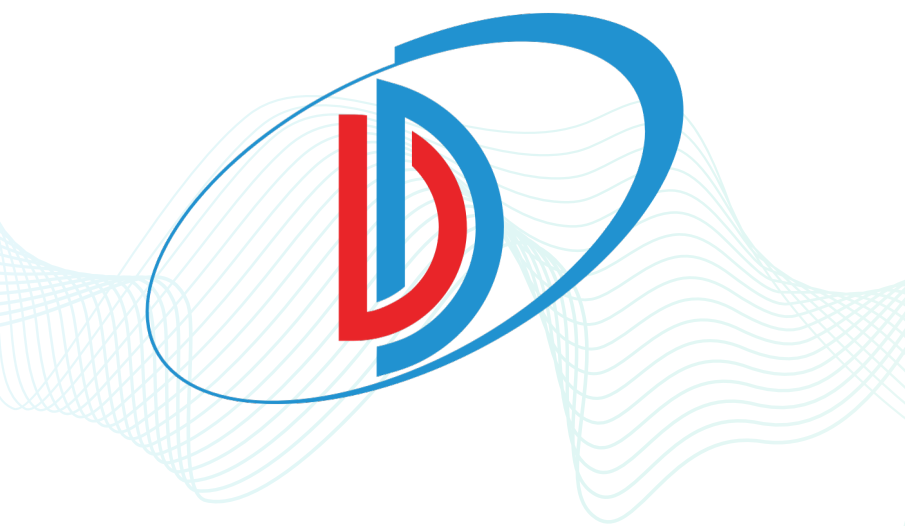




JDC DIABETES & OBESITY FELLOWSHIP PROGRAMME

About Jothydev's Diabetes & Research Centre (JDC)

Established in 1997, Jothydev's Diabetes & Research Centre (JDC) is one of India's premier institutions dedicated exclusively to diabetes and metabolic care. As Kerala's first ISO-certified and International Diabetes Federation (IDF)-recognized comprehensive diabetes care centre, JDC has earned an international reputation for excellence in clinical care, research, education, and innovation. The centre integrates advanced diagnostics, multidisciplinary patient management, diabetes technologies, obesity care, preventive healthcare, and telemedicine under one roof. Serving patients from across India and more than 25 countries, JDC remains committed to improving clinical outcomes through evidence-based practice, continuous innovation, and world-class medical education for healthcare professionals.

Faculty & Clinical Guidance

Fellows will benefit from clinical and academic guidance from the experienced team of diabetologists at **Jothydev's Diabetes Research Centre**, including:



Dr. JOTHYDEV KESAVADEV

Chairman & Managing Director,
JDC group of Institutions

MD, FRCP(London),
FRCP(Glasg),FRCP(Edin), FACP,
FACE(USA), FRSSDI



Dr. SHASHANK JOSHI

Past Chair, International Diabetes
Federation (Southeast Asia)

MD, DM, FICP, FACP (USA), FACE
(USA), Hon D.Sc(Med), FRCP(Lon,
Gls & Edin) Master



Dr. BANSHI SABOO

Global Council Member, EASD,
Chair, IDF (Southeast Asia)

MD, Ph.D.



Dr. ARUN SHANKAR

Medical Director,
JDC group of Institutions

MBBS, F Diab (RSSDI),
DIABETOLOGY, CCEBDM(PHFI)



Dr. ASHA ASHIK

Centre Head, JDC Kochi

MD (General Medicine), MRCP
(London), MRCP (UK Endocrinology
and Diabetes, FRSSDI



Dr. AJITH KUMAR

MBBS, MD, MRCP (UK), FRCP
(Edin), FRCP (Glas)

Professor. Department of Internal
Medicine, SUT AMS , Trivandrum



Dr. RAVEENDRAN A V

Bachelor of Medicine MD (Internal Medicine)
PGDHSR PGDHSc(Diab) FC(Sexual Medicine)

Specialist in Internal Medicine, Badr Al
Samaa Hospital, Sultanate of Oman



Dr. ASHWIN DAVID ASHOK

Centre Head, JDC Attingal

MBBS, PG. Dip Diab, F Diab (RSSDI)



Dr. JUNAID NAINA

Senior Consultant,
JDC Trivandrum

MBBS, MD, F.Diab (RSSDI)



Dr. YASEEN UNES

Centre Head, JDC Haripad

MBBS, FRSSDI



Dr. SHAHANA YASMIN

Centre Head, JDC Kanhangad

MBBS, FRSSDI



Ms. SUNITHA JOTHYDEV

Executive Director,
JDC group of Institutions

Through supervised clinical exposure, case-based discussions, academic sessions, and research activities, fellows will have opportunities to learn from the collective clinical experience of the JDC specialist team. The mentorship will emphasize evidence-based decision-making, practical diabetes and obesity management, appropriate use of diabetes technologies, multidisciplinary care, and the translation of scientific evidence into everyday clinical practice.

About the Programme

The JDC Diabetes & Obesity Fellowship is a comprehensive one-year residential training programme designed to equip physicians with advanced knowledge and practical expertise in the prevention, diagnosis, and management of diabetes, obesity, and their associated metabolic disorders.

Delivered at Jothydev's Diabetes & Research Centre (JDC), the fellowship combines evidence-based learning, hands-on clinical exposure, and multidisciplinary training to prepare doctors for modern diabetes and obesity care. Participants gain practical experience in advanced technologies, patient-centered treatment strategies, and long-term disease management, enabling them to deliver high-quality, outcome-driven care in everyday clinical practice.

The programme empowers participants to:

- Prevent diabetes and obesity through early detection, risk assessment, and structured patient education.
- Improve the quality of life and long-term outcomes of individuals living with diabetes using evidence-based, guideline-directed care.
- Reduce the burden of diabetes-related complications through timely intervention, comprehensive evaluation, and continuous follow-up.
- Develop practical clinical expertise in diabetes technologies, obesity management, and multidisciplinary patient care.

Aim of the Course

- To equip physicians with the knowledge, clinical skills, and practical experience required to deliver comprehensive, evidence-based, technology-enabled diabetes and obesity care and improve patient outcomes.

Vision

To continue shaping the future of diabetes and obesity care through education, innovation, and evidence-based practice, empowering healthcare professionals and improving patient outcomes.

Programme Objectives

The fellowship is designed to:

- Provide a comprehensive, up-to-date training programme for MBBS graduates and postgraduate (MD) doctors seeking to enhance their expertise in diabetes and obesity management.
- Develop competence in the prevention, diagnosis, treatment, and long-term management of diabetes, obesity, and associated metabolic disorders.
- Offer hands-on training in modern diabetes technologies, including Continuous Glucose Monitoring (CGM), insulin pump therapy, and digital diabetes care.
- Strengthen clinical decision-making through evidence-based practice, case discussions, and multidisciplinary patient management.
- Build organizational and leadership skills required to establish and deliver high-quality diabetes and obesity care services.

Course Duration

One-Year Residential Fellowship Programme

Eligibility

Applicants must possess an **MBBS /MD** from a university recognized by the **National Medical Commission (NMC)** (formerly the Medical Council of India).

Course Fee Structure

- Application Fee: ₹10,000
- Course Fee: ₹40,000

Selection Process

- Admission to the fellowship is based on a **three-stage evaluation process**:
- **Stage 1:** Written Theory Examination (90 marks)
- **Stage 2:** Shortlisting based on performance in the written examination
- **Stage 3:** Personal Assessment/Interview (Maximum 90 marks)
- Selection is based on the candidate's overall performance across all evaluation stages.

How to Apply?

[Application form](#)

Why Choose the JDC Diabetes & Obesity Fellowship?

- **Expert Mentorship:** Clinical and academic guidance from experienced diabetologists and the multidisciplinary team at JDC.
- **Extensive Clinical Exposure:** Supervised, real-world experience in the management of diabetes, obesity, and associated metabolic disorders.
- **Advanced Diabetes Technology:** Hands-on exposure to CGM, insulin pumps, Automated Insulin Delivery (AID), remote monitoring, and digital diabetes care.
- **Comprehensive Obesity Care:** Practical exposure to evidence-based obesity management and cardiometabolic risk reduction.
- **Clinical Research Exposure:** Opportunities to gain experience in clinical trials, research methodology, and ongoing research activities at JDC.
- **Scientific Writing & Publications:** Training in literature review, abstract preparation, scientific paper writing, manuscript development, and scientific presentations.

- Academic Enrichment: Participation in journal clubs, seminars, case discussions, CMEs, conferences, and interactions with national and international faculty.
- Clinical Decision-Making: Case-based learning to strengthen evidence-based and patient-centred treatment decisions.
- Multidisciplinary Learning: Integrated training with diabetologists, dietitians, diabetes educators, nurses, and other healthcare professionals.

Course Highlights

- **Learning Methodology**

1. Interactive Lectures
2. Bedside Teaching
3. Journal Clubs
4. Grand Rounds
5. Clinical Discussions
6. Technology Workshops
7. Simulation
8. CME Programmes
9. Conferences
10. Faculty Mentoring

- **Clinical Exposure**

1. OPD
2. Inpatient Care
3. Diabetes Technology Clinics
4. Obesity Clinics
5. Foot Clinic
6. Nutrition Services
7. Patient Counselling
8. Community Camps



- **Community outreach programmes**
- **Journal clubs, seminars, and difficult case discussions**
- **Research Opportunities**
- **Participation in Continuing Medical Education (CMEs)**
- **Administrative training and medical record management**

Scheme of Examination

- Theory examination
- Clinical case examination
- Viva voce

For more details, contact:

Email Us: academics@jothydev.net, academicsjdc@gmail.com

Contact Us : +91 8129166200

Important Note:

This is an independently conducted fellowship programme intended for the professional training and skill enhancement of medical doctors. It is not an NMC-recognized postgraduate qualification or degree programme.



jothydev's
DIABETES HOSPITAL
& RESEARCH CENTRE

JDC Junction, Mudavanmugal, Konkalam,
Trivandrum, Pin: 695032

