



GAPIO Applauds Dr. Bobby Mukkamala — First Indian-Origin President of the American Medical Association

GAPIO congratulates Dr. Bobby Mukkamala on becoming the 180th President of the American Medical Association (AMA) — the first Indian-origin physician to hold the role.

A practicing ENT specialist in Flint, Michigan, Dr. Mukkamala is known for his work on healthcare equity and substance use policy. Despite undergoing recent brain tumor surgery, he assumed leadership with a strong message:

“Our patients deserve better. Our physicians deserve better. Our nation deserves better.”

Born to Indian immigrant doctors, he earned his MD from the University of Michigan and has served in several key roles within AMA, including Chair of the Substance Use and Pain Care Task Force.

GAPIO celebrates Dr. Mukkamala’s milestone, which marks a proud moment for the global Indian medical community.



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GAPIO Mid-Year Conference 2025 in Nairobi Showcases Global Health Innovation

The Mid-Year Conference of the Global Association of Physicians of Indian Origin (GAPIO) convened in Nairobi, Kenya, on 18th July 2025, marking a significant milestone in its journey toward becoming a unifying force in global healthcare.

Held in the heart of Africa, the conference embodied the spirit of Vasudhaiva Kutumbakam — the world is one family — and the contemporary vision of Sabka Saath, Sabka Vikas. This historic event was co-organized by the British Association of Physicians of Indian Origin (BAPIO), Global Association of Physicians of Indian Origin, the Commonwealth Association for Health and Disability, and Africa Health Business.

The day-long scientific program addressed the pressing healthcare challenges of the African continent with a blend of traditional wisdom and cutting-edge innovation. Sessions covered communicable and noncommunicable diseases, with deep dives into emerging healthcare technologies — including AI, robotics, and non-invasive brain tumour treatment using ZAP-X. Prominent attention was given to advancements in medical genetics and innovations that are reshaping global health delivery.

A particular highlight was the showcasing of GAPIO members' initiatives aimed at improving global sight and access to vision care, underscoring the impactful role of Indian-origin doctors in transforming healthcare across continents. The conference featured globally acclaimed researchers and academics who reaffirmed India's contribution to the global medical knowledge economy.

With attendees from across the world, the conference offered more than academic value — it created lasting bonds and partnerships. Kenyan Indian doctors, along with colleagues from across the diaspora, exemplified GAPIO's core strength: collaboration, compassion, and commitment to health equity.

GAPIO extends heartfelt thanks to the organizing committee led by Dr. Ramesh Mehta, Dr. Uday Bodhankar, and Dr. Sushil Jain.

As the delegates departed, they carried with them not just scientific insights but renewed purpose — to expand GAPIO's mission and strengthen the voice of Indian physicians worldwide.





Mr Rishabh Kumar Rewar
Acting High Commissioner of India to Kenya giving inaugural speech.



Dr Anupam Sibal, Past President of GAPIO addressing the audience during his talk on "Global Healthcare: Challenges and Opportunities"



Spekar Dr Emily Cheserem with GAPIO Leadership



UK Speaker Dr Emily Cheserem speaking on "HIV Hopes on the Horizon"



Platinum Sponsors Space



High Commissioner with organising team



GAPIO organising team with the High Commissioner



Sponsors Area



Speaker Dr Pakhee Aggarwal giving her talk



Dr Suneeta Mittal giving her talk



Fireside chat



Dr Shailja Chaturvedi, Honorary Advisor of GAPIO giving her view in panel discussion on "Health and Wellbeing"



LOKMAT  TIMES

GAPIO Mid-Year Intl Conference organised

LOKMAT NEWS NETWORK
NAGPUR

The Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Commonwealth Association for Health and Disability (COMHAD) and the British Association of Physicians of Indian Origin (BAPIO), successfully hosted its Mid-Year International Conference in Nairobi.

Themed "Future of Global Healthcare: Challenges & Opportunities", the conference served as a dynamic platform for healthcare leaders worldwide to discuss emerging innovations, public health policies, mental health, rare diseases, and technological advancements. The event featured a full-day scientific programme enriched by distinguished speakers, expert panels, and eminent chairpersons from across the globe.

The event was graced by

dignitaries including Shri Rushabh, IFS from the High Commission of India, Dr Nandkumar Jairam (president, GAPIO), Dr Anupam Sibal (ex-president, GAPIO), Dr Uday Bodhankar, executive director, COMHAD and Dr Ramesh Mehta (founder president of BAPIO, GAPIO & COMHAD). COMHAD was well represented with members from India, the UK, the USA, and Australia, who contributed significantly to the deliberations. The COMHAD News Bulletin and Conference Brochure, edited by Dr Chhaya Prasad, were officially released during the inaugural ceremony.

A special breakfast meeting was hosted by Dr. Prakash Heda, Chancellor of Lukenya University, and Dr Chandra Madam, reflecting the exceptional hospitality extended to COMHAD delegates.

Nagpur First
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 LOKMAT  TIMES


(From left) Dr Ramesh Mehta, Dr Chhaya Prasad, Dr Nandkumar Jairam, Dr Uday Bodhankar, Dr Anupam Sibal, Dr Yashwant Patil and Dr Prajakta Kaduskar at the conference.

GAPIO Member Dr. Sudhir Parikh Honored at Nobel Peace Center for Global Hindu Leadership

In a historic recognition of cultural and spiritual leadership, Padma Shri Dr. Sudhir Parikh, founding member of GAPIO and an eminent physician-philanthropist based in the U.S., was honored with the Global Hindu Leadership Award at the Nobel Peace Center in Oslo.

The award was presented as part of a ceremony hosted by Rajarshi Bhupendra Modi, founder of the Jagadguru Adi Sankara Math in Rampur, India. The event celebrated four distinguished global figures for their lifelong commitment to Sanatana Dharma, dharmic values, and service to humanity.

Dr. Sudhir Parikh, a key figure in GAPIO's growth and outreach, was recognized not only for his exceptional contributions to medicine and philanthropy, but also for his pioneering role in amplifying the global voice of the Indian diaspora through Parikh Worldwide Media, one of the most influential Indian-American media networks. "This recognition of Dr. Parikh at such an esteemed global forum reflects the values GAPIO stands for — service, ethics, and global health rooted in cultural integrity," said a GAPIO spokesperson.

Other awardees included:

- Dr. Deepak Chopra – internationally renowned spiritual author and wellness advocate.
- Dr. Romesh Japra – interfaith leader and community mobilizer in the U.S.
- Princess Aswathi Thirunal Gouri Lakshmi Bayi – royal family member and custodian of India's temple traditions.

The Oslo ceremony forms part of a larger movement led by Rajarshi Modi to honor "New Age Hindu Kings and Queens" — leaders above the age of 75 who have upheld dharma, cultural unity, and social transformation. These honorees, described as "guardians of consciousness," are entrusted with advancing the message of peace through dharmic action.

Dr. Parikh's selection among this prestigious group reinforces the profound impact of GAPIO members on both global health and cultural leadership.

As GAPIO continues its mission to connect and empower Indian-origin physicians worldwide, the honor bestowed upon Dr. Parikh is a moment of collective pride — celebrating not just an individual, but the ideals of compassion, excellence, and global service that define GAPIO's vision.



Padma Shri recipient Dr. Sudhir Parikh, center, receiving the recognition at the Nobel Peace Center, Oslo, June 20, 2025. On right is Rajarshi Bhupendra Modi, founder of Adi Shankara Math in Rampur, India.

GAPIO Member Dr. Sudhir Parikh Honored by Rutgers Living History Society for Lifetime Contributions

GAPIO proudly congratulates its founding member, Padma Shri Dr. Sudhir Parikh, on being recognized by the Rutgers Living History Society and Rutgers Oral History Archives (ROHA) at their Annual Brunch Meeting held on May 2, 2025, in New Brunswick, New Jersey.

Dr. Parikh, an accomplished pulmonologist, allergist, and immunologist, was presented with a certificate of recognition as a "member in good standing" of the Rutgers Living History Society. The award highlighted his unwavering support for the oral history program and his extraordinary service to the community over several decades.

"Sudhir Parikh is one of the most supportive community members who has been involved in the oral history program," said Shaun Illingworth, Director of the Rutgers Oral History Archives, during the ceremony.

The event also included a short tribute video on Dr. Parikh's life and contributions, followed by a keynote speech in which he shared his journey — from establishing over 20 medical practices in the tri-state area to founding Parikh Worldwide Media and ITV Gold, serving over 30 million viewers across North America.

Dr. Parikh spoke about his active roles in:

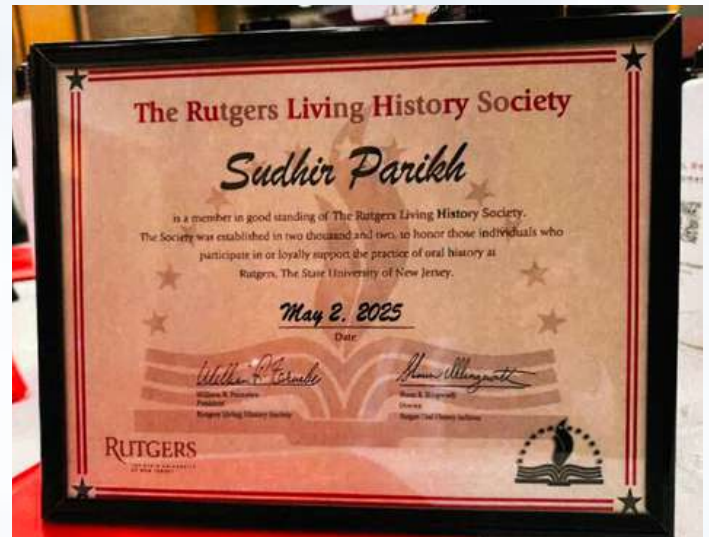
- GAPIO, as incoming president leading a global network of 1.4 million Indian-origin physicians.
- American Association of Physicians of Indian Origin (AAPI) and community organizations like the Federation of Indian Associations.
- Social initiatives such as Life Global and Akshaya Patra, providing education and mid-day meals to underprivileged children.

He expressed gratitude for what he called his "great American dream" and emphasized his lifelong mission to empower the younger generation in both the U.S. and India.

Also present at the event were dignitaries from the Indian American Club of New Jersey, including Shatrughan Dawani and Shashi Airi, who praised Dr. Parikh's legacy and outreach.

Over the years, ROHA has recorded thousands of life narratives of distinguished individuals from New Jersey and beyond, making Dr. Parikh's inclusion a moment of pride not just for Rutgers but for the broader global Indian medical community.

GAPIO commends Dr. Sudhir Parikh's continued dedication to healthcare, education, and cultural service — a shining example of the values GAPIO upholds across the world.



GAPIO Member Dr. Sumul N. Raval Honored at AUSA 2025 Leadership Dinner

GAPIO proudly celebrates the recognition of its esteemed member, Dr. Sumul N. Raval, who was honored at the prestigious 2025 Leadership Dinner hosted by the Northern New Jersey Chapter of the Association of the United States Army (AUSA). The event, held at Albert’s Royal Palace, acknowledged Dr. Raval’s extraordinary contributions to medicine, leadership, and community service.

A board-certified neurologist and one of the very few neuro-oncologists in private practice in the U.S., Dr. Raval is internationally recognized for his pioneering work in brain tumor treatment. He is the founder and director of New Jersey’s first comprehensive Brain Tumor Center at Monmouth Medical Center — a facility that today draws patients from across the nation and globally.

The award was presented by Brigadier General Yvonne L. Mays, Commissioner of the New Jersey Department of Military and Veterans Affairs, alongside Lieutenant Colonel Sarah Bernal of the U.S. Army Reserve. In his address, Dr. Raval shared,

“It is truly an honor to receive this award, which celebrates not just my contributions to medicine but also my dedication to the Indian-American community.”

Dr. Raval’s leadership journey extends beyond clinical excellence. He has served in key roles across the American Association of Physicians of Indian Origin (AAPI) and the Medical Society of New Jersey (MSNJ), where he contributed as Treasurer. His involvement with MOCAAPI, a regional AAPI chapter, includes tenures as Vice President and President, reinforcing his commitment to healthcare advocacy and professional unity.

Adding to the evening’s significance, Dr. Raval co-hosted a dinner reception alongside philanthropist Mr. Albert Jasani, in honor of Mr. Ashishkumar Chauhan, MD & CEO of the National Stock Exchange (NSE) of India. Mr. Chauhan, a trailblazer in financial innovation, delivered a powerful keynote on economic growth and global financial systems, leaving guests from the medical, financial, and business communities inspired.

The David S. Zocchi Brain Tumor Center, under Dr. Raval’s leadership, is celebrated for its holistic approach and cutting-edge research, earning him accolades such as the GBM Heroes Award by CURE® magazine during the Annual Meeting of the Society for Neuro-Oncology.

GAPIO commends Dr. Sumul N. Raval for his unwavering pursuit of clinical excellence, patient-centered innovation, and impactful leadership — values that reflect the very mission of GAPIO on a global stage.



GAPIO Member Featured as Cover Story in Australia's Leading Doctors' Magazine

The Global Association of Physicians of Indian Origin (GAPIO) is proud to celebrate one of its distinguished members who has been featured as the cover story in New South Wales Doctor (NSW Dr) — one of Australia's most respected medical magazines, published by the Australian Medical Association (AMA) NSW.

Being selected as the cover feature of this prestigious publication is a testament to the member's exceptional contributions to healthcare, leadership, and advocacy within the Australian medical community and beyond.

The NSW Dr magazine is a widely circulated and influential platform that highlights pioneering doctors making a difference across clinical care, health policy, medical education, and public health. Featuring a GAPIO member on the cover demonstrates the growing global impact of Indian-origin physicians and their leadership in shaping healthcare systems around the world.

“It is a moment of immense pride not only for me personally, but for every physician of Indian origin working tirelessly around the globe,” the honoree shared.

The full magazine issue is available at:

👉 [NSW Doctor Magazine – Cover Story Link](#)



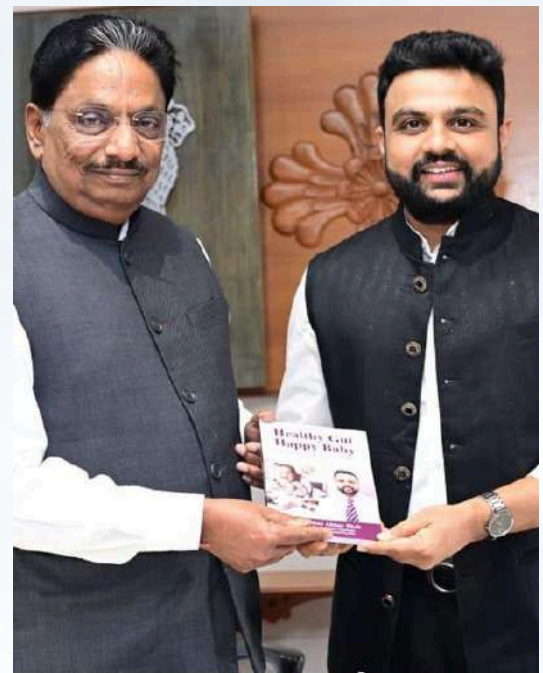
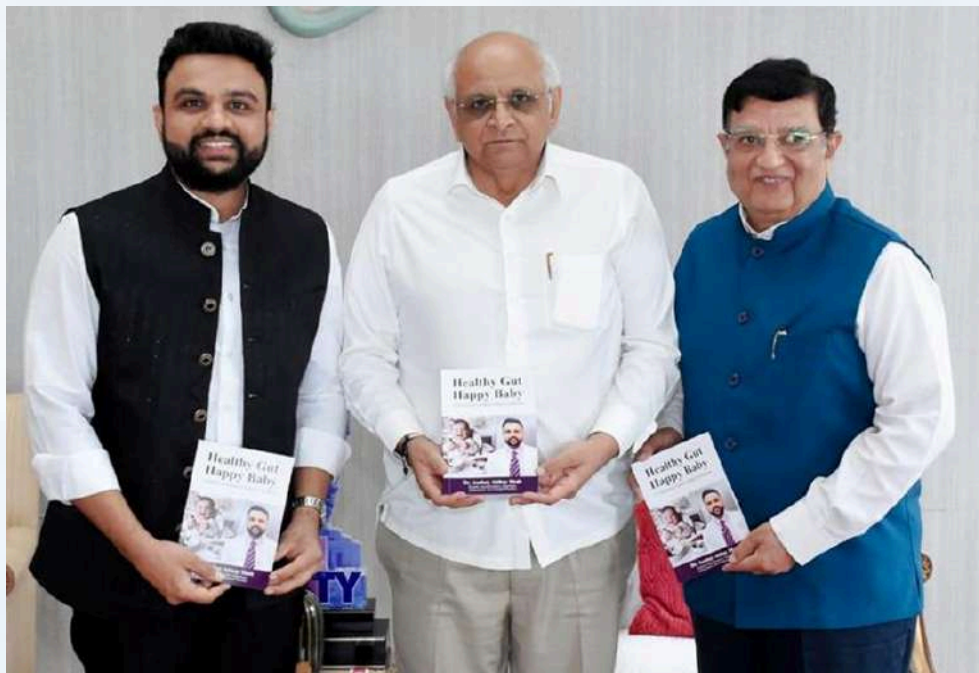
GAPIO Member Dr. Aashay Shah Launches Book “Healthy Gut, Happy Baby” to Global Acclaim

GAPIO proudly congratulates Dr. Aashay Abhay Shah, Pediatric Gastroenterologist and founder-director of Prism Pediatric Gastro, Ahmedabad, on the global launch of his book “Healthy Gut, Happy Baby”. The book is now available worldwide on platforms including Amazon, Amazon Kindle, and Flipkart.

In a grand launch ceremony held in Gujarat, the book was unveiled by the Honorable Chief Minister Shri Bhupendra Bhai Patel and Health Minister Shri Rushikesh Patel, underscoring its significance in pediatric health literature.

Dr. Shah’s book offers practical, evidence-based insights into the importance of gut health in early childhood, empowering parents with knowledge to ensure holistic well-being for their children. The book stands as a valuable contribution to preventive pediatrics and is set to benefit both caregivers and healthcare providers across the globe. “Healthy digestion is the cornerstone of lifelong wellness,” said Dr. Shah. “This book aims to simplify pediatric gut health for families everywhere.”

A proud member of GAPIO, Dr. Aashay Shah continues to make remarkable strides in pediatric gastroenterology and public health awareness. GAPIO celebrates his achievement and looks forward to his continued contributions to global child health and education.



GAPIO Member Dr. O. P. Sharma Honored for Leadership in Geriatric and Innovative Medicine

GAPIO proudly recognizes the remarkable contributions of its esteemed member, Dr. O. P. Sharma, who played a leading role in two high-profile national conferences this summer—advancing the dialogue on geriatric healthcare and medical innovation in India.

On June 20, 2025, Dr. Sharma, serving as Secretary General of the Geriatric Society of India (GSI), welcomed Hon'ble Governor of Odisha, Shri Hari Babu Kambhampati, at the Mid-Term Conference of GSI held in Bhubaneswar. The conference was graced by medical dignitaries including Dr. Tirupati Panigrahi, Chairman, Hitech Group of Medical Colleges; Dr. Atul Kulshrestha, President of GSI; and Dr. Purna Chandra Dash, Principal, Hitech Medical Colleges.

Dr. Sharma delivered an insightful presentation on “Novel Therapies in the Management of Sarcopenia”, addressing one of the most critical challenges in elderly care. His address emphasized the need for early intervention and integrative approaches to improve musculoskeletal health among India’s ageing population.

Continuing his impactful engagements, Dr. Sharma also addressed the Annual Conference of the Innovative Physicians Forum (IPF) on July 5, 2025, in New Delhi. The event was inaugurated by Hon'ble Lok Sabha Speaker Shri Om Birla, who also felicitated Dr. Sharma in recognition of his lifelong dedication to Indian healthcare. Also present were Dr. Neeraj Kapoor, President of IPF, and other distinguished guests.

As Patron of IPF and a senior GAPIO member, Dr. Sharma has been a consistent voice for medical ethics, clinical innovation, and healthcare accessibility across age groups. His leadership continues to shape national health policy and inspire future generations of Indian-origin physicians.

GAPIO extends heartfelt congratulations to Dr. O. P. Sharma for his continued service and thought leadership—epitomizing the values of compassion, innovation, and excellence that define the global Indian medical community.



Dr. O. P. Sharma, Secretary General, Geriatric Society of India welcoming H. E. Governor of Odisha Sri Hari Babu Kambhampati. Also present are Dr. Tirupati Panigrahi, Chairman Hitech Group of Medical College, Dr. Atul Kulshrestha, President GSI & Dr. Purna Chandra Dash, Principal of Hitech Medical Colleges during Inaugural Function of Mid-Term Conference of GSI on 20th June 2025.



Dr. O. P. Sharma speaking on Novel Therapies in the management of sarcopenia during Mid-Term Conference of GSI on 20th June 2025 at Bhubaneswar.



Dr. O. P. Sharma, Patron Innovative Physicians Forum being felicitated by Sri Om Birla, Loksabha Speaker.

GAPIO Member Dr. (Prof.) J. K. Sharma Conferred Fellowship with Distinction by Royal College of Physicians of Edinburgh

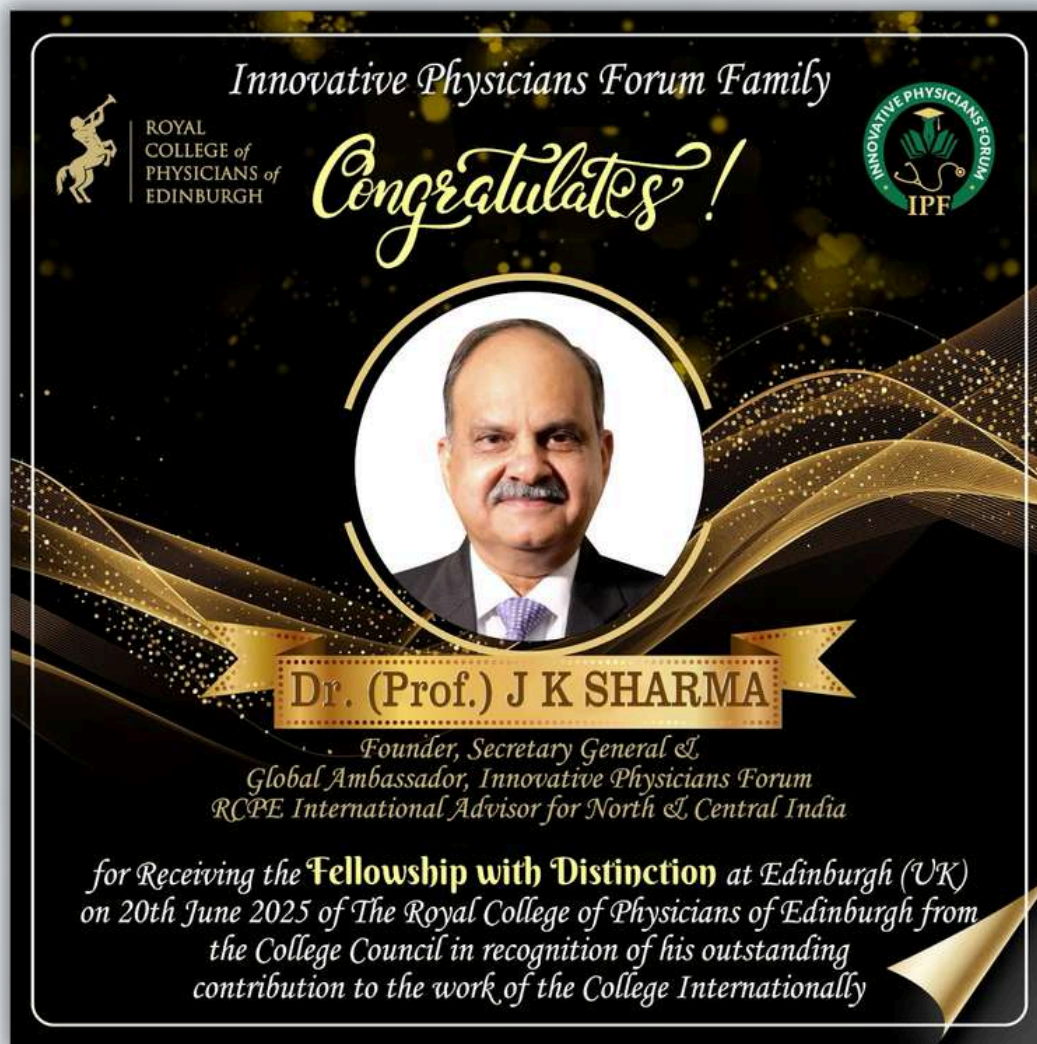
GAPIO is proud to recognize the outstanding international honor bestowed upon Dr. (Prof.) J. K. Sharma, a respected member of the global Indian medical fraternity and Founder and Secretary General of the Innovative Physicians Forum (IPF). Dr. Sharma has been awarded the prestigious Fellowship with Distinction by the Royal College of Physicians of Edinburgh (RCPE).

This rare distinction, conferred on June 20, 2025, acknowledges Dr. Sharma's exceptional contributions to the advancement of global medical education and collaboration, particularly across North and Central India. The award was approved by the College Council in recognition of his impactful role in strengthening international partnerships and academic excellence in medicine.

Dr. Sharma serves as the RCPE International Advisor for North & Central India, in addition to his leadership in IPF, where he has been instrumental in promoting physician innovation, continuing medical education, and global collaboration.

"This Fellowship is not just a personal milestone but a recognition of India's growing role in shaping global healthcare discourse," said Dr. Sharma.

GAPIO congratulates Dr. J. K. Sharma for this remarkable international recognition and celebrates his continued efforts in fostering excellence, ethics, and innovation in healthcare. His achievements reflect the growing global impact of Indian-origin physicians and inspire the next generation of leaders in medicine.



GAPIO Member Dr. Rajul Rastogi Represents India at Eurasian Radiology Congress 2025 in Kazakhstan

The Global Association of Physicians of Indian Origin (GAPIO) proudly recognizes the recent achievement of Dr. Rajul Rastogi, who was invited to deliver a distinguished lecture at the 11th Eurasian Congress of Radiology–2025, held in Astana, Kazakhstan.

This prestigious international forum brought together eminent radiologists, educators, and researchers from nearly 20 countries, offering a vibrant platform for the exchange of knowledge and advancements in medical imaging.

Representing India and GAPIO on the global stage, Dr. Rastogi’s lecture was warmly received, highlighting his deep expertise and continued contribution to radiological sciences. In his words, it was “a moment of immense pride” not only as a speaker but also as a mentor to the next generation.

Further bringing honor to India, two postgraduate residents from Dr. Rastogi’s department presented their research papers, which received widespread appreciation. Notably, they also competed in the International Radiology Residents Quiz as Team India and secured the Third Prize, making a remarkable mark among a field of international participants.

“This global recognition reflects not only academic excellence but also the collective strength of Indian radiology and mentorship,” said Dr. Rastogi.

GAPIO congratulates Dr. Rajul Rastogi and his team for their outstanding representation and contributions to global medical education. Their achievements underscore GAPIO’s mission to empower Indian-origin physicians worldwide and foster global excellence in healthcare.



GAPIO Member Dr. Ashish Aneja Organizes Free Health Check-up Camp on Doctors' Day at KUK Health Centre

On the occasion of Doctors' Day, Dr. Ashish Aneja, Senior Medical Officer and Administrator of the Kurukshetra University (KUK) Health Centre, organized a free health check-up camp in collaboration with Arogya Bharati, benefitting nearly 300 university employees and community members.

The camp was inaugurated by Prof. A. R. Chaudhary, Dean of Student Welfare at KUK, who emphasized the importance of regular health screenings for physical well-being.

"Routine health check-ups not only help in the early detection of diseases but also improve lifestyle habits and overall wellness," Prof. Chaudhary noted.

Dr. Aneja, a dedicated GAPIO member, highlighted the broader mission behind the initiative:

"A healthy individual contributes meaningfully to their family, society, institution, and nation. Preventive care is key to increasing life expectancy and reducing the risk of chronic illnesses."

The camp offered a wide range of diagnostic services including:

- Liver scan and general body check-up
- Blood pressure and blood sugar monitoring
- Hemoglobin and BMI assessment
- Neurotherapy and spirometry
- ECG and cardiac evaluations
- Calcium and pulmonary testing

The initiative received overwhelming appreciation from faculty, staff, and students. Dr. Aneja's leadership and commitment to preventive healthcare once again underscored GAPIO's mission of promoting wellness and proactive medical engagement at the grassroots level.



NYU Scientists, Led by Indian-American Dr. Saumya Saurabh, Unlock Mysteries of Vital Cellular Structures

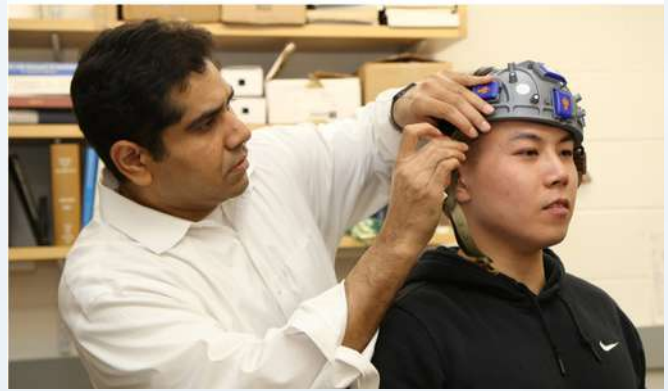
A team of scientists at New York University (NYU), led by Indian-American Dr. Saumya Saurabh, has made a breakthrough in understanding biomolecular condensates — critical cellular structures involved in gene regulation, stress response, and disease progression.

Using cutting-edge holographic microscopy and super-resolution imaging, the team measured the protein content and growth dynamics of condensates without disrupting them — a major leap forward in biomedical research.

“Our research provides a precise, non-invasive way to study these structures,” said Dr. Saurabh, assistant professor of chemical biology at NYU and senior author of the study published in the *Journal of the American Chemical Society*.

This discovery could revolutionize drug development by helping scientists understand why drugs that reach their target often still cause side effects. The findings also hold potential in tackling diseases like ALS, cancer, and neurodegenerative disorders.

GAPIO congratulates Dr. Saurabh for leading this pioneering research with global health impact.



Haneesh Kesari (left) helps postdoctoral researcher Yang Wan to don the accelo-hat, which helps to measure forces in the brain associated with rapid head movements.

Dr. Sneha Mantri Appointed Chief Medical Officer of Parkinson’s Foundation

GAPIO congratulates Dr. Sneha Mantri on her historic appointment as the Chief Medical Officer of the Parkinson’s Foundation — the first such appointment in the Foundation’s history.

Based in New York and Florida, the Parkinson’s Foundation is a global leader in improving the lives of people living with Parkinson’s disease through research, care, and education. As CMO, Dr. Mantri will shape the strategic direction of its clinical programs and ensure they remain impactful, scalable, and patient-centered.

A neurologist and clinician-educator at Duke University, Dr. Mantri is widely recognized for her work in health equity, narrative medicine, and interprofessional care models. She leads the THRIVE-PD program and has published extensively on Parkinson’s care delivery.

“I’m excited to bring the philosophy of personalized care to this role,” said Dr. Mantri.

GAPIO celebrates this milestone and Dr. Mantri’s ongoing commitment to advancing neurodegenerative disease care globally.



GAPIO-ARIS International Lecture Series Explores “Newer Medicines for Weight Management”

The Global Association of Physicians of Indian Origin (GAPIO), in partnership with the Association of Robotic and Innovative Surgeons (ARIS), successfully conducted an impactful session under its International Lecture Series titled “Newer Medicines for Weight Management.” The webinar attracted wide participation from healthcare professionals across the globe.

Session Highlights:

Featured Speaker:

Dr. Arun Prasad, Clinical Lead (GI & Bariatric Surgery) at Indraprastha Apollo Hospitals, New Delhi, presented the keynote lecture. He offered a comprehensive overview of current pharmacologic innovations in obesity care, combining clinical evidence with real-world application. His session emphasized integrated models that combine pharmacotherapy with surgical and lifestyle-based approaches for effective long-term management.

Moderator:

Dr. J Jayaprakashai, Founder and General Secretary of DEAR Diabetes Academy, opened the session and moderated the expert discussion, setting the stage with a global context for emerging obesity therapies.

Chairperson:

Dr. Tarun Sahni, a pioneer in hyperbaric medicine from Apollo Hospitals, Delhi, chaired the session and emphasized the urgency of tackling the global obesity epidemic through multidisciplinary and evidence-backed strategies.

Key Takeaways:

- Latest advancements in weight management pharmacotherapies
- Practical integration of newer drugs into clinical workflows
- Cross-disciplinary collaboration in obesity care
- Personalized approaches for long-term success in weight loss treatment

Significance:

This session reflects GAPIO and ARIS’s continued commitment to providing a collaborative platform for global knowledge exchange. By connecting clinical experts and healthcare leaders, the session advanced critical understanding in the field of weight management and underscored the need for innovative, patient-centric care solutions.



GAPIO - ARIS International Lecture Series
 “Newer Medicines for Weight Management”
 7th June 2025
 7:00 PM IST, 9:30 AM EST, 8:30 AM CST, 6:30AM PST, 2:30 PM BST (UK), 11:30 PM (Sydney, Australia)

Featured Speaker: Dr. Arun Prasad
 Clinical Lead, GI & Bariatric Surgeon, Academic Advisor and Adjunct professor, Indraprastha Apollo Hospital, New Delhi

Moderator: Dr. J Jayaprakashai
 Founder & Gen. Secretary DEAR Diabetes Academy, Consultant Diabetologist, Apollo Sugar, Hyderabad, Honorary Physician, Australia, Consultate Visiting Consultant, TTD Temple, Tirumala

Chairperson: Dr. Tarun Sahni
 Consultant-Internal Medicine and Head of the Hyperbaric Unit at Apollo Hospital, Delhi

Exclusive Webinar

» We invite you to join us on 7th June 2025, from 7:00 PM IST, for this focused scientific session featuring the distinguished speaker Dr. Arun Prasad with moderator Dr. J. Jayaprakashai and chairperson Dr. Tarun Sahni. This session will distill actionable insights from current global evidence and clinical practice, covering newer weight management pharmacotherapies with integrative models for obesity care.

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 Dr Venkatesh Munnikrishnan, Vice President (South)
 Dr Jaydeep Palep

Scan this QR code to attend the session directly

We look forward to your active participation! Join us for this interactive session and get all your queries answered!

SOCIAL MEDIA COVERAGE

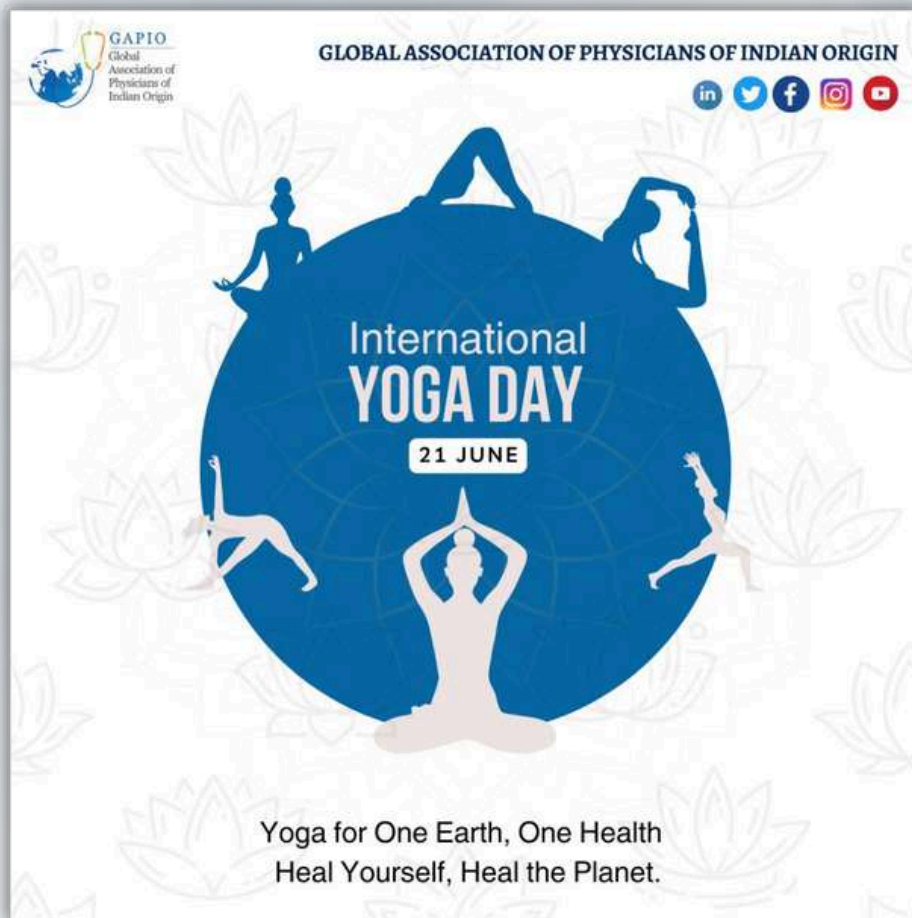
GAPIO Marked International Yoga Day with the Theme: “Yoga for One Earth, One Health”

On International Yoga Day, the Global Association of Physicians of Indian Origin (GAPIO) observed the global celebration by embracing the theme: “Yoga for One Earth, One Health.”

The initiative highlighted how yoga nurtures not only physical and mental health but also encourages a deeper connection with the natural world. GAPIO underscored the importance of integrating yoga into daily life as a means to promote balance, resilience, and sustainable living.

As part of its outreach, GAPIO called upon healthcare professionals across its global network to advocate for holistic well-being—not just within individuals, but across families, communities, and ecosystems. “In healing ourselves, we begin to heal the world around us,” the message affirmed.

The observance reinforced GAPIO’s mission to advance preventive health, wellness education, and harmony between humanity and the environment.



SOCIAL MEDIA COVERAGE

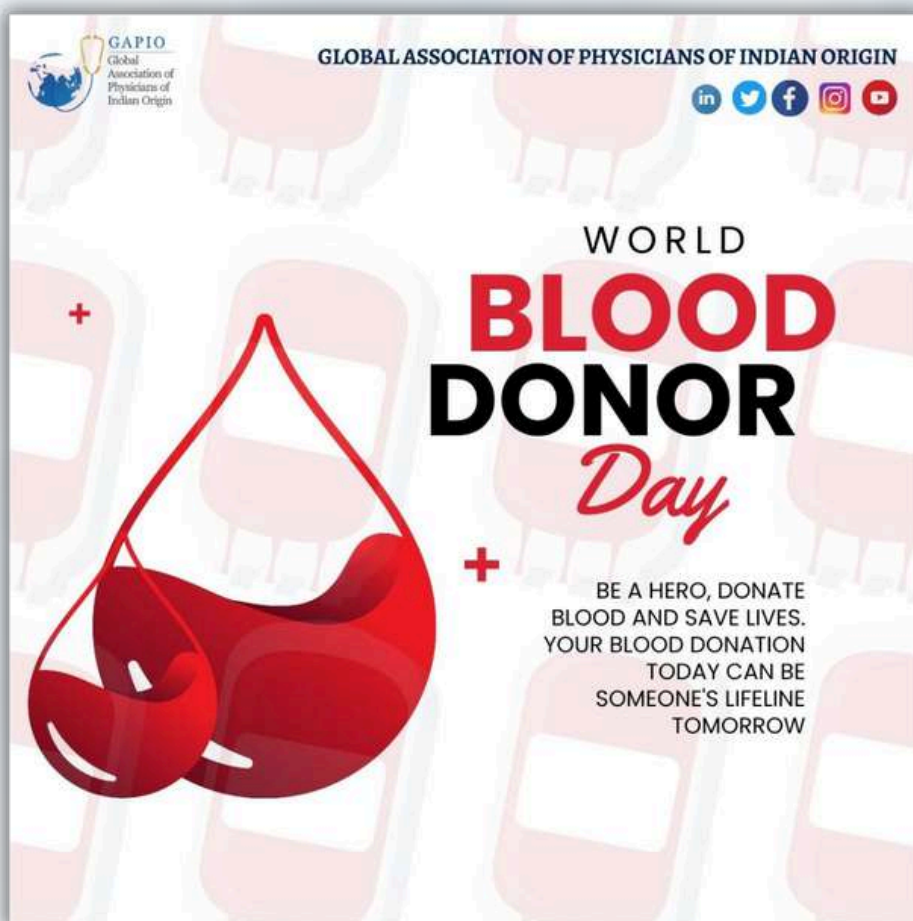
GAPIO Observes World Blood Donor Day: A Call to Give the Gift of Life

On World Blood Donor Day, the Global Association of Physicians of Indian Origin (GAPIO) honored the selfless spirit of blood donors and emphasized the life-saving importance of voluntary blood donation.

Every unit of donated blood is a beacon of hope—essential in surgeries, trauma care, cancer treatment, and chronic illness management. GAPIO encouraged its global medical community and the public to recognize that "Your blood today can be someone's heartbeat tomorrow."

By raising awareness and promoting donation drives, GAPIO continues its mission to build resilient health systems and ensure timely access to safe blood for all.

Be a hero. Donate blood. Save lives.



SOCIAL MEDIA COVERAGE

GAPIO Marked World Brain Tumor Day

On World Brain Tumor Day, the Global Association of Physicians of Indian Origin (GAPIO) stood in solidarity with brain tumor patients, survivors, caregivers, and the medical community around the world.

GAPIO used the occasion to raise awareness about the critical importance of early detection, continuous research, and compassionate care for individuals affected by brain tumors. The association reaffirmed its commitment to supporting initiatives in neuro-oncology education, patient advocacy, and improved treatment access globally.

Support. Spread Awareness.
Stand with Brain Tumor Warriors.

Through this observance, GAPIO honored the strength of every warrior and caregiver who faced the challenges of brain tumors with courage and resilience.



SOCIAL MEDIA COVERAGE

GAPIO Observed World Environment Day: A Call to Beat Plastic Pollution

On the occasion of World Environment Day, the Global Association of Physicians of Indian Origin (GAPIO) called upon healthcare professionals worldwide to take responsibility for reducing environmental harm and promoting sustainability within the healthcare ecosystem.

GAPIO emphasized key actions:

- Say no to single-use plastics
- Switch to sustainable alternatives
- Protect the environment as a means to protect public health

By aligning clinical care with climate-conscious practices, GAPIO reaffirmed its commitment to a greener, healthier future. The observance highlighted how individual choices within the medical community can collectively combat plastic pollution and safeguard long-term planetary and population health.

Together, we stood to beat plastic pollution—one choice at a time.



HEALTH TIPS/FACTS

Breaking the Burnout Cycle: 8 Exercise Tips for Medical Professionals

Burnout remains a significant concern for physicians and healthcare providers navigating long hours, emotional fatigue, and high-stakes clinical environments. While much attention is placed on patient care, prioritizing physical activity is a powerful tool to strengthen both physical resilience and emotional well-being.

Key Tips to Recharge Through Movement

1. Schedule Your Workouts

Treat exercise like any critical appointment. Pre-scheduling short, consistent workouts—even 20 minutes daily—can create accountability and ensure movement stays a non-negotiable part of your routine.

2. Use Short Breaks Wisely

Even in high-pressure hospital settings, brief movement breaks make a difference. A brisk hallway walk, a few standing stretches, or 5 minutes of desk yoga can help reduce stiffness and mental fatigue.

3. Focus on Functional Fitness

Incorporate exercises that reflect daily physical demands in your role—like squats, lunges, planks, and core work. These strengthen muscle groups used for patient transfers, standing rounds, and on-call duties.

4. Integrate HIIT for Maximum Impact

High-Intensity Interval Training (HIIT) offers cardiovascular benefits, builds endurance, and saves time. A 15-minute bodyweight circuit can provide powerful physiological and psychological effects.

5. Don't Skip Stretching or Yoga

Stretching improves flexibility, prevents injury, and enhances mental clarity. Yoga, even in short sessions, supports posture, balance, and stress management—ideal for countering shift fatigue.

6. Prioritize Recovery

Recovery is as vital as training. Adequate sleep, hydration, and breathwork (such as guided meditation or deep breathing) reduce cortisol levels and support emotional regulation.

7. Find a Movement Partner

An exercise buddy—whether a colleague or friend—adds accountability, makes movement enjoyable, and creates a positive social outlet beyond clinical responsibilities.

8. Track and Celebrate Progress

Whether it's improved endurance, reduced pain, or better mood, tracking your progress reinforces the benefits of exercise and sustains motivation.

ds offer a low-cost, high-impact model to strengthen healthcare worker well-being—one patient story at a time.

Source: <https://healthcareworkerfitness.com/exercise-tips-tailored-for-medical-professionals/>



HEALTH TIPS/FACTS

10 Practical Exercise Tips for Busy Medical Professionals

Despite knowing the benefits of physical activity, healthcare professionals often find it difficult to maintain consistent exercise routines. Long hours, unpredictable schedules, and emotional fatigue are just a few common barriers. To support sustained well-being, these 10 tips are designed to help clinicians and care providers integrate movement into daily life—realistically and sustainably.

Key Tips to Reignite Your Exercise Routine

1. Normalize the Struggle

Even those with deep medical knowledge find exercise challenging. Acknowledge the difficulty without judgment—it's a shared experience, not a personal flaw.

2. Choose What You Enjoy

The best exercise is the one you look forward to. Walking, swimming, dancing, or gardening—any movement that feels good is worth doing.

3. Let Go of Perfectionism

You don't need an hour or a gym to make progress. A 10-minute session is valuable. Focus on consistency, not intensity.

4. Reject the All-or-Nothing Mindset

Avoid the trap of thinking that short or low-effort workouts don't count. Every bit of movement adds up—progress is cumulative.

5. Simplify the Process

Make exercise easier to access. Keep workout clothes ready. Use bodyweight routines. Lower the barriers to getting started.

6. Build Movement Into Your Day

Attach activity to existing habits—stretch after brushing your teeth or walk during phone calls. Small changes create lasting patterns.

7. Set Achievable Micro-Goals

Start small. A five-minute walk today can become 15 minutes next week. Gradual goals reduce pressure and build momentum.

8. Focus on the Feeling, Not Just the Outcome

Pay attention to how movement makes you feel—energized, focused, less stressed. These internal rewards reinforce the habit.

9. Allow Yourself Breaks Without Guilt

Missing a workout is not failure. Rest days are essential. Return without judgment when ready.

10. Think Long-Term

Exercise isn't a quick fix—it's a lifelong investment in health. Go at your own pace. What matters most is that you keep going.

Source: <https://www.tmh.org/blogs/10-tips-from-a-doctor-who-also-struggled-with-exercise>

GAPIO Honors' List - June 2025



Dr Aashay Shah, Pediatric Gastroenterologist and founder director of Prism Pediatric Gastro in Ahmedabad, has launched his book "Healthy Gut Happy Baby" worldwide on platforms like Amazon, Amazon Kindle, Flipkart. The book launch was graced by notable figures such as Gujarat's Chief Minister, Shri Bhupendra Bhai Patel, and Health Minister, Shri Rushikesh Patel.

Dr. Anju Aggarwal, Family Physician in Sydney, Australia, has been chosen for the cover story of "The NSW Doctor" which is the flagship publication of the Australian Medical Association (NSW) Limited and Australia's most famous Doctors magazine. The journal is a prime source of communication with AMA membership providing a forum for medicopolitical debate and informing members of the concerns of contemporary medicine.

- [NSW Doctor - Latest Issue - Australian Medical Association \(NSW\)](#).

Dr. Ashish Aneja, Senior Medical Officer, Kurukshetra University, organized a free health check-up camp at KU Health Center on Doctors Day. In the camp, the doctor and his team conducted liver scan and general body check-up, blood pressure monitoring, blood sugar level monitoring, haemoglobin, BMI, neurotherapy, spirometry, blood pressure, blood sugar, ECG (heart related check-up), heart disease, calcium in bones and lung check-up of 300 patients.

GAPIO Honors' List - June 2025

Dr. Ashok Seth, 'Padma Bhushan', 'Padma Shri' and 'B. C. Roy' Awardee, and chairman - Fortis Escorts Heart Institute, has following achievements:

- Clinical Thought Leader – MyClip TEER System Launch, Meril Academy, Vapi
- Delivered a keynote talk at the national launch of the MyClip TEER system, in recognition of leadership in structural heart interventions.
- Invited Live Case Operator – CSI-NIC 2025, Mumbai
- Performed and transmitted live TAVI and Complex PCI procedures at India's premier interventional cardiology conference.
- Chair & Guest of Honour – Jagran Healthcare and Wellness Awards, Lucknow
- Chaired the national awards ceremony recognising excellence in healthcare delivery and public health innovation.

Dr Bobby Mukkamala, MD, a board-certified otolaryngologist—head and neck surgeon was sworn in as the 180th president of the American Medical Association (AMA). He is the first physician of Indian heritage to lead the influential organisation.

Dr. Jugal Kishor Sharma, Medical Director, Central Delhi Diabetes Centre, New Delhi received the "Fellowship with Distinction" by "The Royal College of Physicians of Edinburg" from the College Council, in Recognition of his outstanding contribution to the work of the college internationally at Edinburg (UK).

Dr. (Prof.) P. N. Renjen, Senior Consultant Neurologist (Stroke), Delhi's Stroke Services has published the following paper:

- Krishnan R, Renjen PN, Jena AN and Chaudhari DM. Diagnosis of multiple system atrophy-parkinsonian type [MSA-P] from atypical parkinsonism with dual tracer (FDG + DOPA) PET/ MRI brain
- Saeed N, Renjen P.N, Chaudhari D.M, Mahmood M.A, Goswami A. The hidden reservoir: Rethinking left atrial appendage in stroke <https://doi.org/10.1177/09760016251347355>
- Saeed N, Renjen PN, Chaudhari DM, Mahmood MA, Goswami A. Tumefactive demyelination presenting as an intracranial space-occupying lesion: A diagnostic challenge. <https://doi.org/10.1177/09760016251344442>

Dr Renjen also participated in the CME organized by the Indian Medical Association (IMA) Karnal on 21st June 2025 where he spoke on "Antiplatelet Agents in Stroke Prevention Single, Combination Therapy, Newer Agents, and the Clinical Application of Antiplatelet Resistance."

Dr. Pakhee Aggarwal, Senior Consultant, Gynaecological Oncology & Robotic Surgery at Delhi has been awarded Fellow of the Royal College of Obstetricians & Gynaecologists, UK at a special convocation ceremony held at RCOG, London on 26th June, 2024.

Dr Pankaj Garg, Consultant, Laparoscopic and Endoscopic Surgeon at Garg Fistula Research Institute, Panchkula, invited to deliver lectures, chair sessions & perform live surgery in annual conference of Russian Society of Colorectal Surgeons (RSCS) held in Moscow, Russia from 13 to 16 June 2025.

He was also bestowed with Honorary Fellowship of RSCS.

<https://youtu.be/Z6cmVFEkM38>

GAPIO Honors' List - June 2025

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi has been appointed as the Editor in Chief of a renowned International Orthopaedic Journal- SICOT J.

Dr Raju has published the following papers:

- Vaishya R, Sibal A, Gupta BM, Mamdapur GMN, Vaish A. A Scientometric Assessment of MAFLD in Children and Adolescents from 2007–2024. National Board of Examinations - Journal of Medical Sciences 2025; 3(7): 1–22. DOI 10.61770/NBEJMS.2025.v03.i07.0xx
- Vaishya R, Patralekh MK, Misra A, Vaish A. Outcomes of Total Knee Arthroplasty in People with Diabetes: An Overview of Systematic Reviews and Meta-analysis. J Orthop 2025; <https://doi.org/10.1016/j.jor.2025.06.023>
- Bhadani JS, Vaishya R, Mukhopadhaya J. Data-Driven Strategies in Orthopaedics: Optimizing Surgical Precision and Patient Outcomes. Indian J Orthop 2025; doi: 10.1007/s43465-025-01461-y
- Vaishya R, Vaish A. Insights from the Indian Experience on COVID-19s Impact on Trauma Care– A Response to Impact of COVID-19 on Trauma Care in Trauma and Non-Trauma Centers in New York State: a SPARCS 2016–2022 Analysis. Injury 2025; doi: <https://doi.org/10.1016/j.injury.2025.112548>
- Vaishya R, Bhadani JS, Vaish A, Joshi P. Ensuring Integrity in Orthopaedic Research: Addressing Unethical Practices and Promoting Ethical Standards. J Nepal Health Res Council. 2025; 23 (66):01-07. <https://doi.org/10.33314/jnhrc.v23i01.5564>

Dr Rajul Rastogi, Professor, Department of Radiodiagnosis, Teerthanker Mahaveer Medical College & Research Center, Moradabad, UP delivered an Invited Lecture at 11th Eurasian Congress of Radiology 2025 at Astana, Kazakhstan which was attended by speakers and delegates from nearly 20 Countries.

Padma Shri Dr Sudhir Parikh, Chairman-Center for Asthma & Allergy, Chairman & Publisher -Parikh World Wide Media Chairman-ITV Gold (24/7 TV Channel) and Vice President – GAPIO, received the recognition “The Global Hindu Leadership award” in the Nobel Peace Prize Center on 20th June 2025 in Oslo, Norway.

Dr. Sumul N. Raval, Board Certified Neurologist and Neuro-Oncologist Founder and Director, DSZ Brain Tumor Center, New Jersey was Honored by New Jersey State House for AAPI Heritage Month <https://theindianeye.com/2025/05/28/dr-sumul-n-raval-honored-by-new-jersey-state-house-for-aapi-heritage-month/>

Dr. Sumul was also honored at the 2025 Leadership Dinner organized by the Northern New Jersey Chapter of the Association of the United States Army (AUSA). The prestigious event, held on April 30, 2025, at Albert's Royal Palace, celebrated Dr. Raval's contributions and service, particularly to the Indian-American community. The honor was presented by Brigadier General Yvonne L. Mays, Commissioner of the New Jersey Department of Military and Veterans Affairs, alongside Lieutenant Colonel Sarah Bernal of the U.S. Army Reserve.

<https://theunn.com/dr-sumul-n-raval-honored-at-2025-leadership-dinner-of-ausa/>

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

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