



## A Proud moment to all the Indians



Dr. Vemuri S Murthy

The annual observance and celebration of World Heart Day was held on Sept. 29 this year with the theme "Use Heart to connect". This day was intended to raise public awareness about Cardiovascular Disease (CVD) and take measures to prevent heart diseases. On this occasion, an Indian American Physician Dr. Vemuri S Murthy was Honored as 'Global Champion of Resuscitation'.

Dr. Vemuri S Murthy, an alumnus of Guntur Medical College, Guntur All India Institute of Medical Sciences, New Delhi, and a former chairman of the Anesthesiology Department at West Suburban Medical Center, Oak Park, Illinois have been hailed as a "pioneer of resuscitation medicine in India."

His contributions to global health, resuscitation medicine, and community service have been widely recognized with numerous awards.

Dr. Murthy was honored with a Medal from US Congressmen as Global Champion of Resuscitation, Lifetime Achievement Award, and Distinguished Physician Award from the Indian American Medical Association, Illinois.

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## IAP- GAPIO INTERNATIONAL LECTURE SERIES: SESSION ON ASTHMA



**IAP – GAPIO**  
International lecture series



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

### Session on Asthma

**Saturday, 25th September 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. Sudhir Parikh, USA**  
Chairman-Center for Asthma & Allergy, USA  
Chairman & Publisher-Parikh World Wide Media  
*Opening Remark & Chairperson*



**Dr. Naunihal Singh, India**  
Pediatrician, Adolescent and Obesity specialist  
President-Tanvir Foundation  
*Moderator*



**Dr. Sunny Kurian, UAE**  
Asthma Mimics in Children  
*Speaker*



**Dr. Sushil Kabra, India**  
Management of Asthma in Children  
*Speaker*

**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 Leadership**

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 [gapiio.in/event-detail](https://gapiio.in/event-detail) or [click here](#)

GAPIO organized a virtual session on "ASTHMA" under IAP-GAPIO International Lecture Series held live from 09:00 PM IST to 10:00 PM IST on Saturday, 25th September 2021 on a digital platform.

Dr. Sudhir Parikh, Chairman-Center for Asthma & Allergy, USA and Chairman & Publisher-Parikh World Wide Media was the Chairperson during the session and Dr. Naunihal Singh, Paediatrician, Adolescent and Obesity specialist; President-Tanvir Foundation, India has moderated the whole session.

This interesting session included reputed and well-known speakers, Dr. Sunny Kurian, Specialist Paediatrician at UAE and Chairman of Dr. Sunny Healthcare Group and Health2Home in India and UAE who delivered an amazing talk on "Asthma Mimics in Children" and Dr. Sushil Kabra, Professor of Paediatrics at All India Institute of Medical Sciences, New Delhi delivered a talk on "Management of Asthma in Children".

This was followed by Question Answer Session that were commented in the chat box.

Dr. Bakul Parekh, Global Convener for Academics – GAPIO and National President IAP-2020 chaired the session because all of a sudden, Dr. Sudhir Parikh got an appointment with Hon'ble Prime Minister of India Shri Narendra Modi in USA.



DR. BAKUL PAREKH



## Executive Committee Meeting of GAPIO

Executive Committee Meeting of GAPIO was held at 6:00 PM IST on Friday, 24th September 2021.

Report of GAPIO activities for the period January to August 2021, was presented by Dr. Sudhir Parikh, Secretary General before the Executive Committee members.

Dr. Anupam Sibal, President informed the Executive Committee members that two position papers; "Reimagining Role of Nurses in India" and "Formalizing Allied Healthcare work force in India" were released by Shri Amitabh Kant, CEO- NITI Aayog and Dr. Vinod Paul, member- NITI Aayog on 22nd June 2021. The NITI Aayog has sent the recommendations to other concerned departments in Government of India. This news was widely covered by press and electronic media.

Dr. Sibal further informed the EC members that GAPIO had planned to hold the next physical Annual conference of GAPIO on 26th and 27th February 2022 at Kolkata.

GAPIO will call applications for GAPIO awards in November 2021.

Many more decisions were taken by the EC members giving direction for way forward.



## SOCIAL MEDIA PRESENCE

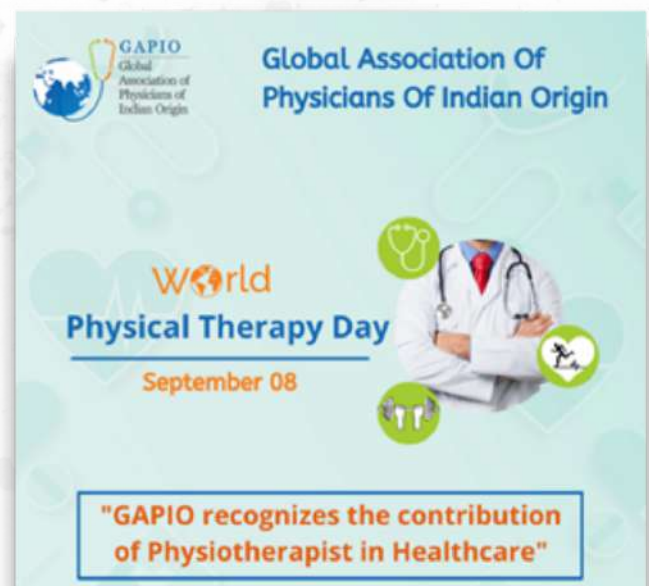
### GAPIO appreciates the contribution of Physiotherapists on account of World Physical Therapy Day

On the occasion of World physical therapy day GAPIO recognized the contribution of physiotherapists in health care. GAPIO aims to raise awareness about the profession's commitment to keep the people safe, mobile, and healthy. This year the focus was on the physiotherapists who helped and treated the people with Long COVID. GAPIO appreciated the selfless work by these therapists in this breakdown. Their dedication towards the Long COVID patients, community and all over is commendable.

Message shared by GAPIO:

Long COVID is different for everyone. A physiotherapist can help you manage your Long COVID symptoms. Watch out for the following symptoms:

- shortness of breath/ chest pain
- extreme fatigue post-exertional symptom exacerbation
- problems with memory and concentration

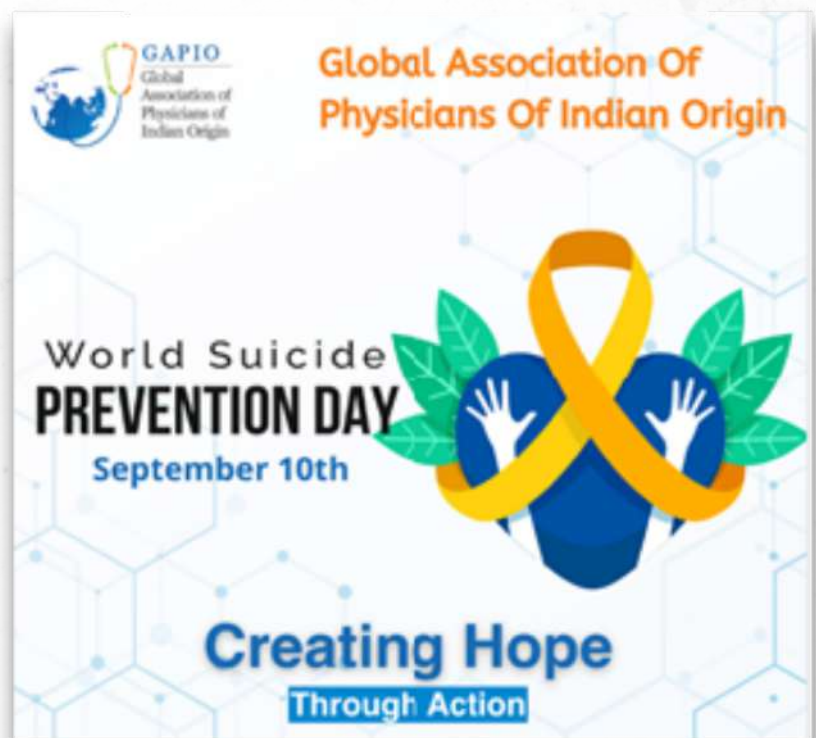


GAPIO shared a message through the social media platforms stating that genetic testing proves beneficial in prescribing effective blood thinners.



## Raising an awareness about Suicide Prevention during the fast paced life causing emotional stress and trauma, is a must!

On this World Suicide Prevention Day GAPIO recognises to generate an awareness about the Suicide Prevention in the society amidst fast paced life causing emotional stress and trauma.





## First Aid: makes the Difference

First aid is essential, even more during the pandemic. Every single person on the planet is capable of saving a life. You can be a superhero and save people's lives by administering first aid, especially in the case of heart attacks, strokes, and accidents. First aid should be available to everyone as a symbol of solidarity.

This was the message shared by GAPIO on account of World First Aid Day



## World Ozone Day



This World ozone day GAPIO highlighted that Ozone is not just a layer but a protector. It is high time for us to save the ozone layer. GAPIO motivates everyone to protect our planet earth from the dangerous UV rays. The depletion of the ozone layer causes the UV radiation which is a high risk for the humans as it affects our health severely. Diseases like skin cancers, eye cataracts, immune deficiency disorders and many more. It even affects the food chain and the ecosystem.

Ozone layer is like an umbrella protecting us from the hazardous UV rays. GAPIO warns that the mother Earth will face Catastrophic extinction if the ozone layer is depleted. It's past time for us to come together and do our bit to protect the environment by eliminating the use of CFCs, and embracing renewable energy, and supporting sustainable mobility.

## World Patient Safety Day



Highlighting this year's theme, GAPIO celebrates World patient day supporting safe maternity and newborn care. There is a need to prioritise safety during the maternity and at the time of the childbirth. According to statistics nearly 5400 still births occur, 810 women lose their lives and 610 newborns lose their lives. Most of the lives can be saved through a provisional health care. GAPIO supports the slogan "Act now for safe and respectful childbirth."

## Alzheimer's - The most common cause of Dementia



Marking to raise awareness about Alzheimer's disease, GAPIO celebrated World Alzheimer's day. Alzheimer's disease is a progressive neurologic disorder that causes the brain to shrink and brain cells to die.

Not many of us know about this disease which is most common cause of dementia. Dementia is a general term for a decline in #mental ability severe enough to interfere with daily life. According to studies majority of Alzheimer's sufferers are 65 years or older individuals. Though it signifies to be disease that occurs due to ageing many people under the age of 65 are suffering from this disease. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.



## International Week of Deaf

On account of International Week of Deaf , GAPIO shared some facts with all.



## World Rabies Day

Raising awareness on the rabies disease, GAPIO encouraged each and every one to focus the facts about rabies and the debunking of myths or prejudices of it. Rabies is a serious public health issue that, once symptoms show, can be lethal. GAPIO shares some facts on rabies.

Here are the facts:

- Rabies can be transferred through the saliva of infected animals.
- Vaccinating 70% of dogs breaks the rabies transmission cycle.
- Rabies causes 1 death every 15 minutes
- 99% of human cases result from dog bites
- 4 out of 10 deaths are in children
- Vaccination is the only 100% preventable major.

GAPIO quotes that Rabies is 100% preventable and encourages everyone to vaccinate to save lives and to stop the transformation. GAPIO also highlights the point that the concerned agencies should frame rules for compulsory vaccination of pet dogs/ animals and the defaulters should be penalized



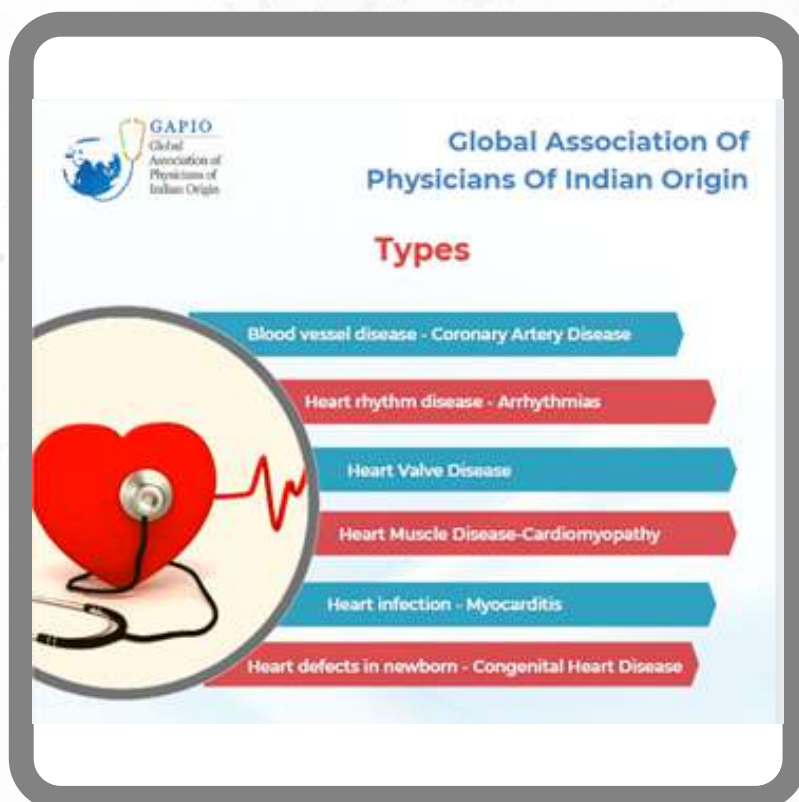
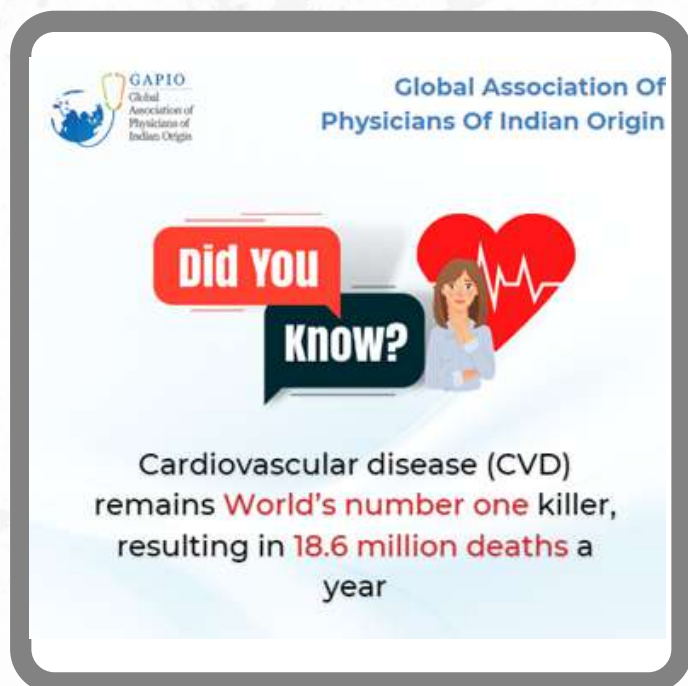
## World Heart Day

We all know that having a good heart is essential to live a long and healthy life and it is the emotional organ of our body which treasures feelings, emotions and health.

Cardiovascular disease (CVD) is the world's leading cause of mortality, accounting for roughly half of all NCD deaths. On this World heart day GAPIO encourages people to "Exercise to keep weight under control" and battle against CVD and lower the worldwide illness burden. GAPIO also asks the doctors on how would they achieve the goal of raising awareness and Educating individuals about the risk factors, GAPIO shares the common factors like Obesity, Smoking, Alcohol, High intake of oily / Junk food, High Cholesterol, Sedentary Life Style, Hypertension, Diabetes, Family History, Ethnic Background, associated with cardiovascular diseases



Also, a campaign for mass awareness was run on account of this with the messages shared through a video on the social media.







**Prevention**

Look after your **heart** by eating a **healthy diet**, saying **no to tobacco**, and getting plenty of **exercise**. Digital tools, like **phone apps** and **wearable devices**, can really help you get motivated and stay on track.

**GAPIO**

Cares for the hearts of doctors as well !  
Use our **Mental Helpline** when your mind needs to be taken care of!

Visit : <https://chennaiunited.org/helpline/>  
Call : +917292018816

## Health and Nutrition: Need of the Hour

Maintaining a good health has been the need of hour during the pandemic. Taking the opportunity of National Health and Nutrition week, GAPIO shared an infographic on the social media conveying the importance of health and healthy meals.



## Poll of the Month

A poll was conducted for the month of August raising a question to the audience as “There has been a gradual increase in the use of health technologies by physicians in the last few years. Which technology do you use?” The majority of votes polled in for the option of Virtual Consultations





## LAUNCH OF NEW INITIATIVES

### Grant of Title of Honorary ‘GAPIO Fellow’

Executive Committee of Global Association of Physicians of Indian Origin (GAPIO) has approved to grant title of Honorary GAPIO Fellow to reputed and renowned doctors working in national or international healthcare institutions.

The honorary title will be granted in 3 categories:

1. GAPIO Fellow
2. GAPIO Distinguished Fellow
3. GAPIO Emeritus Fellow

For more details about the GAPIO fellow, please write to Dr. A K Tandon (dranil\_t@apollohospitalsdelhi.com)

### Global Indian Physicians in the news

Executive Committee of GAPIO has approved another initiative i.e. “Global Indian Physicians in the news”. Under this initiative, news regarding achievements of Indian doctors across the globe will be collated and the same will be shared with all GAPIO members every month. The same will also be published in GAPIO newsletter, social media and on GAPIO website.

## GAPIO Honours' List September 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 September as below:



**DR. ARUN PRASAD**, senior consultant, Surgical Gastroenterology, Bariatric and Robotic Surgery, Academic Advisor and Clinical Tutor from New Delhi, President of Obesity Surgery Society of India (OSSI), 2018-20 and President of International MGB-OAGB Club for Bariatric Surgery has published a paper on "Impact of COVID-19 pandemic on bariatric surgery in India: An Obesity and Metabolic Surgery Society of India survey of 1307 patients" in Journal of Minimal Access Surgery

**Dr. Aashish K Bansal**, Cornea and Refractive Surgeon, from Hyderabad; Elected as President-Elect of Telangana Ophthalmological Society in August 2021

**Dr. Akshat Pandey**, Consultant advisor, COVID task force (IGHM), Lucknow India has been awarded with "Excellence Service Award" at ceremony of International Scientist Awards on Engineering, Science and Medicine, held on 28 and 29 August 2021 at Trivandrum, India, organized by VDGGOOD Professional Association

**Dr. Aashka Ponda**, DNB Neurology Resident from Ahmedabad submitted thesis for poster publication at European stroke association conference in Geneva, from 1st to 3rd September 2021 which was selected and Dr. Aashka also got scholarship.



**Dr. Bijay Patni**, DNB Consultant Physician and Diabetologist and HOD, Diabetes Wellness Care, Kolkata, and Founder, DRWA (Diabetes Research and Welfare Association)

- Contributed a Chapter "Hypertension and Peripheral Artery Disease" in Handbook of Hypertension.
- Faculty, Post- Graduate Certificate Course in Diabetes, ICCMD .Prog is presently on going ,started from 15/07/2021.
- Faculty, East Zone - Omron Academy – have conducted 4 workshops in the last 6 months on Hypertension for Physicians and Paramedic staffs. Last workshop on 26/07/2021.
- Brand Ambassador ( 1 of the 2 in City of Kolkata) for 100 days Defeat Diabetes Campaign organized by RSSDI ( 1st July for next 100days).
- Speaker at various local and national conferences like RSSDI, DIPSI, ACP, DRWA, CCDSI, NUCD, NCCD, WCC, BPCON.
- Faculty at "Hello Diabetes" from 23-25th July 2021.
- Oral Paper Presentation in Diabetes India 2021 from 11th -13th June on "Prevalence of Hypertension – Single Center Study. "
- Conducted camps / webinar for NGOs like Lions club and Rotary club regularly. Last educational webinar done on 16/06/2021 for Lions club, Calcutta.
- Dr. Ramesh Venkataraman, Senior Consultant in Critical Care & Sleep Medicine, Apollo Hospitals, Chennai given the following Orations/Lectures:
- Wait and watch approach is the way to go with Renal Replacement Therapy at Hyderabad Intensive Care Symposium HICS 6 in August 2021
- How I made my decisions in COVID? at Hyderabad Intensive Care Symposium HICS 6 in August 2021
- Extracorporeal therapy – Panel Discussion at Hyderabad Intensive Care Symposium HICS 6 in August 2021

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

- Vaishya R. The Visionary who Transformed Private Healthcare in India. Indian J Med Sc 2021; doi: 10.25259/IJMS\_403\_2021
- Mishra AK, Vaish A, Vaishya R. Effect of Body Mass Index on the outcomes of primary Total Knee Arthroplasty up to one year- a prospective cohort study. Pre print. Research Square 23rd Aug. 2021; doi: 10.21203/rs.3.rs-829103/v1
- Vaishya R. Clinical Rheumatology - A book review. Indian J Orthop 2021; 10.1007/s43465-021-00480-9
- Vaishya R, Vaish A. Disproportionate gender representation in Orthopaedics and its Research. J Clin Orthop Trauma 2021; doi: 10.1016/j.jcot.2021.101572
- Vaishya R, Sibal A, Malani A, Singh SK, Das S. Emergence of COVID-19 variants among ChAdOx1 nCoV-19 (Recombinant) Vaccine recipients. Indian J Med Res 2021; 10.4103/ijmr.ijmr\_2061\_21
- Jena AN, Goyal N, Vaishya R. 18F-NaF Simultaneous PET/MRI in Osteoarthritis: Initial observations with case illustrations. J Clin Orthop Trauma 2021; 22: 101569. Doi: 10.1016/j.jcot.2021.101569
- Vaishya R, Sibal A, Singh SK et al. ChAdOx1 n-COV 19 Vaccine protected against severe infection caused by the Variants. Mayo Clinic Proceedings August 2021; doi: 10.1016/j.mayocp.2021.07.016.
- Vaish A, Vaishya R. Multiple infarcts around the knee in a middle-aged female. Apollo Medicine 2021;10.4103/am.am\_53\_21

**Dr. Tarun Gupta**, Senior Consultant General and Laparoscopic Surgeon from Greater Noida; has conferred with an Appreciation Award by Rotary Club, Dadri, UP for his outstanding performance for the special cause at Multi Speciality Medical Camp at Dadri, UP organized jointly with Rotary Club Dadri "The Rotary Day" on 29 August 2021. It was a great success.

## ANNOUNCEMENT

**Annual Conference of**

**GAPIO**

**26th and 27th February 2022**

**Kolkata, India**

