

Minutes of the meeting of AHRER

Date: 25.11.2020

Venue: Google Meet

Time: 07.05 PM-08.05 PM

Presiding AHRER Executive members

Name	Specialty	Location
Dr. Sree T. Sucharitha	Public Health	Chennai
Dr. Vikas Jain	Pediatrics	Indore
Dr. Aparajit Kar	Respiratory Medicine	Delhi
Dr. Vikram Sharma	Uro-genital Specialist	Delhi
Mr. Samrat Chowdhery	INNCO President	Mumbai

Presiding AHRER Association members

Name	Specialty	Location
Dr. Aruna Kumari Badam	Respiratory Medicine	Hyderabad
Dr. Pradeep	Psychiatry	Chennai
Dr. Hari Krishnan. M	BDS	Chennai
Dr. Vashni Solomon	MDS	Chennai
Dr. Pavithra	MDS	Chennai
Dr. Divya Darshini	MBBS	Chennai
Dr. Akhshaya Ponsubha	MBBS	Chennai
Dr. Indhumathy	MBBS	Chennai

Presiding Guest members

Name	Specialty	Location
Dr. Harisudan	Neurology	Chennai
Dr. Surendar Reddy	Respiratory Medicine	Hyderabad
Dr. Tina Priscilla	Respiratory Medicine	Hyderabad
Dr. Visveshwar	MBBS	Chennai
Dr. Aadhitya Fernando	MBBS	Chennai
Dr. Harinie Saravanan	MBBS	Chennai
Dr. Mahesh Machavarapu	Respiratory Medicine	Hyderabad

Special Lecture Series

Dr. Sanchita Bhattacharya: *Holistic Approach to Reduce our Toxic Exposures*
Go Holistic Approach, Delhi

The meeting of Association for Harm reduction Education & Research (AHRER) was convened on **25.11.2020** at **-7.05 PM-08.05 PM on web portal of Zoom**. The agenda of the meeting was as follows:

1. Welcome of Members and Introduction of Agenda: Dr. Sre welcomed members to the monthly meeting of the AHRER and gave a brief introduction about AHRER and the of the agenda for the monthly meeting. The guest Dr. Sanchita Bhattacharya, Go Holistic Approach was introduced to the audience and requested to deliver the guest lecture which is based on her forth coming book.

Special Lecture Series on Holistic Approach to reduce Toxic Exposures: Dr. Bhattacharya's talk was focused on the following 3-step approach:

1. **Mind Health:** Explaining the addiction personalities (opposite of addiction is connection) and propensities to develop substance abuses, various mind health promotion practices such as meditation, binaural music, chakra healing, guided meditation were explained. Personal success stories and transformation journey in the family were also shared with the participants which enabled the audience to develop empathy and relate the concepts at personal level.
 2. **Nutrition:** Elucidating to the key fact that mal-dietary practices replaced cigarette smoking as the leading cause of death in US, CardioVascular Disease and Cancers are at the forefront of mortality charts owing to diet practices globally. The protective role of gut bacteria,(phytonutrients and chlorophyll stop certain mutation) exposure to industrial toxins released into the sea and its deleterious effects due to consumption of fish, phytonutrients was shared. The role of whole plant based diet and reversal of chronic diseases such as diabetes and certain cancers was discussed. The interconnection between animal diet, and weight gains and obesity and chronic diseases is well-established.
 3. **Exercise:** The release of endorphins and importance of active life-style was emphasized.
 4. **Tobacco Cessation and Holistic Approach:** In the earlier stages of tobacco cessation, herbs such as curcumin/turmeric, diet including broccoli (reverses COPD in smokers)
 5. **In acute conditions, medications** are recommended but holistic approach can be long term strategy.
2. **Q and A Session:** The guest talk was followed by Q and A round and following queries were addressed by the speaker

Dr. Vikas

1. More clarity protein requirements in growth and development without animal protein is to be discussed?
Dr. Bhattacharya: In the initial 3 month animal protein in essential as size and weight doubles and can be later supplemented with varieties of lentils, pulses and Indian dals, combination of dals with vegetables and chapathis and rice.
2. Is Vit-D deficiency a real concern in a country like India?
Dr. Bhattacharya: Even in India, especially in Urban population, a daily of minimum Sun exposure of face and limbs to 20 minutes is exception and continuous use of AC units, AC transport is reality.

Dr. Aruna

3. A vegan diet options for tobacco and alcohol cessation patient
Dr. Bhattacharya: Stop milk products in diet as it predisposes to Diabetes, include turmeric capsules as supplement in initial stages of Deaddiction, and also Vit.B12 and Vit.D supplements.

Dr. Harisudan

4. A proliferation of organic stores and is their authentic produce of quality?
Dr. Bhattacharya: Website by Ms. Nandita Sha which

maintains database of authentic organic stores where we can check.

4.1 Shelf- life of a wet organic product without preservatives?

Dr. Bhattacharya: I need to investigate this further

4.1 Role of canine teeth in humans if we are to become whole plant dieters Vegetarians or vegans? Vit.B12 deficiencies etc will result due to gut Bacteria having no role with plant diet promotion?

Dr. Bhattacharya: Though there are differences in animal and human variations for canine teeth and biological evolution, animal based diet results in poor health outcomes due to toxins. In these times of industrial production of diary and meat under duress from animals, it is plant based diet which may be healthy.

3. **General Body Meeting:** Dr. Sre, moderated as discussion about the future directions and scope for AHRER by inviting the members to propose specific ideas. The following ideas were mapped during the discussion for further exploration:

Sl No	Member Name	Idea Proposed
1.	Dr. Pradeep	1. Online Presence *Website *YouTube Channel *Livestreaming of monthly meetings/Guest sessions
2.	Dr. Vikas	1. Corpus Fund generation *Membership Fee to get professional for above activities
3.	Dr. Bhattacharya	1. Face Book Page
4.	Mr. Samrat	1. Twitter 2. AHRER.in exists and can focus on content posting *Fund raising may distract *AVI support with website/YouTube channel
5.	Dr. Aruna	1. Promotion of AHRER 2. Training on THR by AHRER 3. Membership drive(*Snowballing-current members recruit at least one new member per month) 4. Short 30second to 1minute video on AHRER (Medical Interns and graduates will work)
6.	Dr.Kar	1. Publishing Research on AHRER *Members-clinicians have access to clinical cases so have to think about proposal (to start research work in 2021)
7.	Dr.Harisudan	1. Identify NGO's and form alliances (common themes or common beneficiaries for harm reduction)

		2. Environmental effects of tobacco- Research topics (Explore the peer acceptance influences among youth and develop counter-interventions?)
8.	Dr. Divyadarshini	1. Instagram page for AHRER 2. Membership drive among recent medical graduates across India???
9.	Dr.HariKrishnan	1. AHRER Video content for 1minute video and YouTube channels 2. Membership drive among recent dental graduates across India???
10.	Dr.Sre	<p>❖ <u>Constitution of Working Committee Members</u> (other than core team) for 2021 *New members to be recruited with gender parity (50:50 representation from both genders) *Potential member suggestions: (Dr.Sre suggestions)*Other core team members can add additional names 1. Dr. Pradeep, 2. Dr. HariSudan 1. Dr.Aruna Badam, 2. Dr.Sanchita Bhattacharya ** <u>Youth Chapter</u> *Dr.Divyadarshini-MBBS *Dr.HariKrishnan-BDS *** <u>Women Chapter</u> Dr. Aruna Badam (and her team suggestions) ****<u>International Advisory Panel</u> *Prof. Marewa Glover *Dr. Alex Wodak *Dr. Konstantinos *Dr.Karl Lund</p> <p>❖ <u>*Research Consortium</u> with interested members and can have a separate session to brainstorm and discuss proposal ideas and write proposals collectively and do multi-site studies across India and across medical schools involving multiple-disciplines.</p> <p>❖ <u>AHRER-Archives-2020</u> 1.Minutes 2. News articles contribution by members 3.VIDA News 4.Zoom Recordings 4.AVI recordings 5.The Union Rebuttal etc 4. Zoom Account for recording sessions 2021</p> <p>❖ <u>Web-Conference on First Anniversary in March2021</u></p>

4. **‘Recap and Closure: On behalf of AHRER,** Dr. Sre, thanked Speaker Dr. Bhattacharya for sharing valuable professional insights tonight and all participants for their active presence and creative contributions.
*The minutes were drafted by Dr. Sree T. Sucharitha, AHRER

Next AHRER meeting proposed on: December, 22nd, 7-8 PM