

Improving Health Worldwide



GAPIO Member Dr. P. N. Renjen Honored for Outstanding Contribution to Stroke Care at National Stroke Conclave 2024

Dr. (Prof.) P. N. Renjen, GAPIO Member and Senior Consultant Neurologist (Stroke) at Delhi, was awarded for his “Outstanding Contribution to Stroke Care Delivery” at the 2nd National Stroke Conclave 2024, organised by The Voice of Healthcare in New Delhi on November 30, 2024.

As a panelist in the session on “Innovating Stroke Prevention: Tackling Hypertension for a Healthier Tomorrow,” Dr. Renjen shared his expertise on utilising digital health tools to address key stroke risk factors such as hypertension, diabetes, and lifestyle-related challenges.

This recognition highlights Dr. Renjen’s pivotal role in advancing stroke care and prevention strategies, with his efforts significantly enhancing patient outcomes and contributing to innovation in the field.

Dr. Renjen expressed his gratitude, stating, “It is a great matter of satisfaction for myself and the entire Unit.”



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15TH ANNUAL CONFERENCE



MYSORE

18-19 JANUARY 2025

BLOCK YOUR CALENDAR

📍 Hotel Radisson Blu Plaza, Mysore

- Leading experts and delegates from 58 countries
- 35+ International and National Faculty
- 35+ Topics
- Complementary Registration for GAPIO Members
- GAPIO Awards
- Mysore Tourism

Theme : Preventive Healthcare

Addressing the Future of Global Health Challenges

Key Areas of Discussion

Medical

- Cardiac Sciences
- Endocrine and Metabolic Disease
- Gastroenterology/ Hepatology
- Infectious Disease
- Oncology
- OBGY
- Pediatrics

Speciality Workshop

- Nutrition
- Physiotherapy

Leadership Mantras | 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

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GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN

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AAPI-NJ Hosts Sold-Out 6th Annual Gala Celebrating Indian American Physicians

On November 12, 2024, the American Association of Physicians of Indian Origin-NJ Chapter (AAPI-NJ) hosted its 6th annual gala at the Imperia Banquet Hall in Somerset, New Jersey. The sold-out event brought together over 300 Indian American physicians to celebrate shared achievements, network, and enjoy an evening of culture and camaraderie.

The event featured a lamp-lighting ceremony led by Padma Shri recipient Dr. Sudhir Parikh, AAPI-NJ President Dr. Sudha Nahar, and Board Chair Dr. Rachana Kulkarni. The evening was enriched with Bollywood performances, live violin melodies, and cultural dances by Malhaar Musical.

Top representatives from major New Jersey health systems, including Robert Wood Johnson, Hackensack Meridian, and CarePoint, attended the gala. Recognitions were presented to key individuals for their contributions:

- Dr. Rachana Kulkarni, Regional Director of Cardiology, Robert Wood Johnson
- Amie Thornton and Patricia Carroll, Hackensack Meridian Health
- Achintya Maulik, CEO of CarePoint

In his remarks, Dr. Raj Bhayani reflected on AAPI-NJ's growth since its inception, while Dr. Binod Sinha, past President, highlighted the chapter's charitable initiatives, including raising \$300,000 during the COVID-19 pandemic. Dr. Kulkarni emphasized the vital role Indian-origin physicians play in healthcare and innovation. "Their dedication not only strengthens our community but also enriches healthcare for all," she noted.

The evening concluded with a renewed call to advance medical education, research, and community service, aligning with AAPI-NJ's mission to uplift healthcare and support charitable causes.



Leaders of AAPI-NJ and high profile guests, including Padma Shri recipient Dr. Sudhir Parikh, at the lamp-lighting ceremony for AAPI-NJ's 6th Annual Gala in Somerset, NJ

IAP-GAPIO International Lecture Series: Paediatric Hepatology

On November 30, 2024, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Indian Academy of Pediatrics (IAP), organized an enriching session as part of the IAP-GAPIO International Lecture Series. This session, focused on Paediatric Hepatology, brought together leading experts to discuss advancements in managing liver diseases in children.

Key Highlights:

1. PFIC – Never Drugs

- Speaker: Dr. Rohit Kohli (USA)
- Dr. Kohli, Chief of the Division of Gastroenterology, Hepatology, and Nutrition at USC, shared insights into Progressive Familial Intrahepatic Cholestasis (PFIC), discussing new approaches and therapeutic strategies for this challenging liver condition.

2. MASLD – Where are we?

- Speaker: Dr. Mohit Kehar (Canada)
- Dr. Kehar, a Pediatric Gastroenterologist from Canada, provided a comprehensive overview of Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD), addressing current guidelines and its growing prevalence in pediatric care.

3. Moderator:

- Dr. Sailen Bana (India), Associate Consultant in Paediatric Gastroenterology, Medanta Hospital, Gurgaon, ensured a seamless flow of discussions and interactions during the session.

4. Chairperson:

- Dr. M S Viswanathan (India), Senior Consultant Paediatric Gastroenterologist, Apollo Children’s Hospital, Chennai, offered concluding remarks, emphasizing the importance of continuous learning in pediatric hepatology.

The session was convened by Dr. Aashay Shah, who provided an engaging introduction and brought together a global audience.

This interactive lecture provided participants with valuable updates on paediatric liver disorders, highlighting global perspectives and evidence-based practices. It emphasized the importance of international collaboration to improve outcomes for pediatric patients.



IAP – GAPIO
International lecture series



GAPIO
Global Association of Physicians of Indian Origin

Paediatric Hepatology

Saturday, 30th November 2024

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

Corresponding Time:
8:30 AM EST, 7:30 AM CST, 5:30 AM PST, 1:30 PM BST (UK),
12:30 AM (1 December – Sydney, Australia)



Dr Rohit Kohli
USA

Topic:
PFIC – Newer Drugs

Chief, Division of Gastroenterology, Hepatology and Nutrition
Associate Director, The Saban Research Institute (Training and Education)
Associate's Chair in Liver and Intestinal Research
Clinical Scholar and Professor of Pediatrics,
Keck School of Medicine of USC

Speaker



Dr Mohit Kehar
Canada

Topic:
MASLD – Where are we?

Pediatric Gastroenterologist and Hepatologist, Lead MASLD/NAFLD clinic
Education Lead Pediatric Special Interest Group, AASLD, Co-Chair Canadian MASLD guidelines
Associate Professor, University of Ottawa
Division of Pediatric Gastroenterology, Hepatology and Nutrition
Children's Hospital of Eastern Ontario, Ottawa

Speaker



Dr Sailen Bana
India

Associate Consultant
Paediatric Gastroenterology
Medanta – The Medicity, Gurugram

Moderator



Dr M S Viswanathan
India

Senior Consultant Paediatric Gastroenterologist & Hepatologist, Therapeutic Endoscopist, Paediatric Liver Transplant Physician
Apollo Children's Hospital, Chennai

Chairperson

IAP Leadership

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



Dr Aashay Shah
Session Convenor

GAPIO Past Presidents and Emeritus Advisors

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

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

Link to Join: <https://tinyurl.com/3bzftuuj>

GAPIO 9.0: Posture & Musculoskeletal Dynamics – Physiotherapeutic Perspective

On November 23, 2024, the Global Association of Physicians of Indian Origin (GAPIO) hosted an engaging virtual session titled “Posture & Musculoskeletal Dynamics – Physiotherapeutic Perspective” as part of GAPIO 9.0. The session provided valuable insights into the role of posture, biomechanics, and physiotherapy in enhancing musculoskeletal health.

The session commenced with an Introduction by Dr. Seema Grover, HOD, Physiotherapy & Rehabilitation at Indraprastha Apollo Hospitals, New Delhi, who also served as the Moderator for the event.

Key Highlights:

1. Broadening the Lens of Practitioner Assessments and Patient Perceptions
 - Speaker: Dr. Derek Gill, Founder of Global SI’s Mission, USA
 - Dr. Gill emphasized the importance of understanding patient perceptions and improving assessment methodologies to enhance physiotherapeutic outcomes.
2. Anatomy Trains Structural Integration – A New Biomechanical Perspective
 - Speaker: Dr. Marius Kurkowski, Physiotherapist and Si Teacher, Anatomy Trains, Poland
 - Dr. Kurkowski delivered a comprehensive 30-minute presentation on structural integration and its role in biomechanics, providing participants with new perspectives on posture and movement analysis.
3. Role of Major Five in Posture
 - Speaker: Dr. Neha Khera, Director – Physio & Fitness, Founder & Instructor at Lets Diagnose and Tape
 - Dr. Khera explored the critical role of major postural elements in maintaining musculoskeletal health, offering actionable insights for practitioners.
4. Panel Discussion & Q&A
5. The session concluded with an interactive Question & Answer segment featuring:
 - Dr. Elizabeth Joy, HOD, Physiotherapy, Apollo Hospitals Bangalore
 - Dr. Jafar Khan, Dean & HOD, Pacific College of Physiotherapy, Udaipur
 - Dr. Pooja Sethi, HOD, Physiotherapy Department, RML Hospital, Delhi

The Q&A facilitated robust discussions on posture management, patient care techniques, and physiotherapeutic interventions, addressing queries from participants and clarifying key concepts.

This session, expertly moderated by Dr. Seema Grover, highlighted cutting-edge advancements and approaches in physiotherapy, empowering healthcare professionals to enhance patient care and musculoskeletal health outcomes.



The poster for GAPIO 9.0 features a dark blue background with a globe icon and the GAPIO logo. The main title is in large, bold, yellow and white text. Below the title, the date and time are listed in white text, along with time zone conversions. A Zoom link is provided in yellow text. A tagline at the bottom of the main section reads 'A 60-minute update to keep abreast of the latest developments'. The bottom half of the poster is a white table with a blue border, listing the session topics, speakers with their photos and titles, and the duration of each segment. A separate box at the bottom identifies the moderator, Dr. Seema Grover.

Topic	Speaker	Duration
Introduction	Dr. Seema Grover HOD, Physiotherapy & Rehabilitation, Indraprastha Apollo Hospitals, New Delhi	1 mins
Broadening The Lens of Practitioner Assessments and Patient Perceptions	Dr. Derek Gill Founder-Global SI'S Mission Faculty-Pacific Centre for Awareness and Bodywork, USA	5 mins
Anatomy Trains Structural Integration- A New Biomechanical Perspective	Dr. Marius Kurkowski Physiotherapist and Si Teacher – Anatomy Trains, Poland	30 mins
Role of Major Five in Posture	Dr. Neha Khera Director – Physio & Fitness Founder & Instructor- Lets Diagnose and Tape	20 mins
Question & Answer	Dr. Elizabeth Joy HOD - Physiotherapy, Apollo Hospitals Bangalore	4 mins
	Dr. Jafar Khan Dean & HOD- Pacific College of Physiotherapy, Udaipur	
	Dr. Pooja Sethi HOD - Physiotherapy Department, RML Hospital Delhi	

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

GAPIO – ISG International Lecture Series: Gastroenterology Session

On November 16, 2024, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Indian Society of Gastroenterology (ISG), hosted an insightful session as part of the GAPIO – ISG International Lecture Series. The session focused on critical advancements in gastroenterology, featuring esteemed experts who shared their expertise and knowledge.

The event began with a session on “Management of Variceal Bleed” by Dr. Ashok Jhajharia, Associate Professor, Department of Gastroenterology, SMS Medical College & Hospital, Jaipur. His presentation offered valuable insights into managing this critical condition with evidence-based approaches.

Following this, Dr. P. Piramanayagam, Consultant, Medical Gastroenterology at Apollo Hospitals, Chennai, delivered an engaging talk on “Clinical Approach to MASLD (Metabolic Dysfunction Associated Liver Disease)”, highlighting new perspectives and practical approaches to diagnosing and treating MASLD.

The event continued with an interactive Question and Answer segment, moderated by Dr. Mathew Philip (Secretary General, ISG), Dr. Ramesh M (Senior Consultant and Head, Medical Gastroenterology, Mar Steeva Medicity Palai – Kottayam, Kerala), and Dr. Shibi Mathew (Senior Consultant, Gastroenterology, Lisie Institute of Gastroenterology, Kochi). This segment facilitated meaningful discussions, clarifying key concepts for participants.

The session concluded with a Vote of Thanks delivered by Dr. Sushil Jain, Honorary Advisor, GAPIO, who expressed gratitude to the distinguished speakers, moderators, and participants for their contributions to the success of the event.

With the active involvement of leading gastroenterology professionals, this lecture series provided healthcare practitioners with actionable knowledge to enhance their clinical practice, ultimately improving patient outcomes in gastroenterology.

GAPIO
Global Association of Physicians of Indian Origin

ISG
INDIAN SOCIETY OF GASTROENTEROLOGY

GAPIO – ISG International Lecture Series

organized by Global Association of Physicians of Indian Origin (GAPIO) in collaboration with Indian Society of Gastroenterology (ISG)

Gastroenterology Session

7:00 PM IST on Saturday, 16th November 2024
8:30 AM EST, 7:30 AM CST, 5:30 AM PST, 1:30 PM BST (UK), 12:30 AM (17 November – Sydney, Australia)

Join us: <https://us02web.zoom.us/j/87086015014>

Management of Variceal Bleed	 Dr Ashok Jhajharia Associate Professor Department of Gastroenterology SMS Medical College & Hospital, Jaipur	20 mins
Clinical approach to MASLD (Metabolic Dysfunction Associated Liver Disease)	 Dr P. Piramanayagam Consultant, Medical Gastroenterology, Apollo Hospitals, Chennai	20 mins
Question & Answer	 Dr Mathew Philip Secretary General - ISG	15 mins
	 Dr Ramesh M Senior Consultant and Head Medical Gastroenterology Mar Steeva Medicity Palai – Kottayam, Kerala	
	 Dr Shibi Mathew Senior Consultant – Gastroenterology Lisie Institute of Gastroenterology, Hepatology and Transplantation Lisie Hospital, Kochi	
Vote of thanks	 Dr. Sushil Jain Honorary Advisor, GAPIO	5 mins

MODERATOR
Dr Ramesh M
Senior Consultant and Head – Medical Gastroenterology
Mar Steeva Medicity Palai – Kottayam, Kerala

CHAIRPERSON
Dr Shibi Mathew
Senior Consultant
Gastroenterology, Lisie Institute of Gastroenterology,
Hepatology and Transplantation Lisie Hospital, Kochi

GAPIO Leadership

Past Presidents and Emeritus Advisors

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

Current Leadership

Dr Nandakumar Jairam, President Dr Abhijat Seth, Joint Secretary
Dr Sudhir Parikh, Vice President Dr V K Raju, Treasurer
Dr Rohini Sridhar, Secretary General Dr Sushil Jain, Honorary Advisor

SOCIAL MEDIA COVERAGE

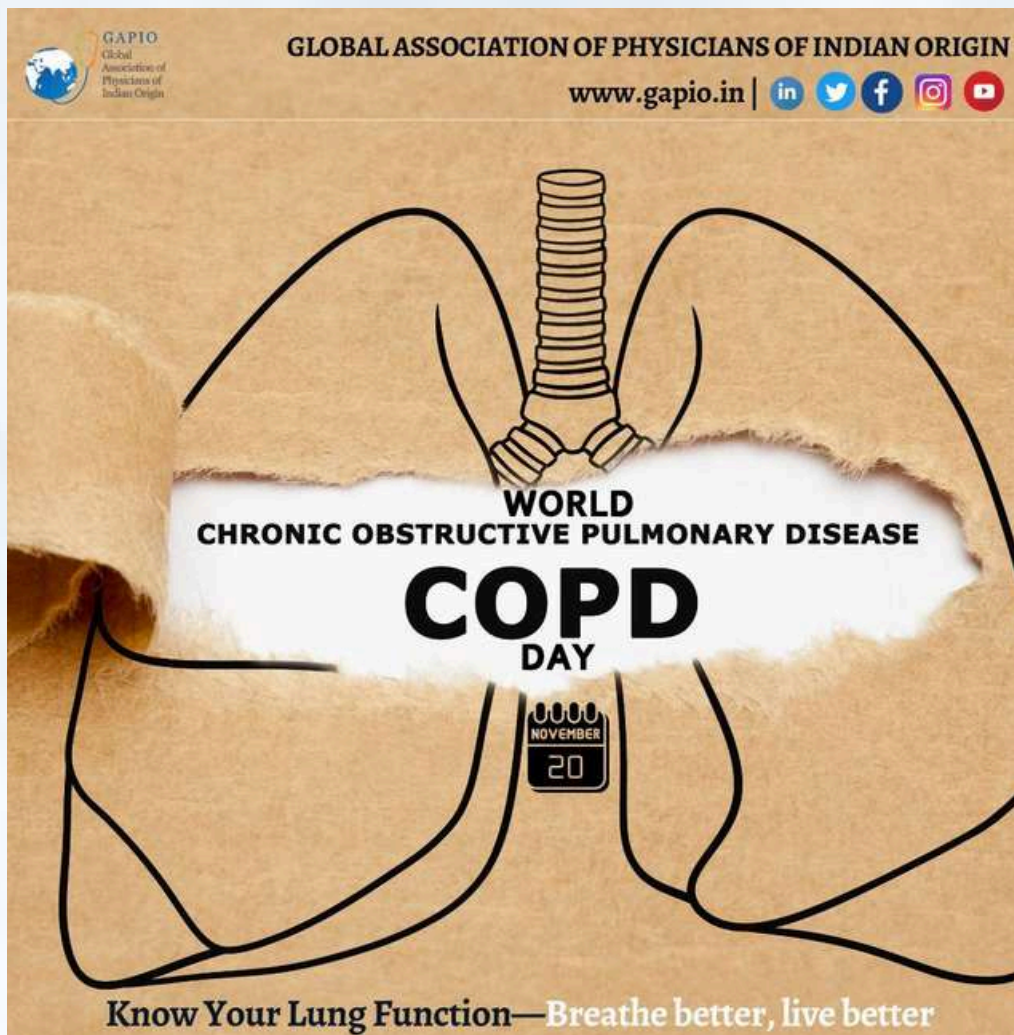
World COPD Day 2024: “Know Your Lung Function”

On World COPD Day 2024, GAPIO joined the global effort to raise awareness about Chronic Obstructive Pulmonary Disease (COPD), a progressive lung condition that affects millions worldwide. This year’s theme, “Know Your Lung Function,” highlighted the importance of spirometry—a simple and effective test for diagnosing COPD and assessing lung health.

Warning Signs of COPD:

- Difficulty breathing
- Persistent cough with mucus (yellow or green)
- Fever and chills
- Fatigue or weakness
- Sore throat and nasal congestion
- Headache

GAPIO emphasized the need for early detection and proactive lung function monitoring to improve quality of life for those affected. By recognizing the early warning signs and encouraging regular lung health assessments, we can take timely action to prevent progression and support those living with COPD.



SOCIAL MEDIA COVERAGE

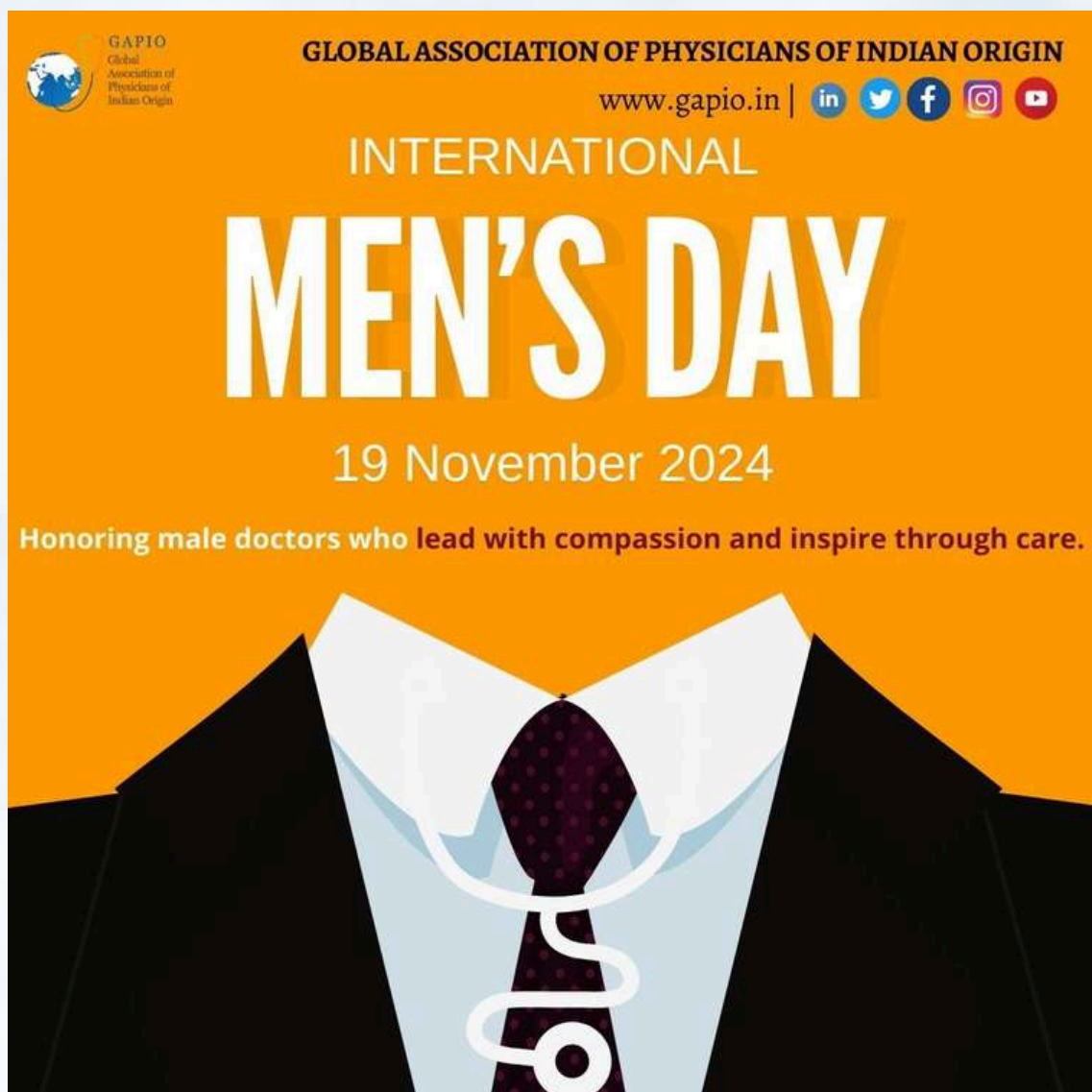
International Men's Day 2024: Honoring Male Doctors as Healthcare Heroes

On November 19, 2024, GAPIO celebrated International Men's Day by recognizing the unwavering dedication and integrity of male doctors who serve as true role models in healthcare.

With compassion, resilience, and a steadfast commitment to healing, these professionals go beyond their medical expertise. They:

- Inspire communities through their selfless service.
- Mentor young minds, shaping the future of medicine.
- Lead by example, upholding values of care, hope, and strength.

Male doctors play a pivotal role in promoting health and well-being, while embodying qualities that make a lasting impact on their patients, peers, and society. Their contributions extend far beyond treatment—they inspire positive change and foster trust in healthcare systems worldwide.



SOCIAL MEDIA COVERAGE

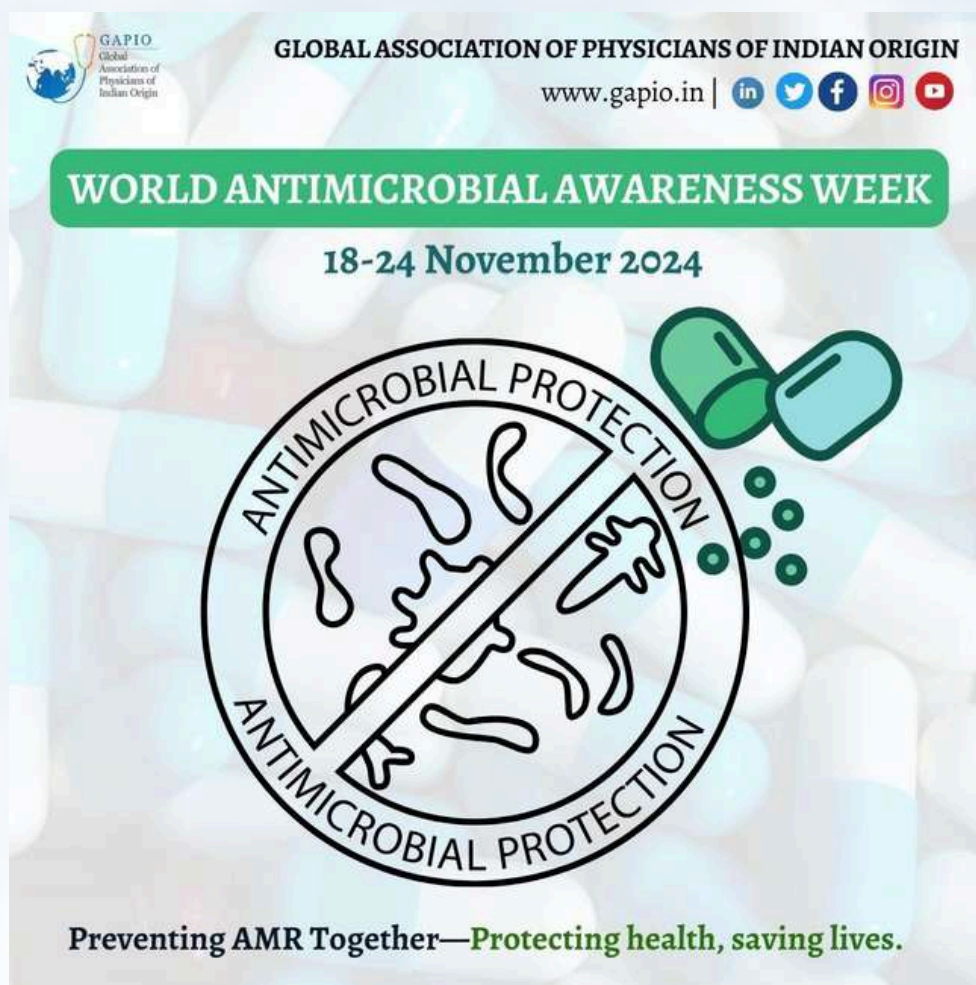
World AMR Awareness Week 2024: Preventing Antimicrobial Resistance Together

From November 18-24, 2024, GAPIO observed World AMR Awareness Week under the theme, “Preventing Antimicrobial Resistance Together.” This critical initiative highlighted the growing threat of antimicrobial resistance (AMR), which undermines the effectiveness of life-saving medicines used to treat infections.

AMR poses a global health challenge that demands collective action from healthcare professionals, policymakers, and individuals. GAPIO called for:

- Responsible antimicrobial use: Avoid misuse and overuse of antibiotics.
- Preventive measures: Strengthen hygiene practices, vaccination programs, and infection control.
- Global collaboration: Promote awareness and advocacy to safeguard effective treatment options for future generations.

By uniting as a global community, we can protect the power of antibiotics, ensure access to effective treatments, and preserve health for all. Together, let us take decisive steps to combat AMR and secure a healthier future.



SOCIAL MEDIA COVERAGE

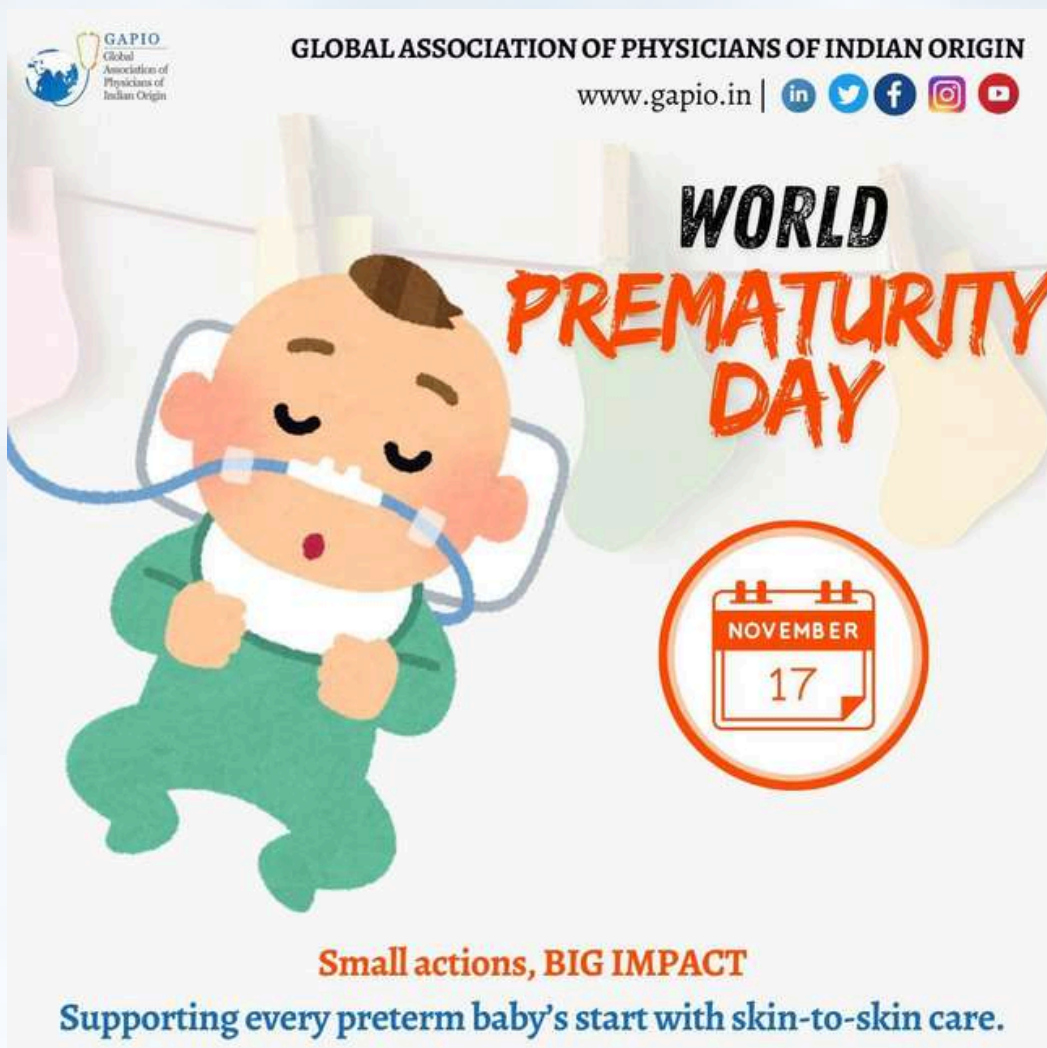
World Prematurity Day 2024: Small Actions, BIG IMPACT

On World Prematurity Day 2024, GAPIO highlighted the profound benefits of immediate skin-to-skin care for newborns under the theme, “Small actions, BIG IMPACT: Immediate skin-to-skin care for every baby everywhere.”

Skin-to-skin contact plays a vital role in strengthening bonding, supporting breastfeeding, and promoting healthy development, particularly for premature infants. This simple yet powerful practice can significantly improve outcomes by providing warmth, comfort, and stability to vulnerable newborns.

GAPIO emphasized the need for:

- Specialized care for preterm infants.
- Preventive measures to reduce premature births.
- Continued research to advance neonatal care and improve survival rates.



The poster features the GAPIO logo (Global Association of Physicians of Indian Origin) in the top left corner. The text 'GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN' is centered at the top, with the website 'www.gapio.in' and social media icons for LinkedIn, Twitter, Facebook, Instagram, and YouTube below it. The main title 'WORLD PREMATURETY DAY' is written in large, bold, orange letters. To the left is a cartoon illustration of a baby in green overalls with a blue oxygen mask. To the right is a circular icon of a calendar showing 'NOVEMBER 17'. At the bottom, the slogan 'Small actions, BIG IMPACT' is written in orange, followed by the tagline 'Supporting every preterm baby's start with skin-to-skin care.' in blue.

Small actions, BIG IMPACT
Supporting every preterm baby's start with skin-to-skin care.

SOCIAL MEDIA COVERAGE

World Diabetes Day 2024: Supporting Holistic Care and Well-Being

On November 14, GAPIO observed World Diabetes Day under this year's theme, "Diabetes and Well-being," highlighting the need for a holistic approach to diabetes care. Beyond managing blood sugar levels, diabetes significantly impacts mental resilience, daily routines, and the overall quality of life.

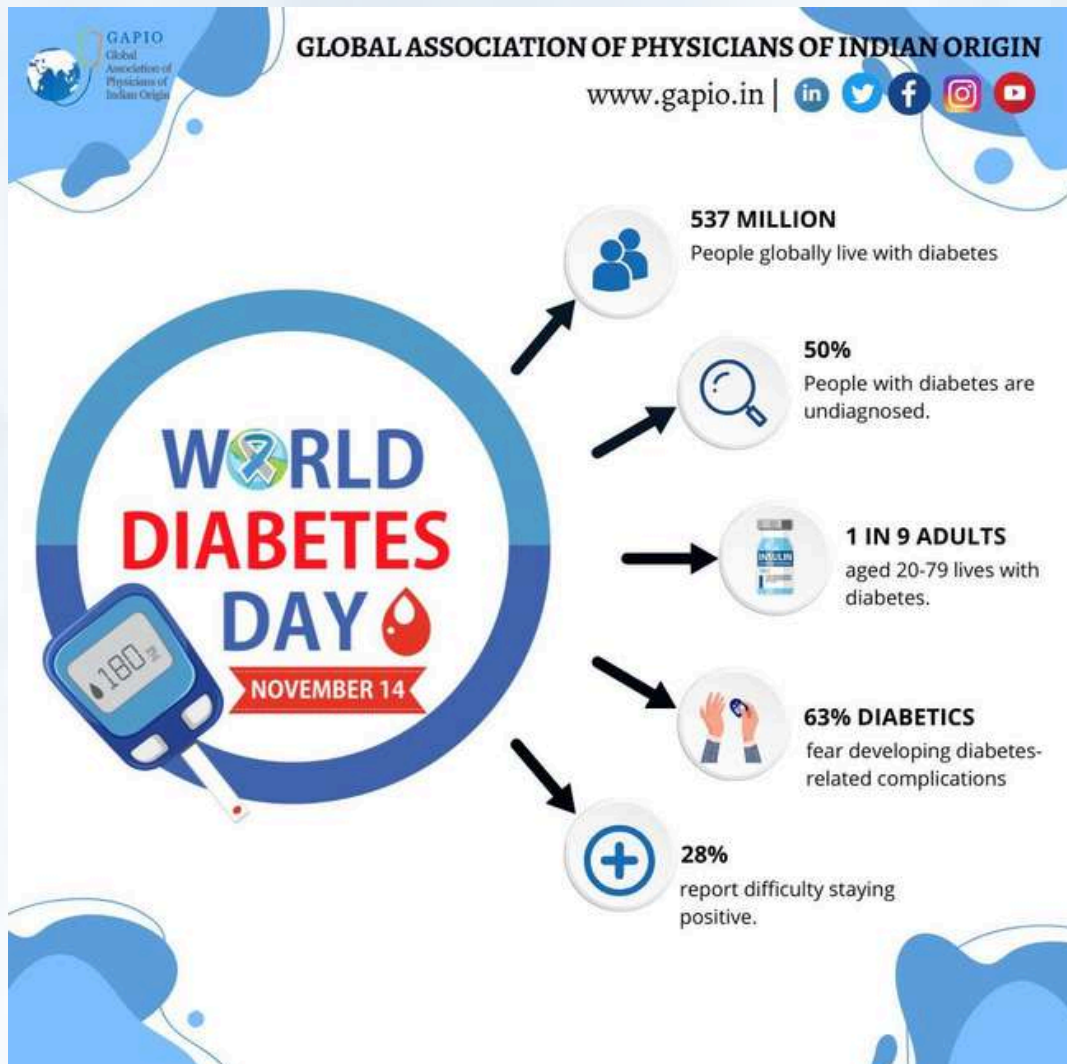
GAPIO called on healthcare professionals to focus on comprehensive care that includes:

- Mental well-being: Addressing the emotional challenges of living with diabetes.
- Early diagnosis: Ensuring timely detection to reduce complications.
- Empowerment through education: Providing patients with the tools to manage their condition effectively through lifestyle changes and informed decisions.

Key Statistics on Diabetes:

- 537 million people globally live with diabetes.
- 50% of people with diabetes remain undiagnosed.
- 1 in 9 adults aged 20-79 lives with diabetes.
- 63% of diabetics fear developing diabetes-related complications.
- 28% report challenges in staying positive.

GAPIO emphasized the importance of prioritizing total well-being for individuals with diabetes and called for collective efforts to raise awareness, provide support, and empower patients worldwide.



SOCIAL MEDIA COVERAGE

World Pneumonia Day 2024: Joining the Fight to Stop Pneumonia






On World Pneumonia Day 2024, GAPIO called for collective action to combat pneumonia, a leading cause of death among children and vulnerable populations. This day served as a reminder of the critical role played by doctors, nurses, and healthcare professionals in preventing and treating this life-threatening illness.

GAPIO emphasized the importance of targeted prevention, early detection, and swift treatment to save lives. Advocacy efforts focused on promoting cleaner air, expanding vaccine access, and strengthening healthcare systems to ensure better care for all.

By addressing the root causes and enhancing awareness, healthcare professionals were not just treating symptoms—they were making a lasting impact and changing lives. GAPIO saluted the dedication of these medical heroes who continue to fight for breath and champion care across the globe.

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Association of
Physicians of
Indian Origin

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**WORLD
PNEUMONIA DAY**

NOVEMBER 12TH

Championing the fight to stop pneumonia—your expertise saves lives.

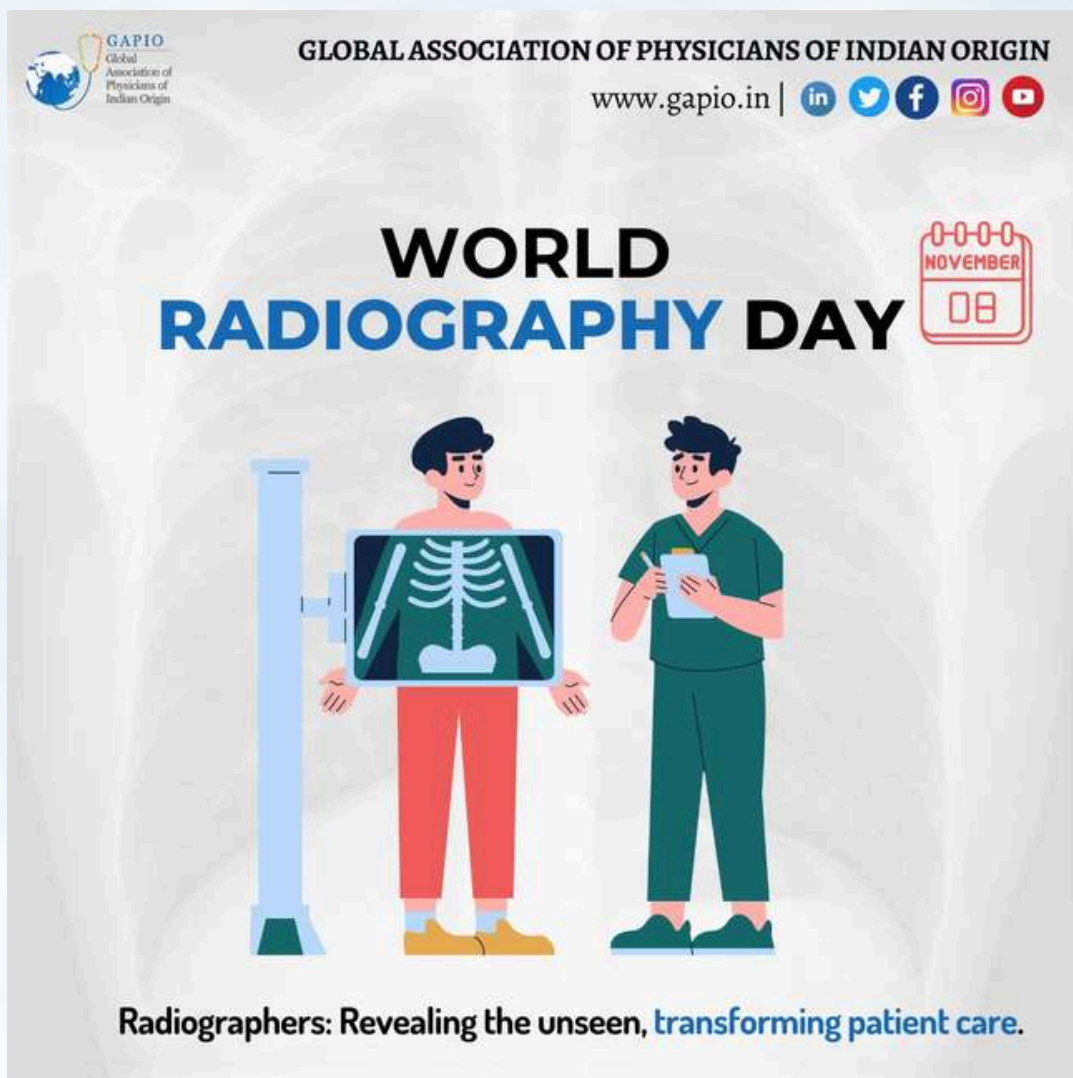
SOCIAL MEDIA COVERAGE

World Radiography Day 2024: "Radiographers - Seeing the Unseen"

On World Radiography Day 2024, GAPIO celebrated the remarkable contributions of radiographers, the healthcare professionals who play a pivotal role in unveiling hidden health conditions through medical imaging. Their expertise enables early diagnosis, timely intervention, and improved patient care, making them an integral part of modern healthcare.

Radiographers use advanced imaging technologies to "see the unseen," identifying conditions that might otherwise go undetected. Their dedication to precision and patient safety ensures that medical decisions are based on clear, accurate insights.

GAPIO acknowledged and appreciated the tireless efforts of radiographers worldwide, whose work continues to transform healthcare outcomes and save lives.



SOCIAL MEDIA COVERAGE

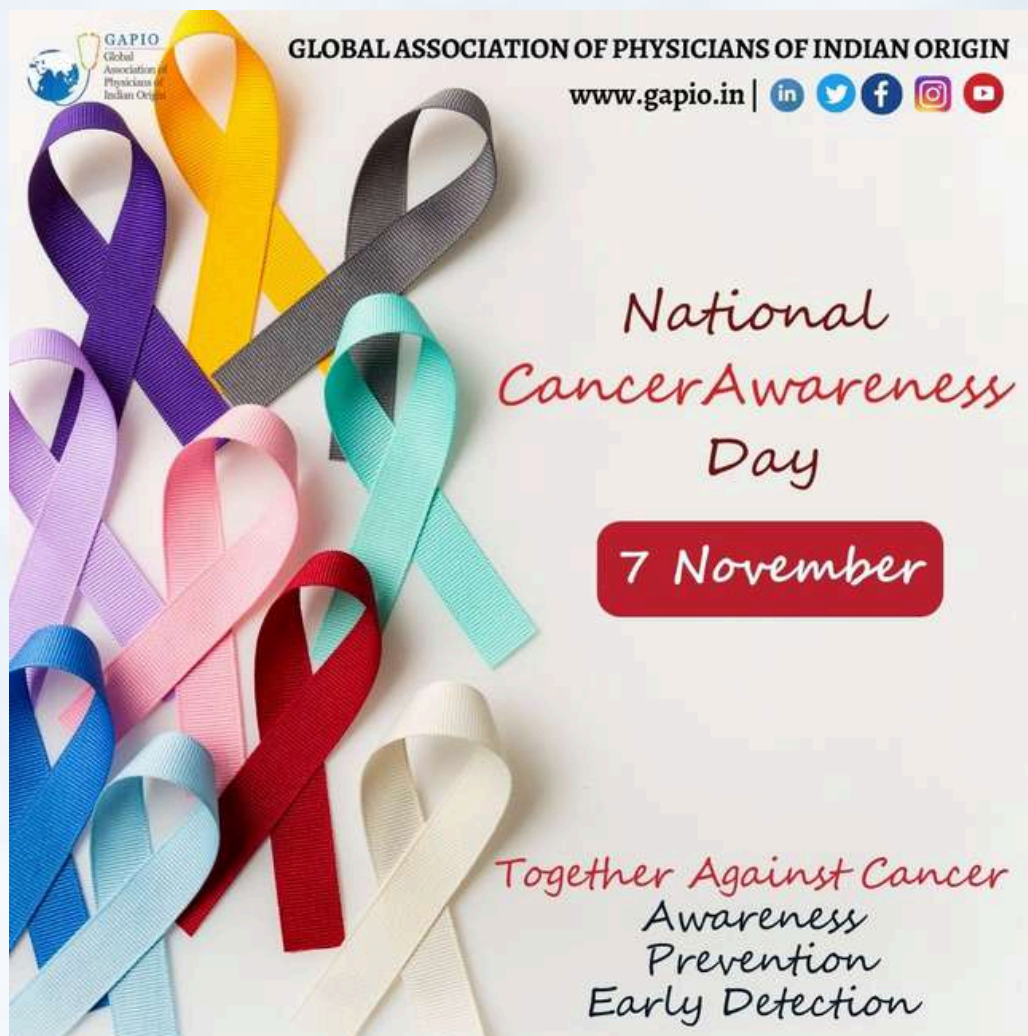
National Cancer Awareness Day: Uniting for Prevention and Early Detection

On November 7, GAPIO observed National Cancer Awareness Day, a vital opportunity to raise awareness about cancer prevention, early detection, and treatment. As cancer remains the second leading cause of death worldwide, this day serves as a call to action to adopt proactive measures to combat this life-threatening disease. In 2022 alone, India reported over 14.1 lakh new cancer cases, underscoring the urgent need for awareness and intervention. GAPIO emphasized the importance of early detection, as timely diagnosis and treatment can significantly improve survival rates and reduce the disease burden.

Top Cancers in India:

- Men: Lip, oral cavity, and lung cancers
- Women: Breast and cervical cancers (accounting for 27% and 18% of new cases, respectively)

GAPIO urged individuals to embrace healthier lifestyles, prioritize regular screenings, and support ongoing research efforts. By fostering awareness, education, and community action, we can work collectively to reduce cancer risks and support patients in their fight against the disease.



HEALTH TIPS/FACTS

Mindfulness Training: A Path to Better Physician Well-Being

A recent study led by the University of Toronto highlights how mindfulness training can significantly improve doctors' well-being, communication, and ability to manage stress, offering vital solutions for modern healthcare challenges.

Key Benefits of Mindfulness Training for Physicians:

1. Stress Management

- Brief mindfulness practices at the start and end of the workday help regulate workplace stressors, reducing emotional exhaustion and improving focus.
- Doctors feel more energized and experience less “spillover” of stress into their home lives.

2. Improved Work-Life Balance

- Physicians reported a healthier balance between work and personal lives.
- Mindfulness helped them slow down without sacrificing efficiency, promoting a sense of calm and control.

3. Enhanced Communication

- Training improved self-awareness and reduced emotional reactivity during challenging situations.
- Physicians developed compassionate communication skills, enhancing patient interactions and colleague relationships.

4. Patient-Centered Care

- Mindfulness increased doctors' focus during consultations and heightened their awareness of personal biases, leading to better diagnoses and treatment plans.

5. Cognitive and Behavioral Improvements

- Doctors noted positive behavioral changes, including clearer boundary-setting and more effective prioritization of tasks.

By embracing mindfulness practices, healthcare professionals can build resilience, foster healthier workplaces, and enhance their ability to deliver empathetic and effective patient care.

Source: https://medicalxpress.com/news/2023-11-mindfulness-doctors-well-being-communication.html?utm_source=chatgpt.com#google_vignette



HEALTH TIPS/FACTS

Unclogging the Pipeline: Improving Patient Access and Referrals

The healthcare landscape has shifted dramatically, demanding new strategies to meet the evolving needs of patients. One critical area that often gets overlooked is patient access and referrals.

The Problem:

- **Long Wait Times:** Patients are frustrated by long wait times on the phone.
- **Staff Shortages:** Understaffed practices struggle to keep up with demand.
- **Inefficient Processes:** Outdated systems and manual processes hinder efficiency.

The Solution:

- Embrace **Digital Solutions:** Implement online scheduling and appointment reminders.
- Use **patient portals** for secure communication and information sharing.
- **Automate** routine tasks like form filling and prescription refills.
- **Optimize Staffing:** Consider hybrid staffing models, combining in-person and remote workers.
- **Train staff** to handle multiple tasks and prioritize efficiently.
- **Invest** in staff retention strategies to reduce turnover.
- **Prioritize Patient Experience:** Create a welcoming and efficient front-desk experience.
- Train staff to **communicate effectively** and empathetically.
- **Gather feedback** through surveys and online reviews.

By addressing these challenges, healthcare providers can improve patient satisfaction, attract new patients, and ultimately enhance the overall quality of care.

Source: <https://www.physicianspractice.com/view/eliminating-bottlenecks-to-the-bottom-line>



GAPIO Honors' List November 2024

GAPIO Honours' List November 2024

<p>★ DR ADITENDRADITYA SINGH BHATI</p> <p>★ DR AKSHAT PANDEY</p> <p>★ DR ANITA JATANA</p> <p>★ DR ARUN PRASAD</p> <p>★ DR. PREMKUMAR BALACHANDRAN</p> <p>★ DR. BELLAMKONDA KISHORE</p>	<p>★ DR DEVENDRA KUMAR GUPTA</p> <p>★ DR. GYANSHANKAR MISHRA</p> <p>★ DR JAI KISHAN KARAHYLA</p> <p>★ DR. KANDAMARAN KRISHNAMURTHY</p> <p>★ DR MILIND CHITNIS</p> <p>★ DR. (PROF.) P. N. RENJEN</p> <p>★ DR. RAJU VAISHYA</p>
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Global Association of Physicians of Indian Origin

Dr Aditendraditya Singh Bhati, Consultant Neurosurgeon & Spine Surgeon at, New Delhi have recently been awarded “Academic Excellence Award” on 1st December 2024 by the South Delhi Branch of Indian Medical Association.

Dr Akshat Pandey has received certificate of excellence under Ministry of Youth Affairs and Sports (MYAS) during 2nd National Sports Injury Conclave.

Dr Anita Jatana, Consultant Dietetics, Indraprastha Apollo Hospital, New Delhi has received “Poshan Shree Award 2024” presented by “Poshan Dhara Association” during the 2nd International and 4th National Nutricon 2024.

Dr Arun Prasad, Surgical Gastroenterology, Clinical Lead, GI & Bariatric, at New Delhi, has got his article "[MGB-OAGB International Club—Results of a Modified Delphi Consensus on Controversies in OAGB](#)", published in Obesity Surgery Journal.

GAPIO Honors' List November 2024

Dr. Premkumar Balachandran, Senior Consultant and Clinical Lead at Chennai was part of a Tamil Health Talk Show in Sun TV and discussed the common symptoms and management of gastric disorders. He emphasized the importance of diagnosing gastrointestinal disorders early for prompt management.

Dr. Bellamkonda Kishore, Adjunct Professor of Medicine, University of Utah Health; President, CEO & CSO, ePurines, Inc., Univ. of Utah Research Park, Salt Lake City, UT, USA, has published an Invited Review article "Reverse Epidemiology of Obesity Paradox: Fact or Fiction, Physiological Reports vol 12, issue 21, November 2024 e70107" in Physiological Reports, a joint publication of the Physiological Society of United Kingdom and the American Physiological Society as follows.

This is the first review article that deals with both obesity paradox and lean diabetes on one platform. Lean diabetes, a hybrid of T1DM and T2DM, is prevalent among Indians and Indian Americans.

<https://physoc.onlinelibrary.wiley.com/doi/10.14814/phy2.70107>

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 received following awards:

- Prof K C Sogani Medal of the Indian Association of Pediatric surgeons during the Golden Jubilee - Annual conference held at AIIMS-Rishikesh, November 7-10, 2024
- Lifetime Achievement Award by the Research and Innovation of Pediatric Surgeons Society, during the Annual conference held at AIIMS-Jammu, December 6-7, 2024.
- Honey. Life President - International Society for Hypospadias and DSD, 2024.

Dr. Gyanshankar Mishra, Associate Professor, Department of Respiratory Medicine, Indira Gandhi Government Medical College, Nagpur, has been elected to the prestigious. End TB Transmission Initiative (ETTi) – Powering Airborne Infection Control (IPC) Core Group (2025–2027 term). This global working group, under the Stop TB Partnership, focuses on reducing TB and airborne infection transmission risks worldwide. Dr. Mishra's expertise in tuberculosis and airborne infection prevention, along with his contributions to Respiratory Medicine, has been recognized internationally through this election.

Dr Jai Kishan Karahyla, Professor Emeritus Respiratory Medicine MMIMSR MM deemed to be University Mullana Ambala Haryana has 5 Attended Chest 2024 The Annual Conference of American college of chest physicians in October 2024 at Boston USA

Dr Jai Kishan has also been Elected Chairman North Zone Indian Chest Society and Invited to attend Governing Body meeting at NPCON Coimbatore on November 23, 2024.

Dr. Kandamaran Krishnamurthy, Consultant Pediatric- Intensive Care Unit from Queen Elizabeth Hospital, Barbados has been Invited as Faculty at 26th National Conference of IAP Intensive Care 2024 held at Chennai.

Dr Milind Chitnis, Associate Professor & Head- Department of Paediatric Surgery, Frere Hospital, Department of Health, Eastern Cape Government, East London, South Africa, was instrumental in opening a branch of ChildSafe South Africa, a registered NPO that educates the community about preventing common injuries in children, namely burns, motor vehicle-related accidents, and ingestion of foreign bodies, in the Buffalo City Municipality in the Eastern Cape Province of South Africa.

Dr Milind Chitnis was Chair of the two scientific sessions and an examiner for the mock exam at the South African Paediatric Surgical Trainees Association (SAPSTA) annual meeting in Durban on the 8th and the 9th of November 2024.

GAPIO Honors' List November 2024

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

- Vaishya R, Vaish A. Global trend of publications in Orthopaedics and Sports Medicine: 1996-2021. Chinese J Traumatology 2024; 27:368-371. [doi:10.1016/j.cjtee.2023.10.006](https://doi.org/10.1016/j.cjtee.2023.10.006)
- Vaishya R, Vaish A. Research output in orthopedics and sports medicine from Latin America. Acta Ortopédica Mexicana 2024; 38(6): 419-420. doi: 10.35366/118296
- Vaishya R. A Complex Picture Gabapentoids, Frailty, CKD and Hip Fractures. JAMA Open. Published on 17th Nov. 2024. Available at: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2826109>
- Vaishya R, Vaish A. Enhancing Our Understanding of Distal Femur Nonunion: A Critical Commentary. J Bone Jt Surg (Am). Published on 9th Nov 2024. Available at: file:///C:/Users/CROMA/Downloads/jbjs.23.00985.el01%20(1).pdf
- Vaishya R, Vaish A. Insights on Obesity and Total Knee Arthroplasty Outcomes: A Comparative Perspective on Recent Findings. J Bone Jt Surg (Am). Published on 9th Nov 2024. Available at: file:///C:/Users/CROMA/Downloads/jbjs.23.01413.el01.pdf
- Vaishya R, Vaish A. Should Chronological Age be a Consideration in Patients Undergoing Elective Primary Total Knee Arthroplasty? e Letter to Editor. J Arthroplasty 2024; 39: e66. <https://doi.org/10.1016/j.arth.2024.05.03>
- Sharma R, Vaish A, Baweja P, Goyal N, Vaishya R. A Rare Case of Elbow Tophus: Clinical, Radiological, and Histopathological Findings. National Board of Examinations - Journal of Medical Sciences 2024; 2 (12): 1335-1343. DOI 10.61770/NBEJMS.2024.v02.i12.013
- Chapala S, Hussein M, Shirodkar K, Iyengar KP, Vaishya R, Botchu R. Digital Screen Usage amongst Doctors: Demographics, patterns of use and effect of health parameters. Apollo Medicine 2024;0(0). doi:10.1177/09760016241290354
- Vaishya R, Vaish A. Striking a Balance: Navigating the Benefits and Pitfalls of "Publish or Perish". J Bone Jt Dis 2024; 39:129-31. doi: 10.4103/jbjd.jbjd_38_24

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

Global Association of Physicians of Indian Origin

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GAPIO Members Invited to Asia's Largest HealthTech Conference 2025

The 12th International Conference on Transforming Healthcare with IT (THIT), presented by Apollo Hospitals, is set to take place on 21-22 February 2025 at Bharat Mandapam, New Delhi, India. This premier event, titled "From Hype to Hope: Establishing Sustainable Digital Health Landscapes," brings together over 2,500 healthcare and IT professionals, 100+ innovators, and 100+ speakers to discuss cutting-edge developments in health technology.

GAPIO is proud to be part of this transformative initiative. **A special 20% discount is available for GAPIO members.**

How to Avail the Offer:

- Use Promo Code: THIT25GAPI20
- Visit: transformhealth-it.org

Event Highlights:

- Discussions on sustainable digital health landscapes
- Insights from leading experts and innovators
- Networking opportunities for healthcare and IT professionals

For further information, please contact:

Aashish Kumar Jain (Conference Secretary)

- Phone: +91 89718 10271
- Email: secretariat@transformhealth-it.org

GAPIO encourages all members to participate in this landmark conference and explore pathways to revolutionize healthcare through technology.

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21-22 February, 2025
Bharat Mandapam, New Delhi, India
www.transformhealth-it.org