Union Health Minister respected Dr. Harsh Vardhan inaugurating RESPIRE-May-Aug, 2019

HERMES Preparatory Course, Varanasi Success Story

ICS Elections e-voting 2019
HERMES Diploma Exam in December
RESPIE Quiz
21<sup>st</sup> NAPCON 2019 Welcomes all Delegates to the Heart of God's Own Country KOCHI

21<sup>st</sup> napcon 2019
Kochi
Joint National Conference of Indian Chest Society & National College of Chest Physicians (I)

21<sup>st</sup> - 24<sup>th</sup> November 2019
Grand Hyatt Kochi Bolgatty Kerala

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Hosted by:
Kerala Chapter of Indian Chest Society
Academy of Pulmonary & Critical Care Medicine

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*Concept and Compilation by: Mrs. Sakshi Soni Deshmukh, B.E, MBA (Mktg)
Marketing Manager & Office Executive, Indian Chest Society.
Edited by: Dr. Rajesh Swarnakar, Hon. Secretary, Indian Chest Society*
A Note From
The President's Desk...

Dr. Sudhir Chaudhri

Dear Fellows and Members,

By the time you receive this copy of Respire in your hand, you would be at Napcon and I welcome you all to participate actively to gain and share knowledge. Our organising and scientific committees have made excellent arrangements and scientific programme for us for improving our knowledge for the benefit of mankind.

As you know that with shining image of India and Indian Chest Society this year a landmark development was signing of MoU with ERS for ‘Hermes in India’. I thank Dr Raja Dhar for floating the concept of having the HERMES Summer School in India. Our society accepted and worked on this concept. Initially it looked a difficult task but with untiring efforts of Dr JK Samaria & his team, Dr Raja Dhar, Dr Rajesh Swarnakar and all governing body members, the preparatory course became a reality and was held in BHU Varanasi on 13, 14 September this year. The preparatory course was well attended by 92 examinees who showed keen interest and all remained present in the hall both days from beginning to end. There was active discussion during the programme. An expert/observer from ERS, Dr Rudolf Huber was also present. The Hermes Adult Respiratory Diploma examination would be held on 8th December at Kolkata. We expect that more than 200 eligible doctors may appear in main examination. This high number is because they do not have to travel to Europe to appear in examination. I also thank our office executives Mr Shyam Kumar and Ms Sakshi Deshmukh for the hard work. The ERS-ICS Fellowship programme has also been started and I congratulate first candidate Dr Naveen Dutt for the success. The partnership between the ICS and CHEST (ACCP) is also being worked upon and it is possible that this may work out sooner or later.
We are regularly in touch with Health ministry for the benefit of health of our country. ICS was one of the participant in the advocacy group and was first to give in writing to Government that E-Cigarettes (ENDS and ENNDS) should be banned. As you know they were banned few weeks ago. We are also ready to consider any proposal by Government to work on TB programme. The request was there and we are awaiting instructions/proposal. We have met and requested Honourable Health and Family Welfare Minister Dr. Harsh Vardhan Ji for permission of doing USG to Chest Physicians. This will have far reaching impact in the future in view of guidelines and publications stressing use of USG making almost mandatory for treatment of certain pulmonary and pleural diseases. I thank Dr DJ Christopher for mooting this concept and also Dr JK Samaria and Rajesh Swarnakar for doing active work in this endeavour.

We are also working on to modify our constitution so that some unmet issues can be solved which ultimately would help our society adopting a global perspective. We are also part of OMAG (Organised Medicine Academic Guild) so that specialists associations like ours can have a say during Government’s formulation of health and medical education policies. We have also showcased our presence with active deliberations in one of its kind ‘India Associations Congress’ recently which is an association of business and medical associations of India and some countries.

This year we started working along with NCCP (I) on Guidelines on Pneumonia vaccinations and Pleural effusion. I hope by next year they would be ready for publications. Our many State Chapters are working very well and there is a constant progress in making the concept successful.

I want to repeat and appeal all members to devote some time out of their comfort in spreading knowledge among primary and some secondary care doctors because it is with them the patients mostly interact first. If they have information on early diagnosis and prevention, timely treatment would lead to mortality reduction and suffering due to crippling diseases. I am hoping for a future when more than 70% ILDs would be timely diagnosed and treated, lung cancers would be reduced or present at treatable stage, COPD would be timely prevented to progress, asthmas would be adequately treated, a lot of people will quit or not start tobacco, TB would be eradicated etc. and that would be possible when primary care is imparted with adequate information, and I am sure all members can do more or less some work in this direction by spreading knowledge at smaller places to primary care doctors.
I am really proud of our Past President Chief Editor of Lung India and Research projects in-charge Prof Virendra Singh and Editor Prof Parvaiz Koul for their constant excellent work and taking the reputation of Lung India to new heights at international level. I cannot forget great contributions of our past presidents Prof M Sabir, Prof AG Ghosal, Prof Pranab Barua and Narain Mishra. I welcome my successor and President elect Prof DJ Christopher who will take charge as President of this august society during forthcoming NAPCON. Dr DJ Christopher was always with me in any work of society and giving useful advices from time to time. He is a highly capable person and I am sure would take our society to new heights. I also welcome new and highly capable President elect Prof D Behera, first time governing body member Dr Radha Munje. I also thank Prof SK Luhadiya for conduction e-election with lot of hard work and precision. I am also thankful to my Governing body members Dr Sandeep Salvi, Prof JK Samaria, Dr Rajesh Swarnakar, Dr Raja Dhar, Dr Subhakar Kandi, Dr R Vijay Kumar, Dr Vijaylakshami, Dr Deepak Talwar, Prof GC Khilnani, Dr Prashant Chhajed, Dr Indranil Haldar, Dr Ravindra Sarnaik and Prof Suryakant for great work and their learned advice from time to time in taking decisions, especially when we represent ICS at Government or present at other platforms. Prof Ravindran and Dr Rajesh Venkat with their team are working very hard to make NAPCON 2019 at Kochi a great success. I also thank all State chapters Chairpersons and Secretaries. Special compliments to those who have registered their chapters. Due to paucity of the space provided I could not mention all names or coming in my mind but I was lucky that all GB members, fellows, members helped me in work and I am proud of all.

With best wishes,

Yours sincerely,

Dr. Sudhir Chaudhri
drsudhir chaudhri@gmail.com
A Note From
The Secretary’s Desk...

Dr. Rajesh Swarnakar

Hello Readers !!!

Hope you all are getting RESPIRE regularly and you all are hale and healthy. This NAPCON issue of RESPIRE brings a cumulative of all the happenings which constantly take place at ICS. We strive our best to bring you reports of all major and minor events with their pictures so that you feel in touch. I am so happy to share that our last issue which was RESPIRE (May-Aug 2019) was unveiled by Dr. Harsh Vardhan, the respected Union Health Minister of India, he was also presented a memento by our ICS GB team. He appreciated the efforts we take for bringing together RESPIRE. Also our HERMES Preparatory Course was a great success with 92 registrations and HERMES Main Diploma exam will surely have more than these I am sure. Thanks to all the GB Members for their help and the HERMES India Team, led by Dr. Raja Dhar for making it a success.

This year saw a great increase in the number of applicants for the Travel Grant of the ERS Congress. Please continue applying in such huge numbers and checking all our emails regularly. I would like to encourage all our young members to take full advantage of these travel grants. A detailed list of them with deadlines is always present in every issue of RESPIRE. After the travel grant recipient interview. We have also collaborated with Lung Health and we have three grants for it too. So now ACCP, ATS, ERS and Lung Health are all there with short term training grants at various major institutes in the country. ERS Clinical and short term training fellowships are also there for which we had shared details with you earlier and for any details regarding travel grants you are free to email us at icsofficeexecutive@gmail.com
I would like to ask you to share your suggestions and views with us so that we can improve day by day. We get so many requests to fasten our membership process whenever travel grants, events like HERMES come up. I would like to tell you that a set process is being followed and membership process takes minimum 30 days as the verification from the ERS is also involved. Please encourage your friends and colleagues to take the prestigious ICS membership and avail all the benefits. Detailed benefits are also mentioned in the last pages of RESPIRE.

If you have a problem of LUNG India or RESPIRE not being delivered to you, I request you to please check your details updated with us at our office. Mail us at icsofficeexecutive@gmail.com to verify. Contact the following for any issues regarding Lung India and Membership details, and please cc to icsofficeexecutive@gmail.com

Lung India office email ID- tejraj_s@yahoo.com
Treasurer office/Membership Details office ID- samariajk@gmail.com

Till then I wish you happy times ahead, a very happy new year and all the best for all your endeavours…
Respire Takes A Leap Ahead...

Honourable Union Health Minister Dr. Harsh Vardhan Ji unveiling our ICS Newsletter “RESPIRE May -Aug 2019 at Delhi”

From Left to Right
Dr. J. K. Samaria Treasurer, Dr. Sudhir Chaudhary, President and Dr. Rajesh Swarnakar, Secretary Indian Chest Society with the Minister
Report From The Desk Of Director Hermes India:
Dr. Raja Dhar

The ERS HERMES Preparatory course was held under the auspices of the Indian Chest Society at BHU, Varanasi on the 13th and 14th of September, 2019.

There was tremendous interest and excitement about the course. The numbers swelled up to the extent that we had refuse candidates towards the end. The course was arranged at Banaras Hindu University which is one of the apex academic institutions in the country and was attended by 93 registered delegates from all across the nation. 30 subject experts from India and 1 expert from ERS were empanelled as the faculty for this course and delivered the structured course through standard slide decks provided by ERS.

Dr Samaria and Dr Kumar Utsav looked after the local logistics to perfection. We set up a veritable academic feast with the best faculty in the country coming to teach at the course. We also had Prof Huber (we need the affiliations here) as the ERS Representative and supervisor joining us for the course. Under my and Dr. Rajesh Swarnakar’s guidance, Dr. Sneha Limaye, Mrs. Sakshi Deshmukh, Mr. Shyam Kumar and Mrs. Bhavna worked tirelessly to make the event a success.

And, indeed it did turn out to be a whopping success! Delegates arrived early and stayed till the very end on days which were long with nearly 8 hours of dedicated teaching time on both days. We stuck to time through the entire 2 days. There were no frills at the event and it took us back to our student days when academics meant hard work in classrooms!

We did have a dinner hosted by Dr. Samaria which was a pleasant experience where the faculty and delegates mingled together, relaxed and let their hair down by dancing to live music!

The delegates went back with a lot of information, pleasant memories, an ERS ICS Certificate of participation and a memento for their Mental piece which would remind them of the 1st HERMES Preparatory course outside Europe. We now look forward to the HERMES Diploma exam in adult respiratory medicine in Kolkata on the 8th of December, 2019. We hope the event would be an even greater success. Bring it on!
ICS Election Winners: Know Your GB Members

President Elect

Dr. Digambar Behera
President Elect

- Ex Senior Professor & HEAD, Dept. Of Pulmonary Medicine
- Ex-Dean (Research, and Chairman of Group B Clinical Departments of Medicine and Allied Sciences at the Postgraduate Institute of Medical Education & Research, Chandigarh.
- Ex-Director of National Institute of TB and Respiratory Diseases, NITRD, New Delhi
- Chairman, National Task Force (RNTCP, Central TB Division)
- Ex-Chairman, National Operational Research Committee, Central TB Division
- Chairman, TB Consortium of Indian Council of Medical Research (ICMR)
- Officer on Special Duty (OSD) – AIIMS Raebareli
- Total Scientific Publications:- 547
- Guided 85 postgraduate and 15 post-doctoral Theses
- Published 9 Books including Text Books of Pulmonary Medicine (2 Editions)
- Book chapters- 45
- Awards
  - National (28) including Dr. B.C. Roy award twice and ICMR Award thrice.
  - International award (7) includes The Karel Styblo Prize for Public Health – 2009 by the Union (IUATLD) for contribution in the field of tuberculosis and I.U.A.T.L.D. Prize by the International Union Against Tuberculosis and Lung Diseases for Scientific Contribution to the Fight against Respiratory Diseases 1990

Founder President: India Society for Study of Lung Cancer (ISSLC)
Ex-President National College of Chest Physicians
FELLOWSHIP OF ACADEMIC BODIES: Fellow National Academy of Medical Sciences;
Fellow of American College of Chest Physicians; Fellow of Asia Pacific Society of Respirology
Fellow of National College of Chest Physicians (INDIA); Fellow Indian College of Physicians;
Fellow of Indian Chest Society; Fellow Indian College of Allergy, Asthma and Applied Immunology; Fellow of International College of Angiology.
Editorial Board Member of Executive bodies of various International and National Scientific bodies and Task Force members.
Executive body member of ICS – 4 years (continuing).
Executive body member- National Academy of Medical Sciences
Dr. Sundeep Salvi
MD, DTCD, DNB, PhD(UK), FCCP(USA), FICS,
Hon FRCP (Lon) Director, Chest Research Foundation

Professional Experience:
• Lecturer, BJ Medical College Pune and Sassoon General Hospitals, Pune (1991 – 1994)
• Clinical Research Fellow, Asthma Research Unit, University of Southampton, UK (1994 – 2002)
• Director, Chest Research Foundation, Pune (2002 onwards)
• Elected Member of the Governing Council of Indian Chest Society for 2 terms, with one term serving as Chairman, West Zone Chapter
• Member, Board of Directors, GOLD (Global Initiative for Chronic Obstructive Lung Disease)
• Member, Advisory Board, Air Pollution and Health, Ministry of Health and Family Welfare
• International Advisory Board Member, Lancet Respiratory Medicine
• Chairman, Chronic Respiratory Disease Group, Global Burden of Disease, India
• Editorial Board of several national and international journals
• Highly cited Clinician Scientist, more than 250 published papers (Google Scholar Total Citation: 6287, H-index 33)

My Vision for the ICS Contesting Post of Vice President:
1. To build Indian Chest Society as a valuable knowledge generating society through promoting research in the field of respiratory medicine by developing research networks, research capacity and addressing simple, yet highly applicable and relevant research questions that will improve clinical practice.
2. To develop Indian Chest Society as the prime driver of advocacy for Respiratory Medicine in India by working with the State and Central Governments to facilitate preventative and disease control healthcare policies.
3. To develop Indian Chest Society as a premier knowledge dissemination society for Respiratory Medicine, through the conduct of educational activities for postgraduate students of Respiratory Medicine and clinicians to upgrade their knowledge and skills in order to relieve the suffering of people with respiratory diseases.
Dr. G. C. Khilnani
M.D, FCCP(USA), FAMS, FICCM, FICP, FNCCP, FISDA

Chairman PSRI Institute of Pulmonary, Critical care and Sleep Medicine, PSRI Hospital and Research Institute, New-Delhi
Ex-Professor and Head of the Department of Pulmonary Medicine and Sleep Disorders, at the All India Institute of Medical Sciences, New Delhi.

- Fellow of American College of Chest Physicians
- Member of Council of Governors and Regents American College of Chest Physicians
- Trained entire generation of young doctors in the field and has mentored students for DM course in Pulmonary, Critical Care and Sleep Medicine at AIIMS.
- Fellow of National Academy of Medical Sciences (FAMS)(Resp Medicine)
- Has published more than 250 research papers
- Chairman of Credential Committee, Indian Society of Critical Care Med
- Past: Vice president of NCCP for two years and President for two terms
- Section editor (Critical Care) Lung India
- Associate Editor: Indian Journal of Critical Care Medicine
- Invited as an expert by WHO for a meeting to discuss Health Effects of Air Pollution and plan Strategies at Geneva
- Led the Guidelines for Antibiotic Prescribing in ICU published in 2019
- Life Time Achievement award by Association of physicians of India
- invited as an expert by WHO for a meeting to discuss Health Effects of Air Pollution and plan Strategies at Geneva
- Member of Guideline committee for :
  - COPD
  - Asthma
  - Pneumonia
  - Non-invasive ventilation
  - Basic Bronchoscopy

Vision for ICS: I plan to enhance academic activities under aegis of Indian Chest Society. I also plan to conduct workshops in the field of Critical care. My vision is to encourage younger colleagues to have advanced training for which we should have collaboration with Societies in Europe and USA and Society should support the same.
Dr. Prashant N. Chhajed
MBBS, MD, DETRD, DNB
Privat Dozent, University of Basel, Switzerland
Department of Thoracic Surgery, Chiba University Hospital, Japan: 2002
Department of Respiratory Medicine, University Hospital Basel, Switzerland 2003- 2008
Lung Care and Sleep Centre, Santacruz, Mumbai
Head, Respiratory Medicine, Fortis Hospitals, Mumbai & Navi Mumbai
Consultant: Lilavati and Nanavati Hospitals, Mumbai

Publications on PubMed: 129

Positions
Governing Council Member – Indian Chest Society: 2017-2019
Chair, Interventional Pulmonology Group, European Respiratory Society: 2018 – 2021
Secretary, Indian Association for Bronchology: 2019 – 2022
Secretary, Interventional Pulmonology Group, European Respiratory Society: 2015 – 2018
Chairman, Indian Chest Society, West Zone: 2014 – 2017
Governor, American College of Chest Physician: 2009 – 2013
Secretary, European Association for Bronchology & Interventional Pulmonology 2006 – 2010
Vice-President, European Association for Bronchology & Intervention Pulmonology: 2005 – 2006

Editorial Board for Scientific Journals
Lung India: 2017 – to date
Respiration: 2008 – to date
Indian Journal of Chest Diseases & Allied Sciences: 2007 – to date
Journal of Bronchology and Interventional Pulmonology: 2004 – to date

Journal Reviewer for Scientific Journals
European Respiratory Journal, ERJ Open, PLOS One

Vision for the ICS Post of Governing Council Member
The Indian Chest Society is the premier pulmonary society of India. I have had the honour of serving it as Chairperson, West Zone and a member of governing council. During this tenure, I have performed several educational activities under the auspices of the Indian Chest Society and have established the Maharashtra Chapter of the Indian Chest Society, which has been recently registered. The Indian EBUS TBNA registry will soon be implemented under the auspices of the Indian Chest Society, which aims to collect representative, data from all parts of India. My vision for The Indian Chest Society is to increase the academic and training programs, which would help empower and enhance the experience and skills of young Chest Physicians in India. Also, I envisage the Indian Chest Society playing active role in influencing policy matters at the government level.

Your feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestsociety.com
Dr. Radha Munje
Nagpur, Maharashtra
MBBS, DTCD, MD (MED)

Past Professional Experiences
I am Professor and Head, Department of Respiratory Medicine Indira Gandhi Government Medical College, Nagpur with 28 years of experience in Research and academics. I have initiated MCI recognized postgraduate course & am P. G. Guide for DTCD & MD Chest (Nag.Uni.)/MUHS. I have been Faculty in various conferences NAPCON/NESCON NIMACON I have worked as ZTF Chairperson WEST zone of RNTCP, and am a member of National Task Force contributing and collaborating National and International level in the field of Tuberculosis. I have organized various workshops on Spirometry, NIV, Bronchoscopy, Allergy testing under banner of Vidarbha Chest Association I am Recipient of S. N. Tripathy Oration in NATCON Lucknow Organizing chairperson- 73rd NATCON, Nagpur

Your Vision for the ICS/contesting post:
With efforts of ICS I envision a world in which everyone can breathe freely and WITH healthy lungs and a productive life. To promote & disseminate the knowledge using latest technologies like e- platforms for updates in respiratory medicine, increasing the reach to members of ICS and also to all new pulmonologists countrywide. If selected, I aim promotion of our specialty, provisions of increased academic collaborations and exchanges on national and international level & professional development of young chest physicians. I believe ICS needs to continue as an efficiently managed, adequately resourced and results driven, with a strong focus on transparency & accountability.
Professional Experiences and Awards

Senior Professor, Respiratory Medicine, JLN Medical College, Ajmer; Chairman- State Task Force, Rajasthan (2016-2019); Head of the Dept(2014-2019); Chairman- Pneumoconiosis Board; Member Secretary-Institutional Ethical Committee; Member Secretary-Pharmacovigilance committee. Reviewer in many national and international journals; 38 lectures delivered in national and international conferences and workshops; Organised many national and state level quiz competitions for post graduate students; A recognised post graduate teacher, guide and MCI inspector; 23 years of postgraduate teaching experience. Three Oration, Young Scientist Award(2003), Best NAPCON paper award (2015), Best performing state award 2017 (RNTCP), won World Academic Championship in Pulmonary Rehabilitation (2018).

My contribution to Indian Chest Society

Governing Body Member ICS (2016-2018); Founder Secretary, State Chapter of ICS, Rajasthan; Won first Best State Chapter of ICS award in the country, 2018; Designed Lapel Pin for ICS; Publishing Quiz regularly for RESPIRE, an official quarterly bulletin of ICS; designed state level award evaluation sheet for ICS; regularly publishing six monthly state level bulletin for state chapter of Rajasthan- Lung Rajasthan; Organised two annual state level conferences, workshops, lectures, CMEs, Annual ICS lectures, etc in the state under the banner of ICS; started life time achievement award for state chapter; regularly organising meetings for state chapter, first state chapter in the country to get registered under society act; contributed to Lung India as a reviewer and author. Actively participated in formation of Joint ICS-NCCP Indian Guidelines on Basic Bronchoscopy as well as Interstitial Lung Diseases.

My vision for the post of Zonal Chair (West Zone)

To make west zone as best one in the country and to help our country for betterment of respiratory health, I have few important agendas which I Intend to implement with a vision not only to improve and increase the academic activities but for the cause of our country:

# To strengthen the state chapters of the zone with whole hearted support.
# To start academic activities for the zone with a view to improve performances and skills in all areas of sub specialities for our students and young colleagues. (conferences, workshops, webinars, hands on, etc.)
# To start zonal research projects to highlight respiratory problems of the zone and country.
# To join hands with RNTCP for the elimination of tuberculosis from the country.
# Quit smoking drive for the country under the banner of ICS.
ICS Former Presidents' Forum (ICS-FPS)
Report 2016-19

Dr. M. Sabir

It was felt by many senior members of ICS that experience & energy of former presidents (FPs) of ICS can contribute to further betterment of our society. With this idea an initiation taken by undersign; first informal meeting of former presidents (nine FPs attended) with office bearers of ICS under presidency ship of Dr. Suryakant, was held at Mumbai during NAPCON-2016, on dated 26th Nov. 2016. Following aims & objectives were discussed & decided:

1. To make efforts to increase membership & formation and functioning of state chapters of ICS in their states (as catalyst).
2. Preparing pulmonology teaching curriculum /modules for UGs & Pgs.
3. Promoting academic activities especially in their states & place of working- Arranging/advising (as catalyst) for CMEs, Guest Lecture & other academic activities.
4. Contribution to Scientific program of NAPCON.
5. Active participation & promotion of ICS programs e.g. PFT technician training; workshops arranged through ICS e.g. critical care, bronchoscopy, sleep disorders; and fellowship program.
6. Preparation of lectures (with Slides)/articles/ on selected topics for chest physicians through ICS website or CDs.
7. Public education directly or through ICS patient education website- ‘Public Forum’
8. Liaison with MCI, Health Sc. Universities and other agencies for due importance of pulmonology in UG/PG teaching.
10. Updating/amendments in ICS constitution.

Compliance:
1. Every year similar meetings are being held during NAPCONs.
2. FPF acted as catalyst for arranging article on Tuberculosis by FP Dr. Rajendra Prasad for RESPIRA
3. ICS-Former Presidents are actively involved in following activities:
   - PFT technician training - Dr. Vijay Laxmi Thanashekhran
   - Critical Care training - Dr. Vijay Laxmi Thanashekhran
   - Research coordinator- Dr. Virendra Singh. Completed ICS research projects on ILD, Point prevalence of Resp. Dis. & Aspergillosis (continue..)
   - International Research Project- Global Asthma Network (GAN India), Dr. Virendra Singh (National Coordinator), Dr. M. Sabir & Dr. A. G. Ghoshal as PI.
   - State Chapter- formation & activities- Rajasthan- Dr. Virendra Singh, Dr. M. Sabir, Dr. N. K. Jain and Dr. S. K. Luhadia
   - International Collaboration with ERS, ATS, ACCP – Dr. M. Sabir, Dr. A. G. Ghoshal.
   - Chair Person Sc. Program NAPCONs- Dr. S. K Jindal, Dr. S. K. Katiyar, Dr. Dhiman Ganguly, Dr. Vijay Laxmi Thanashekhran and Dr. Virendra Singh
   - Public Education - Public Forum Website- Dr. M. Sabir (Founder Editor)
     - Smoking Cessation – Dr. N. P. Mishra.
     - Tuberculosis – Dr. Suryakant, Dr. Rajendra Prasad
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<td>1.</td>
<td>Dr. M. L. Mehrotra</td>
<td>Agra</td>
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<td>Dr. K. C. Mohanty</td>
<td>Mumbai</td>
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<td>Dr. Samir Gupta</td>
<td>Kolkata</td>
<td>1983-84</td>
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<td>Dr. P. S. Shankar</td>
<td>Mumbai</td>
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<td>Dr. P. G. Kamath</td>
<td>Mumbai</td>
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<td>Dr. V. K. Vijayan</td>
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<td>8.</td>
<td>Dr. Om Prakash</td>
<td>Bengaluru</td>
<td>1988-89</td>
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<td>9.</td>
<td>Dr. C. V. Ramakrishnan</td>
<td>Chennai</td>
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<td>10.</td>
<td>Dr. C.N.Deivanayagam</td>
<td>Chennai</td>
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<td>11.</td>
<td>Dr. Mathur</td>
<td>Varanasi</td>
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<td>12.</td>
<td>Dr. V. K. Arora</td>
<td>Delhi</td>
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<td>13.</td>
<td>Dr. S. Chandrasekar</td>
<td>Chennai</td>
<td>1993-94</td>
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<td>14.</td>
<td>Dr. K. J. R. Murthy</td>
<td>Hyderabad</td>
<td>1994-95</td>
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<td>15.</td>
<td>Dr. U. S. Mathur</td>
<td>Jaipur</td>
<td>1998-99</td>
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<td>16.</td>
<td>Dr. P. Ravindran</td>
<td>Trivandrum</td>
<td>1999-00</td>
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<td>17.</td>
<td>Dr. Mohan Kumar Thekkinkattil</td>
<td>Coimbatore</td>
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<td>18.</td>
<td>Dr. K. B. Gupta</td>
<td>Rohtak</td>
<td>2001-02</td>
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<td>19.</td>
<td>Dr. S. K. Jindal</td>
<td>Chandigarh</td>
<td>2002-03</td>
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<td>20.</td>
<td>Dr. Dhiman Ganguly</td>
<td>Kolkata</td>
<td>2003-04</td>
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<td>21.</td>
<td>Dr. V. K. Jain</td>
<td>Jaipur</td>
<td>2004-05</td>
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<tr>
<td>22.</td>
<td>Dr. A. A. Mahashur</td>
<td>Mumbai</td>
<td>2005-06</td>
</tr>
<tr>
<td>23.</td>
<td>Dr. Vijay Luxmi Thanasekaraan</td>
<td>Chennai</td>
<td>2006-07</td>
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<td>24.</td>
<td>Dr. Rajendra Prasad</td>
<td>Lucknow</td>
<td>2007-08</td>
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<tr>
<td>25.</td>
<td>Dr. K. P. Govindan</td>
<td>Calicut</td>
<td>2008-09</td>
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<tr>
<td>26.</td>
<td>Dr. S. K. Katiyar</td>
<td>Kanpur</td>
<td>2009-10</td>
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<tr>
<td>27.</td>
<td>Dr. Pranab Barua</td>
<td>Gauhati</td>
<td>2010-11</td>
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<td>28.</td>
<td>Dr. Narayan Misra</td>
<td>Bhubaneswar</td>
<td>2011-12</td>
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<td>29.</td>
<td>Dr. A. G. Ghoshal</td>
<td>Kolkata</td>
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<td>30.</td>
<td>Dr. M. Sabir</td>
<td>Bikaner</td>
<td>2013-14</td>
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<td>31.</td>
<td>Dr. N. K. Jain</td>
<td>Jaipur</td>
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<td>32.</td>
<td>Dr. Virendra Singh</td>
<td>Jaipur</td>
<td>2015-16</td>
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<td>33.</td>
<td>Dr. Suryakant</td>
<td>Lucknow</td>
<td>2016-17</td>
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<td>34.</td>
<td>Dr. S. K. Luhadia</td>
<td>Udaipur</td>
<td>2017-18</td>
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<tr>
<td>35.</td>
<td>Dr. Sudhir Chaudhari</td>
<td>Kanpur</td>
<td>2018-19</td>
</tr>
</tbody>
</table>

Dr. M. Sabir
Coordinator
ICS-Former Presidents’ Forum
http://www.icslungforum.org is a humble attempt of Indian Chest Society for increasing awareness towards respiratory ailments amongst general public. In this website you can easily checkout articles on common respiratory diseases and messages from eminent chest physicians of India. Easy to read, Easy to share on Facebook, Instagram, or any social media platform. Just type ICS LUNG FORUM in GOOGLE and 1st Link will open the website.

Website is Designed in WORDPRESS, which makes it much dynamic and better UI/UX experience for users and editors as well. It is very easy to edit any content and section of website by the ADMIN of website.

Please visit the website & give your valuable suggestion, and also contribute news of patient education programs held in your area with pictures, article or brief writeups on respiratory ailments in simple language; Hindi & English. We will try to upload it with your photo.

Dr. M. Sabir
Founder Editor
ICS-Public Forum
Former President, ICS

06.10.2019
LUNG INDIA AWARDS 2019

Lung India has completed 38 years of regular publication and achieved the place of most popular respiratory journal in the country. Though we try to accommodate all good quality articles but due to constraints of space, only 30% of the submitted articles are published. In various global rankings Lung India is maintaining its high rank consistently.

For last couple of years, Lung India awards are given in various categories & now these are becoming quite popular. The awards were decided by Lung India award committee and to be given to the awardees during GBM of ICS at NAPCON 2019 conference, Kochi. Awards for this year are as follows:

The Best Original Article
- Dr. Rohan Shah
  *Article*: Personal exposures to particulate matter <2.5 μm in mass median aerodynamic diameter (PM2.5) pollution during the burning of six most commonly used firecrackers in India
  *Address for correspondence*: Dr. Neeraj Gupta, Chest Research Foundation, Marigold Complex, Kalyaninagar, Pune- 411 014, Maharashtra, India. Email: drneerajajmer@yahoo.com

Outstanding Original Articles
- Dr. Karan Madan
  *Article*: Nebulised lignocaine for topical anaesthesia in no-sedation bronchoscopy (NEBULA): A randomised, double blind, placebo-controlled trial.
  *Address for correspondence*: Dr. J.C. Suri, Department of Pulmonary, Critical Care and Sleep Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi- 110 029, India. Email: docjcsuri@gmail.com

- Dr. Utkarsha Pathak
  *Article*: Impact of biomass fuel exposure from traditional stoves on lung functions in adult women of a rural Indian village.
  *Address for correspondence*: Dr. Navneet Singh, Department of Pulmonary Medicine, Postgraduate Institute of Medical Education and Research, Sector-12, Chandigarh- 160 012, India. Email: navneetchd@yahoo.com

- Dr. Valliappan Muthu
  *Article*: Adverse effects observed in lung cancer patients undergoing first-line chemotherapy and effectiveness of supportive care drugs in a resource-limited setting.
  *Address for correspondence*: Dr. JC Suri, Department of Pulmonary, Critical Care and Sleep Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi, India. Email: docjcsuri@gmail.com

The Best Letter To Editor
- Dr. Nishtha Singh
  *Article*: Learning curve: Endobronchial ultrasound-guided needle aspiration.
  *Address for correspondence*: Department of Respiratory Medicine, Asthma Bhawan, Jaipur, Rajasthan, India. E-mail: drnishthasingh@gmail.com

The Best Referees
- Dr. Neeraj Gupta
  Prof. & HOD, Department of Respiratory Medicine, JLNMC, Ajmer, Email: drneerajajmer@yahoo.com

Prompt Referees
- Dr. Bhavin Jankharia, Department of Radiodiagnosis, Picture This By Jankharia, Mumbai, India. Email: bhavin@jankharia.com
- Dr. Prashant Chhajed, Institute of Pulмонology Medical Research and Development, Santa Cruz (West), Mumbai 400054, India; Department of Respiratory Medicine, Fortis Hiranandani Hospital, Navi Mumbai 400703, India. Email: pchhajed@gmail.com.
- Dr. Vijay Hadda, Department of Pulmonary Medicine and Sleep Disorders, All India Institute of Medical Sciences, New Delhi, India. Email: vijayhadda@yahoo.com.
Q1. Please tell ICS Members about your background and how did you come to know about the travel grant?

I am Dr. Umang C Shah, M.D. Pulmonary Medicine from Pad. Dr. D. Y. Patil Medical College, Mumbai, India. I had done 2 years of Max Pulmonology Fellowship in Respiratory Medicine & Interventional Pulmonology from Max Superspeciality Hospital, Saket, New Delhi under able guidance of Dr. Ajay Lall & Dr. Nevin Kishore. At present, I am working as Interventional Pulmonologist in Pranayam Lung & Heart Institute, Vadodara, Gujarat.

I had my abstract titled, “Cryo Transbronchial Lung Biopsy vs Forceps Transbronchial Lung Biopsy – Diagnostic Yield and Safety in Interstitial Lung Disease’s & Lung Malignancies” accepted for Thematic Poster Clinical Research Presentation at the American Thoracic Society (ATS) 2019 Annual Conference held at Dallas, Texas, USA.

Upon sharing this news with my fellow colleagues, one of them informed me that ICS provides International travel grants for selected articles and I had decided to take my chance. Also, regular emails from the secretary office kept me updated on various grants and events at ICS. I became an ICS member in 2018 and was aware of the travel grant through letters and continuous emails from ICS office. Their frequency is very appropriate and also the apt timings which young members especially new ones to get every information required.
Q2. What was the process and how were you selected?
The way for applying for the Travel Grant is an easy one. As a member of ICS, I had to email my abstract and the acceptance letter from ATS 2019. ICS forwarded all the applications to a scrutiny committee, which looked at few criteria for selection such as Design of study (RCT vs observational vs Case Study), Single vs Multi-centric study, and the relevance of topic in an Indian context, clinical applications of the study, etc. ICS thoroughly verifies all the documents and provides the grant to the most deserving one with a scrutinising committee overlooking the selection in the most transparent way. After thorough scrutiny, ICS selected two applicants for the award, of which I was one. Two more applicants were placed in the waitlist, in case if we were unable to attend the conference.

Q3. How did the travel grant help you and was there a competition for it at ICS?
The travel grant immensely helped me in easing out my financial crunch as travelling to the USA is very expensive. The travel grant made a huge difference, as it was not just financial support, but it was the encouragement that I valued the most. ICS takes pride in all the Indian Pulmonologists work and supports in projecting it overseas. There were other deserving abstracts competing for the travel grant. It is very important to make a scientifically sound paper to grab the opportunity.

Q4. How the experience was and what would you say to other young doctors of ICS?
To present a paper/poster in an International Conference means that it is an opportunity for the young Pulmonologists from various parts of the world to showcase their practice in field of Bronchology & Interventional Pulmonology and to witness what diverse and innovative approaches that others are creating.
I would recommend all the young ICS members to regularly visit the ICS website. There are various fellowship courses, research grants and travel grants that ICS, in collaboration with various International organisations, offers.

Q.5 After your return, how many days did it take to get the grant and what is the process?
The travel grant is issued after submitting the proof of travel along with a certificate of attendance and presentation. All original bills paid by you, like your travel tickets, need to be submitted. These are all verified at the Treasurer’s office. It takes around six to eight weeks to release the funds. This is completely hassle free and I was happy that I had to just submit and forget about them, as ICS keeps track efficiently.

Q.6 How do you feel as a receipt on the grant and on being an ICS Member?
In my opinion, the travel grant is more than financial aid, it is an appreciation and an encouragement for pursuing higher goals. I am very thankful to ICS for their support. As a proud member of Indian Chest Society, I would encourage the young Pulmonologists to make the most of all the opportunities provided by this society and make the most of the opportunities provided by ICS.
<table>
<thead>
<tr>
<th>S. NO</th>
<th>Type of Conference</th>
<th>No. of Grants</th>
<th>Amounts Sanctioned</th>
<th>Results on or Before</th>
<th>Documents Required</th>
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<tr>
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<td>ATS USA</td>
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<td>15th FEB</td>
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<td>2. Resume</td>
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<td>3. Covering letter signed by the HOD</td>
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<td>4. Age Proof</td>
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<td>3. Resume</td>
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<td>3. Receipt of travel tickets</td>
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<td>3. Resume</td>
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<td>4. Selection Letter from ACCP</td>
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<td>5. Age Proof</td>
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Discovering research data about common respiratory patients in India

India is making progress in every field but respiratory research is still in primitive stage. We still treat our patients based on results of western research. Having our own data about common patients of respiratory diseases is still a need of hour. Though some of our tertiary care centers are producing some data but they fail to tackle problems of common respiratory patients consulting a chest physician working with limited resources.

With huge savings of Jaipur NAPCON, Indian Chest Society undertook an ambitious project of uplifting respiratory research in the country. ICS started supporting multi-centric research projects fulfilling need of the nation. Eleven important projects have been sanctioned so far. ILD India Registry was the first research project of ICS. The ILD Registry generated Indian data of ILD patients, consulting a common chest physician. With two international and two national publications the Registry was successful in generating tremendous awareness about various aspects of common ILD subjects & therefore transformed care of ILD patients in the country.

This year ICS executive committee has also constituted a research committee to approve the research projects. Good proposals for Research grant to assist your multi-centric study may be submitted on-line on ICS website.

ICS Research Committee

- ICS President: Dr. Sudhir Choudhari
- ICS Secretary: Dr. Rajesh Swarankar
- ICS Treasurer: Dr. J. K. Samaria
- ICS Research Coordinator: Dr. Virendra Singh
- Dr. D. Behera
- Dr. DJ Cristopher
- Dr. Raja Dhar
- Dr. Sundeep Salvi

Your feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestsociety.com
### Prestigious Projects getting ICS Research grant

**Dr. Virendra Singh**  
*ICS Research Coordinator*

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Project title</th>
<th>Year</th>
<th>Status</th>
<th>PI</th>
<th>Publications</th>
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<tr>
<td>1.</td>
<td>ILD India Registry</td>
<td>2011</td>
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<td>Dr. Virendra Singh</td>
<td>2 International AJRCCM, ERJ</td>
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<td>Seasonal wave of Respiratory Diseases (SWORD) survey: A point prevalence study</td>
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<td>3.</td>
<td>ABPA India Registry</td>
<td>2016</td>
<td>Center recruitment</td>
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<td>4.</td>
<td>Association of Human Papilloma Virus (HPV) in lung cancer</td>
<td>2016</td>
<td>Patient recruitment</td>
<td>Dr. P. Mohapatra Dr. Christopher</td>
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<td>5.</td>
<td>“Step up, Step down V/S Step in, Step down in asthma”</td>
<td>2017</td>
<td>Patient recruitment</td>
<td>Dr. P. R. Gupta</td>
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<td>6.</td>
<td>COPD phenotype in non-smokers</td>
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<td>7.</td>
<td>Sleep apnea Indian registry</td>
<td>2017</td>
<td>Patient recruitment</td>
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<td>8.</td>
<td>ILD genomic study</td>
<td>2018</td>
<td>Center recruitment</td>
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<td>9.</td>
<td>Effect of Yoga integrated pulmonary rehabilitation in stable COPD</td>
<td>2018</td>
<td>Protocol development</td>
<td>Dr. Vijay Laxmi</td>
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<td>10.</td>
<td>Study of ACO diagnosis in patients previously diagnosed as COPD</td>
<td>2018</td>
<td>Pt recruitment 5 centers</td>
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<td>11.</td>
<td>EBUS Registry</td>
<td>2019</td>
<td>Protocol development</td>
<td>Dr. Prashant Chhajed</td>
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</tbody>
</table>

Your feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestssociety.com
Dr. Raja Dhar (RD) in conversation with Dr. Naveen Dutt (ND)

RD: Dr. Dutt, Congratulations for having become the 1st ERS ICS Fellow! Was it an enriching experience?

ND: Thanks a lot. It is truly an amazing feeling to be 1st ERS ICS Fellow and let me tell you it was a phenomenal experience for me which widened my horizons not only regarding ILD but the overall practice of Medicine. I would like to thank ERS and ICS for this wonderful opportunity.

RD: You are a Senior faculty in an esteemed Institute in the country. What made you decide to do this Fellowship?

ND: After joining AIIMS Jodhpur in 2013, We (Myself and my colleagues at AIIMS Jodhpur) realised that Rajasthan has a huge ILD burden and at that time we decided that there is a need to establish a state-of-the-art ILD centre. Our dynamic Director Dr. Sanjeev Misra motivated me to train in the best institutes in the world. This was the time when I decided that I want to do some advance training in ILD and started looking for it.

RD: Tell us about the application process. Was it long and tedious with a lot of paper work being involved? What about funding? Is it enough to sustain you comfortably during the course of the Fellowship?

ND: I was pleasantly surprised that the application process for the fellowship was extremely simple and easy, which involved filling up the forms and uploading them on the ERS website. Forms were also simple and short. The only difficult part for the applicant is to find a supervisor at the host Institute who is ready to train you as this is not done by ERS/ICS. I believe that funding was enough to sustain comfortably.

RD: What was the structure of your Fellowship? Tell us a little about what you did and the working environment?

ND: It was a six months fellowship in the ILD unit of University College London Hospital in which I got to see the whole spectrum of ILD patients. My supervisor Dr. Joanna Porter was very helpful to me. Seeing my interest and enthusiasm she discussed with ILD unit of Royal Brompton Hospital and Pulmonary Hypertension unit of Royal Free Hospital and I was fortunate to regularly visit and learn at these two hospitals also. This provided me with a great exposure around the topic and this was exactly what I wanted to achieve, which was made easy due to this ICS-ERS Fellowship.

RD: You must have rubbed shoulders with faculty who are the very best in their field. Tell us a little bit about this experience. Was it intimidating or were they friendly and supportive?

ND: I met and trained with some of the most passionate physicians. My supervisor Dr. Joanna Porter is not just an exceptional ILD expert but she is one of the most helping people I have ever met in my life. She took full responsibility for my training and made sure I get it at the best of the places. Royal Brompton is probably the best
place in the world for learning Pulmonology. ILD team of Prof Atholl Wells, Dr. Elizabeth Renzoni, Dr. Peter George, Dr. Felix Chua and Dr Vasileios Kouranos helped me a lot. Thoracic Radiologist Prof Sujal Desai was kind enough to teach me lung radiology during reporting. I am thankful to Dr Gerry Coghlan and Dr Benjamin Schreiber of Pulmonary Hypertension unit in Royal free for their help.

Most of the people were very friendly right from the beginning while some people probably waited a bit to see the level of my interest and enthusiasm in the field before they turned more helpful. All in all, it was a very conducive environment for learning the topic at hand.

RD: How will you apply your learning to your current work arena? How do you think your practice might change?

ND: We will use this learning to develop a world-class ILD care unit in our Institute. One of the most important things that I learned there is that only honest team effort can help achieve big things. We need to go beyond our individual interests and egos to provide the best medical care to our countrymen. I hope that I, along with my colleagues Dr. BNBM Prasad, Dr. Nishant, and Dr. Ramniwas will be able to achieve this goal. This realisation has made me grow closer to being an even more responsible doctor for my country.

RD: Aside from Pulmonology, how do you think the Practice of Medicine is different in the Western world? Did you learn anything in this sphere which you would want to incorporate into your practice?

ND: As I shared earlier, Team effort is the one thing I think is well ingrained in their system and their system does not depend much on individual brilliance. The second thing which I observed is that their system is not "Doctor Heavy" i.e. the patient care is not overly dependent on doctors. Nursing staff and other paramedical staff have an important role to play and they get due recognition for that. I think to give them more importance in our health system will bring out the best in them and improve the health care.

RD: Did you manage to see a little bit of the country? What were the weekends like? Did you enjoy socially?

ND: I was fortunate with the timings of my fellowship as I was there in the UK throughout its summer. With five days a week working and occasional long weekends I got many opportunities to enjoy the beautiful country during the weekends. London is a historical city with lovely museums, monuments, shopping places and attractions waiting to be explored on sunny weekends. Scotland and the Lake District are simply breath-taking and must watch during a UK trip.

I made quite a few friends in London and that made things much easier for me.

RD: What do you think about this ICS initiative? Do you think it will make a difference to the practice of Pulmonology in the country?

ND: I truly believe that it is going to be a game-changer for the practice of Pulmonology in India. In our country, there is no dearth of motivated, hardworking pulmonologists who can be the best in the world. An opportunity to train at best hospitals of the world will enhance their knowledge, skills, and practice tremendously. I congratulate ICS for this incredible venture and wish them all the success for it.

RD: What is your message to all your fellow Pulmonologists out there? How do they go about succeeding with their application just as you have? Any top tips for those out there aspiring to achieve like you have?

ND: I would like to tell my pulmonologist friends that this ERS ICS Fellowship is an excellent opportunity to develop the skills and expertise with the application procedure being simple and straightforward. One important thing which the applicant needs to do himself or herself is to find a supervisor at a good institute who is ready to train the applicant. My advice would be to start looking for a potential supervisor a few months before the application process starts as it might take some time. Secondly, I feel there are more chances of success if you are applying for a top hospital or institute in your area of interest. Lastly, I would like to thank ICS with all my heart and ask all my fellow ICS members to apply for this fellowship and also become a member of this prestigious society.
Highlights of ICS-ERS Leadership Meeting at Madrid ERS Congress 2019

With ERS President Elect Dr. Thierry Troosters and Vice President Dr. Anita Simonds & ICS President Elect Dr. D. J. Christopher, Secretary Dr. Rajesh Swarnakar, ICS Governing Council Members Dr. Raja Dhar & Dr. Prashant Chhajed

Healthy Lung For Life (HLFL) Director Ms. Pippa Powell with Dr. Raja Dhar, Dr. Pratibha Dogra & ICS Secretary Dr. Rajesh Swarnakar

Your feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestsociety.com
Secretary Dr Rajesh Swarnakar along with Dr. Raja Dhar & Dr. Pratibha Dogra speaking at ERS World Village Theatre during ERS Madrid 2019 Congress on “Indian Chest Society-Heralding in the change”

Outgoing President of European Respiratory Society Prof Dr. Tobias Welte in a selfie with Dr. Raja Dhar & Dr. Rajesh Swarnakar during Presidential Dinner in ERS Congress 2019 at Madrid.


Your feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestsociety.com
ICS Activities

West Zone Activities

1. MEDICAL THORACOSCOPY
26th August 2019, Ajmer

A full day workshop on medical thoracoscopy was conducted at Ajmer on 26th August, 2019 jointly under the aegis of ICS, state chapter of Rajasthan and state chapter of NCCP. A total of 87 delegates were registered for the workshop. Dr. Rakesh Chawla from Delhi was key speaker for the workshop. It was a live cum hands on workshop. Dr. Chawla explained each step of the procedure in detail. There were four lectures and hands on for rigid as well as semi rigid thoracoscopy. It was followed by a set of questionnaires for all the participants. Dr. Devendra Singh was declared as the winner.
East Zone

1. RESPICON-19', JHARKHAND
2nd June 2019, Chanakya BNR Hotel, Ranchi

The annual Respiratory conference, RESPICON-19', JHARKHAND, was held on 2nd June, 2019 at Ranchi under the efficient leadership of Dr. Syamal Sarkar, Chairperson, ICS Jharkhand.

The event was a huge success with attendance of over 130 doctors from all over the state of Jharkhand including pulmonologists, physicians and paediatricians. It started with a grand inauguration of the event followed by the National Anthem.

It was followed by the scientific session which comprised of 14 topics covering recent advances in asthma, COPD, ILD, Sleep Disorders, Lung Transplant & Respiratory Intensive care. Eminent speakers like Dr. Deepak Talwar, Dr. Raja Dhar, Dr. P. K. Thomas, Dr. Vivek Nangia, Dr. Apar Jindal, Dr. Rahul Sharma, Dr. Bornali Dutta & Dr. Syamal Sarkar made the conference interesting. All the doctors found the topics and the lectures to be very helpful and updating.

2. Advanced Spirometry workshop
30th June 2019, Mukundupur Kolkata

Advanced Spirometry workshop was conducted at Fortis Mukundupur Kolkata in association with National Allergy Bronchitis institute Kolkata and Chest Research Foundation Pune. It was attended by renowned faculties from Kolkata, CRF to mention Dr. Sandeep Salvi (Vice-President, ICS), Dr. Deesha Ghorpade, Dr. Saibal Moitra, Prof. A. G. Ghoshal. There were 30 delegates who attended the course.

This was to sensitize the delegates about advanced lung function techniques like Body Box, Diffusion Capacity, IOS, FENO and Respiratory Muscle testing. The course was very well received and the feedback included an appeal to make a similar course as a module for the ICS.
A full day workshop on medical thoracoscopy was conducted at Ajmer on 26th August 2019, jointly under the aegis of ICS, state chapter of Rajasthan and state chapter of NCCP. A total of 87 delegates were registered for the workshop. Dr. Rakesh Chawla from Delhi was the key speaker for the workshop. It was a live cum hands on workshop. Dr. Chawla explained each step of the procedure in detail. There were four lectures and hands on for rigid as well as semi rigid thoracoscopy. It was followed by a set of questionnaires for all the participants. Dr. Devendra Singh was declared as the winner.

3. USG workshop
21st July 2019, Mukundapur

A full day workshop on medical thoracoscopy was conducted at Ajmer on 26th August 2019, jointly under the aegis of ICS, state chapter of Rajasthan and state chapter of NCCP. A total of 87 delegates were registered for the workshop. Dr. Rakesh Chawla from Delhi was the key speaker for the workshop. It was a live cum hands on workshop. Dr. Chawla explained each step of the procedure in detail. There were four lectures and hands on for rigid as well as semi rigid thoracoscopy. It was followed by a set of questionnaires for all the participants. Dr. Devendra Singh was declared as the winner.
4. NAABIN
3rd August 2019, National Allergy Asthma Bronchitis Institute, Kolkata

The flagship programme of National Allergy Asthma Bronchitis Institute (NAABIN) was conducted on 3rd August at Kolkata. The theme was “Things you don’t ask”. All about Non-invasive Ventilation. Faculties included Prof. Dhruv Chaudhary, and renowned faculties from West Bengal. The programme was attended by 75 delegates. A very good interaction and hand on workshop on NIV and Oxygen delivery. It was well appreciated by the delegates.

5. Pulmonary Update
24th-25th August 2019, Guwahati

CME on Pulmonary medicine in association with Apollo Hospital Guwahati, under aegis of Indian Chest Society on 24th and 25th of August. Good number of national and regional faculties, including Dr. R. Narasiman, Dr. Raja Dhar, Dr. Rajesh Swarnakar, Dr. Vimal Raj, Dr. Amita Nene, Prof. Dhruv Chaudhary, Dr. S. K.Chabra. Attended by about 100 delegates from Guwahati and adjoining area, with good interactive
6. Sleep Course
31st Aug to 1st Sep 2019, Kolkata

A multidisciplinary sleep course was held in Biswa Bangla Convention Centre, Kolkata from 30th August to 1st September, 2019. This sleep course was organised by Society for Education and Research on Snoring and Sleep Apnoea in association with Indian Chest Society. The programme was a huge success in terms of participation, academic excellence and exchange and hospitality. A whooping 406 registrations of delegates for the main conference and 196 delegates for workshop. A CME credit hour of 11.5 from West Bengal Medical Council was given.

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North Zone

1. Workshop on Non invasive ventilation
15th September 2019, PGIMS Rohtak

Haryana chapter of Indian Chest Society and Asian Institute of Medical sciences organised a workshop on Non invasive ventilation on 15th September 2019, Sunday. The patron was Dr. N. K. Pandey, CMD of Asian Hospital, Faridabad and co patron was Dr. K. B. Gupta, Chairman Haryana Chapter of ICS & HOD Department of Chest diseases at PGIMS Rohtak. This workshop was attended by 150 doctors and the Faculty was as under:

Dr. Manav Manchanda, Dr. Parveen Kaur, Dr. Priyadarshi J. Kumar
Dr. Manu Shangle, Dr. Sunil Nagar, Dr. Ashok Sharma

Various aspects of use of NIV in Respiratory Diseases were covered in depth.
Haryana Chapter of ICS vows to take the advanced technology to every Respiratory Physician so that benefit reaches to the society to the maximum.
2. CME

4th August 2019, Baya Tourist Complex

About 40 physicians, chest specialists and ENT surgeons attended the CME programme. Recent advances in COPD were nicely covered. Also ENT doctors were a part because COPD mucociliary issues are common & ENT Dept. of PGIMS Rohtak has many studies on mucociliary movements.

**Speakers were:**
Sr Prof Dr. K. B. Gupta, HoD Dept of Respiratory Ds & TB PGIMS Rtk
Former Director Principal PGIMS Rtk
Former Dean Health University Rtk
Retd Prof Dr. SPS Yadav
HoD ENT & Head, Neck Surgery, PGIMS-Rohtak
3. RESPICON India
31st & 1st September 2019, Golden Hospital, Jaipur

Respicon India was organized by Respiratory Foundation under aegis of Indian Chest Society by Dr. Rakesh K Chawla Sr Interventional Pulmonologist as chairman & Dr. Aditya Chawla as organizing secretary on 31st & 1st September 2019. On 31st workshop was organized on advanced interventional procedures with prof Felix Herth as course Director. On 1st dignitaries across India participated as speakers & chairpersons in Respicon India 2019. 357 Delegates attended the conference. It was a great academic feast.
4. World Asthma Day
7th May 2019, Delhi
Dr. Aditya Chawla celebrated Asthma Day with children of Balbharti Pitampura School Delhi under the aegis of Indian Chest Society.

5. Basic Bronchoscopy Course
3rd & 4th August 2019, Delhi
A basic bronchoscopy Course was conducted under the aegis of Indian Chest Society on the 3rd and 4th Aug. Dr. Rakesh Chawla was the Course director. It was well conducted and was a success.

6. CME
21st August 2019, GMC Patiala
We at Department of Pulmonary Medicine, GMC Patiala have conducted CME under the banner of Punjab chapter of Indian Chest Society as named below:

Non-Invasive Ventilation workshop: Basic concepts, dated 21st July 2019; topics covered were Introduction: Mechanics of Respiration, Basic physiology, Basic concepts of NIV; Systematic approach to ABG analysis; Who needs NIV and why; NIV in Acute Respiratory Failure; NIV monitoring; Complications of NIV; Equipment’s and Workstations – NIV equipments, ABG interpretation.

It was attended by about 90 – 100 delegates including post graduate students. In 2nd CME there were hands on workstations on NIV. Agenda and photographs of both CMEs is attached along with.

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7.UP State Chapter
Date-July-2019, Time-7.30p.m.
Chairpersons : Dr. B. P. Singh
Moderator : Dr. Suryakant
: Dr. S. N. Gupta

Speakers & Topics
1-Dr. Surya Kant : Basics Of Chest Radiology
2-Dr. Sudhir Chaudhary : Chest X-ray Suggestive Of Pulmonary Tuberculosis
3-Dr. S. N. Gupta : Fundamentals Of Hrct Thorax
4-Dr. Anit Parihar : Interesting Cases In Chest Radiology
5-Dr. A. K. Singh : Chest Radiology In Respiratory Critical Care Pet Ct In Lung

Meeting was attended by 62 delegates from Lucknow, various case presentations and a comprehensive discussion was done on different aspect of chest radiology including respiratory critical care medicine. Role of PET CT and its clinical implication in pulmonary medicine especially in nonmalignant conditions was discussed.

8.ILD Conclave at Kanpur
14th July 2019
This CME was organised on 14 July 2019 at Kanpur, Scientific agenda was various topics related to ILD Managements. the important faculty were Dr. Suryakant, Dr. B. P. Singh, Dr. Ashok Kumar Singh, Dr. Anand Kumar, Dr. A. K. Trivedi. Meeting was attended by 57 Pulmonologist and Physicians.

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9. Kanpur Society of Chest physicians and ICS UP CHAPTER
29th Sep 2019, Kanpur Advanced Pft Workshop By Crf (Pune)

This workshop and CME was organised by Kanpur Society of Chest physicians and ICS UP CHAPTER in association with REGENCY HOSPITAL. 30 delegates were trained by faculty of CRF Pune.

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10. Haryana State Chapter Activity

1st Oct 2018 - 30th Sep 2019 Uttarakhand
2. 6th ANNUAL CMC THORACIC ULTRASOUND WORKSHOP 2019
30th-31st August 2019. Christian Medical College, Vellore

The Department of Respiratory Medicine, Christian Medical College, Vellore organised its 6th National Hands On workshop on Thoracic Ultrasound workshop 2019 on August 30th and 31st. Dr. Vijai Kumar Chairman South Zone Indian Chest Society graciously endorsed this workshop on behalf of Indian Chest Society. Total 70 Respiratory Physicians including faculty and delegates in the field took part in this Thoracic Ultrasound Workshop.

The programme began with a welcome address by Dr. Prince James, Professor, Pulmonary Medicine, followed by History of USG and overview of applications by Dr. Richa Gupta, HOD Respiratory Medicine, CMC Vellore. The Guest speakers were Dr. Kishore Pitchamuthu, Professor, Critical Care Unit, Dr. Binila Chacko, Dr. Ekta Rai and Dr. Abhishek from Christian Medical College Vellore. Experience faculties in Thoracic Ultrasound from Respiratory Medicine Department of CMC Vellore, Dr. Barney Issac, Dr. Jebin, Dr. Ashwin. Dr. Avinash gave further insights about Diagnostic and Therapeutic applications of Thoracic Ultrasound as well as provided hands on training to all the delegates.

The workshop set the tone with lectures, case discussions and hands on training. There were Video demonstrations of very carefully chosen cases. The hands on training on cadaver goat models and human volunteer were guided by experienced Interventional Pulmonologists, who were doyens in the field.

The workshop was accredited by the Tamil Nadu Dr. MGR Medical University for 30 credit points under category III.

The conference was inaugurated by Dr. Priya Abraham, the Associate Director (CMC Vellore) and Dr. Prasad Mathews, the Medical Superintendent (CMC Vellore). The organising chairman of the workshop Dr. Prince James while welcoming the audience; gave an introduction to the field of ultrasound, its relevance to the specialty and CMC’s efforts in putting together a workshop of high caliber and the novelties introduced..

The workshop set the platform for doctors, to gain their knowledge through quiz. The winners for Quiz were 1st prize (Dr. Mahendra M), 2nd Dr. Priyajit Jena. When the meeting drew close, feedback from the attendees confirmed that the objectives of the workshop had been met. In the Valedictory function, Chief Guest Dr Roy Thankachen, HOD Cardiothoracic Surgery CMC Vellore, further encouraged the Delegates to practice evidence based precision medicine to help patients in alleviating their sufferings.
INDIAN CHEST SOCIETY
NOMINATIONS FOR BEST STATE CHAPTER AWARD

CALCULATION SHEET

Name of state chapter_________________________________ Reg Number______________________________________
Chairman_________________________________________Secretary____________________________________________
Date of formation of state chapter__________________________

1. All activities must have been done under the banner of Indian Chest Society, State chapter (attach photographs).

2. The activities should have been performed between 1st October 2018 to 30th September, 2019.

3. Photographs of each activity must be attached as a proof.

4. Fill up the proforma, take a print, sign it, scan and mail it to ICS office along with photographs as attached file, latest by 10th November, 2019.

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Name of activity</th>
<th>Duration of activity</th>
<th>Venue</th>
<th>Dates</th>
<th>Max marks</th>
<th>Marks allotted</th>
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<tr>
<td>2.</td>
<td>Workshops</td>
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<td>3.</td>
<td>CME/Guest lectures</td>
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<td>4.</td>
<td>Publication of bulletin/journals by state chapter</td>
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<td>50 for each edition</td>
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<td>5.</td>
<td>Celebration of asthma/COPD/TB/No smoking/cancer/other days under state chapter</td>
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<td>6.</td>
<td>Society registered or not</td>
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<td>7.</td>
<td>Public awareness: print media/radio/television/Camps/ICS website, etc</td>
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<td>10 each</td>
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Signature with date:                            Chairman                   Secretary

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Twitter @ https://twitter.com/ICSNagpur
## Table 1. List of Chairman and Secretary ICS state chapter (East Zone)

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>State</th>
<th>Post</th>
<th>Name</th>
<th>Membership No.</th>
<th>Updated Contact Details</th>
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<tbody>
<tr>
<td>1</td>
<td>Orissa</td>
<td>Chairman</td>
<td>Dr. Narayan Mishra</td>
<td>L-70</td>
<td>2nd Lane, Gajapati Nagar, Berhampur, Ganjam, Orissa. Email: <a href="mailto:doctor_narayan@yahoo.com">doctor_narayan@yahoo.com</a> Mobile: 09337505646</td>
</tr>
<tr>
<td>2</td>
<td>Bihar</td>
<td>Chairman</td>
<td>Dr. Deependra Kumar Rai</td>
<td>L-1191</td>
<td>Assistant Professor Dept. of Pulmonary Medicine &amp; TB All India Institute of Medical Sciences, Phulwaria Sarif, Patna (Bihar). Email: <a href="mailto:deependra78@gmail.com">deependra78@gmail.com</a> Mobile: 07764981421</td>
</tr>
<tr>
<td>3</td>
<td>Jharkhand</td>
<td>Chairman</td>
<td>Dr. Syamal Sarkar</td>
<td>L-528</td>
<td>201, Gulmohar, Residency States, Modi Compound, Lalpur, Ranchi-834001 (Jharkhand) Email: <a href="mailto:syamalsarkar@yahoo.co.in">syamalsarkar@yahoo.co.in</a> Mobile: 09431391151</td>
</tr>
<tr>
<td>4</td>
<td>Assam</td>
<td>Chairman</td>
<td>Dr. Pranab Baruwa</td>
<td>L-903</td>
<td>GNB Road, Near Hanuman Mandir New Guwahati, Assam-781020 Email: <a href="mailto:Barwapranab@yahoo.com">Barwapranab@yahoo.com</a> Mobile: 0986406807</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Jogesh Sarma</td>
<td>L-917</td>
<td>VII L Jatia (Near L.P. School) P.O. Assam Sachivalaya Dispur, Guwahati-7810063 Email: <a href="mailto:jogesh_sarma@yahoo.co.in">jogesh_sarma@yahoo.co.in</a> Mobile: 09435011172</td>
</tr>
<tr>
<td>5</td>
<td>West Bengal</td>
<td>Chairman</td>
<td>Dr. Indranil Halder</td>
<td>L-986</td>
<td>Bandel Station Road, Opp. Water Tank (Children’s Park) Bandel, P.O. Hooghly, Hooghly-712103 Email: <a href="mailto:Indranil.h@yahoo.com">Indranil.h@yahoo.com</a> Mobile: 09830383102</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Anirban Sarkar</td>
<td>L-1073</td>
<td>60/10, Nimchand Moitra Street, Baranagore, Kolkata- 700 035 Email: <a href="mailto:anirbansrkr10@gmail.com">anirbansrkr10@gmail.com</a> Mobile: 9830126579</td>
</tr>
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</table>
## Table 2. List of Chairman and Secretary ICS state chapter (West Zone)

<table>
<thead>
<tr>
<th>Sr no.</th>
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<tr>
<td>1</td>
<td>Maharashtra</td>
<td>Chairman</td>
<td>Dr. Sanjeev Kumar Mehta</td>
<td>L-264</td>
<td>5, Golden Palace, 191/192, Turner Road, Near Union Bank, Bandra (West) Mumbai – 400050. (Maharashtra) Email: <a href="mailto:dr.sanjeevmehta@hotmail.com">dr.sanjeevmehta@hotmail.com</a> Mobile: 9821045149</td>
</tr>
<tr>
<td>2</td>
<td>Madhya Pradesh</td>
<td>Chairman</td>
<td>Dr. Salil Bhargava</td>
<td>L-1362</td>
<td>Gyanpushp Villa, 48, Dhar Kothi, Indore – 452001 (M.P.) Email: <a href="mailto:bhargavasalil@hotmail.com">bhargavasalil@hotmail.com</a> Mobile: 9827060404, 8818940404</td>
</tr>
<tr>
<td>3</td>
<td>Chhattisgarh</td>
<td>Chairman</td>
<td>Dr. S.K. Kirolikar</td>
<td>L-934</td>
<td>3B, South Fase, Avenue Seeparg, Bhilai – 490006</td>
</tr>
<tr>
<td>4</td>
<td>Gujarat</td>
<td>Chairman</td>
<td>Dr. Dharmesh Bhagwati Patel</td>
<td>L-338</td>
<td>City Clinic, Laxmi Bhuvan, 1st Floor, Pradhan Marg, Opp Lakdi Pul, Baroda, 390 002. (Gujarat) Email: <a href="mailto:pateldbp@gmail.com">pateldbp@gmail.com</a> Mobile: 9879519889</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Rajiv Paliwal</td>
<td>L-1237</td>
<td>5, Shree Vihar, Opp. Navayug Pariwar, Bakrol Road, Anand - 388 001 (Gujarat) Email: <a href="mailto:drrajivpaliwal@yahoo.co.in">drrajivpaliwal@yahoo.co.in</a> Mobile: 9825056084</td>
</tr>
<tr>
<td>5</td>
<td>Goa</td>
<td>Chairman</td>
<td>Dr. Lalita Fernandes</td>
<td>L-376</td>
<td>Maina Sodiem, Siolim, Bardez, Goa- 403 517 Email: <a href="mailto:drlalitafernandes@gmail.com">drlalitafernandes@gmail.com</a> Mobile: 9822102177</td>
</tr>
<tr>
<td>6</td>
<td>Rajasthan</td>
<td>Chairman</td>
<td>Dr. Mahesh Goyal</td>
<td>L-1703</td>
<td>1/31, Vidhyadhar Nagar, Jaipur – 302023 (Raj.) Email: <a href="mailto:drmaheshgoyal@gmail.com">drmaheshgoyal@gmail.com</a> Mobile: 9314504531</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Neeraj Gupta</td>
<td>L-508</td>
<td>Opp. Savitri Girls College, Civil Line, Ajmer - 305 001 (Rajasthan) Email: <a href="mailto:drneerajajmer@yahoo.com">drneerajajmer@yahoo.com</a> Mobile: 9829101942</td>
</tr>
</tbody>
</table>

Your Feedback and suggestions are welcomed @ icsofficeexecutive@gmail.com or visit our website www.indianchestsociety.com
# ICS North Zone State Chapter

Table 3. List of Chairman and Secretary ICS state chapter (North Zone)

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>State</th>
<th>Post</th>
<th>Name</th>
<th>Membership No.</th>
<th>Updated Contact Details</th>
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</thead>
</table>
| 1      | J & K            | Chairman     | Dr. Parvaiz Ahmed Koul         | L-1370         | SKIMS, Soura, Srinagar-190011  
Email: parvaizk@gmail.com  
Mobile: 09419004822                                                                                                               |
|        |                  | Secretary    | Dr. Bikram Singh Datta         | L-1327         | Green View Colony, Lane-2 (Near Sacred Mission School), Aluchi Bagh, Srinagar-190008  
Email: dbksdutta@yahoo.co.in  
Mobile: 09419006854                                                                                                               |
| 2      | Himachal Pradesh | Chairman     | Dr. Malay Sarkar               | L-1028         | C/o Mr Vishal Mohan, Folly Town End, Jakhu, Set-7, Shimla-171001 (HP)  
Email: drsarkarmalay23@rediffmail.com  
Mobile: 09736171778                                                                                                               |
|        |                  | Secretary    | Dr. Devendra Singh Dadhwal    | L-1197         | V.P.O. Bongta, Teh. Dehra (Kangra) 177 101 H.P.  
Email: drdadhwal@gmail.com  
Mobile: 7018117110, 9418017081                                                                                                       |
| 3      | Haryana          | Chairman     | Dr. Krishna Bihari Gupta       | L-317          | 6J/18, Medical Campus, PGIMS, Rohtak-124001  
Email: dr_kb_gupta@yahoo.com  
Mobile: 09896073449                                                                                                               |
|        |                  | Secretary    | Dr. Sushil Dhamija             | L-744          | Dhamija Chest Hospital, Rohtak Gate, Bhiwani, Haryana-127021  
Email: dhamijasushil@gmail.com  
Mobile: 09812030447                                                                                                               |
| 4      | Punjab           | Chairman     | Dr. H. J. Singh                | L-355          | Ranjit Chest Hospital, 58 Kapurthala Road, Patel Chowk, Jalandhar-144001 (Punjab)  
Email: drhjs6@gmail.com  
Mobile: 09814217738                                                                                                               |
|        |                  | Secretary    | Dr. Vishal Chopra             | L-730          | 27, Bank Colony, Patiala-147001  
Email: drvishalchopra@gmail.com  
Mobile: 09814146788                                                                                                               |

Your Feedback and suggestions are welcomed @ icsoffceexecutive@gmail.com or visit our website www.indianchester society.com
### Table 4. List of Chairman and Secretary ICS state chapter (North Zone)

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>State</th>
<th>Post</th>
<th>Name</th>
<th>Membership No.</th>
<th>Updated Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Chandigarh</td>
<td>Chairman</td>
<td>Dr. D. Bahera</td>
<td>L-181</td>
<td>Professor &amp; Head, Department of Respiratory Medicine, Post Graduate Institute of Medical Sciences and Research, Chandigarh-160012 Email: <a href="mailto:dirlrsl@gmail.com">dirlrsl@gmail.com</a> Mobile: 09815705357</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Ashok Kumar Janmeja</td>
<td>L-467</td>
<td>1117, Sector 32-B, Chandigarh-160030 Email: <a href="mailto:akjanmeja@gmail.com">akjanmeja@gmail.com</a> and Email: <a href="mailto:ashokjanmeja@hotmail.com">ashokjanmeja@hotmail.com</a> Mobile: 09646121621</td>
</tr>
<tr>
<td>6</td>
<td>Uttarakhand</td>
<td>Chairman</td>
<td>Dr. Girish Sindhwani</td>
<td>L-672</td>
<td>House No. 42, Ground Floor, Hill View Colony, Indra Nagar, Dehradun-148001 Email: <a href="mailto:girish.sindhwani@gmail.com">girish.sindhwani@gmail.com</a> Mobile: 07895050321</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Mayank Mishra</td>
<td>L-1459</td>
<td>Assistant Professor, Department of Pulmonary Medicine, AIIMS, Rishikesh-249201 (Uttarakhand) Email: <a href="mailto:virgodrmayank@gmail.com">virgodrmayank@gmail.com</a> Mobile: 09058788799</td>
</tr>
<tr>
<td>7</td>
<td>Delhi</td>
<td>Chairman</td>
<td>Dr. Randeep Guleria</td>
<td>L-410</td>
<td>K-11, Green Park Extension, New Delhi-110016 Email: <a href="mailto:randeepg@hotmail.com">randeepg@hotmail.com</a> Mobile: 09810184738</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vice Chairman</td>
<td>Dr. Deepak Talwar</td>
<td>L-1479</td>
<td>E-47, Sector 55, Noida to Noida-201301 Email: <a href="mailto:dtlung@hotmail.com">dtlung@hotmail.com</a> Mobile: 09899050000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Anant Mohan</td>
<td>L-1842</td>
<td>Room No.-3098, 3rd Floor, Teaching Block, AIIMS, New Delhi – 110029</td>
</tr>
<tr>
<td>8</td>
<td>Uttar Pradesh</td>
<td>Chairman</td>
<td>Dr. Surya Kant</td>
<td>L-583</td>
<td>49-B, Jagat Narain Road, Near Medical College Crossing, Lucknow-226003, Email: <a href="mailto:skantpulmed@gmail.com">skantpulmed@gmail.com</a> Mobile: 09415016858</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Secretary</td>
<td>Dr. Ashok Kumar Singh</td>
<td>L-1584</td>
<td>4/218-A, Subbedar Niwas, Vishnupuri, Kanpur-208002 Email: <a href="mailto:dr_ashok_rhl@yahoo.com">dr_ashok_rhl@yahoo.com</a> Mobile: 09839096578</td>
</tr>
</tbody>
</table>
# ICS South Zone State Chapter

Table 5. List of Chairman and Secretary ICS state chapter (South Zone)

<table>
<thead>
<tr>
<th>Sr no.</th>
<th>State</th>
<th>Post</th>
<th>Name</th>
<th>Membership No.</th>
<th>Updated Contact Details</th>
</tr>
</thead>
</table>
| 1      | Tamil Nadu    | Chairman| Dr. R. Narasimhan   | L-515          | 20, Lake View Road, West Mambalam, Chennai-600033  
Email: drrnarasimhan@gmail.com  
Mobile: 09840052803 |
| 2      | Karnataka     | Chairman| Dr. P. A. Mahesh    | L-494          | Allergy Asthma & Chest Center  
1397, IV Cross, Krishnamurthypuram, Mysore Dist, Karnataka-570004  
Email: mahesh1971in@yahoo.com  
Mobile: 09448044003 |
|         |               | Secretary| Dr. Vishnu Sharma  | L-1246         | “Santhrupthi”, Nodu Lane, Batta Gudda, Bejai, Mangalore-575 004, Karnataka  
Email: dvishnusharmag@gmail.com  
Mobile: 09448126321 |
| 3      | Andhra Pradesh| Chairman| Dr. R. Vijaya Kumar| L-151          | 1/10-247/1 Ashok Nagar, Hyderabad-500 020. (A.P.)  
Email: drvijaipulmo@yahoo.co.in  
Mobile: 09849694016 |
| 4      | Kerala        | Secretary| Dr. Kandala Venu   | L-634          | S. D. Road, Navaketan Complex-310 Secundarabard-500003 (A.P.)  
Email: kandalavenu_ap2003@yahoo.com  
Mobile: 09849669925 |
|         |               | Chairman| Dr. C. Ravindran   | L-295          | Navaneeth, Evanhi Palam Calicut-673-020. (Kerala)  
Email: crcalicut@gmail.com  
Mobile: 09446951712 |
| 5      | Pondicherry   | Secretary| Dr. Rajesh Venkat  | L-1679         | “Shreyas”, 49/1884-8, Raghavan Pillai Road, Edappally, Kochi-682024 (Kerala)  
Email: rajeshdhanya@rediffmail.com  
Mobile: 09745501976 |
|         |               | Chairman| Dr. Pajanivel R.   | L-996          | No. 24, Thiruvavuvar Street, Bharathypuram, Pondicherry-605011  
Email: pajanivelr18@hotmail.com  
Mobile: 09443493122 |
Respire Quiz - (Sep - Dec 2019)

By Dr. Neeraj Gupta
Senior Professor, Respiratory Medicine, JLN Medical College, Ajmer

Which of the following chest radiographic sign has highest specificity to suspect pulmonary embolism?

1. Westermark sign
2. Vascular redistribution
3. Hampton Hump
4. Elevated diaphragm

Respire Quiz - (May - Aug 2019)

Senior Professor, Dept Of Respiratory Medicine, JLN Medical College, Ajmer

A Case Of Chronic Progressive Breathlessness

A 53 year non smoker, non obese women presents with increasing dyspnea on exertion. There was no history of cough, fever, hemoptysis, weight loss. Previously an active runner, now she has to cut back because of her symptoms. She also complained of occasional chest pain without any history of syncope. General physical examination and respiratory system examination were essentially normal. Past history for any respiratory or systemic diseases was also unremarkable. Chest radiograph did not reveal any abnormality. Her pulmonary function tests are as follows-

Her pulmonary function test results are as under:

<table>
<thead>
<tr>
<th>Test</th>
<th>Pre-Bronchodilator (BD)</th>
<th>Post- BD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Actual</td>
<td>Predicted</td>
</tr>
<tr>
<td>FVC (L)</td>
<td>2.38</td>
<td>2.87</td>
</tr>
<tr>
<td>FEV₁ (L)</td>
<td>1.95</td>
<td>2.31</td>
</tr>
<tr>
<td>FEV₁/FVC (%)</td>
<td>82</td>
<td>81</td>
</tr>
<tr>
<td>RV (L)</td>
<td>1.69</td>
<td>1.58</td>
</tr>
<tr>
<td>TLC (L)</td>
<td>4.26</td>
<td>4.36</td>
</tr>
<tr>
<td>RV/TLC (%)</td>
<td>40</td>
<td>36</td>
</tr>
<tr>
<td>DLCO corr</td>
<td>9.96</td>
<td>23.25</td>
</tr>
</tbody>
</table>

DLCO is measured in ml/min/mmHg

Correct Response To Quiz (Previous Issue Of Respire)

This patient had normal FEV₁, FVC, FEV₁/FVC ratio and a normal TLC. Therefore there is no obvious evidence of any obstructive or restrictive disorder. This patient had a moderate gas exchange abnormality based on her DLCO of 43%.

An isolated finding of decreased diffusion capacity with normal lung volumes and capacities, one must suspect pulmonary vascular abnormalities. This patient had pulmonary hypertension secondary to chronic thromboembolic phenomenon.

Winner of Respire Quiz (May-Aug 2019)

<table>
<thead>
<tr>
<th>Dr. Neerja Shastri</th>
<th>Dr. Manish Garg</th>
<th>Dr. Ranganth T. G</th>
</tr>
</thead>
<tbody>
<tr>
<td>A-261</td>
<td>L-1669</td>
<td>L-2238</td>
</tr>
</tbody>
</table>
Indian Chest Society Membership Benefits

1. Dual Membership of Indian Chest Society (ICS) and European Respiratory Society (ERS).

2. Access to online content on ERS website like Journals, Monographs, Breath Magazine, etc.

3. Receive lifelong printed copies of Lung India (An Indexed Publication) - six times a year.

4. Receive lifelong printed copies of Respire, the ICS Newsletter, three times a year.

5. A chance to get various ICS Travel Grants (ACCP, ERS, ATS), Short Term Fellowships and training, research Fellowships.

6. Discounted ICS Membership rates for CME/Conferences.

7. Discounted ICS Membership rates for ERS Conference.

8. Opportunity to participate in ICS research activities / Indian Registries for respiratory diseases and contribute to building robust data for the nation.

9. Participate in the ICS Kothari Young Researcher (PG) Award Session at NAPCON every year.

10. Can apply for the FIC – Fellowship of Indian Chest Society Awarded at Annual Conference.

11. Take part in the ICS Leadership Election conducted via e-voting.

12. Apply for various Awards, Fellowships, Orations given by the ICS at NAPCON.

13. Avail reduced registration fee for members at Annual ICS Conference.

14. Participate in the Annual General body and be a part of the decision making process of ICS.

15. Become a part of the electoral process of ICS e-voting rights to all life members.

Like and follow us on Facebook @ https://www.facebook.com/indianChestSociety and Twitter @ https://twitter.com/ICSNagpur
16. Opportunity to become an office bearer of this prestigious society.

17. Enhancing knowledge by attending workshops and events under the ICS Banner.

18. Association/Networking with Top Notch Doctors and Academicians in the field of Respiratory Industry.

19. Avail exclusive deals for ICS Members for International Conferences & other Medical Events.

20. ICS has exclusive tie up with Lung Health Organisation for travel grants, Rising Star programme and discount for their Lung Health Workshops.

21. Avail ICS–ERS Clinical and Research Fellowship ranging from 1-6 months.

22. Benefit of Short Term Fellowship in various Centre of Excellence within India in Interventional Pulmonology, Critical Care, Sleep Medicine, etc.

23. Ever increasing tie up with international societies with ACCP BTS on the anvil.

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

ICS Goals and Objectives

- Promoting research and academic activities.

- Organising periodic academic meetings and conferences at international, national, zonal and local level and to bring together periodically, the medical fraternity interested in Respiratory Medicine, at a common meeting point.

- Organising periodic patient awareness and educational programmes to promote understanding about the important respiratory diseases.

- To assist in creating technical manpower required to handle various diagnostic and therapeutic equipments related to Respiratory Medicine.

- To assist in creating trained medical manpower required to handle various patient-related activities.
Upcoming Events

Last Date to Submit Abstracts 4th Nov, 2019
ERS HERMES Diploma Exam
ERS HERMES Examination In Adult Respiratory Medicine

10:00 – 13:00 | 08 DECEMBER 2019 | KOLKATA, INDIA

Location
Biswa Bangla Convention Centre
Hidco Bhaban, Premises No. 24 – 1111
Biswa Bangla Sarani, 3rd Rotary, New Town,
Kolkata 700156

Why Should I Register???
1. European Diploma - HERMES Exam
2. CV Boost
3. International acclamation
4. Cost & Time effective in India

Examination Structure:
1. Each candidate will be given an examination booklet with 90 MCQs.
2. There are 2 different types of MCQs in the examination booklet:
   - Type A: 5 answer options; 1 answer is correct
   - K-prime: 4 answer options, 0–4 correct answers

Both question types are separated into 2 distinct sections within the examination booklet.

Voucher/ Admit card -
About two weeks before the examination date, you will receive an invitation letter with a voucher (in pdf) via email from ERS, which enables you to enter the examination room. It also includes your unique seat number. The voucher is your admit card to the examination hall. A seating chart will be provided as well, so you can find your seat quickly.

You are allowed to bring only the following items into the examination room:
**Mandatory:** Printed voucher  
**Mandatory:** Identification document (passport, national ID, driver's license)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 08:00 | Signing desk in front of the examination room opens.  
It is mandatory that you sign the register at the desk before the examination.  
Note: The examination room itself remains closed. |
| 09:30 | Examination hall opens.  
Note: Once you have accessed the examination room you are not permitted to leave the room until the examination has ended, unless escorted by an invigilator. |
| 09:45 | All participants to be seated. |
| 09:55 | Verbal pre-examination instructions are given. |
| 10:00 | Examination begins. The examination room doors close and any late participants will not be permitted to enter. |
| 13:00 | Examination ends. Remaining participants must stay seated until their examination documents are checked and collected by an invigilator. |

For any query or support kindly contact the HERMES Helpline Number:  
Helpline - +91 7387948373 (Mon to Fri/ 10.30-18.30)
Coming soon...

glycohale-F
Glycopyrronium 25 mcg + Formoterol fumarate 12 mcg

Targeting what matters most in COPD