

ISSUE

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# GAPIO TIMES

Global Association of Physicians of Indian Origin

## *Improving Health Worldwide*

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#### *Message From Dr. Sanku Rao, President, GAPIO*

I would like to thank the organisers of VI annual conference of Global Association of Physicians of Indian Origin (GAPIO), held on 9th -10th January 2016 at Hotel Sheraton at Bangalore, India.

Bangalore "The Silicon Valley of India" was humming with delegates from India and overseas particularly from USA, UK, Australia, Canada, Russian Federation, Dubai, Middle East and India who travelled long distances to participate in this two day conference to discuss the solutions in healthcare for improving health worldwide.

Theme of the conference was "Indian healthcare - Inflection point to global excellence". The conference focused mainly on clinical topics comprising of Cardiology, Endocrinology - Diabetes Mellitus, Neurosciences, Organ Transplantation, Oncology, Child Health and Nutrition as well as other non-clinical sessions comprising of "GAPIO initiatives to improve community health", "Patient Safety and Ethics", "Healthcare outside the hospital" and "Telemedicine". Renowned National and International faculty addressed more than 300 delegates.

I hope to see you and I look forward to meeting each and every one of you at midyear conference of GAPIO on 6th-7th July 2016 at Hotel Crowne Plaza, Moscow, Russian Federation.



#### *Message From Dr. Anupam Sibal, Secretary General, GAPIO*

VI annual conference at Bangalore, India was very well organized. Multiple things happened during this meet apart from excellent scientific deliberations by Key Opinion Leaders. There was Gandhi Fair, release of Special Postal Cover and press conference.

Launch of postal cover which happened in this conference will be entrenched in history of GAPIO.

KMC (Karnataka Medical Council) has accredited four CME points for the scientific session.

Dr. Surendra Varma from USA was honoured with GAPIO Lifetime Achievement Award.

Dr. Surendra Gupta and Dr. Uma Koduri were honoured with GAPIO Leadership Award.

GAPIO Service Excellence Awards were given to Dr. Arvind Kumar Gupta and Dr. A K Tandon.

GAPIO Service Special Appreciation Awards were given to Dr. Nandakumar Jairam, Dr. Pradeep Rangappa, Dr. Chandrika Kambam, Dr. Balreddy, Dr. Rajender Saluja and Dr. Trichur Sachidanandam.

We have started preparations for midyear conference of GAPIO at Moscow, Russian Federation.

On behalf of Executive Committee of Global Association of Physicians of Indian Origin (GAPIO), I am delighted to invite the distinguished delegates to attend the upcoming midyear conference of Global Association of Physicians of Indian Origin (GAPIO), scheduled to be held on 6th – 7th July 2016 at Hotel Crowne Plaza, Moscow, Russian Federation.

More than 50 International and National faculty will converge at Moscow to share their knowledge on various topics on Non Communicable Diseases, Cancer as well as on non-clinical topics.

GAPIO is growing exponentially since its inception since 2011. It has now representation from 32 countries.

## Message from Dr. Ramesh Mehta Vice President, GAPIO



The Global Association of Physicians of Indian Origin (GAPIO) is planning to bring 15,000 retiring Indian-origin doctors from Britain to provide expertise to short staffed medical institutions in India.

“With huge shortage of doctors in India, we are trying to bring in services of about 15,000 retiring doctors from the United Kingdom to provide their expertise to the short staffed medical institutions across the country”.

Out of the 1.2 million Indian doctors working across the globe, 50,000 work in Britain.

GAPIO calls Indian-origin doctors to come forward to lend their expertise and skills to provide healthcare to the needy.

In VI annual conference of GAPIO held on 9th and 10th January 2016 at Bangalore, the first day of the two-day event featured talks on “Changing trends in the management of Type 2 diabetes”, “Antibiotic abuse and how to minimise it”, “Advances in IVF treatment”, and “Progress in minimal invasive surgery in Gynaecology” among others.

There was a release of a special postal cover during the conference which was attended by more than 200 delegates.

### VI Annual Conference held at Bangalore, India

VI Annual Conference of Global Association of Physicians of Indian origin was held on 9th -10th January 2016 at Hotel Sheraton, Bangalore, India.

#### Quotes:

Bangalore “The Silicon Valley of India” was humming with delegates from India and overseas particularly from USA, UK, Australia, Canada, Russian Federation, Dubai, Middle East and India who travelled long distances to participate in this two day conference to discuss the solutions in healthcare for improving health worldwide. GAPIO has come a long way but our journey has just begun - Dr. Sanku Rao, President, GAPIO

Thank you delegates for an overwhelming response to make the conference a great success. See you on 6th and 7th July 2016 at Moscow – Dr. Anupam Sibal, Secretary General, GAPIO

Thank you Faculty members for sparing valuable time to speak on important topics. See you on 7th and 8th January 2017 at Hyderabad – Dr. Ramesh Mehta, Vice President, GAPIO

GAPIO will identify “Country Heads” in countries where GAPIO has presence so as to enlarge the membership base - Dr. Sudhir Parikh, Treasurer, GAPIO

#### Next Conferences:

Next Mid-Year conference will be held on 6th and 7th July 2016 at Moscow, Russian Federation.

Next annual conference of GAPIO will be held on 7th and 8th January 2017 at Hyderabad, India.

## Special Focus on VI annual conference at Bangalore, India



Dr. Prathap C Reddy, Founder President GAPIO addressing the EC / PC members during EC meeting



Welcome of Dr. S S Agarwal, Natiana President, IMA, during the conference



Dr. Sanku Rao, President GAPIO along with Dr. Ramesh Mehta, Vice President GAPIO and Dr. Nandakumar Jairam, Joint Secretary GAPIO, addressing media persons



Lamp Lighting by Dr. Arun Jamkar, VC, Maharashtra University of Health Sciences, Dr. Sanku Rao, Dr. Ramesh Mehta and Dr. Anupam Sibal



Official launch of Special Postal Cover of GAPIO by Chief Postmaster General and distinguished chief guests



Launch of souvenir by the Chief Guest and GAPIO office Bearers



Dr. Surendra Varma from USA, receiving GAPIO Lifetime achievement award from Dr. Sanku Rao, President GAPIO



Dr. Uma Koduri from USA, receiving GAPIO Leadership award from Dr. Sanku Rao, President GAPIO



Dr. Surendra Gupta from Gujarat, receiving GAPIO Leadership award from Dr. Sanku Rao, President GAPIO



Dr. Sachidanandam Trichur from Hyderabad, receiving GAPIO Special appreciation award from Dr. Sudhir Parikh, Treasurer GAPIO



Dr. Rajender Saluja from Hyderabad, receiving GAPIO Special Appreciation award from Dr. Ramesh Mehta, Vice President GAPIO



Launching of book "Is your Child ready to face the world" written by Dr. Anupam Sibal, Secretary General, GAPIO which is foreworded by Mr. Amitabh Bachchan



Dr. Arvind Kumar Gupta from Bilaspur (C.G.) receiving GAPIO Service excellence award from Dr. Ramesh Mehta, Vice President GAPIO



Dr. G. Balareddy from Hyderabad, receiving GAPIO Special Appreciation award from Dr. Sanku Rao, President GAPIO



Dr. A.K. Tandon from Delhi, receiving GAPIO service Excellence award, from Dr. Nandakumar Jairam, Joint Secretary GAPIO



Delegates attending the Session



## Community Service Projects

Free Health Check-Up Camps at Halonda, Sawaimadhopur and Sherpur, Rajasthan



Dr. Loknath Shandilya with the chief guest  
Princess Diya Kumari, MLA – Sawaimadhopur



Registration of patients



Dr. Loknath examining patient



Patients waiting to get examined

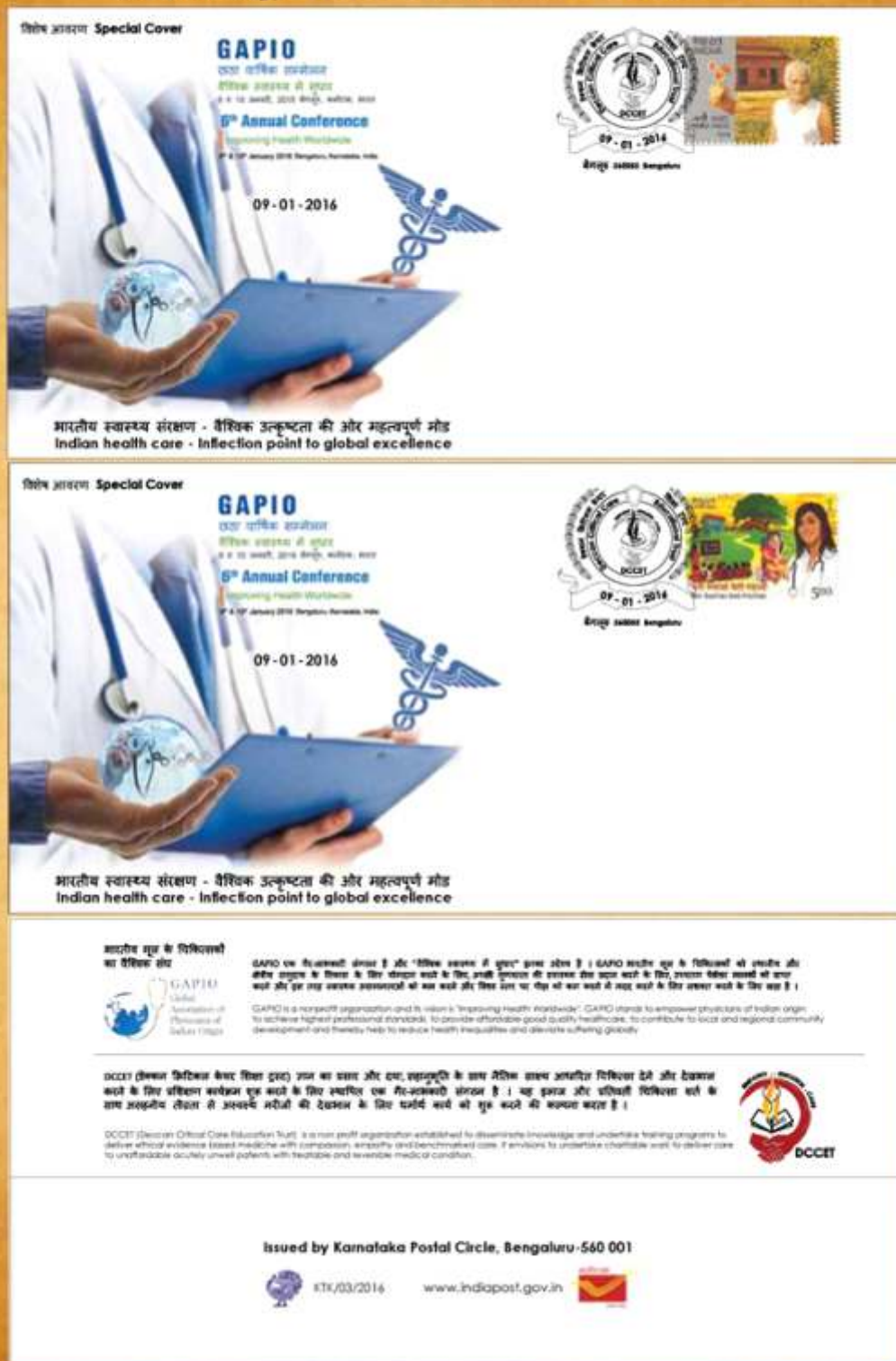
Free Medical Health Check-up camps were organised by Global Association of Physicians of Indian Origin (GAPIO) in collaboration with Global Health and education on 25th October 2015 at Halonda, on 31st October at Sawaimadhopur and on 2nd November 2015 at Sherpur, Rajasthan.

The objective of the camp was to spread awareness regarding diet, exercise and weight control. Free medicines have been provided to subjects who were diagnosed with HTN and or DM. Patients advised to follow up with their local doctors or Public Health Centers or with one of GHE-affiliated doctors. Follow up is going on of those patients who have been diagnosed with HTN or DM on a regular basis by trained local volunteers and physicians for compliance with their medications and ascertain that their blood pressure and/or blood sugar are controlled. Global Association of Physicians of Indian Origin provided free Glucometers and strips apart from Rs. 60000/- for arrangement of these 3 camps.

**Adopt a Patient Program:** "Adopt a Patient" program has been started where free medicines has been provided and follow up of very sick patients who otherwise could not afford medical care.

### Acknowledgement:

Global Association of Physicians of Indian Origin (GAPIO) and Global Health and Education (GHE) sincerely acknowledges the encouragement and support of Honorable Princess Diya Kumari, MLA to help us organize these camps. We also acknowledge the encouragement and guidance provided by Dr. Thakor Patel (SEVAK Project) to help us in planning of these camps. We wish to acknowledge the assistance of Ms. Komal Bajpai for providing technical support in preparation of this report and hosting the GHE Website. We are thankful to Lion's Club of Sawaimadhopur for their support and services provided during these camps. Last but not the least, we appreciate with gratitude the services and support provided by physicians, and para-medical personnel of Sanjeevani Hospital, Sawaimadhopur, Dr. Sharma , Principal Medical Officer, Sawaimadhopur and other local volunteers.





## India

### Delegates Discuss Scientific Breakthroughs At Global Physicians Meet

By A. Sangeetha

**M**ore than 300 delegates from around the world attended the 6th Annual Conference of the Global Association of Physicians of Indian Origin held in Bengaluru, Jan. 9 and 10. The theme of the meet was "Indian healthcare - Infection point in global excellence."

According to organizers, participants from India and overseas, particularly from the U.S., U.K., Australia, Canada, Russian Federation, Dubai, and Middle East participated in the various sessions at the conference. There was an "impressive scientific content" in the panel discussions and organizers received significant feedback from attendees.

"GAPIO has come a long way but our journey has just begun," said Dr. Sanku Rao, president of GAPIO. Dr. Anupam Sibal, secretary general of GAPIO, thanked the delegates for an "overwhelming response." Dr. Sudhir Parikh, treasurer, said GAPIO ambassadors and coordinators in GAPIO-member countries will be identified in order to enlarge the membership base of the organization, a release from the organization said.

The conference focused mainly on clinical topics including cardiology, endocrinology - diabetes mellitus, neurosciences, organ transplantation, oncology, child health and nutrition as well as other non-clinical sessions comprising of "GAPIO



Meen, Dr. Sanku Rao, president of the Global Association of Physicians of Indian Origin, center, flanked by Dr. Hanesh Mehta, vice president GAPIO, right, and Dr. Nandakumar Jainam, joint secretary-GAPIO, at a press conference Jan. 9, during the 6th annual conference of GAPIO held at Hotel Sheraton, Bengaluru. Other guests include Dr. Arun Jambur, vice chancellor, Maharashtra University of Health Sciences, Nashik and GAPIO President, Dr. Sanku Rao and Dr. Sudhir M. Parikh during the lamp lighting ceremony Jan. 9.

initiatives to improve community health", "Patient Safety and Ethics", "Healthcare outside the hospital" and "Telemedicine". Dr. Parikh, publisher of News India Times and recipient of

India's Padma Shri award, who moderated a session on cardiac disease, obesity, and other neurological diseases, at the conference, told News India Times the 6-year old GAPIO has grown bigger in size and scope with 31 member countries as members. "We have also made a mark on Swasth India, a program that matches overseas physicians to the needs and projects of states in India," he said.

Other highlights at the conference were a Gandhi Fair, release of a landmark special postal cover dedicated to GAPIO, and the launch of a book, "Is your child ready to face the world?" written by Dr. Anupam Sibal. The Karnataka Medical Council has awarded 4 Continuing Medical Education points to the scientific session held at GAPIO.

Indian-American physician, Dr. Surendra Varma, was honored with the GAPIO Lifetime Achievement Award. Dr. Surendra Gupta and Dr. Uma Kodari received the GAPIO Leadership Award. The GAPIO Service Excellence Awards were given to Dr. Arvind Kumar Gupta and Dr. A.K. Tandon. And the GAPIO Service Special Appreciation Awards were given to Drs. Nandakumar Jainam, Pradeep Ramgappa, Chandrahika Kambam, Balreddy, Rajender Saluja and Trichur Sachidanandam.

A mid-year session of GAPIO is scheduled to be held July 6-7, in Moscow, Russia, and the 2017 conference will take place in Hyderabad Jan. 7-8, according to Dr. Anil K. Tandon, advisor to GAPIO.



Distinguished guests and the executive team of the Global Association of Physicians of Indian Origin at the official launch of a "Special Postal Cover" dedicated to GAPIO, released by the Indian Postal Service. Seen in photo among others, is Dr. Sudhir Parikh, fourth from right, treasurer of GAPIO, publisher of News India Times and recipient of India's Padma Shri award.

www.newsindiatimes.com - that's all you need to know

## Member's Corner

**Dr. Uma Koduri (USA)** - GAPIO - NOI (GAPIO Nutrition and Obesity Initiative)

### Project # 1 on Sept 4, 2015

**“Dr. Uma Koduri lead GAPIO-NOI (Nutrition & Obesity Initiative) program, besides organizing several health walks for obesity awareness in 71 schools in 15 States in USA where she lives. She has also helped this school project in India to help with India’s dual problem of malnutrition - overnutrition and undernutrition.”**

**Aim**– Promote childhood obesity awareness and provide information on how to fight it by healthy lifestyles including ChooseMyPlate, 5-2-1-0 concept and information from WHO (World Health Organization) by organizing school event to educate the students, parents and teachers

**Venue** - Jubilee Hills Public School, Hyderabad, India

- Dignitarie** - 1. Chairman / President, Vice President, Management board members of school.
2. Dr. Rakesh Sahay – Head of Endocrinology Department at Osmania Medical College & Osmania General Hospital
  3. Dr. Naunihal Singh – Pediatrician
  4. Dr. K.M.K. Reddy – Cardiologist at Apollo Hospital
  5. Dr. Janaki Srinath – Nutritionist at Fernandez Hospital and Vahrevah
  6. Chef Sanjay Thumma

### Activities:

Students were given yellow t-shirts with GAPIO logo and GAPIO-NOI logo on it.

Report by School Principal Mrs. Varalakshmi of the Health Screening done on **2572** students.

Power point presentations about healthy lifestyles.

One-mile walkathon | Bharatanatyam dance | Zumba dance

Screening tests were conducted by doctors a week before to screen for **diabetes, hypertension, thyroid disease and BMI for underweight / overweight/obesity.**

It showed that **178 students (i.e. 7%)** were found to be overweight / obese.

A very small percentage were found to have diabetes, high blood pressure, hypothyroidism.

The school management is now helping their parents to get medical care.

**Goal is to do in at least 100 schools.**

**Dr. Uma Koduri (USA)** - GAPIO - HAPPI Project (HAPPI – Health Awareness Promotion Project India)

### GAPIO Project # 2 on Sept 12, 2015

**Project - Name - GAPIO - HAPPI Project (HAPPI – Health Awareness Promotion Project India)**

**“Dr. Uma Koduri lead GAPIO - HAPPI Project (HAPPI – Health Awareness Promotion Project India) program helped this school project in India to help with India’s dual problem of malnutrition - overnutrition and undernutrition.”**

**Aim** – Promote Nutrition and Health awareness for malnutrition (undernutrition & overnutrition) by organizing school event in rural village to educate the students, parents and teachers.

**Venue** - Swami Vivekananda Gurukul School for Human Excellence, Vikarabad, India

**Dignitaries** – 1. Dr. Sanku Rao

2. Dr. Uma Koduri – Physician from USA
3. Dr. Ravi Bathina - Cardiologist from USA
4. Dr. Vijay Janagama – Medical Director of SuVitas (Post-Hosp Rehabilitation)

### Activities:

Prayer lead by teachers and students. School strength was about 200.

Distribution of white t-shirts with GAPIO, GAPIO NOI and HAPPI logos

One mile walk to the Village Head’s office building

Speeches by doctors, principal, Village Head etc. on eating healthy, nutritious, low cost foods etc.

Distribution of snack packets to all the participants.



First GAPIO Pilot Program in India on 4th September, 2015



First GAPIO School event in India on 4th September, 2015



Second GAPIO School event in India on 12 September 2015



GAPIO Obesity Walk Medical Alumni Meeting in Dallas on Oct 24, 2015



## Executive Committee of GAPIO



**Dr. Prathap C Reddy**  
Founder President  
& Emeritus Advisor



**Dr. Sanku S. Rao**  
President



**Dr. Ramesh Mehta**  
Vice President



**Dr. Anupam Sibal**  
Secretary General



**Dr. Nandakumar Jairam**  
Joint Secretary



**Dr. Sudhir Parikh**  
Treasurer



**Dr. G. Bala Reddy**  
Authorized Signatory



**Dr. G Bodiwala**  
Member



**Dr. Sukumar Mukherjee**  
Member



**Dr. Ramakanta Panda**  
Member



**Dr. Hemant Patel**  
Member



**Dr. Shailja Chaturvedi**  
Member



**Dr. Om P Ganda**  
Member



**Dr. Nirmal Ganguly**  
Member



**Dr. Rohini Sridhar**  
Member



**Dr. Arun Garg**  
Member



**Dr. Bhupinder Sandhu**  
Member

**GAPIO**  
Global Association of Physicians of Indian Origin

**IMPROVING HEALTH WORLDWIDE**

**THEME : DIABETES - THE GIANT KILLER!!!**

**GAPIO VII ANNUAL CONFERENCE**

Accreditation by Telangana State Medical Council

GAPIO has now representation from 32 countries and 25 states from India

**January 7th - 8th, 2017**

**Venue : Park Hyatt, Banjara Hills Hyderabad**

Sessions : Cardiovascular Disease | Hypertension | Stroke | Diabetes | GI Disorders | Liver Transplantation | Maternal & Infant Health | Mental Health

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