

Improving Health Worldwide



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Worldwide....**

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## Dr. Ashish Aneja Awarded Dr. APJ Abdul Kalam Sevashree Memorial Award 2023



In a commendable achievement, Dr. Ashish Aneja has been honored with the Dr. APJ Abdul Kalam Sevashree Health Award 2023. This prestigious award, presented by the Asha Charitable Trust and Maan Singh Foundation in New Delhi, acknowledges his ten years of dedicated social service and his initiative in organizing free health check-up camps.

A respected member of the Global Association of Physicians of Indian Origin (GAPIO), Dr. Aneja's work has significantly contributed to improving healthcare accessibility. His commitment to organizing health camps aligns with GAPIO's vision of enhancing global health standards.

This award highlights Dr. Aneja's persistent efforts in the healthcare sector and his dedication to serving communities. It serves as an inspiration within the GAPIO community and the broader medical fraternity, demonstrating the impact of sustained, selfless service in healthcare.



## GAPIO and GHE Successfully Conducted Health Screening Camps in Rajasthan

Global Health and Education, Inc. (GHE), in collaboration with the Global Association of Physicians of Indian Origin (GAPIO), has successfully organized four free and charitable health screening camps in Chomu and Sawaimadhopur/Ranthambore, Rajasthan, from 16th to 22nd November 2023.

The camps achieved a significant milestone by screening a total of 323 patients, primarily for Hypertension and Diabetes. Notably, 26.6% (86 patients) presented with elevated Systolic Blood Pressure ( $>140/90$  mmHg), including two cases of hypertensive urgency requiring immediate medical intervention. Additionally, 20.1% (65 patients) exhibited Hyperglycemia with Non-fasting Random Blood Glucose levels  $>140$  mg/dL, a potential indicator of undiagnosed Diabetes.

These preliminary findings, despite their limitations, such as small sample size and potential confounding variables, provide crucial insights for further medical follow-ups, including blood pressure, fasting glucose, and Hemoglobin A1C measurements for accurate diagnosis.

The camps also addressed other prevalent health issues, offering treatment and free medication for various ailments like Cough/Cold, Allergies, COPD, and Arthritis. A significant initiative was the distribution of free anti-hypertensive and anti-diabetic medications to previously diagnosed patients. Follow-up arrangements with local doctors were made, and patients were advised to utilize GHE's teleconsultation services for further guidance.



## Over 300 Patients Benefit from Free Health Check-Up Camp on World Diabetes Day by GAPIO and Kurukshetra University

In a collaborative effort, the Global Association of Physicians of Indian Origin (GAPIO) and Kurukshetra University Health Center organized a comprehensive free health check-up camp to mark World Diabetes Day. The event, focused on promoting health awareness and prevention, successfully served over 300 patients.

Under the guidance of Dr. Ashish Aneja, the Medical Officer at Kurukshetra University Health Center, attendees underwent various free health tests. These included Blood Glucose, Blood Pressure, Electrocardiogram (ECG), Neuropathy, Bone Mineral Density (BMD), Spirometry, and more, providing a holistic health assessment to all participants.

The camp aimed to raise awareness about the increasing prevalence of diabetes in modern lifestyles, impacting not only adults but also younger populations. Dr. Aneja emphasized the importance of early detection and management of diabetes and related health conditions. He highlighted the risk diabetes poses to overall health and the necessity of regular monitoring and lifestyle changes for prevention and control.

Participants were also educated on the importance of a fiber-rich diet, regular exercise, maintaining a healthy body weight, and stress reduction techniques. Regular health check-ups, BMI monitoring, and engaging in calming activities like yoga, meditation, and sports were advised to maintain a healthy lifestyle.

Distinguished guests, including educators and health professionals, supported the event, contributing to its success.





## Indian American Students Excel in Rhodes Scholarships 2024, Including Healthcare Innovators

The Rhodes Scholar Class of 2024 has been announced, showcasing the extraordinary talents of four Indian American students, including those making significant strides in the healthcare sector. These accomplished individuals are set to embark on their studies at the prestigious University of Oxford in October 2024.

Among the healthcare innovators is Nayantara K. Arora from Portland, Oregon, a senior at the University of Oregon, Clark Honors College, majoring in Neuroscience, with minors in Global Health and Chemistry. Arora has been actively involved in research that intersects with global health issues, focusing on biomarkers in Tunisia and the relationship between vasculature and Alzheimer's disease. Her academic journey is complemented by a Stamps Scholarship, and she is a Phi Beta Kappa Public Service Scholar. Arora's commitment to global health is evident in her travels to countries like Israel, Palestine, Saudi Arabia, Ghana, and the UK, and her work as a State Department intern. At Oxford, she plans to pursue an M.Sc. in Modelling for Global Health and an M.Sc. in International Health and Tropical Medicine.

Suhaas Bhat and Aishani Aatresh, other Indian American winners, have also demonstrated a strong commitment to healthcare. Bhat, from Harvard University, has been involved in mental health initiatives and developing machine learning models for drug design. Aatresh, also from Harvard, has worked on infectious disease prevention and public health during the global pandemic.

These scholars were selected from a competitive pool of 862 applicants nominated by their colleges and universities. The Rhodes Scholarship, known for its comprehensive coverage of study expenses at Oxford, is highly prestigious, recognizing exceptional talent and potential in various fields, including healthcare.

**Source:**<https://bhaskarlive.in/4-indian-americans-among-2024-rhodes-scholarship-winners/>



*Suhaas Bhat*



*Aishani Aatresh*



*Nayantara K. Arora*

## GAPIO's International Lecture on Paediatric Neurology Addresses Neuromuscular Disorders and Seizure Mimics in Children

The Global Association of Physicians of Indian Origin (GAPIO) recently held an insightful session as part of their IAP – GAPIO International Lecture Series, focusing on Pediatric Endocrinology. The event took place on Saturday, 25th November, from 7:00 PM to 8:00 PM IST.

Esteemed speakers at the event were Dr. Vaman Khadilkar, who shared his expertise on the "Approach to Short Stature," and Dr. Hemchand Prasad, who delved into "Precocious Puberty: Cracking the Myth." The lecture series provided a valuable opportunity for medical professionals to engage with leading experts in pediatric endocrinology.

The series was a global platform for doctors, pediatricians, and healthcare professionals to expand their knowledge and discuss the latest advancements in the field.

The event was a testament to GAPIO's commitment to continuing medical education and fostering international collaboration.



IAP – GAPIO

International lecture series



GAPIO

Global Association of Physicians of Indian Origin

Paediatric Endocrinology

 **Saturday,**  
**25th November 2023**

 **7:00PM – 8:00PM (IST)**  
**Corresponding Time:**  
8:30 AM EST, 7:30 AM CST, 5:30 AM PST, 1:30 PM BST (UK),  
00:30 AM (26th November) (Australia)

**IAP**

Dr. Upendra S Kinjawadekar, President  
Dr. G V Basavaraja, President 2024  
Dr. Remesh Kumar R, President 2022  
Dr. Vineet Saxena, Hon. Sec. Gen. 2022-23  
Dr. Samir Hasan Dalwai, Treasurer 2022

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Dr. Nandakumar Jairam, President  
Dr. Sudhir Parikh, Vice President  
Dr. Rohini Sridhar, Secretary General  
Dr. Abhijat Sheth, Joint Secretary  
Dr. V K Raju, Treasurer  
Dr. Sushil Jain, Hon. Advisor  
Dr. Bakul Parekh, Global Academic Convenor  
Dr. Aashay Shah, Session Convenor

**Past Presidents and Emeritus Advisors**

Dr. Prathap C Reddy    Dr. Sanku Rao  
Dr. Ramesh Mehta     Dr. Anupam Sibal



Dr Vaman Khadilkar,  
India

Approach to Short Stature

Speaker



Dr Hemchand Prasad,  
India

Precocious Puberty: Cracking the Myth

Speaker



Dr Chirantap Oza,  
India

Consultant, Pediatric Endocrinologist  
EndoGrow Pediatric and Adolescent Endocrine Clinic  
Ahmedabad, Gujarat

Moderator



Dr Ankita Maheshwari,  
India

Pediatric & Adolescent Endocrinologist  
Indore, Madhya Pradesh

Chairperson

Link to Join: <https://tinyurl.com/e8s8r656>

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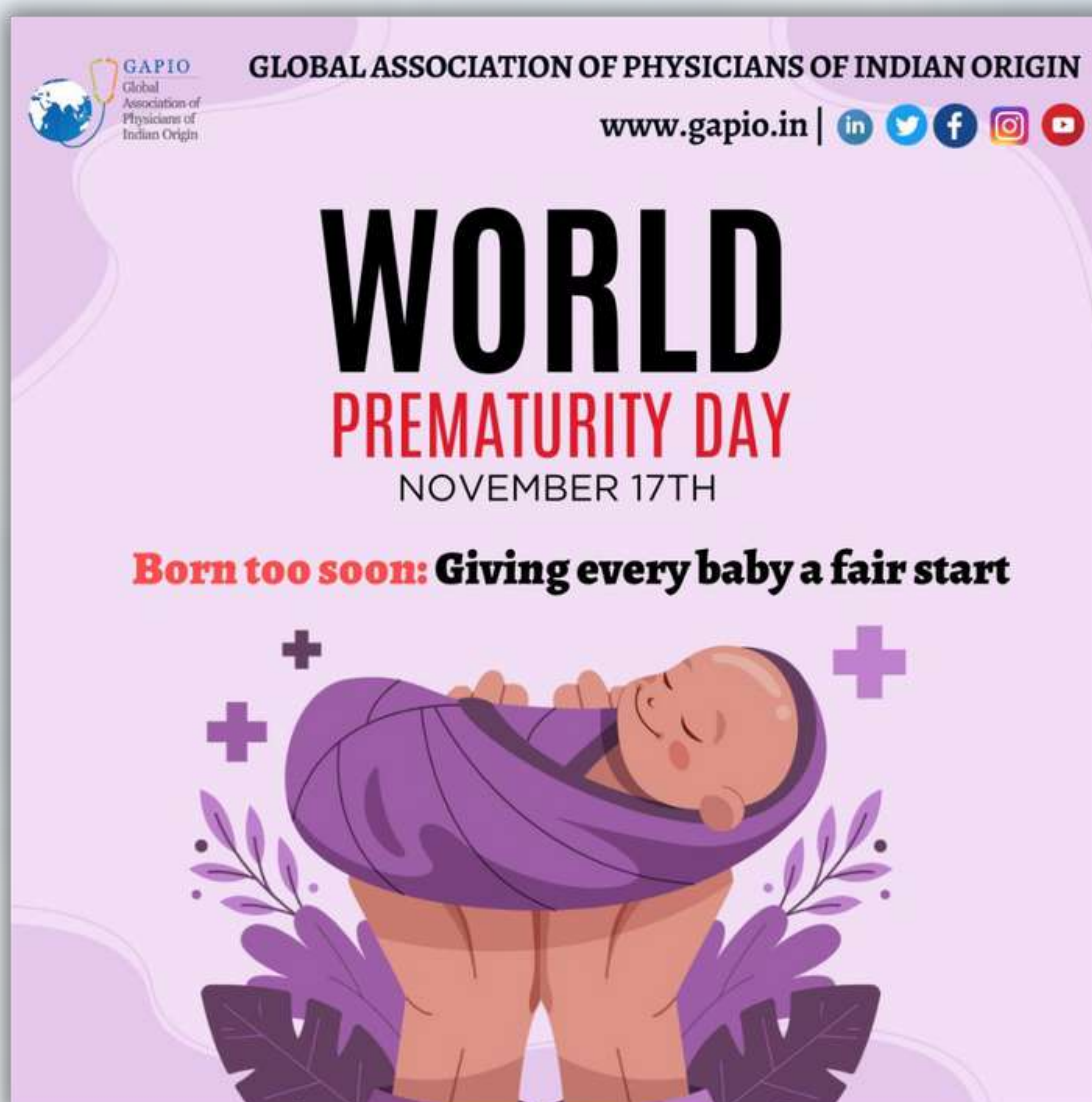
## SOCIAL MEDIA COVERAGE

### GAPIO Highlights Importance of Care on World Prematurity Day

The Global Association of Physicians of Indian Origin (GAPIO) observed World Prematurity Day, emphasizing the message "Born too soon: Giving every baby a fair start."

The day is dedicated to raising awareness about preterm birth and the challenges faced by premature infants and their families. GAPIO's observance of this important day underlines their commitment to infant health and their support for ensuring that every newborn has the best possible start in life, regardless of the challenges of prematurity.

The association continues to advocate for advancements in neonatal care and support systems for affected families worldwide.





## SOCIAL MEDIA COVERAGE

### GAPIO Advocates for Mental Health as a Universal Right on World Mental Health Day

The Global Association of Physicians of Indian Origin (GAPIO) observed National Cancer Awareness Day, emphasizing the potential for cancer prevention and the importance of early detection.

GAPIO highlighted that understanding and acting upon the risk factors for cancer can significantly reduce the prevalence of the disease.

The association's message on this day focused on spreading awareness about cancer and its preventable nature through informed lifestyle choices.





## Strategies to Combat Doctor Burnout

1. **Embrace 'Little Quits':** Identify and eliminate the aspects of medical practice that contribute to stress. This could mean reducing patient loads or modifying work hours.
2. **Prioritize Self-Care:** Regular exercise, healthy eating, and sufficient sleep are foundational to maintaining resilience against burnout.
3. **Community Engagement:** Get involved in advocacy and join support groups to foster systemic change and increase community support.
4. **Creative Outlets:** Find creative pursuits outside of medicine to balance the stressors of the profession.
5. **Strengthen Relationships:** Reconnect with loved ones to refill your emotional bank account and balance work-life dynamics.
6. **Open Communication:** Discuss work-related stress with family to manage its impact collectively.
7. **Express Creativity and Autonomy:** Engage in activities that allow for creative expression and a sense of autonomy.

**Source:** <https://physicianfocused.com/7-ways-to-beat-doctor-burnout-right-now/>



# HEALTH TIPS/FACTS

## Time Management Tips for Busy Doctors

For doctors juggling a demanding schedule, mastering time management is crucial for balancing professional responsibilities with personal well-being. ContinuousCare offers valuable strategies for physicians to optimize their time and enhance practice efficiency:

- 1. **Saying "No":** Recognize your limits and don't overextend your schedule. It's better to refuse additional tasks than to risk compromising patient care quality due to an overwhelming workload.
- 2. **Plan Your Schedule:** Utilize clinic management systems to organize appointments and follow-ups. A clear daily plan can improve task prioritization and patient time management.
- 3. **Involve Your Team:** Support from clinic staff is key. Implement systems for appointment reminders, follow-ups, and streamlined administrative tasks to improve clinic efficiency.
- 4. **Digitize Patient Records:** Use platforms like Virtual Practice to store patient health records online for quick and easy access, streamlining consultations.
- 5. **Leverage Mobile Technology:** Clinic management apps provide flexibility, allowing you to manage your practice remotely and save time that would otherwise be spent on administrative tasks.
- 6. **Effective Patient Communication:** Avoid miscommunication and scheduling errors by establishing reliable communication channels and automated reminders.
- 7. **Remote Patient Engagement:** For chronic care patients, consider remote consultations to review reports, saving time for both the physician and the patient.
- 8. **Utilize Patient Portals:** Address health queries through patient portals, which can streamline communication and prevent after-hours disruptions to your personal time.

By integrating these tips into daily routines, doctors can find a better balance between their professional duties and personal life, ensuring they can provide the best care for their patients while also taking care of themselves.

Source:<https://www.continuouscare.io/blog/8-simple-effective-time-management-tips-for-doctors/>





GAPIO Honors' List November 2023





## GAPIO Honours' List November 2023

★ DR. ARUN PRASAD

★ DR ASHOK SHARMA

★ DR DEVENDRA KUMAR GUPTA

★ PROF. DILIP KUMAR MAZUMDAR

★ DR. KANDAMARAN KRISHNAMURTHY

★ DR. PRIYADARSHINI LINGARAJ

★ DR PUNEET WADHWA

★ DR. RAJU VAISHYA

★ DR SUBHAKAR KANDI

★ DR. ZIA ARSHAD

★ DR. KRISHNAN GANAPATHY

Global Association of Physicians of Indian Origin

## GAPIO Honors' List November 2023

**Dr. Arun Prasad**, Surgical Gastroenterology, Bariatric and Robotic Surgery, New Delhi, has got his article entitled 'Global Benchmarks in Primary Robotic Bariatric Surgery Redefine Quality Standards for Roux-en-Y Gastric Bypass and Sleeve Gastrectomy' published in British Journal of Surgery (BJS).

Dr Prasad is co-author in this landmark international study combining robotic bariatric surgery data from multiple countries.

- **Dr Ashok Sharma**, Consultant, Internal Medicine at New Delhi's book "The Last Ride" has been chosen as one of Barnes Book Review's Books of the Month in November. This prestigious selection means that his book will be prominently featured on "Barnes Book Review's" website throughout the entire month, giving it maximum exposure to the readers.
- Dr Ashok has participated as a Standing Committee Member in 3rd Edition of World Obesity and Weight Management Congress (WOC-2023).
- Dr Ashok has organised the Walkathon and lifesaving training program on 26th November on the occasion of World Diabetes Day.

**Dr Devendra Kumar Gupta**, Former Professor and Head, Department of Pediatric Surgery at AIIMS, New Delhi, former Vice-Chancellor - KGMU, Lucknow, Director and CEO: Postgraduate Institute of Child health, Noida, has delivered the following lecture / talk:

- Invited by the Franco- Congolese Association and the Ministry of Health, Democratic Republic of Congo to visit for charity at the children hospital Kinshasa and deliver lectures (5), demonstrate surgical techniques and submit the proposal to Establish a new 450 Bed, University Institute of Child Health.
- Invited to deliver Guest lectures (2), and participate in the other academic programs at the Sydney Children Hospital, University of New South Wales.
- Invited to deliver Master Class lectures (2) by the Dept of Pediatric Surgery, University of Bologna Italy, in the Workshop held during the International Congress of Pediatric Urology.
- Invited as Guest of Honor and also to deliver the Guest Lecture on -Alcohol - Use and Abuse, at the India Club Meeting, Rouse Hill, Sydney for creating general awareness on risks of Alcohol consumption.
- Invited to the TV Talk -Total Health (India), on Advances in surgery for malformations in New-born and children, in India, for creating awareness amongst the General public.

**Prof. Dilip Kumar Mazumdar** from Ramakrishna Mission Seva Pratishthan and Vivekananda Institute of Medical Sciences has received "Master Teacher" award from Indian College of Physicians, Academic wing of The Associations of Physicians of India in January 2023 at Ahmedabad.

Prof. Dilip has received Swami Dayananda oration in the Annual conference of Vivekananda Institute of Medical Sciences, Teaching wing of Ramakrishna Mission Seva Pratishthan on 25th November 2023

**Dr. Kandamaran Krishnamurthy**, Consultant Pediatric- Intensive Care Unit from Queen Elizabeth Hospital, Barbados is one of the contributing author in SCCM critical care work force update 2023 on "evaluated the field's continued emergence from the COVID-19 pandemic, changes in the critical care workforce, and pitfalls exposed by the pandemic". Dr. Kandamaran, as Global Health Advisor with The Prince Godwill D Fomusoh Foundation (PGDFF) Caribbean Inc. in collaboration with the Community Development Department and the Massy Foundation, is continuing its initiative to establish mini libraries in various locations across the island. He said that the primary goal of the initiative is to foster children's interest in reading.

**Dr. Priyadarshini Lingaraj**, Specialist, Obstetrics & Gynecology at Ahalia Hospital, Mussafah, Abu Dhabi, UAE has received the " Thanga Tharagai 2023" award, from the hon'ble minister Mr. Tiruchi Siva on the 4th of November 2023 at Abu Dhabi. This is an eminent award in recognition with the academic and community services and first of its kind in the UAE.

Dr. Priyadarshini has also served as examiner for MRCOG- part 3 and EFOG-EBCOG paper 2 exam training at Dubai. Dr Puneet Wadhwa, Specialist Pediatrician, Prime Hospital, Dubai, UAE has received "Pediatrician of the year " award by H. E. Sheikh Nahayan Mubarak Al Nahyan, Cabinet Member and Minister of Tolerance Coexistence, United Arab Emirates at The Annual HEALTH Awards.



## GAPIO Honors' List November 2023

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

- Vaishya R, Gupta BM, Misra, Kappi M, Vaish A. Top 100 Highly Cited Papers from India on Covid-19 Research: A Bibliometric Analysis of the Core Literature. *Diabetes Metabolic Syndrome: Clinical Research & Reviews*. 2023; 17(11): 102898. doi: [10.1016/j.dsx.2023.102898](https://doi.org/10.1016/j.dsx.2023.102898)
- Vaishya R, Vaish A. Global trend of publications in Orthopaedics and Sports Medicine: 1996-2021. *Chinese J Traumatology* 2023; <https://doi.org/10.1016/j.cjtee.2023.10.006>
- Nagarajan L, Khatri A, Sudan A, Vaishya R, Ghosh S. Deep Learning augmented osteoarthritis grading standardization. *Tissue Eng Part A*. 2023 Nov 11. doi: 10.1089/ten.TEA.2023.0206. Epub ahead of print. PMID: 37950715.
- Vaishya R, Vaish A. Trend of Publications from Iran in Orthopaedics and Sports Medicine. *Arch Bone Joint Surg* 2023; 10.22038/ABJS.2023.75793.3508
- Kinglsey KE, Vaish A, Vaishya R. Letter to Editor with regards to Authorship Patterns in the Orthopaedic Journals of Low-Income and Lower-Middle-Income Countries. *J Bone Joint Surg (Am)* Dec. 2023; [JBJS: Authorship Patterns in the Orthopaedic Journals of Low-Income and Lower-Middle-Income Countries](https://doi.org/10.1016/j.jbjs.2023.10.006)
- Vaishya R. A Glimpse of Research output from Nepal and the way forward. *J Nepal Health Res Counc* 2023 Apr-Jun;21(59): I-III.
- Vaishya R. Research Output from Egypt in Orthopaedic and Sports Medicine. *Egyptian J Orthop* 2023; DOI: 10.4103/eoj.eoj\_121\_23

**Dr Subhakar Kandi**, Prof & HOD Pulmonary Medicine, Kamineni Academy of Medical Sciences and Research Center is Organizing Secretary for National Conference on Pulmonary Diseases (NAPCON 2023) at Hyderabad from 30th November 2023. This is a landmark silver Jubilee conference in the field of Pulmonary Medicine jointly organised by Indian Chest Society and National College of Chest Physicians. More than 65 International faculty from 15 countries and 650 national faculty are attending this conference. It will be attended by 2500-3000 delegates.

Dr Subhakar has also got fellowship of Royal college of Physicians London and Royal college of Physicians Edinburgh.

**Dr. Zia Arshad**, Professor, Department of Anaesthesiology & Critical Care, KGMU, Lucknow has published the following papers as corresponding author Pralobh Kumar Singh, Manish Kumar Singh, Zia Arshad\*, Gyan Prakash Singh. (2023). "Correlation Between the Sedation Agitation Scale and Bispectral Index for Sedation in The Mechanically Ventilated Patients in Intensive Care Unit" in the *Journal of Population Therapeutics and Clinical Pharmacology*, 30(18),1484–1494.

- Dr. Zia developed a Module and conducted a CME & workshop for SIHFWUP on Fundamental Critical Care.
- Dr. Zia received a letter of appreciation from Govt. of Uttar Pradesh for Development of Module on Fundamental of Critical Care & conducting a CME & Workshop for Medical Officer.
- Dr. Zia received Fellowship of Indian Society of Chronomedicine (FISCM) and Life Membership of Indian Academy of Biomedical Sciences (IABS) (384/23).

## GAPIO Honors' List November 2023

**Dr. Krishnan Ganapathy** Hon GAPIO Emeritus Fellow, Distinguished Professor, The Tamil Nadu Dr MGR Medical University and Emeritus Professor National Academy of Medical Sciences has contributed the following between Sep – Nov 2023.

- Elected Hon Fellow of Kosovo College of Surgeons
- Jury member Start-up's selection 6-7th October 2023 <https://www.caho.in/cahotech2023/> New Delhi
- Invited talk given virtually on "Good Death in neurosurgical practice" at the Kosovo College of Surgeons Pristina on 13th October 2023 <https://www.youtube.com/watch?v=BpbaKGLLYLM> ; <https://koscs.org/en/international-guest-speakers-2/>
- Invited talk given virtually on "Ethical Issues in surgical practice in 2030" at the Kosovo College of Surgeons Pristina on 13th October 2023 [https://youtu.be/x\\_\\_RjV8X-QsU](https://youtu.be/x__RjV8X-QsU) ; <https://koscs.org/en/third-clinical-congress-of-the-kosova-college-of-surgeons> ; <https://koscs.org/en/preliminary-scientific-program-of-the-third-clinical-congress/> ; <https://koscs.org/en/third-clinical-congress-book-abstracts/>
- Invited talk on "Technology in Healthcare in 2030 and Space Exploration" at the Science Summit at United Nations General Assembly on 22nd Sep 2023 <https://sciencesummitunga.com/> <https://www.youtube.com/watch?v=h1TUqeiGVY8>
- Invited virtual address given on "Challenges in Digital Transformation of Health Care in the Most Populated Country" at the Coverge2Celebrate conference by Telehealth and Medicine Today on 22nd Sep 2023 New Orleans <https://telehealth.conv2xsymposium.com/speakers/>
- Delivered Key note address on "Technology in Healthcare in 2030" at the Tamil Nadu State Chapter Telemedicine Society of India program at Vaniyambadi 25th November 2023
- Invited lecture on "From bench to Bedside Do's and Don'ts for start-ups". A clinician's perspective 7th October 2023 <https://www.caho.in/cahotech2023/> New Delhi
- Webinar on "Healthcare in 2030: A peep into the Future" at the IIT Alumni Center Bengaluru on 23rd Sept 2023 <https://www.youtube.com/watch?v=UUg2FUH2aAg&list=PL0zMQ-70IHIX-df3u2Tto6dkKHCRC6iFL&index=86>
- Delivered Key note address on "Healthcare in 2030: A peep into the Future" at the MESOCON 2023, Calicut on 10th Sep 2023
- Invited guest lecture on "Ethical Issues in deployment of AI in Healthcare" MESOCON 2023, Calicut on 10th Sep 2023.

## GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

**Global Association of Physicians of Indian Origin**

**Registered Office: Hospital Complex, Apollo Hospitals, Sarita Vihar, Mathura Road, New Delhi – 110076**

**Email: [gapiio.jm@gmail.com](mailto:gapiio.jm@gmail.com); Contact No. +91-7701910804, 011-71791747**

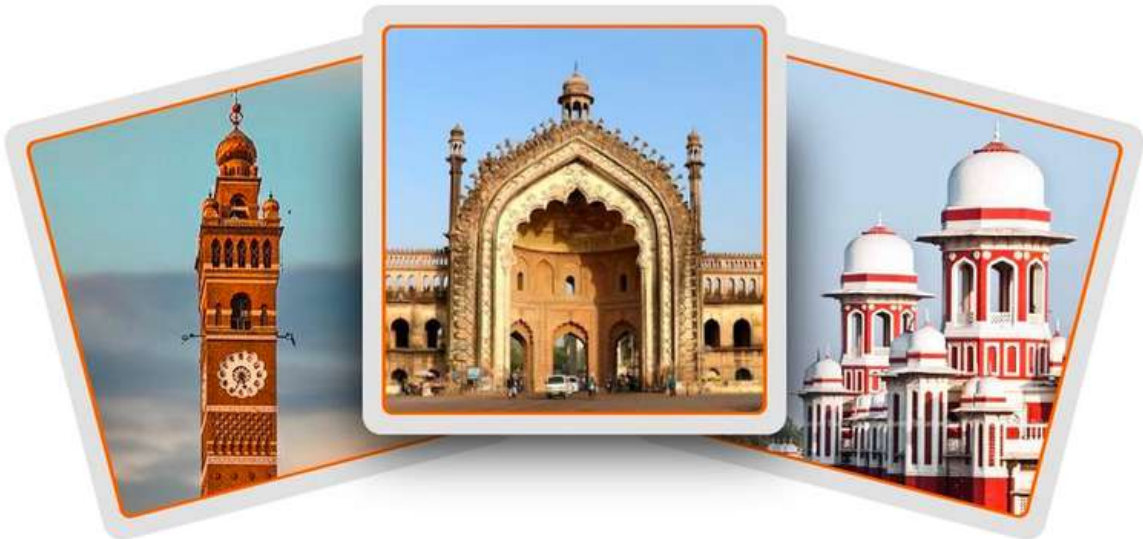
**[www.gapiio.in](http://www.gapiio.in) |**





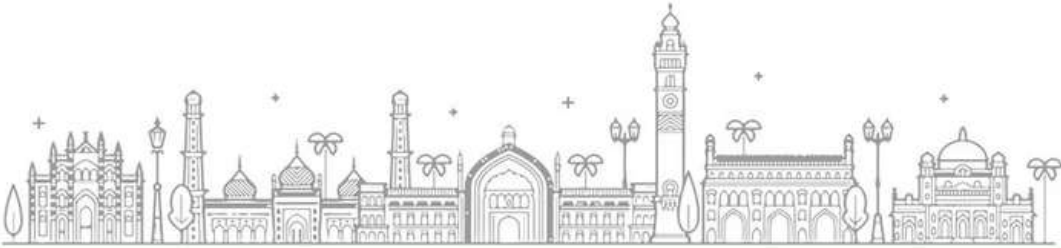


# GAPIO | XIV ANNUAL CONFERENCE 2024



**16 - 17 March**  
**Lucknow**

**2024** Scientific Sessions  
Speciality Workshops  
GAPIO Awards  
Gala Dinner  
Lucknow & Ayodhya tourism



**Hosted By Apollomedics Hospitals Lucknow**