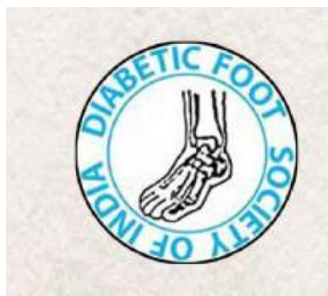


DIABETIC FOOT SOCIETY OF INDIA (DFSI)



FIRST NEWSLETTER

31.03.2026

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PRESIDENT'S MESSAGE

Welcome to this month's edition of the DFSI Newsletter. Our mission continues to focus on improving diabetic foot care awareness, prevention strategies, and multidisciplinary management across India. Together, we are making strides toward reducing amputations and improving patient outcomes.

SECRETARY'S REPORT

The past year has been marked by significant progress in membership engagement, academic activities, and financial stability, reflecting the continued growth and impact of the diabetic foot society of india (dfsi).

Key metrics:

Membership: dfsi currently has over 1000 registered members, with 582 actively engaged through digital communication platforms. Efforts are underway to update the membership database and improve outreach to senior members.

Conference participation: dfsicon 2025 witnessed strong participation, with approximately 760 attendees, including 480 delegates, 230 faculty members, and 99 accompanying persons.

Financial status:

Academic & educational activities:

Over the past year, multiple continuing medical education (cme) programs and awareness activities were conducted nationwide. Several members actively contributed to knowledge dissemination through regional and national platforms. Upcoming cme programs are also planned, ensuring continuous academic engagement.

Major achievements:

Launch of national projects: initiation of the dfsi-certified paramedic training program to standardize diabetic foot care training across india.

Newsletter revival: approval for the quarterly dfsi newsletter “youth better life,” with the first issue scheduled for release by march 2026.

Research & registry strengthening: proposal to simplify the dfsi registry with a focus on key outcomes such as amputation prevalence and clinical indicators.

Travel fellowship promotion: successful completion of one fellowship cycle, with renewed efforts to increase participation through promotional campaigns.

Dfsi foundation day: institutionalization of “diabetic foot day” on 30th march to promote nationwide awareness and screening initiatives.

Recognition & awards: introduction of the chhatrapati shivaji presidential leadership award to honor excellence in diabetic foot care.

Communication enhancement: strengthening official communication channels via whatsapp and email, with ongoing efforts to ensure complete member inclusion.

Financial & administrative progress:

Steps have been initiated to close inactive accounts and streamline

FEATURED ARTICLE

Amputation rates following limb salvage at a tertiary care podiatry centre: A retrospective analysis

Background:

Lower extremity amputation is a severe complication of diabetic foot disease, causing significant morbidity and mortality. This study reports amputation rates and post-operative quality of life following multidisciplinary limb salvage strategies at a tertiary care podiatry centre in India.

Conclusion:

The low amputation rate of 4.06% highlights the effectiveness of multidisciplinary limb salvage in a tertiary care setting.

Functional recovery was notable, but psychological support remains essential.

Strengthened patient education and comprehensive rehabilitation may further reduce amputations and improve long-term outcomes in high-risk diabetic populations.

Access the full article at

Amputation rates following limb salvage at a tertiary care podiatry centre: A retrospective analysis

Dr Rajesh Kesavan, Mrs Savitha Rajesh R, Dr C Sheela Sasikumar, Dr D Darwin Britto, Janani D

Global Wound Care Journal 2026 | Volume: 2 Issue: 1

CLINICAL CORNER

Case of the Month

A 58-year-old male patient, Police constable with uncontrolled diabetes presented with a non-healing plantar heel ulcer. He was treated Surgically Incision & Drainage of heel abscess before being referred to a Diabetic foot Clinic for further management.

Management Highlights:

- Glycemic control optimization
- Debridement and infection control
- Offloading with customized footwear
- Multidisciplinary team approach

Outcome: Significant healing observed within 10 weeks.



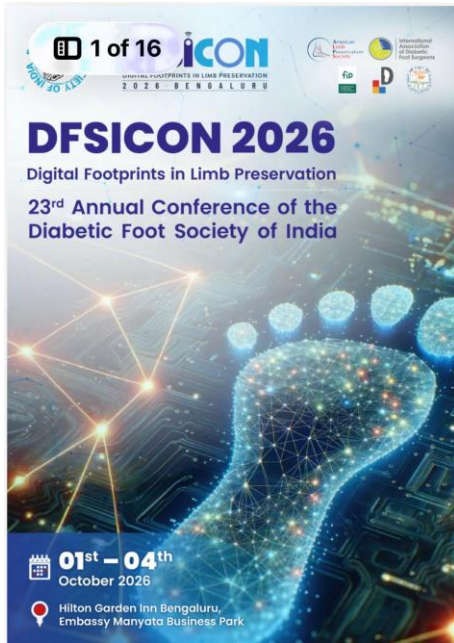
EXPERT INSIGHTS

Interview with Dr. Srinivas Seshabhattacharu

"Prevention is always better than cure. Regular screening and patient education can drastically reduce complications."

All diabetic patients should undergo Foot Evaluation at the time of Diagnosis & then on Annually once. The initial risk stratification should lead the clinician to a long term care plan with regards to Foot Care of the Patients

UPCOMING EVENTS



GUIDELINES & UPDATES

- Latest IWGDF Guidelines Summary
- National protocols for diabetic foot management
- Best practices in infection control

RECENT ACTIVITIES – NATIONAL / STATE/ REGIONAL CHAPTERS & AFFILIATED MEETINGS



DFSICON 2025

ORGANISING SECRETARY'S REPORT



IT IS WITH GREAT PRIDE THAT I PRESENT THE REPORT OF THE 22ND ANNUAL CONFERENCE OF THE DIABETIC FOOT SOCIETY OF INDIA (DFSICON 2025), HELD IN AMRITSAR FROM 30TH OCTOBER TO 2ND NOVEMBER 2025. THE CONFERENCE RECEIVED AN OVERWHELMING RESPONSE WITH 855 REGISTRATIONS, OVER 160 DISTINGUISHED FACULTY MEMBERS, AND 60+ INDUSTRY STALLS.

THE PRE-CONFERENCE ACTIVITIES INCLUDED A DIABETIC FOOT AWARENESS WALK AND HANDS-ON WORKSHOPS WITH LIVE SURGICAL DEMONSTRATIONS, FOCUSING ON ADVANCED WOUND CARE, OFFLOADING, AND LIMB SALVAGE. THE MAIN CONFERENCE FEATURED A COMPREHENSIVE SCIENTIFIC PROGRAM COVERING PREVENTION, INFECTION MANAGEMENT, RECONSTRUCTION, AND EVOLVING GLOBAL PRACTICES, ALONG WITH KEYNOTE LECTURES, PANEL DISCUSSIONS, AND RESEARCH PRESENTATIONS.

A KEY HIGHLIGHT WAS THE EMPHASIS ON EMERGING TECHNOLOGIES SUCH AS BIOENGINEERED TISSUES, NEGATIVE PRESSURE WOUND THERAPY, AND ADVANCED WOUND CARE SOLUTIONS.

THE SUCCESS OF DFSICON 2025 REFLECTS THE DEDICATION OF THE ORGANIZING COMMITTEE, FACULTY, DELEGATES, SPONSORS, AND VOLUNTEERS. I SINCERELY THANK ALL FOR THEIR VALUABLE CONTRIBUTIONS. WE REMAIN COMMITTED TO ADVANCING DIABETIC FOOT CARE THROUGH EDUCATION, INNOVATION, AND COLLABORATION.

DR. VIKAS KAKKAR
ORGANISING SECRETARY
DFSICON 2025, AMRITSAR





SAVE LIMBS, SAVE LIVES

Paada Sparsh 2026

Diabetic Foot Care Conference

Organized by Saraswathy Hospital, Parassala
in association with Diabetic Foot Society of India (DfSI)



Delegates:

129



Faculties:

20



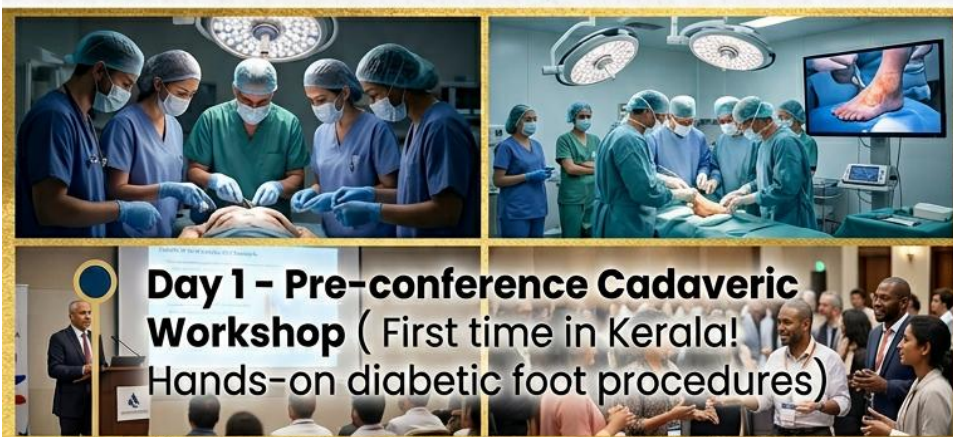
Cadaveric Workshop:

54 participants



PG Students:

4



Day 1 - Pre-conference Cadaveric Workshop (First time in Kerala!
Hands-on diabetic foot procedures)

Day 2 - CME Sessions & 3rd Saraswathy Surgical Oration by Prof. Dr. Arun Bal
(Hands-on diabetic foot procedures)

Day 3 - Live Surgical Workshop & Paramedical Training
(wound care, minor procedures)



**“Advancing Diabetic Foot Care:
Skills, Knowledge, Limb Salvage”**

#PaadaSparsh2026 #DiabeticFootCare #Podiatry #SaraswathyHospital

DFSI Midterm Conference 2026

The Diabetic Foot Society of India (DFSI) Midterm Conference was successfully held on 6–7 March 2026 at the Atal Bihari Vajpayee Convention Center, King George's Medical University (KGMU), Lucknow. Organized by the Department of Plastic Surgery, KGMU, under the guidance of Organising Chairperson Dr. Vijay Kumar and Organising Secretary Dr. Harsha Vardhan, the event was presided over by DFSI President Dr. V. B. Narayanamurthy. This marked the first DFSI conference hosted in Uttar Pradesh.

In his presidential address, Dr. Narayanamurthy highlighted the need to expand DFSI's footprint in northern India, thanking Dr. Vikas Kakkar for his role in the previous DFSICON in Amritsar. Chief Guest Dr. A. K. Singh, Director of PGICH Noida, stressed the value of multidisciplinary approaches to diabetic foot management and urged greater regional awareness of complications. Dr. Vijay Kumar extended a warm welcome, inviting delegates to savor Lucknow's famed hospitality and cuisine.

Scientific sessions spanned key topics in diabetic foot care, fostering lively discussions among surgeons, physicians, podiatrists, and prosthetists—embodying the teamwork essential for limb salvage and wound healing.

The next morning, 7 March, delegates enjoyed a rejuvenating Meipadam exercise session at the National Botanical Research Institute, led by the agile Dr. Narayanamurthy, who demonstrated the ancient discipline's graceful movements.

The conference wrapped up that evening, reinforcing DFSI's commitment to northern India outreach, diabetic foot awareness, and better lives for those with diabetes.



Prof Guha (file 1)



Meipadam (file 2)



PATIENT AWARENESS SECTION

Foot Care Tips for Patients

1.  Do a daily self-checkup of your feet of cuts, blister, redness, swelling and open sores.	2.  Wash your feet in warm (not hot) water, using a mild soap and dry them carefully especially between your toes.	3.  Trim your toe nails straight across and file any sharp edges.	4.  Wear only proper fitting shoes, which are supportive with low heels. Buy shoes late afternoon, as foot tends to swell during the day.
5.  Wear socks at bed time if your feet get cold, wear fresh clean socks preferably white and wash them daily.	6.  Use moisturising lotion on your feet (except between toes as it can cause infection) to keep the skin smooth.	7.  DON'T walk barefooted even when indoors.	8.  DON'T smoke, as smoking can reduce blood flow to your feet.
9.  Never perform "self surgery" for ingrown nails, corns or calluses.	10.  Don't stand in one position for a long time or sit with your legs crossed.	11.  Ask your doctor about available diabetic foot wears and customised insoles.	12.  Keep a regular check on your blood sugar level. Talk to your doctor about it.

FOOD FOR THOUGHT

1. Pesarattu with Flaxseed Podi (Aviseginjalu)

Ingredients (1 serving)

- Whole green gram – 50 g

- Onion – 20 g
- Green chilli – 5 g
- Ginger – 3 g
- Oil – 5 g
- Salt – as required
- Flaxseeds – 5 g
- Garlic – 2 g
- Dry red chilli – 1 g

Recipe

1. Soak green gram for 6–8 hours.
2. Grind with ginger and green chilli to make batter.
3. Spread batter on a hot pan like dosa.
4. Sprinkle chopped onion and cook with little oil.
5. For podi, dry roast flaxseeds and red chilli and grind with garlic and salt.

Role in Wound Healing

Green gram provides protein required for tissue repair and collagen synthesis. Flaxseeds supply omega-3 fatty acids that help reduce inflammation. Garlic and spices provide antioxidants that support immune response during healing.

2. Brown Chana Chaat (Uggillu)

Ingredients (1 serving)

- Brown chana (dry) – 40 g
- Onion – 20 g
- Tomato – 20 g
- Green chilli – 5 g
- Lemon juice – 5 ml

- Oil – 5 g
- Mustard seeds – 2 g
- Curry leaves – 1 g
- Coriander leaves – 2 g
- Salt – as required

Recipe

6. Soak brown chana overnight and cook until soft.
7. Heat oil and add mustard seeds and curry leaves.
8. Add chopped onion and green chilli and sauté.
9. Add cooked chana and mix well.
10. Add tomato, lemon juice and garnish with coriander leaves.

Role in Wound Healing

Brown chana supplies protein necessary for cell regeneration and wound closure. Lemon juice provides vitamin C needed for collagen formation. Mustard seeds and greens contribute micronutrients and antioxidants that support healing.

RESEARCH & PUBLICATIONS

Recent publications by DFSI members:

1. *Ashu Rastogi , Raveena Singh , Saroj Kumar , Srinivas Seshabhattaru ,Rajesh Kesavan , Uttam Chand Saini , Navin Kumar , Sanjay Kumar Bhadada*

**Hierarchical Multimodal Structural And Material Analysis of Bone In Diabetes, Translational Research (2025), doi:
<https://doi.org/10.1016/j.trsl.2025.11.004>**

2. *Ganesh J Shinde, Sangeetha Kalabhairav, Arun Bal, Sanjay Vaidya*

3. Diabetic foot ulcer assessment - A comprehensive guidance for physicians

Asian Journal of Medical Sciences | Jan 2025 | Vol 16 | Issue 1

4. Darwin Britto D, Rajesh Kesavan, Changam Sheela
Sasikumar, Aarthi V S

Autologous platelet-rich fibrin matrix in the treatment of diabetic foot ulcers: a case series

Global Wound Care Journal 2025 | Volume: 1 Issue: 1

JOIN DFSI

Become a member to access exclusive resources, training, and networking opportunities.

We are now accepting the Membership requests through Online at our website

<https://dfsi.in/home/membership>

Please keep a digital copy of your Photo, Degree Certificates, Signature, Aadhar Card & PAN Card (Format: JPG, PDF) ready.

Note : We are currently accepting membership applications from India. For International memberships kindly contact secretariat@dfsi.in.

CONTACT US

Diabetic Foot Society of India (DFSI) can be contacted by reaching out to us at **DFSI Secretariat**

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(10 AM to 5 PM)

DFSI Official Website: www.dfsi.in
