

Improving Health Worldwide



Indian American Cardiologist Dr. Rajesh Mohan Wins Republican Primary in New Jersey's 3rd Congressional District

Indian American cardiologist Dr. Rajesh Mohan has secured the Republican primary in New Jersey's Third Congressional District, marking a significant step in his political journey. Dr. Mohan, a resident of Holmdel, garnered 12,677 votes, equivalent to 38% of the total, defeating immigration consultant Shirley Maia-Cusick and financial advisors Gregory Sobocinski and Michael Francis Faccione by a wide margin.

Expressing his gratitude after the win on June 4, Dr. Mohan stated that he is "honored and grateful for the support" from the residents of the district and emphasized his commitment to bringing "common-sense solutions" to issues that resonate across party lines. He contrasted his approach with that of his Democratic opponent, Socialist Democrat Assemblyman Herbert Conaway, Jr., highlighting his intention to reduce regulations, support businesses, and maintain jobs in the U.S.

Dr. Mohan's victory positions him to compete in the upcoming November election for the seat previously held by Rep. Andy Kim, who is running for the U.S. Senate. As a board-certified interventional cardiologist with an MBA, Dr. Mohan aims to bring his clinical problem-solving approach to government, focusing on issues such as border security, Medicare and Social Security preservation, domestic manufacturing, and healthcare reform.



IN THIS ISSUE

DR. BASANT GOEL HONORED WITH BHARAT KIRTIMAAN ALANKARAN AT INTERNATIONAL EXCELLENCE AWARDS IN LONDON

PAGE 1

HEALTH CAMP ORGANIZED AT KURUKSHETRA UNIVERSITY: OVER 300 PARTICIPANTS SCREENED

PAGE 2

SUCCESSFUL MEDICAL MISSION IN TAMALE, GHANA BY ROTARY E CLUB OF BANGALORE AND PARTNERS

PAGE 3

INDIA INAUGURATES FIRST OVERSEAS JAN AUSHADI KENDRA IN MAURITIUS

PAGE 4

SIGNIFICANCE OF IMAGING IN INFERTILITY TREATMENT HIGHLIGHTED BY PROF. RAJUL RASTOGI

PAGE 4

AAPI'S FIRST WORLD HEALTH CONGRESS CONCLUDES SUCCESSFULLY IN NEW YORK

PAGE 5

INDIAN MEDICAL ASSOCIATION HONORS DR. SHUKLA RAVAL FOR COMMUNITY SERVICE ON NATIONAL DOCTORS DAY

PAGE 5

GAPIO 8.0 SESSION ON STROKE REHABILITATION: A COMPREHENSIVE UPDATE

PAGE 6

GAPIO AND IAP COLLABORATE FOR A SUCCESSFUL INTERNATIONAL LECTURE SERIES ON PAEDIATRIC GASTROENTEROLOGY

PAGE 7

SOCIAL MEDIA COVERAGE

PAGE 8-12

TIPS/FACTS FOR PHYSICIANS

PAGE 13-14

GAPIO HONOURS' LIST JULY 2024

PAGE 15-17

Health Camp Organized by GAPIO Member Dr. Ashish Aneja at Kurukshetra University: Over 300 Participants Screened

A health camp, organized by GAPIO member Dr. Ashish Aneja, was held at the Health Centre of Kurukshetra University, where more than 300 individuals underwent health screenings. Inaugurated by Vice-Chancellor Prof. Somnath Sachdeva, accompanied by Dr. Mamta Sachdeva, the camp emphasized the importance of regular health check-ups for maintaining well-being. Prof. Sachdeva highlighted that a healthy individual contributes significantly to family, society, educational institutions, and nation-building.

The camp, organized in collaboration with Medanta Hospital, Gurugram, featured a team led by Dr. Akshay Taneja, who conducted various health tests, including blood pressure, blood sugar, BMI, and bone density screenings. Dr. Mamta Sachdeva also called on all employees and students to prioritize their health by participating in such initiatives.

The health camp included comprehensive examinations such as calcium, hemoglobin, liver function tests, and consultations on maintaining a healthy lifestyle. Additionally, awareness sessions were conducted on the prevention and management of diseases. The event was attended by prominent medical professionals and local dignitaries, who emphasized the role of such initiatives in promoting public health.



शरीर को स्वस्थ रखने के लिए स्वास्थ्य जांच जरूरी : डॉ. ममता

कुरुक्षेत्र। कुरुक्षेत्र विश्वविद्यालय के स्वास्थ्य केंद्र में मेदांता अस्पताल गुरुग्राम के सहयोग से कर्मचारियों एवं आस-पास के लोगों के लिए एक दिवसीय निशुल्क स्वास्थ्य जांच शिविर का आयोजन किया गया, जिसका उद्घाटन कुलपति प्रो. सोमनाथ सचदेवा की धर्मपत्नी डॉ. ममता सचदेवा ने किया।

उन्होंने कहा कि शरीर को स्वस्थ रखने के लिए स्वास्थ्य जांच बहुत जरूरी है। क्योंकि एक स्वस्थ व्यक्ति ही अपने परिवार, समाज, शिक्षण संस्थान व राष्ट्र निर्माण में अहम योगदान दे सकता है। जब

स्वस्थ होंगे तभी हम कार्य को भी बेहतर ढंग से कर पाएंगे। व्यक्ति समय पर स्वास्थ्य जांच करवाकर कई प्रकार की बीमारियों से बच सकता है।

एडमिनिस्ट्रेटर व चिकित्सक डॉ. आशीष अनेजा ने बताया कि जांच शिविर में मेदांता अस्पताल गुरुग्राम के विशेषज्ञ डॉ. एस्के तनेजा, डॉ. ईशान व उनकी टीम ने लोगों के सामान्य शरीर की जांच, रक्तचाप की निगरानी, रक्त शर्करा के स्तर की निगरानी, हीमोग्लोबिन, वीएमआई, न्यूरोथेरेपी, स्पिरॉमेट्री, ब्लड प्रेशर, ब्लड शुगर आदि की जांच की गई।



शिविर में जांच करते डॉ. आशीष अनेजा | संवाद

Successful Medical Mission in Tamale, Ghana by GAPIO Member Dr. K V Ravishankar and Partners

GAPIO Member Dr. K V Ravishankar, in collaboration with several international and local partners, recently completed a highly successful medical mission in Tamale, Ghana. Led by Dr. Ravishankar and Dr. Uma Ravishankar, the team conducted 70 major surgeries, significantly impacting the lives of numerous children and adults in the region. The mission included several complex surgical procedures, and the team left behind equipment and supplies to support over 100 additional surgeries.

This mission was made possible through the unwavering support of various organizations including Combat Blindness International, N R Foundation Mysore, Rotary Avoidable Blindness Foundation Bangalore, and numerous donors and supporters from both India and Ghana.

The team expressed their profound gratitude to all those involved, emphasizing that this successful mission embodies the spirit of "Vasudaiva Kutumbakam," the Indian philosophy of universal brotherhood. This initiative would not have been possible without the collective efforts of all partners and donors.

In remembrance of their mentor, Dr. S. S. Badrinath, founder and former Chairman of Sankara Nethralaya, the team dedicated their service to his memory, acknowledging his influence on their professional and humanitarian endeavors.

The mission stands as a testament to the power of global collaboration in bringing essential healthcare services to underserved communities.



Experts Highlight AI and Precision Medicine as Pivotal in Revolutionizing Indian Healthcare

At a national round table held at the Institute of Life Sciences (ILS) in Bhubaneswar, experts underscored the transformative potential of artificial intelligence (AI) and precision medicine in revolutionizing India's healthcare landscape. The event, organized in collaboration with the Technology Information, Forecasting, and Assessment Council (TIFAC), New Delhi, served as a precursor to the action plan for Viksit Bharat 2047.

Dr. Pradeep Srivastava, Executive Director of TIFAC, highlighted the urgent need for India to reclaim its position as a global leader in pharmaceuticals by becoming self-sufficient in producing active pharmaceutical ingredients (APIs) and key starting materials (KSMs). He emphasized that advancements in technology, particularly AI, could help overcome challenges posed by the shortage of doctors and diagnostics infrastructure. AI can facilitate preliminary screenings, while precision medicine, tailored to individual patients' genetic and environmental factors, promises better therapeutic outcomes.

The discussions also focused on addressing the spread of vector-borne diseases influenced by climate change and exploring the potential of health tourism to boost the economy. Dr. Debasis Dash, Director of ILS, stressed that precision medicine could significantly enhance treatment effectiveness, particularly in oncology, by considering patients' genetic makeup in therapy design.

This round table marks a crucial step towards integrating advanced technologies into India's healthcare strategy, ensuring that even the remotest regions have access to state-of-the-art medical care.

Significance of Imaging in Infertility Treatment Highlighted by Prof. Rajul Rastogi

In the latest GAPIO Radiology International Lecture Series, Prof. Rajul Rastogi, Senior Radiologist at Teerthanker Mahaveer Hospital and Research Centre, Muradabad, delivered an insightful online lecture on the critical role of imaging in diagnosing and treating female infertility. The session titled "Role of Imaging in Diagnosis and Treatment of Female Infertility" emphasized the centrality of various imaging techniques such as 2D and 3D ultrasound, SIS, sonohysterosalpingography, hysterosalpingography, and MRI in assessing and managing infertility.

Prof. Rastogi, who has over 23 years of experience in radiology, discussed how these imaging methods are pivotal in diagnosing uterine and ovarian abnormalities, which are often underlying causes of infertility. He highlighted ultrasound as the most effective tool for identifying these abnormalities, while other techniques provide additional, detailed information that aids in comprehensive treatment planning.

Prof. Rastogi's contributions to the field are well-recognized, with over 185 research papers presented at national and international conferences, and more than 195 publications. His work has been widely cited, and he has received numerous awards at both national and international levels.

इन्फर्टिलिटी के ट्रीटमेंट में इमेजिंग की महत्वपूर्ण भूमिका: प्रो. राजुल रस्तोगी

दैनिक समाज जागरण

जीएपीआईओ की ओर से ऑनलाइन आयोजित जीएपीआईओ रेडियोलॉजी इंटरनेशनल लेकर सीरीज में रोल ऑफ इमेजिंग इन डायग्नोसिस एंड ट्रीटमेंट ऑफ फीमेल इन्फर्टिलिटी पर तीर्थंकर महावीर हॉस्पिटल एंड रिसर्च सेंटर, मुरादाबाद में रेडियोलॉजी विभाग के सीनियर रेडियोलॉजिस्ट प्रो. राजुल रस्तोगी ने दिया ऑनलाइन व्याख्यान तीर्थंकर महावीर हॉस्पिटल एंड रिसर्च सेंटर, मुरादाबाद में रेडियोलॉजी विभाग के सीनियर रेडियोलॉजिस्ट प्रो. राजुल रस्तोगी ने कहा, इन्फर्टिलिटी-व्याधान के निदान और उपचार में इमेजिंग की महत्वपूर्ण भूमिका है। इमेजिंग व्याधान के मूल्यांकन, प्रबंधन और उपचार का केन्द्र बिन्दु है। इसके लिए अनेक इमेजिंग विकल्प हैं, जैसे- 2डी एंड 3डी अल्ट्रासाउंड, एसआईएस, सोनोहस्टेरोसाल्पिंगोग्राफी, हिस्टेरोसाल्पिंगोग्राफी, एमआरआई आदि। इन इमेजिंग तकनीकों में व्याधान से संबंधित गर्भाशय और डिम्बग्रंथि विकृति के निदान के लिए अल्ट्रासाउंड सबसे प्रभावी तरीका है। एसआईएस, सोनोहस्टेरोसाल्पिंगोग्राफी, हिस्टेरोसाल्पिंगोग्राफी और एमआरआई इन्फर्टिलिटी के बारे में अतिरिक्त जानकारी प्रदान करने में मदद करते हैं। प्रो. राजुल रस्तोगी ने कहा, इन्फर्टिलिटी-व्याधान के निदान और उपचार में इमेजिंग की महत्वपूर्ण भूमिका है।



एवम- डॉ. राम मनोहर लोहिया, नई दिल्ली की सीनियर रेडियोलॉजिस्ट डॉ. अखिला प्रसाद और जीएपीआईओ की मोडरेटर एंड सीनियर रेडियोलॉजिस्ट डॉ. वीनिता सरन की मौजूदगी रही। प्रो. राजुल ने बताया, महिलाओं के व्याधान में ट्यूबल और पैरिट्यूबल असामान्यताओं से लेकर गर्भाशय, गर्भाशय ग्रीवा और डिम्बग्रंथि संरक्षित विकार हो सकते हैं। गर्भाशय या डिम्बग्रंथि असामान्यताओं की पहचान करने के लिए रोमी के फॉलिव्यूल्स फेस के दौरान एक बेसलाइन अल्ट्रासाउंड किया जाता है। उल्लेखनीय है, प्रो. रस्तोगी को रेडियोलॉजी में 23 सालों का लंबा अनुभव है। वह 09 बरस से टीएमयू में अपनी सेवाएं दे रहे हैं। प्रो. राजुल अब तक 15 देशों की विजिट कर चुके हैं। वह करीब 110 विभिन्न नेशनल और इंटरनेशनल कॉन्फ्रेंस में लगभग 185 रिसर्च पेपर प्रस्तुत कर चुके हैं। प्रो. रस्तोगी के 195 पब्लिकेशन्स भी नेशनल और इंटरनेशनल स्तर पर प्रकाशित हो चुके हैं। लगभग 712 से अधिक शोधार्थी इनका संदर्भ ले चुके हैं। इसके अलावा प्रो. राजुल के करीब 15 टेक्सट बुक्स में करीब 55 चैप्टर्स भी प्रकाशित हैं। इंटरनेशनल स्तर के छह और नेशनल स्तर के करीब एक दर्जन से अधिक अवार्ड भी प्रो. रस्तोगी की झोली में शामिल हैं।

ऑफ इंडियन ओरिजन-जीएपीआईओ की ओर से ऑनलाइन आयोजित जीएपीआईओ रेडियोलॉजी इंटरनेशनल लेकर सीरीज में रोल ऑफ इमेजिंग इन डायग्नोसिस एंड ट्रीटमेंट ऑफ फीमेल इन्फर्टिलिटी पर बोल रहे थे। जीएपीआईओ रेडियोलॉजी इंटरनेशनल लेकर सीरीज के दौरान सबलों का दौर भी चला। सिडनी में कार्यरत एवम- जीएपीआईओ की इसी मेंबर डॉ. अंजू अग्रवाल ने सभी अतिथियों का स्वागत करते हुए लेकर सीरीज के बारे में विस्तार से प्रकाश डाला। अंत में जीएपीआईओ के एडवाइजर डॉ. सुशील जैन ने वोट ऑफ थैंक्स दिया। प्रयत्नावली सत्र में जीएपीआईओ की चेरपर्सन

AAPI's First World Health Congress Concludes Successfully in New York

The first-ever World Health Congress organized by the American Association of Physicians of Indian Origin (AAPI) concluded with great success at the Marriott Marquis in Times Square, New York City, from July 18-22, 2024. Attended by over 1,500 delegates from across the U.S., the Congress featured a series of events focused on cutting-edge topics, including the significant role of Artificial Intelligence (AI) in healthcare.

Dr. Anjana Samadder, President of AAPI, expressed her gratitude to the delegates, sponsors, and organizing committee for their contributions, stating, "We have brought together a great event at the heart of New York City." The Congress included educational sessions, panel discussions, and exhibitions aimed at advancing the future of healthcare. Prominent speakers included Dr. Mehmet Oz, who shared insights on health and wellness, and Dr. Bhrmrishi SiddGuru Gurdw, who highlighted the importance of healing and spirituality in healthcare. The event also saw participation from notable figures such as Binaya Srikantha Pradhan, Consul General of India in New York, and Eric Adams, Mayor of New York City.

The Congress addressed various crucial issues, including the need to regulate healthcare, physician-patient relationships, and the integration of AI in medical practices. The event also honored the achievements of Indian-origin physicians in the U.S. and beyond.



Indian Medical Association Honors Dr. Shukla Raval for Community Service on National Doctors Day

Dr. Shukla Raval, a dedicated general practitioner from Unjha, Gujarat, was recognized for her exceptional contributions to community service during the Indian Medical Association's (IMA) National Doctors Day awards ceremony, held on July 1, 2024, at the IMA Headquarters in Delhi.

This event, commemorating the legacy of Dr. B.C. Roy, celebrates doctors who have demonstrated remarkable dedication to improving public health and well-being.

Dr. Raval was awarded under the Community Service Award category, highlighting her tireless efforts to advocate for juvenile diabetes inclusion in Gujarat's government health programs. Her advocacy, along with her siblings, Dr. Smita Joshi and Dr. Nirav Raval, has led to significant measures by the Gujarat Department of Health and Family Welfare, including the provision of insulin pens and cartridges for children and increased budget allocations for juvenile diabetes treatment across the state.



GAPIO 8.0 Session on Stroke Rehabilitation: A Comprehensive Update

On July 20th, 2024, the Global Association of Physicians of Indian Origin (GAPIO) hosted a highly insightful virtual session titled "Stroke: From Neurobiology to Neuro Rehabilitation," as part of the GAPIO 8.0 series. The event brought together leading experts from around the world to discuss the latest advancements in stroke management and rehabilitation.

- The session kicked off with opening remarks by Dr. Seema Grover, HOD of Physiotherapy & Rehabilitation at Indraprastha Apollo Hospitals, New Delhi, who set the tone for the discussions by emphasizing the importance of comprehensive stroke care.
- Dr. P N Renjen, Senior Consultant Stroke Neurologist at Indraprastha Apollo Hospitals, provided an update on the latest advances in stroke medical management, particularly focusing on strategies for functional recovery.
- The importance of a multidisciplinary approach to stroke rehabilitation was highlighted by Dr. Raquel Neves, Director of Nursing at Almoosa Rehabilitation Hospital, UAE, who emphasized the collaborative efforts required to enhance patient outcomes.
- Advances in technology were underscored by Mr. Teck Chye Tan from Singapore, who discussed the role of robotics in stroke rehabilitation, showcasing cutting-edge solutions for enhancing functional recovery in patients.
- Dr. Sapna Chakraborty, Associate Professor at Missouri State University, USA, provided an in-depth perspective on the role of occupational therapy in stroke recovery, underscoring its significance in improving the quality of life for stroke survivors.

The session concluded with an engaging question-and-answer segment moderated by Dr. Seema Grover, where panelists addressed queries from the global audience, offering practical insights and guidance on stroke management and rehabilitation.

| | | |
|---|---|----------------|
| Opening Remarks | Dr. Seema Grover HOD, Physiotherapy & Rehabilitation, Indraprastha Apollo Hospitals, New Delhi | 8 mins |
| Latest Advances in Stroke Medical Management for Functional Recovery | Dr. P N Renjen Senior Consultant Stroke Neurologist & Academic Coordinator - Indraprastha Apollo Hospitals, New Delhi | 5 mins |
| Multidisciplinary Management for Functional Recovery | Dr. Raquel Neves Director Nursing - Almoosa Rehabilitation Hospital Chair - Neuro-Rehabilitation Committee, Founder - Emirates Nursing Rehabilitation Society (UAE) | 5 mins |
| Advances in Robotic Rehabilitation for Functional Recovery | Mr. Teck Chye Tan Physiotherapist & Certified Instructor - Robotic Devices - DIH, Singapore | 15 mins |
| Occupational Therapy Perspective in Functional Recovery | Dr. Sapna Chakraborty Associate Professor & Program Director - Doctoral Program in Occupational Therapy, Missouri State University, USA | 15 mins |
| Question & Answer | Dr. Raj Prasanna Chief- Physiotherapy & Rehabilitation- Apollo Hospitals, Chennai | 12 mins |
| | Dr. Hannah Rajsekhar Professor and Principal, Apollo College of Physiotherapy, Hyderabad | |

MODERATOR
Dr. Seema Grover
HOD, Physiotherapy & Rehabilitation,
Indraprastha Apollo Hospitals, New Delhi

GAPIO Leadership

| | |
|--|---|
| Past Presidents and Emeritus Advisors Dr. Prathap C Reddy Dr. Sanku Rao Dr. Ramesh Mehta Dr. Anupam Sibal | Current Leadership Dr. Nandakumar Jalram, President Dr. Sudhir Parikh, Vice President Dr. Rohini Sridhar, Secretary General Dr. Abhijet Sethi, Joint Secretary Dr. V K Raju, Treasurer Dr. Sushil Jain, Honorary Advisor |
|--|---|

GAPIO and IAP Collaborate for a Successful International Lecture Series on Paediatric Gastroenterology

On July 27th, 2024, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Indian Academy of Pediatrics (IAP), conducted a highly informative session as part of their International Lecture Series. The event focused on Paediatric Gastroenterology and attracted a global audience of healthcare professionals eager to enhance their knowledge in this critical field.

The session featured esteemed speakers who shared their expertise on various aspects of paediatric gastroenterology:

- Dr. Balaji Krishnamurthy from the UAE presented on the topic "IBD Newer Horizons & Advances," providing insights into the latest developments in inflammatory bowel disease management in children.
- Dr. Sunita Rajani from the UK discussed "Short Gut and Stoma Care," highlighting the importance of specialized care for children with complex gastrointestinal conditions.
- Dr. Meghdeep Mukhopadhyay from India moderated the session, ensuring a seamless flow of discussions and facilitating a robust exchange of ideas among the participants.
- Dr. Richa Mittal from India, who served as the chairperson, contributed to the session's success by guiding the conversation and providing valuable insights into the topics discussed.

The session underscored GAPIO's and IAP's commitment to advancing paediatric gastroenterology through education and collaboration. The event concluded with an engaging question-and-answer session, allowing participants to interact directly with the experts and deepen their understanding of the topics covered.



IAP – GAPIO
International lecture series



GAPIO
Global Association of Physicians of Indian Origin

Paediatric Gastroenterology

Saturday, 27th July 2024

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

Corresponding Time:
5:30 PM GMT+4, 9:30 AM EST, 8:30 AM CST, 6:30 AM PST, 2:30 PM BST (UK), 11:30 PM (Australia)

IAP

Dr. G. V. Basavaraja, President
Dr. Vasant Khalatkar, President 2025
Dr. Upendra Kinjawadekar, President 2023
Dr. Yogesh Parikh, Hon. Sec. Gen. 2024-25
Dr. Atanu Bhadra, Treasurer 2024-25

GAPIO

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 Balaji Krishnamurthy
UAE

Topic:
IBD Newer Horizons & Advances
At Jafila Children's Specialty Hospital, Dubai

Speaker



Dr Sunita Rajani
UK

Topic:
Short Gut and Stoma Care
Specialty Doctor, Paediatric Gastroenterology with special interest in Nutrition Specialty
Sheffield Children's NHS Foundation Trust

Speaker



Dr Meghdeep Mukhopadhyay
India

Consultant Pediatric Medicine,
Visiting Consultant Pediatric Gastroenterology & Hepatology, Kolkata

Moderator



Dr Richa Mittal
India

Assistant Professor, Division of Pediatric Gastroenterology, Hepatology and Nutrition, Department of Pediatrics, VMMC and Safdarjung Hospital, New Delhi

Chairperson

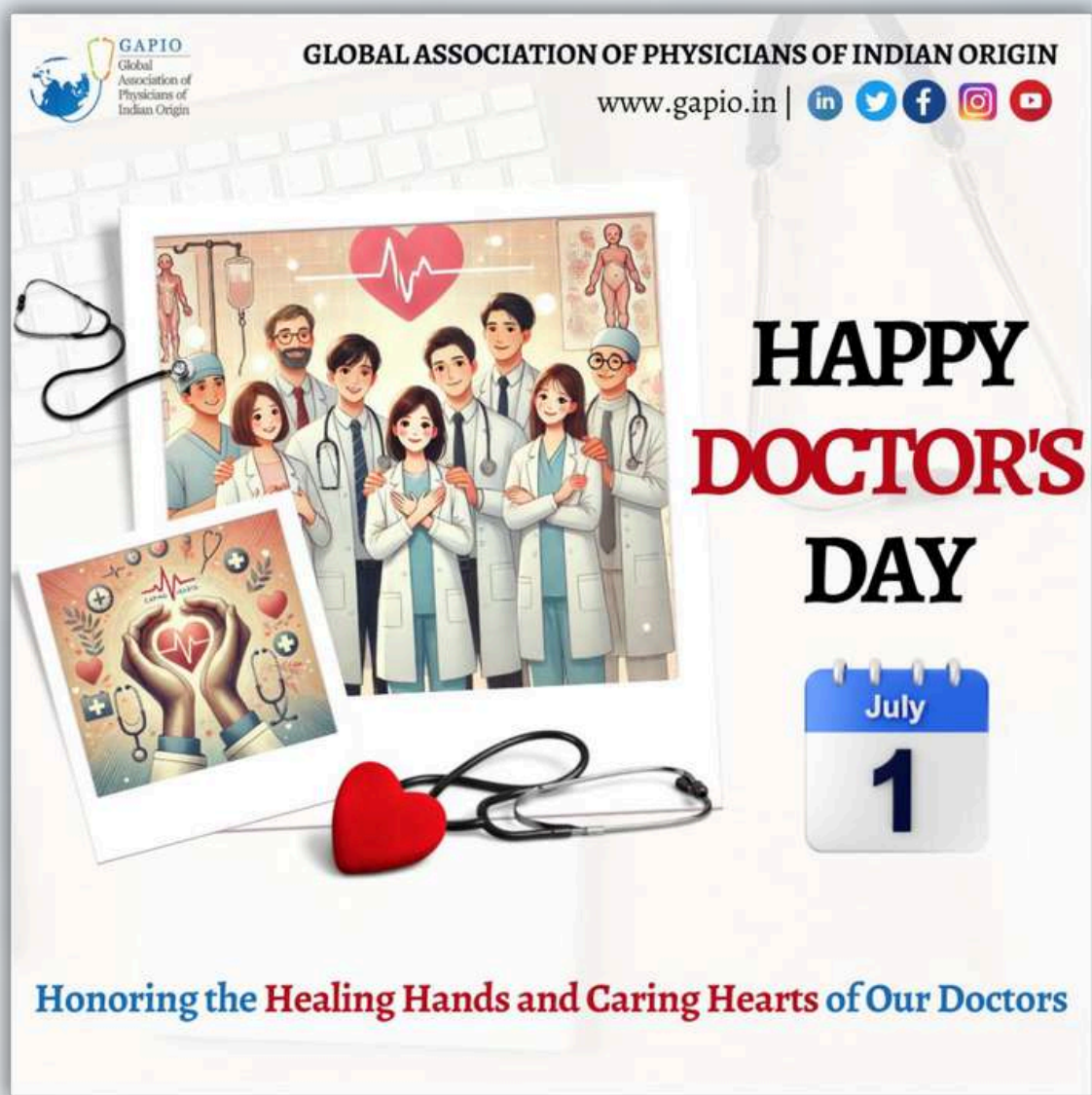
Link to Join: <https://tinyurl.com/4unehq4w>

SOCIAL MEDIA COVERAGE

GAPIO Celebrates Doctors' Day by Honoring Healthcare Heroes

On Doctors' Day, GAPIO proudly celebrated the dedication and compassion of doctors worldwide. The event served as a heartfelt tribute to the selfless efforts of physicians who work tirelessly to improve the lives of their patients. The campaign, symbolized by the theme "Honoring Healing Hands and Caring Hearts," was a resounding success, resonating deeply within the global healthcare community.

Through social media outreach, GAPIO extended its gratitude to these healthcare heroes, acknowledging their unwavering commitment to patient care. The message emphasized the profound impact doctors have every day, highlighting their essential role in fostering a healthier world.



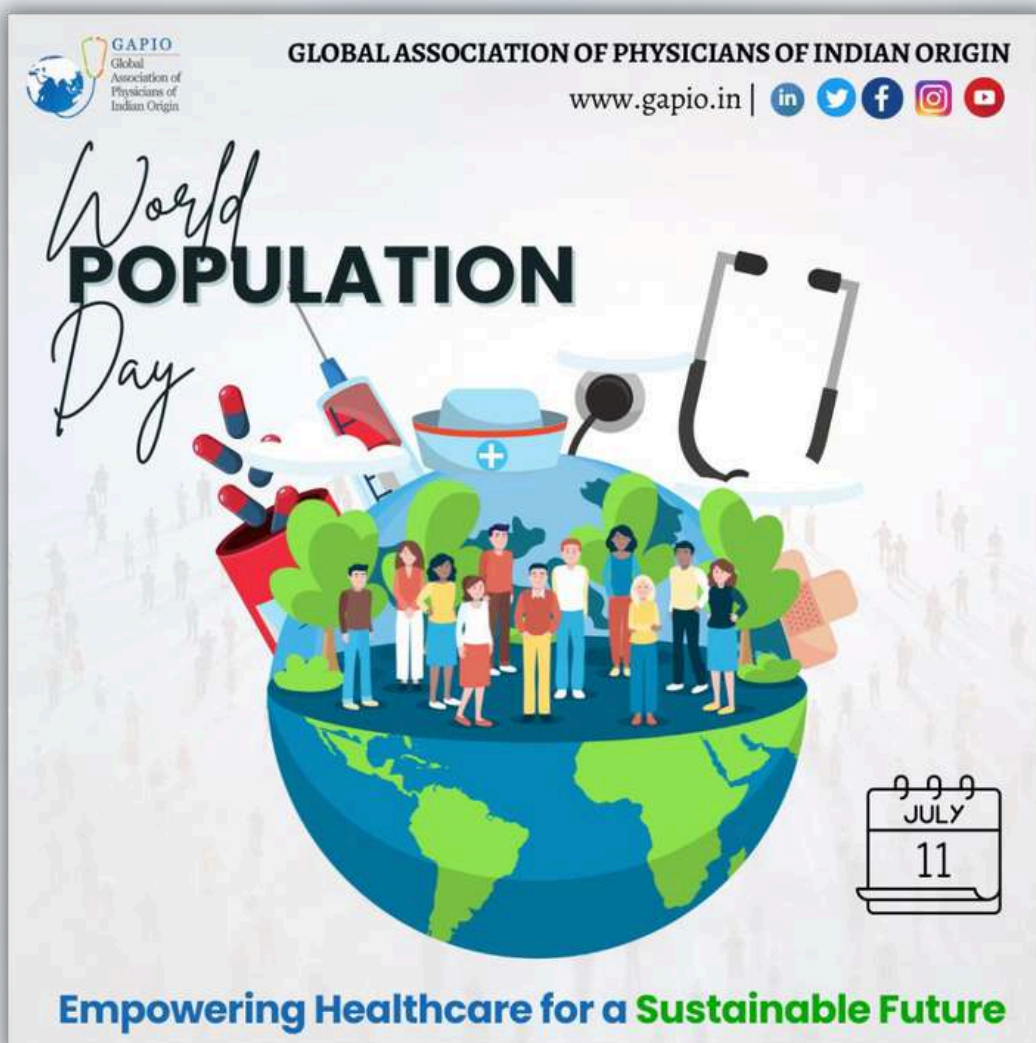
SOCIAL MEDIA COVERAGE

GAPIO Marks World Population Day 2024 with a Call for Sustainable Healthcare Solutions

On World Population Day 2024, GAPIO took a leading role in raising awareness about the critical need for sustainable healthcare solutions to support the growing global population. Through a focused campaign, GAPIO emphasized the importance of ensuring that healthcare systems are robust and adaptable to meet the demands of an increasing population.

The organization’s message highlighted the vital role of sustainable healthcare practices in safeguarding the future health of communities worldwide. By advocating for innovative and scalable healthcare solutions, GAPIO aims to contribute to a healthier and more equitable future for all.

The campaign called on healthcare professionals, policymakers, and the broader community to work together towards creating a healthcare system that can support the needs of current and future generations. GAPIO’s commitment to promoting sustainable healthcare reflects its dedication to addressing global health challenges and ensuring a better quality of life for everyone.

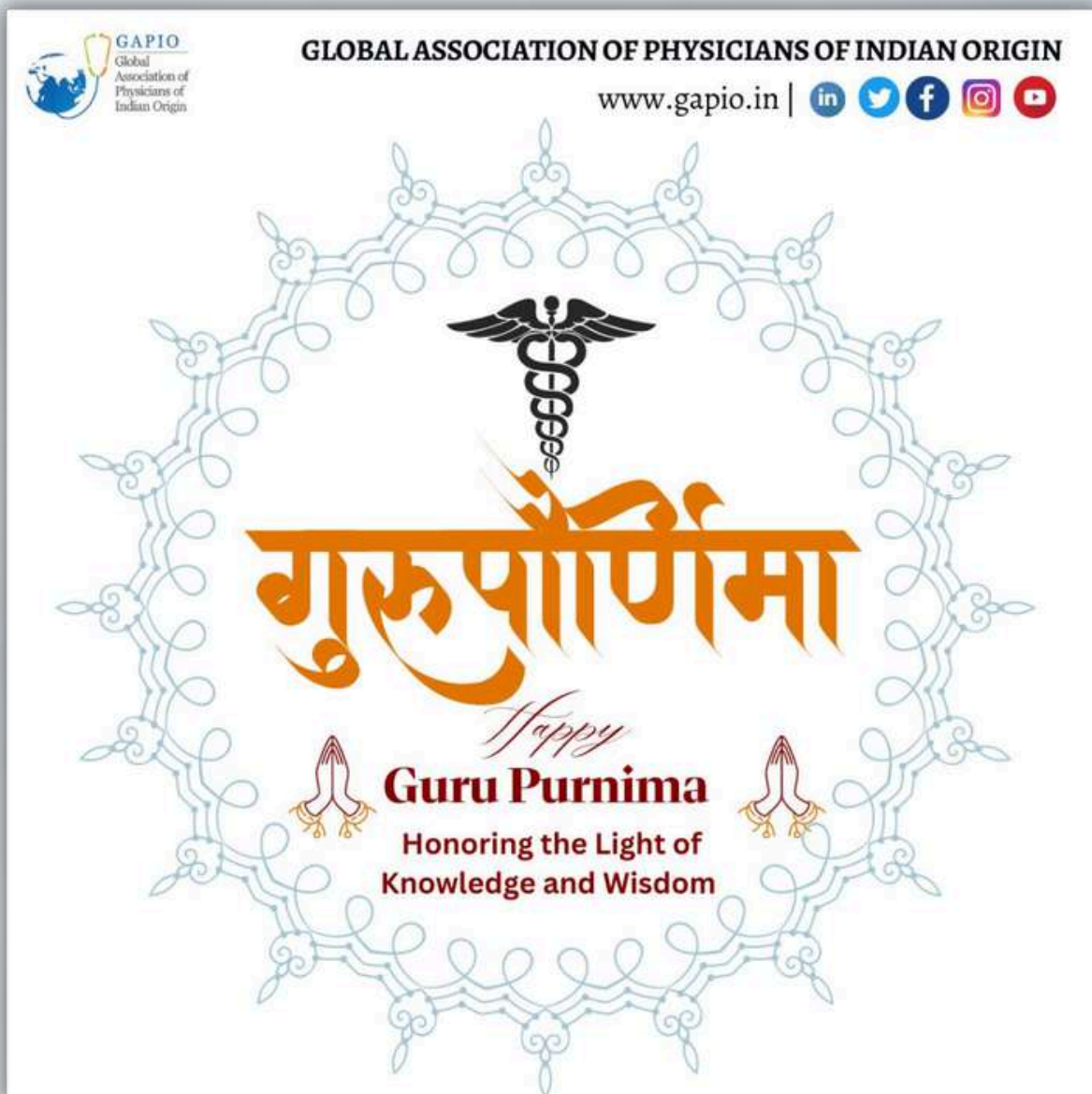


SOCIAL MEDIA COVERAGE

GAPIO Celebrates Guru Purnima 2024 by Honoring Teachers and Mentors

On Guru Purnima 2024, GAPIO proudly celebrated the invaluable contributions of teachers and mentors who guide and inspire the next generation of healthcare professionals. This special day served as a reminder of the profound impact educators have in shaping a healthier and more enlightened future.

Through a heartfelt campaign, GAPIO recognized the essential role that mentors play in imparting wisdom and knowledge to their students, nurturing not only their professional skills but also their commitment to ethical and compassionate care. The organization expressed deep gratitude to all those who dedicate their lives to teaching, highlighting their role in building a stronger healthcare community.



SOCIAL MEDIA COVERAGE

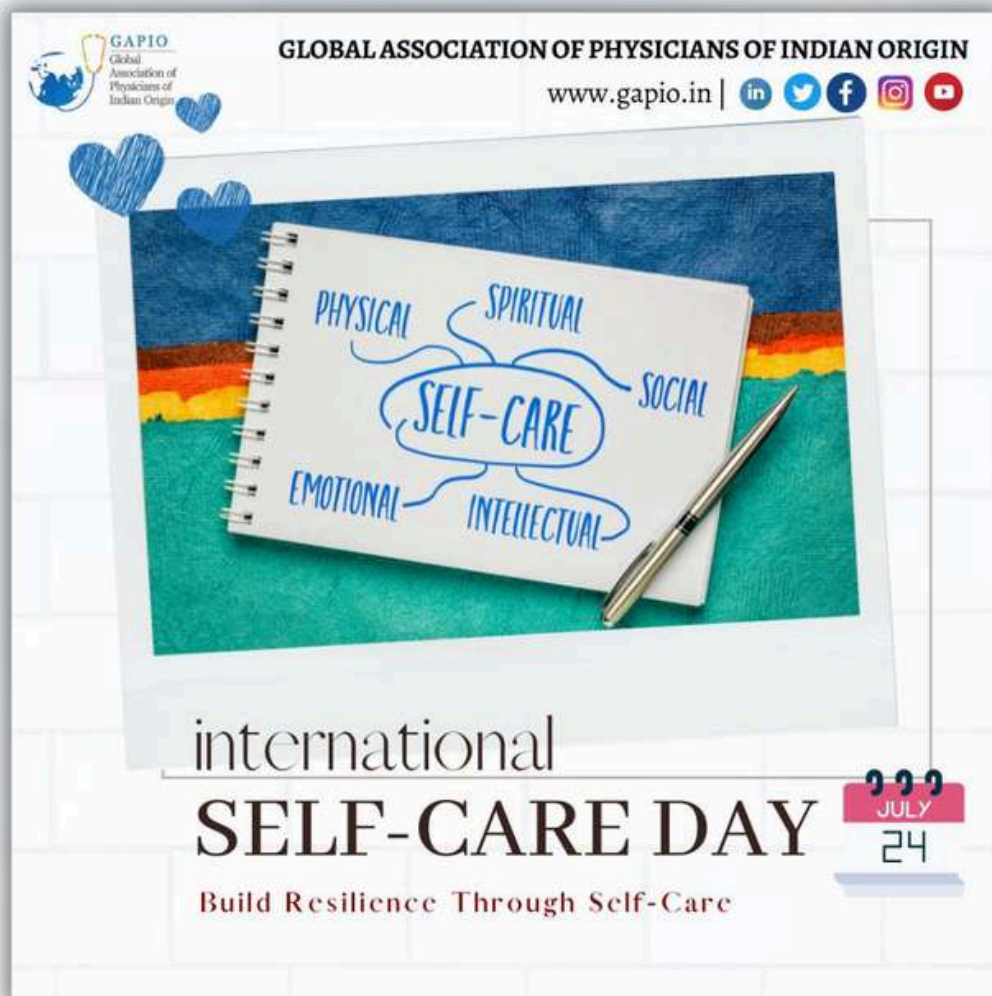
GAPIO Commemorates World Hepatitis Day 2024 with a Call to Action

On International Self-Care Day 2024, GAPIO highlighted the importance of integrating self-care into daily routines, particularly for healthcare professionals. The theme for this year, 'Resilience in Self-Care,' emphasizes the critical role that self-care practices play in enhancing our ability to cope with stress and maintain overall well-being.

GAPIO's campaign underscored that by prioritizing self-care, healthcare professionals can better manage the demands of their profession, support their mental and physical health, and contribute to a more resilient healthcare system. The organization encouraged its members and the broader healthcare community to commit to self-care as a vital component of personal and professional life.

The celebration of International Self-Care Day served as a powerful reminder that self-care is not just a personal responsibility but a professional one as well. By empowering themselves through self-care, healthcare professionals are better equipped to provide high-quality care to their patients and sustain their contributions to the healthcare system.

Let's make self-care a priority and build a healthier future together.



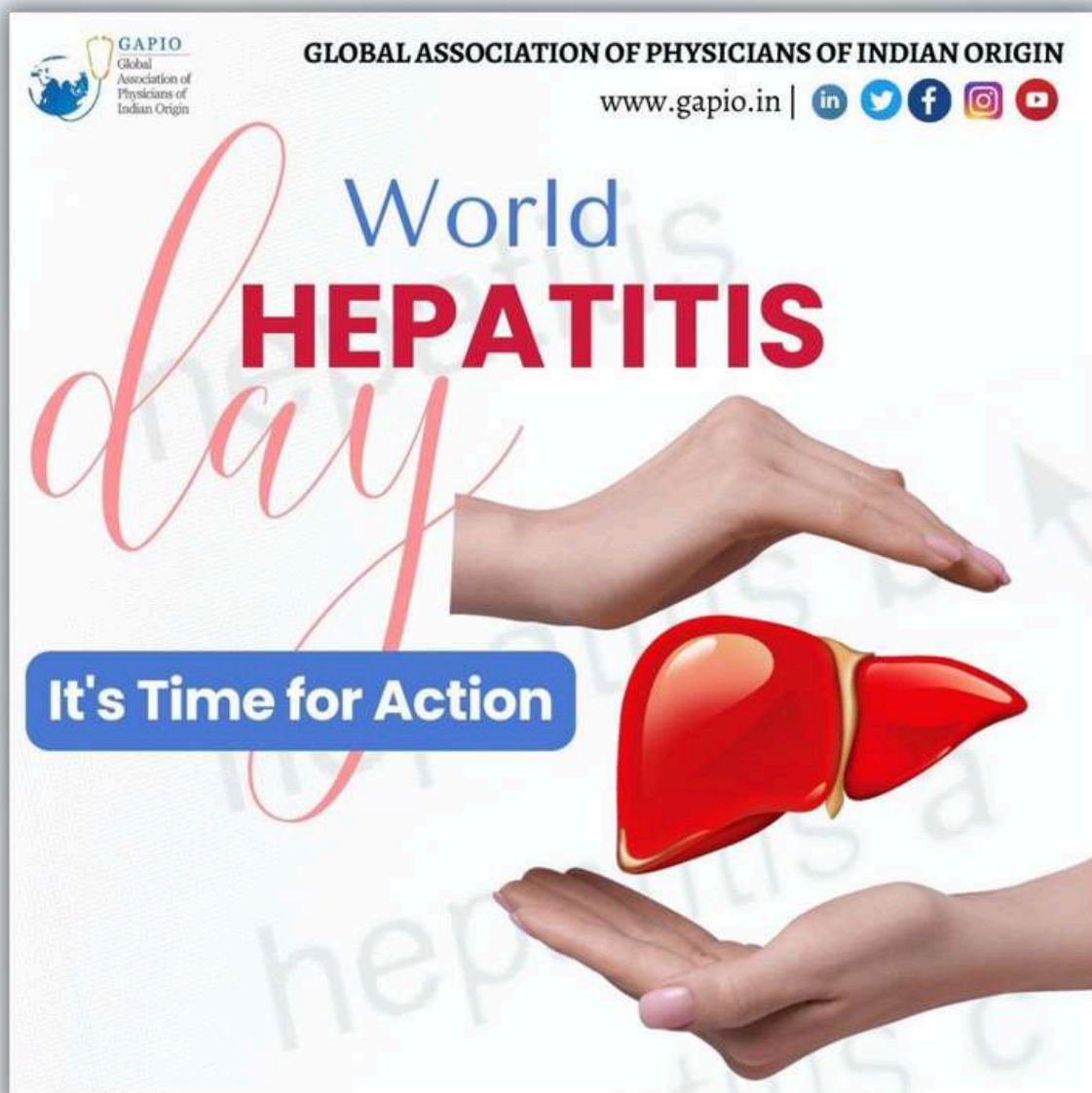
SOCIAL MEDIA COVERAGE

Celebrating International Yoga Day 2024: Yoga for Women Empowerment

On World Hepatitis Day 2024, GAPIO joined the global movement with the theme 'It's Time for Action,' urging healthcare professionals and communities to take immediate steps toward the prevention, diagnosis, and treatment of hepatitis. This year's campaign emphasized the urgency of enhancing efforts to combat viral hepatitis, a significant public health challenge worldwide.

GAPIO called on healthcare professionals to amplify their roles in educating communities about hepatitis risks, supporting patients through effective treatment plans, and advocating for stronger healthcare policies that address this pressing issue. The organization highlighted that by working together, we can make significant strides toward the elimination of viral hepatitis and improve global health outcomes.

This commemoration served as a reminder that collective action is crucial in the fight against hepatitis. GAPIO remains committed to leading efforts that prioritize patient care, public education, and policy advocacy to achieve the global goal of eliminating viral hepatitis.



HEALTH TIPS/FACTS

Building an Effective Online Presence for Your Private Practice: A Guide for Healthcare Professionals

In today's digital age, establishing a strong online presence is crucial for the success of any private medical practice. A well-crafted online identity not only enhances patient engagement but also drives growth by making your services more accessible to a wider audience. Here's how you can build an effective online presence for your practice:

- 1. Create a Professional Logo:** Design a logo that is modern and reflective of your practice's values. This visual identity is the foundation of your brand.
- 2. Develop a User-Friendly Website:** Ensure your website is clean, modern, and easy to navigate. It should be mobile-optimized and include essential information about your services, patient testimonials, and an online appointment scheduling system.
- 3. Leverage Social Media:** Utilize platforms like Instagram and Facebook to engage with your community. Share updates, health tips, and day-in-the-life videos to showcase your practice's operations and build rapport with potential patients.
- 4. Optimize for Search Engines:** Use relevant keywords throughout your website content to improve search engine rankings. This helps potential patients find your practice when searching for related services online.
- 5. Regularly Update Content:** Keep your website and social media pages fresh with new content. This could include blog posts, patient success stories, and health-related articles to maintain engagement and build trust.
- 6. Monitor and Refine:** Use analytics tools to track the performance of your online presence. Regularly review metrics like website traffic and social media engagement to identify areas for improvement and adjust your strategy accordingly.

By following these strategies, healthcare professionals can build a strong, effective online presence that not only enhances patient engagement but also drives the growth and success of their practice.



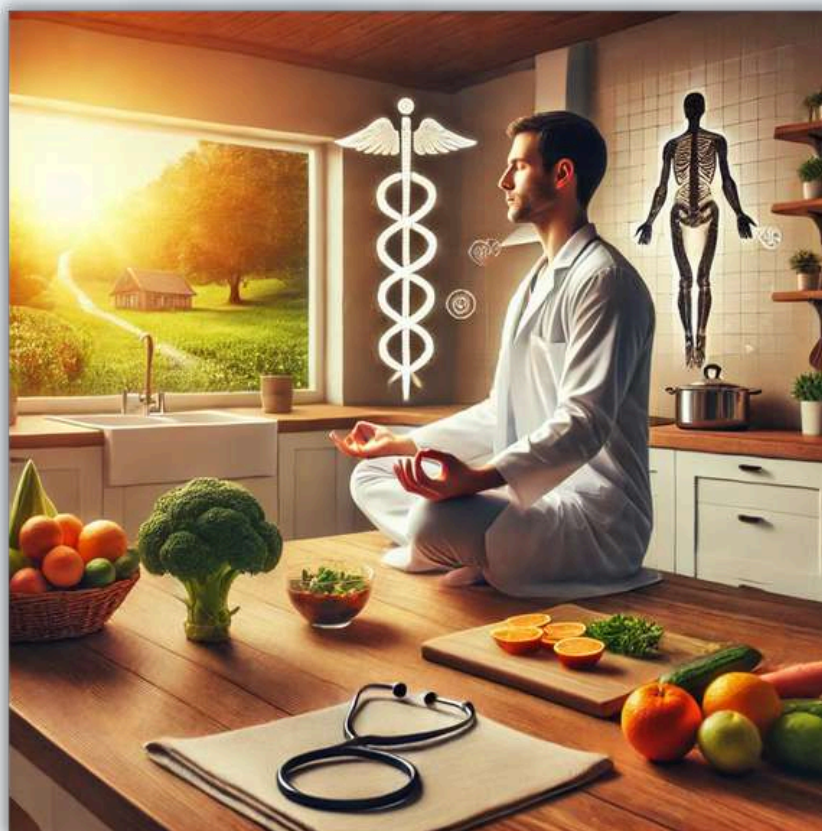
HEALTH TIPS/FACTS

Making Long-Lasting Healthy Lifestyle Changes: A Guide for Healthcare Professionals

Achieving long-lasting healthy lifestyle changes can be challenging, but it's both doable and worthwhile. Here's how healthcare professionals can guide patients (and themselves) toward sustainable health improvements:

- **Focus on Lifestyle Medicine:** Emphasize the six pillars of lifestyle medicine—healthy eating, regular exercise, stress reduction, restful sleep, avoiding addictive substances, and nurturing social connections. These foundational habits are key to preventing and managing chronic diseases like diabetes, heart disease, and dementia.
- **Find Motivation Beyond Numbers:** Encourage patients to set small, actionable goals rather than focusing solely on weight or waist size. Goals like 21 minutes of daily activity or five servings of fruits and vegetables can lead to long-term success and overall better health.
- **Automate Healthy Choices:** Help patients plan their meals and activities ahead of time. By removing the "choice" element, such as by using a weekly menu or a fixed exercise schedule, healthy habits can become automatic. Tracking these habits daily also helps maintain consistency.
- **Understand Emotional Triggers:** Identify and address emotional triggers like stress or sadness that might lead to unhealthy behaviors. Implementing stress management techniques, ensuring adequate sleep, and fostering positive social interactions can significantly improve adherence to a healthy lifestyle.
- **Encourage Persistence:** Remind patients that making lasting changes takes time and effort. Success often requires trial and error, but with persistence, meaningful improvements in health and well-being are attainable.

By incorporating these strategies into daily practice, healthcare professionals can help themselves and their patients make sustainable lifestyle changes that lead to a healthier, longer life.



GAPIO Honors' List July 2024



Dr. Arun Prasad, Surgical Gastroenterology, Clinical Lead, GI & Bariatric, at New Delhi, is the part of The BROAD study on a prospective, global, multicentre study evaluating the 30-day morbidity and mortality of RBS for IWR/WL and metabolic relapse., published in "Obesity Research & Clinical Practice" as a(n) Original Contribution.

<https://www.sciencedirect.com/science/article/pii/S1871403X24000607?dgcid=coauthor>

- Dr. Arun received "Lifetime Achievement Award" for his unparalleled contributions to the esteemed field of Minimal Access Surgery", by the "Hernia Society of India" during the "Hernia Summit" held on 12 -13 July 2024 at Srinagar.
- Dr. Arun has successfully performed a rare single-hole robotic cholecystectomy using conventional robotic instruments. The procedure, available in Western countries with expensive equipment, marks a milestone in Indian healthcare. <https://timesofindia.indiatimes.com/city/delhi/rare-single-hole-robotic-surgery-for-gallbladder-linked-illness-at-apollo-hospital/articleshow/111872610.cms>

Dr. Ashish Aneja, Senior Medical Officer, Kurukshetra University has organised a Free Cardio Diabetic health check-up camp in health centre of Kurukshetra University. During this camp, free tests like BMD, Neuropathy, Spirometry, ECG, TSH were done and free medicines were distributed among the needy patients.

GAPIO Honors' List July 2024

Dr. Dinesh Verma, Ophthalmologist (Retinal Specialist), Founder CEO - Dumfries Visionostics and an inventor/innovator, received the 'Blackbuck Awards 2024 in the "Pioneer Researcher Award" category by "Medical Dialogues".

Dr. Gautam Bodiwala, Past University Pro Chancellor, Past World President International Federation for Emergency Medicine and Consultant in Emergency Medicine, received a Special Lifetime Achievement Award on 19 July by GEMS (Global Emergency Medicine Services organisation) during their 4th Global Summit in Delhi. Dr Bodiwala has accolades of twenty-four national and international awards including four Lifetime Achievement Awards from various global organisations.

Dr. Keerti Singh, Lecturer, Faculty of Medical Sciences, Cave Hill campus, Barbados, University of the West Indies, has done the following community outreach:

- June 1st, 2024: Participated and volunteered in the screening of the blood donors, supporting the Royal Optimist Club of Kingston's Annual Blood Donation Drive, organized at the Kiwanis Blood Collection Centre of the National Chest Hospital, Kingston, Jamaica.

Dr Milind Chitnis, Associate Professor & Head- Department of Paediatric Surgery, Frere Hospital, Department of Health, Eastern Cape Government, East London, South Africa, has published following 2 publications:

- Yousef, Y., Cairo, S., St-Louis, E. et al. GAPS phase II: development and pilot results of the global assessment in pediatric surgery, an evidence-based pediatric surgical capacity assessment tool for low-resource settings. *Pediatr Surg Int* 40, 158 (2024). <https://doi.org/10.1007/s00383-024-05741-w>
- Menon R, Rathod KJ, Sinha A, Minocha A, Hernandez CG, Jiang D, et al. An international consensus survey among pediatric surgeons on the role of appendectomy in malrotation. *J Indian Assoc Pediatr Surg* 2024;29:256-60 DOI:10.4103/jiaps.jiaps_258_23
- Dr Milind's article "Healthcare in South Africa: The Good and Bad: What Can Bharat Learn?" was published in the July 2024 issue of the newsletter (IMA Plus) of the Pune branch of the Indian Medical Association.

Dr O. P. Sharma, Sr. Consultant, Geriatric Medicine at New Delhi, has inaugurated a E-Certificate Course in "Geriatric Medicine & Gerontology" as Chief Editor. The course is organized jointly by the "Geriatric Society of India" & "Khaja Bandanawaj University".

Dr. P N Renjen, Senior Consultant Neurology from New Delhi, Past President - Delhi Neurological Association (DNA) and former Executive Committee Member of European Stroke Conference (ESC) has been awarded with "Lifetime Achievement Award" in recognition of outstanding contributions to the field of Healthcare and Dedication to Improving Patient Outcomes by "Hypedge Media Group" on National Doctor' Day 2024.

- Dr P N Renjen has been awarded with "National Doctor's Day Award" for his distinguished service in the field of Academics by "Indian Medical Association" on National Doctor' Day 2024.

Dr Ravishankar KV, Director, Usha Kiran Eye Hospital, Mysore, has organized an eye surgeries camp in Tamale, Ghana, where a total 70 major and complex eye surgeries were performed on children and adults.

The camp was organized by support of Rotary Club of Bangalore and Combat Blindness International N R Foundation, Mysore (Cycle Brand Agarbattis, Ranga Rao and Sons Pvt. Ltd.) and Usha Kiran charitable Trust, Mysore.

GAPIO Honors' List July 2024

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi has received following honours:

- Featured in the India Book of Records for the 'Fastest bilateral total knee replacement surgeries of a couple'.
- Recipient of 41 best paper publication awards of AHERF.
- Recipient of Blackbuck Awards 2024, in the 'Pioneer Researcher' category.

Dr Raju has published the following papers:

- Vaishya R, Vaish A, Botchu R, Iyengar KP. Recurrent fractures in a teen with Osteopetrosis. *BMJ Case Rep* 2024;0:e260383. doi:10.1136/bcr-2024 260383
- Chowdhury PN, Vaish A, Baweja P, Vaishya R. Ochronotic Arthropathy of the Hip with Multiple Joint Involvement - A Rare Case Report and Literature Review. *Egyptian Orthopaedic Journal* 2024; 59(2): 210-214. DOI: 10.4103/eoj.eoj_16_24
- Vaishya R, Vaish A. Severity of Knee Osteoarthritis does not affect clinical outcomes following Proximal Fibular Osteotomy – A systematic review and pooled analysis: Letter to Editor. *J Clin Orthop Trauma* 2024; 102508. Doi:10.1016/j.jcot.2024.102508
- Gupta BM, Dhawan SM, Singh Y, Srivastava N, Vaishya R, Kappi M, et al. A Scientometric Analysis of Highly Cited Papers of Pakistan in COVID-19 Research 2020-2023. *Journal of Data Science, Informetrics, and Citation Studies*. 2024;3(3):1-15
- Vaishya R, Gupta BM, Singh Y, Bansal M, Vaish A. Global research on type 1 diabetes: A bibliometric study during 2001-2022. *Iberoamerican Journal of Science Measurement and Communication July* 2024; 4(2), 1-14. <https://doi.org/10.47909/ijsmc.78>
- Vaishya R, Patralekh MK, Vaish A, Tollefson LB, Laprade RB. Effect of Timing of Surgery on the Outcomes and Complications in Multi-Ligament Knee Injuries: An Overview of Systematic Reviews and a Meta-Analysis. *Indian J Orthop* 2024; DOI : 10.1007/s43465-024-01224-1
- Vaishya R, Gupta BM, Mamdapur GNM, Misra A, Vaish A. Scientometric Analysis of Global Publications on Prediabetes and Osteoporosis: 1994- 2023. *Journal of Clin Orthop Trauma* 2024; <https://doi.org/10.1016/j.jcot.2024.102493>
- Vaishya R, Vaish A. Total Femoral Replacement Outcomes: Valuable Insights and Areas for Further Exploration. *J Bone Joint Surg (Am)*. 16th July 2024; https://www.jbjs.org/reader.php?rsuite_id=367caf6b-67a9-4d30-9035-f8bb1ebd2589&source=JBJS_Reviews/12/7/e24.00022&topics=on#supplemental
- Vaishya R, Vaish A. Deterrants and Encouragements of medical Students to join Orthopaedics. *J Bone Joint Surg* 12th July 2024; https://www.jbjs.org/reader.php?rsuite_id=9348d53b-86dc-4074-a347-4a866ed78835&source=JBJS_Open_Access/9/3/e24.00019&topics=et#figures
- Vaishya R. Preventing SSIs in Antibiotic Resistance Era. *JAMA Surgery*. Published on 8th July 2024; <https://jamanetwork.com/journals/jamasurgery/article-abstract/2820522>
- Vaishya R, Vaish A, Schafer L, Migliorini F. Trend of Publications and Ranking in Orthopaedics and Sports Medicine of European Countries during the last three decades. *J Orthop* 2024; <https://doi.org/10.1016/j.jor.2024.07.002>
- Viswanathan VK, Jain VK, Vaish A, Jayraman M, Iyengar KP, Vaishya R. Chatbots and Their Applications in Medical Fields: Current Status and Future Trends: A Scoping Review. *Apollo Medicine*. 2024;0(0). doi:10.1177/09760016241259851
- Vaishya R, Gupta BM, Mamdapur GMS, Kappi MK, Ali KS. Mapping the Landscape of Covid-19 Research from Bangladesh: A Bibliometric Analysis of Highly-Cited Papers. *South Asian J Health Sc* 2024; doi: 10.25259/SAJHS_7_2024

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: gapio.jm@gmail.com; Contact No. +91-7701910804, 011-71791747

www.gapio.in |     

15TH ANNUAL CONFERENCE



MYSORE

JANUARY 2025

DATES TO BE ANNOUNCED SOON