

Improving Health Worldwide



Dr. Rupen Parikh and Dr. Tushar Patel Honored for Outstanding Contributions to Public Health in New Jersey

In a proud moment for the Indian-American medical community, Dr. Rupen Parikh and Dr. Tushar Patel were recognized by NJBIZ at the 2025 Healthcare Heroes Awards for their exemplary leadership and service through Health Camp of New Jersey — a nonprofit organization dedicated to preventive care and health equity for underserved communities.

Health Camp of NJ, founded in 1999, has reached over 13,500 individuals across New Jersey, providing free screenings, diagnostics, and health education focused on conditions such as diabetes, hypertension, and heart disease. The organization played a pivotal role during the COVID-19 pandemic, offering accurate public health guidance and vaccination outreach.

As Co-Leaders of the initiative, Dr. Parikh and Dr. Patel have been instrumental in expanding access to culturally appropriate health services, especially in minority and immigrant populations. Their collaborative approach has mobilized hundreds of healthcare professionals and volunteers to provide community-focused care year after year.



Dr. Rupen Parikh and Dr. Tushar Patel

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GAPIO Member Dr. Arvind Prakash Savant Receives National Recognition from IMA for Rural Medical Service

The Global Association of Physicians of Indian Origin (GAPIO) proudly congratulates Dr. Arvind Prakash Savant, a committed GAPIO member from Chhattisgarh, for being conferred with the prestigious Dr. Ketan Desai Aao Gaon Chalen Award by the Indian Medical Association (IMA Headquarters) on the occasion of National Doctors Day 2025.

This highly distinguished national-level lifetime achievement award was presented to only five doctors across India, honoring their long-standing contribution to rural healthcare. Dr. Savant was recognized for his dedicated service to underserved populations, his efforts in enhancing access to quality medical care in rural areas, and his unwavering commitment to community well-being.

The award ceremony took place in Delhi on Doctors Day, which also marks the birth and death anniversary of Dr. Bidhan Chandra Roy, a stalwart of Indian medicine and a symbol of excellence in the profession.

“To be recognized on this sacred day for serving the remotest corners of our nation is both a personal and professional milestone,” said Dr. Savant. “This award reinforces my belief in the power of service and the duty we hold as physicians to reach every patient, everywhere.”

GAPIO celebrates this honor as a reflection of the organization's shared mission—bridging global Indian physicians for better healthcare delivery. Dr. Savant's achievement underscores the impact of compassionate leadership and community-centric care within our medical fraternity.

We salute Dr. Arvind Prakash Savant for his exemplary dedication and contribution to healthcare equity.



GAPIO Member Dr. Ashish Aneja Honored with 'Best Doctor in Community Service Award 2025'

Dr. Ashish Aneja, Senior Medical Officer and Administrator at Kurukshetra University Health Center, has been conferred with the prestigious 'Best Doctor in Community Service Award 2025' by the Indian Medical Association (IMA) Headquarters, New Delhi on the occasion of Doctors' Day, July 13, 2025.

Dr. Aneja was the only doctor selected from the state of Haryana for this national-level recognition, awarded for his exemplary service in health awareness, diabetes education, and free treatment initiatives conducted through community health camps.

The award was presented during a special ceremony in Delhi graced by Shri Jitendra Singh, Hon'ble Minister of State for Science & Technology, and Geology, Government of India. The event witnessed the presence of IMA National President Dr. Dilip Bhanushali, past and current IMA leaders, and many dignitaries.

Dr. Aneja's selfless contribution to underserved populations through preventive healthcare and awareness outreach has been widely appreciated. His work stands as a testimony to GAPIO's vision of promoting accessible and compassionate care globally.

GAPIO congratulates Dr. Ashish Aneja for this well-deserved recognition and for his commitment to community-driven healthcare.



Dr. Ashish Aneja honored with 'Best Doctor in Community Service Award'

DALBIR MALIK
KURUKSHETRA, JULY 14

Dr. Ashish Aneja gives priority to health awareness and selflessly serves the common man as a true doctor, has once again emerged as an example in the medical field. Dr. Aneja, who works as an administrator and senior medical officer at Kurukshetra University Health Center was honored with the title of Best Doctor in Community Service and Diabetes Awareness Award by Jitendra Singh, Minister of State for Science and Technology and Geology in the Government of India. In the huge gathering of the Indian Medical Association, Dr. Ashish Aneja was the only doctor from Haryana



who was selected for the award. It is worth mentioning that the above felicitation ceremony was organized in Delhi on Sunday on the occasion of Doctors Day.

During this, Minister of State Jitendra Singh arrived as the chief guest. He praised Dr. Aneja for the free treatment given to patients of diabetes and other health problems through camps.

MLA Anil Goyal also congratulated Dr. Aneja and praised the work of IMA wholeheartedly. IMA National President Dr. Dilip Bhanushali, former National President Dr. R. V. Ashokan, Dr. Anil Kumar J Nayak, General Secretary Dr. Sarbari Dutta, Treasurer Dr. Piyush Jain along with a large number of state level officials and members were present in the function.

GAPIO Member Dr. Dilip Kumar Acharya Leads Multiple Public Health Lectures on Tobacco Control and Cancer Awareness in July 2025

In July 2025, Dr. Dilip Kumar Acharya, National Chairman of the IMA Cancer & Tobacco Control Committee and esteemed member of GAPIO, conducted a series of impactful lectures and awareness programs focused on tobacco cessation and head and neck cancer prevention across leading institutions in Indore.

Lecture Highlights:

1. Awareness Program at Sri Aurobindo Medical College & PG Institute – July 9, 2025

- In collaboration with the Department of Psychiatry and Tobacco Cessation Centre, Dr. Acharya delivered the keynote address in an event titled “Quit Tobacco: Why and How.”
- The session highlighted the dangers of tobacco use and introduced effective, evidence-based cessation strategies.
- The event was also addressed by senior faculty members including Dr. Jayashree Tapadia (Dean – Student Welfare), Dr. Ajit Deshpande (Prof. & Head, Community Medicine), and Dr. Srikanth Reddy (Prof. & Head, Psychiatry & Nodal Officer, TCC).

2. Tobacco Awareness Lecture at St. Francis Nursing College – July 22, 2025

- Dr. Acharya conducted a dedicated session for nursing students and faculty, focusing on the health hazards of tobacco and practical methods for supporting tobacco users in quitting.
- The talk empowered young nursing professionals to serve as effective community advocates in tobacco control efforts.

3. World Head & Neck Cancer Day Program at Sri Aurobindo College of Dentistry – July 27, 2025

- To mark World Head & Neck Cancer Day, Dr. Acharya was invited as the guest speaker at a special program organized by the college.
- He explained the signs, symptoms, and risk factors of head and neck cancers—particularly those linked to tobacco, areca nut, and alcohol use.
- Using case visuals, he emphasized early detection, the need for behavioral interventions, and shared quitting techniques. The session concluded with an engaging Q&A round.
- These impactful sessions reflect Dr. Acharya’s deep commitment to community education, cancer prevention, and GAPIO’s shared mission of promoting public health awareness. His outreach continues to inspire future healthcare professionals and strengthen grassroots engagement in cancer and tobacco control across India.



Indian-Origin Physicians Dr. Tina Shah and Dr. Jasmeet Bains Announce Congressional Bids Ahead of 2026 U.S. Elections

Two accomplished Indian-American physicians — Dr. Tina Shah of New Jersey and Dr. Jasmeet Bains of California — have formally launched their campaigns for the U.S. House of Representatives in the 2026 general elections, further strengthening the presence of medical professionals in American politics.

Dr. Tina Shah: A Triple Board-Certified Physician Advocating for Working Families

- Dr. Tina Shah, a critical care physician and former White House advisor on health policy, has declared her candidacy for New Jersey's 7th Congressional District. Her campaign gained significant momentum following a high-profile endorsement from Rep. Sharice Davids (KS-03), making it the first Congressional endorsement in the race to flip the 7th District.
- Dr. Shah has served under three U.S. presidential administrations and held roles such as Senior Advisor to the U.S. Surgeon General and the first National Director of Clinician Wellbeing at the Department of Veterans Affairs. In her campaign announcement, she emphasized her experience in bringing people together, solving tough challenges, and representing working families: "I've dedicated my career to doing the same for my patients and my community. I look forward to joining Congress to continue the work."
- She joins a competitive field of at least eight Democratic candidates, all vying to unseat two-term Republican Congressman Thomas Kean Jr.

Dr. Jasmeet Bains: A Physician-Lawmaker Focused on Rural Health and Addiction Crisis

- Meanwhile, from California's 22nd District, Dr. Jasmeet Bains has announced her run for Congress, bringing to the race her experience as a family and addiction medicine doctor and her tenure as a California State Assemblymember.
- Representing parts of Kern County, Dr. Bains is known for her bipartisan work in the state legislature, particularly her advocacy for mental health, fentanyl addiction intervention, and rural healthcare funding.
- "I'm a doctor, not a career politician," said Dr. Bains. "I've spent my life and my career helping families and fighting for their health."
- If elected, she would represent a district long considered one of the most underserved in the U.S., including Bakersfield, Hanford, and Tulare.
- Her candidacy stands out as she attempts to unseat incumbent Republican Rep. David Valadao, who narrowly won re-election in 2024. Her legislative work has already earned her accolades such as "Legislator of the Year" by the California Black Chamber of Commerce and awards from CalPACE and Alzheimer's Association.



Dr. Tina Shah



Dr. Jasmeet Bains

Indian Doctors Campaign in the U.S. to Bring Painless Diabetes Care to Children in India

Two Indian-origin doctors, Dr. Smita Joshi and Dr. Shukla Raval, both sisters from Gujarat, have launched a powerful advocacy campaign across the United States to promote painless, advanced diabetes care for children suffering from Type 1 diabetes in India.

Motivated by the high burden of pediatric Type 1 diabetes in India—now the country with the largest population of affected children—the doctors are traveling at their own expense to major U.S. cities including California, Texas, Georgia, New York, New Jersey, Ohio, and Washington DC. Their mission is to connect with Indian-origin professionals, scientists, physicians, and non-profit organizations to raise awareness and support for affordable, child-friendly diabetes solutions that eliminate the need for daily insulin injections.

Their campaign, rooted in the Make in India initiative, highlights India's potential to lead in indigenous healthcare innovation. They cite promising advancements from institutions like AIIMS Delhi, where cost-effective, MRI-compatible equipment is being developed domestically.

The duo has also been active on the policy front—covering over 7,000 km across India to meet decision-makers from Kashmir to Kanyakumari, resulting in budget commitments from states like Gujarat, Rajasthan, and Madhya Pradesh for pediatric diabetes initiatives.

In their words, “India can become a global leader in painless diabetes treatment—if local innovations are supported and scaled.”

The campaign is receiving support from several public health leaders and trustees, including Dr. Anil Rawal, Dr. Ketan Joshi, and Dr. Rajan Joshi. With a vision rooted in compassion and evidence-based care, this grassroots movement is poised to reshape how India supports its youngest diabetic patients—empowering not just survival, but longer and healthier lives.



FAIMA Launches 365-Day Mental Health Helpline for Doctors Across India

In a groundbreaking initiative aimed at tackling the silent mental health crisis within the medical fraternity, the Federation of All India Medical Association (FAIMA) has launched a year-round Mental Health Redressal Helpline (MHRH) for doctors, medical students, and healthcare workers.

The 365-day helpline will operate 20 hours a day, seven days a week, and be staffed by a dedicated team of psychiatrists and mental health experts. These professionals will provide confidential, multilingual support — including in Hindi, English, Tamil, Telugu, Kannada, Bengali, Marathi, and Malayalam — to ensure accessibility for doctors across the country.

The initiative comes amid rising reports of burnout, depression, and suicides among medical professionals due to overwhelming workloads, academic pressure, and emotional stress. FAIMA's response is seen as a crucial step toward fostering a more supportive and resilient healthcare ecosystem.

“Dear Doctors, You Are Not Alone. FAIMA stands with every medico facing stress, burnout, or silent struggles,” said the association in its statement.

Dr. Akshay Dongarwar, National President of FAIMA, emphasized the urgency of the effort, calling the helpline “a flagship initiative dedicated to the well-being and betterment of medicos across India.”

The association has published a comprehensive list of mental health experts along with their contact details and availability slots. The MHRH is designed to be a lifeline for any healthcare professional in distress — offering support, empathy, and practical guidance during challenging times.

With this bold move, FAIMA reinforces the critical truth: healing the healers is just as important as healing the patients.

Source:<https://medicaldialogues.in/news/health/doctors/faima-launches-365-day-mental-health-support-for-medical-professionals-153781>

PGIMER Achieves a National Milestone with India's First Robot-Assisted Vasovasostomy

In a major breakthrough for the field of male infertility surgery, a team of doctors at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, has successfully performed India's first robot-assisted vasovasostomy.

Led by Dr. Aditya Prakash Sharma, along with Dr. Girdhar Bora and Prof. Ravi Mohan, the team from the Department of Urology used the da Vinci Surgical System to carry out the procedure. This high-precision robotic platform allowed for enhanced stability, magnified 3D visualization, and better control during the surgery.

The patient, a 43-year-old man who developed secondary infertility due to a prior vasectomy, underwent the procedure on July 9 and was discharged the very next day. The successful operation offers renewed hope to couples seeking natural conception post-vasectomy, with significantly improved accuracy and outcomes compared to conventional microscope-based methods.

“This is a significant milestone in Indian urology,” said PGIMER in a statement, emphasizing that the robotic approach marks a modern alternative to traditional techniques and may redefine the standard of care in vasectomy reversals and male infertility surgeries.

Robot-assisted vasovasostomy is still relatively rare globally, and its adoption in India is expected to pave the way for broader use of robotic microsurgery in reproductive and andrological care.

Source:<https://economictimes.indiatimes.com/industry/healthcare/biotech/healthcare/pgimer-doctors-perform-indias-first-robot-assisted-vasovasostomy/articleshow/122370058.cms?from=mdr>

Indian-American Physicians Host Celebrated National Convention in Dallas

Hundreds of Indian-American doctors and healthcare leaders gathered in Dallas for a landmark event celebrating medical excellence, community impact, and the growing influence of Indian-origin professionals in the American healthcare landscape.

Organized as the national convention of the American Association of Physicians of Indian Origin (AAPI), the event was marked by inspiring keynotes, cultural celebrations, and the honoring of outstanding contributions in clinical care, leadership, research, and philanthropy.

From riveting sessions on AI in healthcare and global collaborations to wellness panels and award ceremonies, the convention brought together eminent physicians, young medical professionals, and thought leaders under one roof.

Highlights included:

- Powerful addresses by renowned physicians and public health figures.
- Lifetime achievement and leadership awards to prominent Indian-origin doctors for their service and innovation.
- Networking sessions that bridged generations of medical professionals and opened doors to new initiatives in community health.
- A strong emphasis on youth engagement, with young physicians and medical students spotlighted for their advocacy and innovation.

Dr. Ravi Kolli, President of AAPI, lauded the event's success, noting:

“This convention showcased the strength and unity of our community. It was a moment to honor our roots, elevate our contributions, and look ahead toward shaping the future of healthcare.”

Beyond the sessions, the event also celebrated Indian culture with music, dance, and a spirit of togetherness — reflecting the values of service, tradition, and global leadership that Indian-origin doctors bring to the world.



Nearly 2,000 Medical Professionals Gather at Gujarati Physicians' Convention 2025 in Atlanta

More than 1,800 medical professionals and their families from across the United States and abroad came together for the Gujarati Physicians' Convention 2025, held in Atlanta, Georgia, from June 21–24. The event was hosted by the B.J. Medical College Alumni Association (BJANA-USA) in collaboration with the Gujarati Medical Association of America (GMAA) and supported by prominent alumni from institutions like BJMC Ahmedabad, N.H.L. Medical College, Baroda Medical College, and more.

Held at the prestigious Hyatt Regency Atlanta, the four-day convention was packed with CME-accredited sessions, cultural performances, wellness activities, networking forums, and special tracks for spouses and children. Eminent doctors and community leaders shared insights on clinical advancements, physician well-being, and the evolving role of Indian-origin professionals in global healthcare.

Keynote addresses were delivered by Dr. Anil K. Shah, Dr. Sudhir Parikh, Dr. Jayesh Shah, Dr. Dinesh Patel, Dr. Nisha Mehta, and others who reflected on clinical innovation, public service, and physician leadership. Cultural highlights included a spectacular performance by Sonal Vyas and her troupe, as well as Bollywood-inspired music and dance celebrating India's vibrant heritage.

Ajay Kothari, Chairman of the Convention, welcomed dignitaries including Consul General of India in Atlanta, Hon. Ramesh Babu Lakshmanan, who praised the community's contributions in both India and the U.S. In his remarks, Mr. Kothari emphasized unity among Indian-origin physicians and encouraged the second generation to stay rooted in Indian culture.

The event successfully created a platform for fostering professional collaboration and cultural pride among Indian-American physicians, with attendees representing over 40 states and multiple specialties. With packed auditoriums and enthusiastic participation, the Gujarati Physicians' Convention 2025 reaffirmed the strength and solidarity of the global Gujarati medical diaspora.



IAP–GAPIO International Lecture Series Explores “Integrative Medicine in Pediatric GI Symptoms”

The Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Indian Academy of Pediatrics (IAP), successfully conducted an insightful session as part of its International Lecture Series on “Paediatric Gastroenterology”. The event, held on 26th July 2025, featured global medical expertise and was attended by pediatricians and healthcare professionals across continents.

Session Highlights:

Featured Speaker:

- Dr. Aniruddh Setya, Assistant Professor of Pediatrics at Saint Louis University School of Medicine, USA, and Medical Director at the IMAGINE Clinic (Integrative Medicine Addressing Gastrointestinal Needs with Evidence), delivered the keynote presentation.
- Dr. Setya presented an in-depth exploration of integrative medicine approaches for pediatric gastrointestinal (GI) symptoms. His talk emphasized a holistic treatment model, combining conventional pediatric GI practices with evidence-backed complementary therapies to improve outcomes in conditions such as abdominal pain, constipation, and functional GI disorders in children.

Session Convenor:

- Dr. Aashay Shah, guided the session with his clinical leadership and ensured broad participation across the IAP and GAPIO communities.

Key Takeaways:

- Role of integrative medicine in pediatric GI care
- Patient-centered approaches combining nutrition, stress management, and conventional therapies
- Evidence-based outcomes from interdisciplinary care models
- Bridging Eastern and Western paradigms in pediatric medicine

Significance:

This session highlighted the importance of multidimensional approaches in pediatric gastroenterology, reflecting GAPIO and IAP's shared commitment to clinical innovation, knowledge exchange, and global collaboration. By promoting cross-disciplinary insights, the lecture fostered meaningful dialogue on improving pediatric gut health through integrative practices.



INDIAN ACADEMY OF PEDIATRICS

IAP – GAPIO
International lecture series

GAPIO
Global Association of Physicians of Indian Origin

Paediatric Gastroenterology

Saturday, 26th July 2025

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

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

Leadership

IAP

Dr. Vasant Khalatkar, President
Dr. Neelam Mohan, President 2026
Dr. G. V. Basavaraja, President 2024
Dr. Yogesh Parikh, Hon. Sec. Gen. 2024-25
Dr. Atanu Bhadra, Treasurer 2024-25

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Dr. Bakul Parekh, Global Academic Convenor

Past Presidents and Emeritus Advisors

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

Dr. Aniruddh Setya, USA

Topic:
Integrative Medicine in Pediatric GI Symptoms

Assistant Professor of Pediatrics
Saint Louis University School of Medicine
Medical Director – Integrative Medicine
Addressing Gastrointestinal Needs with Evidence (IMAGINE) Clinic

Speaker

Dr. Aashay Shah
Session Convenor

Link to Join: <https://tinyurl.com/46vk7j4n>

GAPIO–GARTIO International Webinar Explores AI and Digital Health in Radiology

The Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Global Association of Radiology Technologists of Indian Origin (GARTIO), successfully hosted an impactful international webinar titled “AI and Digital Health Transforming Radiology in India and Abroad.” The session, exclusively hosted by Docplexus on 12th July 2025, attracted strong participation from radiologists, AI researchers, and healthcare professionals across time zones.

Session Highlights:

Speakers:

- Dr. Amit Gupta, Consultant Radiologist and AI Researcher at AIIMS, New Delhi, shared practical insights on AI integration in diagnostic imaging, highlighting current capabilities, evolving trends, and its potential to augment radiological workflows in India.
- Mr. Sundar Kalyana, Clinical Director at GE Healthcare, Singapore, offered a global perspective, emphasizing scalable digital health tools, predictive analytics, and their real-world applications in radiology services across diverse healthcare systems.

Chairperson:

- Dr. Vasanth Venugopal, Professor of Radiology and Medical AI at Amrita Institute, provided clinical context to the discussion, underlining the importance of ethical AI deployment and the need for upskilling radiology professionals to adapt to digital transformations.
- Moderator:
- Prof. S. Panneer Selvam, Adjunct Faculty of Medical Physics, Chennai, facilitated the session, guiding expert interactions and summarizing takeaways

Opening Remarks & Vote of Thanks:

- Mr. Suresh Malayatnah, Regional Coordinator (Australasia) – ISRRT, welcomed attendees and highlighted the significance of international knowledge exchange.
- Dr. Asutosh Sahu, Cardiothoracic Radiologist, Toronto, concluded the event with acknowledgments, reiterating the need for global collaboration in radiology education and digital innovation.

Key Takeaways:

- Role of AI-powered decision support systems in diagnostic accuracy and workflow optimization
- Expansion of tele-radiology through cloud infrastructure and digital platforms
- Ethical, regulatory, and skill development challenges for AI adoption in radiology
- Opportunities for international collaboration on digital health solutions in imaging

Significance:

- This session reaffirmed GAPIO and GARTIO's joint vision of empowering radiology professionals with future-ready tools and global perspectives. By fostering multidisciplinary dialogue, the webinar emphasized responsible innovation and the transformative role of digital health in reshaping radiology practice both in India and globally.



docplexus **GAPIO** **GARTIO**

AI and Digital Health Transforming Radiology in India and Abroad

12th July 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)

Opening Remarks	Speaker	Speaker	Chairperson	Moderator	Vote of Thanks
 Mr. Suresh Malayatnah Asia - Australasia Regional Coordinator (Professional Practice) International Society of Radiographers and Radiological Technologists	 Dr. Amit Gupta Consultant Radiologist AIIMS, New Delhi	 Mr. Sundar Kalyana Clinical Director GE Healthcare, Singapore	 Dr. Vasanth Venugopal Professor, School of Artificial Intelligence, Amrita Hospital, Forth Road, Chennai	 Prof. S. Panneer Selvam Adjunct Faculty of Medical Physics, SRM Institute of Higher Education and Research Chennai	 Dr. Asutosh Sahu Cardiothoracic Imaging and Emergency Radiology Toronto, Canada

Exclusive Webinar

» Join expert radiologists and AI researchers Dr. Amit Gupta and Mr. Sundar Kalyana for an insightful session on “AI and Digital Health Transforming Radiology in India and Abroad.” Organized by the Global Association of Physicians of Indian Origin (GAPIO) and the Global Association of Radiology Technologists of Indian Origin (GARTIO), the session is exclusively hosted by Docplexus on 12th July at 7:00 PM IST.

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GARTIO Team

Prof. S. Panneer Selvam,
Chairman, Advisory Council, GARTIO

ISRT Team	ICRT Team
Mr. Mohan Lal Bhagwat, President, ISRT Mr. Suresh Malayatnah, General Secretary, ISRT	Dr. S.C. Bansal, Registrar, ICRT Mr. Shashi Kumar Shetty, National Program Coordinator



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

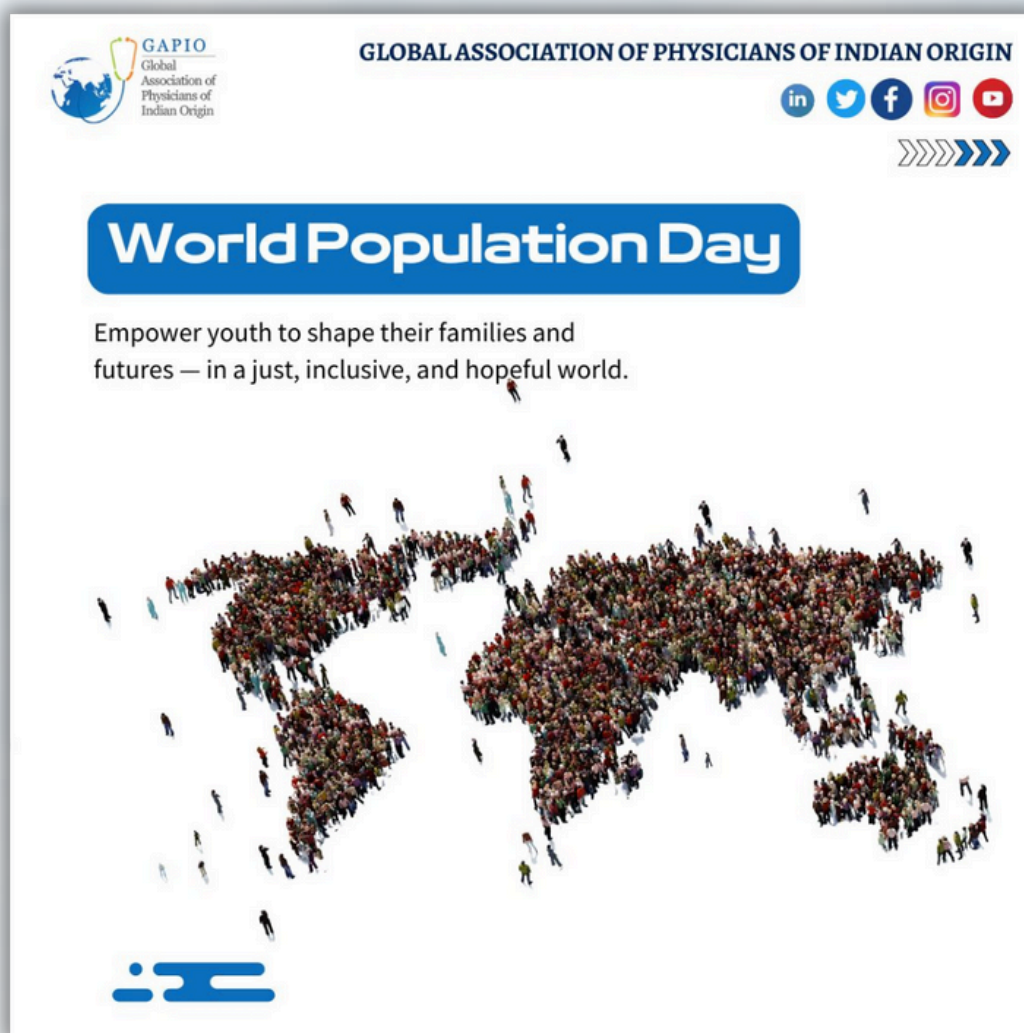
GAPIO Observed World Population Day 2025: Empowering Youth, Shaping the Future

On the occasion of World Population Day 2025, the Global Association of Physicians of Indian Origin (GAPIO) recognized the transformative role of young people in shaping a healthier, more equitable world. This year's theme—"Empowering young people to create the families they want in a fair and hopeful world"—underscored the urgent need to support informed choices through access to education, reproductive health services, and social equity.

GAPIO emphasized key priorities:

- Promote youth-centered health education that fosters autonomy and responsibility
- Expand access to reproductive healthcare without stigma or discrimination
- Champion equity in opportunity, enabling every young person to shape their future with dignity and hope

By aligning healthcare with human rights, GAPIO reaffirmed its commitment to a future where population well-being is achieved through empowerment, not pressure — through knowledge, not fear.



SOCIAL MEDIA COVERAGE

GAPIO Celebrated Guru Purnima: Honoring Mentors in Medicine

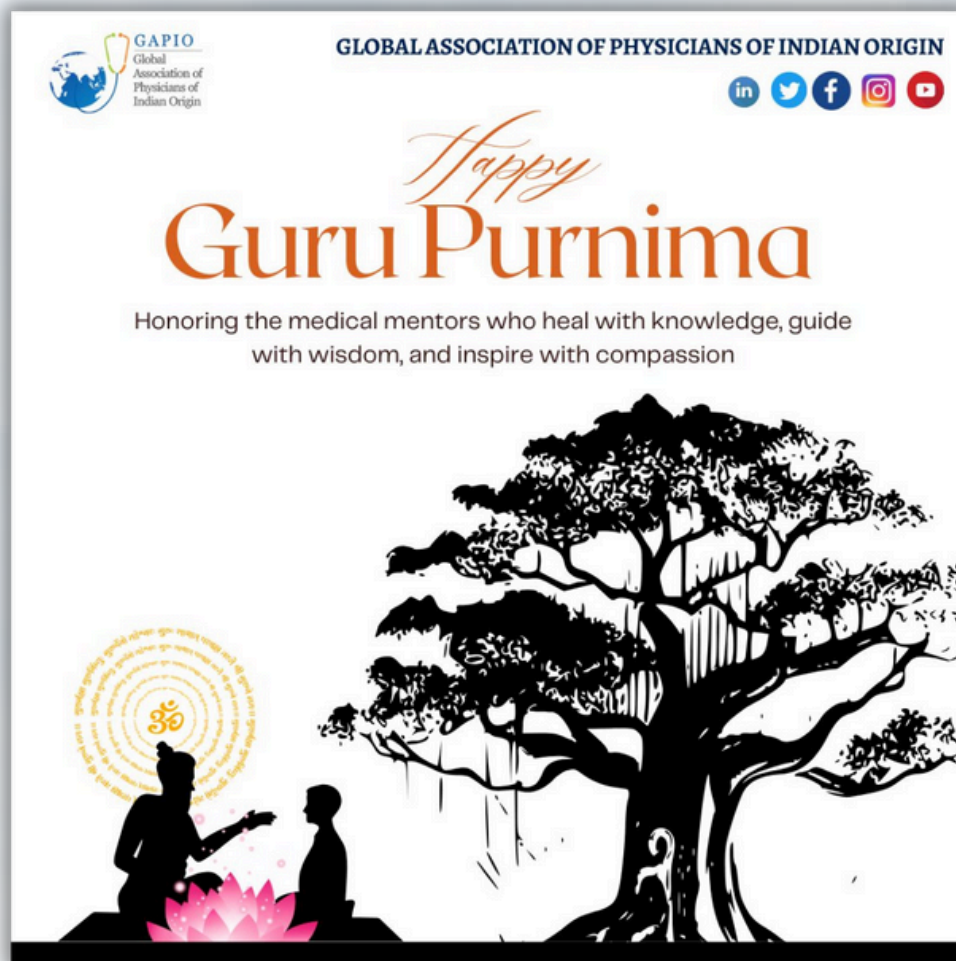
On the sacred occasion of Guru Purnima, the Global Association of Physicians of Indian Origin (GAPIO) paid heartfelt tribute to the mentors, medical teachers, and senior physicians who illuminate the path of healing through wisdom, compassion, and service.

In the world of medicine, a guru is more than a teacher— they are a guide who shapes clinical skill, ethical integrity, and the spirit of lifelong learning.

GAPIO emphasized core values that define medical mentorship:

- Seva (Service): Guiding with humility and purpose
- Siksha (Education): Imparting knowledge across generations
- Sanskriti (Values): Upholding the moral fabric of the healing profession

By recognizing the role of mentors in shaping both competence and character, GAPIO reaffirmed its commitment to nurturing a global culture of gratitude, learning, and respect within the medical community.



SOCIAL MEDIA COVERAGE

GAPIO Observed Doctors' Day 2025: A Call to Heal the Healers

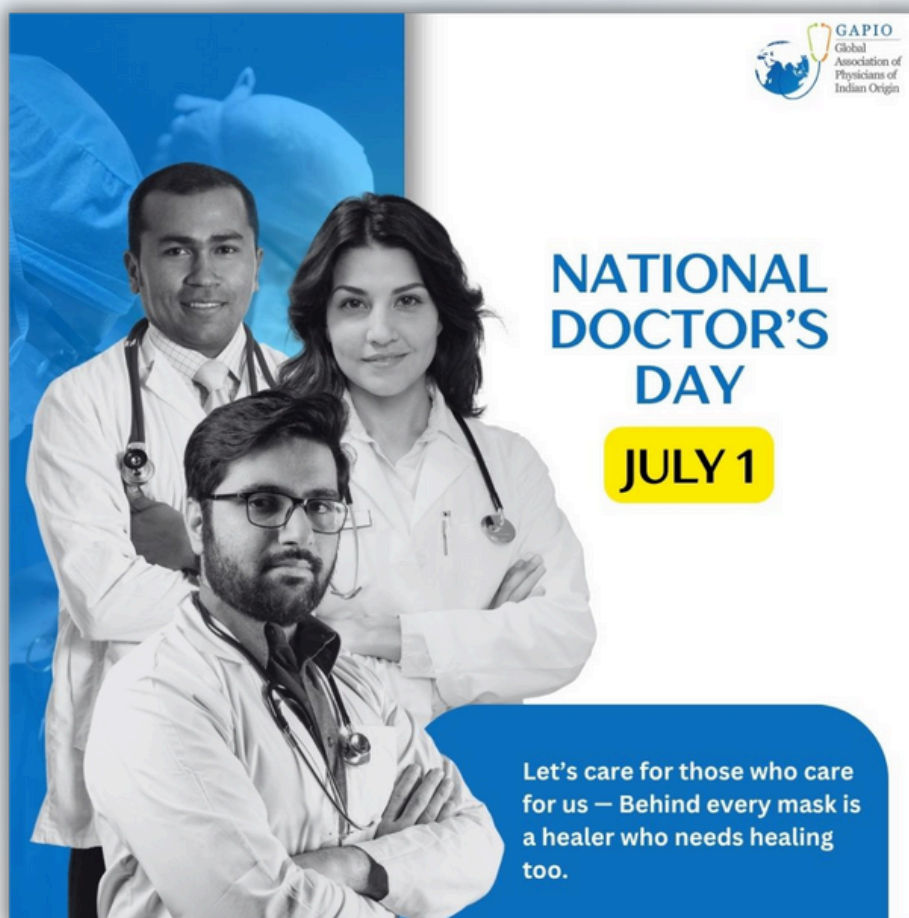
On the occasion of National Doctors' Day, the Global Association of Physicians of Indian Origin (GAPIO) saluted the unwavering dedication of physicians across the globe who continue to serve with compassion and courage.

This year's theme, "Behind the Mask: Who Heals the Healers?" highlighted an often overlooked reality—the emotional toll, mental fatigue, and silent resilience that accompany the medical profession.

GAPIO emphasized key actions:

- Acknowledge the mental health needs of healthcare professionals
- Break the stigma surrounding emotional well-being in medicine
- Foster a culture of empathy, peer support, and psychological safety

By honoring the legacy of Dr. Bidhan Chandra Roy—an icon of clinical excellence and leadership—GAPIO reaffirmed its commitment to building a healthcare ecosystem that not only values physical healing, but also nurtures the mental and emotional strength of its physicians.



HEALTH TIPS/FACTS

Digital Health Tools: Enhancing Efficiency and Reducing Clinical Workload

Digital health technologies (DHTs) are rapidly becoming essential to modern healthcare delivery. From streamlining administrative tasks to improving clinical decision-making, these tools can significantly enhance productivity, reduce stress, and support better patient outcomes.

How Digital Health Tools Make a Difference

1. **Reduce Administrative Burden:** Digital platforms can automate documentation, generate clinical notes, and extract data from past reports—freeing up valuable time for patient care.
2. **Support Real-Time Decision-Making:** Tools integrated with electronic health records (EHRs) provide instant access to patient history, lab results, and medication records—helping clinicians make timely and informed decisions.
3. **Improve Care Coordination:** Secure digital systems enable seamless data sharing across departments and teams, improving handovers, follow-ups, and multidisciplinary collaboration.
4. **Enhance Workflow Efficiency:** Automated scheduling, reporting dashboards, and diagnostic support systems reduce redundancy and streamline day-to-day operations.
5. **Enable Early Intervention:** Predictive analytics and wearable device integrations can flag early warning signs—allowing for prompt care before complications arise.
6. **Increase Patient Engagement:** Mobile apps, reminders, and digital follow-up tools help patients stay informed and adhere to treatment plans—leading to improved outcomes and fewer no-shows.
7. **Reduce Administrative Burden:** Digital platforms can automate documentation, generate clinical notes, and extract data from past reports—freeing up valuable time for patient care.
8. **Support Real-Time Decision-Making:** Tools integrated with electronic health records (EHRs) provide instant access to patient history, lab results, and medication records—helping clinicians make timely and informed decisions.
9. **Improve Care Coordination:** Secure digital systems enable seamless data sharing across departments and teams, improving handovers, follow-ups, and multidisciplinary collaboration.
10. **Enhance Workflow Efficiency:** Automated scheduling, reporting dashboards, and diagnostic support systems reduce redundancy and streamline day-to-day operations.
11. **Enable Early Intervention:** Predictive analytics and wearable device integrations can flag early warning signs—allowing for prompt care before complications arise.
12. **Increase Patient Engagement:** Mobile apps, reminders, and digital follow-up tools help patients stay informed and adhere to treatment plans—leading to improved outcomes and fewer no-shows.

Best Practices for Implementation

- **Start Simple:** Begin with tools that automate the most time-consuming tasks, such as note transcription or appointment scheduling.
- **Involve the Care Team:** Select tools that are user-friendly and relevant to your specific clinical setting. Gather feedback from nurses, technicians, and administrators.
- **Ensure Training & Support:** A digital tool is only as effective as the team using it. Provide hands-on training and ongoing support to build confidence and reduce resistance.
- **Prioritize Data Privacy:** Always ensure that any platform used is compliant with healthcare privacy standards and integrates securely with existing systems.

Source: https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-025-12414-4?utm_source=chatgpt.com

HEALTH TIPS/FACTS

10 Practical Exercise Tips for Busy Medical Professionals

Despite understanding the benefits of physical activity, many healthcare professionals struggle to maintain consistent exercise routines. Long shifts, emotional fatigue, and unpredictable schedules often serve as major barriers.

To promote sustainable well-being, these 10 strategies are designed to help clinicians and care providers integrate movement into daily life—realistically and without guilt.

Key Tips to Reignite Your Exercise Routine

1. **Normalize the Struggle:** Acknowledge that even with medical knowledge, exercise can feel difficult. It's not a personal failure—it's a shared human experience.
2. **Choose What You Enjoy:** Whether it's walking, swimming, dancing, or gardening, the best workout is the one you'll actually look forward to.
3. **Let Go of Perfectionism:** Short sessions matter. Even 10 minutes of movement contributes to long-term health. Prioritize consistency over intensity.
4. **Reject the All-or-Nothing Mindset:** Every bit counts. Don't dismiss short or low-effort workouts. Small steps accumulate and make a difference.
5. **Simplify the Process:** Keep it easy—have workout clothes ready, use bodyweight exercises, or stretch during calls. Lower the effort to get started.
6. **Build Movement Into Your Day:** Add stretches after brushing your teeth or opt for walking calls. Habit-stacking encourages consistency.
7. **Set Achievable Micro-Goals:** Begin with just five minutes. Gradually increase time as confidence and momentum build.
8. **Focus on the Feeling, Not Just the Outcome:** Tune into how exercise makes you feel—energized, focused, or less stressed—to build positive reinforcement.
9. **Allow Yourself Breaks Without Guilt:** Rest days are essential. Skipping a session isn't failure—just a pause. Return when ready.
10. **Think Long-Term:** Exercise is not a quick fix. It's a long-term investment in your health—go at your pace and stay consistent.

By adopting these strategies, healthcare professionals can support both their physical and mental well-being—even within demanding schedules.

Source: <https://www.physicianspractice.com/view/5-ways-ai-is-reshaping-private-practice?slide=2>



GAPIO Honors' List - JULY 2025



Dr Arvind Prakash Savant, Senior Consultant, Paediatrics in Bhilai, have been awarded “DR. KETAN DESAI AAO GAO CHALEN AWARD (RURAL SERVICES)” by Indian Medical Association on national doctor's day 2025 at Delhi, for his dedication and commitment to patients and medical field in improving the health and well-being of society. This is lifetime achievement very distinguished award given to only 5 doctors nationwide.

Dr. Ashish Aneja, Senior Medical Officer, Kurukshetra University, has been honoured with the “Best Doctor in Community Service Award” by Shri Jitendra Singh, Minister of State for Science and Technology and Geology, GoI, on national doctor's day 2025 at Delhi.

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

Invited Speaker, ETHealthworld Webinar by The Economic Times Group

- Delivered expert insights on the panel discussion titled “Weighing In: The Rise of Weight Loss Drugs in India”, highlighting the evolving role of pharmacological solutions in obesity management.

Felicitations by Global Hypertension Bodies –

- Honored at the Global Hypertension Summit in Jaipur by the World Hypertension League (affiliated with WHO), European Society of Hypertension, and Indian Society of Hypertension for outstanding contributions to cardiovascular sciences.

GAPIO Honors' List - JULY 2025

Dr. Ashok Sharma, Consultant, Internal Medicine at New Delhi has chaired a session “Cardiac Emergency and Controversies” during 10th CARDICON held on 20 th July at Kaushambi, Ghaziabad.

Dr. Bellamkonda Kishore, Academician, Innovator and Entrepreneur, has been awarded with “Indian Overseas Prize” on July 23, 2025. The prize which carries a medal and certificate, as part of Celebrating India-US Ties in the Iconic Building of the US Congress in Washington, DC. This prize was awarded to 30 people from all over the globe for their distinguished services and thus keeping the flag of India high overseas.

Dr. Dilip Kumar Acharya, Honorary Fellow GAPIO & National Chairman, IMA Cancer & tobacco Control Committee has delivered a keynote address, sharing vital insights on the dangers of tobacco and effective strategies to quit during “Quit Tobacco: Why and How – A Powerful Awareness” session at SAMC & PGI on 9 th July 2025.

On 22nd July, Dr Dilip Kumar Acharya, delivered a lecture to Nursing students & faculty members of St. Francis Nursing College, Indore on Health Hazards of Tobacco & Quitting Methods.

In lieu of the World Head & Neck Cancer Day on 27th July, Dr Dilip Kumar Acharya, as guest speaker, highlighted the signs & symptoms, risk factors of Head & Neck Cancers. He stressed on the need for Tobacco & Areca Nut control with Alcohol in moderation for prevention from Head & Neck Squamous Cell Cancers. He showed many pictures of oral pre-cancerous lesions and shared tobacco quitting methods.

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

- Promoted to Associate Editor Frontiers in Public Health Education and Promotion.
- On invitation by the President of the Barbados Association of Palliative Care (BAPC), gave a talk as the chair of Health and Wellness Committee, Optimist Club of Barbados North on “Where is the Challenge located? – Male - Gender Bias?” Focusing on Prostate Cancer and its Screening, at the Beulah Methodist Church, St. Philip, Barbados.
- Attended and presented a poster (ID: 183), session S4, Christopher room “Title: Psychometric Properties and Feasibility of SCOFF and SSES scales in Barbadian Females” at the “Caribbean Regional Conference of Psychology (CRCP 2025)” organized in collaboration with the Caribbean Alliance of National Psychological Associations. Theme, “building mental Health Resiliencies, Empowering our communities”.
- Publications:
- a. Cannarella R, Çayan S, Giulioni C, Çeker G, Singh K, Khalafalla K, Rambhatla A, Galstyan R, Ramgir-Naidu S, Hubbard L, Shamohammadi I, Kesari KK, Rao F, Subarmanian A, Kumar V, Putra DE, Moorthy D, Palani A, Dursun M, Pescatori E, Saleh R, Shatylko T, Atmoko W, Zini A, Shah R, Agarwal A. Impact of Varicocele on Pregnancy and Live Birth Outcomes in Men with Clinical Varicocele: Systematic Review of Controlled Studies. World J Mens Health. 2025 May;43:e25. <https://doi.org/10.5534/wjmh.250023>

Dr. Premkumar Balachandran, Senior Consultant and Clinical Lead at Chennai have performed the “Edinburgh peritoneal flap hernioplasty” for a large giant lateral near LOD incisional hernia. His article “Median umbilical ligament flap cover for exposed mesh” published in Asian journal of case studies. <https://doi.org/10.9734/ajcrs/2025/v8i2666>

GAPIO Honors' List - JULY 2025

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

- Vaishya R, Shekhawat S, Vaish R, Migliorini F. Evolution of journal rankings in orthopedics and sports medicine (2000-2024). Orthopädie. 2025; <https://doi.org/10.1007/s00132-025-04683-y>
- Vaishya R, Vaish A. Re-evaluating Tibial Periprosthetic Fractures: A call for Comprehensive and Patient-Centered Reporting. J Bone Joint Surg (Am). Published on 24 th July 2025. Available at: https://www.jbjs.org/reader.php?rsuite_id=20fb3f3a-e77d-442a-8cf4-314da57f8235&source=The_Journal_of_Bone_and_Joint_Surgery/107/14/1579&topic=kn#supplemental
- Migliorini F, Vaishya R. Editorial on sartans and skeletal muscle regeneration: rethinking fibrosis as a modifiable target in traumatic injury. European Journal of Orthopaedic Surgery & Traumatology 2025;35(1):306. doi:10.1007/s00590-025- 04446-7
- Vaishya R, Gupta BM, Verma MK, Elangovan N. The Pivotal Role of Bibliometric Analysis in Scholarly Communication: A Review. DESIDOC J Lib Info Tech 2025; 45(4): 375-385. doi:10.14429/djlit.21028
- Vaishya R, Vaish A. Empowering Women in Orthopedics: A Call for Action in South Asia. Charak J Health Res 2025;1(1):1-2. doi:10.5005/cjhr-11037-0001

Dr S K Sogani, Senior Consultant, Neurosurgery, New Delhi, received the Jan Sewa award from Honorable Home & Sahkarita Minister, GoI, Shri Amit Shah on 14th July 2025 at Vigyan Bhawan New Delhi, for outstanding services in medical & social field for charitable services.

Dr. Surajit Gorai, Professor and Consultant Dermatologist, Kolkata has been awarded Fellow of the royal College of Physicians FRCP(London).

Dr. Tarun Gupta, Faculty & Senior Consultant Surgeon was got selected as the examiner for the MRCS England OSCE PART-B Exam held from 26 to 27 July 2025 at Medanta Hospital.

Dr. Vinita Sharan, Senior Radiology Consultant, DeepTek Medical Imaging Pvt. Ltd., Adjunct Faculty, Public Health Foundation of India (PHFI) and Former Associate Professor, San Beda College of Medicine, Philippines, have contributed a book chapter on "Ethical Considerations in Public Health Research" for a book titled: Introduction to Public Health and Research; Essential Concepts. The book has been edited by Priyanka Jain and Umber S Khan and was published last month by Springer.

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