

YOU ARE CORDIALLY INVITED TO  
ATTEND THE

# GARIO

XVI  
ANNUAL CONFERENCE  
2026

ON FUTURE-FORWARD  
PHYSIOTHERAPY: TECHNOLOGY TRENDS  
& TRANSFORMATIVE CARE

SCAN OR TAP THE QR  
FOR REGISTRATION



 **February 15th, 2026**  **09 AM TO 02 PM**

 **The Brilliant Convention Centre, Indore**

**Hosted By Apollo Hospitals Indore**

# ABOUT GAPIO

Global Association of Physicians of Indian Origin (GAPIO) is a non profit international professional body established in 2011. Padma Vibhushan, Dr. Prathap C Reddy, Chairman of Apollo Hospitals Group is the Founder President of GAPIO along with Dr. Sanku Rao - Past President of AAPI, USA and Dr. Ramesh Mehta - President of BAPIO, UK. GAPIO members belong to various medical specialities and super specialities which includes several Padma awardees & recipients of various National and International awards.

The 16th season of this prestigious Annual Global conference will be hosted by Apollo Hospitals Indore & is scheduled to take place on 14 & 15 February 2026, at The Brilliant Convention Centre, Indore. It will be a platform where renowned Healthcare Professionals & Industry experts from India & around the world will gather to exchange knowledge, share experiences, and discuss advancements in the healthcare sector. This event will involve renowned Healthcare Professionals from 57+ countries including USA, Europe, Australia, Africa, Middle East and of course India. This event will be attended by 50+ speakers & 1000+ delegates and promises to be a prestigious gathering of leading healthcare professionals from India & around the world

## VISION



*Improving Health  
Worldwide...*

## MISSION



- To empower physicians of Indian origin
- To achieve highest professional standards.
- To provide affordable good quality healthcare.
- To contribute to local and regional community development & thereby help to reduce health inequalities and alleviate suffering globally.

# GAPIO

## EXECUTIVE COMMITTEE MEMBERS



**Dr. Prathap C Reddy**  
Founder President & Emeritus Advisor



**Dr. Gautam Bodiwala**  
EC Member



**Dr. Sanku Surender Rao**  
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Honorary Advisor



**Dr. G Bala Reddy**  
EC Member



**Dr. Bhupinder Sandhu**  
Honorary Advisor

**Day 2, Sunday, 15th February 2026 | 09 AM TO 02 PM**

| TIME                | TITLE  | SPEAKER  | CHAIRPERSON   |
|---------------------|--|--|---|
| 9:00 AM - 9.10 AM   | Welcome & opening remark   | Dr. Seema Grover - PT  |   |
| 9:10 AM - 9:30 AM   | Keynote Address: The Future of Physiotherapy in Integrated Healthcare Systems                        | Dr. Sanjeev Kumar Jha (PT)<br>IAP President Executive  | Dr. Avinash Benjamin<br>Orthopaedic surgeon in Apollo Hospital, Indore              |
| 9:30 AM - 9:45AM    | Neuromodulation Revolution in rehabilitation   | Dr. Sparsh Jaiswal<br>Orthopaedic and spine surgeon  |   |
| 9:45AM - 10.00 AM   | Quantum leaps in physiotherapy   | Dr. D. Varalakshmi (PT)<br>MTP (Cardiovascular and Pulmonary) PHD Vice Principal Apollo Collage of Hyderabad                                   | Dr. Deepak Nair (PT)<br>Oorja Physiotherapy Clinic, Indore                          |
| 10:00 AM - 10:15 AM | Use of technology in physiotherapy from past to future   | Dr. Anand Misra (PT)<br>MPT (ORTHO), phD, FIAP, MBA(HA)  | Dr. Ramhari Meena (PT)<br>Principal - M.A.H.S.I.                                    |
| 10:15AM - 10:35AM   | Lymphedema management  | Dr. Seema Grover (PT)<br>Chief physiotherapy and Rehabilitation, Indraprastha Apollo Hospitals, New Delhi                                      | Dr. Chitradekha (PT)<br>Principal of Vaishnav College , Indore                      |
| 10:35AM - 10:50AM   | <b>HIGH TEA</b>  |  |   |
| 10:50AM - 11:05AM   | Advance in Clinical Neuro Restorative treatment in Brain Trauma                                      | Dr. Ankit Mathur<br>MS, Mch Neurosurgery Consultant Neurosurgeon and Spine Surgeon   | Dr. Nipun Pauranik<br>Neurologist Indore  |
| 11:05 AM- 11:20 AM  | Empowering physiotherapist to shape the future of physiotherapy                                      | Dr. Ruchi Varshney (PT)<br>National Head, IAPWC  | Dr. Rajani (PT)<br>Principal of Bhandari Group of Hospitals & Paramedical Institute |
| 11:20 AM-11:35 AM   | Pelvic floor<br>The seat of Power  | Dr. Yogesh(PT)<br>Physiotherapy & Rehabilitation India physio- women hockey  | Dr. Reshma Khurana (PT)<br>Principal of Index Medical College, Indore               |
| 11:35AM- 11:50AM    | Advances in Neuro Physiotherapy- Robotics  | Dr. Farzam (PT)<br>Apollo Hospitals, Delhi   | Virtual   |
| 11:50AM-12:05PM     | Technology Integrated Transformative Care - Transcribing a uniform model in rehabilitation           | Dr. Deepak Nair (PT)<br>Indore   | Dr. Seema Grover (PT)<br>Chief Physiotherapist Apollo Hospitals Delhi               |
| 12:05PM-12:20PM     | Conscious Core: from Mindful Motion to Pain free Perception  | Dr. Harita Patel (PT)<br>Incharge Physiotherapy Department Apollo Hospitals, Ahmedabad   | Dr. Nisha Mishra (PT)<br>BPT, MBA(HA), MIAP   |
| 12:20PM- 12:50PM    | Panel 1 : Bridging the Gaps: Integrating physiotherapy into primary care and multidisciplinary teams | Dr. Elizabeth (PT)<br>Apollo Hospitals, Bangalore<br><br>Dr. Daya Mathew (PT)<br>Apollo Hospitals, Kochi<br><br>Dr. Deepak Nair (PT)<br>Indore |   |
| 12:50PM-1:00PM      | VALEDICTORY  |  |   |
| 1:00 PM -2:00 PM    | <b>LUNCH</b>   |  |   |



**Dr. Sanjiv K Jha (PT)**

IAP President Executive



**Dr. Ruchi Varshney (PT)**

Physiotherapist

National Head, IAPWC



**Dr. Daya Mathew (PT)**

Chief Physiotherapist & Deputy Manager  
Physiotherapy & Rehabilitation  
Apollo Adlux Hospital, Kochi



**Dr. Anand Misra (PT)**

Registrar, Sri Aurobindo University, Indore



**Dr. Elizebeth Joy (PT)**

HOD Physiotherapy  
Apollo Hospitals, Bangalore



**Dr. Ankit Mathur**

Neurosurgeon

Apollo Hospitals, Indore



**Dr. Harita Patel (PT)**

Incharge - Physiotherapy  
Apollo Hospitals, Ahmedabad



**Dr. Sparsh Jaiswal**

Orthopaedician

Apollo Hospitals, Indore



**Dr. Yogesh Mandhyan (PT)**

HOD Physiotherapy & Rehabilitation  
India Physio - Women Hockey



**Dr. D. Varalakshmi (PT)**

Professor and Vice Principal,  
Apollo College of Physiotherapy,  
Jubilee Hills, Hyderabad



**Dr. Seema Grover (PT)**

Chief Physiotherapist  
Apollo Hospitals Delhi



**Dr. Deepak Nair (PT)**

Oorja Physiotherapy Clinic, Indore



**Dr. Reshma Khurana (PT)**

Professor & Principal, Index Hospital



**Dr. Avinash Benjamin**

Orthopedics

Apollo Hospitals, Indore



**Dr. Chitralekha J Ghosh (PT)**

Principal, SVIPS, SVVV



**Dr. Deepak Nair (PT)**

Oorja Physiotherapy Clinic, Indore



**Dr. Nipun Puranik**

Neurologist  
Apollo Hospitals, Indore



**Dr. Nisha Mishra (PT)**

B.P.T, MBA (HA), MIAP



**Dr. Rajni Pawar (PT)**

Principal,  
Bhandari Group of Hospitals &  
Paramedical Institute, Indore



**Dr. Ramhari Meena (PT)**

Principal, MAHSI

## ORGANISING COMMITTEE

ORGANISING CHAIRPERSON



Dr. Seema Grover (PT)

ORGANISING SECRETARY



Dr. Harshita Kathi (PT)

COORDINATOR



Dr. Meenakshi Pandey (PT)



**SCAN QR CODE FOR  
REGISTRATION**

**OR**

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Registration Complementary But Mandatory

**Venue : The Brilliant Convention Centre, Indore**

**>Contact : Dr. Harshita Kathi (PT) - 9893364929  
Ms. Neha Yadav - 9630368155, Dr. Gourav Verma - 8839533420**