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50 YEARS SURVIVORS OF DIABETES HONoured BY DR. MOHAN'S DIABETES SPECIALITIES CENTRE

Dr. Mohan's Diabetes Specialities Centre, honoured diabetic patients who maintained good health after 50 years of diabetes, treated at our centre, by conferring them "Golden Jubilee Victory over Diabetes Award" on 10th September, 2011. A total of 27 patients registered at DMDSC have lived for more than 50 years with diabetes. Of these 27



"Golden Jubilee Victory over Diabetes Award" winners (wearing medals). In Photo from left to right (sitting): Mr. Ravi Bhaskaran, Dr. S. V. Chitti Babu, Dr. V. Bharata, Chairman, Adyar Cancer Institute, Highness Nawab Mohammed Abdul Ali, Prince of Arcot, Mr. M. Arunachalam, Dr. V. Mohan, Chairman, DMDSC. Also in photo from left to right (standing): Dr. Ranjit Unnikrishnan, Vice Chairman, DMDSC, Dr. R. M. Anjana, Joint Managing Director, DMDSC, Ms. Neera Bal Venkataswamy, Mr. P. S. Sridhar, Mr. S. R. V. Prasanna, Dr. M. J. Rameshkrishnan, Dean, Medical Studies, DMDEA.

patients 14 are still leading a healthy life despite diabetes. During the function, nine such achievers namely Mr. Ravi Bhaskaran, Mr. R. Sitaraman, Mr. P. S. Sridhar, Ms. Meera Bai Venkataswamy, Mr. S. R.V. Prasanna, Dr. S.V. Chitti Babu, Mr. M. Arunachalam, Mr. K. Krishnan Nair and Mr. A. A. Philip received the awards from the Chief Guest Dr. V. Shanta, Chairman Cancer Institute (WIA) Chennai.

His Highness Nawab Mohammed Abdul Ali, 'Prince of Arcot' presided over the function and presented the certificates to the achievers. Dr. S. V. Chitti Babu, Former Vice Chairman T.N. State Council for Higher Education and Former Vice Chancellor of Madurai Kamarajar University and Annamalai University himself a long term diabetes survivor, was the 'Guest of Honour'.



TESTIMONY
Mr. S.R.V. Prasanna
M.No:156973

A.Diabetic for more than fifty five years. I was one of the rarest species during 1959 when my diabetes was detected by my grandfather and father who were doctors. I was started with Boots Co. Insulin plain & Protomine Zine. This combination I was taking once a day for the first twenty years! Then, after coming in contact with Dr. M. Viswanathan I was asked to take the Insulin twice a day. It was that I first came across the dietitians who were and who are the main pillars for the case of diabetic patients.

My HbA1c used to be always around 8%. Here I would like to mention one thing. When the HbA1c test was Rs.250 during 1978 – 80 everywhere in all the diagnostic centre, only in Dr. M.Viswanathan's centre it was Rs.30/-. Even after 30 years even now the charge in Dr. Mohan's is only Rs.290/-, where outside in most labs they charge between Rs.400/- to Rs.450/- for this test.

Having crossed 52 years of age as a diabetic without complications I have undergone many hypoglycemic spells (over 5000). Doctor Mohan describes me as one of the unique patients who had been on once a day Insulin for over twenty years and despite of this I have not developed into any diabetic complication whatsoever. All thanks are due to the Almighty and possibly my genetic condition that I did not develop any complication. Here I would like to mention that diabetes varies from person to person. I would like to thank Dr.Mumirathnam Chetty of Coimbatore who tried to put me in the best way and my thanks to all Coimbatoreans and friends and relatives who helped me during the hypoglycemic spells. My special thanks and gratitude to my wife and my daughter who have been looking after me so well with utmost care and affection.

I have been successfully working as a self – employed professional photographer



and my specialization is in taking portraits. I have covered more than 1200 weddings successfully. I would like to mention one more thing. I have been attending so many weddings, where I come across delicious and great food. It's not that I avoid sweets completely I do take a little, but I also take lot of vegetables & adjust my food accordingly as far as calories are concerned. Some times I also increase dose of regular insulin by 5 or 10 units. As patients we have to adjust the dose of insulin by ourselves. We should know how to monitor our diabetes, the dose of insulin and diet since the doctors cannot be with us all the time.

Awareness regarding diabetes was almost nil during 1960s, when I used to develop hypoglycemia in my classroom during my 9th year to 12th year. My teachers especially male teachers who used to make fun of me stating that the classroom was not a room to have a siesta or to eat.

My advice to all the diabetic patients is to never to sleep alone due to possibility of nocturnal hypoglycemic reactions. Here too I would like to mention one thing. Because of low sugar reaction our body gets into so called the somogyi effect (i.e) whenever the low

sugar happens our body system pours out all the stored up glucose from the liver and this raises the blood glucose and may even raise it above normal.

I know Dr. Mohan ever since he was doing his MD. At that time he did the Echo test for me. They were surprised to find my heart was absolutely fine. This was 34 years ago. Even now, I am proud to say that my Echo Cardiography is absolutely fine.

My tips & suggestions to other diabetic patients are:

1. Never sleep alone
2. Carry an I am, a diabetic card when going out.
3. We should learn to monitor ourselves with insulin, taking & food, since doctors cannot be with us always.
4. I feel Insulin is the drug of choice for any diabetic. The cost of insulin is very low when compared to the cost of treating complications of diabetes. If by a couple of insulin pricks a day one can live for over 50 years like me without complications, my findings is/not insulin a life saver? Hence please don't refuse to take insulin if your doctors advise you.

Dear Readers, we invite your contributions to 'Diabetes Monitor' in the form of Diabetes related queries, anecdotes or personal experiences.

Please send / E-mail to :

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DR. MOHAN'S DIABETES SPECIALITIES CENTRE HONOUR AWARD 2011

The Dr. Mohan's Diabetes Specialities Centre (DMDSC) Honour Award was instituted with the primary objective of honouring medical doctors who have contributed significantly to medicine. This year, the Scientific Council of the DMDSC and MDRF honoured four outstanding medical doctors on their recent achievements. The award function was held on 1st October, 2011, at MDRF auditorium. The DMDSC 'honour award' was presented by Dr. K.V. Thiruvengadam, Former Professor and Head, Dept. of Medicine, Madras Medical

are Dr. A. Muruganathan, Dr. Vijay Viswanathan, Dr. Anand Moses and Dr. L. P. Thangavelu.

Dr. A. Muruganathan is the Adjunct Professor, The Tamilnadu Dr. M.G.R. University and Chairman, A. G. Hospital, Tirupur was honoured on his appointment as the President of the Association of Physicians of India (API).

Dr. Vijay Viswanathan, the Managing Director, M.V. Hospital, Royapuram, Chennai and



Dr. A. Muruganathan, Adjunct Professor, The Tamilnadu Dr. M.G.R. University and Chairman, A.G.Hospital, Tirupur receiving the DMDSC Honour award from Dr. K. V. Thiruvengadam, Former Professor and Head, Dept. of Medicine, Madras Medical College and Physician, Govt. General Hospital, Chennai. Also in photo from left to right: Dr. Vijay Viswanathan, Managing Director, M.V. Hospital, Chennai, Dr. C. R. Anand Moses, Director & Professor, Institute of Diabetology, Madras Medical College & Govt Rajiv Gandhi Hospital, Chennai. Dr. V. Mohan, Chairman, DMDSC, Dr. R. M. Anjane, Joint Managing Director, DMDSC and Dr. L. P. Thangavelu, Managing Director, Ashwin Hospital, Coimbatore

College and Physician, Govt. General Hospital, Chennai, The Tamilnadu Dr. M. G. R. Medical University, Chennai and the awardees

President, Prof.M. Viswanathan Diabetes Research Centre, Chennai was honoured on his election as Member of the Governing Council of API





Dr. Vijay Viswanathan, receiving the DMDSC Honour award from Dr. K. V. Thiruvengadam

Dr. C. R. Anand Moses was honoured on his recent appointment as the Director & Professor, Institute of

Dr. L. P. Thangavelu, Managing Director, Ashwin Hospital, Coimbatore was honoured on his election as the President



Dr. C. R. Anand Moses, receiving the award from Dr. K. V. Thiruvengadam

Diabetology, Madras Medical College & Govt Rajiv Gandhi Hospital, Chennai.

of the Indian Medical Association (Tamil Nadu State Chapter)





Dr. L. P. Thangavelu, receiving the award from Dr. K.V. Thiruvengadam

THIRD CONVOCATION CEREMONY AT DR. MOHAN'S DIABETES EDUCATION ACADEMY, CHENNAI

Dr. Mohan's Diabetes Education Academy (DMDEA) was set up to offer specialised training in diabetes and its complications to doctors, nurses and other para-medical personnel.

Third Convocation Ceremony of DMDEA was held on 10th October 2011. The convocation event is held every year to confer fellowships and certificates to the successful candidates of the two year Fellowship in Diabetology (F.DIAB), Post Graduate Certified Diabetes Educators (PGCDE) and Certificate Course in Evidence Based Diabetes Management (CCEBDM). Awards for outstanding academic performance were also given out during this ceremony.

A total of 95 doctors (from different

parts of India including Andhra Pradesh, Kerala, Karnataka, Maharashtra, New Delhi, Assam, West Bengal, Uttar Pradesh, Rajasthan, Nagaland and Tamil Nadu) have completed the Fellowship in Diabetology (F.DIAB) from our centre till date. In addition, 41 Diabetes Educators have completed the Post Graduate Certified Diabetes Educators (PGCDE) course.

During the third DMDEA Convocation, twenty two doctors were awarded the Fellowship in Diabetology certificate, while six Diabetes Educators were awarded the Post Graduate Certified Diabetes Educators Certificates and fourteen doctors were awarded the Certificate Course in Evidence Based Diabetes





Successful outgoing F.Diab students. Also in Photo from left to right (Sitting): Dr. R. M. Anjana, Joint Managing Director, DMDSC, Padma Bhushan, Prof. N. Rengabeshyam, Emeritus Professor of Surgery, The Tamilnadu Dr. M.G.R Medical University, Dr. V. Mohan, Chairman, DMDSC, Dr. Ranjt Unnikrishnan, Vice Chairman, DMDSC and Dr. M. J. Ramakrishnan, Dean, Medical Studies, DMDEA



Photograph showing the students who have successfully completed the PGDE Course. Also In Photo from left to right (Sitting): Dr. Saroja Raghavan, Head & Senior Manager, Nutrition & Dietetics, DMDSC, Dr. R. M. Anjana, Padma Bhushan, Prof. N. Rengabeshyam, Dr. V. Mohan, Dr. Ranjt Unnikrishnan, and Dr. M. J. Ramakrishnan.



Management. Dr. M. Varalakshmi, Dr. Anshul Singhal and Dr. Vamskrishna were honoured with gold medal for their outstanding performance.

Padma Bhushan Prof. N. Rangabashyam, Emeritus Professor of Surgery, The Tamilnadu Dr. M.G.R. Medical University, Hony. Professor, National

Academy of Medical Sciences, Former Professor & Head of the Department of Surgical Gastroenterology, Madras Medical College and Government General Hospital, Chennai, presented the certificates to the successful candidates and gold medals to the toppers. He also delivered the convocation address.

'WORLD DIABETES DAY' CELEBRATIONS AT DR. MOHAN'S DIABETES SPECIALITIES CENTRE

The World Diabetes Day was celebrated globally on 14th November, 2011. International Diabetes Federation (IDF) and World Health Organization (WHO) have established World Diabetes Day, every year on November 14, with the aim of coordinating diabetes advocacy worldwide and the global awareness campaign of the diabetes prevention and care.

As Dr. Mohan's Diabetes Specialities Centre and Madras Diabetes Research Foundation are designated as a WHO collaborating Centre for Non communicable disease - Prevention and Control as well as an International Diabetes Federation (IDF) Centre of Education, we took up the task, creating awareness of diabetes on a massive scale.

To commemorate this year World Diabetes Day on November 14th, we have organized a very special event to honour our "little stars", namely children with Neonatal Diabetes. Neonatal Diabetes is

diagnosed within the first 6 months of life. This special event was presided over by Dr. P. Jeyachandran, Director and Superintendent, Institute of Child Health and Hospital for Children, Chennai. Dr. Jeyachandran also inaugurated the 'Neonatal and Monogenic Diabetes Registry'. Dr. V. Poovazhagi, Asst. Prof. of Paediatrics, Diabetes Clinic, Institute of Child Health and Hospital for Children, Chennai was honoured for her work in the field of neonatal and juvenile diabetes. Mr. T. Prasanth, Actor / Producer was the guest of honour for this function and he also presented the gifts, free glucose monitors and lifelong free treatment privilege card, to children with Neonatal and Infantile Diabetes.

Besides this function, diabetes awareness & screening camps, awareness walk, exercise, etc were also organized at our Vellore branch. All centres of DMDSC were lit in blue colour and decorated with blue balloons for a whole week to symbolize the 'Fight against diabetes'.



GLIMPSE OF THE WORLD DIABETES DAY CELEBRATIONS AT DMDSC CHENNAI



Dr. Jayachandran Director and Superintendent, Institute of Child Health and Hospital for Children, Chennai inaugurating the 'Neonatal and Monogenic Diabetes Registry'. Also in photo from left to right: Dr. V. Peevazhagi, Asst. Prof. of Paediatrics, Diabetes Clinic, Institute of Child Health and Hospital for Children, Chennai, Mr. T. Prasanth, Actor/Producer, Dr. R.M. Anjane, Joint Managing Director, DMDSC, Dr. V. Mohan, Chairman, DMDSC and Dr. Ranjit Unnikrishnan, Vice Chairman, DMDSC.



Mr. T. Prasanth presenting the gifts to children with Neonatal and Infantile Diabetes





Group photograph of all the children with Neonatal and Infantile Diabetes and the dignitaries



Diabetes Awareness Walk

Diabetes Screening Camps



One More Feather In DMDSC Crown

Dr. Mohan's Diabetes Specialities Centre, Chennai has been recognised as Centre of Excellence by Wista Diabetes. It is a great recognition for our services and commitment to our patients and the research work carried out in our centre. Hearty congratulations to our beloved Chairman Dr. V. Mohan and the entire DMDSC and MDRF team and best wishes for the excellent services rendered.

Hearty Congratulations To



**Our beloved Chairman
Dr.V.Mohan**

Who has been unanimously elected as the National President of Research Society for the study of Diabetes in India (RSSDI). It is a great honour and pride for us at DMDSC and MDRF.



WORLD DIABETES FOUNDATION (WDF) PEER PROGRAMME TRAINING AT MADRAS DIABETES RESEARCH FOUNDATION

MDRF offers diabetes training to global and national students, particularly to other developing countries where such facilities are currently not available. This will help improve research capacity in the field of diabetes. MDRF's humble effort in this direction is the short term training opportunities that we provide to overseas students. Overseas students from various disciplines have made avail of this opportunity. Every year we have a batch of

peer programme trainees from various disciplines supported by World Diabetes Foundation (WDF) undergoing training at our centre. During this training, students are exposed to various departments in DMDSC including diabetology, ophthalmology, foot clinic, intensive care, heart clinic etc., and MDRF viz., epidemiology, clinical trials, biochemistry, cell and molecular biology, genetics and tissue culture facility.



WDF Trainees 2011 along with our Directors (from left to right) : Ms. Bankole Rebecca Olayinka, Nigeria, Dr. Ranjit Unnikrishnan, Vice Chairman, DMDSC, Dr. R.M. Anjans, Joint Managing Director, DMDSC, Dr. V. Mohan, Chairman, DMDSC, Mr. Sun Socheat, Cambodia, Ms. Julietta William, Seychelles, Ms. Lorraine Fraser King, Cambodia, Dr. Aziz Elov, Uzbekistan, Ms. Taiwo Beloji, Nigeria, Dr. R. Guha Pradeeps, Senior Scientist & Head, Research Operations, MDRF.





**My wonderful experience with Cataract surgery at
Dr. Mohan's Diabetes Specialities Centre (DMDSC)
Mr. K.S. Ganapathy
(M.No:3755)**

Before I venture to relate my experience, it is but proper for me to briefly write about my eye problem. It is by pure coincidence that I came to realize that I had vision problem since I had no symptoms whatsoever. I started wearing spectacles since the early 1970s. Even my diabetes came to be known, only accidentally during early 1989. I have been Dr. Mohan's patient since then. Due to my strict diet regimen, proper exercise and regular medicines, my diabetes is under control, thanks to the Almighty. I have also been going through annual eye checkups along with my diabetes checkup.

Last year, or to be more precise during Oct/Nov 2010, during my annual checkup at DMDSC, I was advised that it was better to undergo surgery of both eyes as cataract had developed. With the support and direct monitoring of Dr. Mohan, an appointment was fixed with Dr. Sivakumar, Eye Surgeon and Consultant Ophthalmologist, DMDSC to whom I apprised of my health problems besides diabetes. He informed me that my left eye had cylindrical power besides having a high spherical power.

While my right eye surgery could be done using usual intraocular lens, Dr. Sivakumar suggested that the left eye needs to be done with "Toric lens" which could be made to order incorporating suitable cylindrical values, thereby enabling me to use

spectacles with lesser weight and lesser spherical power after the operation, for the near vision. For this, detailed scans and investigations were done. While the right eye was operated on 9/12/2010, for the left eye I had to wait for the 'made to order' Toric lens which was arranged by Dr. Sivakumar and this operation was successfully done under the able and suave surgeon Dr. Sivakumar on 4.7.2011. After the operation, there was remarkable improvement in my vision and I am fully satisfied.

Even before the glasses were prescribed, I could see that my vision had improved considerably. Dr. Sivakumar had told me before the operation that once the Toric IOL was fixed, I would see phenomenal improvement in my vision, which has been proved right. But for Dr. Sivakumar's excellent and deft handling of the operation and the personal care and attention that he had bestowed on me, I wonder what would have been my position. I am obliged to Dr. Sivakumar and to Dr. Mohan who closely and personally monitored the operation and my post operative care and follow-up despite his numerous preoccupations and busy schedule. I have been troubling both of them a lot quite frequently and they were always ready to extend their care to me.

I wish to place on record the excellent care and attention being given by the entire



team of staff at DMDSC at the operation theatre, the in-patient wards and the ophthalmology doctors, the support staff such as optometrists, nurses, assistants and particularly Mrs. Valli and her team. I will be failing in my duty, if I do not make a mention about the personal care that was extended to me by the late Dr. Rema Mohan. I do miss this doctor who was a compassionate human being, besides being an excellent doctor. She was the embodiment

of care, compassion and excellent consideration for the health care / treatment to the patients. In fact, the Indira Eye Institute and a host of her patients like me, miss her very clearly.

Once again I wish to offer a big 'Thank you' to Dr. Mohan and Dr. Sivakumar and the whole team at Dr. Mohan's Diabetes Specialities Centre. This centre is thus not only a World Class one for Diabetes Care but also for Eye Care!



NUTRI SALAD

Dr. Saroja Raghavan
HOD & Sr. Manager, Nutrition & Dietotics,
Dr. Mohan's Diabetes Specialities Centre, Chennai

Ingredients:

Cucumber	: 50g	Lime juice	: 1 tbsp
Cabbage	: 25g	Green chilly	: 1
Cow pea	: 10g	Coriander leaves	: a few
Radish	: 20g	Mint	: few
Onion	: 25g	Pepper powder	: 1/4tsp
Tomato	: 50g	Salt to taste	

Method:

- ☉ Boil the Cowpea
- ☉ Grate radish, cucumber, cabbage, tomato, onion and chop green chilly, coriander leaves and mint.
- ☉ Mix all the ingredients with boiled cowpea.
- ☉ Add lime juice, pepper, salt and serve as a starter with variety rice.

Nutritive value

Energy	: 25 Kcal
Carbohydrate	: 4.1 g
Protein	: 1.3 g
Fat	: 0.1 g
Portion size	: 1 Katori
No of serving	: 3



Frequently
Asked
Questions

Frequently Asked Questions

1. Is diabetes related to depression?

Ans: Depression in diabetes has been considered to result from the burden of disease, but there is evidence that depression can also precede the development of type 2 diabetes. People with diabetes are twice as likely to become depressed. Depression can be short-term (situational) or long-term (clinical). The psychological stress of having diabetes may contribute to depression, but diabetes metabolic effect on brain function may also play a role. A depressed diabetic individual may not have the energy or motivation to maintain good diabetic management. It is frequently associated with unhealthy appetite changes. Diabetes requires physical and mental accommodations. The individual must learn about a complex system of dietary and medical interventions. This can be a burden for both the individual and his/her family.

2. Is it necessary to use medicines for diabetes life long?

Ans: Most of the times the answer to this question is "Yes". But in some conditions, there could be a possibility of reversible diabetes caused by severe stress or if it is drug induced eg. by steroids. In such a condition the patient may become normal after eliminating the precipitating factor.

3. Can a child with diabetes participate in sports?

Ans: Some children hate the fact that diabetes makes them different. It will not affect their athletic performance, in fact it helps their

sense of belonging, abolish self-pity, and teach confidence-building skills. Hence encouraging the child to take part in sports activities will program exercise into the child's life. Ideally, children with diabetes should have at least 30 minutes of activity a day. Exercise helps their bodies use insulin more efficiently and gives them a more optimistic, self-confident outlook. As exercise helps the tissues of the body use blood sugar, it may bring a risk of hypoglycemia. Consult the doctor about reducing insulin or giving extra snacks before or after exercise.

4. Will diabetes during pregnancy affect the mother and the baby?

Ans: The complications of gestational diabetes mellitus (GDM), defined as the first onset of diabetes or glucose intolerance during pregnancy, are usually manageable and preventable. GDM is not only associated with increased pregnancy morbidity but also increases the likelihood of subsequent diabetes in the mother and increased susceptibility to the development of obesity and diabetes in the offspring. Thus GDM puts both the mother and child at risk. It is important to detect patients with GDM, because if unrecognized, the pregnancy may end in the prenatal death or fetal wastage. Infants of mothers with GDM are vulnerable to several chemical imbalances, but the commonest are:

- ❖ **Macrosomia:** Refers to a baby that is considerably larger than normal.



- ❖ **Hypoglycemia:** Refers to low blood sugar in the baby immediately after delivery.
- ❖ **Miscarriages, stillbirth, baby with heavy birth weight, hypotrophic infants, and small for dates, children with lethal or handicapping congenital malformations.**
- ❖ The pregnant mother may develop recurrent **urinary tract infections, hydramnios, toxemia** etc.

The key to prevention of complications in the mother and child is careful control of blood sugar levels just as soon as the diagnosis of gestational diabetes is made.

5. Will uncontrolled diabetes affect oral health?

Ans: Yes, diabetes can affect the whole body including the oral cavity. Due to high blood glucose, people with diabetes are more likely to have problems with their teeth and gums. If diabetes is under control, the effects on oral health will be minimized, however, if diabetes

is uncontrolled, the oral effects can be dramatic. People with diabetes may have:

- ❖ **Rapidly progressing periodontal (gum) disease** – when gums shrink or pull away from teeth.
- ❖ **Gum inflammation (gingivitis)** - sore, swollen and red gums that bleed when one brushes the teeth.
- ❖ **Dry mouth** - can increase the risk of tooth decay because saliva normally washes away sugars and food particles that are fuel for decay-causing bacteria.
- ❖ **Poor healing of oral tissues** - after oral surgery or other dental treatment because blood flow to the site can be impaired.
- ❖ **Oral candidiasis (thrush)** - a fungal infection.
- ❖ **Burning mouth and/or tongue.**

Five simple ways can make a big difference in dental health: controlling blood glucose, healthy diet, regular brushing (twice), check for abnormalities and regular dental check up.



Dr. Mohan's
DIABETES SPECIALITIES CENTRE



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To

