



Name : Dr. Krishnan Swaminathan MD PhD FRCP (Edin)

Contact details

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Designation : Consultant Diabetologist & Endocrinologist
Madhuras Diabetes & Thyroid Centre
Managing Trustee, Idhayangal Charitable Trust

Name of the Degree	Name of the Institutions	Year	Location
MBBS	Madras Medical College	1995	Chennai, India
MRCP	Royal College of Physicians of Edinburgh	1999	Edinburgh, UK
Diploma in Medical Education	University of Dundee	2007	Dundee
MD	University of Dundee	2009	Dundee
FRCP	Royal College of Physicians of Edinburgh	2009	Edinburgh, UK
PhD	Indian Institute of Technology, Madras	2021	Chennai, India

Professional Experience

- Consultant, Diabetes & Endocrinology, Madhuras Diabetes & Thyroid Centre, Coimbatore: 2022-Till date
- Consultant, Diabetes & Endocrinology, Kovai Medical Center & Hospital, Coimbatore, India & President, KMCH Research Foundation: 2014-2022

- Consultant, Diabetes & Endocrinology, Apollo Specialty Hospital, Madurai, India 2011-14
- Consultant, Diabetes & Endocrinology, NHS Fife, UK, 2007-2011
- Honorary Visiting Consultant, Bute Medical School, St.Andrews, Scotland, UK 2009-11

Specialization and Expertise

- Holistic management of underprivileged children with Type 1 diabetes
- Type 1 diabetes, and diabetic medical devices
- Novel areas of diabetes pathophysiology, especially linking environment and human diabetes
- Diabetes in Pregnancy
- Whole spectrum of Clinical Endocrinology

Awards/Distinctions

- ❖ **Change Maker Award 2025** Rotary District 3210
- ❖ Recipient of the **TAMILNADU GOVERNOR’S AWARD 2024**
- ❖ Recipient of **TAMILNADU MEDICAL COUNCIL AWARDS 2023** for best social work for poor children with Type 1 diabetes.
- ❖ Recipient of the “**Sweet Award**” from NGOs of Diabetes Care International Conference for exemplary work on underprivileged children with Type 1 diabetes across the nation
- ❖ **Dr Abdul Kalaam award** from Tiruppur Press Group for the best community service towards underprivileged children with Type 1 diabetes across Coimbatore & Tiruppur Districts
- ❖ Recipient of the prestigious **International Donald Etzwiler Scholarship** based at International Diabetic Centre, Minneapolis and the Mayo Clinic USA – 2016
- ❖ Recipient of the “**Best Community Service Award**” from Lions Club of Erode and Coimbatore & Rotary Club of Tiruppur
- ❖ Citations & Adjunct Professor Title award from Apollo Research Foundation – 2014

Work for Underprivileged children with Type 1 diabetes

- Founding and Managing Trustee of **Idhayangal Charitable Trust**, a registered public charitable trust for the benefit of underprivileged children with insulin needing Type 1 diabetes in India (www.idhayangal.org)
- **4200 underprivileged children** with Type 1 diabetes supported irrespective of caste, creed, religion or State, such children as young as eight months old need four times a day insulin injections for life.
- **800 fridges** supported to poor families to store insulins
- **300 insulin pumps** for deserving children from poor socio-economic strata with monthly consumables support as well at a cost of Rs 3 crores, these gadgets are a game changer with no need for insulin injections.
- **200** children supported for Health Insurance cover for Rs 2 lacs per annum
- **14 Pediatric Units** dealing with Type 1 diabetes at **Government Hospitals** adopted across Tamilnadu state with a significant reduction in hospital admissions with diabetic emergencies and complications.
- More than 1 crore worth of **best analogue insulins** supplied to deserving children, annum
- **Underprivileged children, especially 100 girls with Type 1 diabetes** supported for highschool and STEM education in colleges across the State
- **Project Sakthi, empowering mothers** of children with Type 1 diabetes with advanced tailoring courses to ensure long term care of their child. 100 families benefitted.

Summary of work for underprivileged children through Idhayangal Charitable Trust

Dr Krishnan Swaminathan's dream and passion is to create a transformational change in the lives of underprivileged children, especially girls with insulin needing Type 1 diabetes. Type 1 diabetes affects more than 2 lac children in India, all such children, as young as 8 months old need life-long insulin injections four times a day and finger prick testing for glucoses four times as well. Most children from such socio-economic strata do not see past their early teens

due to advanced kidney failure or diabetic coma. However a small helping hand with best insulins, consumables, education especially for underprivileged girls with Type 1 diabetes in rural areas and rehabilitation of mothers for gainful employment ensures happy healthy lives free of diabetic complications. This dream was the seed for the IDHAYANGAL CHARITABLE TRUST (www.idhayangal.org), a registered charitable trust currently supporting 4000 underprivileged children with Type 1 diabetes across India including Tamilnadu, Kerala, Karnataka, Delhi, Bihar, Assam and Maharashtra. (Idhayangal means Hearts in Tamil). Dr Krishnan Swaminathan is the founding trustee for this trust. Girl children with Type 1 diabetes are close to the heart of Idhayangal Charitable Trust as there is huge discrimination especially in rural areas if a girl child is on insulin injections. Idhayangal Charitable Trust supports not only insulins and consumable but runs an active programme to support STEM education for all children, especially girls from high school to College. In addition, a placement programme for girls after finishing their courses has made a remarkable improvement in their confidence and quality of life. Idhayangal also runs the largest insulin pump programme (no need for painful injections, a smart gadget the size of smart phone) in the subcontinent for underprivileged children, supporting 220 children with this life saving equipment at a cost of Rs 3 crores. Rehabilitation of mothers of children with Type 1 diabetes has led to Project Sakthi, a women empowerment programme that ensures a stable additional income to support their children for medical expenses. An active tailoring programme for mothers upskillment has made a tremendous improvement to the quality of their lives. Led by Dr Krishnan Swaminathan, Idhayangal Charitable Trust is in the process of partnering with National Health Mission, Tamilnadu to work together with Pediatric Units at Government Hospitals across Tamilnadu State, to improve management of children with Type 1 diabetes.

Books published

- Dr Krishnan Swaminathan is passionate about diabetes education for the common man on the street.
- **A Doctors Diary, Diabetes Demystified** in English & **Diabetes for the common man** in Tamil have sold a combined of **20,000 copies**

Publications

- 80 publications in peer reviewed national and International Journals, google Dr Krishnan Swaminathan for publications

Vision for the future

- No single underprivileged child in India should suffer for want of best healthcare to lead happy and healthy lives
- To support all deserving children with Type 1 diabetes with best insulins, pumps and consumables, thereby preventing major hospital admissions with diabetic complications
- To ensure every girl child from underprivileged strata gets access to the best education and placement to lead confident productive lives
- To empower women of families for sustainable health care

Reference

- Padmashri T Pradeep, Institute Professor, DST Unit of NanoSciences, IIT Madras