

## **DR. A. MURUGANATHAN, M.D**

FRCP (Glasg, London & Ireland)., FACP (USA)., FPCP (PHILIPPINES)., FICP

### **BIO-DATA**

- ❖ Dr. B. C. Roy Awardee (2005)
- ❖ Received "**TAMIL SEMMAL AWARD**" from Tamilnadu Government April 2017 the award given by Hon'ble Chief Minister of Tamilnadu.
- ❖ Received Best Performing Doctor Award from Tamilnadu Government on Doctor's Day 1<sup>st</sup> July 2014.
- ❖ Received "**Champion of Hypertension**" Award from Hypertension Society of India during the silver jubilee of Hypertension Society of India Annual Conference on 19<sup>th</sup> - 21<sup>st</sup> Aug 2016 at Mumbai
- ❖ Current Governor - American College of Physicians (ACP) India Chapter
- ❖ Dean – Indian College of Physicians (ICP): 2016-2017.
- ❖ President – Hypertension Society of India (HSI): 2015 – 2016.
- ❖ President-Association of Physicians of India (API) 2013-2014.
- ❖ Vice President – Indian Red Cross Society – Tamil Nadu State Branch (2012 – 2016 March)
- ❖ President – Tirupur Tamil Sangam
- ❖ Donated more than 5000 BP Monitors across the country to raise the awareness of the Home Blood Pressure Monitoring (during my HSI Presidentship)
- ❖ Chief Advisor – RI Dist-3202

**“Given a well-trained physician of the highest type,  
He will do better work for a thousand people than any specialists”.**

**– William James**

### **ADDRESS:**

CHAIRMAN

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## Personal Data

- ❖ BORN - Born on 10<sup>th</sup> June 1949. Married.
- ❖ SCHOOL EDUCATION - Had School Education at St. Michael's High School, Coimbatore.
- ❖ COLLEGE EDUCATION - Pre - University Course at PSG Arts College, Coimbatore. Secured First Class (June 1966 to March 1967)  
First Year M.B.B.S (One Year) at D.G. Vaishava College, Chennai (July 1967)
- ❖ MEDICAL STUDIES - Under Graduate Training at Stanley Medical College, Chennai. Passed M.B.B.S. in April 1973.  
Compulsory Rotating Internship (May 1973 to May 1974).

## POST GRADUATE TRAINING

- Senior House Surgery in Chest and Cardiology (July 1974 to March 1975)
- Post Graduate Study in Medicine under Madras University at Madras Medical College (April 1975 to March 1978)
- 6 Months as a Special Trainee in Intensive Medical Care at Government General Hospital at Chennai (April 1978 to September 1978)
- Received **FRCP** (conferred) at Glasgow in November 2010.
- **FACP**: Elected as a fellow of American College of Physicians in March 2012.
- **FPCP**: Elected as a fellow of Philippines College of Physicians in May 2013.
- **FRCP**: Elected as a fellow of Royal College of Physicians London in May 2014.
- ❖ Received Honorary Fellowship of Royal College of Physicians (**FRCP**) Ireland in Oct 2016

## ECFMG (USA)

- Passed ECFMG Examination at first attempt and hold an interim certificate.
- ❖ **LANGUAGES KNOWN** - English, Hindi, Tamil and Malayalam
- ❖ **UNIFORMED SERVICES** - Being the son of a disciplined Police Officer  
Was active in ACC (auxiliary cadet corps) for 5 years.
- During the school days became sergeant for ACC at St Michaels School.
- Joined NCC at the PSG College and got Best Cadet Award in 1966.

## CHIEF TRAFFIC WARDEN

- Organized Traffic Warden Organization at CBE and served as chief warden of Coimbatore for more than 3 years and served the community during emergencies, festivals and Melas.
- Taught school students about traffic rules.
- Received Appreciation Award from the higher officers and ministers for the exemplary service rendered as a traffic warden.

## Achievements and Activities

- ❖ Dr. B. C. Roy Awardee - 2005.
- ❖ Lifetime Contribution Award - Dr. Mohan's International Diabetes Update July 2015
- ❖ Best Performing Doctor Award - Tamilnadu Government on Doctors Day. The Award carries a gold plated medal, citation and amount of Rs. 50,000. The award was given on Doctors Day 1<sup>st</sup> July 2014 at Chennai. Received from National Indian Medical Association Dec 2014.
- ❖ "IMA Dr. M.G.Garg" all time achievement award" - Received from National Indian Medical Association Dec 2014.
- ❖ **Governor** - **American College of Physicians India Chapter (2017-2021)**
- ❖ President - Association of Physicians of India (2013-2014).
- ❖ Scientific Chairman - Association of Physicians of India (2012 - 2013).
- ❖ Election Chairman - Association of Physicians of India 2012
- ❖ Chief Patron - APICON 2013 – Annual conference of Association of Physicians of India – Coimbatore and TNRSSDI
- ❖ Chief Patron - APICON 2016 – Annual Conference of Association of Physicians of India – Hyderabad
- ❖ President Elect - Hypertension Society of India (HSI)–(2014-15)
- ❖ Scientific Chairman - Annual Conference of Hypertension Society of India August 2015 at Indore
- ❖ Organising Chairman - AIAARO Conference 2015
- ❖ Chairman - National IMA Standing Committee for Sports Medicine
- ❖ Vice President - Indian Red Cross Society Tamilnadu State Branch, Nominated by His Excellency Governor of Tamil Nadu
- Attended the District conference at Michigan U.S.A as a Representative of Rotary International - President in June 2012.
- Former Teacher at Vinayaga Medical College, Salem.
- ❖ Member - Medical Council of India (2007 – 2012)
- ❖ Member - Indian Nursing Council (2008 – 2012)
- ❖ Senate Member - The Tamilnadu Dr. M.G.R. Medical University (2004 – 2006), (2007 – 2010)

- ❖ State President - Tamilnadu Medical Council (2004 – 2006).
- ❖ State President - Indian Medical Association – Tamilnadu State Branch (2002 – 2003)
- ❖ Chairman - Association of Physicians of India Tamil Nadu State Chapter (2008 – 2009)
- ❖ Chairman of IMA - Private Hospital and Nursing Home Board – Tamilnadu (2003 – 2008)
- ❖ Governing Council Member - The Tamilnadu Dr. M.G.R. Medical University (2008 – 2011).
- ❖ Member for Planning Board - The Tamilnadu Dr. M.G.R. Medical University 2014
- ❖ Advisory Board Member and Visiting Faculty - Jaipur National University 2015
- ❖ Co-Opted Member - All India Association for Advancing Research in Obesity (AIAARO) 2014
- ❖ Vice President - AIAARO – Tamilnadu State Branch 2015
- ❖ Governing Council Member - Association of Physicians of India (2005 – 2008)
- ❖ Zonal Member (South Zone) - Association of Physicians of India (2008 – 2011)
- ❖ Dean of Studies - Indian Medical Association College of General Practitioners (2006 – 2007).
- ❖ State Convener - Crisis Management Committee, Tamil Nadu State
- ❖ National Convener - CME on Pain and Inflammation 2015
- ❖ Governing Council Member - Bannari Amman College of Engineering, Bannari, Coimbatore District, Tamil Nadu State.
- ❖ Governing Council Member - P.S.G. College of Technology, Coimbatore, Tamilnadu State.

### **Fellow of Indian College of Physicians (2008)**

- ❖ Organizing Chairman - CIMA CGP 007 Nov 2007 (Common Wealth Medical Association + Indian Medical Association College of General Practitioners)
- Represented India in the SEAR (South East Asian Regional) Countries Medical Council Meeting held at Colombo Dec 2007
- ❖ Founder Secretary - Indian Red Cross Society Tirupur Branch
- ❖ Managing Trustee - TISSO (Tirupur Social Service Organization) running a School, Orphanage, and Hospital in Tirupur, Tamilnadu
- Conducted several medical workshops under the banner of IMA & Rotary International.
- Presented academic papers at National and State Medical Conferences.
- Regularly delivering presentations in all the leading Tamil television networks on health education.

- Chief Traffic Warden, Coimbatore Dist. Tamil Nadu Police Traffic Warden Organization 1996-1999.
- Chairman of the Building Committee for the TN IMA Headquarters – completed building worth more than 3 Crores at Tambaram 2009.
- ❖ Rotary Governor - District 3200 during 1999 – 2000
- ❖ Rotary District Trainer - District 3200 during 2007 – 2008
- ❖ Rotary Chief Advisor - District 3202, 2015 onwards
- Conducted more than 667 Free Medical Camps with the help of IMA & Rotary International and other NGOS.
- ❖ Advisory Committee Member - Cancer Care in Govt. Head Quarters Hospital
- ❖ Advisory Committee Member - Ultra Sound Scan - Coimbatore District
- Ex. State Executive Member St. John Ambulance.
- Founder President of the Tirupur Tamil Sangam, since 1982.
- ❖ Ex-Member - Tamilnadu Pharmacy Council
- ❖ Ex-Member - Tamilnadu Dental Council
- ❖ Chairman - Temple Renovation Committee. Two big temples were renovated under his Chairmanship at Tirupur in 1999
  1. Eswaran Koil – One of the oldest temples in Tirupur, built in 1776
  2. PerumalKoil
- Ex. Tamilnadu State Vice President, EXNORA
- Donated blood for more than 25 times.
- Created awareness for Organ Donation and Eye Donation in all Rotary Clubs (1999-2000) and to all IMA branches in 2002 - 2003.
- As IMA Tamilnadu State President motivated all the members in 136 Branches of IMA in Tamil Nadu to come forward to donate their Organs and Eyes.
- Village adoption was one of his projects during his IMA President ship.
- ❖ Ex. PTA President - St Joseph Matriculation School
- ❖ Ex. PTA President - Ethiraj College Chennai.
- Master Trainer in Avian Influenza, conducted by Indian Medical Association, Supported by PLAN international (INDIA).
- As Managing Trustee of TISSO (Tirupur Social Service Organization) donated around 4 acres of his own land for running a school for poor students, free orphanage, and hospital in Tirupur, Tamil Nadu State from 1996.
- NWG member RNTCP2010onwards.
- Rotary Foundation Alumini Coordinator Zone 5 (National level) 2011-2013.

## Teaching and Presentation

- Indian Medical Association Award for the **“Medical Teacher of the Year Award”** under **“Teachers Day**

**Award**” Award for the year 2014-15 in recognition of the service rendered by you during the year.

- Taught Family Medicine to the General Practitioners.
- ❖ Emeritus Professor - Dr. MGR Medical University Tamil Nadu.
- ❖ Past, Adjunct Professor - Dr. MGR Medical University Tamil Nadu.
- ❖ Chairman advisory committee - Dr. MGR Medical University-Distance Education, Diploma in Family Medicine.
- ❖ Visiting Professor - Ex.Professor of Medicine, VMS College, Salem.
- ❖ Visiting Consultant in Hypertension & Honorary Professor – Dep. of Preventive Cardiology and Hypertension - K. G. Hospital& Post Graduate Medical Institute, Coimbatore
- ❖ Honorary Professor - Jaipur National University, Institute for Medical Sciences and Research Centre, Jaipur
- ❖ National Advisory Board Member and Visiting Faculty - Jaipur National University, Institute for Medical Sciences and Research Centre, Jaipur
- ❖ Taught doctors during ward rounds daily - Taught family medicine to the general practitioners through IMA and his hospital throughout the year
  
- ❖ Honorary Professor - IMA College of General Practitioner.
  
- **STARTED A HYPERTENSION CLINIC IN 1981 INAUGURATED BY DR. SAM G.P. MOSES**
- **AS A PRESIDENT HYPERTENSION SOCIETY OF INDIA (2015-2016) RELEASED HYPERTENSION NEWSLETTER IT IS CALLED HYPERTENSION BEATS AND ALSO RELEASED & EDITOR OF THE MANUAL OF HYPERTENSION.**
- Regularly taught and conducted medical classes for under graduates of nearby area for PG entrance exams.
- Presented papers at International Medical conference on sexology in 1985.
- Presented papers at International Medical Conference on “Cystic Fibrosis” (Chest Disease) in 1985.
- Received the Best Teacher Appreciation Award from Professor Dante Maruthanayagam at Madras Medical College.
- As honorary Professor taught medicine at Vinayaga Medical College Salem, PSG Medical College students, Coimbatore and Perundurai Medical College students.
- Conducts continuous medical education for IMA members of Tirupur every month.
- Actively involved in case presentation and discussion at the Clinical Meeting held periodically at Government Head Quarters Hospital, Tirupur for the past three decades.
- As a president of API -conducted live CMEs and WEB CMEs throughout the country.
- As a GC Member of API, conducted courses on ECG and Diabetes at various towns. As EC Member of Hypertension Society, conducted many CME programs on various topics on hypertension at various IMA branches.

- As a national working Group Member of RNTCP, conducted many CME programs on RNTCP and DOTS at many places throughout the country.
- Delivered Mohammed Ibrahim Oration on “Diagnosis and Management of Impotence” in the 58<sup>th</sup> IMA Annual State Conference in May 2004 at Kanyakumari.
- Participated as a Faculty Member at the **TRISEA IMACON** 2004 in the 58<sup>th</sup> State Conference of IMA Tamil Nadu on 1<sup>st</sup> May 2004.
- Member of the Faculty in the 4<sup>th</sup> World Congress on Prevention of Diabetes and its Complications – International Congress held at Chennai on Feb. 2005.
- Participated as the Chairperson and spoke on “The Art of Achieving Excellence” in the 80<sup>th</sup> National Conference of Indian Medical Association –MEDICON 2005 in December 2005 at Chennai.
- Delivered Dr. SA. Raja Rathinam lecture on “Hospital Accreditation in Indian Scenario” in the 60<sup>th</sup> IMA Annual State Conference, 2006.
- Participated in the CME Programme on National AIDS Control Organisation, Dec 2006 at Chennai
- Moderator for Hypertension Seminar in **INDO AMERICAN**, 2006.
- Participated as a Resource Person in TAPICON 2006 in April 2006.
- The main Coordinator to organize **INDO AMERICAN** Continuous Medical Education Program in the years 2006, 2007, 2009, 2011, 2012 in which more than 50 Doctors from USA had come to India and Participated along with Indian Physicians.
- Delivered U.S.V lecture on “Indian Hypertension Guidelines – 2” in the 61<sup>st</sup> IMA State Conference at Tanjore 2007.
- Gave a talk on Obesity at **INDO AMERICAN** 2007.
- Participated as a Chair Person in TAPICON 2007 in April. 2007 at Salem on Diabetic Symposium.
- Was the Chairperson at the 6<sup>th</sup> Annual All India Conference of Diabetic Foot Society of India held in September 2007 at Chennai
- Participated as the Chairperson in the 82<sup>nd</sup> Annual Conference of IMA, “IMACON 2007” at Nagpur.
- Participated in Diabetic Update 2008 at San Antonio, USA in Oct. 2008.
- Represented Medical Council of India in various Medical Colleges all over the Country and delivered talks on various topics on Medical Education, during Platinum Jubilee year (2008 – 2009).
- Delivered Chairman's Oration on “Ethics – “Yesterday, Today, and Tomorrow” in API Annual Conference 2008, at Trichy.
- Participated as a Moderator for “Update in Gastroenterology” Program in the Two day National Medical Conference and CME Program “GE CON 2008” held in July 2008 at Chennai.
- Delivered Prestigious IMA CGP Silver Jubilee Oration Award on “Ethics - Yesterday Today and Tomorrow” at the 83<sup>rd</sup> All India Medical Conference held at Indore in December 2008.
- Presented a paper on the Hidden Curriculum in the Pre-Conference Workshop at Sri Ramachandra University in 2008.
- Presented a scientific paper on the annual day 24<sup>th</sup> Aug 2009 in Association with the Physicians of India, Chennai.
- Moderator for Diabetes Update in **INDO AMERICAN** 2009.
- Chaired a session on “Recent Advances” in the **ASICON** 2009.

- Delivered a lecture on Childhood Obesity at RSSDI National Conference at Ahmadabad in 2009.
- Delivered Prestigious National IMA Dr. R. K. Menda Memorial Oration on Metabolic Syndrome in 2009 at Hyderabad.
- Delivered Prestigious Torrent Oration in Tamil Nadu State IMA conference on “Recent MCI regulations” in 2010.
- Took part in the debate on Alternative Model for Under Graduate Medical Education held at New Delhi 2010 at the Medical Council of India.
- Presented academic papers in national and state Medical conferences every year.
- Regularly delivering presentations in all the leading Tamil Television networks on health education-Trainer in Bird Flu Education-Master Trainer in Avian Influenza conducted by the Indian Medical Association and supported by Plan International (INDIA).
- Delivered a talk on Diabetic Foot in India along with Dr. Vijay Viswanathan at Glasgow Caledonian University – November 2010.
- Moderator on Drug Treatment of Hypertension in **HSICON** 2010 All India Hypertensive Society conference held at Coimbatore in October 2010.
- Gave a talk on “Resistant Hypertension” in Hypertension Conclave conducted by American Society of Hypertension (ASH) and Hypertension Society of India at Pune – November 2010.
- Delivered a lecture on **HYPERTENSIVE EMERGENCIES APICON2011** at Ahmadabad.
- Delivered a talk on HBA1c in RSSDI July 2011 at Tuticorin.
- Gave a talk on Prehypertension at Calicut in October 2011 **HSICON** 2011.
- Delivered a special lecture on Prehypertension at APICON January 2012.
- Faculty Member International Conference on Gestational Diabetes.
- Delivered guest lecturers in the State Conferences of API of Ahmadabad, Maharashtra, West Bengal, Nagpur and TN 2012.
- Delivered a guest lecture on “Hypertension and Diabetes: “Should We Treat Early Surrogates?” at Chennai RSSDI National Conference Oct 2012.
- Member External Review Board – Clinical Practice Guidelines on Management of Postmenopausal Osteoporosis, 2012 – 2013 at Bhubaneswar.
- Delivered a guest lecture on “Vitamin D – Deficiency, Insufficiency, and Supplementation” at Thirunelveli Sep 2012.
- Delivered a Presidential Oration “The Double Burden of Tuberculosis and Diabetes in India” at Coimbatore APICON 2013.
- Member External Review Board - Consensus Evidence-based Guidelines for Insulin Therapy in Patients with Type 1 Diabetes Mellitus as per Indian Clinical Practice – Published on July 2014 in JAPI.
- Co-Author “Opportunistic Screening of Legal Professionals for Diabesity and Hypertension” Published on Dec 2014 in Tamilnadu API Journal.
- Delivered a talk on “Aggressive Lipid Lowering in ACS” – Scientific Programme of International Congress of Indian College of Interventional Cardiology on Heart, Hypertension Diabetes & Intervention from 3<sup>rd</sup>– 7<sup>th</sup>September, 2013 at Kathmandu – Nepal.
- Chaired a session on Panel Discussion on 22<sup>nd</sup>Annual Conference of Hypertension Society of India



(Hypertension Conclave – IV) on 23<sup>rd</sup> November 2013 at Pune.

- Appreciation Award for Life Long Services to IMA at Rajahmundry Dec 2013.
- Guest of Honour in the State Conferences of API of Tamilnadu, Karnataka, Ahmadabad, Maharashtra, West Bengal, Nagpur, U.P and Orissa 2013.
- Delivered a talk on Aggressive Lipid Lowering in ACS at **NEPCON II & TAPICON** – January 2014.
- Inauguration of “Hypertension Summit” at Chennai on 16<sup>th</sup> Feb 2014.
- Delivered a talk on “Diabetes in Women – is it Different?” in APICON 2014 at Ludhiana.
- Delivered a special guest lecture on "Metabolic Syndrome – Reality and Controversies at **BANGLADESH SOCIETY OF MEDICINE (BSMCON)** March 2014.
- Delivered a talk on “Oral Insulin's – How Far Have We Reached?” In **DIABCON** Conference 2014 at New Delhi.
- Chaired a session and participated in the **MIDTERM ISGCON** as a Faculty held on 28th & 29th June 2014 at Coimbatore.
- Inaugurated Tamilnadu API Conference at Salem July 2014.
- Delivered a talk on “The Metabolically Obese Normal Weight Individual” at Tamilnadu API Conference, Salem. July 2014.
- Delivered a talk on “Lipids and Cardiovascular Disease – Management” **WONCA** conference at Chennai August 2014.
- Delivered a talk on “Complementary and Alternative Therapy in Hypertension” at Hypertension Society Conference HSICON 2014, New Delhi August 2014.
- Moderator on "Nutrition issues in Asian Indians with Diabetes" at Dr.Mohan's International Diabetes Update Programmes, Chennai July 2014.
- As a guest of honour–Dr.Mohans International Diabetes Update programmes Chennai July 2014.
- Moderator on "Update on Diabetes" at TREND0 July 2014.
- Outstanding Service Award for his excellent overall activities as API President – given by Deputy Chief Minister of Punjab during APICON 2014 at Ludhiana.
- Participated – “Advanced Learning Programme on Hypertension Management” on 2013-2014.
- Participated as a Faculty of Tamilnadu TRAC Conference at Coimbatore Sep 2014.
- Chief Guest for Namakkal IMA Building Opening on 20<sup>th</sup> Sep 2014.
- Delivered a talk on “The Metabolically Obese, Normal-Weight Individual” at UP-APICON Oct 2014, Jhansi
- Chaired a session and participated in the UPAPICON as a Faculty held on 18<sup>th</sup> & 19<sup>th</sup> 2014 at U.P. Jhansi.
- Participated API DIAS Programme at Chennai API Chapter on 5<sup>th</sup> Oct 2014
- Participated as a Faculty – Hypertension Conclave-V, 16<sup>th</sup> Nov 2015 at Gurgaon.
- Delivered a talk on “TB and Diabetes – The Deadly Duo” at national conference of RSSDI Nov 2014, Bangalore.
- Participated as a faculty in the National Conference of RSSDI Nov 2014
- Panelist – “Advanced e-Hypertension Academy”, Module-2 on Dec 2014 at Mumbai
- Guest of Honour of Tamilnadu TRAC Conference at Coimbatore Sep 2014.
- Delivered a talk on “Rational Combination Therapy for Hypertension” –Continuing Medical Education Programme on the 30<sup>th</sup> of November at Ahmedabad IMA.

- Participated in the Pulse Polio Eradication Programme– RI Dist-3202 in 2014
- Received “IMA DR. M.G.GARG ALL TIME ACHIEVEMENT AWARD” by Indian Medical Association – Hon’ble Union Health Minister of India, Shri. J P Nadda.
- Received State Secretary Appreciation Awards for excellent works in the standing committees on Dec 2014 at Karaikudi
- Chaired a session and participated as a faculty in the International Symposium on Diabetes, Mayo Clinic Programme on 10<sup>th</sup>& 11<sup>th</sup> Jan 2015 at Mumbai
- Moderator a session in the during Dr.Viswanathan Oration Function on 18<sup>th</sup>& 19<sup>th</sup>Jan 2015
- Participated as a Faculty in the PACE conference on 31<sup>st</sup> Jan 2015 at Chennai
- Felicitated to Dr. A. Muruganathan, Dean Elect – ICP in Recognition and appreciation of his outstanding contribution in the field of medicine and strengthening of Indian College of Physicians at Convocation Ceremony of ICP on 19<sup>th</sup> to 22<sup>nd</sup> APICON2015 at Gurgaon
- Participated as a Faculty – 70<sup>th</sup> Annual Conference of Association of Physicians of India on 19<sup>th</sup>– 22<sup>nd</sup> Feb 2015 at Gurgaon
- Delivered a talk on “Rational Combination Therapy for Hypertension ” on 70<sup>th</sup> Annual Conference of Association of Physicians of India on 19 – 22<sup>nd</sup> Feb 2015 at Gurgaon
- Participated as a Faculty at the Diabetes and Endocrine Summit on 14<sup>th</sup> – 15<sup>th</sup> March 2015 at Coimbatore.
- Honored for outstanding contribution and exemplary leadership during 10<sup>th</sup> National Conference of DIPSI on 27<sup>th</sup> March 2015 at Ooty.
- Participated as a Faculty in the 10<sup>th</sup> National Conference of DIPSI on 27<sup>th</sup> March 2015 at Ooty.
- Delivered a talk on “BP Goals for Hypertension in Patients With Diabetes – Current Understanding” on 9<sup>th</sup> – 12<sup>th</sup> April 2015 at Chennai
- Expert – Lipid Association of India conference at New Delhi on 18<sup>th</sup> April 2015
- National Advisor – Medanta Echo n Cardiology: Today and Tomorrow 2015 Conference at New Delhi on 18<sup>th</sup> – 19<sup>th</sup> April 2015
- Participated in the GEM GASTRO LAPCON on 26<sup>th</sup> April 2015 at Tirupur
- Moderate a session in the International webcast on Hypertension along with President – American Society of Hypertension, Dr. Domenic Sica, on 23<sup>rd</sup> May 2015 at Mumbai
- Participated in the Family Physicians Association at Indore, May 2015
- Chief Guest and inaugurated of CUPID conference on June 13<sup>th</sup> – 14<sup>th</sup> 2015 at Coimbatore
- Delivered a talk on Diabetes and Hypertension on CUPID Conference – June 13<sup>th</sup> – 14<sup>th</sup> 2015 at Coimbatore
- Delivered a talk on Diabetes and Hypertension on 3<sup>rd</sup> – 5<sup>th</sup> July 2015 at Tamilnadu API Annual Conference at Tanjore.
- Delivered a talk on “Fasting & Feasting in Diabetes” on 31<sup>st</sup> July 2015, Second Dr. Mohan’s International Diabetes Update, conference at Chennai
- Received Prof. M. S. Ramachandran Oration Award during Annual Conference of Chennai API Chapter on 15<sup>th</sup> Aug 2015 at Chennai
- Delivered **Presidential Oration (HSI):** Home Pressure is the Right Pressure on Annual conference of Hypertension Society of India on 22<sup>nd</sup> – 23<sup>rd</sup> August 2015 at Indore
- Participated as a Faculty 3<sup>rd</sup> National NCD Summit – Synergizing efforts in Diabetes Care on 12<sup>th</sup> August 2015,

at Jacaranda Hall, India Habitat Centre in New Delhi

- Delivered **Dr. Maisnam Gopeshwar Singh Memorial Oration** on “Home Blood Pressure Monitoring – The Need of the Hour” on Annual conference of **API East Zone & API Manipur Chapter** on 2<sup>nd</sup> Oct 2015 at Imphal.
- Chaired a session and participated for the **India – Pneumo – Summit** on 10<sup>th</sup> & 11<sup>th</sup> October 2015 at New Delhi
- Delivered a talk on “Home Blood Pressure Monitoring – The Need of the Hour” on **Rajasthan State API Conference** on 11<sup>th</sup> Oct 2015 at Salasar, Rajasthan.
- Delivered a talk on “Management of Prediabetes: Beliefs and Attitudes” on **43<sup>rd</sup> Annual Conference of RSSDI** at Lucknow on 30<sup>th</sup> Oct to 1<sup>st</sup> Nov 2015.
- Delivered a talk on “Blood Pressure Measurement: Which one to Select? Clinic or Home or ABPM?” on **Hypertension Conclave – VI** on 7<sup>th</sup> & 8<sup>th</sup> Nov 2015 at Ramoji Film City, Hyderabad.
- Delivered **Prof. B. C. Bansal – Mrs. Uma Bansal Oration** on “Home Blood Pressure Monitoring – The Need of the Hour” on Annual conference of API New Delhi State Chapter on 14<sup>th</sup> & 15<sup>th</sup> Nov 2015 at New Delhi.
- Delivered **Dr. Shrenik Shah Memorial Talk Oration Award** on “Diabetes and Hypertension – A Deadly Duo – Indian Scenario” **DIACON** on 20<sup>th</sup> & 22<sup>nd</sup> Nov 2015 at Ahmedabad.
- Participated – Panel Discussion on Hypertension on Annual Conference of 1<sup>st</sup> **MAX MEDICON 2015** on 21<sup>st</sup> – 22<sup>nd</sup> at New Delhi.
- Participated as a Faculty Sharing the Experience in "**Pneumococcal Disease Prevention Summit**" (STEPS) on 10<sup>th</sup> & 11<sup>th</sup> Oct 2015 at New Delhi.
- Participated as a Faculty in the 43<sup>rd</sup> National Annual Conference of RSSDI on 30<sup>th</sup> Oct to 1<sup>st</sup> Nov 2015 at Lucknow (UP).
- Participated as a Faculty - Hypertension Conclave-VI on 7<sup>th</sup> Nov 2015 at Hyderabad.
- Chaired a session and participated on Annual conference of API New Delhi State Chapter on 14<sup>th</sup> & 15<sup>th</sup> Nov 2015 at New Delhi.
- Participated as a Faculty in the XXVI Annual Conference API New Delhi Chapter on 14<sup>th</sup> & 15<sup>th</sup> Nov 2015 at New Delhi.
- Received the “**Medical Teacher of the Year Award**” by National IMA on Dec 2015 at New Delhi.
- Received appreciation award from Tamilnadu IMA for services rendered as Chairman TN.NHB Jan 2016.
- Received "**Outstanding Community Service Award**" during International Symposium on Diabetes on 9<sup>th</sup> & 10<sup>th</sup> Jan 2016 at Mumbai.
- National Faculty for Dimension – Initiating Dialogue on In-Hospital Diabetes Management on 16<sup>th</sup> Jan 2016 at New Delhi.
- Participated as a Faculty – 71<sup>st</sup> Annual Conference of Association of Physicians of India (APICON) on 28<sup>th</sup> – 31<sup>st</sup> Jan 2016 at Hyderabad.
- As a Faculty and Panel of Experts during the **67<sup>th</sup> Annual Conference of Cardiology Society of India (CSI)** on 10<sup>th</sup> to 13<sup>th</sup> Feb 2016 at Chennai “A to Z of Hypertension: Issue Based Discussion”.
- Delivered a talk on New Frontier in Treatment of Hypertension: Azilsartan the latest ARB on 14<sup>th</sup> Feb 2016 at Mumbai.
- Panelist – “**Advanced e-Hypertension Academy**”, on 5<sup>th</sup> March 2016 at Kolkata.

- Panelist for GAME conference on 13<sup>th</sup> Feb 2016 at Mumbai.
- Participated as a Faculty – **HOLD Summit 2016** on 18<sup>th</sup> – 21<sup>st</sup> Feb 2016 at Port Blair.
- Participated as a Faculty at the **Diabetes and Endocrine Summit** on 12<sup>th</sup> – 13<sup>th</sup> March 2016 at Coimbatore.
- Participated as a Faculty – **Hypertension Summit 2016** on 25<sup>th</sup> March 2016 at Mumbai.
- Delivered a talk on Obesity & Metabolic Syndrome - The Rising Tsunami during **AIAARO Conference** on 26<sup>th</sup> March 2016 at Mumbai.
- Delivered a talk on " Dengue, Malaria and H1N1: When to get concerned and Challenges in Management " in 1<sup>st</sup> **ACP India Chapter Congress – Medicine 2016** on 1<sup>st</sup> to 3<sup>rd</sup> April 2016 at Mumbai.
- Participated World Health Day celebrated in M V Diabetes Hospital at Chennai on 7<sup>th</sup> April 2016.
- As a Dean – Indian College of Physicians and Past President of Association of Physicians of India celebrated and inaugurated the World Health Day on 7<sup>th</sup> April 2016 at Chennai.
- Panel Discussion on “Prevention Of Diabetes Needs A Multi Sectoral Approach” during the World Health Day Programme on 7<sup>th</sup> April 2016 at Chennai.
- Chief Guest for CME on Platelet Conclave organized by ICP & SMS Medical College on 23<sup>rd</sup> April, 2016 at SMS Medical College at Jaipur.
- Delivered Prof. J C Sharma Oration on Take Pleasure to Control Pressure during CME on Platelet Conclave organized by ICP & SMS Medical College on 23<sup>rd</sup> April, 2016 at SMS Medical College at Jaipur.
- Received "**Prof. J C Sharma Oration Award**" during CME on Platelet Conclave on 23<sup>rd</sup> April, 2016 at SMS Medical College at Jaipur.
- Delivered a talk on Blood Pressure Variability during the **Midterm HSICON 2016** at Bodhgaya on 30<sup>th</sup>& 1<sup>st</sup> May 2016.
- Delivered a talk on Practical strategies for getting patients with Diabetes to blood pressure and lipid goals on **Himachal Pradesh State RSSDI Conference** on 7<sup>th</sup> May 2016 at Shimla.
- Guest of honour& faculty during the Master Class conference at Bangkok on 20<sup>th</sup>– 22<sup>nd</sup> May, 2016.
- Chief Guest and inaugurated of **CUPID conference** on May 28<sup>th</sup>& 29<sup>th</sup> 2016 at Coimbatore
- Delivered a talk on Diabetes and Bone Health on **CUPID Conference** – May 28<sup>th</sup>& 29<sup>th</sup> 2016 at Coimbatore.
- As Dean ICP Participation the National Conclave in Diabetes & Diabetic Foot at Chennai on 16<sup>th</sup>& 17<sup>th</sup> June, 2016 at ITC Grand Chola.
- Inaugurated and Delivered a talk on "Blood Pressure Variability" during the **34<sup>th</sup> Annual conference Karnataka API Chapter** on 17<sup>th</sup> to 19<sup>th</sup> June 2016 at Gulbarga
- As a Dean ICP Delivered talk on “Diabetes and Hypertension” on **HOLD Summit** on 19<sup>th</sup> June 2016 at Gangtok.
- Participated as a Faculty & Delivered a talk during the **7<sup>th</sup> Annual Conference of API West Bengal** on 18<sup>th</sup> June 2016 at Siliguri.
- As a Dean ICP Moderate a session in the **e-Stroke Academy** on 25<sup>th</sup> June 2016 at Hyderabad.
- Delivered a talk on "Adult Vaccination in Diabetes" **Hello Diabetes Academia 2016** on 2nd July at Hotel Centre Point, Nagpur.
- Participated as a faculty and inaugurated the 5th National conference on liver disease "**Liver Clinics**" 2016 on 3rd July 2016.
- Participated as a faculty 4<sup>th</sup> annual conference of **TRENDO 2016** on 9<sup>th</sup>& 10<sup>th</sup> July 2016 at Coimbatore.

- Received Lifetime achievement award from DSK hospital Tirupur on 10<sup>th</sup> July 2016
- Delivered Presidential address on Annual CME on Hypertension on 20<sup>th</sup> July 2016 at Chennai
- Delivered a talk on “BP variability” on 12<sup>th</sup> annual conference of Association of Physicians of India, Tamilnadu chapter (**TAPICON**) on 22<sup>nd</sup> to 24<sup>th</sup> July 2016 at Tuticorin
- Patron –12<sup>th</sup> annual conference of Association of Physicians of India, Tamilnadu chapter on 22<sup>nd</sup> to 24<sup>th</sup> 2016 at Tuticorin
- Delivered a talk on "Metabolic Syndrome" on **3<sup>rd</sup> Dr. Mohan’s International Diabetes Update 2016** on 30<sup>th</sup> July 2016 at Chennai
- Chaired the ‘**Prof. M. Viswanathan Gold Medal Oration**’, on 3<sup>rd</sup> Dr. Mohan’s International Diabetes Update 2016 on 29<sup>th</sup> July 2016 at Chennai
- Participated as a Faculty in Lipid Association of India: **3<sup>rd</sup> International Summit on Lipids** at Hotel Pride Plaza, Aerocity New Delhi on August 6<sup>th</sup> & 7<sup>th</sup>, 2016
- Delivered "**Gumdal Veeraiah Oration**" on "Blood Pressure Variability" at Telangana State API conference on 13<sup>th</sup> Aug 2016 at Warangal.
- Delivered a talk on "Adult Immunization" at **33<sup>rd</sup> Annual Day Celebration of ASSOCIATION OF PHYSICIANS OF INDIA** CHENNAI CHAPTER on 27<sup>th</sup> & 28<sup>th</sup> Aug 2016
- Received "**Prof. Rathinavelu Subramaniam Memorial Oration**" at **33<sup>rd</sup> Annual Day Celebration of Association of Physicians of India** Chennai Chapter on 27<sup>th</sup> & 28<sup>th</sup> Aug 2016.
- Participated as a faculty the 1<sup>st</sup> DIP Asia-Pacific Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy (DIPAP) and the South Asian Initiative for Diabetes in Pregnancy (SAIDIP) on 8<sup>th</sup> - 10<sup>th</sup> Sep 2016 at Colombo, Sri Lanka.
- Delivered a talk on “Hypertension and Diabetes Mellitus” on **HOLD Summit** on 24<sup>th</sup> Sep 2016 at Udaipur.
- Delivered a Oration "**Austin Doyle Oration**" on Blood Pressure measurements in the community setting – options and implications during BPCON 2016 at Hyderabad on 7<sup>th</sup> Oct 2016
- Delivered "**Prof. M. Viswanathan Gold Medal Oration**" on **Immunization in Diabetes** during Andhra Pradesh Diabetes Federation (APDF 2016) October 8<sup>th</sup> & 9<sup>th</sup>, Hotel Istana, Kuala Lumpur, Malaysia
- Chief Patron on 2<sup>nd</sup> World Congress of Indian Society of Chronomedicine in association with Indian College of Physicians WCC-ICP 2016 at Lucknow from 05<sup>th</sup> – 06<sup>th</sup> October, 2016.
- Delivered "**Dean ICP Oration**" on **Take Pleasure to Control Pressure** during 36<sup>th</sup> Annual Conference of the Associations of Physicians of India, Odisha State Branch, APICON ODISHA at Cuttack on 12<sup>th</sup> and 13<sup>th</sup> November, 2016.
- Delivered a talk on “**Adult Vaccination in Diabetes**” during 44<sup>th</sup> RSSDI Annual Conference 2016 on 19<sup>th</sup> Nov at Hyderabad.
- Delivered a guest lectures on "Severe Hypertension- what should be therapy approach in African context" & Delivered a guest lecture on "Role of statins in prevention of cardiovascular diseases" on 15<sup>th</sup> Nov 2016 at Douala & 16<sup>th</sup> Nov at Yaounde, Cameroon.
- Eminent faculty for 2<sup>nd</sup> Annual Conference of Dia Care – DIACON 2016; at Hyatt Regency, Ahmedabad from 2 – 4 December, 2016.
- Delivered a lecture on "**Recommendation of Vaccination in patients with diabetes**" 2<sup>nd</sup> Annual Conference

of Dia Care – DIACON 2016; at Hyatt Regency, Ahmadabad from 2 – 4 December, 2016

- Delivered two talks on "LDL Treat to Target A Forgone Conclusion" & Logical Sequencing of Antihypertensive Medication" on 8<sup>th</sup> Dec 2016 at Annual conference of Cardiology Society of India (CSI) Cochin.
- Delivered an Oration "**HP Baruah Oration**" on Hypertension - Indian Perspective during Assam State API annual conference on 9<sup>th</sup> & 10<sup>th</sup> Dec 2016 at Guwahati.
- Delivered National IMA "**Ranbaxy Oration**" on Lifestyle Measures for Prevention and Management of Non Communicable Diseases during National IMA Annual Conference on 27<sup>th</sup> - 29<sup>th</sup> Dec 2016 at Amritsar.
- Delivered **ICP DEAN's Oration** during the Annual Conference of Association of Physicians of India on 26<sup>th</sup> Jan 2017 at Mumbai. Delivered a guest lecture on "**Influenza Vaccine For People – Advocating To The Medical Community**" on 27<sup>th</sup> Feb 2017 at **Manila, Philippines**.
- Delivered a guest lecture on "Hypertension - How Well I Shall Manage" during the annual conference of the Association of Physicians of Kerala Chapter on 25<sup>th</sup> & 26<sup>th</sup> Feb 2017 at Kerala
- Delivered Guest Lecture on "**Management Of Hypertension – Case Based Studies**" during 28<sup>th</sup> Annual Conference of Association of Physicians of **Bangladesh** on 11<sup>th</sup> March 2017 at **Dhaka**.
- Delivered a talk on "**Masked hypertension- Do I need to bother about it?**" during **Medanta Echo n Cardiology: Today and Tomorrow 2017 on April 6<sup>th</sup>, 2017 at Gurgaon**.
- Delivered a talk on "**Comprehensive Management of Diabetic Dyslipidemia a Recent Update**" during IMA CWC Meeting at Kolkata on 15<sup>th</sup> April 2017.
- Chief Guest for PERSONALITY DEVELOPMENT CAMP FOR MEDICAL STUDENTS and delivered Key note address on "**Personality Development**" at JSS Medical College, Mysore on 5<sup>th</sup> May 2017.
- Guest of Honor and delivered a key note address "**You Can Build a Better You**" during KAPICON on 20<sup>th</sup> May 2017 at Mysore.
- Participated Internal Medicine Conference on 26<sup>th</sup> May 2017 at Kochi
- Delivered a talk on "**Newer ARBs in Management of Hypertension**" during HOLD conference on 27<sup>th</sup> May 2017 at Goa
- Chaired a session on "**Antihypertensive Drugs for primary prevention**" during Cardiac Prevent Event at Coimbatore on 24<sup>th</sup> June 2017.
- Delivered a talk on "**Does the Choice of Anti-Hypertensives Really Matter in T2DM**" during the Apollo Sugar IDU 2017, on June 24<sup>th</sup> June 2017 at Chennai.
- Delivered a talk on "**Preventive Aspects of Cardiovascular Health**" during the 130<sup>th</sup> International Medical Congress of SLMA 2017 on 14<sup>th</sup> July at Colombo
- Delivered a talk on "**Hypertension in Pregnancy**" during Association of Physicians of India, Tamilnadu State Chapter (TAPICON 2017) on 22<sup>nd</sup> July 2017
- Delivered a talk on "**Hypertension in the Diabetic: New Evidence and New Guidance**" during TRENDON on 23<sup>rd</sup> July 2017 at Chennai.
- Delivered a talk on "**Hypertension and Diabetes**" during 4<sup>th</sup> Dr. Mohan's International Diabetes Update conference on 29<sup>th</sup> July 2017 at Chennai.
- Delivered a talk on "**Influenza in High Risk Group - What is the importance**" during 2<sup>nd</sup> **ACP India Chapter Annual Internal Medicine Conference** on 12<sup>th</sup> & 13<sup>th</sup> 2017 at New Delhi

- Delivered a talk on **"Blood Pressure Variability (BPV) – Long term impact"** during 2<sup>nd</sup> **ACP India Chapter Annual Internal Medicine Conference** on 12<sup>th</sup> & 13<sup>th</sup> 2017 at New Delhi.
- Delivered a talk during the Hypertension Society of India Conference at Kolkata on 19<sup>th</sup> Aug 2017.
- Delivered a talk on **"Adult immunization"** during the Command Hospital Western Command Chandimandir at Panchkula on 16<sup>th</sup> Sep 17
- Delivered a talk on **"Diabetes Hypertension"** during the MAPICON on 17<sup>th</sup> Sep 2017 at Batinda.
- Delivered a talk on **"Monitoring for Hypertension in people with the Trio of Neuropathy, Nephropathy and Retinopathy"** during the Indo US update on Diabetes and Diabetic Foot on 22<sup>nd</sup> Sep 2017 at Chennai
- Participated the **"Consensus workshop for developing hypertension management protocol"** at Chandigarh, **Punjab Government on 8<sup>th</sup> Sep 2017**
- Participated the **"Consensus workshop for developing hypertension management protocol"** at Trivendrum **Kerala Government on 19<sup>th</sup> Sep 2017.**
- Delivered a talk on "Community Mobilization from the Perspective of an HCP and Dengue VOICE Member" during the **"2<sup>nd</sup> GLOBAL DENGUE VOICE MEETING 2017"** on 9<sup>th</sup> - 11<sup>th</sup> Oct 2017 at **Paris, France.**
- Delivered a talk on **"Diabetes and Hypertension"** during the West Bengal API Conference on 29<sup>th</sup> Oct 2017 at Batinda.
- Delivered Dr. T.V.S. Chalapaty Rao Memorial Oration on **"Problems Faced by Medical Profession Today"** and inaugurated the IMA Vijayawada Anniversary Function on 22<sup>nd</sup> Oct 2017 at Vijayawad
- Delivered a guest lecturer on **"Importance of Holistic Care in Practice"** during the Annual Academic Session of Sri Lankan Society of Internal Medicine on 31<sup>st</sup> October 2017 **at Kandy, Sri Lanka.**
- **Inaugurated the Annual Academic Session** of Sri Lankan Society of Internal Medicine on 31<sup>st</sup> October 2017 at Kandy, Sri Lanka.
- Delivered a talk on "Adult Immunization in Diabetes" during the 45<sup>th</sup> Annual meeting of Research Society for the Study of Diabetes in India (RSSDI) on 2<sup>nd</sup> - 4<sup>th</sup> Nov 2017 at Bhubaneswar.
- Delivered a talk on "Adult Immunization in Diabetes" during the **South East Asia Diabetes Foundation Conference (SEADFCON-2017) on 4-5<sup>th</sup> November 2017 at Nepal, Dharan.**
- Delivered a talk on **"What Physician should know while treating Hypertension in Diabetes"** during the DIACON 2017 on 24<sup>th</sup> Nov 2017 at Ahmadabad.
- Delivered a talk on "Accurate measurement of the blood pressure is the key to control HTN" during the **69<sup>th</sup> Annual Conference of Cardiological Society of India (CSICON) on 30<sup>th</sup> Nov - 3<sup>rd</sup> Dec - 2017 at Kolkata.**
- Expert Panel/Discussants on "Clinical dilemmas in hypertension- 2" during the **69<sup>th</sup> Annual Conference of Cardiological Society of India (CSICON) on 30<sup>th</sup> Nov - 3<sup>rd</sup> Dec - 2017 at Kolkata.**
- Delivered and Received Dr. Gunasundari Bose Oration Award during Tamilnadu State IMA Conference Dec 2017 at Nagercoil.
- As a Faculty participated the roundtable meeting on Standardized Protocols for Hypertension Control in Primary Health Care at **Beijing, China** 11<sup>th</sup> & 12<sup>th</sup> Dec 2017.
- Delivered a talk on **"Diabetes in Women - Is It Different"** during the Tamilnadu State IMA Conference on 9<sup>th</sup> Dec 2017 at Nagercoil.
- Delivered a talk on "Gut Microbiota, Diabetes and Role of Acarbose" during the DEBATE 2018 on 26<sup>th</sup> Jan 2018 at Chennai.

- Moderated workshop on "Hypertension & Dyslipidemia in DM" during the Diabetes India 2018 on 2<sup>nd</sup> Feb 2018 at Kolkata.
- Delivered a talk on **Azilsartan - "A New Baby in Old Horizon"** during APICON 2018 on 23<sup>rd</sup> Feb 2018 at Bangalore.
- Participated the "**Consensus workshop in Maharashtra**", workshop for developing Treatment Protocol under IHM Initiative in Maharashtra on 16<sup>th</sup> March 2018 at Mumbai conducted by **ICMR & Vital Strategies**.
- Participated the "Indian Hypertension Management Initiative" programme conducted by **Vital Strategies** on 9<sup>th</sup> & 10<sup>th</sup> April 2018 at Punjab.
- Delivered a talk on "**Myths and Misconceptions on Diabetes**" during the CUPID 2018 on 26<sup>th</sup> May 2018 at Coimbatore.
- Delivered a talk on "**Recommended treatment protocols to improve management of hypertension globally**" at **Kyoto, Japan** on 2<sup>nd</sup> June 2018.
- Delivered a talk on "Adult Immunization in Diabetes" during the RSSDI Kerala Chapter Meeting at Kochi 23-24 June 2018.
- Delivered a talk on "**Recommended treatment protocols to improve management of hypertension globally**" during 2<sup>nd</sup> API North East Initiative, at Aizawl on 29<sup>th</sup> June 2018.
- Delivered talk on "**Hyperglycemic Emergencies**" during TRACK 2018 on 11<sup>th</sup> Aug 2018 at Erode
- Delivered a "**KESAVADEV ORATION**" on "MYTHS and MISCONCEPTIONS ABOUT DIABETES during JPEF conference at Trivandrum on 12<sup>th</sup> Aug 2018)"
- Chaired a session on "What is New in Hypertension 2018" during the 5<sup>th</sup> International summit on Lipids on 18<sup>th</sup> & 19<sup>th</sup> August at Hotel Raddison blu, Dawarka, New Delhi
- Delivered two talks on "Achieving 24 Hrs BP Control – A Practical Approach" and Aurum APP – New Development in BP Variability during the ACP India Chapter Annual Internal Medicine Congress 2018, on 31<sup>st</sup> – 2<sup>nd</sup> September 2018 at Lucknow.
- Moderator a Session on Hypertension during the Royal College of Physicians Glasgow Medicine 24 conference on 13<sup>th</sup> & 14<sup>th</sup> Sep 2018 at Glasgow.
- Delivered a talk on "Hypothermia" during the Fever Foundation Conference at bangalore 18<sup>th</sup> Nov 2018.
- Delivered a talk on "**Transfat Elimination**" during the 4<sup>th</sup> Annual Conference of Dia Care - DIACON 2018 on 21 - 23 September, 2018 at Ahmedabad.
- Delivered a talk on "Non Statin alternatives for Lipid Management - An Overview" during the 70<sup>th</sup> Annual Conference of the Cardiological Society of India at **MMRDA Ground, BKC Road, Mumbai, on 22<sup>nd</sup> to 25<sup>th</sup> November 2018**.
- Delivered a talk on "**Diabetes, Hypertension and Atherosclerosis -Common Soil**" 46<sup>th</sup> Annual Conference of Research Society for the Study of Diabetes in India – RSSDI 2018 which is being organized from 22 – 25 November, 2018 at Gujarat University Convention Centre, Ahmedabad.
- Delivered a talk on "Hypertension: India's silent epidemic" during **Hypertension at National Journalism Training, Conducted by Vital Strategies** on November 29<sup>th</sup> at Imperial Hotel, Delhi
- Delivered a talk on "ADULT VACCINATIONS" during the North East API Conference at Siliguri on 1<sup>st</sup> Dec



2018

- Delivered a talk on “European and American hypertension guidelines and goals Relevance to India” during the Annual Conference of the Uttarakhand API Branch, UKAPICON 2018 at Dehradun, on 1<sup>st</sup> and 2<sup>nd</sup> December, 2018
- Delivered a talk on “Aurum App – New Development in BP Variability” during Tamilnadu State IMA Annual Conference on 7<sup>th</sup> Dec 2018 at Kumbakonam
- Delivered a talk on “MY FIGHT AGAINST HYPERTENSION” - Bangladesh Society of Medicine Conference on 8<sup>th</sup> Dec 2018 at Dhaka.
- Delivered a talk on “SECONDARY HYPERTENSION – Are We Missing It” during the Assam State API Conference on 22<sup>nd</sup> Dec 2018 at Dibrugarh.
- Delivered a talk on “Continuous Ambulatory Blood Pressure Monitoring - How Much Useful” during the Rajasthan State API on Dec 23<sup>rd</sup> 2018 at Jaipur.
- Delivered a talk on “How We Indians Differ From Other Ethnic Race - In the Management of Hypertension” on 6<sup>th</sup> January 2018 at Madurai.
- Delivered a talk on “Simplified Protocols for Improvement in the Management of Hypertension – Applicable to India” during the APICON 2019 on 7<sup>th</sup> – 10<sup>th</sup> Feb 2019 at Kochi.
- Moderator one debate session on “Management of diabetes in rural settings - Challenges and solutions” during the Diabetes Debate programme on 24<sup>th</sup> Feb 2019 at Chennai.
- Delivered a talk on “Adult Immunization Guidelines in Persons with Diabetes” during the Diabetes India 2019 Conference at Jaipur on 1<sup>st</sup> March 2019.
- Delivered a talk on “My Journey in API” during the Tamilnadu API-Mid Term Conference at Salem on 3<sup>rd</sup> March 2019.
- Delivered a talk on “Hypertension- Protocols and Clinical Management” during the Vital Strategies Programme at Warangal on 31<sup>st</sup> March 2019.
- Delivered a talk on “An approach towards management of Diabetic hypertensive patient” during the DECON 2019 Conference on 5<sup>th</sup> April 2019 at Coimbatore.
- Delivered a talk on “HYPERTENSION - CLINICAL APPROACH” during the ACP India Chapter Mid Term Congress on 27<sup>th</sup> April 2019 at Delhi.
- Delivered a talk on “Hypertension Management: An Update” at Kenya, Ghana, Nigeria and Uganda in the month of May 2019.
- Delivered a talk on “Hypertension - Protocols and Clinical Management” during the Vital Strategies Programme at Mumbai on 28<sup>th</sup> June 2019.
- Received **Legacy of Excellence Award** from Mahim Dharavi Medical Practitioners Association on 28<sup>th</sup> June 2019 at Mumbai.
- Delivered a talk on “Adult Vaccination in Diabetes” during the Dr.Mohan's International Diabetes Update 2019 on 26<sup>th</sup> – 28<sup>th</sup> 2019 at Hotel ITC Grand Chola, Chennai.
- Delivered a talk on “Adult Vaccination in Diabetes” during the International Endocrinology Conference 2019 at KMCH on 10<sup>th</sup> Aug 2019, Coimbatore.
- Chaired a session during the Lipid Association of India Conference on 17<sup>th</sup> Aug 2019 at New Delhi
- As a scientific chairman inaugurated the 4<sup>th</sup> American College of Physicians of India Chapter Annual Internal

Medicine Conference on 30<sup>th</sup>, 31<sup>st</sup> August and 1<sup>st</sup> September 2019 at Kolkata.

- Delivered a talk on “Simplified Protocols for Improvement in the Management of Hypertension” during Hyderabad IMA CME on 14<sup>th</sup> Sep 2019 at Hyderabad.
- Received **Dr. Bankat Chandra Oration Award** during Hyderabad IMA Meeting on 14<sup>th</sup> Sep 2019 at Hyderabad.
- Received “Eminent Educator Award” from VGM Foundation on 21<sup>st</sup> Sep 2019 at Coimbatore.
- Delivered a talk on “Home Blood Pressure Monitoring My Experience to Evidence” during Hypertension Society of India Annual Conference on 22<sup>nd</sup> Sep 2019 at Mumbai.
- Participated and discussed “**Hypertension Protocols Chhattisgarh State Consensus Meeting**” on 26<sup>th</sup> September 2019 at Indravati Bhawan, Block 1, 3<sup>rd</sup> floor, Meeting Hall Number two, Naya Raipur, Chhattisgarh.

**As a Publisher - in the field of Medicine**

**The following are the publications:**

**Editor – API Medicine Update Text Book 2013 & 2017, Adult Immunization Book 2014 and Manual of Hypertension 2015 & 2019**

- Editor of Indian Issue of Annals of Internal Medicine (American College of Physicians) 2015
- Assistant Editor – Journal of Association Physicians of India 2015 onwards
- Member – National Editorial Advisory Board for Indian Journal of Community and Family Medicine 2015 onwards
- Member – National Editorial Advisory Board – Innovative Publication on Indian of Forensic and Community Medicine 2014 onwards
- Guest Editor – The Remaining Challenges of Pneumococcal Disease in Older Adults in Journal of API 2015
- Regularly writes in weekly and daily Magazines on Health issues.
- As a Dean of IMA CGP (College of General Practitioner) published 3 journals. One on Laparoscopy, second on Cardiothoracic Surgery and the third on Family Medicine.
- Authored a Book on “Thirumanangal Thiruthapadavendum “in Tamil.
- An Article on Hyperglycemic Nonketotic coma in Family Medicine November 2010.
- Compiled a Day to Day useful book “Alter Ego”.
- Managing Editor - "IMAIGAL" IMA monthly Tamil health magazine.
- Editor – IMA Directory – Tamil Nadu State.
- Editor – Weekly Electronic Bulletin "IMAGE”.
- Medical Referee JAPI – Journal of the Association of Physicians of India.
- Member – Advisory Board - JAPI.
- Member – Editorial Board JIMA – Journal of Indian Medical Association.
- An Article on “Aphthous Ulcer” in the Journal, Antiseptic, 1983.
- An Article on Cystic Fibrosis in Chest Disease Journals 1985
- An Article on Cystic Fibrosis in Chest Disease Journals 1985.

- An Article in API Medicine Update 2007 -“Drug Dose Adjustment in “Chronic Renal Diseases”
- An Article in API Medicine Update 2008 - “Resurging Infections: Dengue”
- An Article in API Medicine Update 2009 -“Principle and Practice of Medical Ethics in Day to Day Practice -“A Physician perspective”` An Article on Obesity and weight management in primary care IMA Journal July – 2009.
- An Article in IMA Family Medicine Journal of India -“Brittle Diabetes” in 2009
- An Article in Medicine Update 2010 - Hypertensive Emergencies
- Published articles on RNTCP in the Journal of IMA-2011
- Had authored a Book on Uses & Abuses of Drugs, in Tamil
- Written an Article on Hyponatremia in 2011 API Medicine Update
- Written an article on Prehypertension in Medicine Update – 2012
- Written an article on Actinomycosis and Nocordiosis in API Text Book of Medicine – 2012
- Written various medical books in Tamil.
- An Article on “The Double Burden of Tuberculosis and Diabetes in India” – API Medicine Update 2013.
- Co – Author “Diagnosis and Management of Gestational Diabetes Mellitus: Indian Guidelines” – API Medicine Update 2013.
- Co – Author “A Roadmap – To Tackle the Challenge of Antimicrobial Resistance” – API Medicine Update 2013.
- Co – Author “Indian National Consensus Group: National Guidelines on Initiation and Intensification of Insulin Therapy with Premixed Insulin Analogs” 2013.
- Co – Author “Biopharmaceuticals and Biosimilars: A Consensus Statement” – API Medicine Update Book 2013.
- Co-Author “**Diagnosis and Management of Gestational Diabetes Mellitus: Indian Guidelines**” In Medicine Update 2013
- Member core group in the formation of NAFLD Guidelines.
- Chief Editor – API Medicine Update 2013 – Book.
- Editor – Adult Immunization Book, 2014.
- Written an article on “Aggressive Lipid Lowering in ACS” – Scientific Programme of International Congress of Indian College of Interventional Cardiology on Heart, Hypertension Diabetes & Intervention from 3 – 7 September, 2013 at Kathmandu – Nepal
- Written an Article on “Diabesity in Women – is it Different?” In Medicine Update 2014.
- Written an article on "Metabolic Syndrome – Reality and Controversies at **BANGLADESH SOCIETY OF MEDICINE CONFERENCE (BSMCON)** March 2014.
- Co-Author on “Consensus Recommendations for the Management of Hyperglycaemia in Critically Ill Patients in the Indian Setting” –Published in July 2014 in JAPI.
- Member Editorial Board on Current Practice Journal (CPJ) Current Journal 2015.
- Written an article on “Current Status of Hypertension in India” for World Hypertension League (WHL) News Letter 2014
- Written an article on “Tuberculosis and Diabetes: The Deadly Duo” for Diabetic Update Book 2014
- Written an article on “Rational Combination Therapy for Hypertension - Medicine Update 2015”

- Written an article on “Practical Approach in the Treatment of Hypertension” for book of family medicine 2015
- Co-Author on Framework for a National STEMI Program: Consensus document developed by STEMI INDIA, Cardiological Society of India and Association Physicians of India – Published in Indian Heart Journal on 25<sup>th</sup> May 2016 – Published on July 2014 in JAPI.
- Written an article on “Management of Prediabetes – Beliefs and Attitudes” for 43<sup>rd</sup>RSSDI Annual Conference 2015
- Written an Article on “Home Blood Pressure Monitoring – The Need of the Hour” for Manual of Hypertension in 2015.
- Written an article on “Preventive Aspects of Hypertension” for publication of Journal Shatayushi for Health Education of masses 2015
- Written an Article on “Home Blood Pressure Monitoring – Utility in India” for Medicine Update 2016.
- Co – Author “Lipid Association of India Expert Consensus Statement on Management of Dyslipidemia in Indians 2016: Part 1 – Published on 1<sup>st</sup> March 2016 in JAPI.
- Co-Author “Prevalence of 25-hydroxy vitamin D deficiency among type 2 diabetic subjects of South India” Published on 26<sup>th</sup> May 2016 in International Journal of Diabetes in Developing Countries
- Guest Editor Special issue on " Recommendations for Vaccination Against Seasonal Influenza in Adult High Risk Groups: South Asian Recommendations " Journal of The Association of Physicians of India Vol. 64 July 2016.
- Co-Author "Sheehan’s syndrome- the most common cause of Panhypopituitarism at moderate altitude: a sub Himalayan study" JR-NO 2016-404.
- Co-Author "high prevalence of Hypovitaminosis d in patients presented with proximal muscle weakness: a sub-Himalayan study" JR. NO: 2016-350.
- Co-Author "Clinical profile and outcome of pregnant patients with acute HEV hepatitis during water borne epidemic in Himachal Pradesh: a hospital based study" JR. NO: 2016-333.
- Written an article on "Blood Pressure Variability" for TAPICON Medicine Update, June, 2016
- Written an Article on "Home Blood Pressure Monitoring" for Clinical Journal of Hypertension (HSI) at July, 2016.
- Written an article on “Adult Vaccination in Diabetes” for 44<sup>th</sup> RSSDI Annual Conference 2016.
- Written an article on Lifestyle Measures for Prevention and Management of Non Communicable Diseases for National IMA Annual Conference on 27<sup>th</sup> - 29<sup>th</sup> Dec 2016 at Amritsar.
- Written an article on " Hypertension in India: The Way Forward" for Association of Physicians of India - Progress in Medicine Book 2017.
- Written an article on “**WEIGHT LOSS & CACHEXIA**” for API TEXT BOOK of MEDICINE JUNE 2017”
- Written an article on “**Hypertension Investigations: Role of Home BP Monitoring, Ambulatory BP Monitoring and Echocardiography**” for Monograph on Practical Pearls on Hypertension 2017.
- Written an article on "**Diabetes Mellitus & Hypertension - Common Soil Hypothesis**" for Global Cardio Diabetes Conclave 2017.
- Written an article on "**Ambulatory Blood Pressure Monitoring**" for TAPICON 2017
- Co-Author on Original Research paper "A prospective study of hand ulcers in diabetic Patients- an under-recognised spectrum of disease In indian population" **Volume - 7 | Issue - 6 | June - 2017 | ISSN - 2249-555X |**

**IF : 4.894 | IC Value : 79.96**

- Co-Author on Original Research paper "**Sleep Deprivation And its Impact on Doctors Doing Continuous Duties**" IOSR Journal of Dental and Medical Sciences (IOSR-JDMS.Volume 16, Issue 4 Ver. X (April. 2017), PP 22-25
- Co-Author on Original Research Paper "**Stress Among Doctors –A Prospective Study**" IOSR Journal of Dental and Medical Sciences **Volume - 7 | Issue - 5 | May - 2017 | ISSN - 2249-555X | IF : 4.894 | IC Value : 79.96**
- Co-Author on Original Research Article "**A Prospective analysis on home blood pressure monitoring**" - Indian Journal of Basic and Applied Medical Research; March 2017: Vol.-6, Issue- 2, P. 639-644
- Co-Author on Original Research Paper "**Use Of The Internet For Patient Care In Tertiary Care Teaching Hospitals**" - **VOLUME-6 | ISSUE-5 | MAY - 2017 | ISSN No 2277 - 8179 | IF : 4.176 | IC Value : 78.46**
- Co-Author on Original Research Article "**A prospective analysis of chest xrays in patients with COPD**" Indian Journal of Basic and Applied Medical Research; June 2017: Vol.-6, Issue- 3, P. 471-475.
- Co-Author on Original Research Article "**Lethal Weapon in the Hands That Heals-Mobile Phone in Hospitals**" IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) . Volume 16, Issue 5 Ver. II (May. 2017), PP 54-57.
- Co-Author on Original Research Paper "**Stress Among Doctors –A Prospective Study**" **Volume - 7 | Issue - 5 | May - 2017 | ISSN - 2249-555X | IF : 4.894 | IC Value : 79.96**
- Written an article on “A New Baby in Old Horizon” for Medicine Update Book 2018.
- Co-Author on **ORIGINAL RESEARCH ARTICLE "Prolonged Use of Drugs in Tertiary Care Hospitals-A Prospective Study"** Indian Journal of Basic and Applied Medical Research; March 2018, Vol.-7, Issue- 2, P. 495-502
- Co-Author on "**Recommended treatment protocols to improve management of hypertension globally: A statement by Resolve to Save Lives and the World Hypertension League (WHL)**" **The Journal of Clinical Hypertension (JCH) March 2018.**
- Co-Author on Original Research Paper "**A Prospective Study on Patients Using Self Drugs in Tertiary Care Hospitals**" International Journal of Scientific Research - Volume-7 | Issue-5 | May-2018 | ISSN No 2277 - 8179 | IF : 4.758 | IC Value : 93.98
- Co-Author on "Evaluation of Febrile Thrombocytopenia Cases in a South Indian Tertiary Care Hospital" - Journal of the Association of Physicians of India (JAPI) ■ Vol. 66 ■ May 2018.
- Co-Author on **Original research article "Evaluation of carbon monoxide in breath and carboxyhemoglobin percentage in young smokers** - Indian Journal of Basic and Applied Medical Research; March 2018, Vol.-7, Issue- 2, P. 641-646 www.ijbamr.com P ISSN: 2250-284X , E ISSN : 2250-2858.
- Written an article on “Diabetes, Hypertension and Atherosclerosis -Common Soil” in RASSDI Book 2018
- Written an article on “Simplified Protocols for Improvement in the Management of Hypertension – Applicable to India” in API Medicine Update 2019.
- Co-Author the Original research article on “**Effects of continuous duty among doctors-a prospective study**” - Indian Journal of Basic and Applied Medical Research; June 2018: Vol.-7, Issue- 3, P. 528 – 533
- Co-Author the Original research article on “**Prevalence of UTI among diabetic patients—a prospective study**” Indian Journal of Basic and Applied Medical Research; September 2018: Vol.-7, Issue- 4, P. 359 – 366.

- Co-Author the Original Research Article on “Prescription audit in outpatient departments in tertiary care hospitals -a prospective study” - Indian Journal of Basic and Applied Medical Research; September 2018: Vol.- 7, Issue- 4, P. 354 - 358
- Written an article on “Hypertension: Clinical Approach” API Medicine Update Book 2020
- Written an article on “ROLE OF GLYCATED PROTEINS IN ATHEROGENESIS” CSI Text Book of Cardiology 2019.

### **PUBLICATIONS -DURING IMA PRESIDENCY**

- As an active IMA President published monthly letters, motivational messages in **TIMA, PPLSS**
- Bulletin and monthly Tamil magazine “**IMAIGAL**”
- New Year and Independence Day greetings, sent every year usually in book form with lot of motivational and patriotic and Health Awareness Programs. IMA Multi State CME Meetings were conducted at Salem and Chennai
- As IMA State President along with UNICEF, conducted Awareness and Education camp on iodized salt and other macronutrients for the public, with special care for children.
- Addressed at Coimbatore IMA on “The Importance of Micro Nutrients”.

### **DEAN**

### **DEAN INDIAN MEDICAL ASSOCIATION COLLEGE OF GENERAL PRACTITIONERS**

- As a Dean of IMA motivated many State Branches of IMA to organize Certificate Courses and Medical Update on Diabetology, Family Medicine for General Practitioners.
- Four Zonal Conferences were organized on “Family Medicine” for General Practitioners during his Tenure as Dean throughout the Country.
- Three Family Medicine Journals were released during the period.
- The Received Best Dean Award from IMA National President.

EDITOR of 900 pages text book called “**MEDICINE UPDATE BOOK 2013**” containing nearly 200 articles on various subjects, “**ADULT IMMUNIZATION 2014**” and Direct Talk News Letter. He delivered many national and state orations and web Cast, Online CMEs are his contributions. His theme is – “Serve and Care, Search and Share”.

### **Original work of Dr. A. Muruganathan M.D.,**

#### **As a Rural Physician**

Dr. A. Muruganathan after his master degree in 1978 chose Tirupur where the medical facilities were in adequate and where “The Industrial booming has led to the ecological doom.

**Dr. A. Muruganathan started a multispecialty hospital first of its kind in Tirupur and added to it the latest infrastructure and equipments. With his skill and dedication, the doctor was able to give fresh life to more than**

**20,000 patients admitted in his hospital with complaints of heart, lungs, CNS and GI diseases.**

### **Poison cases and poisonous bites**

With the help of his ICU set up – he could save more than 3000 suicide attempt cases who consumed Organo Phosphorous and other poisons. He is also a consultant for Assumption Hospital which is known for managing Snake bite cases in this area

### **Scientific Contribution and Original Work**

He was a pioneer in this field and identified the common diseases prone to this atmosphere. He had done original work in Lung disease like Byssinosis and Tuberculosis. His special contribution was to control the Double Burden of **TUBERCULOSIS** and **DIABETES**. National IMA chose him as a NWG member in RNTCP and his experience in this field enabled him to deliver a lecture which was published in API Medicine Update 2013. An Asthma club was started on educating the poor labourers. Dr. A. Muruganathan could screen 30000 labourers with the help of lung function machine and X-rays which still he continues. The Rotary club awarded this as the best project and his hospital was given best hospital award for more than ten times.

He is doing research on Metabolic Syndrome where he screened 10,000 labourers and took anthropometry measurements and blood tests. He has made it a mission in creating awareness to prevent diabetes. He is pioneer on Indian guidelines for **ADULT IMMUNIZATION**. He has initiated the process of forming Indian Guidelines on various subjects like Insulin, Postmenopausal Osteoporosis, Gestational diabetes and NAFLD.

Prof Muruganathan pioneer microbial surveillance of Indian microbe and devised a national strategy for rational use of antibiotics so that abuse as well as cost can be saved. He is one of the authors of **CHENNAI DECLARATION** and lead pioneer of antibiotic stewardship program in India which is routinely now used by all Indian critical care as well as hospitals and nursing homes.

In a resource limited country like India there is a need for low cost; high impact health care solutions to be developed for Indian populace and Dr. A. Murgunathan has done this extensively both for rural and urban poor

**All India Level as a National President API**

### **His Activities During the year (2013 – 2014):**

- Direct Talk – First time a periodical news letter from President
- MUST -After the Medicine Update 2013, distributed to every delegate, the follow up **Medical Update Self Study Assessment (MUST)** kit. This gave everyone an opportunity to study the chapter and answer MCQs.
- First time he motivated all branches and members to observe various disease days suitably by organizing screening and awareness camps.
- Adult Immunization week celebration – Radio + Newspaper advertisement throughout the country in the month of April 2013.
- World Hypertension Day May 17<sup>th</sup> – Lot of screening camps and Hypertension web cast throughout the country.
- World Thyroid Day 25<sup>th</sup> May – lot of screening camps throughout the country.
- Adult Immunization Guidelines –2014 released in Ludhiana APICON 2014.

- Pioglitazone – Clinical Use of Pioglitazone – talk by Dr. Siddharth N. Shah uploaded in the API website.
- Zonal Conference – throughout the country – organized 6 zonal conferences and lot of API state conferences.
- Live CMEs – API-DIAS programme – 8 hours Live CMEs covered throughout the country – totaling 66 CMEs conducted in 33 cities across India first time in the history of API.
- Live CME – Hypertension summit conducted in 15 different places of India.
- Live CME – Infection management – 10 places.
- Web CMEs – First time online CMEs were organized A) Rheumatoid Arthritis, B) eLipid Module, C) Diabetic Module, D) Dyslipidemia and Thyroid dysfunction Guidelines (Abbott) & E) Vitamin D3 deficiency.
- Acid Peptic Disease comprehensive care programmes – Hard copy – to 10 thousand doctors were distributed.
- Diabetic Patient Education Programme – launched on World Diabetes Day.
- Postal Cover released --a special **POSTAL COVER** with **API LOGO** with the help of postal department of Karnataka government regarding Diabetic Patient Education Programme.
- Antibiotic Awareness Week -throughout the country from 18<sup>th</sup> to 24<sup>th</sup> Nov – and Newspaper coverage
- API lapel pin & ties with API logo – given to API members.
- **PHYSICIANS DAY**– Dr. A. Muruganathan introduced novel concept of Physicians Day on the Birth Day of API – December 23<sup>rd</sup>. Many chapters and branches throughout the country celebrated **PHYSICIANS DAY** in the following ways:  
 Given free consultation to their patients, Conducted patient education programmes, Conducted screening camps for patients, Walkathon – walk for healthy life, started a journal club, Conducted CME – seminars, Honoured Eminent Physicians from their branches, given local press release about API activities and sent happy Physicians Day greetings to friends.
- Radio advertisement **HAPPY PHYSICIANS DAY** message on 23<sup>rd</sup> December in FIVE metro Cities.
- Dr. A. Muruganathan instituted a unique award – TWO awards for eminent Physicians in the name of **DR. JIVRAJ MEHTA** (outstanding Physician and Ex. Chief Minister of Gujarat) every year. 1. An eminent Physician who is active in API with good academic and research activities. 2. An eminent Physician active in API who excels in clinical and service activities. The award carries a Gold Medal (1 lakh worth), scroll and a Citation.
- He also introduced the concept of best branch / best chapter and best individual award for the first time in the API.
- He organized fund raising – to the tune of around 1.5 CRORES – for prestigious Dr. Jivraj Mehta Award and other chapter / branch and individual awards – which will be given from 2014 onwards.
- API as an advisor in Puducherry government NCDS guidelines & Journal Clubs started in 50 different places in India.
- Data base – collected data base of API members.
- New chapter formation and new members induction, Meeting with other organization – IMA, FOGSI & ASI.
- API research foundation formed & Attended as a guest at **ACP-USA**.

For all these overall activities Dr. A. Muruganathan was given **OUTSTANDING SERVICE AWARD** during the annual conference APICON2014 by API.



## ROTARY GOVERNOR

### CHIEF ADVISOR – RI DIST – 3202

**Trauma Care Concept** – It is his brain child. During his Rotary Governorship he introduced the concept of Trauma Care Centers in National High ways to help road accident victims which was adapted by government later. 19 such centers were opened in National High ways to attend the road accident victims during 1999-2000. Centres were inaugurated by Ministers Thiru.Ismail in Kerala and Thiru.N.K.Periyasamy at Tamilnadu. This concept was given further dimension while he was President, IMA, by opening 11 more new Trauma Care centers with the help of the Government and support of private hospitals. He was instrumental for donating 43 ambulances to attend such victims of accidents in National Highways in the presence of – Hon'ble Chief Justice of Kerala Thiru. A.R. Lakshmanan. As a rotary governor extended help during natural calamities and disasters, encouraging communal harmony, providing electric crematorium facility at three towns, looking into prisoners care, encouraging sports, culture and heritage, a drive for a greener world and **WOMEN HEALTHCARE**. Propagating the concept of **ORGAN DONATION** are some of his other contributions to the society.

### During the Rotary Governorship:

- Conducted 62 general medical camps, 32 Diabetic camps, 25 Cancer detection camps, 20 dental camps, 15 Ear camps, 9 Asthma camps and 5 ortho camps. Held 55 Eye camps, 15,448 Eye surgeries were conducted and provided 16,761 glasses.
- Cleanliness and safety water were stressed. Given Hepatitis-B immunization to more than 1 lakh children in 1999-2000.
- Motivated the Clubs and adopted the General Ward of Government Hospital at Ernakulum, and a Primary Health Center at Ooty and provided all the facilities to run the centres effectively
- Launched a project called 'Concern for Women', in which Mal nutrition, infection, antenatal and post-natal care and breast feeding were stressed. Separate medical checkup camps and Blood Hemoglobin tests for women were organized.
- With the help of R.V.Cs (Rotary Village Corps) more than 25 medical camps were organized dealing with topics like Health Education, Family planning, Evils of Drugs addiction, Alcohol etc... and provided with treatment, in addition Eye-camps and skin camps were organized in various villages.

### Leprosy:

Another field of his concentration is the ancient disease-Leprosy. As he had continuous command on the activities of Rotary by his active participation, he is instrumental for launching a program called: Community Leprosy Eradication Action through Rotary Dignity and Economic Advancement (**CLEAR – IDEA**) and still continuing in R I District 3202.

In an effort to combat leprosy in India, Rotary clubs in District 3200 (India) have initiated a project called CLEAR (Community Leprosy Eradication Action through Rotary). As a result of this program, patients who suffer from the debilitating effects of this ancient disease receive education, medicine and surgical treatment – not only healing the body, but also making it possible for them to become productive citizens in the community.

In the last 10 years a total number of 3091 children of leprosy affected persons were given educational assistance and vocational training job placements. Nine hundred cured persons were economically rehabilitated by micro credit

assistance.

### BENEFICIARIES SO FAR

S. N.o.	Title of the Scheme	No. of Beneficiary	Amount (Rs.)	\$
1.	Children Education	3454	65,61,255	105826.69
2.	Socio - Economic Rehabilitation	606	39,47,000	63661.29
3.	Bore well and Hand Pumps	07	1,30,000	2096.77
4.	Toilet and Bathroom facilities	23	4,84,000	7806.45
5.	Physical & Surgical rehabilitation - Reconstructive Surgeries	23	4,84,000	7806.45
6.	Intra Ocular Lens implantation	530	Free of Cost	—
7.	Micro Cellular Rubber Foot wear	190	38,000	612.90
8.	Low Cost House (Through Govt. 70 % )	25	21,40,000	34516.13

### Publications as a Rotary Governor:

- During the period as Rotary District Governor, 12 issues of "Governor's Monthly Letter' were edited and published (GML) and distributed to all the Presidents, Secretaries, District officers, Governors outside the district and Presions District Governors, in and out of the District with a content of projects and programmes conducted by the District in 1999-2000.
- Apart from GML, was published District monthly newspaper "Rotary Dreams 3200" for the whole year was published. Copies were sent individually to all the Rotarians of the district, Rotaract, Interact and inner Wheel leaders, all past RI officers in India and hundreds of other Rotarian leaders abroad and this gesture was well appreciated.

### SCHOOL PROJECT

- Expanded the Rotary Nursery School Building at Tirupur during his President ship of Rotary Club of Tirupur.
- As Rotary District Governor, arranged noon meal scheme for the 110 adopted schools in Rotary District 3200 (parts of Kerala and Tamil Nadu States). Initiated a project called 'MODEL SCHOOL' to convert these adopted schools as model in education standards, teaching of ethics, values and virtues and provided furniture and stationery.
- Through Matching Grant from Rotary Foundation, safe drinking water project inaugurated in 35 schools throughout the Rotary District.
- Provided 110 water purifiers to 110 adopted schools with the help of R.I. Dist. 5080 and TRF.

- Arranged old used computers to each adopted school to impart knowledge in computers to the students, from Dist. 6360 (USA).
- Inaugurated three Schools for Hearing impaired at Coimbatore, Kothamangalam and Badagara.
- Provided lab equipments and furniture worth Rs. 4.3 lakhs to Govt. Higher Secondary School, Puthiapa and Kandasankadavu Govt. Hr. Sec. School, Trichur under Matching Grant.
- Provided 400 Computers to Schools.
- Conducted Career Guidance Seminar every year for students.
- Conducted vocational training and helped 250 men and women to get suitable jobs.
- Done a project to abolish child labour.
- As Rotary District Governor, insisted on vocational training centre in one of his thrust areas by each club.
- Several Vocational training centres were started throughout the district and conducted many training programmes.
- To list a few, Computer Training centre worth Rs. 4.3 lakhs at St. Antony's Girls High School, Badagara, Envelop-making machine to Sree Narayana SevikaSamajam, Alwaye , Book binding machine to Snehasadan Angamaly, Karma Hall at Cochin, Vocational Training Centre at Girideepthi Tribal Hostel at Cochin, Vocational Training Centre at vedapatti village, Coimbatore for training in computer, typewriter and tailoring.
- Computer Training Centre at Tirupur, Carpentry machinery to NirmalBhawan, Trichur etc.
- Organised information Technology Workshop at Cochin, Multi District Electricians Programme at Coimbatore, and Coaching for Competitive Exams at Calicut and arranged micro credit through various clubs. About one lakh youths benefited under these programmes.

## Youth Service

- Addressed many Rotaract conferences and seminars since 1980.
- Started 9 Rotaract Clubs and 6 interact Clubs.
- Held 32 RYLAs (Rotary Youth Leadership Award) in which apart from leadership training and communications skills, character-building and crisis management were stressed.
- Held District level essay competition and chess tournament for youth and organized “Catch Them Young” coaching camps for students.
- Organized Rotary Special Summer camps in Swimming, Painting and Athletics Games etc.
- Launched two District projects 'Build the Youth for Future' under career guidance seminar, coaching camps for competitive exams etc... Were organized throughout the district and 'Books for Youth', in which books were collected, instead of bouquets, and donated to the youth.
- Instituted Rs. one Lakh scholarship in Agricultural University, Coimbatore for the best student (1999-2000).

### ADDRESSED IN

SANANTONIO, PEORIA - USA

BANGALADESH MEDICAL CONFERENCE DHAKA

SHEFIELD, LONDON - UK

LANGEN - GERMANY

SYDNEY - AUSTRALIA

## **National API conferences more than 10 times**

- All India IMA conferences
- Many state API Conferences
- Many State IMA conferences
- Rotary District Conferences
- District Assemblies
- District Rotaract Conferences
- Many Seminars at District & Regional Level on R.V.C, AIDS, Polio Plus, Drug Abuse & Prevention, RYL as, Vocational Training, Career Guidance, Rotaract, Interact, Intercity Forums and also in Rotary Clubs in U.K., U.S.A. etc.
- Many medical seminars & IMA Meetings, I.A.S.ECT
- International Medical conference on sex and chest disease conference
- Went to Michigan USA as a Representative of Rotary International President in June 2012.

## **Adult Education**

Had organized and helped many Functional Literacy and Adult Education Programmes for which a Certificate of Merit was given by the Government. Promoted the slogan "Each one Teach one" in the youth circle.

## **Environment**

- As President of **EXNORA**, motivated cleanliness in various streets in and around Tirupur and Coimbatore District and in many schools.
- Tree Plantation – Helped to obtain 3,000 trees and planted in and around Tirupur and Donated tree guards in 1995.
- As Rotary District Governor, under took 'Environment' as a District Project. Under this project held two seminars and implemented 'Preserve Plant Earth', tree plantation was promoted though out the District.
- Organized a multi-District Seminar on Environment in Tamil at Tirupur.
- On the last day of his Rotary Governor period, June 30th 2000, organized tree planting though out the district and Rotarians individually and clubs severally planted tree saplings.

## **Rain Water Harvesting**

- Took initiative to create awareness and take action on the most needed and timely project namely 'Rain water harvesting' and launched the project though out the district during 1999-2000.
- A video cassette, hand bills and pamphlets were distributed among the public to educate them about the need and simple methods of Rain water harvesting, which was well received and implemented by the people.

## **Pollution Control**

- As a Coordinator in INTACH, organized a seminar on 'Pollution Control' where in all service organizations, Dyeing Factory Associations participated and planned to start an Effluent Treatment Plant.

## **Petroleum Products Conservation**

- Oil Conservation Week was organized along with Indian Oil Corporation where in Auto drivers and public were advised about the ways and means of reducing petroleum consumption through posters exhibition, lecture

and handbills.

- As the President of the Welfare Association a workshop was organized with the help of Bharath Gas for women, explaining the use, safety measures of cooking gas in the year 1998, 99 and 2000 in K.P.N. Colony.
- A mega workshop on Safety Measures of using gas was conducted during District Conference in the year 1999-2000 under his Rotary District Governorship.

### **Population Control**

- Addressed many Seminars and workshops on population control in public and women's colleges.
- Create awareness in Population Control throughout the Rotary District 3200
- Vocational awareness campaign on the ill effects of over population was taken up at District level and the district made a donation of US\$ 1000 towards the Population Summit held at New Delhi in the month of Sept. 2000 during his tenure as Rotary Governor.

### **Electrical Crematorium**

- Helped construct Electric Crematorium costing Rs. 1 Crore at Pollachi with the help of a matching grant from Sri Lanka and TRF.
- With his leadership role an Electrical Crematorium worth 1.5 Crore was started at Tirupur with the help of a matching grant and helped in Fundraising.

### **Prisoner's Care**

- Initiated 'Prisoner's Care' project under New Horizon, in which a mega medical camp was organized for the inmates of Coimbatore Central Jail on July 26, '99. The screening of the prisoners was total. About 1800 of them had checkup for their general health conditions, about 600 of them had cardia checks, 1000 had their eyes examined, 130 had dental inspection and 180 were screened by ENT specialists. There were 50 cases of dermatic and ortho problems. About 80 women inmates were examined and treated for gynaecological disorders.
- On June 13th 2000 a Gala music programme by world renowned play back singer Mr. S. P. Balasubramaniam was organized and it was well enjoyed by the inmates and widely appreciated by the media.
- Many clubs were motivated and implemented 'Prisoners Care Project' in their respective towns.
- Helped to organize a music team in Coimbatore Central Jail in 2000.

### **National Integrity & Communal Harmony**

- Every year during Ramzan joins with Muslim brother to celebrate Ifthar meals.
- Had participated in many programmes and given lecture in many seminars.
- Conducted health camps in Muslim areas and received awards in recognition.
- Two gala Seminars on Communal Harmony were organized at Calicut and Palghat.
- At Calicut famous play back singer Sri. K. J. Yesudas was the chief guest and at Palghat Kerala Governor was the chief guest (1999-2000). Wide coverage was given to the function by the media.

### **Attending Public Needs**

- Burial Ground Renovation to the tune of Rs. 4 lakhs was done at Dharapuram.
- Foot over bridge at Calicut Mofussil Bus stand costing Rs. 25 lakhs was dedicated to the public.
- Auto pre-paid counters at Calicut Railway station and Trichur Bus stand were inaugurated.
- Rotary DRDA Nagar having 42 low cost shelters constructed for rural adivasis at a cost of Rs. 21 lakhs at Coimbatore.
- Another 150 Low Cost houses were inaugurated in various parts of the Dist.
- Electrification to 525 houses in rural areas of four Panchayats under matching Grant at Palghat was initiated.
- Traffic Island at the center of Tirupur town worth Rs. 3 lakhs was dedicated to the public by his family concern POPPYS.

### **Fund Raising**

- Chairman polio plus Fund Raising campaign
- Chairman IMA headquarters building committee.
- Helped in Fund Raising to build a School at Anjur, Earth quack affected area in Gujarat apart from helping various Fund Raising programs to help the society.
- TRF contribution.

### **Culture and Heritage**

Founder President of Tirupur Tamil Sangam, formed for the promotion of Indian culture, heritage and literature. Given Awards at National level to the best novelist, Writer of Drama, Poem, Lesson etc., through Tamil Sangam every year since 1994.

- Received Appreciation Award from the higher officers and ministers for the exemplary service rendered as a traffic warden.

### **Sports and Meets**

- As President, Coimbatore District Silambam Association, helped to motivate children to learn Silambam and to participate in South Asian Games.
- Partner of a Karate Association and motivated children to learn Karate for the past 19 years.
- Conducted National Level Ball Badminton Match in his Father's name at Tirupur for the last 15 years.
- As Rotary District Governor promoted inter club cricket, shuttle, volley ball, foot ball and chess tournaments.
- Held District level Chess tournament at Calicut, Sports meet, Foot Ball tournament and Swimming competition at Coimbatore.
- Conducted Inter IMA Branches Tennis, Boll Badminton tournament during 2002-03.

### **Modern School Project**

- Every Rotary Club in the district 3200 had adopted one under developed school
- Help in Management, Character Building
- Conducted International RYLA Raised Computer Awareness.
- Used books were collected from the student at the end of the academic year and distributed to economically weaker students.

## **Tree Planting**

- More than one lakh Plant Saplings were planted throughout the Rotary District

## **Sacrifice to Serve**

- This project was very well done by almost every Rotarian in the district

## **District Conference Prakasam**

- With the amount saved from the “Prakasham” Rotary District Conference in 2000 (even today one of the Best Conferences, 20 Water Doctor (Water Purifier) worth of Rs.20000/- each were donated to Schools through each Rotary Club.

## **Environment Project**

- Zero Garbage ` Rain Water Saving ` Mosquito Control.

## **Rotary Foundation Project**

- Conducted Lucky 2000: was a well appreciated project for Foundation fund raising
- Multiple District Rotary Foundation Seminar
- Gave water purifiers to 120 schools with the help of TRF.
- Gave 250 old computers to various schools in districts 3200.

## **Electrical Crematorium Project**

- Laid the Foundation Stone at Tirupur and Inaugurated an Electrical Crematorium at Pollachi.
- Project with the Help of Government Agencies
- Build the Youth for Future Project.

## **Other Projects**

- GSE Team to Germany
- Birthday and Wedding Anniversaries: Instead of spending lavishly, one could go to an orphanage and celebrate birthday / wedding day with them.
- Flower Bouquets to and books only to be given as mementos in all functions which has paved the way to get more than 100 thousand Books which were given to various libraries free of cost.
- Low Cost Housing Projects were done by many Clubs
- Rotary Academy for Higher Leadership Avenue RAHLA was done
- Multi District Rotract Convention at Calicut
- Rotary Special Summer Camp was done by Rotary Clubs during Summer
- Rain Water Harvesting
- Organ Donation Awareness
- Donation to Kargil Fund
- Concern for Women

- Save Female Child
- Upliftment of Women
- FIRE – Fellowship thru Interclub Rotary Exchange
- Rotary Club Twinning

## **NATURAL CALAMITIES AND DISASTER RELIEF**

- Rushed to the fire accident place near KPN Colony where in 330 huts were gutted in 1998. Helped to extinguish the fire and treated the affected persons, the fire victims. This was appreciated by the Deputy Superintendent of Police and Deputy Collector.
- As the Dist. Chairman for Operation Clothing in 1993-94, 3000 Hosiery T-Shirts worth about Rs.3.00 lakhs were collected and sent to Sri Lanka for the first time in Rotary Dist. 3200.
- As Rotary District Governor, mobilized and donated around Rs.4 lakhs to Kargil Relief Fund, started with a personal contribution of Rs. 25,000/= and Rs. 3 lakhs to Orissa Super Cyclone Disaster Relief Fund through the district.
- Organized dispatching of essential items worth several lakhs to the disaster affected people in Orissa.
- Organized weekly medical camps at Madukarai Army Area for taking care of family members of Soldiers fighting at Kargil.
- Disaster relief work was done during typhoid epidemic at Cochin, Gastro Enteritis at Madathukulam and fire accident at Coimbatore in 1999-2000.

## **Indian Red Cross Society**

- ❖ Vice President
  - Indian Red Cross Society – Tamil Nadu State Branch  
nominated by His Excellency-Governor of Tamil Nadu

## **As a Vice - President of Indian Red Cross Society Tamil Nadu State – He provided Leadership and advisory Role in . . .**

- Disaster relief and rehabilitation in flood, cyclone and other disaster affected areas.
- Day care Hospital ` Blood Bank
- Artificial Limb Centre ` Physiotherapy Unit
- Junior Red Cross in Schools
- Youth Red Cross in Colleges
- Industrial Training Center for disabled
- Free Mortuary van Services with the help of TN Govt.
- 55 creches all over Tamilnadu.
- Cyclone Shelters in Coastal Districts
- Rehabilitation projects in Tsunami affected Areas.



- He organised a week long Blood Donation Programme with Tamilnadu IMA throughout the state which was inaugurated by Governor of Tamilnadu and he donated Rupees One Lakh in June 2014.

## MEDICAL SERVICES

### WHO and ICMR:

- Participated actively in the Diabetic Control Workshop conducted by WHO and ICMR at Chennai with 27 State Health Secretaries participated IMA's important role for the Diabetic Control Programme was discussed by Dr. A. Muruganathan.

### British Council Medical Week

- Organized a Medical Week with the help of Indian Medical Association Tamilnadu State Branch and The British Council. A Continuous Medical Education Programme was conducted for Doctors of Chennai for one week.

### Medical Institution

- Owns a 50 Bed Multi Speciality Hospital at Tirupur and Practices Internal Medicine, including Cardiology and Diabetology for the last 30 years.
- TISSO (Tirupur Social Service Organization) under his management opened a Children's Hospital (TISSO Hospital) at Tirupur in 1998 with Pediatrician, Qualified Staff members, Modern Equipments and 24 hour Ambulance service.
- Was instrumental in starting IMAYAM Cancer Care Hospital at Erode in 2003.
- Helped in organizing IMA SAMBA Health Care Centre at Dindigul to render service to the people started in 2009, the centre serves efficiently full date.

### Occupational Hazard:

Dr. Muruganathan conducted Awareness and Education Camps to explain to the people about the Hazards. Due to the insufficient infrastructural facilities and the environmental pollution coupled with social non-communication, the urban environment in Tiruppur is slowly deteriorating for quite long time, leaving back its traces in affecting health of the people, involved in production. Mostly as stated earlier – lung diseases. A special care is taken in these areas and prompts medical care apart from educating the needy.

## FIRST AID

- Organized a camp for Scouts and Students where in demonstration and training in First Aid was given. As Chief Traffic Warden, organized First Aid Training camps in the Schools and as a Rotary District Governor, trained volunteers in various towns and issued identity cards to volunteers to take care of Accident Victims. Organized First Aid training through St. John's Ambulance and Indian Red Cross Society.

### National Medico Legal Conference

- As the Organizing Chairman for National Medico Legal Conference a two -day workshop was held at Chennai in July 2003 to discuss Common Medico -Legal Problems in practice which in many lawyers and experts participated. The deliberations were useful to the practicing Doctors

### T. V. and Air Programmes

- Given TV talk shows on Medical and Non-Medical subjects like leadership, service etc. for more than 200 times in various TV channels. Can fluently talk in Tamil and English. Also given serious of talks continuously for many months on Health and Personality development subjects.  
Talks on various medical topics were given through – Doordharsan, Chennai – 14 times, All India Radio, 19 times. Given talks in **SUN T.V, RAJ T.V. JAYA T.V.** many times. Arranged a Pattimandram on AIDS and a talk on Cleanliness in Doordharsan. Given a continuous 50- week Health talk show in **STAR VIJAI T.V** under the banner of “**NALLA IRUKKENGALA**”. Given health tips in **SUN T.V** for a continuous 3 weeks.
- Given TV talk three times on various dates through NDTV profit about “**Halt Diabetes**” on 14<sup>th</sup> November 2015, at 10.35AM, 21st December 2015, AT 1.40 PM & 7<sup>TH</sup> JANUARY 2016, AT 10.05 AM
- Given a brief interview on hypertension through doordarshan channel on 23<sup>RD</sup> April 2016 at Jaipur.

### Drug Abuse

- Given talks, on Drug Abuse more than 20 times in schools, colleges, villages and on All India Radio since 1982. Launched Drug Abuse Prevention as a district project during his tenure as rotary governor and conducted seminars and symposiums using slides and charts at various parts of the district.

### No Smoking Campaign

- Organised camp every year since 1983 for 10 days at A.G. Hospital where people were helped to stop smoking. III effects of smoking were screened on T.V. People were made to understand how smoking affects their lung functions with the help of Spirometry.

### Control of Filarisis

- With the help of the Government and IMA, created an awareness about filarisis and helped in the distribution of Diethyl carmazipine tablets in the endemic areas in Tamil Nadu.

### Medical Exhibition

- As an Organising Chairman, along with Indian Medical Association and Rotary Club of Tirupur, organised a **Medical Exhibition** at Tirupur for 10 days. More than 10,000 people and students were given health education in 1990. A mega **Medical Exhibition, Health Mela** and **Medical Camp** with various specialities was conducted at Tirupur for 7 days with the help of P.S.G Medical College, Perundurai Medical College and various Specialities Hospitals of Coimbatore under his leadership in the year 1998-99 which benefited 20,000 people.

### International Travels

- Visited East Asian Countries 5 times

- Visited U.K. & West Germany 6 times.
- Visited Switzerland and Holland twice.
- U.S.A. 9 times to undergo medical training and updating knowledge and
- Represented India in the WHO SEAR (South East Asian Regional) Countries. Medical Council Meeting held at Colombo.

### Service During Air Travel

- Helped three sick people on the British Airways Flight during a trip to London for which he received an appreciation letter. Saved a patient who had foreign body aspiration on **AIR CANADA FLIGHT** in 2011.

### Bio Medical Waste Management

- As the Chairman of the Tamil Nadu Private Hospitals, made arrangements to start common facilities for Bio Medical Waste Management in 10 places in Tamil Nadu.

### IMA Research Wing

- During his IMA Presidenship this Wing (IMA Research wing) had been formed to take up certain Research Projects of Social relevance and also of relevance to IMA activities in order to increase awareness on certain important medical issues, like organ donation, to extend information to the State Health Authorities on certain important medical conditions and to serve as a platform for the various IMA Branches to present any significant research findings in various Medical specialties. This Wing is doing a very good job.
- Diabetes Screening Test was done for 10000 People all over Tamil Nadu in 2008 with the help of IMATNSB and TNAPI.

### AIDS PROGRAMME

#### During his Presidentship

- The Programmes to sensitize and motivate the Private Medical Practitioners in Blood Safety Aspects as well as in usage of Blood Components were conducted in the 1<sup>st</sup> Phase in the following 5 Districts :
- Tirupur 2. Chennai 3. Salem 4. Tanjavur 5. Madurai
- Sanction has been accorded to conduct similar programme in the following 5 more districts in the 2<sup>nd</sup> phase, by Tamil Nadu AIDs cell.
  1. Vellore,
  2. Ramanathapuram,
  3. Nagercoil,
  4. Trichy
  5. Nagapattinam.

#### Private Public Partnership

- Taken an active role with the Government in building up Private Public partnership project by world bank

### APPRECIATION FROM PRESIDENT ABDULKALAM

- The various health programs initiated by him through IMA, were well appreciated by his Excellency Dr. A. P. J. Abdul Kalam, the then President of India during his visit to Tirupur.

### **Health Web Site for Public**

- Chief adviser for a web site [www.poornaayusu.com](http://www.poornaayusu.com) for the public to register their case history and to retrieve it any time anywhere in the world.

### **Village and School Adoption**

- In our country most of the people and school going children living in the villages do not have many facilities to reach the cities for their medical requirements. It will be very helpful if our Branches adopt a village and school nearby and help them for their medical needs. All IMA Branches have been requested suitably to do the needful in this regard. As the chairman of IMA projects has implemented these projects along with Tree Planting throughout Tamil Nadu during 2010 – 2012.

### **Welcome Board**

- As suggested during his president ship In many IMA Local Branches, **“WELCOME BOARD”** have been put up. In the same way **“CAUTION BOARDS”** have been put up on the Highway Road sides written with matter like **“IMA, Salem welcomes you”**, **“Donate Blood and Save Life”** etc.,

### **IMAIGAL**

- IMAIGAL, a monthly Tamil health magazine is being released every month in different places periodically for which he is the Managing editor.

### **Govt. Doctors Strike Avoided**

- Negotiated, with the Government of Tamil Nadu and helped in settling the grievances of Govt. doctors amicably and to call off the strike in 2003.

### **IMA Directory**

- Has taken initiative as the editor of IMA Directory and for the first time this directory was released with names, addresses, telephones Nos, E-mail, Fax No. etc., of the IMA Members of Tamil Nadu State.

### **ID Card**

- Introduced ID card system for all members of IMA to get special privilege from various commercial industries, shops and companies.

### **Visit to Chennai by State President and Secretary**

- As the State IMA President visited Chennai more than 20 times and had meetings with various Govt. officials, Transport Commissioner, Police officials, Health Secretary, Home Department Secretary, Hon'ble Ministers and presented representations on behalf of IMA TNSB for various issues like TNPCE Act, Maruthamuthu Committee's recommendations, Establishment of Trauma Care Centers, Bio-Medical Waste Management, Arrest of Doctors etc.,

### **Formation of New IMA Branches and Increase in Membership**

New IMA Branches have been formed in the following places during 2002-2003:

1. Marina, 2. Chennai Metro, 3. Poonamalle High Road, 4. Chennai Pillar City, 5. Rasipuram, 6. Perundurai, 7. Teynampet.

There is considerable increase in membership growth

### **Camps**

- Various camps have been conducted exclusively for Heart Diseases, Diabetes, Eye Screening, all over Tamil Nadu on behalf of IMA TNSB.

### **Zonal Conference**

It is first time in the History of IMA TNSB Zonal Conferences were conducted in North Zone, South Zone, West Zone and East Zone of IMA TNSB during 2002-2003 in which more Doctors participated, interacted amongst themselves and exchanged their views on various developments in the fast developing scientific world today. Meritorious Service Awards were given to IMA Members.

### **COMPUTER COURSE**

A MOU has been signed with Alagappa University to impart training in “Basics of Computer” to the Members of IMA TNSB.

### **Multi State Meeting**

IMA Multi State Meetings were conducted at Salem and Chennai.

### **Blood Bank**

IMA Coimbatore had been helped to start an IMA Blood Bank at Coimbatore.

### **Assistance during Epidemics**

IMA Branches were motivated to take active participation to control Cholera, Dengue Fever, Chikungunya etc., during Epidemics along with Government.

### **Socio Medical Relief in Early Days**

- Organized social service camps even from the beginning of his school career at Thiruchengodu in the year 1956
- With the help of his father who was the Police Inspector, underwent Road Traffic Training and taught Road safety rules to the students during the year 1956-60 at Thiruchengodu.
- Was an active member and organizer of Social Service League of St. Michel's High School
- Received an award for outstanding social service activities at P.S.G. Arts College in 1966-67
- Used to visit weekly once nearby adopted villages along with a medical team as a medical student volunteer at Stanley Medical College [1969-74].

### **Chief Minister's free Health Camps**

As a Co-ordinator and Project Director, organized more than eight Dr. Puratchi Thalavi Selvi Jayalalitha Free Medical Camps at Tirupur along with Tirupur Municipality and helped more than 20,000 poor people.

As a Coordinator and Project Director, organized many free medical camps under "Varumun Kappom" initiated by Chief Minister of Tamil Nadu.

### **Heart Care**

- Had actively participated in the free heart disease detection camp organized by Tirupur Rotary Club and took 100 free ECGs and 75 Lung Function Tests in the year 1979 at Tirupur.
- As a Coordinator along with SaibabaSevaSamithi, Organised a free heart disease detection and treatment camp at Tirupur where in 1009 patients were screened. Free advice, E.C.G. and medicines were given to them. 150 patients among them were selected for cardiac surgery and arrangements were made to give free surgical treatment at Sai Baba Hospital, Putaparthi. This would have otherwise costed around Rs.50 Lakhs. These patients were given pre and post-operative treatment in his A.G. Hospital, free of cost.
- During Rotary, Dist. Governor ship launched Heart Care Project as a Dist. Project. Under this project, seminars, heart seminars, heart disease detection camps, were held; Heart surgeries numbering above 110 were performed. With help of his Family Trust free heart disease detection camps every year were held at MMM Hospital Chennai where TMT, ECG and other blood test are done free of cost for more than 500 patients.

### **CHILD HEART CARE AND CHILDREN'S CAMP**

- Every year a Mega Children Camp at Tirupur is organised with the help of Lakshmi Ammal Trust and Lions Club. Children's Hospital, Egmore were involved.
- More than 40 Pediatrician came from Chennai to Tirupur and Screened 2000 Children including Congenital at Diseases and have been taking them for further treatment to Chennai since 1995.
- Inaugurated a Child Heart Care Project at Coimbatore in 1999 – 2000 with the help of Rama Krishna Hospital.

### **Donation for Heart Surgery**

- So far many heart patients have been helped to undergo Free Heart Surgery at GKNM Hospital Coimbatore and to get donations from Prime Minister's Fund and Various Service Organizations. Helped around 150 patients to get Free Heart Surgery at Saibaba Hospital.

### **Preventable Blindness**

- Has initiated a mega project with the help of Sankara Eye Society called "Preventable Blindness" in the urban slums of Coimbatore, where Opthomologists Screened one lakh children and treated their problems with medicines like Vitamin A and other necessary treatments in January 2000.
- Every Rotary Club was requested by him to do eye screening for Cataract, Glaucoma and other problems under the leadership of District Eye Care Chairman. Held 55 Eye Camps, nearly 15,448 Surgeries were performed for Cataract and necessary eye glasses etc... Were given to the patients in the year 1999 – 2000 under the Eye Care Project.
- During his IMA State President ship made every branch of IMA to conduct Eye Screening for Children.

### **Nutrition**

- As the Managing Trustee of the school run by TISSO, students are given free noon meals since its inception in the year 1997.
- Vitamin – A Capsule was given to Municipal School Children with the help of ICDS every year periodically since 1984.
- During his Governorship most of the clubs started free noon meal schemes along with distributing anti worm tablets and nutrition advices in their adopted schools.
- As IMA State President along with UNICEF awareness camp on Iodized Salt and other micronutrients for the public were conducted.

### Family Planning

Has participated in many family planning programmes. His A.G. Hospital is approved as a Family Planning Center. His Hospital is actively involved in family planning operation. His wife, a gynecologist, has a laproscope. As a Rotary Governor and IMA State President many programs had been organised to create awareness and the importance of family planning for our Country.

### Malaria

Free anti Malaria treatment and free medical science tests were done in the slums with the help of the Municipality & the Rotary in the years 1997, 98, 99 & 2000. Mosquito control scheme was initiated under the project 'Environment' by assisting the public to cover septic tank, air pipe and out-let pipe with nylon nets. Visited unhygienic dwelling areas and educated them to improve their areas. A mass mosquito control programme was launched at Cochin City with the help of Apex Council of Cochin (These as Rotary Dist. Governor in 1999-2000). Given talks on the Radio, TV and at public meeting, on the importance of hygiene, mosquito control and Malaria Eradication.

### BLOOD AND ORGAN DONATION

- As Charter Secretary of student's Voluntary Blood Donation Association at Stanley Medical College, Madras, had donated blood to save seriously sick people patients during 1970-74
- Donated blood 23 times as a Physician since 1974 and saved all the seriously sick patients for whom blood had been donated.
- Once donated blood to save a senior active member of Tirupur Rotary Club. In the middle of the installation function to save a patient who came to his Hospital in a serious condition, blood was personally donated, to the patient and the patient was saved by his efficient treatment.
- Launched a massive campaign for posthumous organ donation at Coimbatore.
- Created awareness for organ donation and eye donation in all Rotary Clubs (1999-2000)
- As IMA President motivated all Doctors in 136 Branches of IMA Members in Tamil Nadu to come forward to donate the Organs and Eyes.

### Cancer Care

- Organized a Cancer Detection Camp for 10 days where in 350 patients were screened and more than 15 patients who had early cancer were given necessary treatment at Government Hospital in 1986.

- Organized yearly Cancer detection camp with the help of G.K.N.M. Hospital in one of the nearby villages since 1990.
- Under Cancer Care project, released a monthly news bulletin 'CANCARE' printed and distributed 15000 awareness campaign leaflets and conducted 25 detection camps in the district in 1999-2000.
- A cancer care Hospital project "IMAYAM" was started at Erode during his President ship.

### **Health Camps (Diabetic, Asthma, T.B )**

32 diabetic detection camps and 30 Asthma and T.B Detection Camps at Tirupur. Have so far been conducted  
 Launched a District Project called FAMILY HEALTH CHECK - up during his period as Rotary Governor. Under this programme free health camps were organized throughout the district to conduct health checkup for Rotary members and their families and health cards were issued and necessary medicines were distributed.

### **Kidney Stone Detection**

Organized a free kidney stone detection camp at Tirupur with the help of R.G. Stone Clinic, Bombay. Forty Nine patients were identified and were given free advice regarding treatment for their stones in the urological system.

### **Peptic Ulcer Detection**

Organized a camp where in free Gastroscopy was done to detect peptic ulcer and suitable advice was given. Ill effects of Alcohol were explained.

### **Arthritis Camp**

Along with KMCH an Arthritis Camp was organized at A.G. Hospital, Tirupur where in more than 400 patients attended. Free X-rays, medicines and free consultation were given. For a selected few patients, necessary operation was done at KMCH. With the help of United Hospital, Arthritis camp was conducted at A.G. Hospital in 1998, 99 & 2000 About 1000 people were screened and necessary advice and treatments were given.

### **Polioplus**

- Actively participated in all the Polio NIDs since 1994.
- During the year 1999-2000, there were 4 NIDs and organized the Zonal level PPI orientation meet, distributing efficiently and effectively, for which a Certificate of Appreciation from the National Polio Plus Committee was awarded.
- Motivated all clubs in his jurisdiction to spread awareness among the public and to extend volunteers and other helps for PPI in all the four NIDs
- Received an Appreciation Award from the National Polio Plus Committee
- Chaired Polio Plus Fundraising Campaign 2002 -2003.

### **Polio Corrective Surgery**

- As the President of Rotary Club of Tirupur organized a free medical camp where in measurements were taken for 82 polio victims and suitable calipers given by Government and Social Organizations.
- For 10 patients necessary corrective surgery was arranged at Government Head Quarters Hospital.



- A tricycle was given to the patient who had weakness of both lower limbs.
- Organized every year he along with the NGOs. Polio calipers donation and surgery at Tirupur.
- As Governing Council Member for Polio Corrective Surgery Project of the Rotary Dist in 1999-2000, arranged Polio test for the entire district and identified patients. 50 Polio corrective surgeries were done at Cochin and 10 at Kunnankulam and 15 at Bhavani Komarapalayam. A mega screening camp was held at Cochin. It is an ongoing project.

### **Artificial Limb Camps**

- As a Co-ordinator & Project Director, organized Artificial Limb Donation Camps thrice with Rotary Club of Tirupur during 1992, 1993 & 1995 and once with Rotary Club of Tirupur South during 1996 along with Mukthi, Chennai and thus giving new lease of life to nearly 350 physically handicapped poor people. These camps were highly appreciated.
- During his Rotary Governorship a Millennium Limb Camp was organized at Cochin. A matching grant project "Artificial Limb on Wheels" worth Rs.35 lakhs initiated at Coimbatore.

### **Traffic and Road Safety**

- Created awareness in children on traffic signs & rules as the Chief Traffic Warden of Coimbatore District Tamil Nadu Police Traffic Wardens Association in many schools Distributed booklets & pamphlets to students.
- Organized a Road Safety Week project along with the local police and implemented certain programmes for the safety driving. Two signal lights were inaugurated in Tirupur in 1997.
- As Rotary District Governor, elaborate publicity was given to road safety Rules by exhibiting the rules on the walls of public places and putting sign boards in the cities. And also constructed road dividers and umbrellas in the main cities of the District.

### **Ambulance Service**

- As Managing Trustee of Tirupur Social Service Organization, who owns an ambulance, rendered free service to accident victims and emergency patients in and around Tirupur.
- Helped during many emergencies including Cheran Express (Train) derail accident in Dec '96.
- As Rotary District Governor, dedicated 41 ambulances for the community with the help of a matching grant from TRF and CRCID, Canada and ambulance equipments to 7 ambulances through MG from TRF.

### **Children at Risk**

- As a Honorary Consultant for five schools visited the schools periodically to examine the children and necessary advice and treatment regarding prevention of Rheumatic Heart Disease, Skin Disease, Eye Problems and Respiratory Disease were given.
- Two Regional Seminars on 'Children at Risk' at Calicut and Trichur were conducted
- As District Governor addressed South India Pediatric Conference at Calicut on 'Children at Risk'. Under this project 10 medical camps were conducted.

### **Street Children**

Initiated a project "Street Children" in most of the places in Rotary District 3200 in which street children were taken care of and were provided and hostel accommodation and education (1999-2000).

### **Mentally Retarded Children**

- Organized a medical camp to detect mentally retarded children with the help of a Psychiatrist at Tirupur and necessary advice was given for further treatment.
- There are 10 schools for mentally retarded children in the Dist. 3200.
- During his Rotary Governor tenure, furniture and stationary to the schools were provided and training in handicraft to the mentally retarded children were given for a period of 2 months.
- Collected and donated Rs. 1.3 lakhs to the school building Vimukthi Special school for mentally retarded, Cochin at a cost of Rs. 4,38,600/= under Matching Grant.
- Inaugurated a Vocational Training Centre for mentally retarded at Kanhangad

### **Child Labour Abolition**

- Addressed on Child Labour Abolition in many forums and seminar including South Asia Zone Seminar on Children @ Risk held at Sri Lanka in the month of Feb. 99
- Organized a Seminar 'Child Labour Abolition '96' involving all Trade Unions, Voluntary Organizations and Foreign Groups in the month of Dec. '96, which created an awareness in National as well as international level.

### **Free Camps of Forest**

Conducted free medical camps at the forest area where forest brigand Veerappan was ruling along with STF Police force for the people who could not go to hospitals.

### **Tirupur Social Service Organisation (TISSO)**

#### **Activities as a managing Trustee:**

Child labour abolition is the motto of TISSO. As a Managing Trustee TISSO, donated around 3 acres of land to start an Orphanage cum Teaching Institution and through TISSO free ambulance service was initiated to accident victims and emergency cases.

#### **Orphanage cum School:**

Through TISSO started an Orphanage for 51 children in the name of "Helping Hearts Home" from Feb.' 97. and a free school for poor children called "Learning Hearts School" which provides free, books, uniform and transportation for 350 students.

TISSO Hospital – Running a Children's Hospital at Tirupur.

### **COMMUNITY HEALTH AND MEDICAL CAMPS**

- Conducted more than 600 Medical Camps in collaboration with various service organizations like Rotary International, Lions, Jaycees, IMA, Home Guards, and Inner Wheel Clubs etc and distributed free medicines worth more than Rs. 5 Lakhs. Taken more than 1000 X-Rays and more than 1000 free blood and urine tests. Ninety four patients were freely operated in his Hospital. Even in the day to day practice he treats poor patients are treated freely at his hospital.

## HIS VISION - FUTURE PROGRAMMES FOR POOR - HEALTH FOR ALL

- Detection of Diabetes through Diabetic Camp and T.B Detection
- Heart Disease Detection Camp in Villages with the help of Mobile Heart Disease Detection Machinery - Village Adoption
- CATARACT Surgery and free Medical Camps
- Tamil Culture, Arts, Literature, promotion among Youth
- Health Education and awareness and screening camps for Public
- Child Labour abolition
- Tree Planting
- Youth Leadership Development Seminar
- Blood donation camps through Red Cross, IMA and Rotary.
- Free hearse service through Red Cross and TN Govt

### Feathers in his Cap

- MOST PRESTIGIOUS BC ROY AWARD RECEIVED FROM PRESIDENT OF INDIA ON 1st JULY 2005.
- Received "**TAMIL SEMMAL AWARD**" from Tamilnadu Government April 2017 the award given by Hon'ble Chief Minister of Tamilnadu.
- Received Best Performing Doctor Award from Tamilnadu Government on Doctor's Day 1<sup>st</sup> July 2014.
- Received "**Champion of Hypertension**" Award from Hypertension Society of India during the silver jubilee of Hypertension Society of India Annual Conference on 19<sup>th</sup> - 21<sup>st</sup> Aug 2016 at Mumbai
- Life Time Achievement Award from the Tamil Nadu Dr. MGR. Medical University 2011
- "Life Time Achievement Award" from KG Foundation Coimbatore in July 2008.
- PRESTIGIOUS SERVICE ABOVE SELF AWARD – BY ROTARY INTERNATIONAL in 2004
- IMA Best State President Award 2002 – 2003.
- Appreciation Award for Life Long Services to IMA at Rajahmundry Dec 2013.
- Outstanding Service Award for his excellent overall activities as API President – given by Deputy Chief Minister of Punjab during APICON 2014 at Ludhiana.
- Received IMACGP Silver Jubilee Oration Award for his Oration on Ethics "Yesterday Today and Tomorrow" at the 83rd All India Medical Conference held at Indore
- Meritorious Award from American Tamil Medical Association (ATMA) 2010-2011.
- Received National IMA-Gangly Award for outstanding Social Service-2010.
- Recipient of Distinguished Service Award from Rotary International 2008.
- Meritorious Award from Rotary Foundation – 2003.
- Received Rotary International District Award for conducting free medical camps in the year 1984 at Palghat District Assembly.
- Received "TAMIL MAMANI" award for MuthamilSangham.
- Received "TAMIL GNAYAYURU" award from Trichy Tamil Sangham.

- Received Appreciation Award for Organizing CIMA CGP 007.
- IMA Award for membership growth and development for 5 times.
- During 1989 – 1990 Rotary District 3200 adjudged him as the Best President and his clubs became STAR CLUBS (Rotary Club of Tirupur).
- Received Certificate of Merit Award for Distinguished Service to the Community from Dictionary of International Biography, Cambridge, England.
- Received Certificate of Excellence Award from the Royal Society of Health, UK.
- Received Fellow of the Academy Award from the Academy of General Education, Karnataka.
- Received Special Award from International Union against Cancer for attending the Post Graduate Course in Clinical Cancer Chemotherapy, Chennai.
- Received a Certificate for attending the Electrocardiography Update held at PRG Institute of Cardiology and Research centre, Coimbatore.
- Received Certificate of Honour with “SERVICE ABOVE SELF” Award for his services to the society and IMA for the Stellar (R) role in IMA SAMBA HEALTH CARE CENTRE, Dindigul.
- Received Certificate of Excellence Award for attending the world Association for Sexology Conference organized by Indian Association of Sex Educators Counsellors and Therapists, New Delhi, India.
- Received a Certificate for participation as a Member of the Faculty in the 4th World Congress on Prevention of Diabetes and its Complications – An International Congress held at Chennai.
- Received a Certificate for participating and attending as a member of the faculty the Pre-Conference Workshop / Conference in MCI Platinum Jubilee Scientific Meeting held at Sri Ramachandra University, Chennai.
- Received Best Chairperson Award for the 6<sup>th</sup> Annual All India Conference of Diabetic-Foot Society of India, held at Chennai.
- Received Certificate of Participation Award for the Workshop for State Facilitators for implementation of “AAO GAON CHALEN” Project held at Chennai.
- Received Certificate of Participation in the Two day National Medical Conference and CME Program “GE CON 2008” titled, “UPDATE IN GASTROENTEROLOGY FOR PHYSICIANS” held at Chennai.
- Received Kalai Kaviri Award from Kalai Kaviri College of Fine Arts, Trichy.
- Received Certificate of Appreciation Award from Rotary International.
- Rotary International Meritorious Award for conducting free medical camps.
- Rotary District Governor's Citation Award 1992-93, 1993-94.
- Special Award from the Rotary District Governor 1996-97.
- Best Hospital Award from Rotary Club of Tirupur South for 5 years
- R.I. Presidential Citation Award 1999-2000
- R.I. Membership Development & Extension Award 1999-2000
- Polio plus Award from National Polio Plus Committee.
- Outstanding Service Award for FIVE YEARS from Lions Club, Tirupur.
- International Citation Award, TWO TIMES from Lions Club, Tirupur
- Honour from Governor of Maharashtra State for social service
- Honour from Vice Chancellor, Alagappa University for yeomen service
- Received many awards from State Government, Rotary, Jaycees, Lions, Seva Sangams and other service

organizations.

- Eminent Citizen Award.
- Vijay Rathna Award.
- Rajiv Gandhi Award.
- Outstanding Personality Award from CMC, Vellore
- Outstanding social service Award from Jaycees 1993-94
- MGR Award – 2003
- HUMANITARIAN AWARD 2004 from IMA, ROTARY and MASONIC CLUB OF COIMBATORE. `
- Recipient of award for having collected maximum funds for the National MEDICON held at Chennai in 2005.
- Received Doctor's Day State Award from Tamilnadu State IMA 2006.
- Received – Public service award 2011 – presented by – American Tamil Medical Association – In recognition of the commitment and exemplary public service.
- Received “MaruthuvaThilagam Award” from all Rotary club of Tirupur region Sep 2015.

### Family

- Son of Late Mr. C S. Arumugam, Superintendent of Police.
- Happily married Dr. Bhanumathy, a Gynecologist. Blessed with two daughters and both of them married.
- His elder brother PADMASHRI Mr. A. Sakthivel is the Founder President of Tirupur Exporters Association and was also the chairman for Apparel Export Promotion Council and the President for FIEO.
- His younger brother Lion Mr A. Sivakumar is the Assistant Commandant General for Home Guards.