Dr. Rakesh Chawla as the Organizing Chairman, with Dr. Manoj Goel as the Secretary, Dr. Arun Madan as the Treasurer, and Dr. Vivek Nangia & Dr. Aditya K. Chawla as Joint Secretaries.

NAPCON 2023 Delhi was inaugurated by Chief Guest Dr. Harivansh Narayan Singh, Deputy Chairperson of the Rajya Sabha, in the presence of the Governing body of the Indian Chest Society, consisting of Dr. D. J. Roy, Dr. Rajesh Swarnakar, Dr. Sundeep Salvi, Dr. D. J. Christopher, Dr. G. C. Khilnani, Dr. Raja Dhar, Dr. Amita Nene, Dr. Radha Munje, Dr. C. Ravindran & others.

The Annual General Body meeting was held during NAPCON where the new Governing Body was installed and given charge. Led by Dr. Sundeep Salvi as President, Dr. Raja Dhar as Secretary and Dr. Rajesh Swarnakar as Treasurer. All new members and GB were awarded medallions. The HERMES 2022 pass-outs also had their Convocation Ceremony in the AGM.

NAPCON Delhi 2023 saw a record-breaking 1200+ registrations for the Workshops held in State-of-the-art Hospitals of Delhi. These 17 skill-enhancing workshops were curated by leading experts as faculty with hands-on sessions, allowing clinicians to learn and adapt these skills to benefit their patients.

The scientific agenda consisted of approximately 164 sessions led by phenomenal national and international faculties. International names like Dr. Tobias Welte (Germany), Prof James Chalmers (Europe), Dr. Joanna Chorostowska (Europe), Dr. Mark Griffiths (UK), Dr. Rachel Thomson (Australia), Dr. Milind Sowani (UK), Dr. Lucy Morgan (Australia), Dr. Dushantha Madegedara (Sri Lanka) and Dr. Ruby Pawankar (Japan) took sessions and contributed to the Conference very actively.

The intellectual extravaganza was followed by musical nights with popular artists like Abhijeet Sawant on the Musical night on Day 1 and Sanam Singh and Ananya Mishra on the Gala Dinner of Day 2. This was followed by an extravagant dinner with mouthwatering delicacies of Delhi where the Delegates and Faculties networked and spent some quality time.

NAPCON 2023 facilitated :

- Expert-led sessions on the latest advancements in Respiratory Medicine.
- Cutting-edge scientific research presentations.
- Workshops and training sessions aimed at enhancing the skills and knowledge of healthcare professionals.
- Opportunities for attendees to network with leading industry experts.
- An exhibition showcasing new technologies and innovations in the field.

NAPCON 2023 offered an exceptional platform for networking and collaboration among renowned national and international experts in Respiratory Medicine research, TB Elimination, policy-making, and allied respiratory health professionals. The workshops, discussions and sessions at this premier event featured up-to-date research presentations, interactive sessions, panel discussions, and workshops focusing on a wide array of topics related to Chest Diseases and Pulmonary Medicine, Pollution and Global Warming.

In line with the Indian Chest Society's mission of improving respiratory health across India, this year's event emphasized on the issues affecting the country's population. The conference also explored strategies for better prevention, diagnosis, treatment, and management approaches tailored to the unique challenges faced by healthcare communities in India.

Glimpses from NAPCON Delhi 2023

WORKSHOPS :



DAY 1 :



DAY 2 :



DAY 3 :



DAY 4 :



NAPCON Sessions Wise Judges with Session Names

J. C. KOTHARI YOUNG SCIENTIST AWARD -

1. C. Ravindran
2. George D Souza
3. James Chalmers

FREE PAPER SESSIONS

1. Paramez A., C. Ravindran - Asthma
2. Manjunath Kalal, Uma Devaraj - Sleep Related Breathing Disorders
3. Mahesh P. A., BNBM Prasad, Radha Munje - Airway Diseases
4. Alka Bhat, Praveen Valsalan - Airway Diseases
5. Rupak Singla, Vijayakshmi Thanashekaran, A. C. Ghoshal - Asthma
6. Rennis Davis, Manoj D. K. - Pleural Diseases
7. Ranganath, Harsha - ILD
8. Nalini Jayanthi, RMPL Ramanathan - Pulmonary Rehabilitation / Lung Transplantation
9. Bindu C. G., Anitha Thilakan - Respiratory Critical Care
10. Praveen Valsalan, Nithin Abhayankar, Ashok Sha - Bronchology
11. C. Ravindran, Amita Nene - TB
12. Pavan Gupta, Sushma Dugad - Respiratory infections
13. Sukumaran, Pradeep Narayana - PFT
14. Sanjeev Nair, Nalini Jayanthi - TB
15. George D Souza, Shobha Trichur - Miscellaneous

E-POSTERS -

06-10-2023

1. O. K. Mani
2. Paramez A.
3. Yuvarajan
4. Judo
5. Narayana Pradeep
6. Subin Ahmed
7. Rajeev Ranjan
8. Atul Luhadia
9. Harsha D. S.
10. Murali C. P.
11. Asmitha Mehtha

07-10-2023

1. Mohith Bhatia
2. Jesin Kumar
3. Manoj Goel
4. Rishi
5. K. Venugopal
6. Naresh Kumar Bathla
7. G. Vishnu Kanth
8. Neel Thakkar
9. Yuvarajan
10. Dhaval Prajapathi
11. Kumar Utsav

NAPCON DELHI 2023

PRIZE WINNERS

1. J. C. KOTHARI AWARD WINNERS

1 Prize - Dr. Deesha Deepak Ghorpade - Chest Research and Training Institute, Pune

Topic - Prevalence of small airways dysfunction as defined by R5-R20 in the Indian Asthmatic population and its co-relation with spirometry : Findings from the ARISE Network

2nd Prize - Dr. Sangeeth Priyadarshan V.R. - CMC, Vellore

Topic - Implications of LTA4H Genetic Polymorphism on Pulmonary Tuberculosis Outcome: A Pilot Study

3rd Prize - Dr. Chithra Maria Alexander - CMC, Vellore

Topic - Prevalence and predictors of obesity hypoventilation syndrome in patients with obstructive sleep apnoea

2. FREE PAPER SESSION

Session 1 : DR. KALPESH T PANCHAL - Swastik Lung Care and Allergy Clinic - Prevalence of small airway disease in asthma patients.

Session 2 : DR. GANJAM YASASWINI - ESIC-PGIMSR, Basaidarapur, New Delhi - Daytime polysomnography - Advent of a novel concept during Covid era.

Session 3 : DR. RAJA DHAR - CK Birla Hospitals - Use of SABA inhalers and impact of its over usage in asthma patients.

Session 4 : DR. AJAY KRISHNAN M. - Government Medical College, Thrissur - Diaphragmatic excursion measured on ultrasound as a predictor for success in patients on non-invasive ventilation in chronic obstructive pulmonary disease admitted with acute hypercapnic respiratory failure.

Session 5 : DR. HARJIT DUMRA - KD Hospital - Trends in the Management of Mild Asthma in India: Results of the TRACE survey.

Session 6 : DR. PRIYA N. - Christian Medical College Vellore - Role of serum and pleural fluid biomarkers and their ratios in the diagnosis of exudative pleural effusion.

Session 7 : DR. CHRISTIE GEORGE JOSEPH - JIPMER, Puducherry - Effect of home-based pulmonary rehabilitation in patients with Interstitial Lung Diseases in a tertiary care centre : a randomized controlled trial.

Session 8 : DR. SHRUTI SAHASRABUDHE - Symbiosis International (Deemed) University, Pune - Is it feasible to recruit and retain people with COPD in Yoga integrated Pulmonary Rehabilitation delivered using a web-based application?

Session 9 : DR. JAZIYA - KMCT medical college - Bedside ultrasonographic assessment of diaphragmatic excursions and diaphragm thickening fraction to predict the outcome of extubation.

Session 10 : DR. ANKIT AGGARWAL - Amrita Institute of medical sciences - Flexible Bronchoscopy as a Diagnostic Procedure for a laryngeal or Hypopharyngeal Lesion in Patients High Risk for General Anaesthesia.

Session 11 : DR. RIDA KHAN - Bombay Hospital - Role of CBNAAT and liquid culture in extra pulmonary tuberculosis.

Session 12 : DR. BEAUTY BISWAS - CMRI -Rapid PCR (BIOFIRE) - A paradigm shift in management of pneumonia.

Session 13 : DR. JAYASURYA S. - Government Medical College, Thrissur - Bronchodilator reversibility using various tools in the diagnosis of Asthma.

Session 14 : DR. NATRAJ M. - Andaman and Nicobar Islands Institute of Medicine Science - Prevalence of Primary Drug-Resistant Tuberculosis at Tertiary Care Hospital.

Session 15 : DR. SAPNA JITENDRA MADAS - Pulmocare Research and Education (PURE) - Long term consequences of Post-COVID 19 sequelae : Findings from all India registry

E-POSTERS -

Session 1 : DR. HEM SHAH - TNMC and BYL Nair Hospital - A case of Ruptured Lung Hydatid Cyst

Session 2 : DR. NITHIN S LAL - TRUSTWELL HOSPITAL - Bronchial Carcinoid Tumours : Case Series

Session 3 : DR. KEERTHANA V. V. KIMSHEALTH Trivandrum, Kerala - A bunch of grapes in the pleura

Session 4 : DR. SHIVANI PRADEEP ACHARYA - Lilavati Hospital and Research Centre - Hypereosinophilic syndrome and Newer modalities of treatment

Session 5 : DR. ABHI MUKHARYA - Government medical college Bhavnagar - A misdiagnosed case of knee swelling.

Session 6 : DR. RISHABH KOCHAR - Chest Research and Training - Home Based Rehabilitation in Interstitial Lung Disease - Long way to go.

Session 7 : DR. SUBHAM CHANDA - A. J. Institute of Medical Sciences and Research Centre - Extra skeletal Ewing's Sarcoma Presenting as a Mediastinal Mass

Session 7 : DR. HARSHITH K. H. - A. J. Institute of Medical Sciences - Pulmonary Lymphangitic carcinomatosis as a manifestation of gastric carcinoma.

Session 8 : DR. KAPIL SHARMA - Shaheed Hasan Khan Mewati Govt. Medical College NALHAR, NUH - Rare cutaneous manifestation of MDR TB in healthy young health care worker.

Session 9 : DR. KOWSIKA R. - Chettinad Hospital and Research Institute - Tuberculous tenosynovitis - A rare case report

Session 10 : DR. MERIN YOHANNAN - Mar Sleeva Medicity, Palai, Kottayam, Kerala, India - Interesting case of pneumonia and splenic abscess.

Session 10 : DR. ANSHA SINHA - ESI-PGIMS, Basaidarapur (NEW DELHI) - Defying the OCCAM'S razor : a case report

Session 11: DR. VENKATA SIVARAM PARANANDI - Christian medical college and hospital - Assessment of upper airway anatomy with ultrasonography in patients with suspected obstructive sleep apnoea.

Session 12 : DR. PRIYANKA DHUMAL - Pulmocare Research and Education Foundation, Pune - Patient characteristics, exacerbations and eosinophil counts in severe asthmatics among Indians.

Session 13 : DR. SHREYAMI SAHA - Bombay hospital - Drug resistance patterns in mycobacterium tuberculosis isolates to first line anti tuberculosis drugs in a tertiary care centre, Mumbai

Session 14 : DR. ANKIT AGGARWAL - Amrita institute of medical sciences - Unveiling the spectrum of pulmonary embolism : Insights from four unique cases.

In E POSTER Session 7 & 10 two candidates scored same marks. Hence both were given prize.

Know your New GB Members



Governing Body Member

DR. PARAMEZ A. R.

MBBS, MD (Respiratory Medicine),

FCCP, EDARM, IDCCM (Critical Care)

Senior Consultant & Head of Department of Pulmonary Medicine

LISIE Hospital, Kochi

Director- Advanced Pulmonary Excellence (APEX Institute Kochi)

Professional Experiences -

- Senior Resident - Pulmonary Medicine & Critical Care - Fortis Hospital, New Delhi (2009-2012)
- Consultant Pulmonary Medicine & Critical Care - KIMS Hospital, Kochi (2012-2017)
- Senior Consultant and HOD - Pulmonary Medicine - Lisie Hospital (2017- Present)
- Faculty in various National and International Conferences of Pulmonology and Critical Care
- Various Publications in peer-reviewed journals
- Organizer of various conferences including NAPCON 2019, Kochi
- Founder Treasurer of Kerala Chapter of Indian Chest Society (2017- 2021)
- Secretary of Kerala Chapter of Indian Chest Society (2021- Present)
- Founder Associate Editor of Journal of Advanced Lung Health (Official publication of Kerala Chapter of ICS)
- Recipient of the Best Young Pulmonologist award in 2021 from Academy of Pulmonary and Critical Care Medicine.

My aim as Governing Body Member -

My aim is to take the Indian Chest Society to greater heights, to educational excellence at par with the global societies, and to nurture young pulmonologists to more research and publication-oriented work. I also strive to help in knowledge dissemination to the medical fraternity other than pulmonology as well as the general public.



Governing Body Member

DR. SUDARSAN POTHAL

MD (TB & CD), FCCP (USA), FAPSR

Professor & HOD of Respiratory Medicine,
Shri Jagannath Medical College & Hospital, Puri, Odisha

Professional Experiences -

- Assistant Surgeon : Mayurbhanj District, Odisha (1999-2004)
- Lecturer, VIMSAR, Burla, Odisha (2004-2009)
- Assistant Professor, VIMSAR, Burla, Odisha (2009-2016)
- Associate Professor, VIMSAR, Burla, Odisha (2016-2021)
- Professor, SJMCH, Puri, Odisha (2021-Continuing)
- Vice-Chair - Zonal Task Force on NTEP (East)
- Vice-Chair - State Task Force on NTEP (Odisha)
- Secretary - Odisha Chest Society (2019-2021)
- 30 Publication in Index Journal
- Speaker in State, National and International Scientific forums

Membership in Professional Body other than ICS -

- National College of Chest Physician
- Indian Association of Bronchology
- Indian Society of Critical Care Medicine
- Indian Sleep Disorder Association
- Indian Society of Study of Lung Cancer
- Asia Pacific Society of Respiriology
- American College of Chest Physicians
- European Respiratory Society
- World Association of Bronchology & Interventional Pulmonology

My vision as Governing Body Member -

To be a part of the pillar for a better future for our Indian Chest Society.



Governing Body Member

DR. ANANT MOHAN

Professor and Head
Department of Pulmonary, Critical Care and
Sleep Medicine, AIIMS, New Delhi

Past Professional Experiences -

- More than 20 years of research and teaching experience.
- Awarded **UK Commonwealth Fellowship** in 2008.
- **Fellow of the Royal College of Physicians'** (FRCP, London) and **American College of Chest Physicians** (FCCP)

Vision for Indian Chest Society -

- To increase the number of research grant for students and young faculty members.
 - To increase the number of travel grants including national as well international grants.
 - Augment the collaborative research with International researchers.
 - Promote inter-college research by specific grants.
 - Increase academic activities in the society at regional levels.
 - Improve the scientific communication and content of the national conference to include novel topics and international speakers.
 - Increase the number of awards in national as well as regional meetings which will improve participation and enhance knowledge dissemination.
-

Position statement of the Indian Chest Society on reinstatement of the Respiratory Medicine department in undergraduate medical colleges in India



Radha Munje

The department of Respiratory Medicine (earlier called the Department of Tuberculosis, Department of Tuberculosis, and Department of Chest diseases and TB and Respiratory Diseases) was initially set up as a department in medical colleges and tertiary care hospitals to cater to the huge burden of tuberculosis in India. It evolved over time to meet the huge, unmet burden of chronic lung diseases such as COPD, asthma, bronchiectasis (frequently a sequel of tuberculosis), interstitial lung disease, and lung cancer - one of the most common cancers afflicting mankind. Given that respiratory symptoms are the commonest reason for patients seeking medical consultation in the community¹ and the fact that chronic respiratory diseases pose a substantial burden on the population, the department of Respiratory Medicine was a 'needed department' for the MBBS program in medical colleges. This provided the opportunity for undergraduate students to have adequate knowledge and skills to manage patients with respiratory diseases. Over the years, this department has not only catered to the care of patients with respiratory diseases and tuberculosis but also contributed to the knowledge and skill upgradation of undergraduate medical students.

Radha Munje¹, Rakesh Chawla², Ravindran Chetambath³, Devasahayam Jesudas Christopher⁴, Raja Dhar⁵, Alope G. Ghoshal⁶, Neeraj Gupta⁷, Indranil Halder⁸, Gopi C. Khilnani⁹, Parvaiz A. Koul¹⁰, Gyanshankar Mishra¹¹, Anant Mohan¹², Amita Nene¹³, Ayyapath Parames¹⁴, Sudarsan Pothal¹⁵, D. J. Roy¹⁶, Sundeep S. Salvi¹⁷, J. K. Samaria¹⁹, Rajesh Swarnakar¹⁹, On behalf of the Indian Chest Society

¹74 Hanuman Nagar, Above Bank of Maharashtra, Nagpur, Maharashtra, India,

²Chawla Respiratory Care & Sleep Centre 58, Pocket C-12, Sector-3, Rohini, Delhi, India,

³Navaneeth, Evanhi Palam Calicut, Kerala, India,

⁴Department of Chest Diseases, CMC Hospital, Vellore, Tamil Nadu, India,

⁵35, Nabanagar, Kolkata, India,

⁶Medical Director, National Allergy Asthma Bronchitis Institute, Kolkata, India,

⁷Opp. Savitri Girls College, Civil Line, Ajmer, Rajasthan, India,

⁸Bandel Station Road, Opp. Water Tank (Children's Park) Bandel, P.O. Hooghly, Distt. Hooghly,

⁹B-36, Sarvodaya Enclave, New Delhi, India,

¹⁰Department of Pulmonary Medicine, SKIMS, Soura, Srinagar, India,

¹¹Associate Professor, Respiratory Medicine, IGGMC, Nagpur, India,

¹²Room No. - 3098, 3rd Floor, Teaching Block, AIIMS, New Delhi, India,

¹³8d Ajanta Apts, ML Dahanukar Marg, Pedder Road, Bombay, Maharashtra, India,

¹⁴7A, Trinity World Jupiter, Chittethukara, Csez. P.O. Kakkanad, Ernakulam, Kerala, India,

¹⁵Associate Professor, Pulmonary Medicine, V.S.S. Medical College, Burla, Sambalpur, Orissa, India,

¹⁶G 16/8 Karunamoyee, Housing Estate Salt Lake City Calcutta, West Bengal, India,

¹⁷Chest Research Foundation Marigold Complex Kalyani Nagar, Pune, India,

¹⁸36-A, Kabirnagar Colony, Durgakund, Varanasi, India,

¹⁹84, Sawarkar Nagar, P O Vivekanand Nagar, Nagpur, India

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The National Medical Commission (NMC) was established in January 2019 by way of an ordinance, which later achieved permanency in the form of a law, after being passed by the Indian Parliament and approved by the President of India on August 8, 2019. It replaced the earlier Medical Council of India. This act aims to enhance medical education accessibility and quality, ensure a sufficient number of high-quality medical professionals across the nation, promote universal healthcare with a community health perspective, and make medical services accessible to all citizens. It also supports national health goals, encourages medical professionals to integrate the latest research, maintains ethical standards, and provides a flexible structure to adapt to evolving needs, all while implementing a transparent assessment of medical institutions and a grievance redressal mechanism. Thus, it has the responsibility to recognize new medical colleges across India, approve the National Eligibility cum Entrance Test (NEET) syllabus, set national medical undergraduate curriculum standards, assess medical infrastructure, and maintain oversight of medical practice in India.

On June 26, 2023, the NMC issued a circular soliciting comments and suggestions on the draft regulations for the Minimum Standard Requirements (MSR) for medical colleges across India. Aligning with the MCI / NMC regulations, the proposed list consisted of 23 departments, including Respiratory Medicine as 'required departments' to run the MBBS course, and a 30-day time frame was allocated for feedback and responses. On August 16, 2023, a gazette notification was published, which highlighted that three departments (Departments of Respiratory Medicine, Emergency Medicine, and Physical Medicine and Rehabilitation) were excluded from the list of required departments for running undergraduate courses and a new department (Department of Integrative Medical Research) was included.

Thus, according to the new NMC regulations, the department of Respiratory Medicine no longer figures in the list of 'required' departments for medical colleges.

Position of the Indian Chest Society

The Indian Chest Society (ICS), which is the largest body representing the specialty of Respiratory Medicine, strongly opposes the action taken by the NMC and requests the NMC to withdraw its statement with immediate effect and reinstate the department of Respiratory Medicine as a 'required' department for medical colleges running undergraduate courses across India.

Why is the presence of Respiratory Medicine an absolute necessity for undergraduate medical colleges?

1. Respiratory disorders enact a huge burden of disease in India. In one of the largest nation-wide studies ever done in India, a 1-day point prevalence study investigating the reasons for which a patient visits a primary healthcare provider (general practitioner, general physician, and pediatrician) reported that 50% of patients in India visit a doctor for a respiratory problem (25% for acute respiratory infections and 25% for chronic respiratory diseases, largely including asthma and COPD).¹ This study reiterates the need for every MBBS doctor in India to be well versed with the management of acute and chronic respiratory diseases. This knowledge base and skill set can be most efficiently imparted by a department of Respiratory Medicine.
2. India has a disproportionately high burden of chronic respiratory diseases. According to the Global Burden of Disease (GBD) study, the contribution of chronic respiratory diseases to the

total disability adjusted life years (DALYs) in India increased from 4.5% in 1990 to 6.4% in 2016.² There were about 37.9 million cases of asthma in India in 2016 and an estimated 55.3 million cases of COPD. Of the total global DALYs due to chronic respiratory diseases in 2016, 32.0% occurred in India, COPD and asthma being responsible for 75% and 20% of the chronic respiratory disease DALYs, respectively.² Chronic obstructive pulmonary disease (COPD) is currently the second leading cause of suffering and deaths in India. Moreover, although India contributes to 12.9% of global asthma cases, it contributes to about 43% of all global asthma deaths.³ This is primarily due to the underdiagnosis, undertreatment, and wrong treatment offered by primary care physicians across India. A significant proportion of this problem is rooted in inadequate training of undergraduate MBBS students across the country. Undergraduate students in India are generally unaware of the importance and utility of spirometry, the gold standard diagnostic test for COPD, nor are they aware of the importance and practical knowledge to implement inhaler therapy for managing airway disorders. It is the responsibility of the medical colleges across India to ensure that MBBS doctors are groomed well to diagnose and treat patients of asthma and COPD better and the department of Respiratory Medicine is best placed to make this happen.

3. Pulmonary tuberculosis continues to pose a major challenge to healthcare in India. Although the burden of TB has reduced steadily over the years in India, it continues to cause immense suffering and death. Moreover, the burden of drug-resistant (DR), pre-extensively and extensively drug-resistant (XDR), and total drug-resistant TB (TDR) is not only high but also growing. The management of DRTB is complex and requires a specialist team, and respiratory medicine has played the pivotal role in this. With the new NMC policy, this role may shift to the department of General Medicine, that may neither have the expertise nor the time to focus on such a crucial need for the country. Handing over the charge of running the TB clinic and the program to the department of General Medicine would be a monumental blunder as it is already overwhelmed with a huge load of patient care posed by communicable and non-communicable diseases and the teaching of MBBS students. Overwhelmed with so much responsibilities, how can doctors in General Medicine the also do justice to teaching undergraduate medical students the basic knowledge and skill to manage TB, especially in the era of burgeoning burden of DRTB? This responsibility now rests with the department of Respiratory Medicine, where the teaching faculty is well placed to do this job. Pertinently India has embarked on an ambitious goal of “TB Free India by 2025” spearheaded by the Hon’ble Prime Minister, and this TB elimination program will be seriously jeopardized by the policy of NMC of doing away with department of Respiratory Medicine as this policy would result in inadequate workforce essential for the realization of the dream of TB elimination by 2025 or in the near future.
4. The Department of Respiratory Medicine played the most crucial role in managing the deadly COVID-19 pandemic during 2020-2022 by offering quality health care services that saved millions of lives across India. A large number of patients are left with damaged lungs (pulmonary fibrosis, obstructive airways diseases) following COVID-19 infection and will need management of respiratory morbidity for the rest of their lives. Since a huge proportion of the population was infected, the burden on the healthcare system would be substantial. The need for the services of the department of Respiratory Medicine has increased and will continue to increase. The

COVID-19 pandemic is perhaps the harbinger of severe pandemics that could plague mankind in the years ahead. Globally, in 2019, there were an estimated 257 million incident episodes of lower respiratory infection in males and 232 million in females.⁴ Undergraduate medical students must receive adequate training in the diagnosis and management of such ailments, underscoring the importance of a Respiratory Medicine department that can impart quality training in this domain.

5. Medical colleges are often built around tertiary care hospitals so that the undergraduate students get experience across multiple specialties. The field of respiratory medicine has grown by leaps and bounds over the last couple of decades by diversifying into broader verticals of interventional pulmonology, sleep medicine, respiratory oncology, and the like. Denying firsthand exposure to such technologies to MBBS students will give them a poor insight into what respiratory medicine is all about; it is therefore important to sensitize them about this specialty during their undergraduate curriculum.

Recommendations of the Indian Chest Society to the National Medical Commission

The Indian Chest Society, which represents over 6000 respiratory medicine specialists across the country, expresses a very strong position that all medical colleges catering to MBBS students must have a department of Respiratory Medicine. According to the latest estimates, 108,890 MBBS students join 706 medical colleges every year in India,⁵ and it is important that all these students acquire knowledge and skills to manage patients of respiratory diseases during their MBBS curriculum from the department of Respiratory Medicine. Similar views have already been expressed by the National College of Chest Physicians (NCCP) and the Indian Medical Association (IMA), who have sent letters of support to the NMC and the Ministry of Health and Family Welfare.

During the recently held National Pulmonary Conference (NAPCON 2023) in New Delhi on October 6, 2023, a special session was held to discuss this issue. The panel consisted of representatives from the Central TB Division, Government of India, the International Union (formerly IUATLD) Southeast Asian Region, TB Association of India, and members of the Indian Chest Society. The consensus was unanimous and resolute in its agreement that the exclusion of Respiratory Medicine Department in undergraduate medical colleges in India is a detrimental step, with far reaching consequences for undergraduate medical education and the healthcare services accessible to the common man in India. While the UG Minimum Standards Requirements (MSR) demand the establishment of multi-drug-resistant TB (MDR TB) wards and nodal centers in medical colleges, it simultaneously and inexplicably eliminates the essential expertise and faculty required to facilitate these services. The decision to remove Respiratory Medicine as a necessary department for UG curriculum will therefore adversely impact the National Tuberculosis Elimination Program (NTEP).

The Indian Chest Society in its resolve to reverse this decision has communicated its stance with the NMC and will continue its lobbying. The ICS will form an Expert Working Group of a dedicated team of members who will continue to spearhead this mission and ensure that Respiratory Medicine is reinstated in the medical colleges as a 'required department' and restore its due importance. It is also important to probe the reasons that prompted such a decision by the NMC and investigate if there were any deliberate attempts, riddled with ulterior motives, to coax the NMC into usurping the place of a crucial department from the undergraduate teaching of our future MBBS graduates.

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ACCP Travel Grant Interviews



Dr. Eshita Shah

Q1. Please tell ICS Members about your background and how did you come to know about the ACCP travel grant?

- I am an active member of ICS since few years now and receiving regular email updates by e-mails. ICS Website is well updated and hence I was well aware about the various travel grant offered by ICS to encourage young physicians to be active in academics.

Q2. How did the ACCP travel grant help you?

- Travelling expense for international Academic Conference can be huge financial toll on young physicians & that's the major factor why we don't get to represent our research work on international platform. This travel grant covered some of my travel expense and hence was huge relief for me on financial aspects.

Q3. How was the experience and what would you say to other young members of ICS?

- It was indeed wonderful experience. With the help of ICS travel grant I could represent our nation, discuss my research work with the colleagues and learnt a lot. It feels so honoured to be appreciated by the national society for your work. I would like to encourage more and more young physician to take advantage of these opportunities.

Q4. How was the experience at the ACCP and what did you present?

- It was a wonderful feeling that I could present my research work on international platform and could network with colleagues globally. The research work was well appreciated their and it opened up few more research opportunities for me.

My presentation was on Locally developed Personal Volumetric Air Sampler which helped us to provide tailor made immunotherapy for refractory cases of Allergic Rhinoconjunctivitis.

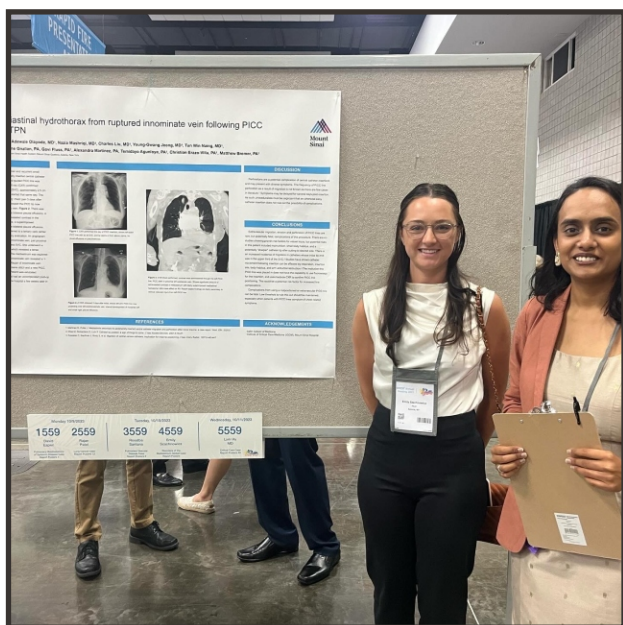
Q5. How do you feel as a receipt on the grant and on being an ICS Member?

- Appreciation of your work in terms of Awards/ Grants are always encouraging for young physicians. We are lucky that our Indian Chest Society is working tirelessly to help and encourage people to get in to more and more research work.

Q6. How did it feel to represent India and ICS at an international conference?

- I think it was one of the moments in my life that I will cherish lifelong. I had always dreamt of presenting oral paper at ACCP but was aware that they may have difficult screening criteria but when it was selected It was like dream came true for me and ICS travel grant was cherry on the cake. So it was indeed satisfying moment to represent India and ICS on international platform.

Some glimpses of my Journey are below -



ICS Travel Grants Calender

Sr. No.	Type of Conference	No. of Grants	Amounts Sanctioned	Last date for Receiving Applications (Every Year)	Results on or Before (Every Year)	Documents Required
1	ATS USA	TWO	Rs. 1,00,000/-	15th FEB	28th FEB	Before - 1. Acceptance Certificate from ATS 2. Resume 3. Covering letter signed by the HOD 4. Age Proof
						After - 1. Certificate of Attendance 2. Poster/Paper Presentation Letter from ATS 3. Receipt of travel tickets
2	ERS EUROPE	SEVEN	Rs. 75,000/-	15th JUNE	30th JUNE	Before - 1. ERS Application 2. Application forwarded by HOD 3. Resume 4. Selection Letter from ERS 5. Age Proof
						After - 1. Certificate of Attendance 2. Poster/Paper Presentation Letter from ERS EUROPE 3. Receipt of travel tickets
3	CHEST ACCP USA	TWO	Rs. 1,00,000/-	30th JUNE	15th JULY	Before - 1. CHEST ACCP Application 2. Application forwarded by HOD 3. Resume 4. Selection Letter from ACCP 5. Age Proof
						After - 1. Certificate of Attendance 2. Poster/Paper Presentation Letter from CHEST ACCP USA 3. Receipt of travel tickets
4	International Workshop on Lung Health	TWO	Rs. 75,000/-	15th November	15th December	Before - 1. IWLH Application 2. Application forwarded by HOD 3. Resume 4. Selection Letter from IWLH 5. Age Proof
						After - 1. Certificate of Attendance 2. Poster/Paper Presentation Letter from IWLH 3. Receipt of travel tickets

*Pls note that dates of submitting applications may vary due to unprecedented times.

*Keep in touch with us at icsofficeexecutive@gmail.com.

ICS State Activities

East Zone

1. WORKSHOP ON ADVANCES IN LUNG FUNCTION ASSESSMENT (VAYU 2023)

The program was about the application of Advanced Lung Function tests in our day to day practice. The areas we focused on was Oscillometry, FENO, Body box, diffusion capacity, mouth pressures and of course briefly Spirometry. We had created a compendium of video talks on individual processors which after sent to delegates as PREREAD. They came prepared. Then we had a session where we discussed the various modalities in an interactive panel. We had 2 brilliant talks on ABG and CPET. Then we had a grand round of cases which got solved combining the various Lung Function tests. To end it all was 6 Workshop stations for different modalities. We are very pleased with the feedback we had.



You can protect yourself from the harmful effects of air pollution says Dr Sundeep Salvi President of Indian Chest Society.

Nagpur 2 December : Air pollution has become a serious national issue with only 2% of the population in India breathing clean air. In many cities across India, air pollution levels have reached dangerous levels. Even Nagpur which was supposed to be second greenest city of India recently experienced alarming poor Air Quality Index. In the midst of this polluted environment, how can one protect themselves from the harmful effects of air pollution? To address this issue Indian Chest Society organized a Public Talk on "Air Pollution & Health" where Dr Sundeep Salvi National President of Indian Chest Society spoke on the topic.

The talk was followed by a panel discussion with panelist being Prof Dr Radha Munje & Mrs. Sangita Goel Ghatge from NEERI along with Dr Sundeep Salvi. The session was moderated by Dr



Rajesh Swarnakar, renowned Pulmonologist of Nagpur. Dr Rajesh Swarnakar said that air pollution can have significant adverse effects on the respiratory system, particularly the lungs. It can cause bronchitis besides worsening of asthma and COPD in patients. Dr Sundeep Salvi said "It is important to realize that the quality of air that we breathe is hazardous in most places. This realization is necessary to take some actions. Wear a mask indoor whenever pollution levels outside are very high or the house itself is the source of air pollution.

Always wear a mask whenever going out. A 3 layered mask (2 cotton layers and a middle silk or chiffon layer) not only offer very good protection, but also are washable and reusable. After you come home, make it a habit to wash your nose with warm water (Jalneti), just like how you brush your teeth every day. Prof Radha Munje, HOD, Respiratory Medicine, IGMC said that one should Hydrate well. Drink plenty of fluids. Your lungs need a lot of water (through self-humidification) to keep the airways clean. Dry lungs make you more vulnerable for the harmful effects of air pollution. Dr Rajesh Swarnakar further advised to Eat well - green leafy vegetables and at least a bowl of fruits, containing 2 different types of fruits every day. This will improve the lung anti-oxidant defense and keep our lungs

protected. Dr Sundeep Salvi emphasized on Regular exercise. He said Walking is very good exercise for the lungs as well as the heart. 30 mins to 1 hour is what one should aim every day.

He said regular Yoga and Pranayama will also keep your lungs healthy. But do take your doctor's advice, especially when some of the asanas and breathing exercises can cause harm. Anulom Vilom is very good exercise for the lungs and the brain. Mrs Sangeeta Goel Ghatge, Principal Scientist from NEERI pointed out that recent increased pollution in Nagpur might be because of ongoing construction activities and pollution from Vehicles urging general Public to make use of public transportation. Mrs. Sakshi Deshmukh conducted the proceedings and proposed vote of thanks.

नागपुर में हवा की गुणवत्ता में निरंतर हो रही गिरावट चर्चासत्र में विशेषज्ञों ने बताए बचाव के उपाय, लोगों को मास्क पहनने की दी सलाह

लोकमत समाचार सेवा

नागपुर : इंडियन चैस्ट सोसाइटी के राष्ट्रीय अध्यक्ष डॉ. सुदीप सालवी ने कहा कि वायु प्रदूषण एक गंभीर राष्ट्रीय मुद्दा बन गया है. महज 2 फीसदी आबादी ही स्वच्छ हवा में सांस ले पा रही है. नागपुर में भी हवा की गुणवत्ता निरंतर गिर रही है. वायु गुणवत्ता सूचकांक चिंताजनक स्थिति में पहुँच चुका है. वे इंडियन चैस्ट सोसाइटी की ओर से आईएमए सभागृह में 'वायु प्रदूषण और स्वास्थ्य' विषय पर आयोजित चर्चासत्र में बोल रहे थे. चर्चासत्र में प्रदूषित वातावरण के बीच खुद को वायु प्रदूषण के हानिकारक प्रभावों से बचाने के उपायों पर विशेषज्ञों ने प्रकाश डाला. चर्चासत्र के दौरान पैनल में मेयो अस्पताल की 'रेस्पिरैटरी मेडिसिन



राष्ट्रीय अध्यक्ष डॉ. सुदीप सालवी

स्वर्णकार ने किया. डॉ. सालवी ने कहा कि जब भी बाहर प्रदूषण का स्तर बहुत अधिक हो या घर ही वायु प्रदूषण का स्रोत हो तो घर के अंदर मास्क पहनें. जब भी बाहर जाएं तो हमेशा मास्क पहनें. 3 परतों वाला मास्क

विभाग की प्रमुख प्रोफेसर डॉ. राधा मुंजे, एनईआईआरआई की प्रधान वैज्ञानिक संगीता गोयल घाटगे मौजूद थीं. सत्र का संचालन प्रसिद्ध पल्मोनोलॉजिस्ट डॉ. राजेश स्वर्णकार ने किया. डॉ. सालवी ने कहा कि मात्रा में तरल पदार्थ पीना चाहिए. वायुमार्ग को साफ रखने के लिए आपके फेफड़ों को बहुत अधिक पानी की आवश्यकता होती है. शुष्क फेफड़े आपको वायु प्रदूषण के हानिकारक प्रभावों के प्रति अधिक

(2 सूती परत और एक मध्य रेशम या शिफॉन की परत) न केवल बहुत अच्छी सुरक्षा प्रदान करता है, बल्कि धोने योग्य और पुनः उपयोग लायक भी होता है. घर आने के बाद, अपनी नाक को गर्म पानी से धोने की आदत बनाएं, जैसे आप हर दिन अपने दांत ब्रश करते हैं. नियमित व्यायाम करें. पैदल चलने से फेफड़ों को ताकत मिलती है. अनुलोम-विलोम फेफड़ों और दिमाग के लिए बहुत अच्छा व्यायाम है. डॉ. राधा मुंजे ने कहा कि व्यक्ति को अच्छी तरह से हाइड्रेट रहना चाहिए. अधिक मात्रा में तरल पदार्थ पीना चाहिए. वायुमार्ग को साफ रखने के लिए आपके फेफड़ों को बहुत अधिक पानी की आवश्यकता होती है. शुष्क फेफड़े आपको वायु प्रदूषण के हानिकारक प्रभावों के प्रति अधिक संवेदनशील बनाते हैं.

हरे पत्तेदार सब्जियां व फल खाएं : डॉ. राजेश स्वर्णकार ने सलाह दी कि अच्छी तरह से खाएं जिसमें हरी पत्तेदार सब्जियां और कम से कम एक कटोरा फल, जिसमें हर दिन 2 अलग-अलग प्रकार के फल हों. इससे फेफड़ों की एंटी-ऑक्सीडेंट सुरक्षा में सुधार होगा और हमारे फेफड़े सुरक्षित रहेंगे.

निर्माण गतिविधियों, वाहन से बड़ा प्रदूषण : संगीता गोयल घाटगे ने बताया कि नागपुर में हाल ही में बड़ा हुआ प्रदूषण चल रही निर्माण गतिविधियों और वाहनों से होने वाले प्रदूषण के कारण हो सकता है, जो आम जनता से सार्वजनिक परिवहन का उपयोग करने का आग्रह करता है. श्रीमती साक्षी देशमुख ने कार्यवाही का संचालन किया और धन्यवाद दिया.

ICS East Zone State Chapter

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ICS West Zone State Chapter

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ICS North Zone State Chapter

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ICS North Zone State Chapter

Table 4. : List of Chairman and Secretary ICS State Chapter (North Zone)

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5	Chandigarh	Chairman	Dr. D. Behera	L-181	Professor & Head, Department of Respiratory Medicine, Post Graduate Institute of Medical Sciences and Research, Chandigarh-160 012 E-mail : dirlrsi@gmail.com M : 098157 05357
		Secretary	Dr. Ashok Kumar Janmeja	L-467	1117, Sector 32-B, Chandigarh-160 030 E-mail : akjanmeja@gmail.com, Ashokjanmeja@hotmail.com M : 096461 21621
6	Uttarakhand	Chairman	Dr. Girish Sindhvani	L-672	House No. 42, Ground Floor, Hill View Colony, Indra Nagar, Dehradun-148 001 E-mail : girish.sindhvani@gmail.com M : 078950 50321
		Secretary	Dr. Mayank Mishra	L-1459	Assistant Professor, Department of Pulmonary Medicine, AIIMS, Rishikesh-249 201 (Uttarakhand) E-mail : virgodrmayank@gmail.com M : 090587 88799
7	Delhi	Chairman	Dr. Randeep Guleria	L-410	K-11, Green Park Extension, New Delhi-110 016 E-mail : randeepg@hotmail.com M : 098101 84738
		Vice Chairman	Dr. Deepak Talwar	L-1479	E-47, Sector 55, Noida to Noida-201 301 E-mail : dtlung@hotmail.com M : 098990 50000
		Secretary	Dr. Anant Mohan	L-1842	Room No. 3098, 3rd Floor, Teaching Block, AIIMS, New Delhi-110 029 E-mail : anantmohan@yahoo.com
8	Uttar Pradesh	Chairman	Dr. Surya Kant	L-583	49-B, Jagat Narain Road, Near Medical College Crossing, Lucknow-226 003 E-mail : skantpulmed@gmail.com M : 094150 16858
		Secretary	Dr. Ashok Kumar Singh	L-1584	4/218-A, Subhedar Niwas, Vishnupuri, Kanpur-208 002 E-mail : dr_ashok_rhl@yahoo.com M : 098390 96578

ICS South Zone State Chapter

Table 5. : List of Chairman and Secretary ICS State Chapter (South Zone)

Sr. No.	State	Post	Name	Membership No.	Updated Contact Details
1	Tamil Nadu	Chairman	Dr. R. Narasimhan	L-515	20, Lake View Road, West Mambalam, Chennai-600 033 E-mail : drrnarasimhan@gmail.com M : 098400 52803
2	Karnataka	Chairman	Dr. P. A. Mahesh	L-494	Allergy Asthma & Chest Center 1397, IV Cross, Krishnamurthypuram, Mysore Dist, Karnataka-570 004 E-mail : mahesh1971in@yahoo.com M : 094480 44003
		Secretary	Dr. Vishnu Sharma	L-1246	Santhrupthi, Nodu Lane, Batta Gudda, Bejai, Mangalore-575 004, Karnataka E-mail : drvishnusharmag@gmail.com M : 094481 26321
3	Andhra Pradesh	Chairman	Dr. Ravindra Babu	L-345	14-25-17/12, Doctors Plaza, Opp Z.P. Office, Visakhapatnam-530 002 AP E-mail : ravindragbabu@yahoo.co.in M : 098481 89289
		Secretary	Dr. P. Yugandhar	L-1011	Pragna Chest Clinic, 23B-8-2, Kunapalli Vari Street, RR Pet, Eluru, WG Dt, Andhra Pradesh-534 002 E-mail : yugs@rediffmail.com M : 094402 25565, 093920 55615
4	Telangana	Chairman	Dr. R. Vijaya Kumar	L-151	1-4-159/1/36, Sri Chakra Enclave 6th Avenue Road, Sainikpuri Secunderabad-500 094 E-mail : drvijaipulmo@yahoo.co.in M : 098496 94016
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5	Kerala	Chairman	Dr. C. Ravindran	L-295	Navaneeth, Evanhi Palam Calicut-673 020 (Kerala) E-mail : crcalicut@gmail.com M : 094469 51712
		Secretary	Dr. Rajesh Venkat	L-1679	"Shreyas", 49/1884-B, Raghavan Pillai Road, Edappally, Kochi-682 024 (Kerala) E-mail : rajeshdhanya@rediffmail.com M : 097455 01976
6	Pondicherry	Chairman	Dr. Pajanivel R.	L-996	No. 24, Thiruvavur Street, Bharathypuram, Pondicherry-605 011 Kochi-682 024 (Kerala) E-mail : pajanivelr18@hotmail.com M : 09443 493122

Indian Chest Society Membership Benefits

1. Dual Membership of Indian Chest Society (ICS) and European Respiratory Society (ERS).
2. Access to online content on ERS website like Journals, Monographs, Breath Magazine, etc.
3. Receive lifelong printed copies of Lung India (An Indexed Publication) - six times a year.
4. Receive lifelong printed copies of Respire, the ICS Newsletter, three times a year.
5. A chance to get various ICS Travel Grants (ACCP, ERS, ATS), Short Term Fellowships and training, research Fellowships.
6. Discounted ICS Membership rates for CME / Conferences.
7. Discounted ICS Membership rates for ERS Conference.
8. Opportunity to participate in ICS research activities / Indian Registries for respiratory diseases and contribute to building robust data for the nation.
9. Participate in the ICS Kothari Young Researcher (PG) Award Session at NAPCON every year.
10. Can apply for the FIC - Fellowship of Indian Chest Society Awarded at Annual Conference.
11. Take part in the ICS Leadership Election conducted via e-voting.
12. Apply for various Awards, Fellowships, Orations given by the ICS at NAPCON.
13. Avail reduced registration fee for members at Annual ICS Conference.
14. Participate in the Annual General body and be a part of the decision making process of ICS.
15. Become a part of the electoral process of ICS e-voting rights to all life members.
16. Opportunity to become an office bearer of this prestigious society.
17. Enhancing knowledge by attending workshops and events under the ICS Banner

18. Association / Networking with Top Notch Doctors and Academicians in the field of Respiratory Industry.
19. Avail exclusive deals for ICS Members for International Conferences & other Medical Events.
20. ICS has exclusive tie up with Lung Health Organisation for travel grants, Rising Star programme and discount for their Lung Health Workshops.
21. Avail ICS-ERS Clinical and Research Fellowship ranging from 1-6 months.
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23. Ever increasing tie up with international societies with ACCP BTS on the anvil.

You can become our member online by going to www.icsorg.net, filling in your details and making an online payment. It's hassle free and gets completed in less than 5 mins. Go green and become an ICS member online today !!!

ICS Goals and Objectives

1. Promoting research and academic activities.
2. Organising periodic academic meetings and conferences at international, national, zonal and local level and to bring together periodically, the medical fraternity interested in Respiratory Medicine, at a common meeting point.
3. Organising periodic patient awareness and educational programmes to promote understanding about the important respiratory diseases.
4. To assist in creating technical manpower required to handle various diagnostic and therapeutic equipments related to Respiratory Medicine.
5. To assist in creating trained medical manpower required to handle various patient related activities.

ICS National Leadership (2022-23)



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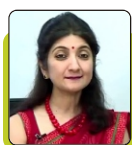
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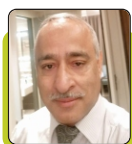
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RESPIRE QUIZ

(September - December 2023)

Match the following parameters with interpretation for various conditions on forced Oscillometry -

a) ↑ R5, ↑ R20, Normal R5 - R20	(i) Total airway obstruction
b) ↑ R5, Normal R20, ↑ R5 - R20	(ii) Peripheral airway obstruction
c) ↑↑ R5, ↑ R20, ↑ R5 - R20	(iii) Central airway obstruction

Options -

	a.	b.	c.
1	(iii)	(i)	(ii)
2	(i)	(ii)	(iii)
3	(iii)	(ii)	(i)



Please send correct answers to Dr. Neeraj Gupta

at E-mail : drneerajajmer@yahoo.com and cc to icsofficeexecutive@gmail.com

First three correct winners stand a chance to feature in the next issue of Respire Quiz Section

Correct response for RESPIRE (May - August 2023)

A28 years male, having a diagnosis of HIV related PJP pneumonia presented with acute onset of breathlessness of 24 hours duration. He was found to have right pneumothorax with large bronchopleural fistula. He is a smoker, weight lifter by occupation and it was first episode of pneumothorax. There was persistent airleak after seven days of tube thoracostomy. Next step for his management in a tertiary care institute would be -

1. Thoracotomy with stapling of blebs and pleural abrasion.
2. VATS with Talc insufflation
3. Put a Heimlich valve and send home, to review after seven days
4. Pleural sclerosis

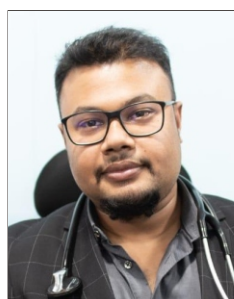
Correct Answer : 1. Thoracotomy with stapling of blebs and pleural abrasion.

**Congratulations to RESPIRE Quiz Winners
for the issue (May - August 2023)**

1. Dr. Anusha Akula
(L-2840)



2. Dr. Manashjyoti Saikia
(L-3192)



3. Dr. ??????????
(L-????)

