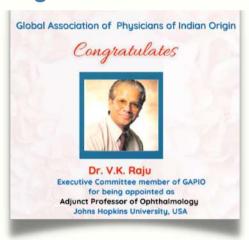
### **GAPIO TIMES**

Global Association of Physicians of Indian Origin

ISSUE 22 JUNE 2021



#### GAPIO congratulates Dr. V. K. Raju



Dr. V K Raju, F.R.C.S. Edinburg, UK, F.A.C.S., American College of Surgeon and a Board Certified Ophthalmologist working at Regional Eye Associates, USA and is Clinical Professor at West Virginia University. He is President and Founder of Eye Foundation of America (EFA) and Founder President of Goutami Eye Institute, India. He is also Director of International Ocular Surface Society. He has done extensive community work for prevention of Childhood Blindness. EFA has helped build two hospitals in India.

Executive Committee Member of GAPIO, Dr. V. K. Raju has been honored by world-renowned Johns Hopkins University, U.S.A. by appointing him as Adjunct Professor of Ophthalmology. GAPIO congratulates Dr. V.K. Raju for his great achievement and enormous work in the field of ophthalmology, which has made the country proud.

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### Release of Position Paper on : Nurses - Reimagining Role of Nurses in India

GAPIO and BCG jointly presented a PositionPaper- Reimagining Role of Nurses in India to NITI Aayog. The paper was received with great excitement and there were very encouraging words of support from both.

The Position Paper was released by Amitabh Kant, CEO- NITI Aayog, and Dr. Vinod Paul, Member- NITI Aayog.

Both have assured that issues and recommendations would be studied in detail and a follow-up meeting will be held to shortlist recommendations that would be shared with the concerned Government officials in the ministries.

Six Nursing leaders and subject experts in this field with abundant experience formed a core group which included the President of the Indian Nursing Council(INC). Another group of 20 International and National Experts from Global Association of Physicians of Indian Origin (GAPIO) provided valuable inputs. Internationally known consulting company BCG did extensive research to find out issues and came up with recommendations. GAPIO thanks the International/National Expert for their inputs, time, help, and cooperation extended to GAPIO and BCG to compile this position paper.

The release of the Position paper was extensively covered by the press and media.



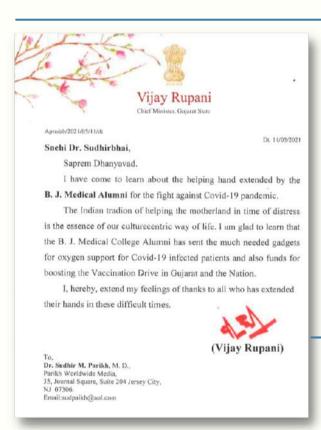
#### Congratulations to Dr. Devendra Gupta

GAPIO congratulates Dr. Devendra Kumar Gupta (Member , GAPIO) for publishing an article titled "India's COVID-19 response: science first" in the Lancet Journal June 2021 Volume.

The artilce focused on India's response to handling the COVID-19 pandemic. It condemned the use of media reports for giving a verdict on the Indian COVID-19 emergency rather than making use of medical evidence. It emphasized that the response of any country to a pandemic is a complex process that is guided by its existing health infra structure, the scalability of both skilled labour and machinery to counter the infection, the rapidity in establishing vaccine immunity, and the economic feasibility of a lock-down. India, as a nation, stood firmly to manage the unprecedented challenge caused by COVID-19 infections, with both government and non-governmental support augmenting preventive and therapeutic health-care facilities, diagnostic and research facilities, and tracking services, to minimize the loss of human life. He also urged to let medical professionals work together with science in front and forget the politics of decisions.



Dr. Devendra Gupta



#### Hon'ble Sri Vijay Rupani Chief Minister of Gujarat thanks Dr Sudhir Parikh

Hon'ble Sri Vijay Rupani Chief Minister of Gujarat thanks Dr Sudhir Parikh and BJ Medical college Alumni USA for their support in the form of Oxygen Equipment and funds for vaccination drive



Dr Sudhir Parikh

#### Landmark achieved with COVID-19 vaccination

Wonder if the international media will cover the landmark achieved in India with Covid vaccination.

India launched the COVID-19 vaccination drive on Jan 16 (32 days after the US) and has administered 32.36 crore vaccines till 28 June 2021 while US which started on Dec 14, 2020 has administered 32.33 crore doses.

In the period of 21 June 2021 to 26 June 2021, 3.77 crore vaccines were administered which is equal to the population of Canada.

#### Mucormycosis - What every doctor needs to know

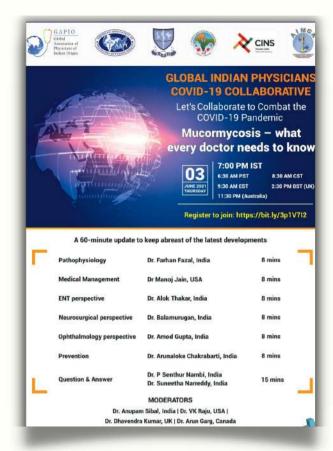
For more than a year, struggling through the COVID pandemic, we also had to face a new challenge- the challenge of mucormycosis. This newly surfaced wave of mucormycosis was a new health issue all around the world, and the condition in India was more severe as the mucormycosis cases in the country were rising at an alarming rate.

Hence, to address the condition and get a in-depth knowledge of mucormycosis, GAPIO arranged a comprehensive 60-minute session at 7:00 PM IST on Thursday, 3rd June 2021 through zoom to keep abreast of the latest developments, current happening, and understandings on the hot topic of mucormycosis.

The moderators for the session were Dr. Anupam Sibal, India, President GAPIO, Dr. VK Raju, USA, Dr. Dhavendra

Kumar, UK, and Dr. Arun Garg, Canada. The session was addressed by reputed and well-known speakers from the USA and India. The virtual session covered various aspects of Pathophysiology, Medical Management, ENT, Ophthalmology, and Neurosurgical perspectives.

Mucormycosis is one of the rare and aggressive diseases, and the only possible way to reduce the mortality rate is early diagnosis. Everything right from mucormycosis understanding, symptoms, case studies, challenges, and the ways of prevention were discussed in the seminar by experts in the field. The virtual session was later followed by a 15 minutes question and answer session that resolved all the possible doubts.





Shri Gaur Gopal Das ji

Dr. Nandakumar Jairam,

Dr. Nandakumar Jairam, Vice President, GAPIO, India Dr. Ramesh Mehta, Past President GAPIO President BAPIO, UK Dr. Anupama Gotimukula, President Elect AAPI, USA Dr. Arun Garg, President, CINS, Canada Dr. Ravi Koll, Vice President AAPI, USA

Dr Ajay Sankhe nt, GFESH, India

Vice President A., Dr. Anju Aggarwal, Evacutive Member GAPIO, Australia

Dr. Sudhir Parikh, Secretary General, GAPIO, USA

30 mins

### Staying Calm in the COVID chaos: A session by Shri.Gaur Gopal Das ji

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There are times when unexpected, unknown, and undesirable events occur in life, possibly bringing the greatest challenges to us human beings. That is exactly what the last year and a half have thrown up -The chaos of a raging pandemic all-around. Hence, to deal with the uncertainty of the prevailing situation, GAPIO under its initiative of collaborating and combating the COVID-19 pandemic, came up with a spiritual session' - 'STAYING CALM IN COVID CHAOS -DISCOURSE BY SHRI GAUR GOPAL DAS JI'.

Scheduled on 5 June 21, 7:00 PM IST Saturday, a 60- minute virtual session was organized by GAPIO, focusing on the initiative to deal with the tension, stress and fear, experienced during the pandemic. The session aimed at combating the current pandemic with the help of mental peace and inner strength. The session encompassed the real issues with real and practical solutions. The solution lies within us, staying calm and composed is the only effective way to sustain during the pandemic. The session concluded with a 20-minute question and answer round.

#### **GAPIO** in partnership for CINI 2021

GAPIO is an International partner with CINS for CINI 2021 Conference. This exciting CINI virtual event was held from 18 June 21 to 20 June 21.

With engaging conversations, panels, and experimental practice, the theme of the CINI conference was 'integrative thinking to integrated medicine'.

The event widely focused on the post COVID- 19 situation and healthy society. Aiming towards the relation between integrated thinking and chronic disease, the session included the most forward-thinking health care professionals and yoga experts of Canada and India.

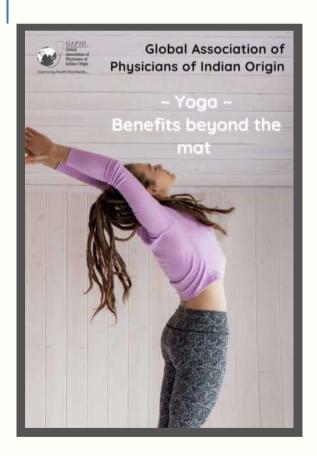
Dr. Padam Shree Nagendra was the Chief Guest and lead the discussions on Integrative Medicine. The event was an empowering, encouraging, educational, and entertaining experience.

#### Yoga - Benefits beyond the mat

Yoga: An ancient Indian practice that has become increasingly popular in recent years. The various benefits of yoga are well known and widespread. May it be improving your body posture and body flexibility or lowering your stress levels, yoga offers improvement of both -mental and physical health. Ever wonder why yoga studios typically don't have mirrors? Because yoga primarily focuses on inward awareness and inner healing rather than the outside world. The benefits of yoga are endless, and anyone with first-hand yoga experience can agree on it. Most of us seek yoga for better health, but is that it? Surveys found that those who practiced yoga were more aware of their bodies than people who did not practice yoga. The reason is, the people who practice yoga are mindful eaters. They are more aware of their eating habits and more conscious of the physical and emotional sensations associated with eating. Mindful eating further benefits in controlling body weight making you more sensitive to the clues of hunger and fullness, which ultimately develops a positive relationship between you and food. Yoga and controlled mindful eating helps in controlling Blood pressure, Diabetes, weight and ultimately knee and other joint problems. The breathing exercises and asanas in yoga help you relax. It is proven that deep breathing is one of the best ways to lower stress in the body.

Deep breathing sends a message to your brain to calm down and relax. Pranamaya is even associated with various benefits relating to cardiovascular diseases. Pranayama is the foundation





of your yoga practice and also goes hand in hand with the asanas. Your yoga postures or asanas help your body heal - your joints, ligaments, and muscles strengthen over time through regular yoga practice. Often older adults complain about their backache, yoga is a solution to this, as it aids in lubricating the spine and alignment.

Your body, your physical and mental health, your lifestyle and, your soul are interrelated, and yoga helps in keeping this connection strong and healthy. Yoga heals you internally. Yoga is much more than just a physical practice on the mat; in fact, it is an extension of our soul that offers health beyond the mat. GAPIO shared these amazing benefits and facts about yoga through a video posted on social media, following the World Yoga Day.

#### Session on Advances in NICU care



The virtual session on "Advances in NICU care" was held under IAP-GAPIO International Lecture Series from 09:00 PM IST to 10:00 PM IST on Saturday, 26th June 2021 on a digital platform.

This interesting session included distinguished speakers from India and USA.

The session covered the topics of NICU care amid the COVID-19 pandemic and neonatal care in the first hour of life. The unique panel of doctors consisted of:

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- Prof. Sandeep Kukreja (USA)
- Prof. Ruchi Rai (India)
- · Prof. Rita Raman (USA)
- Dr. Rhishikesh Thakre (India)

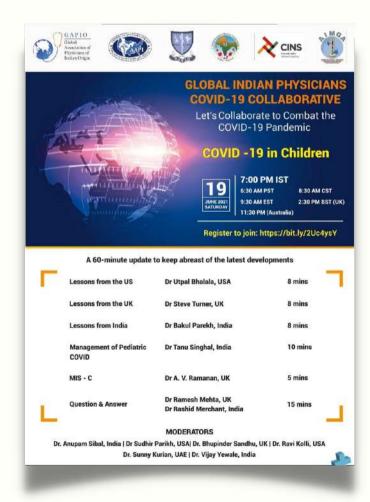
#### Session on COVID-19 in children

The new wave of COVID-19 came up with a life-threatening danger to the children.

Although fewer cases of COVID-19 were reported in children than in adults, children appeared to be largely spared by the direct mortality impacts of COVID-19, and hence to shed light on this important topic GAPIO had organized a session on "COVID -19 in Children", under its series of sessions.

The virtual session was held at 7:00 PM IST on Saturday, 19th June 2021 on digital platform to keep abreast of the current developments in COVID-19 in Children.

Dr. Utpal Bhalala, USA, Dr. Steve Turner, UK and Dr. Bakul Parekh, India shared their experiences from respective countries. Dr. Tanu Singhal, India covered Management of Pediatric COVID and Dr. A. V. Ramanan, UK covered Multisystem inflammatory syndrome in children (MIS-C). This was followed by Question Answer Session facilitated by Dr. Ramesh Mehta, President BAPIO, UK and Dr. Rashid Merchant, India. Dr. Anupam Sibal, India, Dr. Sudhir Parikh UK, Dr. Bhupinder Sandhu, UK, Dr. Ravi Kolli, USA, Dr. Sunny Kurian, UAE and Dr. Vijay Yewale, India moderated the session.



#### **CRISPR: A gene editing Technology**



CRISPR-Cas9 - a unique technology that enables geneticists and medical researchers to edit parts of the genome by removing, adding, or altering sections of the DNA sequence.

CRISPR is one of the most advanced technologies that is being used for a decade now.

Uplifting the technical bar high CRISPR is the most significant and biggest science story in present times that would get acquainted with the powerful new gene-editing technology.

To educate the audience on this front, GAPIO had shared a post on the social media



### Immunotherapy for kidney cancer

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Immunotherapy helps in boosting an individual's immune system, which helps in recognizing and destroying cancer cells more effectively.

Immunotherapy provides a boost to an individual's immune system, helping the body recognize and destroy cancer cells more effectively.

GAPIO spread an awareness message on Immunotherapy for kidney cancer by sharing a post on the social media

#### Celebration of Health Days on Social Media

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## Let us commit to the environmental safety

Mother earth provides everything humanity needs to survive and thrive. But are we thankful enough? We often neglect our planet's health. The growing technological transformation, development of concrete cities, deforestation, pollution, global warming, and climate change have left the environment on a double-edged sword. Although the damage is done, we still have the time to make the earth a better planet to live on. Hence to bring awareness about our environment, GAPIO celebrated World Environment Day / The message it conveyed was that - Your small steps today can lead to a better tomorrow.



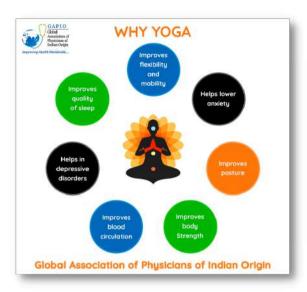


# A single act of kindness will help the world beat pandemic

When it comes to helping the world beat the crises of COVID19, every drop of blood counts. On the occasion of World Blood Donor Day, GAPIO aimed to raise awareness about blood donation among the general public. GAPIO addressed the general public making them aware of the dos and don'ts along with the precautions needed to be taken before and after the blood donation. Shedding light on the necessary topics, GAPIO intended to educate the donors as GAPIO stands for safe blood transfusion.

#### Keeping fit with yoga





GAPIO gladly celebrated World Yoga Day, with the motive of maintaining a physically and mentally balanced life. Spreading awareness about the importance of yoga, GAPIO motivated everyone to make yoga a part of their routine.

Yoga as an art to keep fit and healthy has been existing since many many years; rather this has become a unique tool in maintaining both physical and mental well-being.

The present resurgence of the COVID-19 pandemic has added stress and anxiety among the people. The isolation and the disease are not only affecting physical health of patients but also taking a toll on the psychological or emotional health. Making yoga a part of your routine will keep your body healthy and mind calm. Let us practice yoga at home with our family to boost the immune system. Yoga also helps in controlling many chronic ailments, non communicable diseases (NCDs) like blood pressure, heart diseases and Diabetes and arthritis as a part of integrated medicine. However one particular type of aasana is not the remedy for all type of ailments. Seek advice from an expert in Yoga

#### Spreading awareness of vitiligo together

Vitiligo occurs in 1-2% of the population worldwide. A loss of pigment called Melanin in the skin creates a variety of patterns on the skin. The cells called melanocytes are responsible for producing Melanin which give colour to the skin.

In Vitiligo there are not enough melanocytes to produce adequate Melanin in the skin. This causes patches to develop on the skin. Vitiligo is an Auto Immune condition in which cells that produce skin pigment are attacked and destroyed. Loss of melanocytes leads to discolouration of skin. It generally starts on the hands, forearms, feet, face corners of lips and ear lobules. Vitiligo affects all races, ethnicities, and genders.

Multivitamins, Vit A, B-6, Beta Carotene and foods that contain Beta Carotene like carrots, Spinach and peas may help. Phototherapy with Ultra violet B Light (UVB) can sometimes help. Use Topical steroids only on advice of the doctor.

Let us remove the stigma that vitiligo brings in the society and accept it as a normal skin color condition. GAPIO addressed World Vitiligo Day on the Social Media appealing the society to accept it as a normal skin color condition.



### Media Coverage

Publication	Story	Link
Outlook	Association of physicians suggests ways to augment India"s heathcare workforce capacity	https://www.outlookindia.com/newsscroll/association-of- physicians-suggests-ways-to-augment-indias-heathcare-workforce- capacity/2107691
TNN	GAPIO and BCG collectively current place papers on Allied Healthcare and Nurses to Niti Aayog, Well being Information, ET HealthWorld	https://todaysnewnews.com/2021/06/23/gapio-and-bcg-collectively-current-place-papers-on-allied-healthcare-and-nurses-to-niti-aayog-well-being-information-et-healthworld/
ET Health	GAPIO and BCG jointly present position papers on Allied Healthcare and Nurses to Niti Aayog	https://health.economictimes.indiatimes.com/news/industry/gapio- and-bcg-jointly-present-position-papers-on-allied-healthcare-and- nurses-to-niti-aayog/83775997
The Week	Association of physicians suggests ways to augment India's heathcare workforce capacity	https://www.theweek.in/wire- updates/national/2021/06/23/des26-health-workforce- papers.html
Medical Dialogues	Augmenting Healthcare Workforce Capacity in India: GAPIO Submits Position Papers To NITI Aayog	https://medicaldialogues.in/news/health/augmenting-healthcare- workforce-capacity-in-india-gapio-submits-position-papers-to-niti- aayog-78976
Tribune	Association of physicians suggests ways to augment India''s heathcare workforce capacity	https://www.tribuneindia.com/news/nation/association-of- physicians-suggests-ways-to-augment-indias-heathcare-workforce- capacity-272938
HT Syndication	BCG, GAPIO release papers on allied healthcare and nurses to Niti Aayog	https://www.htsyndication.com/biospectrum-india/article/bcg%2C-gapio-release-papers-on-allied-healthcare-and-nurses-to-niti-aayog/51998964
Yahoo News ndia	Association of physicians suggests ways to augment India's heathcare workforce capacity	https://in.news.yahoo.com/association-physicians-suggests-ways-augment-122804192.html
ndia News Lepublic	GAPIO and BCG jointly present position papers on Allied Healthcare and Nurses to Niti Aayog	https://indianewsrepublic.com/gapio-and-bcg-will-jointly-publish-a-position-paper-on-united-medical-care-and-nurses-in-niti-aayog-health-news-and-et-health-world/351057/
iospecturum	BCG, GAPIO release papers on allied healthcare and nurses to Niti Aayog	https://www.biospectrumindia.com/news/16/19002/bcg-gapio-release-papers-on-allied-healthcare-and-nurses-to-niti-aayog.html
Pharmabiz	GAPIO releases position papers on allied healthcare and nurses to Niti Aayog	http://pharmabiz.com/NewsDetails.aspx?aid=139493&sid=2
lealthwire	Global Association Of Physicians Of Indian Origin Presents Position Papers On Allied Healthcare And Nurses To Niti Aayog	https://www.healthwire.co/global-association-of-physicians-of-indian-origin-presents-position-papers/
Medicaloid	GAPIO and BCG jointly present position papers on Allied Healthcare and Nurses to Niti Aayog	https://medicaloid.com/gapio-and-bcg-jointly-present-position-papers-on-allied-healthcare-and-nurses-to-niti-aayog/
atest LY	India News   Association of Physicians Suggests Ways to Augment India's Heathcare Workforce Capacity	https://www.latestly.com/agency-news/india-news-association-of-physicians-suggests-ways-to-augment-indias-heathcare-workforce-capacity-2576900.html
Devdicourse	Association of physicians suggests ways to augment India"s heathcare workforce capacity	https://www.devdiscourse.com/article/education/1624305-association-of-physicians-suggests-ways-to-augment-indias-heathcare-workforce-capacity
li India	Association of physicians suggests ways to augment India's heathcare workforce capacity	https://www.hiindia.com/blog/2021/06/23/association-of- physicians-suggests-ways-to-augment-indias-heathcare-workforce- capacity/