



Dr. Avinash Gupta receives Monmouth Medical Center Humanitarian Award on Diwali eve



Dr Avinash Gupta, chief of Cardiology and President-elect of the medical staff at Monmouth Medical Center Southern Campus (MMCSC) in New Jersey, was awarded the Humanitarian Award for his exemplary work in public health and social service during the pandemic in the U.S. and India.

The award was given for Dr Gupta's remarkable services and involvement in COVID relief work. He launched a teleconsultation service for the needy during the 2021 wave of Covid-19 in India; attended to over 1,000 patients with his wife, Dr Geeta Gupta; helped raise over \$250,000 for medical relief in India; helped Patna-based non-profit AASTHA to establish a 10-bed Covid Care Center, and was part of the team of doctors who sent medicines and oxygen concentrators to India. In the U.S., he virtually consulted Indians without medical insurance during the pandemic lockdown.

IN THIS ISSUE

DR. AVINASH GUPTA RECEIVES MONMOUTH MEDICAL CENTER HUMANITARIAN AWARD ON DIWALI EVE

PAGE 1

EDISON CHAMBER OF COMMERCE HONORS HIGH ACHIEVERS

PAGE 2

NEW JERSEY PHYSICIANS HOLD ANNUAL CONVENTION

PAGE 3

PHYSICIANS RAISE FUNDS FOR SUICIDE PREVENTION AT DIWALI BANQUET, MEETING IN ATLANTA

PAGE 3

LIFE GLOBAL RAISES \$500,000 IN NEW JERSEY FOR WOMEN'S EMPOWERMENT PRIMARY EDUCATION, AND THALASSAEMIA PROJECT IN INDIA

PAGE 4

A SESSION ON "PAEDIATRIC ENDOCRINOLOGY"

PAGE 5

A SESSION ON "BARIATRIC SURGERY UPDATE"

PAGE 5

SOCIAL MEDIA COVERAGE

PAGE 6-8

GAPIO HONOURS' LIST OCT 2022

PAGE 9-11

Edison Chamber of Commerce honors High Achievers

The Edison Chamber of Commerce honoured several citizens of the Township, recognizing their contributions to the community and their achievements. Among those honoured at the ECC's 23rd Annual Meeting and Awards Reception on October 11, 2022, were several Indian Americans, as well as frontline healthcare workers, teachers, and others who had made a difference in the lives of people in Edison and around the world.

Dr Sudhir Parikh, a physician with a string of clinics in the tri-state area and chairman of Parikh Worldwide Media and ITV Gold, received the Entrepreneur of the Year award. Ankit Gupta of Nandansons International received the Citizen of the Year; Kamal Arora of Arora Hospitality Group was awarded the Best Hospitality award; Anika Bhatnagar was recognized as Vocational Student of the Year. Township of Edison Councilman Joe Coyle conducted the proceedings and handed the awards to the recipients. He greeted all those attending and thanked those who had contributed toward organizing the event.





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XIII

GAPIO ANNUAL CONFERENCE

11 – 12TH FEBRUARY 2023



**HOTEL THE LEELA
GANDHINAGAR,
GUJARAT, INDIA**

- GAPIO Awards
- Poster presentation
- Leading experts and delegates from 57 countries
- 60+ National and International speakers
- 50+ topics
- CME Credit hours by Gujarat Medical Council (GMC)





New Jersey Physicians Hold Annual Convention

The American Association of Physicians of Indian Origin's New Jersey chapter (AAPI-NJ) held its annual convention gala on October 8, 2022, at Imperia in Somerset. Attendees also marked the occasion by celebrating the Festival of Lights – Diwali. The program was attended by more than 200 guests.

Several speakers addressed the gathering, including Dr Pradip Shah, Dr Sudhir Parikh, an advisory board member of AAPI-NJ, and Congressman Frank Pallone.

Dr Pradip Shah outlined the vision of the AAPI-NJ, which included but was not limited to continuing Medical Education seminars for members, community service which also includes the wider community with initiatives during COVID, during which millions of dollars of aid was sent to India, help to those in need through pharmacies. Other AAPI-NJ initiatives Dr Shah mentioned included donating blankets, supporting and helping soup kitchens, and assisting international medical graduates in getting residency, disease awareness and prevention, women's health, and encouraging the younger generation of doctors to join the AAPI events.



Physicians raise funds for suicide prevention at Diwali Banquet, meeting in Atlanta

More than 250 delegates from around the United States attended the annual Governing Body Meeting and Diwali- Dussehra Celebrations hosted jointly by the national American Association Of Physicians Of Indian Origin (AAPI) and the Georgia Association Of Physicians Of Indian Origin Chapter from October 7 to 9, 2022, at the Atlanta Airport Marriott Gateway Hotel in Atlanta, GA.

India's Minister of State for External Affairs, V. Muraleedharan and the Consul General of India in Atlanta, Dr Swati Kulkarni, were the Chief Guests at the Gala.

Continuing Medical Education seminars, good food, elegant decorations, and entertainment with Bollywood and Garba Nite by popular artists were enjoyed by attendees. The Gala began with Dr Uma Johnnalagadda, President of GAPI, Dr Sreeni Ganagasani, and Dr Raghu Lolabhattu, welcoming community members, family, friends, colleagues, and sponsors. According to the AAPI press release, during and post-Covid, physician burnout and the suicide rate among physicians had gone up. The organization estimates that every year about 200 + physicians die by suicide. Suicide has a devastating effect on the lives of family members, friends, co-workers, and society. As an effort to prevent suicides, the amount of \$15,000 raised during the Gala has been donated to the American Foundation for Suicide Prevention, Georgia Chapter.

In his presidential address, Dr Ravi Kolli, president of the national AAPI, thanked the GAPI leadership doctors and the rest of the organizing committee for the teamwork involved in making the event a success, including the fundraising Campaign.



Life Global raises \$500,000 in New Jersey for Women's Empowerment Primary Education, and Thalassemia project in India

A nonprofit organisation in India called Life Global, and Life Global USA raised \$500,000 at their 5th Anniversary Gala in Edison, New Jersey.

The event was co-hosted by Amar Shah, the founder and treasurer of Life Global, and Parikh Worldwide Media, led by its founder and chairman, Dr Sudhir Parikh, a recipient of the Padma Shri award and chairman of Life Global USA. Participants learned about the partner organisation Project "Life" India's efforts over the previous 25 years in the areas of primary education, women's empowerment, and Thalassaemia awareness at the event.

Approximately 300 supporters, including board members of Life Global/Project "Life," gathered at Mirage Banquet in Edison, New Jersey, to learn more about the organisation. They also opened their hearts and wallets to support programmes in India that aim to improve education, empower women, and end thalassaemia through various projects run by partner organisation Project "Life" India. The event's most celebrated visitor was the Bollywood actress Asha Parekh.



A session on "Paediatric Endocrinology"

GAPIO, in collaboration with IAP, under the IAP-GAPIO International Lecture series, organized a session on "Paediatric Endocrinology", which was scheduled live at 7:00 PM IST Saturday, 29th October 2022 on a digital platform.

Reputed well-known speakers Dr Sandeep Julka, from India, delivered a talk on "Interesting cases in Paediatric Endocrine Practice", and Dr Kiran Pabri, from India, delivered a talk on "Growth concern in children: Approach in OPD".

Dr Sayan Banerjee, Clinical Associate, Dept. of Pediatric, Endocrinology, Repecy CDER Endocrinology from Kanpur, was the chairperson for this session.

Dr Zalak Shah, Consultant Pediatric and Adolescent Endocrinologist of Endocare for KIDS from Rajkot, was the moderator for this session.

Dr Ramesh Kumar, R. President, Dr Upendra Kinjawadekar, President-2023, Dr Piyush Gupta, President-2021, Dr Vineet Saxena, Hon. Sec. Gen. 2021-22, and Dr Samir Hasan Dalawai, Treasurer-2022, were the leadership members from IAP.

Dr. Anupam Sibal, President, Dr. Nandkumar Jairam, Vice President, Dr. Sudhir Parikh, Sec. Gen., Dr Rohini Sridhar, Joint Secretary, Dr Abhijit Seth, Treasurer, Dr Sushil Jain, Hon. Advisor Dr Bakul Parekh and Global Academic Convener were the leadership members from GAPIO.



IAP – GAPIO International lecture series

Paediatric Endocrinology

Saturday, 29th October 2022

7:00PM - 8:00PM (IST)

Corresponding Time:
9:30 AM EST, 8:30 AM CST, 6:30 AM PST, 2:30 PM BST (UK)
11:30 PM (Australia)

Leadership

IAP

- Dr. Remesh Kumar R. President
- Dr. Upendra S Kinjawadekar, President 2023
- Dr. Piyush Gupta, President 2021
- Dr. Vineet Saxena, Hon. Sec. Gen. 2021-22
- Dr. Samir Hasan Dalwai, Treasurer 2022

GAPIO

- Dr. Anupam Sibal, President
- Dr. Nandkumar Jairam, Vice President
- Dr. Sudhir Parikh, Secretary General
- Dr. Rohini Sridhar, Joint Secretary
- Dr. Abhijit Sheth, Treasurer
- Dr. Sushil Jain, Hon. Advisor
- Dr. Bakul Parekh, Global Academic Convener

Speakers

- Dr. Sandeep Julka, India**
Interesting cases in pediatric endocrine practice
- Dr. Kiran S Pabri, India**
Growth concerns in children: approach in OPD
- Dr. Sayan Banerjee, India**
Clinical Associate, Dept. of Pediatric Endocrinology Repecy CDER, Kanpur
Chairperson
- Dr. Zalak Shah, India**
Consultant Pediatric and Adolescent Endocrinologist at Endocare for KIDS, Rajkot
Moderator

Link to Join: <https://tinyurl.com/36r6rd8v>

A session on "Bariatric Surgery Update"

Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Association of Robotic and Innovative Surgeons (ARIS), organized a session called "Bariatric Surgery Update", which was scheduled live at 6:00 PM IST Saturday, 15th October 2022, on a digital platform.

Reputed well-known speaker Dr Abhishek Katakwar from Hyderabad, India, delivered a talk on "Why diet fails in morbidly obese."

Dr Arun Prasad, from New Delhi, India, delivered a talk on "Physiology behind Bariatric and Metabolic Surgery." Dr Chetan Parmar from London, UK, delivered a talk on "Current indications and options for Bariatric Surgery."

Dr Raj Palaniappan, from India, moderated the session.

Dr Arnab Mohanty, from India, was the Chairperson during the session. The session was followed by 10 minutes question and answer session.



GAPIO – ARIS International Lecture Series

Global Association of Physicians of Indian Origin (GAPIO)
in collaboration with Association of Robotic and Innovative Surgeons (ARIS)

Bariatric Surgery Update

6:00 PM IST on Saturday, 15th October 2022

8:30 AM EST, 7:30 AM CST, 5:30 AM PST, 1:30 PM BST (UK), 10:30 PM (Australia)

Join us: <https://bit.ly/3RTw0y>

| Topic | Speaker | Duration |
|---|--|----------|
| Why diet fails in morbidly obese | Dr. Abhishek Katakwar Hyderabad, India | 12 mins |
| Physiology behind Bariatric and Metabolic Surgery | Dr. Arun Prasad, New Delhi, India | 12 mins |
| Current indications and options for Bariatric Surgery | Dr. Chetan Parmar London, UK | 12 mins |
| Question and Answer | Dr. Raj Palaniappan, India Dr. Arnab Mohanty, India | 10 mins |
| Moderator | Dr. Raj Palaniappan, India | |
| Chairperson | Dr. Arnab Mohanty, India | |

GAPIO Leadership

- Dr. Anupam Sibal, President
- Dr. Nandkumar Jairam, Vice President
- Dr. Sudhir Parikh, Secretary General
- Dr. Rohini Sridhar, Joint Secretary
- Dr. Abhijit Sheth, Treasurer
- Dr. Sushil Jain, Honorary Advisor

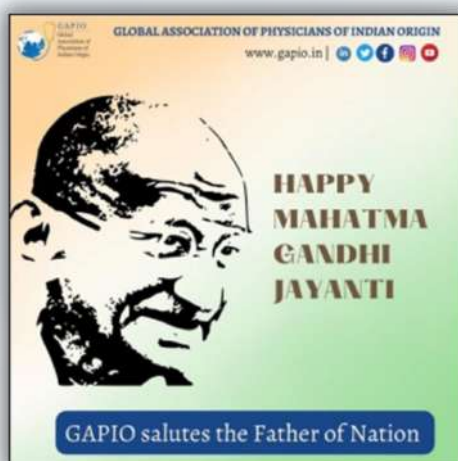
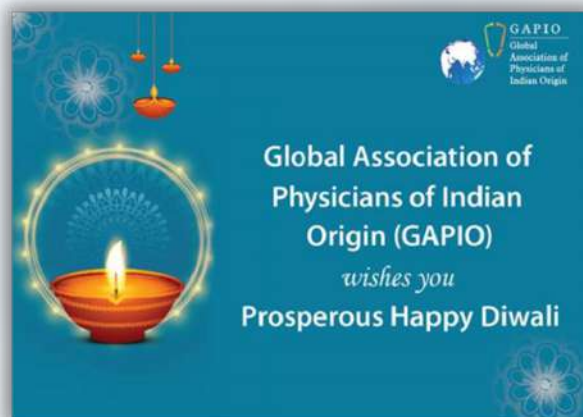
ARIS Leadership

- Dr. Subhash Khanna, President
- Dr. Arun Prasad, Vice President
- Dr. Vivek Bindal, Secretary
- Dr. Somasekhar SP, Treasurer

SOCIAL MEDIA COVERAGE

Happy Diwali Wishes

Diwali wishes were shared on all the social media platforms on behalf of the Executive Committee of the Global Association of Physicians of Indian Origin (GAPIO), wishing everyone a very happy and prosperous Diwali.



Saluting the Father of the Nation

On the Occasion of Mahatma Gandhi Jayanti, GAPIO shared a salutation message on the social media platform. GAPIO appealed to everyone to follow the path of peace and love.

Global Iodine Deficiency Day

On account of Global Iodine Deficiency Day, GAPIO shared a message on social media to educate the masses about symptoms and prevention as below:

Iodine deficiency occurs when your body doesn't get enough iodine. At a global scale, approximately 2 billion people suffer from ID, of which approximately 50 million present with clinical manifestations. In India, out of the 167 million people at risk of IDD, 54 million suffer from goitre and two million from cretinism. Symptoms of iodine deficiency and related thyroid disorders can include:

- Swelling of thyroid glands in the neck.
- A visible lump (goitre) on your neck.
- Weight gain, fatigue and weakness.
- Thinning hair.
- Dry skin.
- Feeling colder than usual.
- Slowed heart rate.
- Learning and memory difficulties.

At a population level, iodine deficiency disorder (IDD) can be prevented by the iodization of food products or the water supply. GAPIO appealed to spread awareness amongst all regarding iodine deficiency and take preventive measures by eating foods rich in iodine like iodized salt, eggs, animal protein foods, and sea vegetables.



World Osteoporosis Day

Embarking the World Osteoporosis Day, GAPIO shared the below message on all the social media handles:

To succeed in life and stand up straight, we all need a strong bone structure. So take care of them, stay healthy, and be safe.

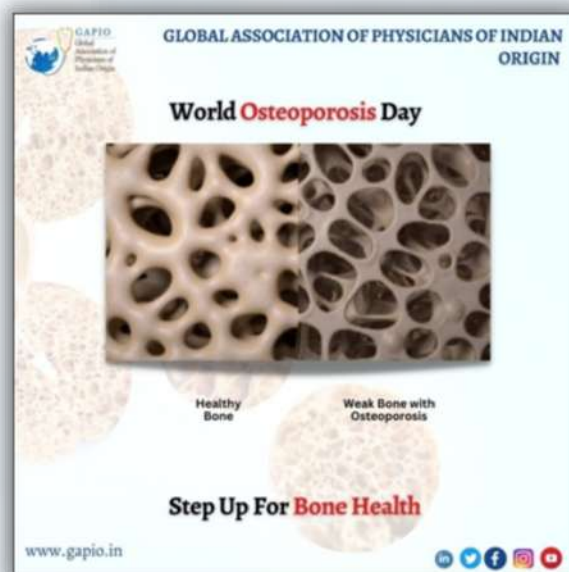
World Osteoporosis Day is an occasion to remind ourselves just how important it is to be proactive on behalf of our own bone health.

Symptoms of Osteoporosis:

- Bone pain
- Joint pain
- Stopping and height loss
- Sudden back pain
- Low-energy fractures

GAPIO appealed to love and embrace your bones and pledge to stay healthy on this day.

Also, GAPIO appeals to adopt a healthy lifestyle and have a calcium-rich diet.



Global Handwashing Day

To emphasize the importance of handwashing in daily lives, GAPIO shared an awareness message on Global Handwashing day:

Handwashing with soap and water is one of the simplest, most effective ways to stop the spread of germs and stay healthy.

Global Handwashing Day is a yearly reminder that handwashing with soap and water is one of the best steps we can take to avoid getting sick and spreading germs to others.

Studies show that handwashing education in the community can:

- Reduce the number of people who get sick with diarrhea by about 23%–40%
- Reduce the number of school days children missed because of gastrointestinal illness by 29%–57%
- Reduce diarrheal illness in people with weakened immune systems by about 58%
- Reduce respiratory illnesses, like colds, in the general population by about 16%–21%

GAPIO appealed to unite for safety - clean our hands!

World Sight Day

World Sight Day was observed by GAPIO on 11th October by sharing the below message on social media:

Eyes connect us to this world.

Vision must always come first, and protecting eyesight is extremely important.

This day is to ensure access for all to quality eye care services.

World Sight Day is a reminder to you to love your eyes.

Tips for maintaining good eyesight:

- > Undergo Regular eye checkups
- > Maintain a healthy diet
- > Exercise every day
- > Avoid smoking
- > Wear sunglasses and protective eyewear whenever required

GAPIO appealed to all to take care of eyesight.



World Arthritis Day

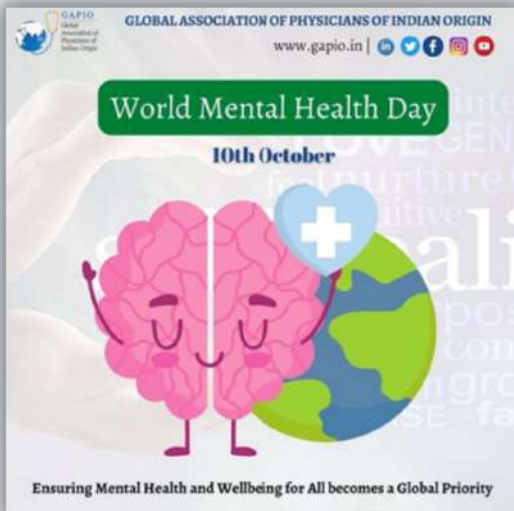
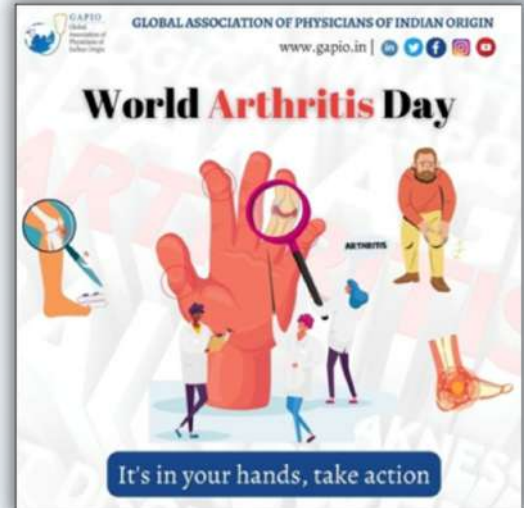
Observing World Arthritis Day, GAPIO shared an awareness message on Social media as below:

Arthritis is caused by inflammation of the joints.

Arthritis may be caused by the following:

- Wear and tear of a joint from overuse.
- Age (OA is most common in adults over age 50)
- Injuries
- Obesity
- Autoimmune disorders
- Genes or family history
- Muscle weakness

Although arthritis isn't entirely preventable, it can be controlled with regular exercise and a proper diet.



World Mental Health Day

Mental well-being has been the need of the hour, and to emphasize its importance, World Mental Health Day is observed on 10th October. Availing of this opportunity, GAPIO shared the below message in an attempt to raise awareness :

Do you know that 1 in 5 young people (age 13-18) have or will develop a mental illness in their lifetime? Youth depression rates have risen from 5.9% to 8.2% since 2012. Mental health is important at every stage of life, from childhood and adolescence through adulthood. It includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. GAPIO appealed to come together and make Mental Health and Well-Being for All a Global Priority.

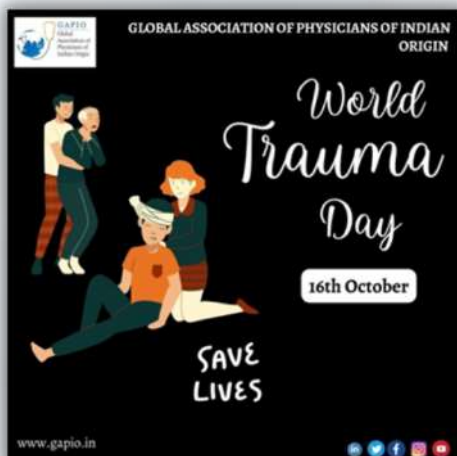
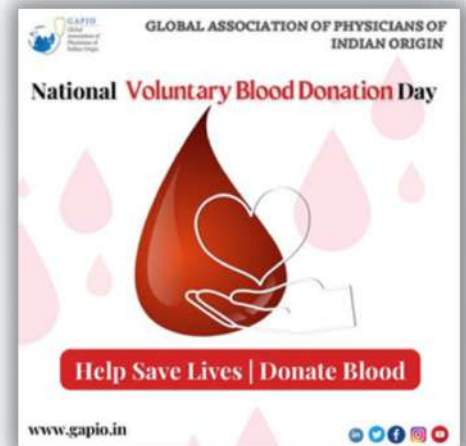
National voluntary Blood Donation Day

In order to encourage blood donation in the country, GAPIO shared the below message:

Blood is a vital part of our healthcare system, and it is important that we have a healthy and reliable supply. Donating blood is a simple and easy way to give back to your community, and it can make a real difference in the lives of others.

There is a great need for blood donors, and every donation can help save the lives of up to three people. If you have never donated blood before, today is the perfect day to start.

On National voluntary blood donation day, GAPIO encouraged everyone to donate blood.



World Trauma Day

With an aim to raise awareness in society about trauma, GAPIO shared the below message on World Trauma Day:

Trauma means "any injury caused to the body".

This day highlights the increasing rate of accidents and injuries causing death and disability across the world and the need to prevent them.

In India alone, it is estimated that one million people die, and 20 million are hospitalized every year due to injuries. There is no timestamp on trauma. There isn't a formula that you can insert yourself into to get from horror to healing.

GAPIO appealed to everyone to be patient & to take up space.

GAPIO Honours' List October 2022



Dr. Ashok Sharma, Consultant, Internal Medicine at New Delhi has delivered a phenomenal and worthy keynote presentation during International Conference on Diabetes, Metabolism and Endocrinology online conference held on 17th and 18th October 2022.

Dr. Brahma Sharma, Cardiologist in Pittsburgh, Pennsylvania, on the invitation of Dr Rajeev Bagarhatta principal Rajasthan medical university Jaipur, gave a lecture on "why so many South Asian are dying of heart attacks and how can we detect and prevent this" on Cardiology society of India Rajasthan. The event was widely covered in local media. Dr. Brahma Sharma has also organized and moderated International Education Seminar on South Asian heart disease on World heart day by engaging with thought leaders who are researching on cutting edge to define still unknown genetic pathways.

Dr. Brahma Sharma has also organised Indian Community Cardiovascular screening camp on Oct 16 2022.

Prof. Dhavendra Kumar, Consultant, Clinical Genetics and Genomic Medicine at UK, has edited a book on "Genomic and Precision Medicine in Clinical Practice".

Dr. Kandamaran Krishnamurthy, Consultant Pediatric Intensive Care Unit, Queen Elizabeth Hospital, Barbados, has published an article on "Personal protective equipment (PPE) related adverse skin reactions among healthcare workers at the main COVID-19 isolation center in Barbados" in "Frontiers" having high impact factor.

Dr. Krishnan Ganapathy, Distinguished Professor of The Tamil Nadu Dr MGR Medical University Tamil Nadu and Emeritus Professor National Academy of Medical Sciences has contributed the following during the period Jul – Sep 2022:

· Invited talk on "Deployment of integrated Telehealth in a corporate hospital setting: The Apollo Story" at the National Workshop on Telemedicine & Artificial Intelligence in Healthcare 2nd July 2022, Gangwal School of Medical Science & Technology, IIT, Kanpur.

- Invited talk on "The Business of Telehealth: Lessons learnt from the Apollo Telehealth Division, India" on 6th July 2022 @ Public Management Innovation: Cross-Sector Partnerships through Social Value Investing Columbia University, School of International and Public Affairs Summer Semester.
- Talk on "Clinical Research Missed Opportunities and Lessons Learnt over 54 years: A Clinician's Perspective" at the Sri Ramachandra Institute of Higher Education Research Promotion Meeting on 16th July 2022.
- Talk on Space Telemedicine Radio Programme for Manila Philippines on 21st August 2022.
- Keynote address on "Digital Health in 2030: A peep into the Future" at the Telemedicine Society of India Maharashtra Chapter Annual Conference held in Pune on 17th Sep 2022.

Dr. Ganapathy has also published the following articles published:

- Ganapathy K, Haranath SP, Baez AA, Scott BK. Telemedicine to Expand Access to Critical Care Around the World Crit Care Clin. 2022 Oct;38(4):809-826. doi: 10.1016/j.ccc.2022.06.007. 38:809-26.
- Ganapathy K. Peer Review Report for: Understanding the implementation of telepractice in speech and language services for children and adults using a mixed-methods approach [version 1; peer review: 1 approved]. Wellcome Open Res 2022, 7:46 <https://doi.org/10.21956/wellcomeopenres.19494.r49293>
- Ganapathy K. The business of telehealth. Apollo Med 2022;19:103-9 <https://www.apollomedicine.org/article.asp?issn=0976-0016;year=2022;volume=19;issue=2;spage=103;epage=109;aulast=Ganapathy>
- Krishnan Ganapathy; Arjun Rajagopalan; Gita Arjun; Seshadri Suresh; Krishnan Sriram Disseminating medical literature and knowledge in India in the 1980s: the SMLRT story. Journal of The Medical Library Association. 2022; 110:146-151. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8830371/>
- Ganapathy K Quality of Death –ensuring a Good Death p9 FICCI Newsletter Health Wrap July August issue 2022
- Ganapathy K "Creating future ready, trained, tech savvy medical scientists: Need of the hour" in the FICCI Newsletter on Health Wrap May June issue https://ficci.in/SPdocument/23649/FICCI_Health_Wrap_May-June22.pdf

Dr Keerti Singh, lecturer in the Faculty of Medical Sciences, Cave Hill campus, Barbados, University of the West Indies has been awarded the "Builder of Excellence Award" for the Optimist Year (Oct 2021-Oct 2022) by Optimists International.

Dr. Keerti was also the co-chair of Childhood Health and Response Mission (CHaRM) committee Caribbean District, Optimist International.

Dr. Keerti has been nominated as review editor of the Journal Frontiers in Public Health.

Dr. (Prof) Rajesh Taneja, Senior Consultant and Advisor, Urology Andrology and Robotic Surgery at New Delhi has published article on "Urological Problems In Elderly Patients of Tuberculosis" in Indian Journal of Tuberculosis on 28 October 2022.

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi, has published the following article:

- Migliorini F, Vaishya R, Bell A, Weber CD, Götze C, Maffulli N. Fixation of the Membrane during Matrix-Induced Autologous Chondrocyte Implantation in the Knee: A Systematic Review. Life. 2022; 12(11):1718. Doi: 10.3390/life12111718
- Vaishya R, Gupta BM, Misra A, Madampur GMN, Vaish A. Global Research in Sarcopenia: High-Cited Papers, Research Institutions, Funding Agencies and Collaborations, 1993-2022. Diabetes Met Syndr: Clinical Res & Reviews 2022; 102684. doi: 10.1016/j.dsx.2022.102654

Dr. Raju has given the presentation on choosing implants in Total Hip Arthroplasty organised by Agra Orthopaedic Society on 30th October 2022.

Dr. Raju Vaishya has been listed among the Top 2% Researchers in the world, in the list created by the Stanford University, California in October 2022, based on standardized citation indicators. Ranked 142 amongst all Indian scientists and #1 amongst the Indian Orthopaedic Surgeons.

Runner's up of the Chess tournament of Delhi Orthopaedic Association, Oct. 2022.

Dr. Sai Praveen Haranath, Intensivist and Pulmonologist at Hyderabad has published the following articles:

Ganapathy K, Haranath SP, Baez AA, Scott BK. Telemedicine to Expand Access to Critical Care Around the World. Crit Care Clin. 2022 Oct;38(4):809-826. doi: 10.1016/j.ccc.2022.06.007. PMID: 36162912.

Dr. Shilpa Avarebeel, Assistant Professor, Department of Geriatric Medicine, JSS Medical College and Hospital, Mysuru, has won National Award as young scholar 2022 by Indian academy of geriatric, given during national conference of geriatrics (Gericon 2022) held in Kolkata from October 28-30th 2022 for her academic achievements and clinical projects. Work of Dr. Avarebeel on medication compliance in elderly using pictogram pouch was much appreciated.

Dr. Sonali Kinra, clinical associate primary care, NHS England, got selected for role of Deputy medical director for north Central London to oversee healthcare delivery for population of 1.6 million people.

Dr. Sudhir Parikh, Chairman & Publisher-Parikh World Wide Media, USA has been awarded "Entrepreneur of the Year" by The Edison Chamber of Commerce at the 23rd Annual Meeting and Awards Reception by Township Councilman Joe Coyle.

Dr. V K Raju, Ophthalmologist and President and Founder, Eye Foundation of America, USA, has been honored at the recent gala of Nargis Dutt Memorial Cancer Foundation in New York, USA.

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

Global Association of Physicians of Indian Origin

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