

**MERRY**  
**CHRISTMAS**  
AND  
**HAPPY**  
**NEW YEAR**  
**2026**



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## **GAPIO Congratulates Dr. Sanjay Rajagopalan on Receiving the AHA Distinguished Scientist Award 2025**

GAPIO congratulates Dr. Sanjay Rajagopalan, Chief of Cardiovascular Medicine at the University Hospitals Harrington Heart and Vascular Institute, United States, on being honoured with the 2025 American Heart Association Distinguished Scientist Award—the highest recognition conferred by the Association for outstanding contributions to cardiovascular research.

Dr. Rajagopalan has been recognised for research that has significantly advanced global understanding of the role of environmental factors in cardiovascular disease. His work has also contributed to the development of next-generation therapeutic strategies and advanced imaging approaches for complex cardiovascular conditions.





## GAPIO Acknowledges Dr. Ashish Aneja's Community Initiative on Diabetes Prevention Through Yoga and Health Screening

GAPIO recognises the community health initiative led by Dr. Ashish Aneja, which highlighted the role of yoga and regular health check-ups in the prevention of diabetes. As reported in the local media, a free health screening camp focusing on diabetes was organised to promote early detection and lifestyle-based prevention.

The initiative emphasised that diabetes prevention extends beyond medication and requires sustained attention to physical activity, balanced nutrition, and routine health monitoring. Yoga was highlighted as an effective tool in improving metabolic health and overall well-being, supporting long-term diabetes prevention.

The free screening camp enabled community members to undergo basic health evaluations and receive guidance on diabetes risk factors and preventive measures. Such outreach efforts aim to increase awareness, encourage timely health checks, and support individuals in adopting healthier daily habits.

GAPIO appreciates Dr. Aneja's continued commitment to community-oriented healthcare and public awareness, reinforcing the importance of preventive strategies in addressing the growing burden of diabetes.

### डायबिटीज के बचाव के लिए योग और स्वास्थ्य जांच जरूरी : डॉ. अनेजा

निशुल्क स्वास्थ्य जांच शिविर का 350 से ज्यादा कर्मचारियों ने उठाया लाभ

कुरुक्षेत्र, यशवात न्यूज।

कुरुक्षेत्र विश्वविद्यालय के कुलपति प्रोफेसर सोमनाथ सचदेवा के मार्गदर्शन में केयू स्वास्थ्य केन्द्र में वर्ल्ड डायबिटीज डे पर निःशुल्क स्वास्थ्य जांच शिविर आयोजित किया गया। इस अवसर पर जांच शिविर में पहुंचे मेदांता हॉस्पिटल से डॉक्टर और स्टाफ ने स्वास्थ्य जांच की। नियमित स्वास्थ्य जांच से न केवल बीमारियों की पहचान होती है, बल्कि यह जीवनशैली में सुधार करने और समग्र स्वास्थ्य को बेहतर बनाने में भी मदद करती है।



केयू स्वास्थ्य केन्द्र के सीनियर मेडिकल ऑफिसर एवं RSSDI मेंबर डॉ. अनेजा ने कहा कि डायबिटीज अवेयरनेस, फर्स्ट एंड ट्रेनिंग वर्कशॉप एवं निःशुल्क स्वास्थ्य जांच शिविर आरोग्य भारती के सहयोग से आयोजित किया गया जिसका लाभ

लगभग 350 से ज्यादा लोगों ने लिया है। डॉ. अनेजा ने कहा कि एक स्वस्थ व्यक्ति ही अपने परिवार, समाज, शिक्षण संस्थान व राष्ट्र निर्माण में अहम योगदान दे सकता है। स्वास्थ्य जांच से जीवन प्रत्याशा में वृद्धि तो होती ही है इसके साथ ही कई गंभीर बीमारियों

के जोखिम को भी कम किया जा सकता है। युवा उम्र में डायबिटीज तेजी से बढ़ रही है। आज की आदतें कल की बीमारी तय करती हैं। अपने लिए 20 मिनट निकालें। चलें, पानी पिएं और एक छोटी चीज बिना चीनी की चुनें।

### डायबिटीज के बचाव के लिए योग और स्वास्थ्य जांच जरूरी : डॉ. अनेजा

हिन्द दर्पण - संवाददाता

कुरुक्षेत्र। वर्ल्ड डायबिटीज डे पर डॉ. आशीष अनेजा ने निःशुल्क स्वास्थ्य जांच शिविर का आयोजन किया गया। इस अवसर पर जांच शिविर में पहुंचे मेदांता हॉस्पिटल से डॉक्टर और स्टाफ ने स्वास्थ्य जांच की। नियमित स्वास्थ्य जांच से न केवल बीमारियों की पहचान होती है, बल्कि यह जीवनशैली में सुधार करने और समग्र स्वास्थ्य को बेहतर बनाने में भी मदद करती है। केयू स्वास्थ्य केन्द्र के सीनियर मेडिकल ऑफिसर एवं RSSDI मेंबर डॉ. अनेजा ने कहा कि डायबिटीज अवेयरनेस, फर्स्ट एंड ट्रेनिंग वर्कशॉप एवं निःशुल्क स्वास्थ्य जांच शिविर आरोग्य भारती के सहयोग से आयोजित किया गया जिसका लाभ लगभग 350 से ज्यादा लोगों ने लिया है। डॉ. अनेजा ने कहा कि एक स्वस्थ व्यक्ति ही अपने परिवार, समाज, शिक्षण संस्थान व राष्ट्र निर्माण में अहम योगदान दे सकता है। स्वास्थ्य जांच से जीवन प्रत्याशा में वृद्धि तो होती ही है इसके साथ ही कई गंभीर बीमारियों के जोखिम को भी कम किया जा सकता है। डॉ. अनेजा ने बताया कि विश्व मधुमेह दिवस पर छोटी आदतें — बढ़ी



» निशुल्क स्वास्थ्य जांच शिविर का 350 से ज्यादा कर्मचारियों ने उठाया लाभ

Celebrates The Spirit of

world diabetes day  
14 November

"Diabetes and Well-Being"

मेहत आज एक सरल संदेश  
1. चीनी कम करें  
शुरुआत सिर्फ चाय की चीनी से नहीं —  
बिस्कुट, नमकीन, जूस, बेकरी में भी चीनी छुपी होती है।  
2. रोज 20-30 मिनट चलें  
हल्की वॉक भी आपके शुगर लेवल, नींद और मूड — तीनों सुधार देती है।  
3. साल में एक बार स्क्रीनिंग जरूरी  
HbA1c, फास्टिंग शुगर, BP, और वजन —

छोटे टेस्ट, बड़ा फर्क।  
4. तुरंत बदलाव की जरूरत  
युवा में कम उम्र में डायबिटीज तेजी से बढ़ रही है। आज की आदतें कल की बीमारी तय करती हैं। अपने लिए 20 मिनट निकालें। चलें, पानी पिएं, और एक छोटी चीज बिना चीनी की चुनें।

### डायबिटीज के बचाव के लिए योग और स्वास्थ्य जांच जरूरी: डॉ. आशीष

टीम एक्शन इंडिया  
दलबीर मलिक

कुरुक्षेत्र : कुरुक्षेत्र विश्वविद्यालय के कुलपति प्रोफेसर सोमनाथ सचदेवा के मार्गदर्शन में केयू स्वास्थ्य केन्द्र में वर्ल्ड डायबिटीज डे पर निःशुल्क स्वास्थ्य जांच शिविर आयोजित किया गया। इस अवसर पर जांच शिविर में पहुंचे मेदांता हॉस्पिटल से डॉक्टर और स्टाफ ने स्वास्थ्य जांच की। नियमित स्वास्थ्य जांच से न केवल बीमारियों की पहचान होती है, बल्कि यह जीवनशैली में सुधार



करने और समग्र स्वास्थ्य को बेहतर बनाने में भी मदद करती है। केयू स्वास्थ्य केन्द्र के सीनियर मेडिकल ऑफिसर एवं आरएसएसडीआई

मेंबर डॉ. अनेजा ने कहा कि डायबिटीज अवेयरनेस, फर्स्ट एंड ट्रेनिंग वर्कशॉप एवं निःशुल्क स्वास्थ्य जांच शिविर आरोग्य भारती के

निःशुल्क

केयू स्वास्थ्य केन्द्र में वर्ल्ड डायबिटीज डे पर निःशुल्क स्वास्थ्य जांच शिविर आयोजित किया गया

सहयोग से आयोजित किया गया जिसका लाभ लगभग 350 से ज्यादा लोगों ने लिया है। डॉ. अनेजा ने कहा कि एक स्वस्थ व्यक्ति ही

अपने परिवार, समाज, शिक्षण संस्थान व राष्ट्र निर्माण में अहम योगदान दे सकता है।

स्वास्थ्य जांच से जीवन प्रत्याशा में वृद्धि तो होती ही है इसके साथ ही कई गंभीर बीमारियों के जोखिम को भी कम किया जा सकता है। उन्होंने कहा कि चीनी कम करें, रोज 20-30 मिनट पैदल चलें, साल में एक बार स्क्रीनिंग जरूरी, फास्टिंग शुगर, वीपी और वजन, इन सब छोटे टेस्ट, से बड़ा फर्क होता है। युवा उम्र में डायबिटीज तेजी से बढ़

## **GAPIO Member Dr. Rajul Rastogi Contributes Extensively to National Academic and CME Activities Across India**

GAPIO is pleased to share the wide-ranging academic contributions of Dr. Rajul Rastogi, who actively participated as National Faculty and invited speaker across multiple Continuing Medical Education (CME) programmes, conferences, workshops, and academic forums during 2025.

Dr. Rastogi participated as National Faculty in a CME held in Bhopal, Madhya Pradesh, jointly organised under the aegis of the Indian Radiological and Imaging Association – Bhopal City Chapter and the Indian Society of Vascular and Interventional Radiologists – MP Chapter. His academic involvement included three lectures on Doppler and vascular imaging and the conduct of a hands-on workshop alongside faculty of national and international repute.

He also served as Faculty Speaker at the 1st Regional Conference 2025 organised by the Department of Diagnostic and Interventional Radiology, AIIMS Raebareli, under the aegis of the Indian and International Society of Radiographers and Technologists. The conference was held on the occasion of World Radiography Day and International Day of Radiology (8 November 2025), themed “Empowering Healthcare through Imaging Excellence.” Dr. Rastogi delivered a lecture on “The Growing Relationship of Artificial Intelligence with Technologists in Diagnostic Radiology.”

Further academic engagement included participation as Faculty Speaker in a Pre-Conference CME cum Workshop conducted by the Department of Biochemistry, Teerthanker Mahaveer Medical College and Research Center, Moradabad, under the aegis of the Association of Clinical Chemistry and Laboratory Medicine Practitioners. His lecture on “Role of Artificial Intelligence in Driving Healthcare” was attended by more than 100 faculty members and delegates from multiple states.

On the occasion of World Radiography Day, Dr. Rastogi delivered a lecture titled “The Future of Diagnostic Start-ups: Opportunities in Radiology and Imaging” at the College of Paramedical Sciences, TMU, Moradabad. He also appreciated the creativity demonstrated by students through working models, posters, and rangoli depicting various aspects of radiology and imaging.

In addition, Dr. Rastogi conducted a one-hour webinar on “Futuristic Role of AI in Indian Healthcare” under the aegis of the Uttar Pradesh Chapter of the Indian Radiological and Imaging Association, aimed at updating radiologists and imaging specialists on emerging technologies in healthcare.

He also delivered a lecture on “Imaging in Carcinoma of the Endometrium and Cervix” at the Dr. Rajendra Rao CME 2025, a National CME on Women’s Imaging, conducted at Banaras Hindu University, Varanasi, under the aegis of the Uttar Pradesh Chapter of IRIA and the Indian College of Radiology and Imaging. The programme emphasised the importance of women’s health imaging in the context of Indian healthcare and developing nations.

GAPIO appreciates Dr. Rajul Rastogi’s sustained academic engagement and his continued contributions to education, innovation, and capacity-building in radiology and imaging sciences across the country.







## GAPIO Member Dr. Daljeet Kaur Recognised for Contributions to Mental Health at International Platform

GAPIO is pleased to share that Dr. Daljeet Kaur, a GAPIO member, was invited as a keynote speaker at an international conference held in Dubai in November 2025. She delivered a keynote address on “Non-Pharmacological Management of ADHD,” highlighting evidence-based approaches beyond medication in the management of attention-deficit hyperactivity disorder.

In addition to this academic recognition, Dr. Kaur has been awarded a Fellowship by the Royal College of Psychiatrists in recognition of her sustained contributions to the field of mental health. The fellowship acknowledges her professional work and commitment to advancing psychiatric care and mental health awareness.

GAPIO congratulates Dr. Daljeet Kaur on these notable achievements and commends her continued efforts in strengthening mental health practice and education at national and international levels.



## GAPIO Member Dr. Kandamaran Krishnamurthy Contributes to Pedicriticon 2025 as Invited Faculty and Presenter

GAPIO is pleased to share that Dr. Kandamaran Krishnamurthy, a GAPIO member, actively participated in Pedicriticon 2025, held in Hyderabad from 6 to 9 November 2025.

Dr. Krishnamurthy served as Invited Faculty for the Non-Invasive Respiratory Support course, contributing to focused academic discussions on respiratory management in pediatric critical care. He also delivered an oral presentation titled “Improving Pediatric Critical Care in Eastern Caribbean Countries through COVID-19 Training Initiatives: Advancements, Opportunities, and Challenges,” sharing insights from international training initiatives and their impact on strengthening pediatric critical care services.

In addition, Dr. Krishnamurthy participated as Invited Faculty for the Pediatric Research Group, supporting research-oriented dialogue and collaboration during the conference.

GAPIO acknowledges Dr. Krishnamurthy’s multifaceted academic contribution and appreciates his continued engagement in advancing pediatric critical care education and research at national and international platforms.





## GAPIO Congratulates Dr. Ashish Aneja on Being Awarded “Fellowship in Diabetes 2025” by RSSDI

GAPIO congratulates Dr. Ashish Aneja on being honoured with the prestigious “Fellowship in Diabetes 2025” by the Research Society for the Study of Diabetes in India, in recognition of his outstanding contribution to community service in diabetes care.

For more than a decade, Dr. Aneja has remained committed to improving the lives of people living with diabetes through sustained public health efforts. His work includes conducting over 700 free diabetes awareness lectures and medical camps, offering free consultations, diabetes screening, medicines, and lifestyle-management guidance. His initiatives have focused on making diabetes care accessible while empowering communities with knowledge on prevention and early management.

The recognition holds special significance as Dr. Aneja is among the very few—and possibly the only—physicians from Haryana to receive this honour. Following a detailed review of his humanitarian and public health contributions, the RSSDI committee unanimously approved his name for the fellowship, acknowledging his consistent dedication to societal well-being.

GAPIO applauds Dr. Ashish Aneja for this well-deserved recognition and commends his continued efforts in advancing diabetes awareness, prevention, and community-centred healthcare.

### डॉ. आशीष अनेजा को फैलोशिप इन डायबिटीज अवॉर्ड से किया सम्मानित

**सम्मान**  
डॉ. आशीष अनेजा को सम्मान स्वरूप फैलोशिप इन डायबिटीज 2025 के लिए सिलेक्ट किया

**टीन एक्सन डीहवा दलबीर मलिक**  
कुरुक्षेत्र : स्वास्थ्य क्षेत्र में जनसेवा के लिए विख्यात प्रशासक एवं सोनियर मेडिकल ऑफिसर डॉ. आशीष अनेजा एक बार फिर सुर्खियों में हैं। मधुमेह के मरीजों को निःशुल्क शिथिर लगाकर जागरूकता परामर्श, दवाओं की उपलब्धता तथा सरल उपचार करने पर विश्व के सबसे बड़े डायबिटीज संगठन यानि इंटरनेशनल डायबिटीज फेडरेशन ने डॉ. आशीष अनेजा को सम्मान स्वरूप फैलोशिप इन डायबिटीज 2025 के लिए सिलेक्ट कर लिया है। धर्मनगरी वार्डियों के लिए हर्ष का शिखर ये है कि यह उपलब्धि हासिल करने वाले डॉ. अनेजा



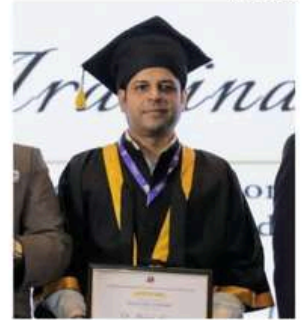
गृह जिला कुरुक्षेत्र के ही नहीं बल्कि हरियाणा के भी संपन्न एकमात्र चिकित्सक हैं। जैसे ही डॉ. अनेजा की सेवाओं की लिस्ट फेडरेशन तक पहुंची, प्रबंधकों तथा संगठन सदस्यों ने सेवाओं को देख इनके नाम पर मुर रगता दी। इस नई और बहुत बड़े स्तर की उपलब्धि के लिए कुरुक्षेत्र युनिवर्सिटी के कुलपति डॉ. सोमनाथ सचदेवा ने डॉ. अनेजा को बधाई एवं शुभकामनाएं देकर होसला बढ़ाया। गौरतलब है कि डॉ. आशीष अनेजा पिछले कई वर्षों से मरीजों के प्रति समाजसेवा कार्य एवं डायबिटीज अवेयरनेस के लिए अग्रणी होकर खड़े हुए हैं। उन्होंने चिकित्सा सेवा को हमेशा दूसरों की सेवा में लगाया। जहाँ भी उनको समाज या संगठनों ने जिम्मेदारी सौंपी, वे आमजन की उम्मीद पर खरे उठे। इस दौरान डॉ. अनेजा ने करीब दस साल में साढ़े छह सौ के करीब शिथिर लगाए और उनमें शुगर (मधुमेह) सहित विभिन्न शारीरिक समस्याओं का उपचार किया। इसी की बदौलत मधुमेह संगठनों के समूह अंतरराष्ट्रीय मधुमेह महारास अरएसएसडीआई ने डॉ. अनेजा को इतने बड़े फैलोशिप सम्मान से शोभायमान किया। डॉ. अनेजा ने सेवा में साथ खाड़ा होने संगठनों, संस्थानों, सरायकों तथा सभी शुभचिंतकों का अभार जताया।

Beyond words

01.12.2025.

## Health Care

Dr. Ashish Aneja Honored with “Fellowship in Diabetes 2025” by RSSDI for Outstanding Community Service



Dr. Ashish Aneja Receives Prestigious Recognition from Indian Diabetes Federation (RSSDI)

For more than a decade, renowned healthcare administrator and Senior Medical Officer Dr. Ashish Aneja has dedicated himself to improving the lives of diabetes patients through free medical services, awareness programs, and accessible treatment. His exemplary service has now been recognized globally as the Research Society for the Study of Diabetes in India (RSSDI)—the largest diabetes organization in the world—has selected him for the distinguished “Fellowship in Diabetes 2025.”



### A Rare Honor for Haryana

Residents of the holy city feel immense pride, as Dr. Aneja is possibly the only doctor from Haryana to receive this remarkable honor. As soon as the RSSDI committee reviewed the long list of his humanitarian services, they unanimously approved his name for the prestigious fellowship. Members of the organization congratulated him warmly, acknowledging his exceptional commitment to public health.

Over the last ten years, Dr. Aneja has conducted more than 700 free diabetes awareness lectures and medical camps, providing free consultations, free diabetes testing, free medicines, and lifestyle-management guidance. He has consistently used his medical profession for the betterment of society, fulfilling every responsibility entrusted to him by various social and community organizations. Emphasizing that diabetes is a serious yet manageable condition, Dr. Aneja continues to educate communities about adopting a healthy lifestyle, balanced diet, and regular exercise. His message remains clear: “If you notice symptoms of diabetes, consult your doctor immediately. Your health is our responsibility—stay aware, stay healthy.”

Page

### डॉ. आशीष अनेजा को फैलोशिप इन डायबिटीज 2025 अवॉर्ड से किया सम्मानित

● दस वर्षों से शुगर के बरीजों का स्वीस्थ सुधारने के उद्देश्य से निःशुल्क सेवा में लगे रहे डॉ. अनेजा, दवाएं और टेस्ट भी कराए छी मैं उपलब्ध

दलबीर मलिक, देश राजाना

कुरुक्षेत्र : स्वास्थ्य क्षेत्र में जनसेवा के लिए विख्यात प्रशासक एवं सोनियर मेडिकल ऑफिसर डॉ. आशीष अनेजा एक बार फिर सुर्खियों में हैं। मधुमेह के मरीजों को निःशुल्क शिथिर लगाकर जागरूकता परामर्श, दवाओं की उपलब्धता तथा सरल उपचार करने पर विश्व के सबसे बड़े डायबिटीज संगठन यानि इंटरनेशनल डायबिटीज फेडरेशन अरएसएसडीआई ने डॉ. आशीष अनेजा को सम्मान स्वरूप फैलोशिप इन डायबिटीज 2025 के लिए सिलेक्ट कर लिया है। धर्मनगरी वार्डियों के लिए हर्ष का



शिखर ये है कि यह उपलब्धि हासिल करने वाले डॉ. अनेजा गृह जिला कुरुक्षेत्र के ही नहीं बल्कि हरियाणा के भी संपन्न एकमात्र चिकित्सक हैं। जैसे ही डॉ. अनेजा की सेवाओं की लिस्ट फेडरेशन तक पहुंची, प्रबंधकों तथा संगठन सदस्यों ने सेवाओं को देख इनके नाम पर मुर रगता दी। इस नई और बहुत बड़े स्तर की उपलब्धि के लिए कुरुक्षेत्र युनिवर्सिटी के कुलपति



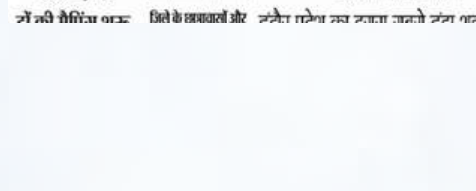
# GAPIO Hon. Fellow Dr. Dilip Kumar Acharya Speaks at ADDICON 2025 on Tobacco Addiction and Cancer Prevention

GAPIO is pleased to share that Dr. Dilip Kumar Acharya, Hon. Fellow of GAPIO and National Chairman of the IMA Cancer & Tobacco Control Committee, moderated a symposium and participated as a speaker at ADDICON 2025, the National Annual Conference of the Addiction Psychiatry Society of India, held on 7 November 2025.

During the session, Dr. Acharya delivered an in-depth presentation on “Prevention and Treatment of Tobacco Addiction”, highlighting the role of the Indian Medical Association (IMA) in tobacco control initiatives. He emphasised the importance of early awareness to prevent initiation of tobacco use among young people, discussed the appropriate and effective use of Nicotine Replacement Therapy, and cautioned against the health risks associated with e-cigarettes and the unregulated use of newer nicotine pouches. The session also addressed the strong link between tobacco use and multiple cancers. The presentation was well received by the audience. GAPIO also acknowledges Dr. Ramgulum Razdan, Chairman of the Conference, for the invitation.

In addition, National Cancer Awareness Day, observed annually on 7 November, was marked through public outreach efforts. Articles authored by Dr. Acharya on cancer prevention and early detection were published across several newspapers, contributing to wider public awareness. GAPIO appreciates the role of the media in amplifying these important public health messages.

GAPIO congratulates Dr. Dilip Kumar Acharya for his sustained commitment to cancer prevention, tobacco control, and public health advocacy, and commends his continued efforts to advance awareness through academic, professional, and community platforms.



सविनयनपूर्वक भेंटें और श्रद्धांजलियाँ - निराशा महसूस की जा रही है



## GAPIO Congratulates Its Member Prof. Dr. Surajit Gorai on Receiving the Prof. Salil K. Panja Award for Excellence in Dermatology

The Global Association of Physicians of Indian Origin (GAPIO) congratulates Prof. Dr. Surajit Gorai, a valued GAPIO member, on being conferred the Prof. Salil K. Panja Award for Excellence in Dermatology by Indian Association of Dermatologists, Venereologists and Leprologists – West Bengal.

This prestigious award recognises significant academic contributions to dermatology through scholarly presentations and publications. The honour reflects Prof. Dr. Gorai's sustained dedication to advancing dermatological research, education, and clinical practice.

Prof. Dr. Gorai serves as Professor and Consultant Dermatologist at Apollo Multispeciality Hospital (formerly Gleneagles Hospital), Kolkata, and holds the position of Deputy Editor of the Indian Journal of Dermatology, in addition to contributing as a reviewer. His academic and professional training includes international exposure through a fellowship at Ludwig Maximilian University of Munich, Germany, and specialised dermatosurgery training in Seoul, South Korea.

A recipient of multiple academic distinctions, including an MD Gold Medal, Prof. Dr. Gorai is actively engaged with leading national and international professional bodies in dermatology. As a GAPIO member, his achievements exemplify the organisation's commitment to academic excellence, global collaboration, and leadership in healthcare. GAPIO extends its warm congratulations to Prof. Dr. Surajit Gorai and wishes him continued success in his academic, editorial, and clinical endeavours.





## GAPIO Announced as Endorsing Partner for the International Conference on “Transforming Healthcare with Information Technology (THIT) 2026”

The Global Association of Physicians of Indian Origin (GAPIO) is proud to serve as an Endorsing Partner for the upcoming International Conference on “Transforming Healthcare with Information Technology (THIT)”, organized by the Apollo Telemedicine Networking Foundation (ATNF). The conference will be held on **30–31 January 2026 at HICC – Novotel, Hyderabad.**

Since its inception in 2010, THIT has established itself as a landmark forum convening global leaders, policymakers, clinicians, innovators, and technology experts to shape the future of digital health.

The 2026 edition is set to continue this legacy with an enriched program featuring:

### Conference Highlights

- Interactive sessions, TED-style talks, and specialized educational modules.
- A dynamic trade exhibition presenting the latest innovations in HealthTech and digital healthcare solutions.
- Participation from national and international speakers representing government bodies, academic institutions, hospitals, and leading technology companies.

### Exclusive Opportunity for GAPIO Members

GAPIO members are eligible for a 10% discount on conference registrations completed before 30 November 2025, using the code THITGAP10.

### Call for Abstracts and ePosters

Researchers, clinicians, and healthcare innovators are invited to submit abstracts and ePosters for presentation opportunities during the conference.

Participants may register at: [www.transformhealth-it.org/register-now](http://www.transformhealth-it.org/register-now)

Further details are available at: [www.transformhealth-it.org](http://www.transformhealth-it.org)

As an endorsing partner, GAPIO looks forward to supporting this important platform that advances knowledge-sharing, fosters collaboration, and accelerates the transformation of healthcare through technology.



The poster for the 13th International Conference on Transforming Healthcare with Information Technology (THIT) 2026. It features the Apollo Hospitals logo and the text 'Presents' followed by the THIT logo. The main title is '13th INTERNATIONAL CONFERENCE ON TRANSFORMING HEALTHCARE WITH IT'. Below this, it says 'Asia's Largest HEALTHTECH CONFERENCE'. The tagline is 'Reimagining Healthcare. Reinventing Tomorrow.' Statistics listed are '5500+ Healthcare & IT Professionals', '200+ Innovators', and '400+ Speakers'. A purple box highlights a 'Special Discount Of 10%\*' with the note '\*Before 30th November 2025 (including all taxes)'. A callout for GAPIO members shows a globe icon and the text 'For Members of GAPIO Global Association of Physicians of Indian Origin' with the promo code 'THITGAP10'. At the bottom, contact information for secretariat@transformhealth-it.org, +91 89718 10271, and www.transformhealth-it.org is provided. The date is '30-31 January 2026' and the venue is 'HICC Novotel, Hyderabad, Telangana, India'. A QR code and 'REGISTER NOW' text are also present.



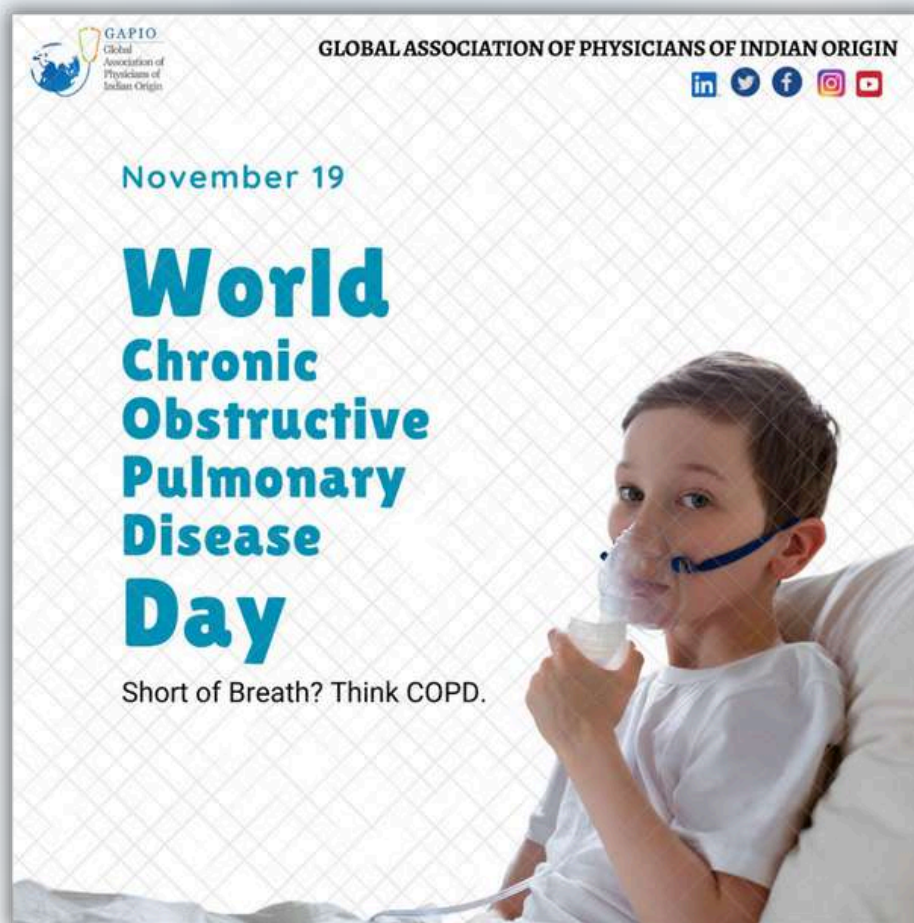
## SOCIAL MEDIA COVERAGE

### GAPIO Observed World COPD Day with Focus on Early Identification and Action

World COPD Day, observed on 19 November 2025, brought attention to Chronic Obstructive Pulmonary Disease as a major yet often overlooked public health concern. Aligning with the 2025 theme set by the Global Initiative for Chronic Obstructive Lung Disease (GOLD), “Short of Breath, Think COPD,” the occasion reinforced the need to treat breathlessness as a symptom that warrants careful clinical evaluation rather than delay.

COPD continues to remain underdiagnosed in many settings, even though it is both preventable and manageable when addressed early. Symptoms such as persistent cough, sputum production, repeated respiratory infections, and long-term exposure to tobacco smoke or environmental pollutants are frequently underestimated until disease progression limits daily functioning. Timely diagnosis and appropriate treatment can substantially improve patient outcomes and quality of life.

Through this observance, GAPIO drew attention to the importance of early recognition, accurate assessment, and continuity of care in respiratory health. Strengthening awareness among healthcare professionals and supporting timely intervention remain essential to reducing the long-term impact of COPD and ensuring patients receive care before breathlessness becomes disabling.



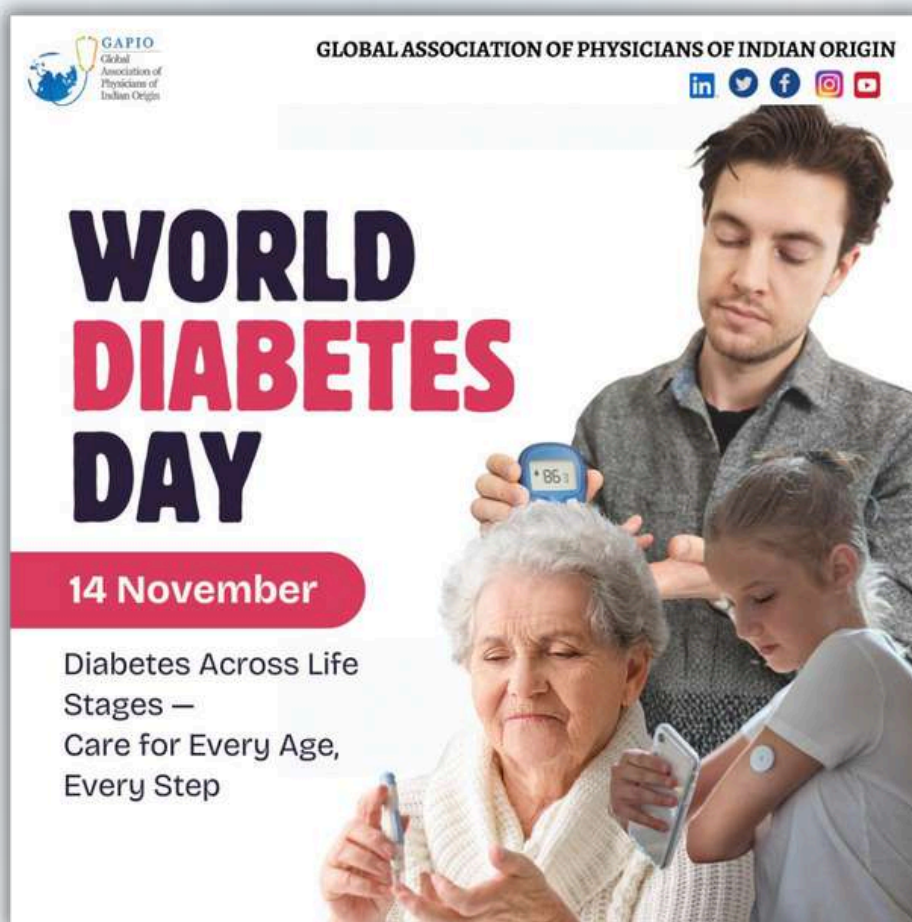
## SOCIAL MEDIA COVERAGE

### GAPIO Marked World Diabetes Day by Focusing on Care Across Life Stages

On World Diabetes Day, the Global Association of Physicians of Indian Origin (GAPIO) highlighted the theme “Diabetes Across Life Stages,” underscoring the need for diabetes care that adapts to the changing needs of individuals throughout their lives. From childhood and adolescence to adulthood and older age, diabetes presents distinct clinical, social, and emotional challenges at every stage.

The observance emphasised the importance of early screening and timely diagnosis in younger populations, sustained lifestyle support and disease management during adulthood, and comprehensive, holistic care for older adults living with diabetes. GAPIO noted that effective diabetes management extends beyond glucose control, requiring continuity of care, patient education, and empathetic engagement across the lifespan.

By marking World Diabetes Day, GAPIO reinforced the role of healthcare professionals in strengthening prevention strategies, promoting early intervention, and supporting long-term management. Addressing diabetes as a lifelong condition calls for coordinated care, sustained awareness, and systems that respond to evolving patient needs—ensuring better outcomes for individuals and communities alike.





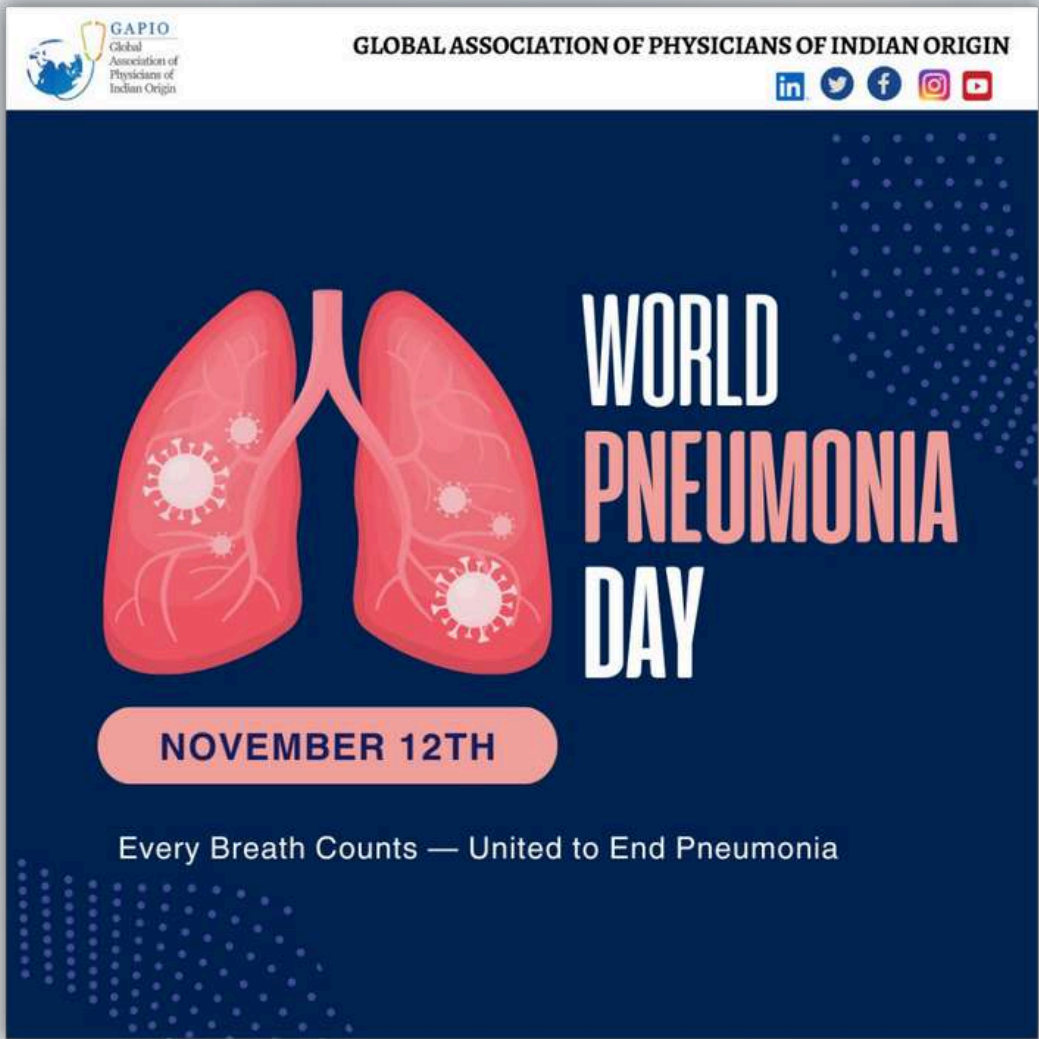
# SOCIAL MEDIA COVERAGE

## GAPIO Observes World Pneumonia Day: Protecting Lives Through Prevention, Timely Care, and Collaboration

On World Pneumonia Day, observed on 12 November, the Global Association of Physicians of Indian Origin (GAPIO) marked the occasion by drawing attention to pneumonia as a significant yet largely preventable cause of illness and death worldwide. Affecting both children and adults, pneumonia continues to place a substantial burden on health systems, particularly in settings where early diagnosis and access to essential treatment remain uneven.

The observance underscored the importance of preventive strategies such as vaccination, along with the need for timely access to oxygen therapy and appropriate antibiotics. GAPIO highlighted the critical role healthcare professionals play in recognising symptoms early, ensuring prompt care, and supporting public health efforts aimed at reducing pneumonia-related mortality.

Through this observance, GAPIO emphasised the value of collaboration across healthcare providers, public health programmes, and partner organisations. Strengthening these collective efforts remains central to improving respiratory health outcomes and ensuring that preventable conditions like pneumonia no longer result in avoidable loss of life.



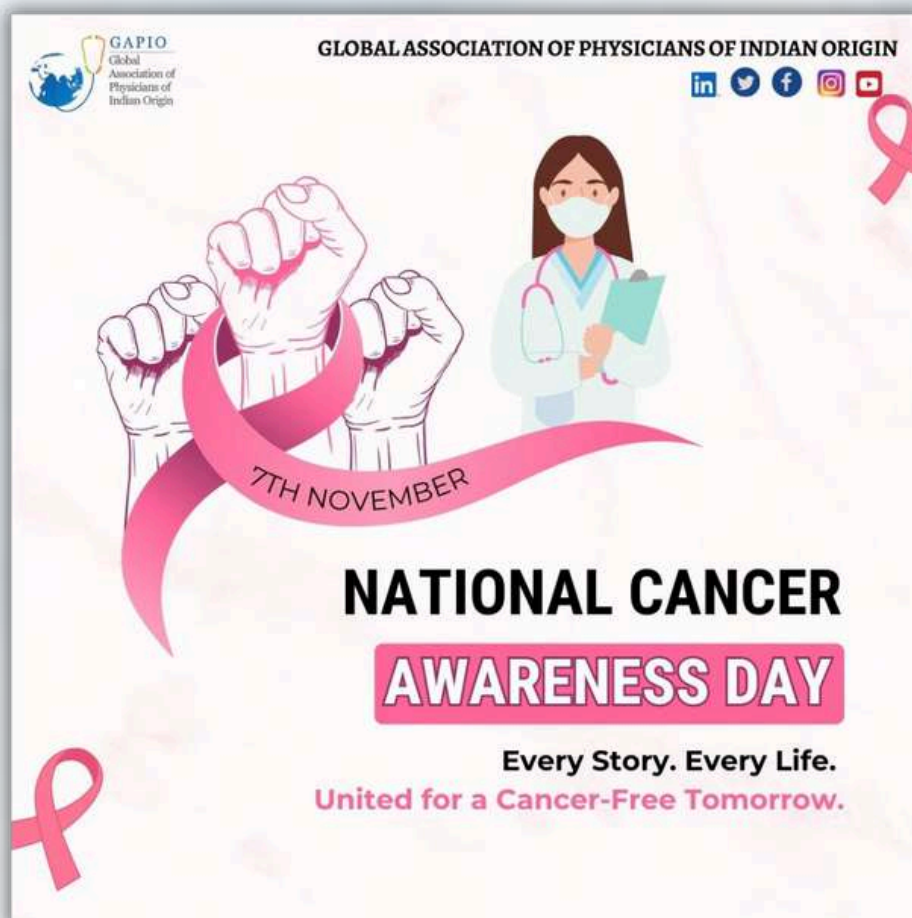
## SOCIAL MEDIA COVERAGE

### GAPIO Marks National Cancer Awareness Day: Advancing Early Action, Equity, and Hope

On National Cancer Awareness Day, the Global Association of Physicians of Indian Origin (GAPIO) reaffirmed its commitment to strengthening awareness, early detection, and equitable access to cancer care. Every cancer diagnosis represents a deeply personal journey—one shaped by biology, circumstance, and the timeliness of intervention. Yet, across these individual stories lies a shared truth: early action can profoundly alter outcomes.

Cancer continues to pose a significant global health challenge, demanding vigilance, openness, and coordinated efforts from healthcare systems and communities alike. Early screening, informed conversations, and the rejection of stigma remain critical pillars in improving survival and quality of life. For healthcare professionals, this day serves as a reminder of the vital role they play—not only in diagnosis and treatment, but also in fostering trust, encouraging dialogue, and guiding patients through uncertainty with compassion and clarity.

Through the lens of healthcare, National Cancer Awareness Day underscores the power of collective action. When individuals seek screening without fear, when families speak openly, and when societies ensure access to timely and appropriate care, the narrative of cancer shifts from inevitability to possibility. GAPIO stands with clinicians, caregivers, and patients worldwide in advancing a future where early detection, equitable care, and sustained hope define the cancer journey.





## HEALTH TIPS/FACTS

### Digital Health Overload and the Role of AI in Managing Information Burden

The rapid expansion of digital health technologies has increased access to health data for both patients and clinicians. However, excessive health information, frequent alerts, and continuous monitoring can lead to cognitive overload, reduced engagement, and unintended stress. Recent research highlights the need for structured approaches to manage digital health information effectively.

#### 1. Digital Health Data Can Become Overwhelming

- Continuous streams of health metrics from wearables and monitoring tools may exceed an individual's capacity to interpret them meaningfully.
- Excessive information can reduce clarity rather than improve decision-making.

#### 2. Information Overload May Lead to Alert Fatigue

- Repeated notifications and low-value alerts can desensitise users.
- Important signals may be overlooked when alerts are excessive or poorly prioritised.

#### 3. Over-Monitoring Can Increase Anxiety

- Normal physiological variations may be misinterpreted as pathological.
- Persistent exposure to health data can contribute to health-related anxiety and unnecessary concern.

#### 4. Cognitive Burden Affects Engagement and Outcomes

- Users may disengage from digital health tools when information becomes difficult to process.
- Reduced engagement can undermine the intended benefits of digital health technologies.

#### 5. Personalisation Is Critical to Reducing Overload

- Generic thresholds and standard alerts often fail to reflect individual health baselines.
- Personalised interpretation improves relevance and reduces unnecessary notifications.

#### 6. AI Can Help Filter and Prioritise Health Information

- Artificial intelligence systems may assist by identifying which data points are clinically meaningful.
- Filtering and summarisation can reduce cognitive burden for users.

#### 7. Contextual Interpretation Improves Understanding

- AI-based tools can translate complex health data into understandable summaries.
- Contextual explanations help users focus on actionable insights rather than raw numbers.

#### 8. Oversight and Safety Remain Essential

- AI-mediated systems must operate with transparency, privacy safeguards, and human oversight.
- Automated guidance should support—not replace—clinical judgement.

#### 9. Balanced Use of Digital Health Tools Is Necessary

- Digital health technologies should enhance awareness without creating dependency or stress.
- Effective design prioritises clarity, relevance, and user control.

#### 10. Managing Information Is as Important as Generating It

- The value of digital health lies not in the volume of data collected, but in how it is curated and interpreted.
- Thoughtful information management supports well-being, engagement, and safer care.

Source: <https://www.nature.com/articles/s41746-025-02093-0>

## HEALTH TIPS/FACTS

### Compassion Starts Within: Practical Well-Being Tips for Healthcare Professionals

Healthcare professionals routinely prioritise patient care, often at the expense of their own mental and emotional well-being. Sustaining compassion for others requires first safeguarding compassion for oneself. The following evidence-informed practices support long-term professional well-being.

#### 1. Recognise Burnout Early

- Be alert to signs such as emotional exhaustion, detachment, irritability, and reduced professional satisfaction.
- Understand that burnout is a workplace health issue—not a personal failure.

#### 2. Normalise Mental Health Conversations

- Encourage open dialogue about stress, fatigue, and emotional strain within teams.
- Reduce stigma by treating mental well-being as integral to professional competence.

#### 3. Practise Self-Compassion, Not Self-Criticism

- Acknowledge limits and setbacks without harsh self-judgment.
- Replace unrealistic perfectionism with realistic clinical and personal expectations.

#### 4. Set Boundaries to Protect Energy

- Establish clear limits around working hours, on-call demands, and availability.
- Recognise that rest and recovery are essential for safe and effective care.

#### 5. Build Micro-Recovery into the Workday

- Incorporate brief pauses for breathing, hydration, or movement between clinical tasks.
- Small, regular breaks help regulate stress and prevent cumulative overload.

#### 6. Use Peer Support Strategically

- Engage with colleagues for shared reflection and mutual support.
- Peer conversations often reduce isolation and reinforce professional resilience.

#### 7. Maintain Physical Foundations of Mental Health

- Prioritise sleep, balanced nutrition, and regular physical activity.
- Physical depletion significantly amplifies emotional and cognitive strain.

#### 8. Seek Professional Help Without Delay

- Access counselling or mental health services when stress becomes persistent.
- Early support improves outcomes and reduces long-term impairment.

#### 9. Move Beyond “Resilience” Alone

- Individual coping strategies must be supported by healthy workplace systems.
- Advocate for organisational cultures that value well-being, not just endurance.

#### 10. Remember: Caring for Yourself Protects Patients

- Clinician well-being is directly linked to patient safety, quality of care, and ethical practice.
- Sustained compassion begins with self-care, not self-sacrifice.

**Source:** <https://www.openaccessgovernment.org/article/compassion-starts-within-mental-health-and-wellbeing-for-healthcare-professionals/195418>



## GAPIO Honors' List - NOVEMBER 2025



**Dr. Abhiraj Ramchandani**, Professor of Pathology, AIMS Dewas, has the following achievements:

- Have been elected as Zonal Chairman, Ujjain zone, IMA MP STATE for 2026-27.
- He got 2 peer reviewed articles published in Indian Journal of Applied Research and Indian Journal of Scientific Research titled “Correlation of Abnormal Thyroid Function Tests with Incidence of Dysfunctional Uterine Bleeding in Women Attending Tertiary Care Centre in Central Rural India” and “Comparative Study of Thyroid Dysfunction in Patients with Dysfunctional Uterine Bleeding”.
- Along with his team he has registered a design patent in the UK design office on digital slide analyser.
- He has also been awarded as Outstanding Researcher in Pathology by Venus International Foundation, Chennai.

## GAPIO Honors' List - NOVEMBER 2025

**Dr. Ankur Khandelwal**, Additional Professor, Department of Anaesthesiology, Critical Care and Pain Medicine, AIIMS, Guwahati, has the following achievements:

- Organising Committee Member from India for the World Critical Care and Anaesthesiology Conference (2025, WCAC) held in Singapore on 10-11 Oct 2025.
- Invited as a Faculty to chair a session in the 5<sup>th</sup> National Conference of Association of Indian Ophthalmic Anaesthesiologists (AIOA), organised by the Department of Anaesthesia and Department of Academics, Sri Sankaradeva Nethralaya on 8<sup>th</sup> and 9<sup>th</sup> November 2025, Guwahati.
- Felicitated by the Indian Society of Anaesthesiologists (ISA) for his contribution as Editorial Board Member of the Journal – Peak Evidence in Anaesthesia Knowledge ('PEAK'), and the official Newsletter of ISA 'Vapour' in the 72<sup>nd</sup> Annual Conference of ISA held at Raipur, 26-30 Nov, 2025.
- Authored one chapter titled "Dissertation Writing – The Discussion and Conclusion Sections" in the book 'Research & Dissertation Writing for Postgraduate Medical Students, edited by Dr. Madhuri Kurdi & Dr. SJS Bajwa, and published by Jaypee.
- Promoted to the post of 'Additional Professor' from the existing 'Associate Professor' at AIIMS, Guwahati.

Publications-

- Karim HM, Khandelwal A, Baidya DK, Ravikumar RH. Differential Mortality Benefit of Beta-blockers in Septic Shock: A Subgroup Meta-analysis. Indian J Crit Care Med 2025; 29 (8):704-707.
- Khandelwal A, Niranjana S, Sarma K, Hussain M, Dikshit P, Singh GP. Herbal Medicines: The Double-Edged Sword for Brain—A Narrative Update. J Neuroanaesthesiol Crit Care 2025; 12:108–113. <https://doi.org/10.1055/s-0045-1810063>.
- Organised two days basic life support (BLS) training for Truck Drivers of North Guwahati on 18<sup>th</sup> & 19<sup>th</sup> Nov, 2025.

**Dr Arun Sharma**, Associate Professor, Department of Radiodiagnosis, PGIMER, Chandigarh, has the following achievements:

- Awarded Associate fellowship and membership of National Academy of Medical Sciences (NAMS), during the NAMSCON 2025, held in the month of Nov. 2025 at PGIMER, Chandigarh.
- Co-author in a published systematic review and meta-analysis as under:
  - Bhasin D, Bhasin A, Sangdup T, Sharma A, Panda P, Paul Sharma Y. Early Outcomes of Transcatheter Aortic Valve Implantation for Severe Aortic Stenosis with Myval Versus Edwards Sapien 3 Valve: A Systematic Review and Meta-Analysis. Cureus. 2025 Nov 9;17(11):e96410. doi: 10.7759/cureus.96410. PMID: 41216249; PMCID: PMC12596754.
- Has been awarded DM degree in Cardiovascular Radiology & Endovascular interventions in 2019 and became the first Indian radiologist who was awarded this degree in 2019. The course was first started by AIIMS, New Delhi.

**Dr. Ashish Aneja**, Senior Medical Officer, Kurukshetra University, has been with the prestigious "Fellowship in Diabetes 2025" from renowned International Diabetes Society RSSDI 2025, in November 2025 in the field of Diabetes & Endocrinology. This recognition celebrates 12 years of sincere dedication to promoting Diabetes awareness and prevention of complications by organising more than 1000 free Health check-up camps to raise awareness, wellness, and a medicine-free lifestyle. With passion and purpose his mission has always been to help people lead healthier, disease-free lives through balanced nutrition and a sustainable lifestyle. This prestigious lifetime award strengthens his commitment to continue empowering others on their wellness journeys and Diabetes free life.

On World Diabetes Day he has organised Free Diabetes Health Check-up & Awareness camp & Lecture in association with GAPIO. More than 350 patients were served during the camp with free testing facilities like Blood sugar, BP, TSH, ECG, BMD and Neuropathy testing This day, is observed on November 14 every year, attempts to raise awareness of the effects of diabetes, encourage preventative strategies, and push for improved assistance and care for people who are impacted by the illness.



## GAPIO Honors' List - NOVEMBER 2025

**Dr Daljeet Kaur**, Consultant Psychiatrist, Founder of Dawn Healthy Minds and Dawn Welfare Foundation, have been invited as a keynote speaker in the 42<sup>nd</sup> International Psychiatry Conference on “Advance in Psychiatry and Mental Health held on 10-11 Nov 2025 at Dubai. She spoke on the topic “Non-Pharmacological management of ADHD”. She has also been awarded the fellowship by Royal college of Psychiatrists for her contribution in the field of mental health.

**Dr. Dilip Kumar Acharya**, National Chairman, IMA Cancer & Tobacco Control Committee has moderated a symposium & was a speaker in the “ADDICON 2025 -National Annual conference of Addiction Psychiatry Society of India” on 7<sup>th</sup> Nov. 2025. He spoke in detail about “Prevention & Treatment of Tobacco Addiction” & Role of IMA. He stressed upon creating awareness about ill effects of Tobacco so that youngsters do not start its use in any form, informed about proper use of Nicotine Replacement Therapy for good results and hazards of E Cigarettes & uncontrolled use of newer Nicotine pouches. Cancers caused by Tobacco were also highlighted. His article on Cancer prevention and early detection got published in few newspapers on National Cancer Awareness Day observed on 7<sup>th</sup> November 2025.

**Dr. Kandamaran Krishnamurthy**, Consultant Pediatric-Intensive Care Unit from Queen Elizabeth Hospital, Barbados has the following achievements at the “Pedicriticon” held on 6-9 November 2025 at Hyderabad:

- He has been invited faculty for Non-invasive respiratory Support course.
- He gave oral presentation on Improving Pediatric Critical Care in Eastern Caribbean Countries through COVID 19 Training Initiatives: Advancements, Opportunities, and Challenges.
- He has been invited faculty for Pediatric research group.

On 27<sup>th</sup> Nov 2025, he gave a presentation on zoom on oxygenation and Non-invasive Ventilation for Health care staffs in Enugu, Nigeria organized by pediatric Critical care in resources limited settings by Dr Michael Carnie.

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

- November 29th, 2025 – Attended the Global Andrology Forum's (GAF) Online Academic Session 2: Theme: “Tricks of the Trade - How do I do it? Topic: Reconstructive Surgery for Obstructive Azoospermia”.
- November 28th, 2025 – Attended the WHO launch webinar: WHO guidelines for the prevention, diagnosis and treatment of infertility. Organized by WHO in partnership with Human Reproduction Program (HRP), the IBP network partnership.

**Dr. Prasad Rahate**, Sr. Consultant General & Laparoscopic & Colorectal Surgery, Pune, has cleared exit FRCS colorectal Surgery Edinburgh exam in UK and has been awarded this degree in September 2025 exam held at Cardiff UK.

**Dr. Premkumar Balachandran**, Senior Consultant and Clinical Lead at Chennai has been invited as a faculty speaker for at “LAPAROSURG 2025” held in Coimbatore. He Delivered a lecture on " Clash of concepts - PRS to PRS or sac preservation".

**Dr. Rajul Rastogi**, Professor, Department of Radiodiagnosis, Teerthanker Mahaveer Medical College & Research Center, Moradabad, UP, has achieved the following milestones:

- He has been invited as a National Faculty in a CME conducted in Bhopal, Madhya Pradesh, jointly organized under the aegis of Bhopal City Chapter of Indian Radiological & Imaging Association and MP Chapter of Indian Society of Vascular Interventional Radiologists deliberating three talks including Doppler & Vascular Imaging & conducting one hands-on workshop along with other National and International Faculty.

## GAPIO Honors' List - NOVEMBER 2025

- He has been invited as Faculty Speaker, delivering the Lecture on "The Growing Relationship of Artificial Intelligence with Technologist in the Diagnostic Radiology", in the 1st Regional Conference 2025 organized by the Department of Diagnostic & Interventional Radiology, AIIMS Raebareli under the aegis of Indian and International Society of Radiographers & Technologists on the occasion of World Radiography Day & International Day of Radiology i.e. 8th Nov'2025 with the theme of "Empowering the Healthcare through Imaging Excellence".
- He has been invited as a Faculty Speaker deliberating on "Role of Artificial Intelligence in Driving Healthcare" in Pre-Conference CME cum Workshop conducted by Department of Biochemistry, Teerthanker Mahaveer Medical College & Research Center, Moradabad under the aegis of Association of Clinical Chemistry & Lab Medicine Practitioners attended by more than 100 Faculty & Delegates from multiple states.
- He has delivered a Lecture on The Future of Diagnostic Start-ups: Opportunities in Radiology & Imaging on World Radiography Day in the College of Paramedical Sciences, TMU, Moradabad.
- He conducted one-hour webinar on "Futuristic Role of AI in Indian Healthcare" under the aegis of Uttar Pradesh Chapter of our National Association - Indian Radiological and Imaging Association.
- He delivered a Lecture on Imaging in Carcinoma of the Endometrium & Cervix in the National CME - Dr. Rajendra Rao CME 2025 themed on Women's Imaging conducted in the Banaras Hindu University, Varanasi under the aegis of the Uttar Pradesh Chapter of Indian Radiological & Imaging Association and Indian College of Radiology & Imaging.

**Dr. Sunil D. Khaparde**, Public Health Specialist, Epidemiologist, and Community Health Expert, published a paper in indexed peer reviewed journals. The article "Sickle Cell Disease A Review Article on Social Pathology, Social Determinants, and Poverty", is published as General Research Article DOI: 10.26812/caste.v6i2.2600CASTE: A Global Journal on Social Exclusion Vol. 6 No. 22 pp.414-433 October 2025 ISSN 2639-4928 [brandeis.edu/j-caste](http://brandeis.edu/j-caste) Brandeis University Boston

**Dr. Surajit Gorai**, Professor and Consultant Dermatologist, Kolkata has been conferred with the Prof. Salil K. Panja Award for Excellence in Dermatology by IADVL West Bengal. This award recognises significant academic contribution in dermatology through presentation or publication.

- He has co-authored an open access article titled "Expanding the Interface: Overlooked Dermatologic Disorders With Ocular Involvement" in JEADV CP <https://onlinelibrary.wiley.com/doi/10.1002/jvc2.70139>

**Dr Suvadip Chakrabarti**, Academic Head, Senior Surgical Oncologist and Robotic Surgeon, Kolkata has been appointed as Guide for 2 DrNB students in Surgical Oncology at Apollo Multi-speciality Hospital Kolkata.

- He has also served as external examiner for Dr NB Surgical Oncology
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## GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

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