



## ***Precisely Presidential***

*Greetings from IADVL WB.*

*Welcome to the 4th issue of our monthly newsletter, Skintellect.*

*The month of July started with the uploading of a brand new webzine ত্বকবদ্যির দরবার, a creative and ambitious project from Dermatologists of Bengal. This is an out of the box, first of its kind, creative venture. A whole Webzine with paintings, sketches, write-ups in Bengali, Short stories, poems, travelogues, culinary, crossword everything in Bengali and that too by members of IADVL West Bengal State Branch.*

*This month also witnessed the 25th World Congress of Dermatology at Singapore.*

*A good number of our members participated as chairpersons/speakers/delegates.*

*Personally I was privileged to have three sessions to chair in this congress.*

*After Buenos Aires(2007), Seoul(2011), Vancouver(2015) and Milan(2019) this is the fifth successive World Congress in which I was honoured to be included as a faculty and chair sessions.*

*Also I feel honored to represent India at the International League of Dermatology Societies (ILDS) assembly of delegates(AoD)for the fifth time in a row!*

*This is a record and a huge moment of personal honour.*

*I feel extremely humble to realise these!*

*The third EC meeting this year was exhaustive and comprehensive. The meeting minutes are included in this issue of a Skintellect for every members to read.*

*We had a very successful MIDCUTICON WB the 11th Mid term Conference of IADVLWB at the College of Medicine and JNM Hospital Kalyani. The organising Secretary Dr. Partha Mukherjee deserves to be congratulated.*

*During this conference we had the historic first meeting of our newly constituted State Council.*

*Like the last issue this issue of Skintellect will also showcase all the meeting notices and agenda, minutes, resolutions, activities, announcements, photos etc., of IADVL WB and its chapters. We have included Monthly clinical meeting details for July in this issue.*



*Dr. Koushik Lahiri*  
*President*  
*IADVL WB*



## Secretary's Scribes

On behalf of IADVL West Bengal, I am delighted to share the 4th edition of our monthly newsletter 'Skintellect'. Like the previous 3 issues, this one is full of information regarding our academic and administrative activities. We sincerely hope that these newsletters will garner your active support and participation in our upcoming endeavours.

Happy Reading,



Dr. Kingshuk Chatterjee  
Honorary Secretary (2022-24)

**TRUST ME**

**SAY NO TO QUACKERY IN DERMATOLOGY**

**BEWARE OF THE FAKE DOCTORS**

Look for a qualified dermatologist with an MD/DNB/Diploma in Dermatology as a qualification before getting treated for your skin diseases

I'M A DUCKTOR

quack!

Indian Association of Dermatologists, Venereologists & Leprologists (IADVL)  
West Bengal State Branch



**ATTENTION PLEASE**

IDAQ (Indian Dermatologist Against Quackery)



**Follow wisely**

Dermatologist Suggestions for you



Skin Care  
Tips On  
Youtube

UNFOLLOW



**Certified  
Dermatologist**  
(5.5 Years of MBBS &  
3 years of DNB or  
MD or 2 Years of DDVL)



**Fake  
Specialist**  
(1 week of Workshop)

UNFOLLOW

A one-week workshop/course cannot transform into a skin specialist  
A Dermatologist Must Complete 5.5 Years of MBBS and 3 Years of DNB or MD or 2 Years of DDVL

**CHECK THE QUALIFICATION OF YOUR TREATMENT PROVIDER**



## From Editors Desk,

Dear readers,

I hope this note finds you well and thriving. As the editor of Skintellect, I am delighted to present the latest edition of our dermatology newsletter, packed with all IADVL WB activities and insightful updates about managing time from none other than our president, Dr Koushik Lahiri.



Our team is working hard to prepare each issue of Skintellect. This effort is getting noticed by many dermatologist from Bengal and other parts of country. Read, share and suggest about any changes that you want to make in it.

As always, our primary goal is to provide you with timely and accurate information about our IADVL WB works, future plan and to provide insights to enhance your knowledge and improve patient care. Your continuous support has been instrumental in our mission to spread awareness about our activities and dermatological advancements and improve overall patient care.

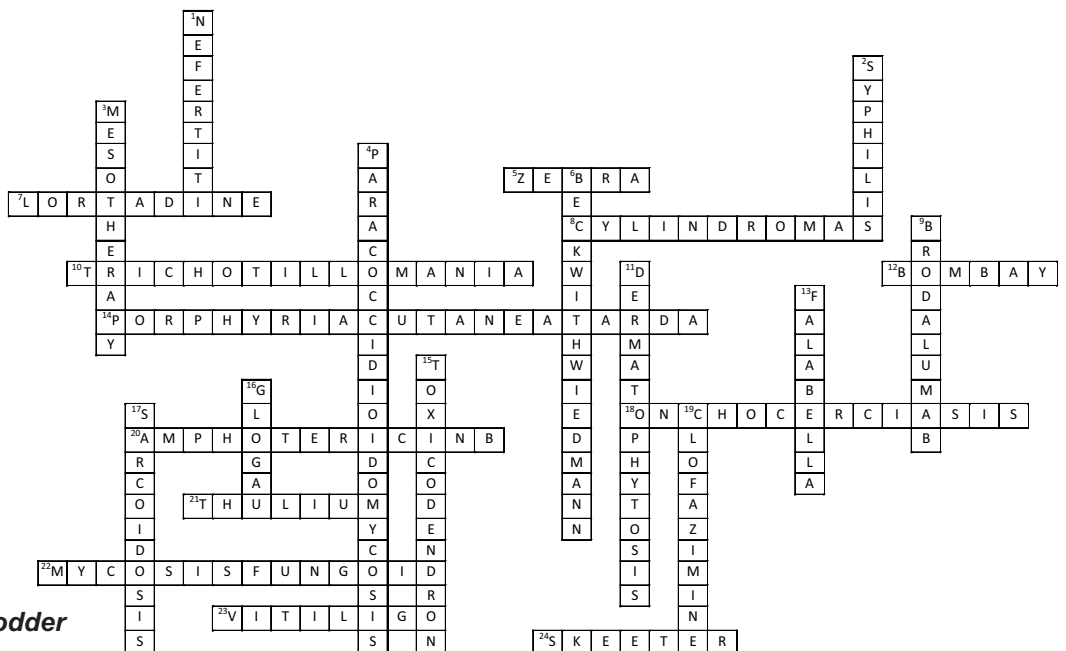
Thank you for being part of the Skintellect community. Your feedback is invaluable to us, and we encourage you to share your thoughts and suggestions for future topics and articles.

Wishing you a healthy and glowing life!

Sincerely,

Dr Surajit Gorai  
Editor, Skintellect,  
The IADVL WB Monthly Newsletter  
Joint Secretary, IADVL, WB

Issue 3  
Answer



Courtesy: Dr. Indrashis Podder

## How to find, balance, manage and utilise time?

Dr Koushik Lahiri

*"Work is love made visible" - Kahalil Gibran*

As a dermatologist, your days are undoubtedly filled with a multitude of patient appointments, administrative tasks, research, and staying updated on the latest advancements in your field. With such a demanding schedule, effective time management becomes crucial to maintain a healthy work-life balance and provide quality patient care. Here are some practical time management tips to help you stay organized and efficient in your busy practice.



- Nurture passion outside dermatology:** I was initiated to photography by my father at an age of six years, a hobby which became a passion in my later life and camera became an extension of my own body. Music was and still is my Achilles's heel. My love for music and literature came from my mother.
- Something new everyday:** Think/do/create something new everyday. Write, paint, post, think, speak something new everyday. No bitterness about anything. An unending sense of calm, bliss and happiness. Instill that in the mind
- Prioritize Tasks and Multitasking:** In today's world multitasking is mandatory. Start each day by identifying the most critical tasks that need to be accomplished. Focus on high-priority patient appointments, urgent administrative duties, and any time-sensitive research or projects. By prioritizing your tasks, you can allocate your time more effectively and ensure that essential responsibilities are not overlooked. Today the world is not going to end. There is always a tomorrow. Keep this space in your head. But enjoy life as there is no tomorrow. Enjoy every moment.
- Create a Schedule:** Develop a well-structured daily and weekly schedule that outlines specific time slots for patient consultations, paperwork, research, and personal time. Stick to this schedule as much as possible to avoid unnecessary interruptions and maintain productivity.
- Delegate When Possible:** As a busy dermatologist, it's essential to recognize when certain tasks can be delegated to your staff. Administrative tasks, appointment scheduling, and other non-medical responsibilities can often be handled by a capable team, freeing up more time for you to focus on patient care and medical decisions.
- Embrace Technology:** Utilize technology to streamline your practice and save time. Electronic health records (EHRs), online appointment booking systems, and telemedicine platforms can enhance efficiency and improve patient communication. Familiarize yourself with time-saving features and shortcuts in your practice management software.
- Set Realistic Expectations:** Be mindful of your limits and avoid over committing yourself. It's crucial to set realistic expectations for what you can achieve within a given time frame. Avoid over booking your schedule and ensure you have adequate time for breaks and rest.
- Learn to Say No:** While it's tempting to accommodate every patient request, it's essential to recognize when saying no is necessary to manage your workload effectively. Politely decline requests that may disrupt your schedule or compromise patient care.
- Batch Similar Tasks:** Group similar tasks together to maximize efficiency. For example, schedule patient appointments back-to-back to minimize waiting time and allow dedicated blocks for paperwork, research, or phone calls.
- Take Breaks:** Recognize the importance of taking regular breaks throughout your day. Short breaks can rejuvenate your mind and prevent burnout, ultimately improving your overall productivity and focus.
- Stay Organized:** Maintain a clutter-free workspace and implement an organized filing system for both



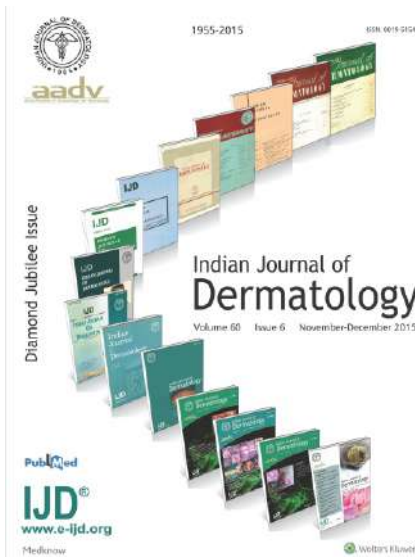
physical and digital documents. A well-organized workspace can save time and reduce the stress of searching for essential materials.

- 12. Continuous Learning:** Stay up-to-date on the latest developments in dermatology, but also consider attending time management workshops or courses. Investing in improving your time management skills can have a significant impact on your practice efficiency and personal life.

Remember that managing time efficiently not only benefits your professional life but also contributes to improved patient care and satisfaction. Let the flame burn within. And the passion to excel. Always remember, civilisation is progressing through you. Even after doing so much of I have a couple of regrets to share: I have only 24 hours a day and do not have enough time to enjoy my kids growing up. I cannot devote much time for my instinctive attractions for writing, music, photography, nature. To me God is not a distant alien entity. God is within us. God is there in the writings of a Tagore or Tolstoy, in the voice of a Pandit Bhimsen Joshi or John Lenon. God touches a poor patient through you, when you touch him/her with the intention to cure him/her. You are God.

## Indian Journal of Dermatology

The first indexed Dermatology journal from India



Published since 1955, Indian Journal of Dermatology (IJD) (ISSN: Print-0019-5154, Online - 1998-3611) is the oldest living journal of Dermatology in Asia which is being published uninterruptedly under the same name since its inception and continues to be one of the pioneer medical journals from India. It is, in fact, one of the oldest peer-reviewed journals dedicated to this particular discipline.

The journal publishes information relating to skin, its ailments and different modes of therapeutics. It also carries articles on Leprosy, STI and HIV/AIDS.

In 1962, it became the first indexed Dermatology Journal from India.

In 1965, it became the official organ of the then Dermatological Society of India and since 1973; it is being published on behalf of Indian Association of Dermatologists, Venereologists and Leprologists, West Bengal State branch. This is also the first Indian Dermatology Journal to enter the Internet as well. The web version [www.e-ijd.org](http://www.e-ijd.org) was launched in November 2000. From 2011 six issues of the journal are being published in a year.

IJD is indexed with Abstracts on Hygiene and Communicable Diseases, CAB Abstracts, Caspur, DOAJ, EBSCO Publishing's Electronic Databases, Excerpta Medica / EMBASE, Expanded Academic ASAP, Genamics JournalSeek, Global Health, Google Scholar, Health & Wellness Research Center, Health Reference Center Academic, Hinari, Index Copernicus, IndMed, OpenJGate, ProQuest, PubMed, PubMed Central, Scimago Journal Ranking, SCOLAR, SCOPUS, SIIC databases, Tropical Diseases Bulletin, Ulrich's International Periodical Directory

## Indian Journal of Dermatology

Sponsorship tariff 2023

(For Six issues)

### MECHANICAL DATA

Size	: D/D Octavo
Surface	: 205 mm x 275 mm
Full Page	: 180 mm x 250 mm
Half Page	: 180 mm x 125 mm

### TARIEF

Website Sponsorship Rs. 2,00,000/- per year

Category	Amount
Back Cover	1,00,000/-
2 <sup>nd</sup> or 3 <sup>rd</sup> inside cover	75,000/-
Full Page (Colour)	60,000/-
Mailing sponsorship	2,00,000/-

Any other sponsorship for the journal may directly be discussed with editor.

### Terms and Conditions:

#### Material

- Only coloured advertisement accepted
- Positives only in soft format on a CD
- The matter should be compatible for offset printing.

#### Payment

- All payments are requested to be made by Demand Draft/payable at per cheque in favour of **Indian Journal of Dermatology** (A/C. Payee Only) in any Kolkata Branch.
- 100% of the advertisement charges to be paid at the time of order along with a covering letter in the corporate letterhead.

#### Disclaimer

The information presented in any advertisement reflect the views of the advertiser and not of the Journal or its Editorial Board or the Publisher. Publication of any advertisement does not constitute endorsement by the journal. Neither the Indian Journal of Dermatology nor its publishers nor anyone else involved in creating, producing or delivering the Indian Journal of Dermatology or the materials contained therein, assumes any liability or responsibility for the accuracy, completeness or unfulfillment of any advertisement printed in the Indian Journal of Dermatology, nor shall they be liable for any direct, incidental, special, consequential or punitive damages arising out of the use of the Indian Journal of Dermatology. The Indian Journal of Dermatology, nor its publishers, nor any other party involved in the preparation of material contained in the Indian Journal of Dermatology represents or warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such materials.

## Proceedings of the 03<sup>rd</sup> meeting of the Executive Committee of IADVL W. B. State Branch held on 13<sup>th</sup> July 2023 at the Association office, for the year 2023-24

**Members Present:** Dr. Koushik Lahiri, Dr. Kingshuk Chatterjee, Dr. Suchibrata Das, Dr. Satyendra Nath Chowdhury, Dr. Sudip Das, Dr. Sumit Sen, Dr. Arun Achar, Dr. Nitin Mukherjee, Dr. Santa Ghosh, Dr. Surajit Gorai.

Dr. Koushik Lahiri, President took the chair and called the meeting to order.

### **Agenda-1: Confirmation of the proceedings of the last Executive Committee meeting held on 27/06/2023.**

The proceedings of the last Executive Committee meeting of IADVL WB State Branch on 27/06/2023 were read and confirmed unanimously.

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

- **Mid CutiGOLDCon WB 2022 (Outstanding Dues).**

Dr. Kingshuk Chatterjee, Hony. Secretary informed that till date the association owes some due amounts from few pharmaceutical companies. The President immediately had a talk with the executives of those companies and they assured that the outstanding amounts will be released at the earliest.

- **DERMAZONE EAST & CutiGOLDCon WB 2022 (Outstanding Dues).**

Dr. Kingshuk Chatterjee, Hony. Secretary informed that till date the association owes some due amounts from few pharmaceutical companies. The President immediately had a talk with the executives of those companies and they assured that the outstanding amounts will be released at the earliest.

- **Statements of Nodal Executives of various Presidential initiatives.**

**Senior Support:** President informed that Dr. Santa Ghosh and he will be going to see one of our past president Dr. Gobinda Chandra Saha at the earliest.

**Newsletter (Skintellect):** Dr. Surajit Ghorai has informed that the first three issues of Skintellect have already been uploaded in our website and the next one is in the pipeline. The members appreciated it.

- **SOP of District Units (Burdwan & North Bengal).**

Dr. Kingshuk Chatterjee, Hony. Secretary informed that the SOP for district units was ready and will be distributed to all the state council members during the first state council meeting of IADVL WB state council during MIDCUTICON 2023.

### **Finance Committee Meeting on 13/07/2023**

All the members of the committee discussed on various financial liabilities of IADVL WB for the current financial year and academic participation from pharmaceutical companies for various upcoming activities. Threadbare discussions took place regarding financial self-sufficiency for the Indian Journal of Dermatology and maintaining transparency and uniformity for pharmaceutical sponsorships in academic activities.





### Agenda-3: To inspect the audited accounts of IADVL WB State Branch and Indian Journal of Dermatology for the year 2022-23 and Dermazone East 2022.

Dr. Kingshuk Chatterjee, Hony. Secretary informed to the members that our audited accounts of IADVL WB & IJD for the year 2022-23 and DERMAZONE EAST 2022 was ready to be placed in the Extra Ordinary GB Meeting of IADVL WB State Branch on 23<sup>rd</sup> July, 2023 at MID CUTICON WB 2023. The Members accepted it.

### Agenda-4: Discussion regarding-

- **Mid CUTICON WB 2023.**

Dr. Partha Mukherjee, Organizing Secretary informed the members that the total number of delegate registrations have reached near 200 for Mid Cuticon WB 2023. He requested to stop further registrations but the members opined that delegate registrations will not be limited but spot registrations may not receive delegate kits.

- **CUTICON WB 2023.**

Dr. Arun Achar, Organizing Secretary informed that the brochure and sponsorship tariff for CUTICON WB 2023 was ready to be circulated after MID CUTICON WB 2023. Dr. Sumit Sen, Scientific Chairperson informed that the tentative program was also ready

### Indian Journal of Dermatology

Already discussed in the Finance Committee Meeting on 13/07/2023.

- **CC Meet 2023**

Nothing discussed.

- **SIG Psoriasis**

Already discussed in Finance Committee Meeting on 13/07/2023.

### Agenda-5: Discussion regarding website.

Dr. Koushik Lahiri, President informed the members that a proposal can be contemplated towards advertisement in our website as well as the webzine. The members finalized on a tariff for this:

#### Webzine Tariff:

Back Cover: 25000/per issue

Inside Cover: 20000/per issue

Normal Page: 15000/per issue

And the amount for Direct Advertisement in our website is Rs. 5 lac/per year.

### Agenda-6: Miscellaneous.

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

Register for ASTICON 2023

#### REGISTRATION FEES

Category	1/2/2023 31/5/2023	1/6/2023 31/8/2023	1/9/2023 On Spot
IASSTD Member	₹ 8000/-	₹ 10000/-	₹ 12000/-
IADVL Member	₹ 9000/-	₹ 12000/-	₹ 14000/-
Accom Person	₹ 6000/-	₹ 8000/-	₹ 10000/-
PG Student	₹ 7000/-	₹ 9000/-	₹ 11000/-
International Delegate	\$ 300/-	\$ 400/-	\$ 500/-
Non Member	₹ 10000/-	₹ 15000/-	₹ 20000/-
Cancellation/Refund	50%	25%	NIL



INDIAN ASSOCIATION FOR THE STUDY OF SEXUALLY TRANSMITTED DISEASES & AIDS

## ASTICON 2023

47<sup>th</sup> NATIONAL CONFERENCE OF IASSTD & AIDS  
29<sup>th</sup>, 30<sup>th</sup> September & 1<sup>st</sup> October 2023  
Theme: "Sexually Transmitted Infections: A Window to Medicine"

**Bank Details for NEFT Payment :**  
 Account Name : ASTICON 2023  
 Account Number : 41704682987  
 Bank & Branch: SBI (Taltala Br. - 4771)  
 IFSC Code : SBIN004771  
 MICR Code : 700002100

Conference Secretaries:  
 Dr. Sudip Das, M.D. (Derm & Ven)  
 Dtg Secretary, ASTICON 2023  
 Dr. Neelajit Ghosh  
 Moon Plaza, 62 Lewis Street,  
 Kolkata - 700015, West Bengal  
 Phone: +91 9322777533  
 email: asticonkolkata2023@gmail.com

Venue:  
 Chhatra Bhawan, Indian Institute of Technology Kharagpur,  
 Thakurpalli Rd., Kharagpur Police Line,  
 Kharagpur, Kolkata - 751007



## Felicitation of Past Presidents



On 20 July 2023 Past President of IADVLWB Dr. Gobinda Chanda Saha was felicitated at his home by Past President of IADVLWB Dr. Nitindramohan Mukherjee and President Dr. Koushik Lahiri



## MID CUTICON WB 2023 23rd July 2023 College of Medicine and JNM Hospital



Dr. B.C. Lahiri memorial oration being delivered by Dr. Amiya Mukhopadhyay



Prof S R Sengupta and MSVP cum Vice Principal College of Medicine and JNM Hospital Dr. Soumya Jyoti Banerjee inaugurating the MIDCUTICON WB 2023 along with executives of IADVLWB



## MID CUTICON WB 2023 23rd July 2023 College of Medicine and JNM Hospital



As per our go green policy we have celebrated 'বৃক্ষরোপন উৎসব



The historic first meeting of the State Council of IADVLWB



## MID CUTICON WB 2023 23rd July 2023 College of Medicine and JNM Hospital



Congratulations to Quiz winners



Award paper in Hall B





## Excellent venue and hospitality at College of Medicine and JNM Hospital





## Community Dermatology Camp of IADVL WB

1<sup>st</sup> Community Dermatology camp of IADVL WB for the year 2023-24 was organised on 30 July 2023 at 'SISHU SANGH', Haneswari Mandir, Bansberia, Hooghly.

Dr. Tanusree Sarkar (Associate Professor, Burdwan Medical College), Dr. Madhusudan Pal (Senior resident), Dr. Anirban Mukherjee (Senior resident) and Dr. Somenath Sarkar (Associate Prof, BSMCH) have attended the camp.

102 patients were served. Free samples of medicines were distributed among the patients.

As part of Presidential 'GO GREEN' initiative two Mango plants were donated to the local organisers of Sishu Sangha of Haneswari Mandir.



## Monthly Clinical Meeting of IADVL WB

The clinical meeting of IADVL WB for the month of June on **28/07/2023** took place in **IPGMER & SSKM Hospital**

1. Dr Jayant presented a case : A 45-year-old male presented to the dermatology opd with the chief complains of a solitary asymptomatic cystic nodule over the forehead for the last one year. HPE- multiple cystic dilated spaces and decaptive secretion. Final Diagnosis: Appocrine Hydrocystoma



2. Dr Rajashree presented a case of 28-year-old woman, housewife by profession, presented to our OPD with asymptomatic grouped skin coloured to slightly erythematous shiny papules with some

lesions having vesicular appearance present over the tip and ala of nose and adjacent cheeks and vermilion border of upper lip near the nasal philtrum for last 1 year. Multiple brown and grey dots and globules which were more concentrated around eccrine openings and follicular openings. HPE: Focal dense nodular lymphohistiocytic infiltrate in the upper dermis with expansion of involved dermal papilla and vacuolar degeneration of basal cells. Also upper dermal edema with few histiocytes and pigment incontinence. Saw toothing of rete ridges also present . Final Diagnosis : LIPEN( Lichenoid pseudo-vesicular Papular Eruption)

3. Dr Abin presented a case of 34-yr-old male with multiple grouped painless papules over lower lips & dorsum of tongue for last 1 year. The patient also complained of multiple papular lesions over face for the last 1 yr which were gradually increasing in number. Few macular hyperpigmented lesions were noted over the glans penis. Diagnosis : Cowden Syndrome

4. Dr Sreejoni presented a case : 62-year-old male patient presented with complaint of asymptomatic red lesion over face for last 3 months. HPE- Granulomatous reaction pattern multiple discrete predominantly epithelioid granulomas ( naked granuloma).Diagnosis : Sarcoid

Few more cases were presented Dr Meghdeeba: Nevus sebaceous Dr Jayant: Appocrine hydrocystoma Dr Ameli: Erythrodermic LP Dr Tarun: Dermatofibrosarcoma Protuberance (DFSP) Dr Rohan: Type 2 hypercholesterolemia



## CROSSWORD

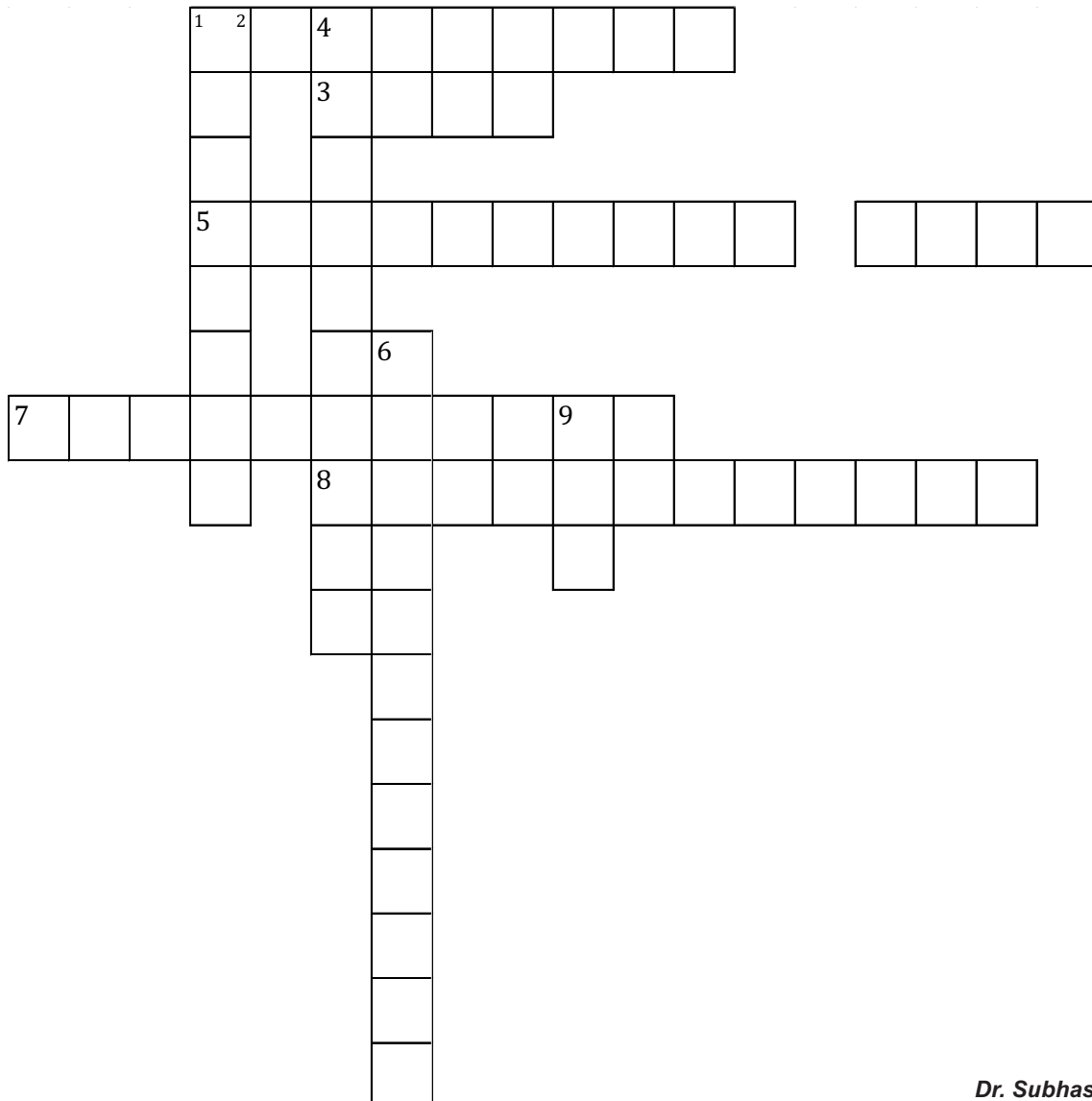
### Up-Down

- Great imitator of other skin disorders
- Drug named after french crime story
- Supra-bioavailable form of the drug recently have been used is recalcitrant skin infections.
- White spots in old age

- Benign tumor of skin,with comma shaped tail on histopathology
- Immunological reaction in hiv affected individuals
- molecule related to skin aging
- Tofacitinib congener
- Proteins with precipitation on chilling.

*Send your answer to [iadvlwb@gmail.com](mailto:iadvlwb@gmail.com),  
Correct entries will be mentioned in the next issue.*

### Across





**CUTICON WB 2023**  
26<sup>th</sup> Annual State Conference of IADVL, WB Branch

**Venue**  
Biswa Bangla Convention Centre  
Plot No. DG/02/1, DG Block,  
New Town, Kolkata- 700 156

**9<sup>th</sup>-10<sup>th</sup>  
December 2023**

**Conference Secretariat**  
Dr. Arun Achar, Org. Secretary  
IADVL WB State Branch  
Moon Plaza, Flat-2E, 62 Lenin Sarani,  
Kolkata - 700013  
Ph: +91 33 22277553  
E-mail: iadlvwb@gmail.com  
Website: www.iadlvwb.org

Theme: "Translating knowledge into practice in Dermatology"

**CUTICON WB 2023**

**Highlights**

Prof. B N Banerjee Memorial Oration  
Prof. R K Panja Memorial Oration  
Prof. A K Dutta Memorial Oration

**Sessions attributed to**

1. Acne- a multisystem disorder
2. Current trends in occupational dermatoses
3. Challenges in cutaneous neglected tropical disorders
4. Decoding cosmeceuticals
5. Emerging role of gut-skin axis in Dermatology
6. Artificial Intelligence in Dermatology - boon or bane?
7. Dermoscopy and Procedural Dermatology- Tips and tricks
8. Dedicated, small-group, hands-on workshop on Dermatopathology and Skin Injectables

**SESSION FOR PETS**

**AWARD SESSION**

**EXTEMPORÉ SPEECH**

**QUIZ!**

**Pre- Conference Workshop on 8th December 2023**  
Dermatopathology  
Skin Injectables

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

Register for CUTICON WB 2023

**REGISTRATION FEES**

Category	Upto 15/09/2023	16/09/2023 30/11/2023	01/12/2023 On Spot
Life Member	₹ 2500/-	₹ 3500/-	₹ 5000/-
Accom Person	₹ 2000/-	₹ 3000/-	₹ 4500/-
PG Student	₹ 2000/-	₹ 3000/-	₹ 4500/-
Injectable Workshop	₹ 500/-	₹ 1000/-	₹ 1500/-
Derm Path Workshop	₹ 1500/-	₹ 2000/-	₹ 2500/-
Cancellation/Refund	50%	25%	NIL

**Bank Details for NEFT Payment :**

Account Name : CUTICON WEST BENGAL  
Account Number : 058601000023144  
Bank & Branch: Indian Overseas Bank (DMT Br. - 0586)  
IFSC Code : IOBA0000586  
MICR Code : 70002003