



## Tribute on account of National Doctors Day



Celebrated in the honor of renowned physician and former West Bengal chief minister Dr. Bidhan Chandra Roy, National Doctor's Day was virtually observed by GAPIO in order to pay utmost respect and recognize the contribution of the doctors. We understand why thanking them was even more significant in these tough years. GAPIO salutes the courage, strength, and dedication of these real heroes.

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## GAPIO Member Dr. Arvind Lal felicitated by Hon. Shri Narendra Modi ji

Dr. Arvind Lal (Member, GAPIO) is Indian billionaire, pathologist, medical administrator and the chairman and managing director of Dr Lal PathLabs, a medical diagnostic centre in Delhi.



## GAPIO launches mental health support helpline :

**Launches**  
**Mental Health Support Helpline**  
Saturday, 10th July 2021

**A Healthcare Worker can go to**  
<https://chennaiunited.org/helpline> to enter his/ her request.

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Healthcare workers can also call on helpline number **+917292018816**  
Facility available in three languages **English, Hindi and Tamil.**

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**Reputed counsellors from India and overseas will provide support**

Logos of partner organizations: AAPI, BAPIO, CINS, AIMGA, BIPA, HNG.

The second wave of COVID-19 has caused significant challenges with medical, nursing and allied healthcare workers experiencing stress, depression and distress during the discharge of their duties towards patient care.

Ensuring mental wellbeing of Healthcare Workers (HCWs) is of prime importance to the Global Association of Physicians of Indian Origin (GAPIO) as well as its collaborating partners - the American Association of Physicians of Indian Origin (AAPI), the British Association of Physicians of Indian Origin (BAPIO), the Canada India Network Society (CINS), Canadian Association of Physicians of Indian Heritage (CAPIH), Australian Indian Medical Graduates Association (AIMGA), Indian Psychiatric Society (IPS), British Indian Psychiatric Association (BIPA), Chennai United and Health Net Global (HNG). Together these organizations launched the Mental Health Helpline for HCW's facing mental health issues.

### Process of Mental Health Support helpline

- The Mental Health Support is a web platform created for Recipients/ Healthcare Worker/s(HCW/s) and Volunteers to seek support from Peer Support Provider/ Counselor/ Advisor to cope with the anxiousness and stress created by COVID-19 pandemic.
- The recipient can go to <https://chennaiunited.org/helpline/> to enter his/her request. Alternatively, he/she can also call helpline number 72920 18816 anytime where his/her request will be taken on the phone in English, Hindi and Tamil.
- Whenever the peer support provider / counselor /advisor is available, they will log in to the platform and initiate a SMS to be sent automatically to the recipient/HCW.
- The recipient/HCW can then click the link received through the SMS and a video call will be initiated where they can talk to the peer support provider / counselor/advisor.
- This interaction being of personal and sensitive nature, all such interactions between the recipient and the provider will be kept confidential and not divulged to any third party.

All recipients are to log out of the platform after the completion of the interaction.

## News Corner : 'Healing the Healers' Published by The Morning Standard (Leisure)

An article titled "Healing the Healers" was published in the Morning Standard (By the New Indian Express Group) which described the need for mental well-being of the healthcare workers. It focused on the efforts taken by GAPIO, Indian Psychiatric Society and various global bodies, in the launch of helpline for stressed out healthcare workers

The **MORNING STANDARD**

LEISURE

03

NEW DELHI

TUESDAY 13.07.2021

Sir Patrick

# HEALING FOR HEALERS

Aided by various global bodies, the Indian Psychiatric Society has launched a helpline for stressed out healthcare workers

RAJENDRA SHARMA TANHA

**H**e needed after a month. He has been working like a machine. He will not admit it, but I am sure he is under a lot of stress seeing so many patients.

A couple of times, I have seen him pop a sleeping pill," says Meena Bagheri, about her son who is a Resident Doctor at an eminent government hospital in the city.

Bagheri's not a lone case. The morbidity and mortality associated with Covid-19 has taken a huge toll on the mental health of healthcare workers (HCWs) across different disciplines. Even otherwise, doctors experience high levels of stress, but fearing stigma they don't talk about it.

But now help is at hand. The Global Association of Physicians of Indian Origin (GAPIO) in association with Indian Psychiatric Society (IPS) has launched a Mental Health Helpline for HCWs facing mental health issues. Apart from offering advice, and individual sessions and referrals, peer support sessions will be made available.

"There has been an exponential rise in the cases of anxiety, post-traumatic

stress and depression amongst healthcare and frontline workers. We hope this helpline will alleviate the stress and challenges that HCWs are facing amidst this unprecedented crisis," says Dr Prabhu C Reddy, Founder President, GAPIO and Chairman, Apollo Hospitals Group. Assuring all help needed to restore the mental health of HCWs to a level that existed before the pandemic, IPS president Dr Guntam Reddy says that the helpline will offer free online services to medical and allied HCWs. "As per the telemedicine laws, we will only offer consulting services, not prescribe

medications online. But in case someone needs medication - which is likely considering the pandemic - we will refer a good psychiatrist for in-person consultation," says IPS vice-president Dr SN Raga.

"This helpline is a very basic tool for the immediate crisis situation handling. It's like CTR for gassing patients, life-saving at times. A run-flat always a rucksack essential

harnessed - even in the form of anger - if it is turned outside, then the person becomes aggressive, violent and if expressed in self - internalised - then suicidal ideations, thoughts happen. So these helplines are good in diffusing the complex emotional impulses," says Dr Meena Thirum, MD and senior consultant, Fortis Hospital, Noida, adding that Indian Psychiatric Society, Fortis has been undertaking a survey on COVID-19 Neuropsychiatric Manifestations and the Coping Strategies for quite some time now.

"At the peak of the second wave, we faced many critical cases. Over we had two patients, one with oxygen saturation of 88 and another 80 with oxygen saturation of 80. After much deliberation we decided to give heat to the younger guy, thinking we'd be able to save both. Unfortunately we lost both. That really hit us hard. My colleague went into depression. I too was under a lot of stress," says Dr Akshay Akshay Arora. "This helpline is a welcome step, surely many would be helped, especially the nurses and ward boys. They are the people who run hospitals, provide 24x7 care to patients and hence are affected the most," he adds.

Medical bodies that have supported this initiative include the American Association of Physicians of Indian Origin, the British Association of Physicians of Indian Origin, Canadian Association of Physicians of Indian Heritage, Australian Indian Medical Graduates Association, British Indian Psychiatric Association.

Chemist United, a not-for-profit initiative, is providing the helpline number with volunteers for receiving calls from healthcare workers. Healthcare workers can visit <https://chemistunited.org/helpline/> and enter their request. An alternative helpline number (022)88888888 takes requests in English, Hindi and Tamil.

(\*Name changed to protect identity)

This helpline is a welcome step, surely many would be helped, especially the nurses and ward boys. They provide 24x7 care to patients and hence are affected the most - Dr Meena Thirum

There has been an exponential rise in the cases of anxiety, PTSD and depression amongst healthcare workers. We hope this helpline will alleviate the stress - Dr Prabhu C Reddy, Founder GAPIO



## Digital Transformation Shaping Healthcare Industry in Innovative Ways :

The latest advancements in healthcare offer the best doctor and patient experience. Freshly surfaced in the past years' digital transformation and newer technologies have surely introduced the future of healthcare. GAPIO shared some of the best advanced technologies that are shaping the future of healthcare in the best possible way.

Digital transformation has been shaping the healthcare industry in innovative ways!

Here are some latest advancements in digital transformation that every doctor must know about.

- **Blockchain** : More than just a technology behind bitcoin, blockchain promises improved quality and security for healthcare data too. It allows them to share patient, treatment, and clinical information without compromising on security.
- **Telehealth** : Getting a boom in the pandemic period, telehealth improves access to healthcare services for patients from any location. Also, the Mobile apps, sharable devices, and real-time sharing data add to the efficiency and cost savings.
- **Virtual Reality** : Adding exciting implications in medicines, it also helps doctors get better training. In fact, virtual reality visualizations can reduce post-surgical wound pain by 24%. Also, it helps doctors perform surgeries 7 times faster with fewer errors.



## Are COVID Patients at A High Risk of Long Term Heart Damage?



Post-Covid heart problems, symptoms of breathlessness, chest discomfort, are very common and are seen even in healthy patients. Hence to get a quick understanding of the connection between COVID- 19 and the cardiovascular system, GAPIO specifically shared an article focused on the relationship between COVID-19 patients and long-term heart damage. The article published on the GAPIO website dived deeper for the reasons and connections between COVID- 19 and the cardiovascular system. The article further mentioned how the reasons for inflammation and direct viral attack result in long-term heart damage.

### Article :

People who have had COVID and even healthy people are prone to heart problems post- COVID-19 as many have reported some symptoms of heart damage.

Though the COVID virus was originally thought to be a respiratory infection, it now becomes clear that the infection threatens the heart too.

Understanding the connection between COVID- 19 and the cardiovascular system:

COVID can damage the heart in two ways –

- 1) Due to inflammation: The COVID infection can lead to inflammation throughout the body, which can hurt the functioning of the heart. The inflammation in the body can further lead to the weakening of heart muscles, causing abnormalities of the heart rhythm and clot formation in blood vessels.
- 2) Due to direct viral harm: In some cases, the virus may directly invade receptor cells, known as ACE2 receptors, within the myocardial tissue and cause direct viral harm. Direct invasion of heart muscle cells is more severe, as it increases the risk of significant heart damage by causing Myocarditis.

It is also important to understand that the amount of damage inflicted on the heart depends on the viral load of COVID 19, along with a person's immune response and the presence of comorbidities.

Patients with pre-existing heart disease are at greater risk:

Patients with hypertension, high cholesterol, high blood sugar levels, and obesity have a greater risk of experiencing worse outcomes with COVID-19.

Hypertension is one of the greatest risk factors due to its increased severity and mortality rate, particularly over the age of 60 years.

The condition is severe in these patients as endothelial cells, which line the blood vessels, respond differently to the body's immune response of heart patients. The response potentially releases inflammatory cytokines that further provoke the body's inflammatory response adding to the formation of blood clots.

The bottom line:

- Maintain a healthy lifestyle; unhealthy behaviours welcome the virus.
- Cut back on alcohol and tobacco.
- Walk and exercise regularly
- Low salt, low fat, high fibre and sugar-free diet
- Avoid fried and oily food
- Get regular medical examination and investigations as advised by the attending doctor.

Those who unfortunately contract COVID-19 should regularly seek medical care for their conditions and continue with their routine medications.

Do not skip the prescribed cholesterol-lowering and anti-inflammatory Medicines. These can lower your risk of experiencing a cardiac event after recovering from COVID.

## Benefits of Becoming A GAPIO Member :

GAPIO shared a post on the social media to make the audience aware about GAPIO. The post mentioned about the extra perks of becoming a GAPIO member.



1

Connecting with physicians from across the globe with similar interests.



2

Participation in research and community projects being undertaken by GAPIO.



3

Opportunities to give back to the community.



4

Leadership opportunities for members, so inclined and a chance to serve on GAPIO Committees.



5

Handholding/ Mentorship for young Indian doctors going to USA, UK, Canada, Australia, Russia, Middle East and Africa.



6

Mentorship / Observership for young 2nd generation of Indian origin doctors coming to India from USA, UK, Canada, Australia, Russia and Africa.



7

Discount on registration fee for conferences. Access to online newsletter.



8

Opportunities to network and interact with colleagues, make new connections, sign up for events and keep up-to-date with whatever new is happening with this global group of physicians through the GAPIO website.



9

Global recognition for outstanding young and distinguished physicians through Annual Awards



10

A unified voice on healthcare and issues affecting physicians in general.



## Polls of the Month

GAPIO started an interesting series of questions, it's our initiative to interact with the doctors in accordance with the country's current healthcare conditions. These poll questions are mostly related to the public response on the COVID vaccines.

There were a lot of concerns about the COVID vaccine in the minds of the general public. Our poll questions for the month of July totally focused on the experience doctors had dealing with their patients. The questions shared through polls included :

- For all the Doctors out there, what concerns do you continuously hear from patients regarding the COVID-19 vaccine?
- In your opinion, should screenings to detect cardiovascular damage become a routine part of follow up care for COVID patients?
- In your practice, have you had any patients ask if they can skip the vaccine line?

## ICF Training Webinar

GAPIO in collaboration with Child Development Centre - Apollo Hospitals Kolkata, organized ICF Training with International Experts on 25th July 2021. Organized by Dr. Anjan Bhattacharya the virtual program covered WHO's Classification of Functioning, Disability, and Health. ICF is a common framework to understand functioning and disability.

**Apollo Gleneagles HOSPITALS KOLKATA**  
TOUCHING LIVES

**GAPIO**  
Global Association of Professionals in India

**CHILD DEVELOPMENT CENTRE**

# ICF Training

Organized By : **DR. ANJAN BHATTACHARYA**  
(DEVELOPMENTAL PEDIATRICIAN, HEAD, CHILD DEVELOPMENT CENTER, APOLLO GLENEAGLES HOSPITAL)

25<sup>th</sup> July 2021 | 10.00 AM - 2.00 PM

### Trainers

**Dr. Priti Arun**  
Professor & Head, Department of Psychiatry,  
Chairperson, Disability Board,  
Govt. Medical College & Hospital, Chandigarh  
Joint Director, Govt Rehabilitation  
Institute of Intellectual Disability (GRIID)

**Dr. Jewel Chakraborty**  
BPT, MPT (Neuro), CMT, C/SI (USC-USA),  
Paediatric Sports Physiotherapist  
Certificate ADOS-2 assessor (Oxford, UK)  
Child Development Centre,  
Apollo Gleneagles Hospital, Kolkata

### Faculties

**Annet van Betuw**  
Founder European Chromosome  
11q Network.  
Co-editor of the website and  
developed the forms for ICF-d

**Dr. Liesbeth Siderius**  
Trained in pediatrics and genetics  
Board member Rare Care World Foundation  
Youth health provider at Jeugd Gezondheid  
Zorg Almere, The Netherlands

Individuals who are interested in ICF-based research are encouraged to participate in this training

**Click to Registration !**

## Mission to improve Health Worldwide

**~~Our Mission~~**

**“ To empower physicians of Indian origin to achieve highest professional standards  
To provide affordable good quality healthcare  
To contribute to local and regional community development and thereby help to reduce health inequalities and alleviate suffering globally ”**

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

**www.gapio.in**  
GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN (GAPIO)

**JOIN TODAY AND BE A PART OF THE LARGEST GROWING COMMUNITY OF INDIAN DOCTORS WORLDWIDE !**

GAPIO seeks to improve health worldwide, with its aim, mission, objectives, and dedication. GAPIO provides an amazing platform for the newbies to get introduced to the big names in the medical field and also healthcare family is gaining a lot of support from the Indian doctors worldwide. Thus, to create awareness about GAPIO's mission and to make an appeal to Indian doctors to be a platform of this largest growing community of doctors of Indian origin, GAPIO shared the message on social media.

## 3 Daily Habits to Reduce Stress

These years have been stressful for everyone, especially for the front-line warriors. The virus outbreak left doctors across the country battling hard in their personal and professional lives, further leading to burnouts or secondary traumatic stress situations. 3 daily habits to reduce stress in physicians, doctors, nurses, healthcare professionals, medical fraternity

### Article :

The pandemic years have been stressful for the healthcare faculty. The stress, mental exhaustion, and burnouts in physicians often led to depression and secondary traumatic stress situations. There was a need to understand the phase front-line warriors were going through. Thus, easing stress was the only solution to avoid further extreme consequences. GAPIO took a step further and posted an article about 3 daily habits that can help physicians deal with stress: Easing stress at its initial stage is the only way to avoid further extreme consequences.

Here are 3 daily habits that can help you deal with stress.





- **Take a breather :**

You have heard it before: Stop, take a breath and calm down. Deep breathing (Anulom -Vilom) has been a calming technique now for ages. One of the easy ways to reduce stress is deep breathing and letting it out slowly; repeat it throughout the day.

- **Developing a buddy system :**

Helping others is beneficial and makes distressful circumstances easier to bear. Give and get support from your colleagues. Developing a buddy system which can help you and your colleagues to cope with unwanted stress. Partner together to support each other. Share thoughts and workload. Set time to check wellbeing of with each other and all acquaintances, listen, and share your feelings and experiences. Acknowledge tough situations and recognize accomplishments, even small ones. This will encourage each one of you to face any situation together, which will ultimately help relieve stress.

- **Accurate Information :**

Get accurate information but not too much information. The news changes minute by minute, and healthcare workers need to stay well informed as it helps reduce the fear of the unknown. Make sure that you stick to trusted sources of information. Avoid TV channels which are in unorganized sector and avoid online hype created by unorganized individual channels on social media. Ensure that the information you receive is factual and comes from valid and trusted source.

Just do not overdo it, or you can easily become overwhelmed by the avalanche of news and information constantly flowing in. The rapidly changing nature of the news can be draining and upsetting, so it is important to set some boundaries on the amount of information you take in. Avoid negative, depressing and crime news particularly in the morning. This can help you reduce stress and increase a more balanced response to the situation. Also, taking breaks can alleviate your mind for a while.

## World-renowned radiation oncologist : Dr. Dattatreyudu Nori :

Dr. Dattatreyudu Nori is an internationally acclaimed oncologist, par excellence, a pioneering physician, and an important thought leader. He is a member of GAPIO and has held the positions of Professor and Chairman of Radiation Oncology and Director of the Cancer Center at world-renowned Cornell Medical Center in New York for over 2 decades now. Read more about Dr. Nori and his exceptional achievements in the field of oncology in the article posted by GAPIO.

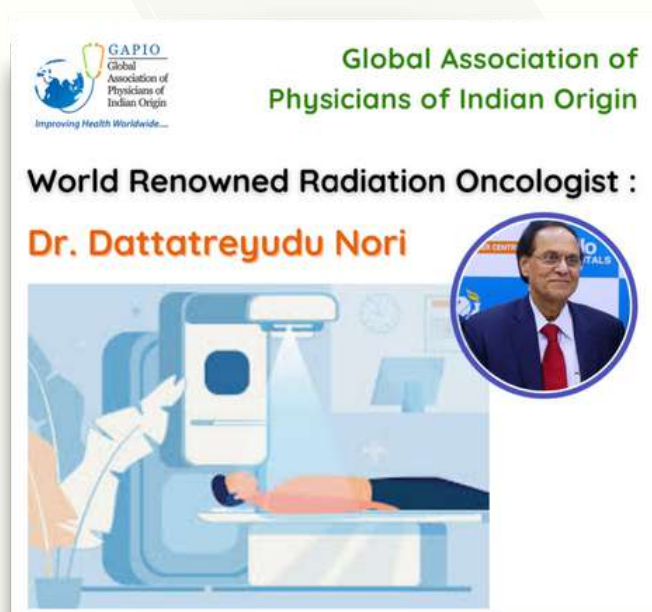
### Article :

Dr. Dattatreyudu Nori is an internationally acclaimed oncologist, par excellence, a pioneering physician, and an important thought leader.

world famous radiation oncologistFor over two decades, he has held the positions of Professor and Chairman of Radiation Oncology and Director of the Cancer Center at world-renowned Cornell Medical Center in New York. He has pioneered numerous cancer treatment techniques that have contributed to significant improvement in the cure rates and in saving lives of countless cancer patients all over the world.

Dr. Nori received his medical degree from Kurnool Medical College in 1973 and a postgraduate medical degree from Osmania University in 1976. He then joined the internationally recognized Memorial Sloan-Kettering Cancer Center in the U.S. in 1976. During his academic career, spanning over four decades, he made groundbreaking and seminal contributions to cancer in the U.S. He has also taken a special interest in making sure that these advances reached vulnerable and poor cancer patients in his home country of India. He has written over 300 scientific articles and four books in oncology and received special recognition fellowship awards from various professional organizations around the world.

In India, Dr. Nori has extended his expertise and experience to state governments and private organizations to establish comprehensive Cancer Centers. In early 2000, he helped the government of Andhra Pradesh and was one of the founding members and Chief Scientific Advisor of the Basavatarakum Indo-American Cancer and Research Institute in Hyderabad, a 500 bed not for profit, Comprehensive Cancer Center, inaugurated by Prime Minister Sri Atal Bihari Vajpayee. He has also been working tirelessly to improve training for Indian doctors in the cancer specialty. He has established advanced Fellowship Programs for Indian doctors to receive advanced training at Memorial Sloan-Kettering Cancer Center and Cornell University Medical Center. He is a consultant to the United Nations International Atomic Energy Agency (IAEA), advising in the formulation of guidelines for cancer treatment in developing countries.



Dr. Nori's distinguished and exceptional achievements in the field of oncology have been recognized with many fellowships, awards and honors, including the most prestigious "Tribute to Life" Award by the American Cancer Society and the "Most Distinguished Physician Award" by Memorial Sloan-Kettering Cancer Center. The Nargis Dutt Memorial Foundation in the U.S. and the network of Indian Professionals in the U.S. honored him with the "Excelsior Award" and the American Association of Physicians of Indian Origin (AAPI) honored him with the "Most Distinguished Physician Award". In 2014, Dr. Nori was honored with the highest civilian award in the U.S. "The Ellis Island Medal of Honor" for his exemplary and outstanding qualities in both his personal and professional life. Various professional and scientific organizations in India have honored him and recognized his exceptional contributions to improve cancer care in India. The Indian Medical Association honored him with a Gold Medal for providing advanced training in the U.S. for Indian physicians.

The government of India recognized his contributions to medicine with the "Padma Shri Award" in 2015. In December 2017, the 10,000 member oncologists of the Indian Cancer Congress honored him with their highest recognition "Living Legend in Cancer" award for his contributions to cancer care in India, the U.S., and around the globe.

## IAP- GAPIO International Lecture Series

### Rational Use of Antibiotics in Upper Respiratory Tract Infections :

Currently, there is no sufficient evidence of the efficacy of antibiotic agents for treating upper respiratory tract infection (URI) symptoms. Hence, to shed light on this most discussed topic GAPIO scheduled a 60-minute virtual session in association with IAP on Saturday, 31st July 2021 at 09:00 PM IST. The session covered a range of topics, the most discussed theories, and the various treatment options available.

**Various reputed and well-known speakers participated in the session :**

Dr. Archana Chatterjee, from the USA, and Dr. Suhas Prabhu from India, covered the subject of - 'Use and Misuse of Antibiotics in Children' and 'When to start antibiotics in upper respiratory tract infection in children'. All the doctors, physicians, pediatricians, pulmonologists, healthcare professionals were welcomed for the event.



**INDIAN ACADEMY OF PEDIATRICS**

**IAP – GAPIO**  
International lecture series



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

**Rational use of Antibiotics in Upper Respiratory Tract Infections**

**Saturday, 31st July 2021**

**9:00PM - 10:00PM (IST)**  
Corresponding Time:  
8:30am PST, 10:30am CST, 11:30am EST, 4:30pm BST

**CLICK HERE FOR REGISTRATION**  
(Limited seats join early) ZOOM



**Dr. Surendra Varma, USA**  
Distinguished Professor and Vice-Chair Pediatrics TTUHSC School of Medicine  
Opening remark



**Dr. Archana Chatterjee, USA**  
Use and Misuse of Antibiotics in Children



**Dr. Suhas Prabhu, India**  
When to start antibiotics in upper respiratory tract infection in children



**Dr. Habib Bhurawala, Australia**  
Head of Department of Paediatrics Nepean Hospital, Sydney  
Moderator



**Dr. Alok Gupta, India**  
Senior Pediatrician  
Chairperson

**IAP Leadership**

Dr. Piyush Gupta, President  
Dr. Remesh Kumar R, President 2022  
Dr. Bakul Jayant Parekh, President 2020  
Dr. GV Basavaraja, Hon. Sec. Gen. 2020-21

**GAPIO**

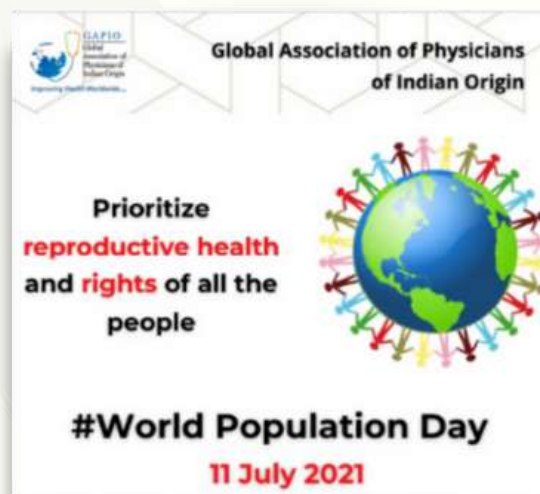
Dr. Anupam Sibal, President  
Dr. Nandakumar Jairam, Vice President  
Dr. Sudhir Parikh, Secretary General  
Dr. Rohini Sridhar, Joint Secretary

**If unable to view on zoom, join us**  
**Go to [diapindia.org/event-calendar](https://diapindia.org/event-calendar) or [click here](#)**  
**Go to [gapio.in/event-detail](https://gapio.in/event-detail) or [click here](#)**

## Celebration of Health Days on Social Media

### World Population Day

The global population today is estimated to reach the 7.7 billion mark and will be growing rapidly in the coming years. The population explosion needs to be addressed, the general public needs to be aware of the rising population trends, hence to raise awareness and spread information regarding this crucial topic, GAPIO virtually supported the World Population Day theme for the year and stood by access to safe and voluntary family planning as prioritizing the reproductive health is a basic human right.



### World Hepatitis Day

On account of World Hepatitis Day, GAPIO went on the social media to create an awareness among the public on 28 July 2021

Hepatitis is the injury and inflammation caused by a virus.

There are five types of Hepatitis, the most common types are A (HAV) B (HBV) C (HCV) Viral inflammation caused by different viruses can be tackled better if diagnosed in the initial stage.

The inflammation of the liver causes severe liver disease that can lead to Liver Cirrhosis and hepatocellular cancer.

There is a need to bring awareness among the people to help convey the urgency and seriousness of this disease. There are a few symptoms to diagnose and tackle Hepatitis better.

Symptoms: Fever, Fatigue, Loss of Appetite, Nausea, vomiting, Diarrhea, Abnormal pain, Muscle and Joint pain, Jaundice

Signs: Pallor Eyes and yellowish looking sclera of eyes(White of Eyes looking yellowish) and of skin are signs of jaundice

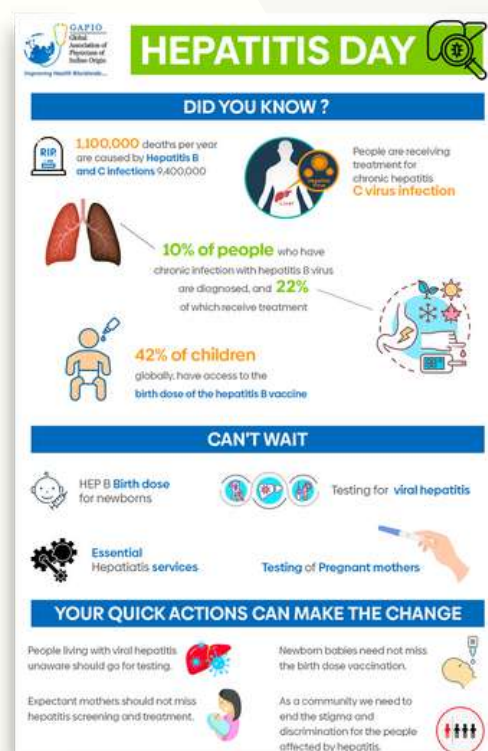
Prevention:

Preventive measures are:

- Practice good hygiene
- Use the sterile medical equipment
- Not reusing drug needles
- Not sharing tooth brush
- Not touching spilled blood
- Screening of blood donors
- Consume clean food and water

If anyone has above symptoms, then Consult your doctor for blood tests and Liver Function Test as there is only supportive treatment, bed rest, plenty of fluids, nutritious high calorie diet and antiviral medications.Or Consult your doctor for a proper vaccination schedule. Hepatitis A -2 doses and Hepatitis -3 doses for prevention. It is time for everyone to wake up now. If we will not open our eyes now towards the increasing number of people dying due to hepatitis then we will never wake up to the threat.

Let us stand with those who are suffering from hepatitis to let them know that they are not all alone in this fight.





## CINI 2021 Recommendations

From June 18-20, Canada India Network Society hosted a South Asian health conference entitled "Lowering the Burden of Chronic Disease Through Integrative Thinking: Voices from the Trenches". The goals of the conference were to increase health equity for South Asians via integrated health, an approach that centres the patient in their health journey and includes the best of eastern and western medicine. "The 2021 conference was a success. Along with excellent presentations and speakers, eight recommendations to implement in the short and long term are CINS's roadmap to work with government and health organizations," says Dr. Arun Garg, Founder of Canada India Network Society. "In addition, as Canada and India work on economic recovery post-Covid, CINS will strongly advocate and voice economic recovery through a culturally effective lens of health and health projects. In the coming weeks, we will be meeting with respective governments in health focused economic strategy conversations beyond the conference's recommendations."

### **Recommendation 1:**

A) CINS will continue to work with the Fraser Health Authority to build a vision for the South Asian Health Institute (an outcome of the 2010 CINI conference). Supported by CINS's extensive network, academic partnerships will be central, focusing on research capacity and evaluation of interventions.

B) CINS will work with community partners in India to implement the Sehat program for India's rural and urban populations. Sehat is a grassroots diabetes awareness program that focuses on diet, food security, and outreach with South Asian places of worship.

This specific recommendation will reimagine solutions for India and Canada for economic recovery post-COVID through the lens of health and health projects and presents a real opportunity for both countries' governments. During the pandemic, Sehat and SAHI's foundational work was used in British Columbia's community based outreach of vaccines in places of worship that helped increase vaccinations.

### **Recommendation 2:**

CINS and LEADS Global Canada in collaboration with Consortium of Accredited Healthcare Organizations (CAHO) and other new organizations will work to scale the culturally effective LEADS educational offering for health providers in India. The LEADS healthcare leadership program is based on the five principles of LEADS ([www.leadsglobal.ca](http://www.leadsglobal.ca)) and is widely used in Canada.

### **Recommendation 3:**

CINS will work with the City of Surrey, the Surrey Board of Trade, and other community partners to focus on research, education and specific projects on lifestyle interventions to help Surrey be one of Canada's healthiest cities. The City of Surrey is one of the fastest growing municipalities and has a diverse population.

### **Recommendation 4:**

CINS will work with academic training institutions to include principles of integrative thinking and integrative health in training curriculums. Additionally, CINS will establish and facilitate a working group of global academic and clinical leaders.

### **Recommendation 5:**

CINS will recommend to organizations involved in practice guidelines like Doctors of BC, national speciality groups and others to champion inclusion of lifestyle and behaviour modification to prevent and manage diabetes and other chronic illnesses. This will focus on self management and empowerment of patients and communities.

### **Recommendation 6:**

CINS will explore and support inclusion of integrative digital technologies (e-health, mobile health, telemedicine, big data, and health apps) that place the patient at the centre of their health journey and will empower them and communities to self-monitor and modify behaviours.

### **Recommendation 7:**

CINS will expand partnerships with organizations working on South Asian health (Kidney Foundation, Liver Foundation, Diabetes Canada among others) to include integrative health in their outreach. Additionally, will expand partnerships with gender equity and artistic organizations like Kaur Collective and the Indian Summer Arts Festival.

### **Recommendation 8:**

CINS will continue its partnership with Royal Columbian Hospital Foundation to develop the South Asian Health Legacy Fund to engage the community in health. CINS will promote that academic institutions and the provincial government support this fund.

## New Initiative by GAPIO : Honours' List

Monthly Honors' List is the new initiative launched by GAPIO to commemorate the occasion of the birthday of Dr. B C Roy on 1st July 1882. The honors list particularly focuses on the achievements and contributions of GAPIO members to healthcare, academics, research, innovation, and community locally or internationally across the globe.

### First GAPIO Honours' List July 2021

**DR. ARUN PRASAD**, Senior Consultant, Surgical Gastroenterology, Bariatric and Robotic Surgery at Indraprastha Apollo Hospitals, New Delhi, has been appointed as Editorial Board Member of the Obesity Surgery Society of India's upcoming 'Journal of Bariatric Surgery (JBS)' for five years

**DR. ASHISH GANDHI**, Gastroenterologists at Deenanath Mangeshkar Hospital, Pune, has been awarded for best presentation on "Safety, efficacy, closure techniques and medium-term results of Endoscopic Full Thickness Resection: A decade long experience from tertiary care center during" during the plenary session at ENDOCON 2021 conducted by Society of Gastrointestinal Endoscopy of India (SGEI) on 3rd and 4th July 2021.

**DR. AKSHAT PANDEY**, has been conferred with

- "IGHM Custodians of Humanity Award" on 20th June 2021 for his contribution towards war against COVID-19.
- "Title of Corona Warrior" by Team Vardan, Agra for his valuable contribution in the form of security service / food service/ health service to fight with Corona Global Pandemic

**DR. ABHINAV GUPTA**, Assistant Professor at Acharya Shri Chander College of Medical Sciences has been selected as 'Member of Regional Advisory Group of South East Asia Region of International Society of Hypertension'.

**PROF. DILIP KUMAR MAZUMDAR** from Ramakrishna Mission Seva Pratishthan and Vivekananda Institute of Medical Sciences has been conferred with a title of "Emeritus Overseas Regional Adviser of South Asia, India-East Region of India and West Bengal" by Royal College of Physicians of Edinburgh in recognition of his service, to the college as in 'OSRA' for Kolkata, East India for 2 years.



**DR. BAKUL PAREKH**, National President IAP-2020,

- Appointed as examiner for DCH (CPS),
- Elected as President of International Pediatric Association Congress, 2023,
- Edited textbooks - Textbook of Neonatology and FAQs in Vaccinology
- Appointed as COVID Task force member by Maharashtra Government
- Written a chapter on "Common Problems in Neonates" for Textbook by FOGSI
- Organized various camps in Maharashtra for training HCWs and Anganwadi workers for managing Children with COVID.
- Feeding and taking care of medical needs of street children at Kolkata with the help of local IAP and NGOs, donated N 95 masks, face shields and sanitizers to Government and municipal hospitals in Mumbai

**DR. K. GANAPATHY**, Director, Apollo Telemedicine Networking Foundation and Hon Distinguished Professor The Tamil Nadu Dr MGR Medical University:

**Paper publications in indexed peer reviewed journal**

- Krishnan Ganapathy, Proceedings of the 16th International Conference of Telemedicine Society of India “published in Telehealth in Medicine today in April 2021
- Ganapathy K. Artificial Intelligence and Healthcare Regulatory and Legal Concerns. Telehealth med. Today 2021
- Ganapathy K. Telegenomics: Relevance in India. Apollo Med 2021
- Ganapathy K. Telemedicine: An Integral Part of Clinical Neurosciences Neurol India 2021
- Ganapathy K, Das S, Reddy S, Thaploo V, Nazneen A, Kosuru A, Shankar Nag U. Digital Health Care in Public Private Partnership Mode. Telemed J E Health. 2021
- Haranath SP, Ganapathy K, Kesavarapu SR, Kuragayala SD. eNeuroIntensive Care in India: The Need of the Hour. Neurol India 2021

**Chapter/s contributed to books**

- Smart Home Technologies and Services for Geriatric Rehabilitation” under publication proof corrected in Textbook Smart Home Technologies and Services for Geriatric.
- AI in Neurosciences–Are we really there? -Augmenting Neurological Disorder Prediction and Rehabilitation Using Artificial Intelligence
- Papers presented at National/International Conferences
- Guest Lecture “The business of Telehealth” in Public Management Innovation Columbia University, School of International and Public Affairs Summer Semester 2021
- Global Summit’s “Warm Up” webinar held on June 17th 2021 on “The business of Telehealth”
- Invited Speaker from India and South East Asia on “Examples of PPP and Telemedicine round the world” at the Annual Surgical update of the International College of Surgeons US section, Minneapolis Session held between 24-26 June 2021
- Keynote Address on “Strategies for new models of care: Hybrid care” Thursday, 20th May 2021
- Webinar on “Public-Private Partnerships: The Business of Telehealth” organized by International Association for Peace and Economic Development – USA & Apollo Telemedicine Networking Foundation India held on Thursday, 20th May 2021
- Invited talk on “Telerehabilitation: The Time has Come” organized by Indian Association of Physical Medicine & Rehabilitation & Sree Balaji Medical College & Hospital, Chennai co-organized by ATNF & TSI, held on 24th June 2021
- Keynote address on “Technology enabled Remote Health Care” at the PPUE21 | eHealthSummit.pt Portugal held on 1st June 2021
- Keynote Address on “Strategies for new models of care: Hybrid care” held on 20th May 2021
- Invited talk on “Providing Tele-consultations - An Introduction” at the Teleophthalmology Symposium organized by Teleophthalmology Society of India held on 1st May 2021

**DR. NIKHIL K. BHAYANI**, Assistant Professor, Department of Internal Medicine at Texas Christian University/University of North Texas Health Sciences School of Medicine; was selected as “Top Physician of the Year” by the International Association of Top Professionals (IAOTP) for his outstanding leadership and commitment to the healthcare industry.

**DR. RAJENDRA PRASAD**, Senior. Consultant Neurosurgeon & Spine Surgeon, Indraprastha Apollo Hospitals, New Delhi, Elected as Board Member of International Pediatric Brain Injury Society (IPBIS) in May 2021.

Organized the first online course on Telehealth entitled – “The Application of Telehealth to the Provision of Occupational Therapy & Physical Therapy Services” and to the Provision of Occupational Therapy & Physical Therapy Services” for physiotherapist and Occupational therapist with faculty from Department of Occupational Therapy, Boston University, USA in June 2021.

Organized the first online course on Telehealth entitled – “The Application of Telehealth to the Provision of Occupational Therapy & Physical Therapy Services” and to the Provision of Occupational Therapy & Physical Therapy Services” for physiotherapist and Occupational therapist with faculty from Department of Occupational Therapy, Boston University, USA in June 2021.

**DR. OM GANDA**, Senior Physician and Medical Director, Lipid Clinic, Joslin Diabetes Center and Associate Professor of Medicine, Harvard Medical School, member of the Executive Committee of GAPIO; gave an invited commentary on ADA – 81st Annual Scientific conference presentations – a live video- conference for approximately 3000 physicians in India on June 26, 2021



**DR. (PROF.) RAJU VAISHYA**, Sr. Consultant Orthopedic Surgeon at Indraprastha Apollo Hospitals, New Delhi

#### **Publications :**

- Vaishya R, Sibal A, Shivakumar P. Severe impact of COVID-19 pandemic on non-COVID patient care and health delivery: An observational study from a large multispecialty hospital of India. *Indian J Med Sc* 2021; doi:10.25259/IJMS\_211\_2021
- Jena AN, Taneja S, Rana P, Goyal N, Botchu R, Vaishya R. Emerging Role of Integrated PET-MRI in Osteoarthritis. *Skeletal Radiol* 2021; DOI:10.1007/s00256-021-03847-z
- Srinivas KBS, Vaishya R. Mechanism of injury in Ramp lesions. *Am J Sports Med.* 2021; DOI: 10.1177/03635465211025261
- Vaishya R, Kumar S, Vaish A, Babu YSS. How good are the guidelines for the non-operative management of Knee Osteoarthritis? *Arch Bone Joint Surg* 2021; DOI: 10.22038/ABJS.2020.51112.2535
- Kar S, Chawla R, Haranath SP, Ramasubban S, Ramakrishanan N, Vaishya R, Sibal A, Reddy S. Development and Validation of a multivariable prediction model using Machine Learning to predict the outcome of admitted COVID-19 patients. *Scientific Reports – Nature* June 2021; 11: 12801: 01-10. doi:10.1038/s41598-021-92146-7
- Vishwanathan K, Srinivas KBS, Vaishya R. Top 100 cited articles on Diabetes and Covid-19: A Bibliometric analysis. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* June 2021; doi: 10.1016/j.dsx.2021.05.033
- Iyengar KP, Jain R, Samy DA, Jain VK, Vaishya R, Suraliwal K. Exploring the role and mechanism of COVID-19 apps in fighting the current pandemic. *Indian J Med Sc* 2021; 73 (1): 36-40. doi: 10.25259/IJMS\_209\_2020
- Patralekh MK, Vaish A, Vaishya R, Gulia A, Lal H. Trends of publication in the Orthopaedic Journals from India.- A Bibliometric study. *Indian J Med Sc* 2021; 73 (1): 134-140. doi: 10.25259/IJMS\_39\_2021
- Monga P, Vaishya R. The Changing Landscape of Rotator Cuff Surgery. *J Clin Orthop Trauma* 2021; 19: 94-95. doi:10.1016/j.jcot.2021.05.024
- Srinivas KBS, Vasudeva N, Vaishya R, Patralekh MK. Top 50 Cited Articles on Covid-19 after the first year of the Pandemic: A bibliometric Analysis. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews.* 2021; 15:102140. doi:10.1016/j.dsx.2021.05.013
- Bagaria V, Vaishya R. Understanding the COVID Conundrum and Decluttering the scientific literature on COVID. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2021; 15: 102137. doi: 10.1016/j.dsx.2021.05.010
- Jain VK, Iyengar KP, Vaishya R. Differences between First wave and Second wave of COVID-19 in India. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2021; <https://doi.org/10.1016/j.dsx.2021.05.009>
- Iyengar KP, Jain VK, Garg R, Vaishya R. Elucidating reasons of COVID-19 re-infection and its management strategies. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews* 2021; 15(3): 1001-06. Doi: 10.1016/j.dsx.2021.05.008
- Kumar V, Baburaj V, Pate S, Sharma S, Vaishya R. Does the use of intraoperative CT scan improve outcomes in Orthopaedic surgery? A systematic review and meta-analysis. *J Clin Orthop Trauma* 2021; 18: 216-23. doi: 10.1016/j.jcot.2021.04.030
- Bhoi D, Jain D, Garg R, Iyengar KP, Hoda W, Vaishya R, Jain VK. Complementary and Alternative Modalities (CAM) for pain management in musculoskeletal diseases (MSDs). *J Clin Orthop Trauma* July 2021; 171-180. doi: 10.1016/j.jcot.2021.04.021
- Iyengar KP, Jain VK, Vaishya R, Ish P. Long COVID-19: An emerging pandemic in itself. *Advances in Respiratory Medicine* 2021; 89 (2): 1-3. DOI:10.5603/ARM.a2021.0040
- Iyengar KP, Singh B, Vaishya R, Jain VK, Ish P. Should COVID-19 vaccination be made Mandatory? *Lung India* 2021; 10.4103/lungindia.lungindia\_181\_21
- Vaishya R, Mittal P, Vaish A, Khosa R. Pubic Osteolysis in an elderly masquerading as malignancy: A case report and review of literature. *J Orthop Case Reports* 2021; 11 (4): 18-22. doi:10.13107/jocr.2021.v11.i04.
- Vaishya R. The havoc caused by the 2nd wave of COVID-19 in India. *Apollo Med* 2021;18:71-72.
- Babu S, Vaishya R, Butta H, Sardana R, Mehndiratta L, Gulati Y, et al. A retrospective analysis of the prosthetic joint infections of the hip and knee at a tertiary care center of India. *Apollo Med* 2021;18:85-92.
- Vaish A, Ansari AH, Gupta AK, Vaishya R. Migration of a broken Kirschner-wire to the popliteal fossa following Tension-Band Wiring of a Patellar fracture: A Case Report. *Apollo Medicine* 2021; 18:138-41 10.4103/am.am\_12\_21
- Javaid M, Khan IH, Vaishya R, Singh RP, Vaish A. Data analytics applications for COVID-19 pandemic. *Curr Med Reviews and Practices* 2021; 11 (2): 105-106.

### Chapters Contributed to books :

- Telemedicine, Teaching, and Virtual examination during COVID times. In COVID-19, Salubris Medical Publishers. Noida, India. Edited by MS Kanwar, May 2021; Chapter 47; pp. 342-347.
- The Role of Artificial Intelligence in healthcare during Coronavirus Disease. In COVID-19. Salubris Medical Publishers. Noida, India. Edited by MS Kanwar, May 2021; Chapter 48; pp. 348-352.
- Gautam V., Vaish A., Vaishya R. Principles of Bone Grafting. In: Banerjee A., Biberthaler P., Shanmugasundaram S. (eds) Handbook of Orthopaedic Trauma Implantology. Springer, Singapore. June 2021; [https://doi.org/10.1007/978-981-15-6278-5\\_26-1](https://doi.org/10.1007/978-981-15-6278-5_26-1)

### Awards and Honours :

- Appointed as the Research Advisor to the Indraprastha Apollo Hospitals, New Delhi
- Editor-in-Chief, Apollo Medicine
- Appointed as Distinguished Clinical Tutor of Apollo Hospitals for Educational and Research Foundation (AHERF)
- Academic Advisor for Orthopaedics, Indraprastha Apollo Hospitals (2021-2023)
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**DR. N. RAMAKRISHNAN**, Director, Critical Care Services, Senior Consultant in Critical Care & Sleep Medicine, Apollo Hospitals, Chennai published the follows papers :

- Chronic Critical Illness: Are We Just Adding Years to Life? published in Indian Journal of Critical Care Medicine (May2021)
- Standard Care Versus Awake Prone Position in Adult Non intubated Patients with Acute Hypoxemic Respiratory Failure Secondary to COVID-19 Infection—A Multicenter Feasibility Randomized Controlled Trial published in Journal of Intensive Care Medicine (May2021)
- Melioidosis in Critical Care: A Review published in Indian Journal of Critical Care Medicine (May2021)
- Multivariable mortality risk prediction using machine learning for COVID-19 patients at admission (AICOVID) published in Nature - Scientific Reports (June 2021)
- Impact of COVID-19 on non-COVID intensive care unit service utilization, case mix and outcomes: A registry-based analysis from India published in Wellcome Open Research (Jun2021)

**DR. RAVINRDRA VORA**, Paediatric Surgeon & PG Teacher, published a paper:

Ravindra M Vora, Meryl J Alappattu, Apoorva D Zarkar, Mayur S Soni, Santosh J Karmarkar, Aśok C Antony' Potential for elimination of folate and vitamin B12 deficiency in India using vitamin-fortified tea; a preliminary study published in BMJ Nutrition, Prevention & Health.

**DR. SHAILJA CHATURVEDI**, Consultant Psychiatrist, past President of the Australian Indian Medical Graduate Association (AIMGA) and Honorary Advisor and former Member of Executive Committee of GAPIO :

- 'Second book 'Reflections of a Psychiatrist' was launched in June 2021
- 'Elected for governing council of Australian Psychiatrist of Indian Origin in June 2021.

**DR. SUMIT SAXENA**, Consultant Plastic & Cosmetic Surgeon at Jehangir Hospital, Pune performed a unique surgery – “Successful re-implantation of both amputated hands” in an extremely incidence.

**DR. ULHAS JAYANT VASAVE**, Founder Member of Aashray-Durg Organization done the following community service projects during COVID times:

- Support for Education, Talasari Dist. Palghar, Maharashtra 2017 – 2021
- Oxygen Concentrator Bank 2021
- Awareness About COVID Vaccine among Tribal Community 2021
- Free Medications for COVID Sufferers 2021
- Free Food Service for COVID Patients and Their Relatives 2021

**DR. VIJAY MALSHIKARE**, Hand and Wrist surgeon at Pune published the following paper: Vijay A Malshikare, Delayed Graft Reposition on Flap (GRF) in Six Week Old Allen Type 4 Amputation: Case Report, published in J Hand Surg Asian Pac Vol.2021

# Media Coverage

## Publication

## Story

## Link

Financial  
Express

Helpline for healthcare workers facing mental  
health issues launched

<https://www.financialexpress.com/lifestyle/health/helpline-for-healthcare-workers-facing-mental-health-issues-launched/2287752/>

India Today

Helpline for healthcare workers facing mental  
health issues launched

<https://www.indiatoday.in/india/story/helpline-for-healthcare-workers-facing-mental-health-issues-launched-1826487-2021-07-10>

