

Union Minister Dr. Jitendra Singh proposes Mass Campaign for prevention of Type 2 Diabetes Mellitus in the young

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The occasion was the Foundation Day ceremony of the Research Society for Study of Diabetes in India (RSSDI), the largest organisation of Diabetes scholars

- Union Minister Dr Jitendra Singh, himself a noted Diabetologist, happens to be veteran Patron of the RSSDI
- Minister Counters Myths Prevailing Diabetes and Other Metabolic Disorders
- Reiterates Prime Minister Narendra Modi's Call for reducing obesity
- Also guards against Non-Communicable Diseases and Other Diseases Associated with Fatty Liver, Visceral Fat and Obesity
- Dr. Jitendra Singh gives Dictum– “Treat Diabetes before it Occurs- Prevention better than cure”

NEW DELHI, July 29: Addressing the Foundation Day ceremony of the Research Society for Study of Diabetes in India (RSSDI), the largest organisation of Diabetes scholars, Union Minister Dr Jitendra Singh, himself a noted Diabetologist and veteran Patron of the RSSDI, today proposed a mass campaign for prevention of Type 2 Diabetes Mellitus in the young. At the same time, he cautioned against Diabetes disinformation which tends to be spread, sometimes inadvertently, from certain quarters. The event was held under the theme: “RSSDI – Past, Present and Future” at the India International Centre, here.

RSSDI was founded on this day in 1972 in Delhi. All the Past Presidents and all the veteran Patrons of the 53 year old RSSDI, from across the country, had travelled down to attend the event at Delhi, the city where the first ever meeting of the RSSDI was held.

Dr. Jitendra Singh, himself a globally renowned endocrinologist With over three decades of clinical experience before assuming public office, Dr Jitendra Singh strongly countered the prevailing myths around diabetes and other metabolic disorders. He expressed concern that India continues to be labelled the “Diabetes Capital of the World”, with every third Indian affected by some form of metabolic dysfunction.

Reinforcing Prime Minister Narendra Modi’s national health vision, Dr. Jitendra Singh reiterated the target of reducing non-communicable diseases (NCDs) by 10%, particularly those associated with fatty liver, visceral fat and obesity. He emphasized that public health messaging must go beyond medical publications and into institutionalized outreach to common citizens. Calling for evidence-based health awareness, Dr. Singh gave a firm dictum “Treat Diabetes before it Occurs- Prevention better than cure”.

Calling the event a bridge between generations of medical leadership, Dr. Jitendra Singh paid tribute to Prof Dr. M.M. Ahuja, the first President of RSSDI. He recalled how early publications and monographs from RSSDI have achieved seminal academic importance and continue to be cited widely. The Minister also acknowledged the evolution of RSSDI from a purely academic entity to a consultative body shaping national dialogue on diabetes prevention and management.

Highlighting a recent landmark study under the Indian Prevention of Diabetes Study (IPDS) led by Prof. S.V. Madhu, Dr. Jitendra Singh shared that the findings—showing Yoga's proven effectiveness in preventing diabetes—have been submitted to the Ministry of Health, with the intervention of Union Health Minister Shri J.P. Nadda.

The Minister advocated for an institutionalized national approach—not just academic awareness—where research outcomes translate into mass benefits, including for high-risk groups. The Minister also addressed and debunked popular myths, such as the belief in “one meal a day”, urging a more scientific understanding of meal quality and quantity in diabetes care.

The meeting was coordinated by Prof. S.V. Madhu, past President, and attended by prominent dignitaries including Prof. P.V. Rao, past President; Dr. Vijay Viswanathan, President, RSSDI; and Dr. Sanjay Agarwal, Secretary, RSSDI. Past presidents and senior patrons from across the country participated in the deliberations.

The gathering reviewed five decades of RSSDI’s journey, celebrating its growth from an initial 20-member organization to a globally recognized scientific body. The discussions also charted a future roadmap, where senior patrons, researchers and policymakers can play a greater role in shaping a national diabetes response strategy rooted in both science and social outreach.



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