



SUSRUTHAS TEACHINGS: ARE THEY RELEVANT TODAY ? 28th October 2021

GAPIO
Global
Association of
Physicians of
Indian Origin

Indraprastha
Apollo
Hospitals
TOUCHING LIVES

invite

"SUSRUTHA'S TEACHINGS:
ARE THEY RELEVANT TODAY?"
Thursday, 28th October, 3 pm - 4 pm

PHYGITAL	
Physical	Digital
Auditorium, Indraprastha Apollo Hospitals	https://us02web.zoom.us/j/83079154784

Program	
3:00 pm	Welcome by Master of Ceremony
3:00 pm - 3:05 pm	Dr Sibai introduces Dr Raju
3:05 pm - 3:35 pm	Leadership talk by Dr Raju
3:45 pm - 4:00 pm	Q & A
4:00 pm	High tea

Speaker :
Dr V K Raju
MD, FRCS, FACS
Adjunct Professor, Wilmer eye institute, Johns Hopkins University
Senior Ophthalmologist
Clinical Professor, West Virginia University
Director, International Ocular Surface Society
President and Founder, Eye Foundation of America
President and Founder, Goutami Eye Institute
Member Executive Committee, Global Association of Physicians of Indian Origin (GAPIO)

GAPIO organized a Guest Lecture on "SUSRUTHA'S TEACHINGS: ARE THEY RELEVANT TODAY" by a renowned speaker Dr. V K Raju, USA, from 3:00 pm to 4:00 pm IST on Thursday, 28th October 2021 at the Auditorium of Indraprastha Apollo Hospitals, New Delhi, India.

Dr Raju is President and Founder, Eye Foundation of America, President and Founder, Goutami Eye Institute, India, Clinical Professor, West Virginia University, Director, International Ocular Surface Society, Adjunct Professor, Wilmer eye institute, Johns Hopkins University and Member Executive Committee of Global Association of Physicians of Indian Origin (GAPIO).

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DR. V K RAJU DELIVERING THE TALK



WELCOME AND INTRODUCTION- DR. ANUPAM SIBAL



DELEGATES LISTENING THE TALK

SESSION ON DIABETES in Children

30th October 2021

GAPIO in association with IAP organized a virtual session on "DIABETES" in children under the IAP-GAPIO International Lecture Series held live from 09:00 PM IST to 10:00 PM IST on Saturday, 30th October 2021 on a digital platform.

Reputed well-known speakers, Dr. Rafiq Ahmed, Senior Consultant Pediatrician and Medical Director at KIMS Hospital Kurnool, India delivered the talk on "Management of Diabetic Ketoacidosis (DKA)" and Dr. Hemchand K Prasad, Consultant, Department of Pediatric Endocrinology and Diabetes at Mehta Hospital, Chennai, India delivered a talk on "New Advances in Management of Diabetes in Children".

Originally Prof. Kanwaljeet J. S. Anand, Professor of Pediatrics, Director, Pain/Stress Neurobiology Lab, MCHRI, Director, Jackson Vaughan Critical Care Research Fund Department of Pediatrics at Stanford University School of Medicine, USA was to deliver the talk on "Management of Diabetic Ketoacidosis (DKA)" but due to sudden indisposition he could not deliver the talk.

Prof. Bhupinder Sandhu, OBE, and Pediatric Gastroenterologist at Bristol Royal Hospital, UK, Chaired the session. Dr. G.S. Grewal, President, Delhi Medical Association for the year 2021-2022 and Sr. Consultant, Elder Care Fortis Escorts Hospital, New Delhi, India, moderated the session. The session was followed by a 15 minutes' question and answer session on the questions that were received in the chatbox



IAP – GAPIO
International lecture series

Session on Diabetes

Saturday, 30th October 2021

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

Leadership

IAP
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

Prof. Bhupinder Sandhu
Pediatric Gastroenterologist, Bristol Royal Hospital, UK
Order of the British Empire Award
IAP Member of GAPIO
Chairperson

Dr. G.S. Grewal, India
President, Delhi Medical Association 2021-2022
Sr. Consultant, Elder Care Fortis Escorts Hospital, New Delhi
Moderator

Dr. Rafiq Ahmed, India
Management of Diabetic Ketoacidosis (DKA)
Speaker

Dr. Hemchand K Prasad, India
New Advances in Management of Diabetes in Children
Speaker

Panel discussion on domestic violence

STOP DOMESTIC VIOLENCE

17th October 2021

October being 'Domestic Violence Awareness Month, the Women Physicians Committee of American Association of Physicians of Indian Origin (AAPI) supported by the Global Association of Physician of Indian Origin (GAPIO) organized a Virtual event where the speakers would have a panel discussion on Domestic Violence Awareness. This event was held live from 9:30 PM to 11:00 PM IST on Sunday, 17th October 2021.

Dr. Anupama Gotimukala, President AAPI, Dr. Seema Arora-Chair, AAPI Women Physicians Committee, Dr. Nandita Palshetkar, Chair, Women's Forum of Global Association of Physicians of Indian Origin. Lata Rao and Dr. Preeti Saran-Domestic violence survivors, Deanne Mazzochi-Illinois State Representative, Jaya Nelliott, Board Director and Chair, Outreach Committee, Ashiyanaa Women's Organization DC, Dr Manju Sheth: Internal Medicine Physician, Chair Advisory Board Saheli, Navneet Bhalla: Executive Director 'Manavi', International human rights law, UK and Eshita Chakraborty-Producer/Director/Host of Access TV Program 'Faces of India', DV Advocate for DOVE and Saheli were the panellists.

Number of recommendations and way forward emerged during the discussions to bring more awareness in the communities across the globe about women rights against Domestic Violence and steps to be taken to prevent, decrease and stop Domestic violence globally.



AAPI WOMEN PHYSICIANS COMMITTEE
Presents

STOP DOMESTIC VIOLENCE

A PANEL DISCUSSION ON DOMESTIC VIOLENCE IN DOMESTIC VIOLENCE AWARENESS MONTH OF OCTOBER

SUNDAY, OCTOBER 17, 2021 | 12 NOON TO 1:30 PM EST/9:30 PM TO 11 PM IST
<https://us62web.zoom.us/j/845387285797?pwd=b0xTVjRPa1U0M3FaRjdHVjdlR0pVZz09>
Meeting ID: 845 3873 9579 | Passcode: 486182

PANELISTS

AAPI WOMEN PHYSICIANS COMMITTEE MEMBERS

www.aapiusa.org

Campaign on COVID vaccine for children:

Vaccinations not only protect Children from deadly diseases, such as polio, tetanus, and diphtheria, but they also keep other children safe by eliminating or greatly decreasing dangerous infectious diseases that used to spread from child to child. Amidst this outbreak of COVID 19 globally, vaccination for children is a big question to all the parents. GAPIO shares the latest development on COVID 19.

Covaxin gets an approval from DGCI for vaccination for children against COVID -19.

The vaccine can be administered for children in the age group of 2-18 years and 2 doses are to be given at an interval of 20 days.

Children with co-morbidities like heart, kidney disease, and Asthma will get priority and will get vaccine first.

It is claimed that Vaccine is effective and safe and almost 42 crore children will be benefited.

The best part is that this vaccine against COVID is indigenously made in India and for the first time in the world this vaccine can be given to children covering a big range of age group from 2 years to 18 years.



SOCIAL MEDIA COVERAGE

Anti Drug-Addiction Day 2nd October 2021

GAPIO promoted awareness against drug addiction on 'Anti Drug-Addiction Day' and encouraged the public to spread a word of caution against drug addiction on National Anti-DrugAddiction Day which was observed on October 2nd 2021 on the Birth Anniversary of MahatmaGandhi, the Father of Nation.

Message:

“Strength does not come from physical capacity. It comes from an indomitable Will.” Says Mahatma Gandhi.

There is so much that life offers us and choosing drugs over life is the worst decision one can make. Don't let the drugs trick your life.

On this National Anti-Drug Addiction Day –

LET US SAY NO TO DRUGS, EDUCATE EVERYONE AROUND US TO LIVE A HEALTHY LIFE.

We support and pray for all of those who have submerged in this menace to come out of this crisis by shunning drugs, by doing Exercise, Deep breathing exercises, Meditation and Yoga.

Eat healthy Diet and drink plenty of fluid.

Continue to communicate with your parents, brother, sister, friends, relatives and near and dear ones.

Seek advice from doctor and peers.

LET US SAY - NO TO DRUGS

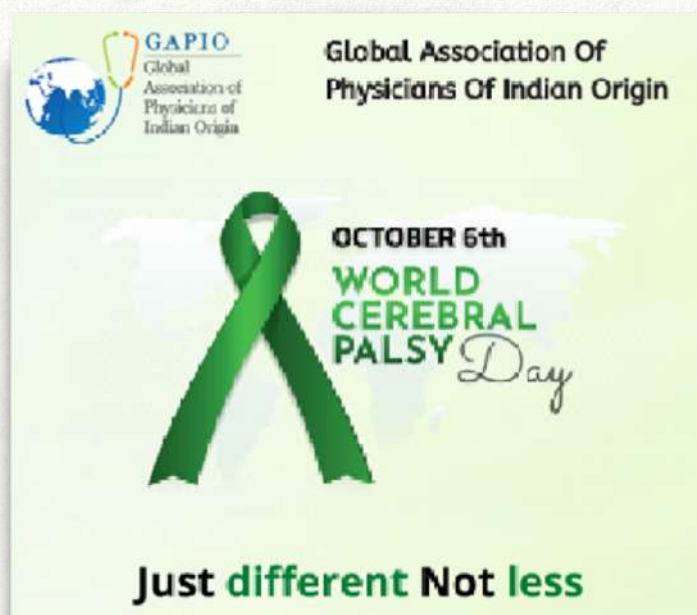


World cerebral palsy Day 6th October 2021

Cerebral palsy is the most common disability in childhood. The word Cerebral means having to do with the brain and Palsy means weakness or problems with using the muscles.

On the account of World Cerebral Palsy Day, GAPIO encourages all those who are suffering from this disease to live a life of self-respect and dignity without any kind of fear and inferiority complex.

This year the focus is on the millions of reasons to bring people attention to create awareness and action around cerebral palsy. GAPIO Salutes every person living with cerebral palsy who has never lost their hope leading a life with a hope and commitment, Just Different not Less.



World Mental Health Day 10th October 2021



On the occasion of World Mental Health Day, GAPIO shared the mental health issues specially in the healthcare sector and appealed everyone to take good care of mental health which is very important in these difficult days of COVID -19 pandemic. On this World Mental Health Day, let us pledge to provide a helping hand and care for those fighting mental health issues.

In addition, GAPIO encouraged the use of mental helpline support provided by GAPIO to the healthcare workers to cope up with their anxiousness and stress.

The awareness drive included sharing the following, message on the social media.

The mental health of relatives and attendants of COVID patients, doctors, nurses, allied healthcare workers and other frontline workers has been

hampered during COVID-19 pandemic. Frontline healthcare workers were the most affected group during the COVID Pandemic.

It is advisable to seek early advise as soon as any unusual symptoms are noticed. This can help to regain the original health within no time.

GAPIO has started The Mental Health Support which is a web platform created for Recipients/ Healthcare Worker/s(HCW/s) and Volunteers to seek support from Peer Support Provider/ Counsellor/ Advisor to cope with the anxiousness and stress created by COVID-19 pandemic.

The recipients 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.

International Day of Girl Child 11th October 2021

The struggle of a girl child begins even before the day she is born. A recent report says that 129 million girls are out of school, including 32 million of primary school age, 30 million of lower-secondary school age and 67 million of upper-secondary school age in the world.

Girls who go to school are attacked just because they want have education. Nearly 40,000 girls under the age of 18 become brides. On this occasion of International Day of Girl Child, GAPIO highlighted the diversity of issues faced by girls and marking this year's themeas "My Voice- Our equal future",

GAPIO seeks the support of everyone to contribute whatever best in their capacity for girl education and safe environment. GAPIO also shared the message encouraging everyone to report and stop the childhood marriages and child abuse.



World Sight Day 14th October 2021

Eye care is something that we all take it for granted, many of us donot remember that eye is the window to our soul. Imagine if you were not able to see your loved ones.

One should always put one's vision first. Hence to spread awareness and seriousness among the people and marking the theme of this year, GAPIO shared the 4P'S to love your eyes.

1. **Prevent:** Many eye problems can be prevented by adopting a healthy lifestyle.

Eat healthily and stay healthy.

2. **Protect:** Besides prevention, it is equally important to protect your eyes. Professionals must use prescribed protective eye gear while working in hazardous industries / Chemical factories.

3. **Preserve:** Ensure that eye examinations are a part of your routine health check-up.

4. **Prioritise:** Prioritise your eye health and also educate your family regarding the importance of good vision.



Global hand-washing day 15th October 2021

Personal hygiene is something that everyone should focus amidst this COVID pandemic and personal hygiene starts with hand hygiene. It just takes 30 seconds to wash your hands. With the aim of public awareness, GAPIO on Global Handwashing day shared a video depiction of handwashing following the WHO technique, along with the steps to wash the hands and the right time to wash the hands



GLOBAL HAND-WASHING DAY

15th OCT 2021

Global Association of Physicians of Indian Origin

www.gapio.in



GAPIO appeals everyone to follow Hand-washing using WHO Technique

Did You Know ?

- Washing Hands with **Soap and Water** is the best way to get rid of germs .
- But if they are not readily available, you can use **alcohol-based hand sanitizer** that contains at least **60% alcohol**.



Educating the masses on account of Global handwashing day



World food day

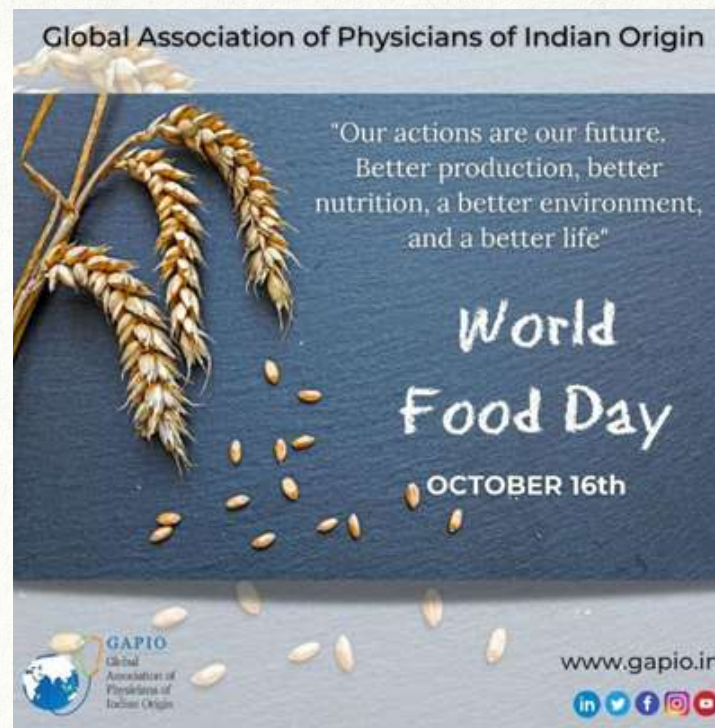
16th October 2021

Day by day the population is increasing. The world population clocked 7.9 billion population as of October 2021.

In this increasing population there is no doubt that many parts of the world would face a crises of food shortage. Almost 40% of the world's population cannot afford a healthy diet. Healthy eating means eating a wide variety of foods from each of the five major food groups, in the amounts recommended.

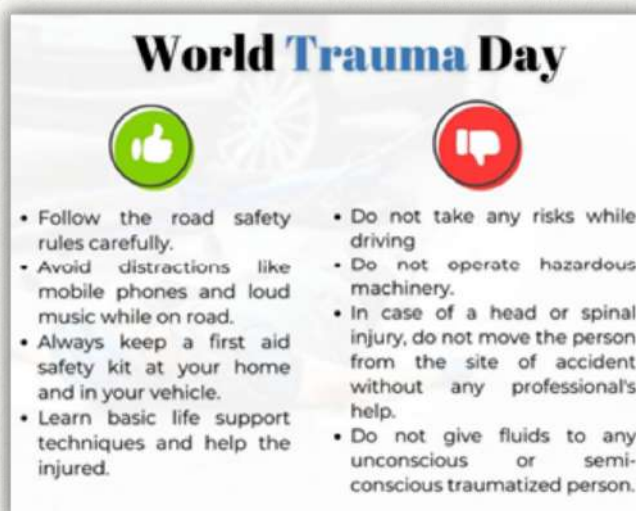
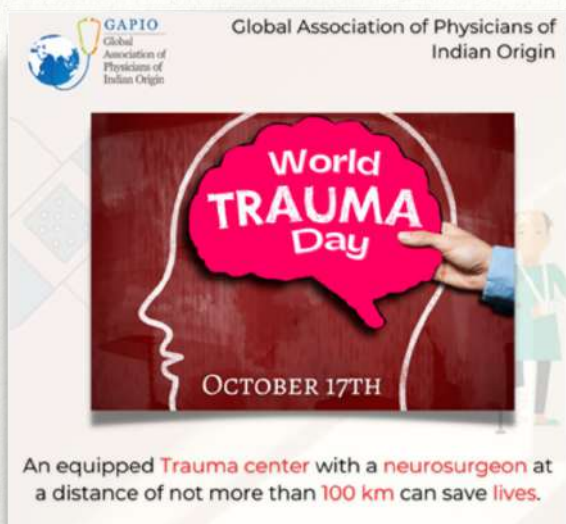
We are privileged that we have access to plenty of food but there are not so privileged also who sleep hungry across the world. 2 million people are obese or overweight due to unhealthy diet and sedentary lifestyles, 14% of the world's food is lost due to inadequate harvesting, handling, storage, transit and 17% is wasted at consumer level.

GAPIO celebrated this World Food Day to bring awareness about this important issue of such magnitude and extends its grateful thanks to all the heroes who have contributed to building a sustainable world where no one has to sleep hungry.



World Trauma day

17th October 2021



Trauma means "any injury caused to the body". The injury may be caused due to many reasons like road accidents, fires, burns, falls, acts of violence and crimes against the vulnerable population including women, children and elderly. Every year, about 5 million people die from head injury / trauma sustained during accidents across the world.

In India alone, it is estimated that one million people die and 20 million are hospitalized every year due to injuries. Adequate knowledge and immediate health care on critical trauma situations can save a life. On this world trauma day GAPIO appeals the concerned authorities to enforce strict laws on high speeding, compliance with fire safety norms and storage of gas cylinders and inflammable material and strict patrolling by police to stop violence and violence that can prevent trauma. GAPIO also shared the DO's and DON'T's as it is important that the injured person gets a proper medical care in the golden hour.

World Polio Day 24th October 2021

Highlighting the theme this year about the polio eradication and COVID 19 threat, GAPIO encourages everyone to take action and protect their children with timely vaccination and booster dose. In the past, over 350,000 kids were afflicted with Poliomyelitis every year. In the process, they missed out on the simple joys of childhood. That was the reality about 25 years ago.

Now the number has dropped to bare minimum. However, we still need to eradicate it completely.

GAPIO encourages everyone to take steps together to make world Polio-free.



Campaign on World Polio Day 26th October 2021

Stepping in a fight to make a polio free world, GAPIO shared an info graphic stating the importance of vaccine in the eradication of POLIO.

Prevention through vaccine is the key for eradication.
Ensure timely vaccination and booster dose in babies



World Osteoporosis Day 20th October 2021

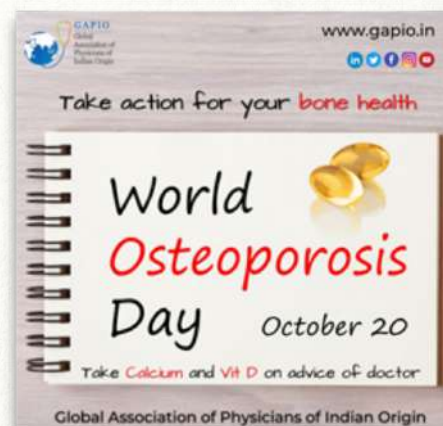
Bone health is one of the neglected issue in the daily lives. Considering the need to spread its awareness, GAPIO celebrated World Osteoporosis Day on October 20:

Bone health is something many of us do not focus and care.

This World Osteoporosis Day GAPIO focuses on awareness about osteoporosis, which can make individuals more prone to fractures as well as might lead to pathological fracture.

DEXA scan can determine your bone strength and is an important tool in determining overall bone health. Depending on your results, your doctor may recommend anything from lifestyle changes to bone-building calcium supplements

Timely action can keep bones and joints healthy.



THE BREAST CANCER AWARENESS MONTH

29th October 2021

According to a report in 2020, there were 2.3 million women diagnosed with breast cancer and 685000 deaths globally.

At the end of 2020, there were 7.8 million women alive who were diagnosed with breast cancer in the past 5 years, making it the world's most prevalent cancer.

Early detection and treatment can save the lives of those people who are suffering from cancer.

Aiming to spread awareness, GAPIO encourages women to do self-examination and women above 40 years of age should go for mammogram screening at regular intervals.



World stroke day 29th October 2021

According to World Stroke Organisation, over 13 million people will have a stroke each year and around 5.5 million people will die as a result of stroke.

Stroke happens when the blood supply to part of the brain is cut off.

Without blood supply, brain cells get damaged or die.

For every minute a stroke is left untreated 2 million brain cells die.

Sometimes it can be a transient ischemic stroke called TIA.

If anyone notices in himself or in any of his / her relatives or nearby people, the signs of stroke like weakness of the arms and legs, slurring of speech or difficulty in speech, change in the gait or imbalance, numbness or weakness in the face, double or blurred vision. Please call the ambulance immediately.*-

Fast access to treatment can save lives and alter the outcomes and recovery process.

There are the medicines which can dissolve the clot but these medicines must be administered in the golden period.

One can prevent stroke from happening by controlling the risk factor like Diabetes, Hypertension, Obesity, Smoking, High Cholesterol, history of TIA and atrial fibrillation.

Highlighting the role of being physically active in preventing this condition, GAPIO encourages everyone to **BEFAST** as the fast treatment can save lives and alter the outcomes and recovery process.

GAPIO encourages running awareness campaigns to educate the community for the prevention of stroke and importance of Golden period for treatment of Ischaemic Stroke.



3 Finance Mantras that every doctor should take note of

Financial Management is one of the important traits that must be possessed by a doctor. Keeping this in mind, GAPIO shared an article on the social media so as to keep the audience updated.

Article:

The medical profession has the longest study period and training. Therefore, doctors should start financial planning as soon as you start earning.

Due to the unpredictable schedules of working hours, doctors being busy, cannot focus on money matters.

1. Therefore, take help from the financial consultants and set financial goals and investments required for that in increasing order as your income increases.
2. Do not raise any unnecessary loans. Try to Minimize the liabilities and interest burden and pay of the loans whenever financial situations ease.
3. In this modern world, patients and attendants are well-informed about the prognosis and outcomes of the treatment.

There are a lot of claims filed against the doctors which many times do not have any basis, therefore, an indemnity insurance policy is a must with an adequate sum assured.



GAPIO Honours' List October 2021

Under the new GAPIO initiative of Monthly Honors' focusing on GAPIO members' achievements and contributions to healthcare, academia, research, innovation, and community service locally and abroad, published the Honor's list for the month of October as below:



DR. ARUN PRASAD, President of Obesity Surgery Society of India (OSSI), 2018-20 and President of International MGB-OAGB Club for Bariatric Surgery, has been nominated as Member of Board of Trustee (Asia Continent) for Primary Trauma Care Foundation, Oxford UK.

DR. AMAR KUMAR ISRANI, Hony Joint Secretary IMA HQs National Level has been conferred with 'Honorary Professor' from IMA CGP (academic wing of IMA HQs National Level) HQs National Level.

DR. KALPANA DASH, Consultant Endocrinology at Bilaspur has published the following papers: Rajendra Pradeepa, Radhakrishnan Subashini, Ulagamathesan Venkatesan, Somorjit Ningombam, Anil Purty, Mary John, Taranga Reang, Rosang Luaia, Saroj Kumar Tripathy, Sagar Modi, Jatinder Kumar Mokta, Ankush Desai, Kalpana Dash, Mohan Deepa, Elangovan Nirmal, Ranjit Unnikrishnan, Ranjit Mohan Anjana, Tanvir Kaur, Rupinder Singh Dhaliwal, Viswanathan Mohan, for the ICMR-INDIAB Study Group a Madras Diabetes Research Effect of internal migration on diabetes and metabolic abnormalities in India - The ICMR-INDIAB study, Journal of Diabetes and Its Complications

DR. N RAMAKRISHNAN, Director, Critical Care Services, Senior Consultant in Critical Care & Sleep Medicine, Chennai has given the following Oration/Lecture: Venous thromboembolism (VTE) in COVID at CHEST (American College of Chest Physicians) in collaboration with SEAD academia on 25 September 2021.

DR. RAMESH VENKATARAMAN, DSenior Consultant in Critical Care and Sleep Medicine, at Chennai has published the following papers:

Raymond Savio, Ramesh Venkataraman, Senthilkumar Rajagopal, Ramakrishnan N, Babu Abraham; Nutrition therapy in patients requiring non-invasive ventilation in the intensive care unit: Feasibility, tolerance, and complications. Indian Journal of Respiratory Care. September 2021.

Dr. Ramesh Venkataraman has also given the following Orations/Lectures:

- Rational fluid therapy in the ICU at Indian college of Critical Care Medicine on 18th September 2021.
- Acute Liver Failure at IDEAS EVOLVE on 16th September 2021.

Dr. (Prof.) Raju Vaishya, Sr. Consultant Orthopedic Surgeon at New Delhi has published the following papers:

- Mlcochova P, Kemp S, Dhar MS, Papa G, Meng B, Ferreira IATM,.... Vaishya et al. SARS-CoV-2 B.1.617.2 Delta variant replication and immune evasion. NATURE. 2021 Sep 6. doi: 10.1038/s41586-021-03944-y. Epub ahead of print. PMID: 34488225.
- Jain VK, Gautam D, Iyengar KP, Vaishya R, Malhotra R. Challenges in Conducting and Completing the Orthopaedic Postgraduate Thesis During COVID-19 Pandemic. Indian J Orthop Sept. 2021; doi:10.1007/s43465-021-00503-5
- Vishwanathan K, Srinivas KBS, Patralekh KBS, Vaish A, Vaishya R. Bibliometric analysis of the Top 50 most cited publications of the Journal of Clinical Orthopaedics and Trauma. J Clin Orthop Trauma 2021; 10.1016/j.jcot.2021.101590
- Vaishya R, Malani A, Sharma H, Vaish A, Singh SK. COVID vaccination provided protection from severe disease despite low Cycle threshold (Ct) values. Diabetes & Metabolic Syndrome: Clinical Research & Reviews 2021; 15: 102281. doi: 10.1016/j.dsx.2021.102281
- Iyengar KP, Gowers BTV, Jain VK, Ahluwalia RS, Botchu R, Vaishya R. Smart sensor implant technology in total knee arthroplasty. J Clin Orthop Trauma 2021; 22: 101605. doi: 10.1016/j.jcot.2021.101605.
- Vaishya R, Sibal A, Malani A, Kar S et al. Symptomatic post-vaccination SARS-CoV-2 infections in healthcare workers- A multicenter cohort study. Diabetes Metabolic Syndrome: Clinical Research & Reviews 2021; 15(6):102306. doi: 10.1016/j.dsx.2021.102306
- Patralekh MK, Iyengar KP, Jain VK, Vaishya R. Bibliometric analysis of COVID-19 related publications in Indian Orthopaedic journals. J Clin Orthop Trauma 2021; doi: 10.1016/j.jcot.2021.101608
- Ansari AH, Gupta AK, Vaish A, Vaishya R. Single-staged surgical correction of a bilateral acquired coxa-vara deformity in a young woman. BMJ Case Rep 2021; 14:e245754. doi:10.1136/bcr-2021-245754
- Renjen PN, Vaishya R. COVID-19 and Neurological problems. Apollo Med 2021; 18(3):153. Doi: 10.4103/am.am_101_21

Dr. Raju Vaishya has also given a presentation on "An overview of 3D printing technology" at 41st Congress of SICOT, Budapest, Hungary on 18th September 2021.