



# Indian Association of Dermatologists, Venereologists & Leprologists West Bengal State Branch

# SKINTELLECT

The Official Newsletter of the IADVL West Bengal State Branch



## Issue Spotlight

- 🔪 Dermatologist Spotlight - Dr. Koushik Lahiri
- 🔪 DermBuzz - 01: A game changer
- 🔪 Resident Corner - An appraisal on climate change and skin health



"Skintellect," is the online monthly newsletter of the IADVL WB, dedicated to the dynamic world of dermatology. This publication is a testament to the commitment of our members towards advancing the ever stretching horizon of the discipline, sharing knowledge, creating bonhomie and archiving our IADVL WB activities.

Volume 2, Issue 6, October 2024



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## Secretary's Scribes

*Greetings from IADVL West Bengal!*

*On behalf of IADVL West Bengal, I am delighted to share the sixth edition of our monthly newsletter, Skintellect. As with the previous five issues, this edition is filled with exciting updates about our various activities.*

*Biswaderma - Bengal Dermatology beckons the world! We successfully organized the Biswaderma webinar, a prestigious global dermatology event conceived by Dr. Sandipan Dhar. The scientific program was expertly curated by Dr. Saumya Panda, with Dr. Kingshuk Chatterjee serving as the Organizing Secretary. We were honored to host twenty-five distinguished international speakers who led groundbreaking discussions on dermatology, contributing significantly to the global knowledge in our field. This was followed by an engaging panel discussion that fostered rich exchanges on contemporary dermatological issues, attracting a large and appreciative audience.*

*Additionally, we organized a community dermatology camp at PRAYAS in Hridayapur, Barasat, North 24 Parganas, showcasing the commendable participation of both our senior and junior members under the leadership of Dr. Arghya Prasun Ghosh.*

*IADVL West Bengal also expressed solidarity with other medical associations regarding the Abhaya issue through various initiatives.*

*Our fourth Executive Committee meeting this year was both exhaustive and comprehensive. The minutes of the meeting are included in this issue of Skintellect for all members to review.*

*Happy reading!*

*Sincerely,*



*Dr. Suchibrata Das  
Honorary Secretary  
IADVL WB*



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## Editors Desk

Dear Readers,

Welcome to our October edition of the Skintellect monthly Newsletter! We have an exciting lineup this month that showcases the incredible insights within our field.

In our Dermatologist Spotlight, we feature Dr. Koushik Lahiri Sir, who shares his invaluable experiences in leadership and academics. His contributions are shaping the future of dermatology, and we're thrilled to highlight his journey.

Our Dermbuzz column takes a dive into the role of artificial intelligence in dermatology by Dr. Dipayan Sengupta. Don't miss this enlightening discussion! Additionally, our Resident Column addresses the intersection of climate change and skin health, shedding light on the pressing issue of pollution affecting our skin health.

We are also proud to report the success of Biswaderma, our recent global international webinar featuring lectures from 26 esteemed international speakers and widely attended by faculty and delegates from all over the country. It was a fantastic opportunity for knowledge sharing and collaboration, seamlessly executed by Dr. Soumya Panda Sir and his team.

A health camp was also organised at Hridaypur, North 24 Parganas by Prayas under the aegis of IADVL WB benefitting 200+ patients.

Thank you for your continued support and engagement. We hope you enjoy this month's content!

Warm Regards,



Dr. Shreya Poddar  
Editor, Skintellect,  
The IADVL WB Monthly Newsletter  
Hony. Joint Secretary, IADVL WB

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## DERMATOLOGIST SPOTLIGHT:

### Dr. Koushik Lahiri

#### *Me and my meaningless musing*

1. **Sir, we wish to congratulate you for your commendable and inspiring run as IADVL WB President. Can you tell us about your journey in Dermatology, your mentors and how you became involved in leadership roles within the our association.**



*Before I was introduced to the English alphabet, I became familiar with the iconic moss-green masthead of the Indian Journal of Dermatology. It was only much later that I could read its name. The pungent smell of the letterpress printing ink on the glossy art plates of that journal is still very fresh in my olfactory hard disk.*

*My father, **Dr. Bhabesh Chandra Lahiri**, widely known as **Dr. B.C. Lahiri**, played a pivotal role in establishing the Department of Dermatology at Bankura Sammilani Medical College in 1969. In 1973, he became the first faculty member of the Department of Dermatology at Burdwan Medical College and Hospital. A founding member of the Indian Association of Dermatologists, Venereologists, and Leprologists (IADVL), his devotion to the Association was unwavering, though his shy and introverted nature kept him away from the spotlight.*

*My first teacher in Dermatology, aside from my father, was **Prof. Dr. Arijit Coondoo**, who remains a true friend, philosopher, and guide. My postgraduate training began under the tutelage of the unassuming yet highly knowledgeable **Prof. P. K. Guha**, who excelled in both clinical dermatology and dermatopathology. After his retirement, **Prof. S. R. Sengupta** joined as my mentor, fundamentally reshaping my perspective on Dermatology. His teaching, clinical expertise, friendship, and unyieldingly positive outlook left a lasting impression.*

*I owe my first introduction to Dermatosurgery to **Dr. Subtata Malakar**, who taught me procedures like punch grafting for vitiligo. **Dr. Sandipan Dhar**, another esteemed mentor, has also provided me with immense affection and support, without which I would not have progressed this far in my career.*

*One winter afternoon, while working on my thesis on vitiligo surgery and struggling to find essential references in the pre-internet era, I received a parcel containing invaluable articles and a handwritten note from the legend of vitiligo surgery, **Dr. Rafael Falabella** of Colombia. That package was nothing short of a treasure trove. Later, I had the privilege of meeting Dr. Falabella and was deeply moved by his kindness and his generous encouragement of my humble efforts. To this day, tears of joy well up in my eyes when, through my work, I am able to bring a smile to the face of a young girl with vitiligo.*

*Later in my career, I had the honor of meeting **Prof. Dr. Ajit Kumar Dutta**, a distinguished vitiligo specialist, who continually inspired me to think beyond the obvious. Over the last two decades, **Prof. Dr. S. Premalatha** has also been a mentor and guardian angel in my life, even though I never had the opportunity to learn directly from her.*

*I became a life member of IADVL in 1994, an Executive Committee member in 1996, and went on to serve as Honorary Treasurer (1999-2000) and Honorary Secretary (2001-2003). I served as Joint Secretary (2003-2004) and Honorary General Secretary (2006-2008) of the National Executive.*

*In 1997, I was inducted into the editorial board of the Indian Journal of Dermatology by Dr. B. Haldar. Initially, my duties involved manually preparing the author and subject indices. During this era, manuscripts were submitted in triplicate and reviewed manually, with frequent trips to the printing press. I consider myself fortunate to have been closely involved with the journal during its profound transformation over the next decade and a half.*

*In 2000, I was appointed Assistant Editor of the Indian Journal of Dermatology, followed by Associate Editor in 2003, and Executive Editor in 2006. In 2011, I was nominated Editor-Elect by Dr. Haldar and assumed the role of Editor in*



2012, a position I proudly held until 2017. During this time, I witnessed the journal's growth into the crown jewel of the IADVL West Bengal State Branch.

Simultaneously, at the same time, in addition to my editorial duties, I served as the Founding Chairperson of the IADVL Taskforce Against Topical Steroid Abuse (ITATSA) from 2014-15, Chairperson of the IADVL Taskforce Against Quackery (ITAQ) from 2022-23, Founding Coordinator of the IADVL Special Interest Group on Pigmentary Disorders, and Vice Chairperson of the Scientific Committee for DERMACON 2017.

At the international level I was elected as the Director of International Society of Dermatology in 2013 and then as the Vice President in 2017 and again as a Director in 2021. I was fortunate to represent India at the International League of Dermatology Societies (ILDS) assembly of delegates (AoD) in five successive World Congresses: Buenos Aires(2007), Seoul(2011), Vancouver(2015), Milan(2019) and Singapore(2023).

I was fortunate to serve as the Ambassador for four successive World Congresses of Dermatology (WCD): Vancouver(2015), Milan(2019), Singapore(2023), Guadalajara, Mexico(2027).

In spite of all these accolades and responsibilities at different positions both at the national and international level, serving my mother branch as the President was the pinnacle point in this journey so far which I accomplished after two decades of serving as the Hony. Secretary of the branch.

## **2. What accomplishments or initiatives are you most proud of from your time as President?**

Over the past year, we have achieved remarkable milestones together, working tirelessly to advance the field of dermatology in West Bengal. I am deeply proud of our collective accomplishments, which would not have been possible without the unwavering dedication and support of each and every one of you. While we encountered numerous challenges, our resilience and determination have enabled us to overcome them and continue making meaningful progress in dermatology both within our state and beyond. Our shared vision has led to significant initiatives, and the Presidential programs we implemented have become integral to our future path. Key projects such as **community dermatology, anti-quackery efforts, establishing State council, district chapters, e-governance, the Go Green initiative and the never before achievements like cultural activities and online webzine স্বকবদ্যির দরবার, book publication etc.**, stand as testaments to our progress.

The success of our state conferences, which have set new standards for academic excellence, is yet another reflection of our commitment. With a forward-looking approach, we introduced **Dermaadhyayn**, IADVLWB's flagship monthly online academic endeavor under the Academy. It has already garnered significant recognition in the scholarly community and represents our commitment to ongoing education. I would also like to take this opportunity to express my sincere gratitude to the entire **Skintellect** team for their dedication in delivering valuable insights and updates through our monthly web magazine, which continues to enrich the knowledge of our members and automatically adds to our archives.

## **3. Sir, you will also be contesting for National IADVL President. What do you think are the most pressing issues faced by Dermatologists today and how do you think they should be addressed?**

After thorough discussions with our members across all age groups, several key concerns have emerged. These issues demand our immediate attention and action:

- **Zero Tolerance for Quackery in Dermatology:** We must adopt a firm policy of zero tolerance toward dermatological quackery to protect the integrity of our profession.
- **Combating Topical Steroid Abuse:** A comprehensive, all-out effort is required to curb the misuse of topical steroids and mitigate the associated risks to patient's skin health.



- **Strengthening IADVL:** A structured, constructive plan is essential to reinforce and reunite IADVL, fostering collaboration and growth across the organization.
  - **Real-Time Online Voting During AGBM:** Introducing live, online voting on proposals during the Annual General Body Meetings (AGBM) will enhance member participation and ensure transparency in decision-making.
  - **Focus on Youth Engagement:** We must prioritize listening to the concerns of our younger members and facilitate solutions to address their challenges, ensuring that their voices are heard and their needs are met.
  - **Improving DERMACON:** Definitive and structured steps should be taken to address any existing issues within DERMACON, ensuring the event meets the evolving needs of our community.
4. **Sir, you also have multiple distinguished honors and awards to your credit, how do you stay abreast with advances and changes in dermatology?**

Shreya, thank you for your insightful question. As you may know, I have never held a teaching position in any medical college nor have I been involved in government service. My career has always been rooted in private practice. However, I have been fortunate to receive unwavering encouragement from my mentors and guides, especially when it comes to documentation and publication.

Dr. B. Haldar, who was the editor of the Indian Journal of Dermatology at the time, greatly encouraged new authors to submit manuscripts. Similarly, Dr. S.R. Sengupta emphasized the importance of keeping meticulous notes on every interesting case, which we used to document daily in a red hardbound register in our department. Dr. Subrata Malakar continuously pushed me to think beyond conventional boundaries, fostering a spirit of innovation in my work.

My journey in publishing began during my residency, with a case report on multiple dermal cylindroma. I still vividly remember the excitement of having my first article published in the Indian Journal of Dermatology as a postgraduate student—I could hardly sleep that night. My first national presentation took place in January 1996, in Ahmedabad, where I spoke about the effects of topical tretinoin on acanthosis nigricans.

Reflecting on my academic journey today, I am surprised to find that after three decades, my body of work includes 202 publications, 8 books, 32 book chapters, and 128 articles. My research impact is reflected in a Research Interest Score of 1,033, 2,025 citations, over 105,216 reads, an h-index of 20, and an i10-index of 38 (as of September 23, 2024).

My compendium on topical steroids is now distributed globally, and I regularly receive heartwarming messages from junior colleagues who have benefited from reading Postgraduate Dermatology. In addition to my written contributions, I have delivered over 400 lectures at state, zonal, national, and international conferences in the last three decades.

All of this has been made possible by my inherent eccentricity, some call it adult ADHD, which have always kept me in constant motion, never allowing me to remain idle.

5. **Having a work life balance is quite crucial these days. How do you strive to achieve that balance between clinical practice, academic pursuits and leadership responsibilities within the association?**

Having a balcony in life—a creative one—is essential, along with a few windows to breathe-in fresh air. Each day offers an opportunity to create something new—whether it's capturing a moment through camera, writing a paragraph, or singing a childhood song.

My journey into photography began at the age of six, thanks to my father, and over time, this hobby has transformed into a passion. The camera has since become an extension of myself. Music, which remains my Achilles' heel, along with



*literature, are passions I inherited from my mother. I have curated collections of short stories, travelogues, and poems in Bengali.*

*As a family, we cherish the joy of travel, always ready to pack our bags at a moment's notice—though I must admit, I don't handle the packing myself*

*Beyond my professional commitments with organizations like IADVL and ACSI, I actively engage in various movements and social activities that extend beyond dermatology. This involvement helps keep my mind fresh and energized, always eager to pursue something new. My inspirations are deeply rooted in the works of legendary figures like poet **Rabindranath Tagore**, filmmaker **Satyajit Ray**, and author **Buddhadev Guha**, who have indelible impact and catalytic influence on the chemistry of my upbringing.*

**6. Sir, before we sign off.. What advice would you give to our young members regarding taking on leadership roles within our association as well as ethical conduct in medical fraternity?**

*The phrase "publish or perish" emphasizes the importance of academic productivity, particularly in the form of publishing research. From day one, it is crucial to develop a habit of not only reading textbooks but also regularly engaging with high-quality academic journals. These resources provide invaluable insights and support professional growth. In clinical practice, we have an abundance of rich materials at our disposal, yet it is unfortunate that we do not always utilize them to their fullest potential. The key to scientific advancement lies in listening to patients and drawing from their experiences.*

*Publishing scientific research is an art form. Different journals have unique expectations, priorities, and acceptance criteria. It is essential to be aware of these differences and remain flexible without compromising on academic integrity. Any form of dishonesty, such as plagiarism, data fabrication, falsification, duplicate submission, intellectual theft, or manipulation of authorship rights, must never be tolerated in the pursuit of knowledge. Maintaining ethical rigor is fundamental to sustaining the credibility of one's work.*

*Passion for excellence should be an ever-burning flame. As contributors to scientific progress, always remember that civilization advances through your efforts.*

*To me God is not a distant alien entity. God is within us. God is there in Rooks. In Lever, Fitzpatrick's or Bologna. In the writings of Tagore or Tolstoy, in the voice of Pandit Bhimsen Joshi or John Lennon. God touches you through a poor patient, when you touch him/her with the intention to cure him/her.*

*Look within, you are God.*

*As Dr. APJ Abdul Kalam once said, "Dream is not that which you see while sleeping; it is something that does not let you sleep."*

*Let this drive guide your journey in academia and beyond.*

## DERMBUZZ : 01: A GAME CHANGER FOR DERMATOLOGY & HEALTHCARE

**Dr. Dipayan Sengupta**  
Consultant Dermatologist  
Charnock Hospital

*If you've been keeping an eye on the latest news in artificial intelligence, you have probably already heard of the new AI model o1 by OpenAI. I have tested it extensively, and trust me—it's like nothing we have ever seen in the past! Here's why you should be excited too!*

### What's So Special About the o1 Model?

*Dubbed "Strawberry" during its development, the o1 is a massive upgrade in how AI thinks and solves problems. Unlike the older models that mainly churn out responses, the o1 is all about mimicking human-like reasoning. Imagine having a super-smart assistant that doesn't just answer questions but actually understands and tackles complex issues just like we do!*

*This new model shines brightest in fields that need serious brainpower, like math, physics, and coding. It learns from its successes and mistakes, getting smarter over time. For example, in math competitions, the o1 nailed 83% of the problems compared to its predecessor's 13%. On coding platforms like Codeforces, it scored in the top 11%! Open AI claimed that, it can handle scientific topics with PhD-level accuracy. Pretty impressive, huh?*

### Let's put it into action

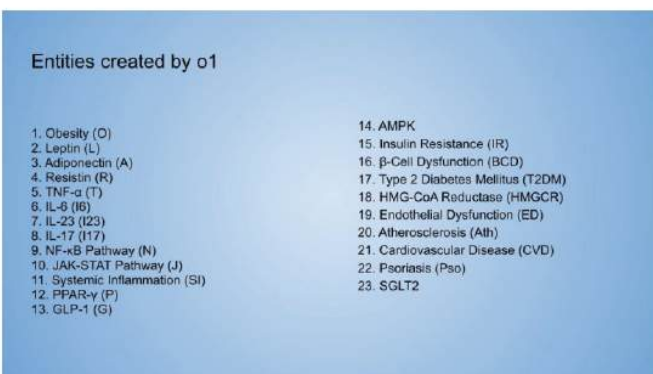
*So, I have done a little experiment.. I asked the following question → Give the mathematical relationship between psoriasis and different metabolic entities (those are modifiable by medications)*

### The result

*(After a few rounds of refinements)*



**Figure 1**



**Figure 2**



*Look at the image of the entity list (figure 1) and the mathematical modelling (Figure 2) offered by o1, how it conceptually understands the scientific literature and have extracted the information we were looking for. Of course, the mathematical relationship must be validated with empirical data but that does not undermine its brilliance. You can imagine how a model with superior reasoning skills and all the data in the world will make better decisions, and will potentially change how clinical decisions are made and empowering both dermatologists and patients.*

### But It's Not All Sunshine and Rainbows

*Of course, it's not all perfect. The o1 model still has a few hiccups to work out. Sometimes it takes longer than you'd like to answer simple questions, it can't handle images just yet, and it occasionally stumbles on basic common sense stuff*



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that we humans breeze through. For example look at the Figure 3.

**Figure 3: Task for readers. Where did it go wrong?**

**Looking Ahead: What's Next?**



*The o1 model isn't just a fad—it's opening up a new world of large language models (the era of reasoning), and more possibilities across different medical fields. In dermatology, better AI tools could mean catching skin diseases more accurately and offering better & more personalised treatments.*

*But with great power comes great responsibility. As AI becomes more integrated into healthcare, it's crucial to keep patient privacy and data security front and center. Transparency in how AI makes decisions will also be key to gaining trust in these technologies.*

*Stay tuned, because the AI revolution is just getting started, and the future never looked brighter!*

**DERMACON INTERNATIONAL 2027**  
55<sup>th</sup> National Conference of IADVL

We request you to bless KOLKATA as venue for DERMACON International 2027



## **Proceedings of the 4<sup>th</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 5<sup>th</sup> September 2024 at the Association office, for the year 2024-25**

**Members Present:** Dr. Sudip Das, Dr. Suchibrata Das, Dr. Indrashis Podder, Dr. Kingshuk Chatterjee, Dr. Aniruddha Ghosh, Dr. Surajit Gorai, Dr. Subhamoy Neogi, Dr. Arindam Sett, Dr. Santa Ghosh, Dr. Shreya Podder.

Dr. Sudip Das, Ex President took the chair and called the meeting to order.

### **Agenda-1: Confirmation of the proceedings of the last executive committee meeting held on 26/7/2024.**

The proceedings of the last executive committee meeting held on 26/7/2024 were read and confirmed unanimously.

### **Agenda-2: Report on -**

#### **Outstanding Dues of conferences/CMEs**

Dr. Suchibrata Das, Hony. Secretary informed that till date the association owes some due amounts approx. Rs. 21 lacs from few pharmaceutical companies for conferences & CMEs. After discussion the members decided that we need to collect the dues from those companies at the earliest and send the due list to org. Secretaries of conferences to collect it.

- **Statements of Nodal Executives**

Nothing discussed.

- **Activities of Sub Branch/Combined District Chapter**

Nothing discussed.

- **To place statement of account for the month of July.**

To be discussed later.

### **Academic Committee Meeting on 29/8/2024**

#### **1: Discussion regarding New CME Dates.**

Dr. Sudip Das, Org. Chairperson, IADVLWB Academy informed that the state has not yet organized any SIGs. After long discussion the committee finalized the following CME schedule:

| <b>CME</b>                 | <b>Date</b>       | <b>Coordinator</b> |
|----------------------------|-------------------|--------------------|
| PGPDT                      | 23 & 24-Nov-24    | Aniruddha Ghosh    |
| SIG Dermatopathology       | 12th-March-2025   | Kisalay Ghosh      |
| SIG Female Genital Disease | 25th Nov-2024     | Sujata Sengupta    |
| Y Derma DCR                | 12th January 2025 | Anupam Das         |

#### **2: Discussion regarding Guidelines of some important diseases to be published in our journal.**

Dr. Sudip Das, Org. Chairperson, IADVLWB Academy proposed that we can chose the rare important diseases, which was shown in our monthly clinical meeting and it will be publish in our journal. The member accepted it.

#### **3: Discussion regarding the way ahead of the academy.**

Dr. Sudip Das, Org. Chairperson, IADVLWB Academy informed that we already organizing following CME from our State.

| <b>CME</b>               | <b>Date</b>         | <b>Coordinator</b> |
|--------------------------|---------------------|--------------------|
| CME on DVL Trust         | 28-Jan-24           |                    |
| Biswaderma International | 21 & 22-Sep-24      | Saumya Panda       |
| Cuticon WB               | 30th Nov & 01st Dec | Surajit Gorai      |



|                |                         |               |
|----------------|-------------------------|---------------|
| MID CUTICON WB | 29 & 30-June-24         | Animes Biswas |
| Vitiligo Day   | 25-Jun-23               |               |
| DermaAdhyan    | Every Month Last Sunday |               |

Dr. Suchibrata Das talk with Dr. Nilay Kanti Das regarding the registry database over phone and he informed that he and his team have conducted a meeting and planned to create the registry database in 2 diseases (1 common diseases & 1 rare disease) in Dermatology. He informed that it will cost Rs. 70000/- one time & Rs. 50000/- per disease per year approximately. The members referred this matter to Executive Committee Meeting and agreement may be made.

#### **4: Discussion regarding consensus guideline of IADVL WB Conferences for pharma companies.**

As per UCMP 2 Guidelines the pharma companies can't pay for Delegate Registration as well as their travel, hotel etc. So, therefore these need to be received within the ambit of stall money. The stall money actually will be the sum total of 1. Stall Charges and 2. Total Registration money paid for Delegate/Faculty, Room/Hotel Charges & Travel Charges. All these should be aggregated and then GST bill issued. Only for the outside orator IADVL WB will pay for the logistic. The member accepted it.

#### **5: To Select the name of Orator for Orations in CUTICON WB 2024.**

Dr. Sudip Das, Org. Chairperson, IADVLWB Academy informed the name of orators, Dr. Partha Mukhopadhyay for the Prof. Dr. A. K Dutta Memorial Oration, Dr. Saumya Panda for the Prof. Dr. R. K Panja Memorial Oration and Dr. Shibaprasad Raychowdhury for the Prof. Dr. B. N. Banerjee Memorial Oration. after long discussion the members accepted the proposal.

#### **6: Miscellaneous.**

Nothing discussed

#### **Finance Committee Meeting on 29/8/2024.**

##### **1: Discussion regarding Income Tax outstanding.**

Dr. Suchibrata Das, Hony. Secretary informed to the members that our auditor was replied to Income Tax regarding the outstanding letter. Still now we don't have any reply from Income Tax office. So, The members decided that it will be discuss in the next Meeting.

##### **2: Discussion regarding Affiliation fees of all Conferences (CUTICON & MID CUTICON).**

Hony Secretary informed now the conference expenditure increase day to day therefore there should be a guideline to maintain for savings.

Guideline: The Credited amount of 25% of Registration Fees and 15% of pharma collection should be transfer (every month) as royalty to IADVL WB Account for maintain the yearly office expenses. The share of surplus amount will be distributed 30% to IADVL WB Account, 30% to IJD Account, 20% to Reserve Fund, 20% to Academy. This matter was accepted in Finance Committee Meeting and it will be referred to Executive Committee to forwarded the Constitution Committee for amendment of IADVL WB Constitution.

##### **3: Scope of Work of New Auditor.**

To be discuss in the next Meeting.

##### **4: To reduce conference expenses (category wise).**

Hony Secretary informed the members that due to increase of conference expenditure there should fixed some expense (Category wise) and it should not over for the expenses in conference. The members also decided that the venue should



be a Medical College for organize MID CUTICON WB. The members also decided that Faculty Dinner with Alcohol & General Dinner without Alcohol (only mocktail allowed) in conference.

Award- Rs. 70000/-

Food: Tea- Rs. 100/-, Breakfast- Rs. 25/-, Lunch- Rs. 800/-, Dinner- Rs. 1300/- per plate

Memento: Normal- Rs. 400/- per piece & Special- Rs. 700/- per piece

Cultural Program: Rs. 50000/-

Audio Visual: Rs. 200000/- + Rs. 15000/- (for Workshop)

Accommodation: Rs. 150000/- (maximum 5 to 6 Faculty)

TA Expenses: Rs. 100000/-

#### **5: Discussion regarding IJD Finance.**

Hony Secretary informed the members we have recently paid 12 lac to M/s Medknow publisher, but now the outstanding amount increased day by day for publishing journals. The Editor informed that he has received a proposal from M/s Jaypee publishers and they told him that they wont charge any printing & publication fees. The members decided that to hold the proposal and request to the editor to increase Sponsor for Advertisement and find some pharma company for sponsor as bulk subscription of IJD.

#### **6: Discussion regarding Building Fund.**

Dr. Suchibrata Das, Hony. Secretary informed to the members that still now we don't have any building fund in our asset, but we need to pay Rs. 42 lac to the builders within next 2 year before the possession of New building. The members decided that 20% of surplus from all conference should be transfer to the Building Fund from this year.

#### **7: Discussion regarding clear the outstanding dues from various conferences.**

Dr. Suchibrata Das, Hony. Secretary informed that till date the association owes some due amounts approx. Rs. 21 lacs from few pharmaceutical companies for conferences & CMEs. After discussion the members decided that we need to collect the dues from those companies at the earliest and send the due list to org. Secretaries of conferences to collect it.

#### **8: Miscellaneous.**

Hony. Secretary informed to the members that we have a proposal from conference committee for invite 20 guest faculty for CUTICON WB 2024. Dr. Sudip Das inform that we have already passed that we invite only 5 to 6 members from outside of West Bengal as Guest Faculty and the budget was already fixed of maximum Rs. 1.5 lac. After long discussion the member decided that this year the conference committee will be invite maximum 10 members from outside of West Bengal as guest faculty and the budget is Rs. 5 lac maximum.

- **Status of DVL Trust and E-voter**

Nothing discussed.

- **Derma Adhyayan Webinar**

Dr. Suchibrata Das, Hony. Secretary informed that this month Dermaadhyayana, the flagship monthly CME of IADVLWB on 15th October, 2024 in the topic will be "Newer Modular in Dermatology".

- **CC Meet**

Nothing discussed.



- **MID CUTICON WB 2024**

Nothing discussed.

### **Agenda-3: Discussion regarding**

- **CUTICON WB 2024**

Dr. Surajit Gorai, Org. Secretary requested to the members that CUTICON WB 2024 be postponed due to ongoing RG Kar Abhaya Case and it reschedule in the month of January 2025. The members expressed concern about the non-transferable venue charges they had already paid. They agreed that if the venue could extend the booking date, this matter should be discussed at the next Executive Committee Meeting. Dr. Gorai also proposed to the members to increase the guest faculty from 10 to 15 members from outside of West Bengal, but the members rejected the proposal. The members also decided to place a proposed budget for CUTICON WB 2024.

- **Website and Digital Platform**

Nothing discussed.

- **Indian Journal of Dermatology**

Nothing discussed.

- **Biswa Derma (An International Webinar)**

Nothing discussed.

- **SIGs of 2024**

Nothing discussed.

- **DERMACON International 2027**

Nothing discussed.

- **Community Derma Project Health Camp.**

Dr. Suchibrata Das, Hony. Secretary informed that we will be organized a Health Camp on 8th September, 2024 at Hridaypur. The members appreciate it. He also informed that we received a list of schools in west Bengal from central to organize health camps (Cholo Pathshala). The member decided that we will be organize one health camp within a month.

- **Election for Editor Elect, IJD 2025.**

Hony Secretary placed the draft Election Circular for Editor Elect 2025 to the members for fix up the last dates. The members fixed the date on 18th October, 2024.

- **Last date of application for SK Panja Award, N B Das Memorial Award in 2024 & CODFI Award 2023.**

The deadline for submitting applications for the S K Panja Award 2024 fixed on 18th October, 2024. However, due to the MD Examinations has not over yet, the submission of applications for the N B Das Memorial Award has been postponed until further notice.

- **Election Circular 2025-26.**

Hony Secretary placed the draft Election Circular for the year 2025-26 to the members for fix up the last dates. The members fixed the dates as below:



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The last date of submitting Nomination Paper-  
Date of scrutiny of Nomination Papers -  
Last date of withdrawal of Nomination Paper-


01st November, 2024 upto 4 p.m.  
04th November, 2024  
07th November, 2024 upto 4 p.m.

### Agenda-4: Miscellaneous.

Nothing discussed.

As there was no other agenda, meeting ended with vote of thanks to the chair.





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Details of one time Admission fees

The Admission Fees payable shall be based on age in years of the proposed member or their family member who likes to join the scheme, as follows :

| No. | Age                      | Rate in Rs. |
|-----|--------------------------|-------------|
| 1   | Up to the age of 10 Year | 1,000       |
| 2   | 11 of 20 Years           | 1500        |
| 3   | 21 of 30 Years           | 2000        |
| 4   | 31 of 40 Years           | 3000        |
| 5   | 41 of 50 Years           | 4000        |
| 6   | 51 of 60 Years           | 5000        |
| 7   | 61 of 70 Years           | 7000        |
| 8   | Above 70 Years           | 8000        |

Member's annual contribution

→ Annual membership fee of Rs. 750/- ( with increment every 5 years.)

→ Fraternity contribution Rs. 500 x N, where N = No. of Death of members)

Plus, Optional professional indemnity annual legal fees, to be paid by those members who opt for professional indemnity.



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## IADVL WB SOCIAL AWARENESS HEALTH CAMP

*A Health Camp was organized on 08th September, 2024 at Hridaypur, North 24 Parganas, by Prayas, under the aegis of IADVL WB, Community Health Programme. Our Senior and Junior members Dr. Astik Moni Ghoshal, Dr Jayanta Das, Dr. Sk Shahriar Ahmed and Dr Biplab Mandal were in the Camp under leadership of Prof. Arghya Prasun Ghosh.*

*More than 200 patients were examined in this camp, advices were given and medicine were supplied to many patients.*

*IADVLWB is committed to serve mankind, in addition to it's academic prowess.*



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**OUR MISSION:**

**Reach the underprivileged, serve the needy**



## RESIDENT'S CORNER: AIR POLLUTION, CLIMATE CHANGE AND SKIN HEALTH- AN APPRAISAL

**Dr. Subhajit Sadhukhan**

Senior Resident, Department of Dermatology,  
College of Medicine and Sagore Dutta Hospital,  
Kolkata, India

### Introduction

Climate change associated with widespread planetary warming has resulted in myriad detrimental impacts on human health and has been described as the most significant crisis facing the global healthcare system. As the primary (dynamic) barrier between individuals and their environment, skin is visibly sensitive to the health risks posed by a warming world, including heat-related illnesses, cutaneous and systemic infections, malignancy, photoaging and pigmentary disorders. Importantly, skin is also sensitive to air pollution.



### Mechanism of skin damage by pollutants

- **Primary pollutants** are substances directly produced from a process.  
*Examples: sulfur oxides released from factories, ash from a volcanic eruption, black carbon, nitrogen oxides (Nox), carbon monoxide gas from motor vehicle exhaust, and heavy metals such as mercury and lead.*
- **Secondary pollutants** are not emitted directly but instead form in the air when primary pollutants react or interact.  
*Examples: Tropospheric ozone (O<sub>3</sub>) is a secondary pollutant. The experimental evidence suggests a positive correlation of O<sub>3</sub> exposure with oxidative damage, impaired antioxidant defence, and proinflammatory response in the skin.*
- There are two documented ways for pollution to permeate the skin: transepidermal and absorption through hair follicles and sweat ducts. Dermal uptake depends on the deposition of the hazardous substances on the skin surface, the composition and physical properties of epidermal lipids, and diffusion through the epidermis to the blood vessels. Pesticides, solvents, mercury, isocyanates, polychlorinated biphenyls, acrylates, and PAHs are some of the main chemical groups that have been recognized as posing health problems via percutaneous absorption.

### Role in dermatologic diseases

The diseases which are usually get affected with climate change and air pollution are mentioned as follows:

- Photoaging
- Melasma
- Atopic dermatitis
- Psoriasis
- Acne
- Systemic lupus erythematosus
- Malignancy

### Prevention

In addition to advocating for clean air, non-fossil fuel energy sources, and environmental protections, we need to



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protect ourselves and our patients from the deleterious effects of pollution. Some strategies for personal protection are:

- **Diet:** Water may dilute the toxin load within the bloodstream. The recommended daily water intake for an adult is 2 L per day.
- **Antioxidants:** Antioxidants neutralize the free radicals produced as a result of toxic air pollutants entering the body. Thus, a diet rich in antioxidants may help protect from the damage caused by air pollution. The most important antioxidant supplements are vitamins B3, C, and E; omega-3;  $\beta$ -carotene; selenium; coenzyme Q10; polypodium leucotomos; green tea; and lipoic acid. The Mediterranean diet involves the consumption of foods high in antioxidants, such as fruits, vegetables, whole grains, legumes, olive oil, fish, and poultry.
- **Anti-pollution skin care regimen:** Cleansing the skin is the backbone of an anti-pollution skin regimen because airborne pollutants can bind to the skin and weaken the skin barrier, rendering it more susceptible to UV damage, dryness, wrinkles, and hyperpigmentation. Protecting skin during the daytime with sun protective skin care products is another critical cornerstone of prevention. Emollients augmented with evidence-based topical antioxidants, such as vitamins A, B3 (niacinamide), C, and E; green tea; coenzyme Q10; and resveratrol is another important preventive strategy.

## Suggested reading

1. Puri P, Nandar SK, Kathuria S, Ramesh V. Effects of air pollution on the skin: A review. *Indian J Dermatol Venereol Leprol* 2017;83:415-423
2. Boos MD. Climate change and air pollution: Twin threats of burning fossil fuels with implications for the practice of dermatology. *J Eur Acad Dermatol Venereol*. 2023; 37: 1943–1944.
3. Roberts W. Air pollution and skin disorders. *Int J Womens Dermatol*. 2020;7(1):91-97.



## Quiz Zone

- The first primordial hair follicles form on the eyebrows, upper lip and chin at which gestational age?*
  - 7 WEEKS
  - 9 WEEKS
  - 12 WEEKS
  - 16 WEEKS
  - 20 WEEKS
- If a patient develops an acute vesicular rash after eating mango fruit. She needs to be careful on exposure to this as well?*
  - Ginkgo fruit
  - Croton
  - Ragweed
  - Tea Tree Oil
  - All of them
- A teenager presents to a surgery clinic for removal of a cyst in the suprasternal notch which often drains fluid. Upon examination of the excision on histology you notice thick ciliated epithelium. The most likely developmental defect is.*
  - Branchial Cleft cyst
  - Branchial cleft sinus
  - Thyroglossal cyst
  - Thyroglossal sinus
  - Bronchogenic cyst.
- Osteopathia striata is found in which disorder?*
  - McCune Albright Syndrome
  - NF-1
  - Buschke-Oliendroff Syndrome
  - Gorlin's Syndrome
  - Goltz Syndrome
- Trichorrhesis nodosa is seen in all except?*
  - Menkes Disease
  - Trichothiodystrophy
  - Crandall Syndrome
  - Arginosuccinic Aciduria
  - Netherton's Syndrome



## Volume 2, Issue 5 Answer:

1- Correct choice: **D. SPRED-1**

Explanation: This case represents Legius syndrome (Choice 4), which is due to an autosomal dominant mutation in SPRED-1. This syndrome accounts for up to 2% of all patients meeting criteria for NF1. The clinical presentation is similar to that of NF1 with multiple CALMs, axillary or inguinal freckling. Mild intellectual disability, macrocephaly are also common features. Other NF1-associated features such as Lisch nodules, neurofibromas, NF1-specific bone lesions, optic pathway gliomas, malignant peripheral nerve sheath tumors are absent.

PTPN11 (Choice 1) is mutated in LEOPARD syndrome and Noonan syndrome. RET (Choice 2) is mutated in several genodermatoses including MEN 2a and 2b. GNAS (Choice 3) is mutated in McCune Albright syndrome. Merlin (Choice 5) is mutated in Nf2.

2- Correct choice: **C. Posterior segment ocular anomalies**

Explanation: Major diagnostic criteria for PHACE syndrome include anomalies of major cerebral arteries, posterior fossa anomalies, aortic arch anomalies/aberrant subclavian artery origin, posterior segment ocular anomalies, and sternal abnormalities (clefting, pits, papules)/ supraumbilical raphe. Intracranial hemangiomas, ventricular septal defects, anterior segment ocular anomalies and hypopituitarism are all minor criteria.

3- Correct choice: **C. Telomerase complex**

Explanation: The correct answer is the telomerase complex (Choice 3), as this case represents dyskeratosis congenita. Dyskeratosis congenita occurs due to mutations in TERT (AD/AR), TERC (AD), DKC1 (XLR), or TINF2 (AD) genes which encode for proteins involved in telomere maintenance. Affected patients manifest reduced telomerase activity and abnormally shortened telomeres leading to chromosomal instability and cellular replication dysfunction. Clinical features include bone marrow failure and the triad of abnormal reticulated hyperpigmentation on the face/ neck/ upper trunk, oral leukoplakia (pre-malignant), and onychodystrophy (pterygium, anonychia, longitudinal ridging/splitting).

Multiple endocrine neoplasia (MEN) type 2 is due to a mutation in the RET proto-oncogene, which encodes for a tyrosine kinase receptor (Choice 1). Noonan syndrome is due to a mutation in PTPN11, which encodes a protein tyrosine protein phosphatase (Choice 2). Rothmund-Thompson Syndrome is due to a mutation in RecQL4, which encodes a DNA helicase (Choice 4). Progeria is due to a mutation in Lamin A, which encodes a nuclear envelope protein (Choice 5).

4- Correct choice: **C. Neurocutaneous melanosis** Explanation: This is a giant congenital melanocytic nevus which is associated with neurocutaneous melanosis.

5- Correct choice: **E**

Hemangiomas show GLUT-1 positivity and stain positively with placental markers.

*Kindly send your entry to [iadvlwb@gmail.com](mailto:iadvlwb@gmail.com) with 'Skintellect Quiz' as subject.*

*The correct response of each month gets acknowledged in the next issue.*

*Send your entries now!*

*Good luck from Team Skintellect.*



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## BISWA DERMA: Bengal Dermatology

The Biswaderma webinar, a prestigious global dermatology event, was successfully organized by the Indian Association of Dermatologists, Venereologists, and Leprologists (IADVL) West Bengal branch. It was the brainchild of Dr. Sandipan Dhar Sir and the scientific program was expertly curated by Dr. Saumya Panda Sir while Dr. Kingshuk Chatterjee Sir served as the Organizing Secretary. All of them and the senior EC members ensured the event's smooth execution and excellence. The event witnessed huge registrations, indicating widespread interest from dermatologists, researchers, and other medical professionals worldwide.

### ● Event Highlights:

**Speakers:** The webinar featured a lineup of 25 distinguished international speakers, delivering a total of 26 lectures. Each lecture brought forward groundbreaking discussions on dermatology, adding to the growing body of global knowledge in the field.

● **Panel Discussion:** Following the lectures, an engaging panel discussion was held with esteemed national and international faculties, fostering an enriching exchange of ideas on contemporary dermatology issues.

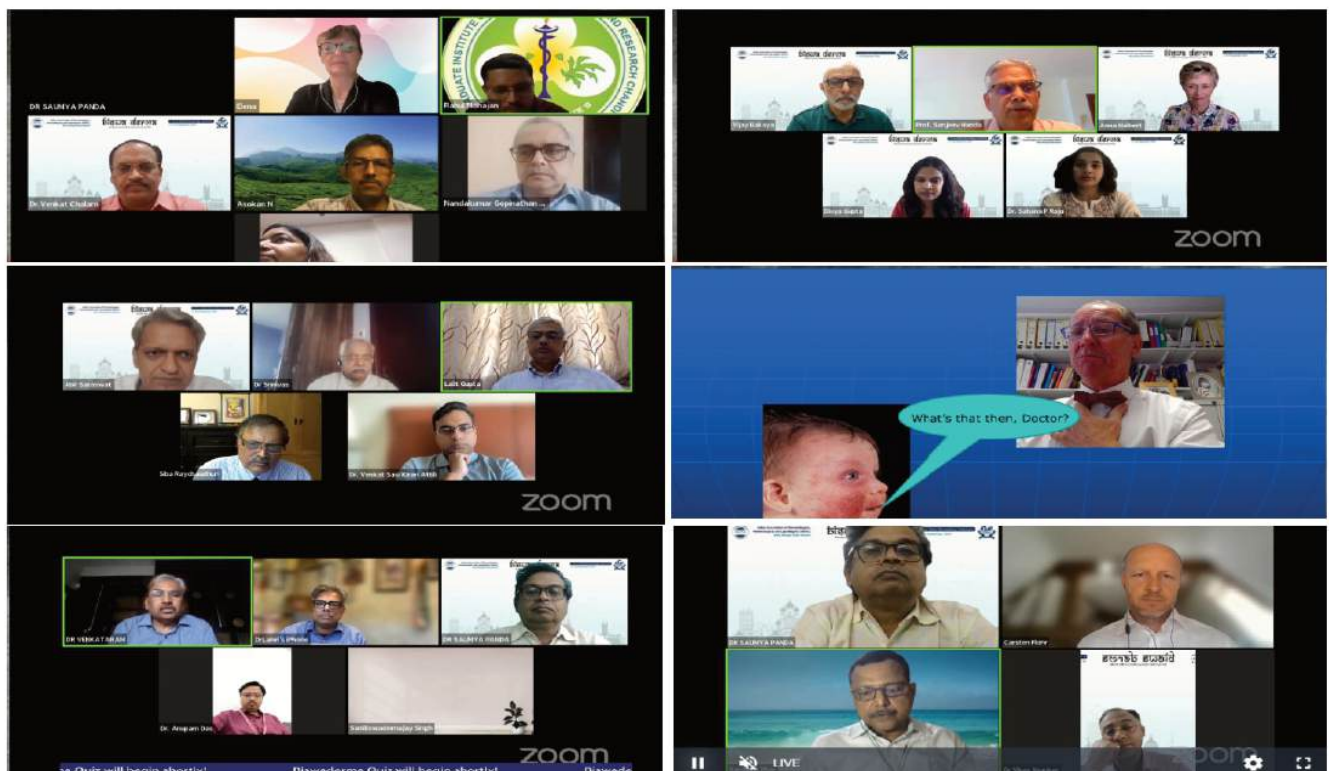
● **Quiz Competition:** An exciting quiz was organized for all delegates, adding an element of engagement and learning. The winners of the quiz were:

- **First Place:** Dr. Megha KS (Tumkur)
- **Second Place:** Dr. Joheb Mondal (Kolkata)
- **Third Place:** Dr. Shivani (Patna)

Congratulations to all the winners for their outstanding performance

We wish to thank the pharmaceutical companies - Glenmark, Galderma, Menarini, Pfizer, Dr. Reddy's and Cipla who provided valuable support through sponsorship

Biswaderma 2024 was a resounding success, bringing together international thought leaders in dermatology, providing a platform for knowledge exchange, and engaging the global dermatology community. The event's success was further enhanced by support from pharmaceutical sponsors and the enthusiastic participation of attendees. We hope to keep organising more such enriching academic events in the future as well.





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## CUTICON WB 2024

27<sup>th</sup> Annual State Conference of IADVL, WB Branch



Dhono Dhanyo Auditorium  
1, Thackeray Road,  
Alipore Police Line  
Alipore, Kolkata - 700027

Theme: "Dermatology beyond Conventions"

30<sup>th</sup> November  
&  
1<sup>st</sup> December 2024

Conference Secretariat

Dr. Surajit Gorai, Org. Secretary  
IADVL, WB State Branch  
Moon Plaza, Flat-2E, 62 Lenin Sarani,  
Kolkata - 700013  
Ph: +91 33 22277553  
E-mail: [iadvlwb@gmail.com](mailto:iadvlwb@gmail.com)  
Website: [www.iadvlwb.org](http://www.iadvlwb.org)