

Improving Health Worldwide



## Dr. Hemant Shah Honored by CarePoint Health with Auditorium Dedication

On August 7, 2024, CarePoint Health, Hoboken, NJ, recognized Dr. Hemant Shah, a renowned family practice physician and philanthropist, by dedicating the “Dr. Hemant Shah and Mrs. Ami Shah Auditorium and Community Center” in his honor. The ribbon-cutting ceremony highlighted Dr. Shah’s long-standing contributions to the Hoboken community and beyond.

In a proclamation from the City of Hoboken, Dr. Shah was acknowledged for his philanthropic efforts, which include temple restorations and establishing a non-profit school in India. At the event, Dr. Shah emphasized the importance of giving back and inspiring future generations to engage in acts of kindness and community support.

The newly dedicated center is already serving the local community, hosting prenatal classes, support groups, and blood drive events.



### IN THIS ISSUE

#### DR. HEMANT SHAH HONORED BY CAREPOINT HEALTH WITH AUDITORIUM DEDICATION

PAGE 1

#### DR. SUDHIR PARIKH, VICE-PRESIDENT, GAPIO PROMOTES TECHNOLOGY EDUCATION FOR SCHOOL STUDENTS IN INDIA

PAGE 2

#### DR. AMISH SHAH WINS ARIZONA’S DEMOCRATIC PRIMARY FOR 1ST CONGRESSIONAL DISTRICT

PAGE 2

#### GAPIO RADIOLOGY INTERNATIONAL LECTURE SERIES: ROLE OF IMAGING IN DIAGNOSIS AND TREATMENT OF FEMALE INFERTILITY

PAGE 3

#### GAPIO DIETETICS INTERNATIONAL LECTURE SERIES: POST ICU CARE SYNDROME

PAGE 4

#### IAP-GAPIO INTERNATIONAL LECTURE SERIES: PAEDIATRIC HEPATOLOGY

PAGE 5

#### SOCIAL MEDIA COVERAGE

PAGE 6

#### TIPS/FACTS FOR PHYSICIANS

PAGE 7-8

#### GAPIO HONOURS’ LIST AUGUST 2024

PAGE 9-10

## Dr. Sudhir Parikh, Vice-President, GAPIO Promotes Technology Education for School Students in India

Dr. Sudhir Parikh, Vice-President, GAPIO, renowned Chairman of Parikh Worldwide Media and a dedicated advocate for education, is leading a transformative initiative to promote technology-driven education across India. Through the Narmada Bal Ghar (NBG) NGO, more than 1,000 schools are now incorporating advanced technology into their curriculums, preparing students aged 6 to 18 for the digital age.

At Vidya Bharati school in Rajkot, NBG has revamped the learning approach by introducing innovative tools such as artificial intelligence, 3D printing, and virtual reality. These efforts are designed to align with India's National Education Policy (NEP 2020), fostering essential skills in a rapidly evolving technological world.

The initiative doesn't just focus on students; it also provides comprehensive training for teachers, enabling them to incorporate these new tools into their teaching methods effectively. Dr. Parikh's vision is to empower students to excel in the modern world by blending traditional learning with technological advancements.

Through this initiative, Dr. Parikh continues to inspire future generations, ensuring students across India are equipped with the skills they need to succeed in a technology-driven future.

## Dr. Amish Shah Wins Arizona's Democratic Primary for 1st Congressional District

Dr. Amish Shah, an Indian-origin physician, has won the Democratic primary for Arizona's 1st Congressional District, defeating his closest opponent, Andrei Cherny, by 1,629 votes. Shah, a former state representative, secured 23.9% of the votes in a competitive race.

In his victory message, Dr. Shah expressed gratitude for the support of his grassroots campaign, highlighting his commitment to making a tangible difference in the lives of the people he serves. He will now face Republican incumbent David Schweikert in the upcoming November election.



## GAPIO Radiology International Lecture Series: Role of Imaging in Diagnosis and Treatment of Female Infertility

On August 10th, 2024, the Global Association of Physicians of Indian Origin (GAPIO) held a highly informative virtual session on the “Role of Imaging in Diagnosis and Treatment of Female Infertility” as part of the GAPIO Radiology International Lecture Series. The event gathered experts to discuss the crucial role of radiology in diagnosing and managing female infertility.

- Welcome and Opening Remarks were delivered by Dr. Anju Aggarwal, General Practitioner from Sydney, Australia, and Executive Committee Member of GAPIO. She set the stage by emphasizing the importance of radiology in advancing women's health, particularly in the diagnosis of infertility.
- Dr. Rajul Rastogi, Professor at the Department of Radiodiagnosis, Teerthanker Mahaveer Medical College & Research Center, Moradabad (UP), presented an in-depth session on the “Role of Imaging in Diagnosis and Treatment of Female Infertility.” Dr. Rastogi covered various imaging techniques, including ultrasound and MRI, and their applications in identifying infertility-related issues, such as uterine abnormalities and ovarian dysfunction.
- The session concluded with a Q&A segment moderated by Dr. Akhila Prasad and Dr. Vinita Sharan, where the audience engaged with the speakers, seeking insights into the latest imaging practices and their implications for patient care.
- Vote of Thanks was extended by Dr. Sushil Jain, Honorary Advisor of GAPIO, expressing gratitude to the speakers, moderators, and participants for their contributions to the session's success.

The event successfully highlighted the significance of radiology in diagnosing and treating female infertility, and attendees gained valuable insights into how imaging advancements are transforming patient outcomes in reproductive health.



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

### GAPIO Radiology International Lecture Series

Organized by Global Association of Physicians of Indian Origin (GAPIO)

## Role of Imaging in Diagnosis and Treatment of Female Infertility

7:00 PM IST on Saturday, 10<sup>th</sup> August 2024  
9:30 AM EST, 8:30 AM CST, 6:30 AM PST, 2:30 PM BST (UK), 11:30 PM (Australia)

Join us: <https://us02web.zoom.us/j/83329714856>

<b>Welcome and Opening Remarks</b>		<b>Dr Anju Aggarwal</b> General Practitioner Sydney, Australia EC Member, GAPIO	<b>3 mins</b>
<b>Role of Imaging in Diagnosis and Treatment of Female Infertility</b>		<b>Dr. Rajul Rastogi</b> Professor Department of Radiodiagnosis Teerthanker Mahaveer Medical College & Research Center Moradabad (UP)	<b>45 mins</b>
<b>Question &amp; Answer</b>	<b>Dr Akhila Prasad</b> <b>Dr Vinita Sharan</b>		<b>10 mins</b>
<b>Vote of Thanks</b>		<b>Dr. Sushil Jain</b> Honorary Advisor, GAPIO	<b>2 mins</b>

**MODERATOR**  
**Dr. Vinita Sharan**  
Senior Radiology Consultant, DeepTek Medical Services, Pvt. Ltd.  
Adjunct Faculty, Public Health Foundation of India (PHFI)  
Advisor Radiology CMEs, GAPIO  
Former Associate Professor, San Beda College of Medicine,  
Philippines and Public Health Consultant

**CHAIRPERSON**  
**Dr. Akhila Prasad**  
Prof. and Consultant in Radiology  
Department of Radiodiagnosis  
PGIMER & Dr. RML Hospital  
New Delhi

**Past Presidents and Emeritus Advisors**

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

**GAPIO Leadership**

**Current Leadership**

**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**, Honorary Advisor

## GAPIO Dietetics International Lecture Series: Post ICU Care Syndrome

On August 17th, 2024, the Global Association of Physicians of Indian Origin (GAPIO) hosted an insightful session titled "Post ICU Care Syndrome" as part of the GAPIO Dietetics International Lecture Series. The event gathered leading experts to discuss the complexities of post-ICU care and nutritional therapies essential for patient recovery.

- Introduction and Welcome were delivered by Dr. Anita Jatana, Consultant Dietetics at Indraprastha Apollo Hospital, New Delhi. She highlighted the significance of addressing post-ICU care in enhancing patient recovery and reducing long-term complications.
- The session was moderated by Dr. Sandhya Singh S, PhD, HOD, Department of Nutrition & Dietetics, Apollo Hospitals, Bangalore, who facilitated a comprehensive discussion on the impact of ICU care on long-term health outcomes.
- Dr. Harsha R, Senior Consultant, Department of Internal Medicine and Critical Care, Apollo Hospitals, Bangalore, provided an in-depth presentation on Post Intensive Care Syndrome, focusing on the challenges and rehabilitation required for ICU survivors.
- Dr. Reema Sultan, Clinical Dietitian, EHS Critical Care at Al Kuwait Hospital, Dubai – UAE, shared valuable insights on Nutritional Therapy to Prevent Post ICU Care Syndrome, emphasizing the role of tailored nutrition plans in promoting recovery and reducing complications.
- A dynamic Q&A session followed, where Dr. Sandhya Singh S and Dr. Anita Jatana addressed questions from the global audience, offering practical solutions and expert guidance.
- Vote of Thanks was delivered by Dr. Anita Jatana, expressing gratitude to the speakers, participants, and the GAPIO team for their contributions to the event's success.

This informative session provided healthcare professionals with critical knowledge on managing post-ICU care and the importance of dietetic interventions in improving patient outcomes.

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

**GAPIO – Dietetics International Lecture Series**

Organized by Global Association of Physicians of Indian Origin (GAPIO)

**POST ICU CARE SYNDROME**

4:00 PM IST - 5:00 PM IST on Saturday, 17th August, 2024  
6:30 AM EST, 5:30 AM CST, 3:30 AM PST, 11:30 AM BST (UK), 8:30 PM (Australia)

Join us: <https://us02web.zoom.us/j/82749900369>

<b>Introduction and Welcome</b>	<b>Dr Anita Jatana</b> Consultant Dietetics Indraprastha Apollo Hospital, New Delhi	4:00 PM – 4:05 PM
<b>Moderator</b>	<b>Dr. Sandhya Singh S</b> PhD, HOD, Department of Nutrition & Dietetics, Apollo Hospitals, Bangalore	4:05 PM - 4:10 PM
<b>Post Intensive Care Syndrome</b>	<b>Dr. Harsha R</b> Senior Consultant, Department of Internal Medicine and Critical care, Apollo Hospitals, Bangalore	4:10 PM - 4:30 PM
<b>Nutritional Therapy To Prevent Post ICU Care Syndrome</b>	<b>Dr. Reema Sultan</b> Clinical Dietitian EHS Critical Care Al Kuwait Hospital, Dubai – UAE	4:30 PM - 4:50 PM
<b>Question &amp; Answer</b>	<b>Dr. Sandhya Singh Dr. Anita Jatana</b>	4:50 PM - 4:55 PM
<b>Vote of Thanks</b>	<b>Dr Anita Jatana</b>	4:55 PM - 5:00 PM

**GAPIO Leadership**

<b>Past Presidents and Emeritus Advisors</b>	<b>Current Leadership</b>
Dr Prathap C Reddy	Dr Nandakumar Jairam, President
Dr Sanku Rao	Dr Sudhir Parikh, Vice President
Dr Ramesh Mehta	Dr Rohini Sridhar, Secretary General
Dr Anupam Sibal	Dr Abhijat Seth, Joint Secretary
	Dr V K Raju, Treasurer
	Dr Sushil Jain, Honorary Advisor

## IAP-GAPIO International Lecture Series: Paediatric Hepatology

On August 31st, 2024, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Indian Academy of Pediatrics (IAP), hosted an informative session on Paediatric Hepatology. The event gathered renowned experts in the field to discuss advancements in pediatric liver diseases and transplantation, highlighting crucial developments in the treatment of young patients.

- Dr. Arti Pawaria, Clinical Lead and Senior Consultant, Department of Pediatric Gastroenterology, Hepatology & Liver Transplantation at Amrita Institute of Medical Sciences, Delhi NCR, India, delivered a session on Rare Liver Diseases in Children – The Way Forward, focusing on innovative treatment approaches for rare liver conditions in pediatric care.
- Dr. Krupa R Mysore, Assistant Professor and Transplant Hepatologist, Division of Pediatric Gastroenterology, Hepatology & Nutrition at Texas Children’s Hospital, USA, shared insights on ABO Incompatible Liver Transplantation Protocol and Management, emphasizing advancements in pediatric liver transplant techniques and the management of complications.
- The event was moderated by Dr. Anubhuti Bhardwaj, Consultant, Pediatric Gastroenterology & Hepatology, HOPE Hospitals, Jaipur, who facilitated discussions on the latest developments in pediatric liver disease management.
- Dr. Snehavardhan Pandey, Consultant Pediatric Hepatology and Liver Transplant at Sahyadri Superspeciality Hospital, Pune, served as the chairperson, overseeing the session and guiding discussions on the significance of multidisciplinary approaches in pediatric hepatology.

The session provided participants with valuable insights into the evolving landscape of pediatric hepatology, with a focus on rare liver diseases and transplantation protocols, ensuring that healthcare professionals are better equipped to manage these challenging conditions.



### IAP – GAPIO

International lecture series



## Paediatric Hepatology

**Saturday, 31st August 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)



**Dr Arti Pawaria**  
India

**Topic:**  
**Rare Liver Diseases in Children- The Way Forward**

Clinical Lead and Senior Consultant  
Department of Pediatric Gastroenterology, Hepatology & Liver Transplantation  
Amrita Institute of Medical Sciences, Delhi NCR, India

**Speaker**



**Dr Krupa R Mysore**  
USA

**Topic:**  
**ABO Incompatible Liver Transplantation Protocol and Management**

Assistant Professor, Transplant Hepatologist  
Division of Pediatric Gastroenterology, Hepatology & Nutrition  
Texas Children’s Hospital/ Baylor College of Medicine

**Speaker**



**Dr Anubhuti Bhardwaj**  
India

Consultant, Pediatric Gastroenterology & Hepatology - HOPE Hospitals, Jaipur

**Moderator**



**Dr Snehavardhan Pandey**  
India

Consultant Pediatric Hepatology and Liver Transplant  
Sahyadri Superspeciality Hospital, Pune

**Chairperson**

**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

**Past Presidents and Emeritus Advisors**

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

**Dr Aashay Shah**  
Session Convenor

**Link to Join:** <https://tinyurl.com/5xt5ne7b>

## SOCIAL MEDIA COVERAGE

### Independence Day 2024: GAPIO Celebrates Progress and Freedom

On August 15, 2024, GAPIO proudly joined the nation in celebrating 78 years of India's independence. During this momentous occasion, GAPIO paid tribute to the dedicated healthcare professionals who continue to play a pivotal role in building a healthier and more developed India.

Their relentless commitment to advancing healthcare is driving the nation's progress, contributing to the well-being of millions, and laying strong foundations for the future. GAPIO also emphasized the importance of collective efforts in realizing the vision of a "Viksit Bharat," where quality healthcare is accessible to all.

As we look back on this day, GAPIO reaffirms its dedication to supporting the nation's healthcare community in their mission to improve lives and foster development across India.



## HEALTH TIPS/FACTS

### Building Resilience in Healthcare Professionals

In the demanding world of healthcare, building resilience is essential for both individual and team wellbeing. Fostering resilience among healthcare professionals helps mitigate stress and enhance team cohesion, which can lead to improved patient care and a healthier work environment. Here are some strategies to build resilience:

1. **Fuel:** Maintain a balanced diet and stay hydrated to keep energy levels up.
2. **Re-fuel:** Prioritize good quality sleep to ensure the body and mind are well-rested.
3. **Form:** Practice good posture and incorporate breathing techniques such as 'box breathing' to manage stress.
4. **Focus:** Identify stressors by writing them down and focus on what you can control.

Incorporating these simple, practical techniques can help healthcare professionals manage the stress of their daily roles, fostering both individual and team resilience.

By blending personal and systemic approaches to resilience, healthcare professionals can create a more supportive and productive work environment, which ultimately benefits both staff wellbeing and patient care.

Source: <https://practicebusiness.co.uk/building-resilience-in-healthcare-professionals>



## HEALTH TIPS/FACTS

### Time to Get Digital in Your Practice: Improving Healthcare for Patients, Practices, Providers, and Payors

In today's digital age, incorporating digital tools in healthcare practices is key to streamlining operations, improving patient care, and reducing costs for providers and payors. Practices that embrace these advancements not only operate more efficiently but also deliver a higher quality of care.

Benefits of Digital Tools:

- 1. Enhance Practice Efficiency:** Technologies like Electronic Health Records (EHRs) and AI-powered apps reduce administrative tasks and minimize errors, allowing healthcare providers to focus on patient care.
- 2. Improve Patient Engagement:** Patient portals, mobile apps, and telemedicine enable better communication between patients and providers, improving satisfaction and access to healthcare services.
- 3. Increase Provider Productivity:** Tools like Clinical Decision Support Systems (CDSS) help in making evidence-based decisions, while automation in prescription renewals and test result notifications optimizes time management.
- 4. Streamline Operations:** Automated scheduling, follow-ups, and other routine tasks not only save time but also reduce operational costs, allowing practices to scale more efficiently.
- 5. Reduce Physician Burnout:** By streamlining administrative tasks and improving work-life balance, digital tools such as telemedicine and AI-driven documentation allow physicians to spend more time with patients and enjoy their profession.





## GAPIO Honors' List August 2024



**Dr. Arun Prasad**, Surgical Gastroenterology, Clinical Lead, GI & Bariatric, at New Delhi, is the co-author in Multi-Country Publication on topic “Global burden of metabolic diseases, 1990–2021” published in “Metabolism Journal”.

[Global burden of metabolic diseases, 1990–2021 - Metabolism - Clinical and Experimental \(metabolismjournal.com\)](https://metabolismjournal.com)

**Dr Ashok Sharma**, Consultant, Internal Medicine at New Delhi has been presented with Lifetime Achievement Award, “Pushpanjali Medical Excellence Award” on 18th August 2024 by Pushpanjali Medical Centre.

- Dr Ashok was also awarded with Bharat Samaj Ratan Award by “Chaar Kadam Welfare Foundation” on 25th August 2024 at Maharashtra Sadan, New Delhi.

**Dr. Keerti Singh**, Lecturer, Faculty of Medical Sciences, Cave Hill campus, Barbados, University of the West Indies, has been appointed as Associate Editor for the journal, Frontiers in Psychology on 1st August 2024.

**Dr. N Ramakrishnan**, Senior Consultant, Critical Care and Sleep Medicine, Chennai has co-authored a book chapter “Living-donor Lung Transplant update” in “Critical Care Update 2024”.

- Dr N Ramakrishnan has published an article titled “Post-ICU Care: Why, What, When and How? ISCCM Position Statement” in “Indian Journal of Critical Care Medicine 2024”.

**Dr. Pakhee Aggarwal**, Senior Consultant, Gynaecological Oncology & Robotic Surgery at Delhi has been felicitated with ‘Icon of IMA-SDB’ award on the occasion of “Doctor’s Day Celebration” by South Delhi Branch of Indian Medical Association on 28th July 2024.

## GAPIO Honors' List August 2024

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

- Vaishya R, Sharma D, Sibal A, Puri B, Muralidharan M, Vaish A. Enhancing Global Biomedical Research: Educational Strategies for Bridging the Gap between HICs and LMICs. National Board of Examination - Journal of Medical Sciences 2024; 2 (9): 1-14. DOI:10.61770/NBEJMS.2024.v02.i09.xxx
- Vaishya R, Vaish A. The influence of operation time for hip hemiarthroplasty on complication rates and mortality in patients with femoral neck fracture: a retrospective data analysis: Letter to Editor. J Orthop Surg Res 2024; 19: 438. DOI: 10.1186/s13018-024-04882-x82
- Dayal D, Gupta BM, Mamdapur GM, Vaishya R, Gupta A, Bansal M. Pediatric type 1 diabetes: A bibliometric analysis of the 100 most-cited publications. J Diabetol 2024;15:291-301. DOI: 10.4103/jod.jod\_77\_24
- Vaishya R. Bone Health, Physical Function, and Fracture Risk in Older Women with Type 2 Diabetes. JAMA Network Open. 15th August 2024. <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2822030>
- Vaishya R, Mukhopadhaya J, Bhadani JS, Vaish A. Dr (Professor) Bishnupada Mukhopadhaya (1915- 2003): A Visionary Surgeon and Leader of Indian Orthopaedics. J Med Biography 2024; DOI: 10.1177/09677720241276614
- Vaishya R, Vaish A. Wearable Technology: A Step Forward in Preoperative Risk Prediction. J Am Coll Surg 2024 Aug 6. doi: 10.1097/XCS.0000000000001186
- Vaishya R. Re: Doctors in India launch nationwide strike after trainee is raped and murdered. BMJ (Rapid Response) 21st August 2024. <https://www.bmj.com/content/386/bmj.q1827>
- Vaishya R, Gopinathan P, Gupta BM, Mamdapur GMN, Vaish A. Scholarly Trends in Global Orthopedics Research Published through the Journal of Orthopaedics: A Bibliometric Analysis from 2013 to 2024. J Orthop 2024; doi: 10.1016/j.jor.2024.08.013
- Vaishya R, Vaish A, Mittal S. Limitations of the PROMOTE Trial and Future Directions for Methotrexate in Knee Osteoarthritis. Annals of Internal Medicine. 28th Aug 2024. [https://www.acpjournals.org/doi/10.7326/M24-0303?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%20%20pubmed#supplementary-materials](https://www.acpjournals.org/doi/10.7326/M24-0303?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed#supplementary-materials)
- Vaishya R, Vaish A, Goyal N. Scrotal hematoma following pelvic fractures. National Board of Examination Journal of Medical Sciences 2024; 2 (10): 1-4. DOI: 10.61770/NBEJMS.2024.v02.i09.xxx
- Vaishya R. Diverse Spectrum of Medical Research in Apollo Medicine. Apollo Medicine 2024; DOI: 10.1177/09760016241281628

# GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

**Global Association of Physicians of Indian Origin**

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[www.gapio.in](http://www.gapio.in) |     

# 15TH ANNUAL CONFERENCE



## MYSORE

18-19 JANUARY 2025

### BLOCK YOUR CALENDAR

 **Radisson Blu Plaza Hotel, Mysore**

- Scientific Sessions
- GAPIO Awards
- Gala Dinner
- Mysore Tourism
- Nutrition Workshop
- Physiotherapy Workshop
- Leading experts and delegates from 58 countries
- 35+ International and National Faculty
- 25+ Topics
- Credit Hours by KMC
- Complementary Registration for GAPIO Members

Theme : Preventive Healthcare

Addressing the Future of Global Health Challenges

Key Areas of Discussion

#### Medical

- Cardiac Sciences
- Endocrine and Metabolic Disease
- Orthopaedics
- Respiratory Medicine
- Gastroenterology
- Nephrology
- Neurology
- Infectious Disease
- Oncology
- Gynaecology
- Artificial Intelligence

#### Speciality Workshop

- Nutrition
- Leadership Mantras
- Physiotherapy
- Women in Medicine

### Local Organising Committee

- **Dr. Nandakumar Jairam**  
President – GAPIO, Former Chairman of Medica Synergie Group of Hospitals, Advisor Shyamrad, President R.B.A.N.M.'s and Health Care Consultant
- **Dr Pradeep Rangappa**  
Organizing Secretary Senior Consultant - Critical Care Manipal Hospitals - Bangalore
- **Dr Upendra Shenoy**  
Consultant CTVS and Chief of Medical Services, Manipal Hospitals, Mysore
- **Mr Bharateesh Reddy**  
Vice President, Operations, Apollo BGS Hospitals, Mysore
- **Dr Aman Naik**  
Medical Superintendent, Apollo BGS Hospitals, Mysore
- **Dr Sushil Jain**  
Honorary Advisor, GAPIO and Medical Superintendent, Apollo Rajshree Hospital, Indore