



The Medical **Bulletin**

History

MARCH 10 - National Gestational Diabetes Mellitus Day

Prof. Dr. V. Seshiah

MD (Born- March 10, 1938)

Indian Senior Diabetologist Pioneer in Gestational Diabetes Mellitus

- Seshiah was born and brought up in Chennai. His father Mr.Veeraraswamy was an employee of Railways and his mother Mrs. Bavanamma was a homemaker.
- As he was inspired by his elder brother Dr. Perumal, Seshiah enrolled himself at Madras Medical College (MMC) to study medicine in 1957 on its Golden jubilee year.
- In 1962, he volunteered himself to serve in INDO-CHINA WAR. There he joined as Lieutenant in Indian Army Corps. Then he was promoted as a Captain for Infantry Battalion in Jammu & Kashmir and he also took part in INDO-PAK WAR.
- In recognition of his service to nation in war field, he was awarded Samar Seva Star and Sainya Seva Medal.
- Then he completed MD in Medicine at Stanley Medical College and he was tutored by the great teacher Prof. Dr. M.Viswanathan.
- After his studies, Dr. Seshiah joined as an Assistant professor at MMC and got an opportunity to work with his mentor Prof. Dr. Sam G.P Moses.
- Moreover, Dr. Seshiah had the foresight (4 decades before) that diabetes is going to rule the world.
- Subsequently, he established the India's first exclusive Department of Diabetology in 1979 with the great support and guidance of Prof.Sam G.P Moses. Thereby, he became the first and youngest Professor of Diabetology at the age of 40 years.
- Additionally, he began the first Post Graduate Diploma Course in Diabetology at MMC in 1985.
- Being a man of perseverance he was eager to annul the root cause for diabetes. Therefore, he started focusing on pregnant mother and made blood sugar test as mandatory.
- His significant contributions in GDM...
- Took the initiative to start separate clinic for Pregnancy & Diabetes in Government Hospital for women and children at Egmore, Chennai in 1979.

- Introduced “A Single Step Procedure” to diagnose GDM, which is an economical and evidence based test. This guideline was adopted by Ministry of Health & Family Welfare, India and by World Health Organisation (WHO).
- Insulin analogue therapy in GDM
- Founder patron DIPSI (Diabetes In Pregnancy Study Group India).
- Prof. Dr. Seshiah was actually living with the principle of his slogan Indian problems need Indian solution and particularly focussed on the foetus in order to bring diabetes free generation in the future.
- He was a consultant to the World Health Organisation, International Diabetes Federation and the Ministry of Health, Government of India.
- He authored the famous book "A Handbook on Diabetes Mellitus" and published many original research articles in reputed International and National journals.
- His extraordinary contributions to medicine was widely recognised as he was honoured with several awards including the Dr B.C. Roy National award for development of diabetes as an area of specialization in our country and prestigious Padma Shri award from the Government of India in 2022. His Alma mater, MMC institution has introduced Prof. Dr.V.Seshiah Endowment Oration from 2022.
- Prof.Dr.V.Seshiah- Bhishma Pitha of Pregnancy Diabetes in India, for his selfless service and lifelong dedication to GDM, his birthday (March 10th) has been declared as “National Gestational Diabetes Mellitus Day”.



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