

Improving Health Worldwide



Trump Picks Dr. Jay Bhattacharya to Lead NIH

President-elect Donald Trump has appointed Dr. Jay Bhattacharya, a Stanford health economist and physician, as the new Director of the National Institutes of Health (NIH)

Bhattacharya, a strong critic of Covid lockdowns, co-authored the Great Barrington Declaration, advocating for targeted protection of high-risk groups instead of widespread shutdowns. His stance was controversial, drawing criticism from figures like Dr. Anthony Fauci, but gained traction as concerns over lockdown-related mental health and learning loss grew.

Trump praised Bhattacharya and Health Secretary nominee Robert F. Kennedy Jr., saying they will "restore NIH as a gold standard of medical research." Analysts expect reforms, potentially restructuring NIH leadership and funding priorities.

Bhattacharya called the appointment an "honor" and vowed to rebuild public trust in American scientific institutions. His leadership signals a major shift in federal health policy under the Trump administration.



IN THIS ISSUE

TRUMP PICKS DR. JAY BHATTACHARYA TO LEAD NIH

PAGE 1

GAPIO 15TH ANNUAL CONFERENCE

PAGE 2 - 5

GAPIO MEMBER DR. ASHISH ANEJA RAISES AWARENESS ON HEART HEALTH DURING WINTER

PAGE 6

GAPIO MEMBER DR. ASHISH ANEJA ORGANIZES FREE CARDIO-DIABETIC HEALTH CHECK-UP CAMP ON WORLD DIABETES DAY

PAGE 7

GAPIO MEMBER PROF. RAJUL RASTOGI HONORED WITH TWO INTERNATIONAL AWARDS AT MRI CONFERENCE IN SOUTH KOREA

PAGE 8

GAPIO-RADIOLOGY INTERNATIONAL LECTURE SERIES: ADVANCING CT IMAGING IN ACUTE ABDOMEN

PAGE 9

GAPIO-DIETETICS INTERNATIONAL LECTURE SERIES: PIONEERING SUSTAINABLE NUTRITION IN CRITICAL CARE

PAGE 10

SOCIAL MEDIA COVERAGE

PAGE 11-12

TIPS/FACTS FOR PHYSICIANS

PAGE 13-14

GAPIO MEMBERS INVITED TO ASIA'S LARGEST HEALTHTECH CONFERENCE 2025

PAGE 15

15TH ANNUAL GAPIO CONFERENCE IN MYSORE DRAWS GLOBAL ATTENDANCE AND HONORS TOP PHYSICIANS

The 15th Annual Conference of the Global Association of Physicians of Indian Origin (GAPIO), held on January 18–19 at Hotel Radisson Blu Plaza, concluded with resounding success, drawing over 400 participants from 58 countries. The two-day event featured more than 70 expert speakers and moderators discussing a wide range of topics including Cardiac Sciences, Endocrinology, Gastroenterology, Infectious Disease, Oncology, Pediatrics and OBGY, Nutrition & Diabetes Care, and Physiotherapy. The Karnataka Medical Council accredited the conference with 2 Credit Hours.

Chief Guest Maharaja Yaduveer Krishnadatta Chamaraja Wadiyar, Member of Parliament – Mysore, inaugurated the conference and addressed delegates at the award ceremony. GAPIO President Dr. Nandakumar Jairam shared his vision for strengthening ties among Indian-origin physicians worldwide during the Executive Committee meeting. A special leadership session by Tejasvi Surya, Member of Parliament from Bangalore South, and Supriya Salian, Managing Director of Plansee, Mysuru, was among the key highlights. Vice President of GAPIO, Dr. Sudhir Parikh, delivered the vote of thanks, acknowledging the dedication of organizers, volunteers, and sponsors.

A central feature of the conference was the presentation of prestigious GAPIO Awards, recognizing leading clinicians and rising stars in medicine:

- **GAPIO Lifetime Achievement Award**
 - Padma Bhushan & Padma Shri Awardee Dr. Ashok Seth, Chairman, Fortis Escorts Heart Institute
- **Dr. Prathap C Reddy Philanthropy Award**
 - Dr. Abhay Bang and Dr. Rani Bang, Founding Directors, SEARCH, Gadchiroli, Maharashtra
- **Distinguished Clinician Category**
 - Dr I A Modi Award: Prof. Nikhil Tandon, Endocrinology, AIIMS, New Delhi
 - GAPIO Surgical Excellence Award: Dr. Pankaj Garg, Colorectal Surgery, Indus International Hospital, Punjab, Garg Fistula Research Institute (GFRI)
 - GAPIO Excellence in Diagnostics Award: Dr. Arvind Kumar Chaturvedi, Radiology and Interventional Oncology, Rajiv Gandhi Cancer Institute and Research Center (RGCIRC), New Delhi
 - GAPIO Excellence in Radiology/Radiation Therapy Award: Prof. Bidhu Kalyan Mohanti, Bagchi Shri Shankara Cancer Centre & Research Institute, Odisha
- **Young Clinician Category**
 - Dr I A Modi Award: Dr. Abhilash Chandra, Nephrology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow
 - GAPIO Surgical Excellence Award: Dr. Rishi Mugesh Kanna, Spine Surgery, Ganga Hospital, Coimbatore
 - GAPIO Excellence in Diagnostics Award: Dr. Manisha Bahl, Radiologist, Massachusetts General Hospital (MGH) & Harvard Medical School
 - GAPIO Excellence in Radiology/Radiation Therapy Award: Dr. Ajeet Kumar Gandhi, Department of Radiation Oncology, Dr. Ram Manohar Lohia Institute of Medical Sciences, Lucknow
- **Dr. Prathap C Reddy Philanthropy Commendation Award**
 - Mr. Vikas Bhatia, for his work in Metabolic Errors and Rare Diseases in children

The conference commenced with a traditional lamp lighting ceremony by members of the GAPIO Executive Committee and concluded on a high note with a commitment to improving healthcare globally.

Glimpses of 15th Annual Conference - Mysore, Karnataka



President of GAPIO, Dr. Nandakumar Jairam, shared his vision during the Executive Committee meeting



A session on Leadership by Tejasvi Surya, Member of Parliament from Bangalore South, and Supriya Salian, Managing Director, Plansee, Mysuru, India, was among the highlights of the event.



The Chief Guest, Maharaja Yaduveer Krishnadatta Chamaraja Wadiyar, Member of Parliament – Mysore, inaugurated the conference and addressed the delegates during the award ceremony.

Glimpses from the Award Function



THANK YOU!
YOUR SUPPORT IS SINCERELY APPRECIATED FOR THE
15TH ANNUAL CONFERENCE HELD AT MYSORE

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GAPIO Member Dr. Ashish Aneja Raises Awareness on Heart Health During Winter

As the winter season reaches its peak, GAPIO Member Dr. Ashish Aneja, Administrator of the Health Center at Kurukshetra University, RSSDI member, and Medical Officer, emphasized the importance of heart health during extreme cold.

During a public awareness initiative, Dr. Aneja highlighted that cold temperatures cause blood vessels to constrict, leading to increased pressure on the heart. He warned that even minor negligence in cold weather could result in severe health risks, including viral fever, breathlessness, heart attack, paralysis, and brain hemorrhage.

Key Health Risks During Winter

- Constricted blood vessels increase strain on the heart.
- Cold temperatures raise the risk of respiratory issues and cardiovascular complications.
- Weakened immunity makes individuals more vulnerable to infections like viral fever and flu.

Precautionary Measures Suggested by Dr. Aneja

- Keep the body warm by wearing layered clothing.
- Maintain proper hydration and avoid excessive cold exposure.
- Moisturize regularly to prevent skin dryness caused by low humidity.
- Avoid cold water baths and prefer lukewarm water.
- Consume a nutritious diet rich in seasonal fruits, vegetables, and warm beverages.
- Take slow movements when getting out of bed to prevent sudden blood pressure fluctuations.

Dr. Aneja stressed that awareness and preventive care can significantly reduce winter-related health complications. He urged the public to stay cautious and adopt healthy winter habits to safeguard themselves and their families.

...सर्दी के मौसम में रखें दिल का खास ख्याल

सर्दी में शरीर का तापमान बनाए रखने के लिए सिकुड़ जाते हैं ब्लड वेसल्स: डॉ. अनेजा



खांसी, जुकाम एवं गले की परेशानी

सर्दी के मौसम में ज्यादातर लोग ठंड लगने के कारण खांसी, जुकाम एवं गले में खिचखिच से परेशान रहते हैं। कई बार सिर में तेज दर्द, खराब गले, बलगम जमा होना और नाक के इन्फ्लेमेशन में बदल सकती है। इसके साथ ही निमोनिया की बीमारी का सबसे पहला लक्षण ठंड लगना हो सकता है और यदि इसका उपचार न किया जाये तो यह नुकसानदेह भी हो सकता है। सर्दियों में झड़ी स्किन सर्दी

में, विशेषकर कम नमी वाले मौसम में स्किन का झड़ना एक आम परेशानी है। इस मौसम में भी ध्यान रखनी चाहिए। ठंड के कारण स्किन झड़ती है और फीकी पड़ जाती है और फिंकीनी रकित अन्य समस्याएं होने लगती हैं। इसलिए लोगों को प्रतिदिन धार से धाब गिन्वस गर्म पानी जल्दर पीना चाहिए।

सर्दी में ऐसे करें बचाव

डॉ. अनेजा ने बताया कि सर्दी में होने वाली बीमारियों से बचाव कैसे करें शरीर को गरम रखने के लिए थोड़े अधिक गरम कपड़े पहनें, स्वच्छता का ध्यान रखें, नियमित रूप से स्किन को मॉइस्चराइज करें, ठंडा पानी पीने से बचें, तेज गरम पानी के स्नान से बचें, पौष्टिक

भोजन करें। सुबह उठने के बाद कुछ मिन्ट ब्रिस्तर पर बैठें और झाँकी को स्ट्रेच करें। इसके बाद पैरों को नीचे करके थोड़ा हिलाएँ। थोड़ी देर बिस्तर पर बैठें रहें, फिर ही बेड से नीचे उतरें। इससे ब्लड सर्कुलेशन बेहतर होगा और दिल को नुकसान नहीं पहुँचेगा।

ठंड में बढ़ जाती है सांस फूलने, हार्ट अटैक व ब्रेन हेमरेज जैसी बीमारियाँ

सच काँट/देवीलाल चारना

कुरुक्षेत्र। सर्दी ने टिन्डुरन बढ़ा दी है। नव दिनों हुई बरसात व प्रदेश में हुई ओलावृष्टि के बाद सर्दी तापमान घट गया है। ऐसे में प्रदेश भर में सर्दी का मौसम चरम पर है इसलिए कड़के की ठंड में अपने दिल का खास ख्याल रखने की आवश्यकता

है। कुरुक्षेत्र विश्वविद्यालय के स्वास्थ्य सेंटर के एडमिनिस्ट्रेटर एवं मेडिकल ऑफिसर डॉ. आशीष अनेजा ने कहा कि सर्दी के मौसम में शरीर का तापमान मेंटन करने के लिए ब्लड वेसल्स सिकुड़ जाते हैं जिसके कारण दिल पर काफी दबाव पड़ता है। ठंड में जरा-सी लापरवाही आपके तथा आपके परिवार की सेहत बिगाड़ सकती है। ठंड की चपेट में आने से वायरल फीवर, सांस फूलने, हार्ट अटैक, पैरालाइसिस सहित ब्रेन हेमरेज जैसी बीमारी का खतरा बढ़ जाता है।

सर्दी में दिल का रखें खास ख्याल : अनेजा

- कड़के की ठंड को लेकर स्वास्थ्य के प्रति किया जागरूक

हरिभूमि न्यूज़ | कुरुक्षेत्र

कुरुक्षेत्र विश्वविद्यालय के स्वास्थ्य सेंटर के एडमिनिस्ट्रेटर, गैपियो सदस्य, आरएसएसडीआई मेंबर एवं मेडिकल ऑफिसर डॉ. आशीष अनेजा ने कहा कि प्रदेश भर में सर्दी का मौसम चरम पर है इसलिए कड़के की ठंड में अपने दिल का खास ख्याल रखें। सर्दी के मौसम में शरीर का तापमान मेंटन करने के लिए ब्लड वेसल्स सिकुड़ जाते हैं जिसके कारण दिल पर काफी दबाव पड़ता है। ठंड में जरा-सी लापरवाही आपके तथा आपके परिवार की सेहत बिगाड़ सकती है। ठंड की



डॉ. आशीष अनेजा।

चपेट में आने से वायरल फीवर, सांस फूलने, हार्ट अटैक, पैरालाइसिस सहित ब्रेन हेमरेज जैसी

ऐसे करें बचाव

डॉ. अनेजा ने बताया कि सर्दी में होने वाली बीमारियों से बचाव कैसे करें शरीर को गरम रखने के लिए थोड़े अधिक गरम कपड़े पहनें, स्वच्छता का ध्यान रखें, नियमित रूप से स्किन को मॉइस्चराइज करें, ठंडा पानी पीने से बचें, तेज गरम पानी के स्नान से बचें, पौष्टिक भोजन करें। सुबह उठने के बाद कुछ मिन्ट ब्रिस्तर पर बैठें और झाँकी को स्ट्रेच करें। इसके बाद पैरों को नीचे करके थोड़ा हिलाएँ। थोड़ी देर बिस्तर पर बैठें रहें, फिर ही बेड से नीचे उतरें।

नुकसानदेह भी हो सकता है। सर्दियों में झड़ी स्किन सर्दी में, विशेषकर कम नमी वाले मौसम में स्किन का झड़ना एक आम परेशानी है।

GAPIO Member Dr. Ashish Aneja Organizes Free Cardio-Diabetic Health Check-up Camp on World Diabetes Day

GAPIO Member Dr. Ashish Aneja, in collaboration with Max Super Specialty Hospital, Mohali, organized a Free Cardio-Diabetic Health Check-up and Awareness Camp on the occasion of World Diabetes Day 2024. The initiative aimed to raise awareness about diabetes prevention, early detection, and management, aligning with this year's theme, "Breaking Barriers, Bridging Gaps."

Comprehensive Health Screenings for Early Detection

The camp provided free medical check-ups to over 300 individuals, offering essential screenings such as:

- ✓ Blood Glucose Testing for early diabetes detection
- ✓ Bone Mineral Density (BMD) Tests to assess bone health
- ✓ Neuropathy Screening for nerve damage evaluation
- ✓ Spirometry for lung function analysis
- ✓ Electrocardiogram (ECG) to assess heart health
- ✓ Blood Pressure & BMI Analysis

Patients were also educated about lifestyle modifications, balanced nutrition, and the importance of regular check-ups in preventing diabetes-related complications.

Promoting Awareness and Accessible Healthcare

Addressing the gathering, Dr. Ashish Aneja highlighted the increasing burden of diabetes worldwide and the need for proactive healthcare measures. He emphasized that regular screenings and lifestyle changes can significantly reduce the risk of diabetes and its complications.

Key Takeaways from the Camp

- Early detection saves lives: Timely screening helps in effective diabetes management and complication prevention.
- Preventive healthcare is essential: Healthy diet, exercise, and regular check-ups can help in controlling diabetes.
- Bridging healthcare gaps: The initiative ensured equitable and affordable access to medical care for those in need.

Participants also received free medications and counseling from medical experts to help them adopt healthier lifestyles.

The camp successfully reinforced GAPIO's mission to promote global healthcare awareness, encouraging individuals to prioritize their health, seek timely medical assistance, and work towards a diabetes-free future.



स्वास्थ्य के लिए नियमित जांच जरूरी
हरिद्वीप न्यूज़ कुरुक्षेत्र।

कुरुक्षेत्र विश्वविद्यालय के कुलपति प्रोफेसर सोमनाथ सचदेवा के मार्गदर्शन में बुधवार को केयू स्वास्थ्य केन्द्र में विश्व मधुमेह दिवस के उपलक्ष्य में मैक्स सुपर स्पेशियलिटी अस्पताल, मोहाली के संयुक्त तत्वावधान में कर्मचारियों के लिए निःशुल्क स्वास्थ्य जांच शिविर आयोजित किया गया। इस अवसर पर केयू छात्र कल्याण अधिष्ठाता प्रो. एआर चौधरी ने स्वास्थ्य केन्द्र पहुंचकर बतौर मुख्यातिथि कहा कि शारीरिक स्वास्थ्य को ठीक रखने के लिए नियमित जांच जरूरी है जिससे हम अनेक खतरनाक बीमारियों से भी बच सकते हैं। इसलिए समय-समय पर हमें अपने स्वास्थ्य की जांच करवानी चाहिए। केयू स्वास्थ्य केन्द्र के एडमिनिस्ट्रेटर एवं मेडिकल ऑफिसर गैपियो सदस्य, आरएसएसडीआई डॉ. आशीष अनेजा ने बताया कि विश्व मधुमेह दिवस पर आयोजित इस निःशुल्क कैम्प का उद्देश्य लोगों को स्वास्थ्य के प्रति जागरूक करना था। उन्होंने कहा कि मधुमेह से बचाव

कुरुक्षेत्र। कर्मचारियों का चेकअप करते चिकित्सक।

के लिए चीनी और परिष्कृत कार्बोहाइड्रेट के सेवन से बचें। एक समय में भोजन का छोटा हिस्सा खाने का अभ्यास करें। आहार में फाइबर और कम ग्लाइसेमिक इंडेक्स वाले खाद्य पदार्थ शामिल करें। उन्होंने बताया कि इस निःशुल्क चिकित्सा कैम्प में मैक्स सुपर स्पेशियलिटी अस्पताल, मोहाली से आई विशेषज्ञों की टीम ने हृदय रोग (ऑर्थोपेडिक्स) से संबंधित मरीजों की गहनता से जांच की। शिविर में ब्लड प्रेशर, वलड शुगर, ईसीजी, बुखार, वजन, स्माइरोमेट्री, वीएमडी, न्यूरोपैथी इत्यादि के भी टेस्ट किए गए। इसके साथ ही मरीजों को निःशुल्क दवाईयां भी वितरित की गईं।



केयू एवं मैक्स सुपर स्पेशियलिटी अस्पताल, मोहाली के संयुक्त तत्वावधान में कर्मचारियों के लिए निःशुल्क स्वास्थ्य जांच शिविर आयोजित
दैनिक आवाज जनादेश कुरुक्षेत्र

कुरुक्षेत्र विश्वविद्यालय के कुलपति प्रोफेसर सोमनाथ सचदेवा के मार्गदर्शन में बुधवार को केयू स्वास्थ्य केन्द्र में विश्व मधुमेह दिवस के उपलक्ष्य में मैक्स सुपर स्पेशियलिटी अस्पताल, मोहाली के संयुक्त तत्वावधान में कर्मचारियों के लिए निःशुल्क स्वास्थ्य जांच शिविर आयोजित किया गया। इस अवसर पर केयू छात्र कल्याण अधिष्ठाता प्रो. एआर चौधरी ने स्वास्थ्य केन्द्र पहुंचकर बतौर मुख्यातिथि कहा कि शारीरिक स्वास्थ्य को ठीक रखने के लिए नियमित जांच जरूरी है जिससे हम अनेक खतरनाक बीमारियों से भी बच सकते हैं। इसलिए समय-समय पर हमें अपने स्वास्थ्य की जांच करवानी चाहिए। केयू स्वास्थ्य केन्द्र के एडमिनिस्ट्रेटर एवं मेडिकल ऑफिसर गैपियो सदस्य, आरएसएसडीआई डॉ. आशीष अनेजा ने बताया कि विश्व

मधुमेह दिवस पर आयोजित इस निःशुल्क कैम्प का उद्देश्य लोगों को स्वास्थ्य के प्रति जागरूक करना था। उन्होंने कहा कि मधुमेह से बचाव के लिए चीनी और परिष्कृत कार्बोहाइड्रेट के सेवन से बचें। एक समय में भोजन का छोटा हिस्सा खाने का अभ्यास करें। आहार में फाइबर और कम ग्लाइसेमिक इंडेक्स वाले खाद्य पदार्थ शामिल करें। उन्होंने बताया कि इस निःशुल्क चिकित्सा कैम्प में मैक्स सुपर स्पेशियलिटी अस्पताल, मोहाली से आई विशेषज्ञों की टीम ने हृदय रोग (ऑर्थोपेडिक्स) से संबंधित मरीजों की गहनता से जांच की। शिविर में ब्लड प्रेशर, वलड शुगर, ईसीजी, बुखार, वजन, स्माइरोमेट्री, वीएमडी, न्यूरोपैथी इत्यादि के भी टेस्ट किए गए। इसके साथ ही मरीजों को निःशुल्क दवाईयां भी वितरित की गईं। शिविर का नियमित एवं सेवानिवृत्त लगभग 300 मरीजों ने लाभ उठाया। इस अवसर पर केयू छात्र कल्याण अधिष्ठाता प्रो. एआर चौधरी, प्रो. दिलीप कुमार, प्रो. वृजेश साहनी, प्रो. एसके चहल, डॉ. कुलदीप आर्या, वरुण शर्मा, वीरेंद्र सिंह सहित अन्य मौजूद रहे।



GAPIO Member Prof. Rajul Rastogi Honored with Two International Awards at MRI Conference in South Korea

GAPIO Member Prof. Rajul Rastogi has been recognized for his outstanding contributions to radiology by receiving two prestigious international awards at the International Conference on MRI, conducted by the Korean Society of Magnetic Resonance Imaging in Medicine on November 8-9, 2024.

The conference, attended by over 900 delegates from 19 countries, honored Prof. Rastogi with:

- ✓ Scholarship Award for Research Excellence
- ✓ ICMRI Contribution Award for Outstanding Work in MRI

His name has also been etched on the Award Pillar of the Conference, marking his significant contributions to the field of radiology and medical imaging.

Research Contributions at the Conference

As a key participant in the conference, Prof. Rastogi presented seven research studies, including:

- Two Oral Deliberations on advanced MRI applications.
- Five Scientific Posters showcasing his latest research in MRI advancements.

National Recognition and Academic Contributions

Continuing his academic excellence, Prof. Rastogi was also invited to deliver an oral lecture at the Annual Conference of the UP Chapter of the Indian Radiological & Imaging Association (IRIA) on November 16-17, 2024, in Noida. His session on Ultrasound of the Shoulder Joint was well received by radiology professionals.

Adding to his achievements, Prof. Rastogi published a research paper in an indexed journal:

📖 "Gender-wise Description of Morphometric Measures of Knee Joint in MRI Scan – A Descriptive Cross-Sectional Study"

📌 Journal of Anatomical Society of India, 2024; 73(3):237-248

As a dedicated GAPIO member, Prof. Rastogi continues to make significant contributions to medical imaging research, education, and clinical advancements, reinforcing his role as a leading expert in the field of radiology.



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GAPIO-Radiology International Lecture Series: Advancing CT Imaging in Acute Abdomen

On Saturday, 14th December 2024, the Global Association of Physicians of Indian Origin (GAPIO) conducted the GAPIO-Radiology International Lecture Series, focusing on CT Imaging in Acute Abdomen. The event featured leading experts discussing the role of CT imaging in diagnosing gastrointestinal and hepatobiliary emergencies.

Event Highlights

Theme: The session explored advancements in CT imaging for acute abdominal conditions, improving diagnostic accuracy and patient outcomes.

Expert Speakers:

- Dr. Asutosh Sahu (Toronto, Canada) covered CT Imaging in the Gastrointestinal Tract, highlighting its role in emergency radiology.
- Dr. Mukesh Harisinghani (Harvard Medical School, USA) discussed CT Imaging in the Hepatobiliary System, focusing on cutting-edge imaging techniques.

Interactive Session: A Q&A moderated by Dr. Arun Prasad and Dr. Vinita Sharan facilitated discussion on best practices in radiology.

Key Takeaways

- Advanced CT techniques enhance early detection and management of acute abdominal conditions.
- Insights from global experts help refine diagnostic protocols for better clinical outcomes.
- Collaboration between radiologists and surgeons is essential for improving patient care.

The session concluded with a vote of thanks by Dr. Sushil Jain, acknowledging the speakers, moderators, and participants. GAPIO continues to promote medical education and collaboration through its lecture series.



GAPIO
Global Association of Physicians of Indian Origin

GAPIO Radiology International Lecture Series

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

CT Imaging in Acute Abdomen

7:00 PM IST on Saturday, 14th December 2024

8:30 AM EST, 7:30 AM CST, 5:30 AM PST, 1:30 PM BST (UK), 12:30 AM (15 December – Sydney, Australia)

Join us: <https://us02web.zoom.us/j/84353785711>

Welcome and Opening Remarks		Dr Anju Aggarwal <small>General Practitioner Sydney, Australia EC Member, GAPIO</small>	3 Mins
Introduction of Topic		Dr Arun Prasad <small>Senior Laparoscopic, Bariatric and Robotic Surgeon, Indraprastha Apollo Hospitals, New Delhi</small>	3 Mins
CT Imaging in Acute Abdomen- Gastrointestinal Tract		Dr. Asutosh Sahu <small>Cardiothoracic Imaging and Emergency Radiology Toronto, Canada</small>	20 Mins
CT Imaging in Acute Abdomen - Hepatobiliary System		Dr. Mukesh Harisinghani <small>Professor of Radiology, Harvard Medical School Practicing Radiology at Massachusetts General Hospital, Boston USA.</small>	20 Mins
Question & Answer		Dr Arun Prasad Dr Vinita Sharan	10 Mins
Vote of thanks		Dr Sushil Jain <small>Honorary Advisor, GAPIO</small>	2 Mins

MODERATOR



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

CHAIRPERSON



Dr. Arun Prasad
Senior Laparoscopic, Bariatric and Robotic Surgeon,
Indraprastha Apollo Hospitals,
New Delhi

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Dr Sushil Jain, Honorary Advisor

GAPIO-Dietetics International Lecture Series: Pioneering Sustainable Nutrition in Critical Care

On Wednesday, 11th December 2024, the Global Association of Physicians of Indian Origin (GAPIO) successfully conducted the GAPIO-Dietetics International Lecture Series, focusing on Sustainable Nutrition Interventions in Critical Care. The virtual event brought together renowned experts from across the globe to discuss innovative approaches to nutrition in healthcare, particularly in critical care settings.

Event Highlights:

- **Theme:** The event emphasized the importance of sustainable nutrition practices in improving patient outcomes, especially in critical care.
- **Expert Speakers:** Esteemed professionals, including Dr. Mohammed Rehan Sayeed, Dr. Meenakshi Bajaj, and Dr. Avantina S Bhandari, shared insights on breaking the malnutrition cycle, medical nutrition therapy (MNT) in heart transplant recovery, and the role of emotional well-being and sleep in ICU care.
- **Interactive Session:** A lively Q&A moderated by Ms. Sandhya Pandey and Ms. Anjana Nair allowed participants to engage directly with the speakers.

Key Takeaways:

- Sustainable nutrition interventions are critical for improving recovery rates and long-term health outcomes.
- Emotional well-being and sleep play a vital role in transforming ICU care.
- Collaborative efforts between dietitians, physicians, and nutritionists are essential to address malnutrition in critical care.

The event concluded with a vote of thanks by Dr. Anita Jatana, who expressed gratitude to the speakers, moderators, and participants for making the lecture series a resounding success.

GAPIO remains committed to advancing healthcare through education, collaboration, and innovation. Stay tuned for more insightful events in the future!

G A P I O
Global Association of Physicians of Indian Origin

GAPIO – Dietetics International Lecture Series

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

Sustainable Nutrition Interventions in Critical Care

4:15 PM IST - 5:15 PM IST, Wednesday 11th December 2024

5:45 AM EST, 4:45 AM CST, 2:45 AM PST, 10:45 AM BST (UK), 9:45 PM (Australia)

Join us: <https://us02web.zoom.us/j/89272348655>

Introduction and Welcome	Dr Anita Jatana Consultant Dietetics Indraprastha Apollo Hospital	4:15 pm – 4:17 pm
Chairperson	Dr Sushil Jain Honorary Advisor - GAPIO Medical Superintendent Apollo Hospitals Indore	4:17 pm – 4:20 pm
Breaking the Malnutrition Cycle : Sustainable Nutrition Interventions	Dr Mohammed Rehan Sayeed Cardiac Surgeon Manipal Hospitals - Bangalore	4:20 pm – 4:40 pm
Road to Recovery : MNT in Heart Transplant	Dr Meenakshi Bajaj Dietician Tamil Nadu Govt Multi Super Specialty Hospital	4:40 pm – 5:00 pm
Transforming ICU Care: Role of Emotional Wellbeing and Sleep Initiatives	Dr. Avantina S Bhandari Culinary Nutritionist, DAAD Scholar (Germany), Ex- Adj Asst Professor, Department of Nutrition, CUNY, New York, USA	5:00 pm – 5:20 pm
Question & Answer	Ms Sandhya Pandey Ms Anjana Nair Dr. Anita Jatana	5:20 pm – 5:28 pm
Vote of Thanks	Dr. Anita Jatana	5:28 pm - 5:30 pm

MODERATORS

Ms Sandhya Pandey
General Manager, and Chief Dietitian, Medanta, The Medicity, Gurugram

Ms Anjana Nair
Consultant Nutritionist
Bangalore

CHAIRPERSON

Dr Sushil Jain
Honorary Advisor - GAPIO
Medical Superintendent
Apollo Hospitals Indore

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Dr Rohini Sridhar, Secretary General Dr Sushil Jain, Honorary Advisor

SOCIAL MEDIA COVERAGE

A Festive Tribute to Healthcare Heroes

This holiday season, GAPIO honored the true heroes—healthcare professionals who tirelessly worked to keep us healthy and safe. Their dedication and compassion embodied the spirit of Christmas: giving, healing, and hope.

🌲 A Season of Gratitude:

- Healthcare workers spent the holidays away from loved ones to care for others.
- Their selflessness reminded us that the greatest gifts are kindness and service.

🌟 Thank You, Healthcare Heroes:

GAPIO celebrated these everyday heroes and wished them a Merry Christmas and a Happy New Year filled with joy, peace, and well-deserved rest.



SOCIAL MEDIA COVERAGE

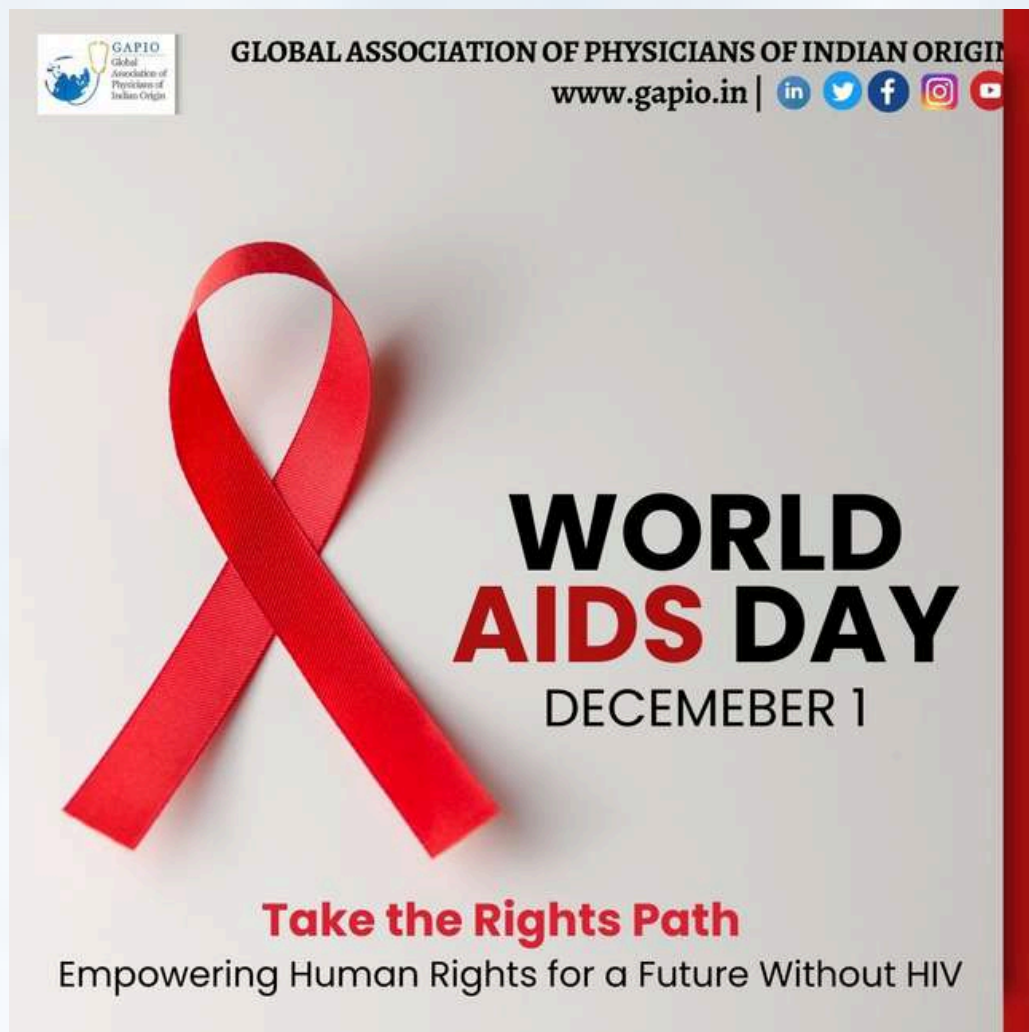
World AIDS Day 2024: “Take the Rights Path”

On World AIDS Day 2024, GAPIO stood united with the global community to champion human rights in the fight against HIV/AIDS. This year’s theme, “Take the Rights Path,” emphasized the importance of breaking barriers, ensuring equitable access to care, and eradicating stigma and discrimination for those affected by HIV/AIDS. Together, we can build a future where everyone, regardless of their status, can live with dignity and hope.

🔍 Key Facts About HIV/AIDS:

- Over 38 million people worldwide are living with HIV.
- Early diagnosis and treatment can help individuals live long, healthy lives.
- Stigma and discrimination remain significant barriers to testing, treatment, and care.

GAPIO reinforced the need for collective action to address the social and structural challenges that perpetuate HIV/AIDS. By advocating for human rights, promoting education, and ensuring access to healthcare for all, we can create a world free of HIV stigma and discrimination. Let’s take the rights path—toward compassion, equity, and a brighter future for everyone.



HEALTH TIPS/FACTS

Virtual Assistants: A Solution to Healthcare Staffing Shortages

As healthcare providers navigate increasing staffing shortages, financial pressures, and administrative burdens, virtual assistants (VAs) are emerging as a practical and cost-effective solution. By offloading routine administrative tasks, VAs allow medical professionals to focus on patient care, reducing burnout and improving operational efficiency.

Key Challenges in Healthcare Staffing

1. Rising Demand and Workforce Shortages

- An aging population and increasingly complex medical needs are driving demand for healthcare services.
- Limited enrollment in medical and nursing schools has slowed workforce replenishment.
- High levels of burnout and job dissatisfaction are pushing healthcare professionals to leave the field.

2. Financial and Regulatory Constraints

- Declining reimbursements and rising overhead costs make hiring full-time staff challenging.
- Stringent immigration policies further restrict recruitment of international medical professionals.
- Economic pressures lead to staff reductions, exacerbating workload for remaining employees.

How Virtual Assistants Can Help

1. Reducing Administrative Burden

- Scheduling appointments and managing patient communications.
- Handling insurance verifications and processing paperwork.
- Managing medical records and documentation, reducing clerical errors.

2. Enhancing Practice Efficiency

- Minimizing scheduling conflicts and appointment errors.
- Streamlining patient follow-ups and recall management.
- Reducing front-desk workload, allowing in-person staff to focus on patient interactions.

3. Improving Patient Experience

- Shorter wait times for scheduling and faster response to inquiries.
- Greater accuracy in appointment management and insurance processing.
- Continuous engagement through follow-up messages and reminders.



Best Practices for Hiring a Virtual Assistant

- Clearly define responsibilities, such as appointment scheduling, patient communication, and record management.
- Ensure HIPAA compliance to protect patient confidentiality.
- Select VAs with medical administration experience for smoother integration.
- Conduct a trial period to evaluate performance before long-term commitment.
- Provide ongoing training and virtual participation in team meetings.

The Future of Virtual Assistance in Healthcare

While virtual assistants cannot replace clinical staff, they offer a scalable and cost-effective solution to administrative challenges. By leveraging technology, healthcare providers can enhance operational efficiency, reduce burnout, and improve patient satisfaction, ultimately ensuring a more sustainable healthcare system.

Source: <https://www.physicianspractice.com/view/staffing-shortages-time-to-consider-a-virtual-assistant?>

[ekey=RUtJRDPdQkM3OTgxMy03M0MyLTQ5RDMtOEU4NC0yNzFERDUzRjU2NTg%3D&utm_campaign=emailname](https://www.physicianspractice.com/view/staffing-shortages-time-to-consider-a-virtual-assistant?ekey=RUtJRDPdQkM3OTgxMy03M0MyLTQ5RDMtOEU4NC0yNzFERDUzRjU2NTg%3D&utm_campaign=emailname&utm_medium=email&_hsenc=p2ANqtz--MDjN-3j2JgpzMNC5X07OdMQRih3iz92lG3QqPXp-zi7uFtbosYz88eKZ4r_0DH8jR0skWonDunurKqnx6tZkaFKY9w&_hsmi=338287941&utm_source=hs)
[_utm_medium=email&_hsenc=p2ANqtz--MDjN-3j2JgpzMNC5X07OdMQRih3iz92lG3QqPXp-](https://www.physicianspractice.com/view/staffing-shortages-time-to-consider-a-virtual-assistant?ekey=RUtJRDPdQkM3OTgxMy03M0MyLTQ5RDMtOEU4NC0yNzFERDUzRjU2NTg%3D&utm_campaign=emailname&utm_medium=email&_hsenc=p2ANqtz--MDjN-3j2JgpzMNC5X07OdMQRih3iz92lG3QqPXp-zi7uFtbosYz88eKZ4r_0DH8jR0skWonDunurKqnx6tZkaFKY9w&_hsmi=338287941&utm_source=hs)
[zi7uFtbosYz88eKZ4r_0DH8jR0skWonDunurKqnx6tZkaFKY9w&_hsmi=338287941&utm_source=hs](https://www.physicianspractice.com/view/staffing-shortages-time-to-consider-a-virtual-assistant?ekey=RUtJRDPdQkM3OTgxMy03M0MyLTQ5RDMtOEU4NC0yNzFERDUzRjU2NTg%3D&utm_campaign=emailname&utm_medium=email&_hsenc=p2ANqtz--MDjN-3j2JgpzMNC5X07OdMQRih3iz92lG3QqPXp-zi7uFtbosYz88eKZ4r_0DH8jR0skWonDunurKqnx6tZkaFKY9w&_hsmi=338287941&utm_source=hs)

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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TRANSFORMING HEALTHCARE WITH IT

APOLLO HOSPITALS PRESENTS
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FOR FURTHER INFORMATION, PLEASE CONTACT:
Aashish Kumar Jain (Conference Secretary)
 Phone: +91 89718 10271
 E-mail: secretariat@transformhealth-it.org

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



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18th - 19th JULY 2025

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