

Wellness and Health: Talks by Samatvam, Bengaluru

May 15, 2021 at 4:00 PM

Meeting link: <https://bit.ly/3uDms5b> (Microsoft Teams)

Topics and Speakers

1. Overview of Health and Wellness by [Dr. B. M. Bhatt](#)
2. Nutrition and Physical Activity by [Dr. Kavitha Muniraj](#)
3. Healthy and Happy Mind by [Dr. Vikram Prabhu](#)
4. Climb High, Climb Far – Equanimity by [Dr. S. Srikanta](#)

1. Colonel (Retd) B. M. Bhatt L/RAMC, MD, FRCP

A graduate of AFMC, Pune and MD (Internal Medicine) also from Pune, Colonel Bhatt had served in the Indian Navy for 5 years and participated actively during the Indo-Pak war of 1971.

He subsequently moved to UK for further training, worked in the NHS, was accredited in Internal Medicine after MRCP and later elected FRCP.

He has also served in the British Army as consultant physician and served in the war zones of Bosnia, Kosovo, Afghanistan and Iraq and retired in 2006.

He is currently the Hon. CEO and Trustee at Samatvam Trust.

2. Dr. Kavitha Muniraj, MBBS, FACE

Dr. Kavitha Muniraj, MBBS, FACE, graduated MBBS from JSS Medical College, Mysuru in 2000. She is currently Faculty and Consultant in Diabetes and Endocrinology at Samatvam Trust, Bengaluru and is also the Medical Director, Research Director and Trustee at Samatvam Trust.

Dr. Kavitha trained in Clinical Research at St Johns Academy of Health Science and Actavis CRO and has done advanced courses conducted by PHFI in Diabetes, Gestational diabetes and Thyroid disorders.

She has been Head of clinical operations at Actavis and Manager, Pharmaco-vigilance at Quintiles. Dr. Kavitha has extensive teaching experience at Samatvam Trust and affiliated hospitals, and is faculty India International Knowledge Forum (IIKF).

Dr. Kavitha's has research interests as below.

Pituitary and adrenal disorders: Neuroendocrinology

Thyroid disorders: Optimal healthcare and outcomes

Osteoporosis and Metabolic bone disease: Prevention and Management

New pharmacology for improved Diabetes and Cardiovascular/ Renal outcomes

Clinical Research: Science Safe and Social relevance

Clinical Pharmacology.

3. Dr. Vikram Prabhu, MD, Consultant Psychiatrist

Dr. Vikram Prabhu is a Psychiatrist with 30 years of experience in Jayanagar, Bangalore.

Dr. Vikram Prabhu practices at Sagar Hospitals in Jayanagar, Bangalore and Ramakrishna Super Speciality Hospital in Jayanagar, Bangalore.

He completed MBBS from Kasturba medical college, Mangalore, Manipal University, Karnataka in 1985 and M.D. (Psychiatry) from National Institute of Mental Health and Neurosciences (NIMHANS) in 1989.

He has also trained at Washington University, St Louis and at Albany Medical Center, Albany, USA (1990 TO 1992).

Area of Interest: Philately Indian Philosophy and Spirituality

4. Dr. S. Srikanta, MD (AIIMS), [PHD], FEDM, FACE [USA], Hon FRCP [London]

First and foremost, Dr S Srikanta is the illustrious son of Dr NS Sathyanarayana, the 96 year, a most revered Family Physician of Karnataka, India, a former leader of Indian Medical Association and a silent social worker.

Dr S Srikanta is: (a) Distinguished Consultant Endocrinology Diabetes Medicine and Gardner (Mentor), (b) Former Medical Director, Samatvam Endocrinology Diabetes Center, Jnana Sanjeevini Medical Center and Diabetes Hospital, and (c) Founder and Former Managing Trustee Samatvam: Science and Research for Human Welfare Trust [premier health care institutions focusing on Science - Spirituality synthesis in the context of health care, education, research and social work / charity], in Bangalore, India, where he is working since 1993.

He is a graduate of Bangalore Medical College, Bangalore (1971) and a Post Graduate MD [General Medicine] from All India Institute of Medical Sciences (AIIMS), New Delhi, India (1978). He was a Fellow in Endocrinology, Diabetes and Metabolism from Duke University Medical Center, USA (1981). He was a Fellow, Faculty and Investigator, Endocrinology, Diabetes and Metabolism at Harvard Medical School, Brigham and Women's Hospital, Joslin Diabetes Center, USA (1982).

His initial research work, which began in India (1978) [Profile and pathogenesis of type 1 diabetes and immunoassays for islet cell autoantibodies], and then subsequently blossomed in USA (1981), was focused on islet beta cell life, death and immortality? - destruction, degeneration, regeneration, protection, preservation, immortality etc. His scientific work has led to fundamental discoveries in the pathogenesis, prevention and treatment of autoimmune beta cell destruction, pre type 1 diabetes, molecular biology and functions of islet cell antigens and auto antigens etc. His discoveries included the elucidation of preclinical autoimmune beta cell dysfunction and destruction, the documentation of the anamnestic autoimmune beta cell destructive phenomenon [recurrent autoimmune insulinitis during monozygotic twin to twin transplants], and the identification and molecular and functional characterization of a novel series of islet and endocrine cell differentiation antigens. These pioneering and foundation discoveries, have paved the way for a large body of subsequent scientific work globally, towards preclinical prediction and prevention of type 1 diabetes in animal models, and potentially in humans. Antigen specific islet beta cell vaccination, targeted immunotherapy, and eradication of type 1 diabetes remain highly cherished goals of scientists' worldwide.



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During this period, Dr Srikanta was one of the youngest [age 29] Faculty at Harvard Medical School and Joslin Diabetes Center, and the Clinical Investigator Awardee and Physician Scientist of National Institute of Health, USA.

Returning to India in 1987, relevant to the contemporary Indian society, his research and service focus changed almost diametrically from molecular biology to “molecular sociology” of diabetes mellitus. His mission was to design and implement state of art health care delivery in the field of Endocrinology Diabetes, relevant to all socioeconomic sections of the nation, with an emphasis on diabetes care in resource limited settings.

He served (1988) as Assistant Director, Endocrinology, Diabetes and Metabolism [Indian Council of Medical Research], at All India Institute of Medical Sciences, New Delhi, India. He has also served (1992) as Professor and Head of Department Endocrinology, Diabetes and Metabolism and Chief, Center for Endocrine Sciences at Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow, India.

He was a Visiting Professor at University of Minnesota, Minneapolis (Pancreas and islet transplantation program), and Visiting Clinician at Mayo Clinic, Rochester, and University of Michigan Medical Center, Ann Arbor, USA. He is a Fellow of American College of Endocrinology (FACE) and Honorary Fellow of the Royal College of Physicians (FRCP) London.

Since 1994, Dr Srikanta has been serving as Honorary Senior Consultant, Faculty and Investigator at the nation’s premier National Institute of Mental Health and Neurological Sciences (NIMHANS), Bangalore, India, making major contributions to patient care, teaching and research in the interdisciplinary fields of neuroendocrinology and neurometabolism – working with students and faculty of the Departments of Neurology, Neurosurgery, Neuroradiology, Psychiatry, Clinical Psychology etc.

Since 2013, Dr Srikanta also serves as Research Mentor and Guide [PhD students, Post Graduate Students, Post-Doctoral Fellows] and Scientific Collaborator / Investigator at the nation’s pinnacle scientific institution - Indian Institute of Science [Specific Collaboration: Center for Nano Science and Engineering], Bangalore, India, with pioneering contributions in the field of biosensors, protein glycation and oxidation and artificial pancreas.

Besides his role as Senior Consultant at Samatvam Endocrinology Diabetes Center and Jnana Sanjeevini Medical Center and Diabetes Hospital, over the last 3 decades Dr Srikanta [with the Samatvam Team] also serves as a Visiting Senior Consultant at various secondary and tertiary care hospitals [Sagar Hospital and Shanthi Hospital and Research Center etc] in the city of Bangalore, India, serving every year thousands of patients and families, requiring inpatient, emergency and critical care.

Besides demonstrating and disseminating socially relevant and cost effective unique diabetes patient care, health education and empowerment programs and models throughout the country, as a teacher and mentor, over the last 4 decades, he has continued to train and nurture, a large number of young Endocrinologists Diabetologists [as well as other medical specialists], Diabetes Educators, Physician Assistants, MBBS, MD and PhD students, Community Health / Social Workers, Health Administrators etc, who themselves have risen to higher echelons of science, medicine and health care world over [India, USA and other parts of overseas]. In his passionate role as a “Gardener” [Mentor] he continues to inspire, irrigate and ignite three generations of young minds and hearts of



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India [and even those from other parts of the world who seek his and Samatvam's tutelage and mentorship].

Through sheer passion, hard work and perseverance [against all odds], during the long years of his service to India and its people, Dr Srikanta has consolidated his mission and vision through the founding and nurturing of a network of unique medical institutions "Samatvam Jnana Sanjeevini", located in Bangalore, India. Samatvam – Jnana Sanjeevini represents a group of health care and medical institutions that specialize in treating and managing diabetes with other endocrine metabolic disorders. Samatvam's motto is "Service with devotion". The core philosophy is the integration of Science and Spirituality, in the context of health care. Founded in 1993, Samatvam (= equanimity) has four core service areas: health care, education, research and social work. Currently, the institutions serve through 4 major day care clinical facilities [and several affiliated secondary and tertiary care hospitals]. Every year comprehensive and continued medical care is provided to around 25,000 people in the outpatient clinics, 5000 more through inpatient and emergency hospital care, and very many more through the community outreach programs.

The 3 major and innovative community / public service projects of Samatvam Trust, namely DISHA, DOSTI and DEEPA, reach out and provide FREE diabetes care to the economically underprivileged and marginalized segments of our society [service to the bottom of the socioeconomic pyramid] and, disseminate professional medical education to health professionals at all levels [Igniting the minds].

In 2018, Dr S Srikanta was decorated with the most prestigious Dr BC Roy Award: Indian Medical Association – Karnataka, in recognition of "selfless and outstanding" lifetime services and contribution in the field of Medicine [Clinical and Community service, Medical education, Research and Social service], one of the topmost honour in the field in India.

It is hoped that in the coming years, the "Samatvam Model" of diabetes health care delivery [holistic care, cost subsidy, social engineering and empowerment], innovative medical education, socially relevant scientific research and compassionate public service [with special focus on poor and needy] can and will be replicated in other parts of the country, and other societies in a similar milieu across the globe.