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Association of
Physicians of
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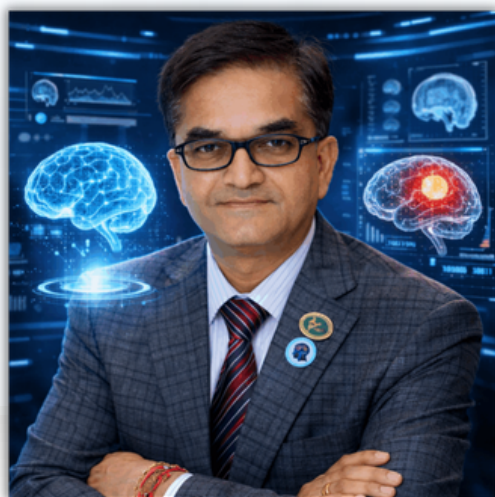
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Dr. Sumul Raval Elected President-Elect of Medical Society of New Jersey

Dr. Sumul N. Raval, MD, DABPN, has been elected as President-Elect of the Medical Society of New Jersey (MSNJ), marking a significant milestone in his distinguished medical career and bringing pride to the global Indian-origin physician community.

A board-certified neurologist and internationally recognized neuro-oncologist, Dr. Raval is the founding director of New Jersey's first comprehensive brain tumor center at Monmouth Medical Center. Over the years, he has earned a strong reputation for clinical excellence, compassionate patient care, and impactful contributions to the field of neuro-oncology.

As President-Elect, Dr. Raval will play a key leadership role in addressing critical healthcare challenges, including physician well-being, policy advocacy, and improving patient access to quality care. His vision emphasizes collaboration, innovation, and strengthening the physician voice in an evolving healthcare landscape.



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Dr. Manu K. Vora Honored with 2026 Baldrige Foundation Award for Leadership Excellence

Dr. Manu K. Vora, a distinguished Indo-American leader and healthcare advocate, has been awarded the 2026 Baldrige Foundation Award for Leadership Excellence in Nonprofit, recognizing his outstanding contributions to advancing organizational excellence and social impact.

The award, conferred by the Foundation for the Malcolm Baldrige National Quality Award, marks a historic milestone, as Dr. Vora becomes the first Indo-American nonprofit leader to receive this prestigious national recognition.

Dr. Vora is the Founder, Director, and President of the Blind Foundation for India (BFI), an organization he has led since its inception in 1989. Under his visionary leadership, BFI has consistently applied the Baldrige Excellence Framework, embedding principles such as strategic leadership, data-driven decision-making, governance, and community engagement into its operations.

Over the past three decades, this structured approach has enabled BFI to create a sustainable and high-impact model of nonprofit excellence, benefiting millions. The organization has made a significant difference in the lives of over 15 million visually impaired individuals across India, while maintaining operational excellence for more than 37 years.

BFI's impactful initiatives under Dr. Vora's leadership include:

- Raising over \$8 million for vision care programs
- Facilitating more than 300,000 free cataract surgeries
- Conducting 3 million free eye examinations
- Deploying 151 mobile medical units to reach underserved areas
- Distributing 10,000 Braille kits to support education for visually impaired children

Through these efforts, BFI continues to advance its mission of preventing blindness and empowering individuals with visual impairments to lead independent and productive lives.

The Baldrige Foundation Award for Leadership Excellence recognizes leaders who drive measurable societal impact, strengthen organizational performance, and promote sustainable excellence. Dr. Vora's achievement stands as a testament to the power of mission-driven leadership and global service.

GAPIO congratulates Dr. Manu K. Vora on this remarkable honor and his continued dedication to improving lives through healthcare and community service.



Dr. Bharat Patel Honored with Lifetime Achievement Award in California

Dr. Bharat Patel, a distinguished physician and philanthropist, was honored with a Lifetime Achievement Award at a recent community event held in Los Angeles, California. The event was organized by GSSC and IASH, recognizing Dr. Patel's longstanding contributions to healthcare and community service.

The ceremony witnessed the presence of several prominent community leaders and dignitaries, including Chairman B.U. Patel, Manu Shah, Suru Manek, Jagdish Purohit, Rajendra Vora, former Mayor Naresh Solanki, Hark Vasa, Dr. Nitin Shah, Dr. Anil Shah, Pramod Mistry, Parimal Shah, Nalini Solanki, Chatur Patel, Yogi Patel, and Jay Joshi, who gathered to celebrate Dr. Patel's remarkable achievements.

Dr. Patel was particularly recognized for his dedication to serving underserved communities. Over the past two decades, he, along with fellow physicians from ALAPIO (American League of Physicians of Indian Origin), has been actively involved in conducting free surgeries and organizing free medical clinics across Southern California, significantly improving access to healthcare for those in need.

Beyond his medical practice, Dr. Patel is also known as a prominent investment advisor, stand-up comedian, and philanthropist, reflecting his multifaceted contributions to society.

Speaking at the event, Dr. Patel expressed gratitude for the recognition, stating that the honor would inspire him to further expand his efforts. He emphasized his commitment to increasing free surgical initiatives and organizing large-scale entertainment events to raise funds for charitable medical services.

This recognition highlights the impactful role of physicians of Indian origin in advancing healthcare and community welfare globally, aligning with GAPIO's mission to celebrate and promote such contributions.



GAPIO Member Dr. Ashish Aneja Leads Diabetes Awareness Initiative in Kurukshetra

GAPIO member Dr. Ashish Aneja, SMO and Administrator based in Kurukshetra, Haryana, organized a Type 1 Diabetes and prediabetes awareness camp in Mirzapur village during March 2026, in association with GAPIO.

The initiative was aimed at supporting underprivileged children and women, focusing on spreading awareness about early detection, prevention, and management of diabetes and its complications. The program included educational lectures, community engagement, and the distribution of essential medicines to those in need.

Dr. Aneja highlighted the importance of early diagnosis and preventive care, particularly in rural areas where awareness and access to healthcare resources may be limited. The camp also emphasized lifestyle changes and regular monitoring to reduce the risk of long-term complications associated with diabetes.

This initiative reflects the commitment of GAPIO members toward community service, preventive healthcare, and improving health awareness among underserved populations.



चेतना संस्था में निःशुल्क स्वास्थ्य शिविर: हुआ आयोजित

टीम एक्शन इंडिया दलबीर सिंह मलिक
कुरुक्षेत्र : कुरुक्षेत्र की न्यू मिजापुर कॉलोनी स्थित चेतना संस्था में भारत विकास परिषद मैत्रीय शाखा के तत्वावधान में एक भव्य एवं प्रभावशाली निःशुल्क मेडिकल चेकअप शिविर का आयोजन किया गया। इस शिविर का मुख्य उद्देश्य बच्चों और महिलाओं के स्वास्थ्य की जांच करना तथा उन्हें स्वास्थ्य के प्रति जागरूक बनाना रहा। इस अवसर पर भारत विकास परिषद मैत्रीय शाखा की अध्यक्ष डॉ. ममता सचदेवा ने विशेष रूप से अपनी उपस्थिति दर्ज कराई



और संस्था के बच्चों को स्वास्थ्य संबंधी महत्वपूर्ण जानकारी दी। उन्होंने उपस्थित महिलाओं से भी संवाद कर उन्हें स्वस्थ जीवनशैली अपनाने के लिए प्रेरित किया। शिविर में कुरुक्षेत्र विश्वविद्यालय के चीफ मेडिकल ऑफिसर डॉ. आशीष अनेजा अपनी टीम के

साथ मौजूद रहे। उनकी देखरेख में चेतना संस्था के 150 से अधिक विद्यार्थियों का विस्तृत स्वास्थ्य परीक्षण किया गया। साथ ही, कॉलोनी की 30 से अधिक महिलाओं की भी स्वास्थ्य जांच कर उन्हें आवश्यक परामर्श प्रदान किया गया। चेतना संस्था की सदस्य डॉ. अनीता दुआ ने बच्चों को स्वास्थ्य के प्रति जागरूक करते हुए विशेष रूप से भारत सरकार द्वारा चलाई जा रही एचपीवी वैक्सीन के महत्व के बारे में जानकारी दी। उन्होंने विद्यार्थियों को समय पर वैक्सीनेशन करवाने के लिए प्रेरित किया।

चेतना संस्था में निःशुल्क स्वास्थ्य शिविर हुआ आयोजित

● स्वयं और ग्रहणों के स्वास्थ्य के प्रति जागरूकता का महत्व प्रदान

उपदेश कुमार, देश योजना



धनिसर। कुरुक्षेत्र की न्यू मिजापुर कॉलोनी स्थित चेतना संस्था में भारत विकास परिषद मैत्रीय शाखा के तत्वावधान में एक भव्य एवं प्रभावशाली निःशुल्क मेडिकल चेकअप शिविर का आयोजन किया गया। इस शिविर का मुख्य उद्देश्य बच्चों और महिलाओं के स्वास्थ्य की जांच करना तथा उन्हें स्वास्थ्य के प्रति जागरूक बनाना रहा।

इस अवसर पर भारत विकास परिषद मैत्रीय शाखा की अध्यक्ष डॉ. ममता सचदेवा ने विशेष रूप से अपनी उपस्थिति दर्ज कराई और संस्था के बच्चों को स्वास्थ्य संबंधी महत्वपूर्ण जानकारी दी। उन्होंने उपस्थित महिलाओं से भी संवाद कर उन्हें स्वस्थ जीवनशैली अपनाने के लिए प्रेरित किया। शिविर में कुरुक्षेत्र विश्वविद्यालय के चीफ मेडिकल ऑफिसर डॉ. आशीष

अनेजा अपनी टीम के साथ मौजूद रहे। उनकी देखरेख में चेतना संस्था के 150 से अधिक विद्यार्थियों का विस्तृत स्वास्थ्य परीक्षण किया गया। साथ ही, कॉलोनी की 30 से अधिक महिलाओं की भी स्वास्थ्य जांच कर उन्हें आवश्यक परामर्श प्रदान किया गया। चेतना संस्था की सदस्य डॉ.

संधन हो सके। प्रेरण संस्था की अध्यक्ष मीरा गौतम ने बताया कि चेतना संस्था में प्रत्येक वर्ष इस प्रकार के स्वास्थ्य शिविर आयोजित किए जाते हैं, जिससे विद्यार्थियों के स्वास्थ्य को निरन्तर जांच सुनिश्चित हो सके।

उन्होंने इस खासदिवस पहल के लिए मेडिकल टीम और भारत विकास परिषद मैत्रीय शाखा का धन्य से आभार व्यक्त किया। इस दौरान भारत विकास परिषद मैत्रीय शाखा की सदस्य डॉ. सरोनी टोबान ने बताया कि यह मेडिकल शिविर विशेष रूप से बच्चों के स्वास्थ्य को ध्यान में रखते हुए लगाया गया है। जांच के साथ-साथ जरूरतमंद बच्चों को आवश्यक दवाइयां भी वितरित की गईं। यह स्वास्थ्य शिविर न केवल एक चिकित्सा सेवा कार्यक्रम था, बल्कि समाज में स्वास्थ्य जागरूकता फैलाने की दिशा में एक महत्वपूर्ण कदम भी साबित हुआ। इस प्रकार के प्रवास शिविर रूप से समाज को स्वस्थ और जागरूक बनाने में महत्वपूर्ण भूमिका निभाते हैं।

GAPIO Member Dr. Dilip Kumar Acharya Honored with Lifetime Achievement Award in Indore

GAPIO member Dr. Dilip Kumar Acharya, a distinguished senior surgeon from Indore, was conferred with the Lifetime Achievement Award by the Indore Surgeons Research Foundation during the Annual Conference of the Indore City Chapter of the Association of Surgeons of India (ASI) held on March 22, 2026.

The award ceremony was attended by several eminent medical professionals, including Dr. R.K. Mathur, Dr. Narendra Patidar, Dr. Rakesh Shivhare, Dr. Akshay Sharma, Dr. Manish Khasgiwala, Dr. Nikunj Jain, Dr. Apoorva Choudhary, and Dr. Pranav Mandovra, with Dr. Advait Prakash serving as the master of ceremony.

The citation recognized Dr. Acharya's over 25 years of dedicated service to patient care and his significant contributions to surgical practice and professional associations. He completed his undergraduate and postgraduate training in surgery from MGM Medical College, Indore, and has built a legacy of excellence in both clinical and academic domains.

Dr. Acharya has held several key leadership positions, including President of the Indore and Madhya Pradesh Chapters of the Association of Surgeons of India and the Indian Medical Association, and has served as a Governing Council member of ASI. He is also a Past President and Patron of the Alumni Association of MGM Medical College, Indore.

A recipient of numerous honors, including the ASI National Social Service Award and the IMA National President's Award, Dr. Acharya has contributed extensively to medical education and professional development. After serving as Civil Surgeon and Surgical Specialist in government service, he currently continues his academic engagement as an Adjunct Professor of Surgery at Sri Aurobindo Medical College.

In his acceptance remarks, Dr. Acharya expressed gratitude to his teachers, family, colleagues, and patients, acknowledging their role in his journey and the support of the surgical community in Indore.

This recognition reflects his lifelong commitment to surgical excellence, community service, and medical leadership, bringing pride to the GAPIO community.



GAPIO Member Dr. Arun Prasad Contributes to Landmark Obesity Treatment Guidelines for India

GAPIO member Dr. Arun Prasad, a distinguished surgeon, has been recognized as one of the contributing authors of a landmark clinical guideline on obesity management in India, developed jointly by leading bodies including the Endocrine Society of India (ESI) and the Obesity Surgery Society of India (OSSI).

The publication outlines a comprehensive 10-point Obesity Treatment Algorithm tailored for the Indian population, addressing the rising burden of obesity and its associated health risks. It emphasizes that obesity is a chronic, multifactorial disease requiring long-term, multidisciplinary management involving lifestyle changes, medical therapy, and surgical interventions. Key recommendations include defining obesity in the Indian context as BMI ≥ 25 kg/m², incorporating waist circumference thresholds, and using the Edmonton Obesity Staging System (EOSS) for a more holistic assessment of disease severity beyond BMI alone. The guideline further details structured treatment pathways, ranging from lifestyle interventions and pharmacotherapy to metabolic bariatric surgery, based on patient-specific needs and disease stage.

The consensus also highlights the importance of personalized treatment, early intervention, and continuous follow-up, with clearly defined targets such as achieving at least 5% weight loss within 3–6 months to improve clinical outcomes.

Dr. Prasad's contribution to this significant publication reflects his continued commitment to advancing evidence-based clinical practice and addressing one of the most pressing public health challenges in India



Adapted from ESI-OSSI Consensus, Obesity Surgery (2020)

Adapted from ESI-OSSI Consensus, Obesity Surgery (2020)

Los Angeles-Based Dr. Narendra Trivedi Receives Highest Honor from California Society of Anesthesiologists

Dr. Narendra Trivedi, a distinguished anesthesiologist based in Los Angeles, has been conferred with the prestigious Luffingwell Award, the highest honor awarded by the California Society of Anesthesiologists (CSA), at its annual meeting held from April 9–12, 2026.

The award recognizes Dr. Trivedi's exceptional contributions to the field of anesthesiology and his leadership in advancing patient care and medical standards. The ceremony took place during the CSA Annual Anesthesia Conference & Board Meeting in Anaheim, California, which this year focused on the theme "Elevating Quality and Innovations in Anesthesia."

A former President of CSA, Dr. Trivedi also delivered the keynote address at the awards ceremony, sharing his inspiring journey titled "My Journey to Leadership: From a Small Village in India to the USA." His speech received an enthusiastic response from attendees, reflecting both his professional achievements and personal story of perseverance.

The California Society of Anesthesiologists, with over 3,000 members, is among the most influential medical professional organizations in the United States. Established in 1948, CSA continues to play a pivotal role in promoting patient safety, professional excellence, and innovation in anesthesiology, working closely with national bodies such as the American Society of Anesthesiologists.

Dr. Trivedi's recognition highlights the impactful role of physicians of Indian origin in global healthcare leadership and excellence. GAPIO congratulates him on this remarkable achievement and his continued contributions to the medical community.



GAPIO Member Dr. Arun Garg Advocates Integrative Medicine to Tackle Chronic Diseases

GAPIO member Dr. Arun Garg, a Vancouver-based physician, biochemist, and global health leader, recently highlighted the growing importance of integrative medicine in combating chronic diseases during an in-depth interview on ITV Gold.

Speaking alongside Padma Shri awardee Dr. Sudhir Parikh, Dr. Garg emphasized the need to combine modern medical science with culturally rooted lifestyle practices to improve long-term health outcomes, particularly within South Asian communities.

Dr. Garg, who is also the founding president of the Canadian Indian Network Society (CINS), noted that chronic conditions such as diabetes, hypertension, coronary artery disease, dementia, and mental health disorders are disproportionately prevalent among South Asians. He stressed that lifestyle-driven factors play a significant role in this growing health crisis.

Introducing the concept of “cultural medicine,” Dr. Garg explained that integrating traditional knowledge systems—such as Vedic and yogic principles—with evidence-based medicine can help individuals adopt sustainable lifestyle changes. He clarified that integrative medicine is not a replacement for modern treatment, but rather a complementary approach that empowers patients to take control of their health.

According to Dr. Garg, this approach is built on four essential pillars:

- Diet and nutrition
- Sleep patterns
- Physical activity
- Emotional health and relationships

He further highlighted the importance of community-based healthcare models, where awareness programs are conducted in culturally relevant settings such as temples and gurdwaras, helping individuals better understand the connection between lifestyle and disease prevention.

Dr. Garg also acknowledged the role of technology in modern healthcare, including wearable health devices, while emphasizing the need for proper medical guidance to avoid over-reliance or anxiety from self-monitoring.

His insights reinforce the critical role of holistic, patient-centered care in addressing chronic diseases and underline the contribution of GAPIO members in shaping the future of global healthcare.



Dr. Aseem Shukla Appointed System VP and Chief of Pediatric Urology at Northwell Health, New York

Dr. Aseem Shukla, a renowned pediatric urologist and global surgical leader, has been appointed as Chief of Pediatric Urology at Cohen's Children's Hospital, System Vice President of the Pediatric Urology Service Line, and Director of Pediatric Global Services at Northwell Health, effective February 2026.

Dr. Shukla is widely recognized as a pioneer in pediatric robotic-assisted laparoscopic surgery, having been among the first specialists trained in this technology in 2004. Over the years, he has performed nearly 1,000 robotic procedures in children, including highly complex surgeries in infants, while also introducing innovative techniques in the field.

He is also among the most experienced surgeons globally in managing bladder exstrophy, having completed over 250 complex reconstructive cases through multidisciplinary collaborations across continents. His expertise further extends to conditions such as hypospadias, disorders of sexual development, cloacal malformations, and neurogenic bladder complications.

Prior to joining Northwell Health, Dr. Shukla served for 17 years at the Children's Hospital of Philadelphia, where he held the positions of Endowed Chair, Director of Minimally Invasive Surgery, and Co-Director of the Bladder Exstrophy Program. He also served as Professor of Surgery in Urology at the Perelman School of Medicine.

In his new role, Dr. Shukla will also lead global pediatric initiatives, strengthening international collaborations and expanding access to advanced pediatric urology care worldwide.

A strong advocate of global health, Dr. Shukla initiated a landmark surgical collaboration in Ahmedabad, India, in 2009, which has evolved into an international Center of Excellence for complex urological conditions, serving patients across South Asia and Africa.

His appointment marks a significant step in advancing innovative pediatric care, global collaboration, and surgical excellence, further reinforcing the contributions of physicians of Indian origin to global healthcare leadership.



SOCIAL MEDIA COVERAGE

GAPIO Celebrated Holi: Spreading Joy, Unity, and the Spirit of Renewal

On the occasion of Holi, the festival of colours, the Global Association of Physicians of Indian Origin (GAPIO) extended warm wishes to communities across the world, celebrating the spirit of renewal, unity, and the triumph of good over adversity.

Holi, deeply rooted in cultural and spiritual traditions, brings people together in a vibrant expression of togetherness, breaking barriers and strengthening social bonds. The festival serves as a reminder of the importance of harmony, inclusivity, and shared celebrations in an increasingly interconnected world.

As families and communities gathered to mark the occasion, the significance of compassion, positivity, and collective well-being was highlighted, reinforcing the values that foster stronger and healthier societies. This celebration also underscored the role of cultural traditions in promoting emotional well-being and community cohesion, which are essential components of holistic health.

Through such occasions, GAPIO reaffirmed its commitment to promoting unity in diversity, global community engagement, and the well-being of families worldwide, wishing everyone a joyful and healthy Holi.



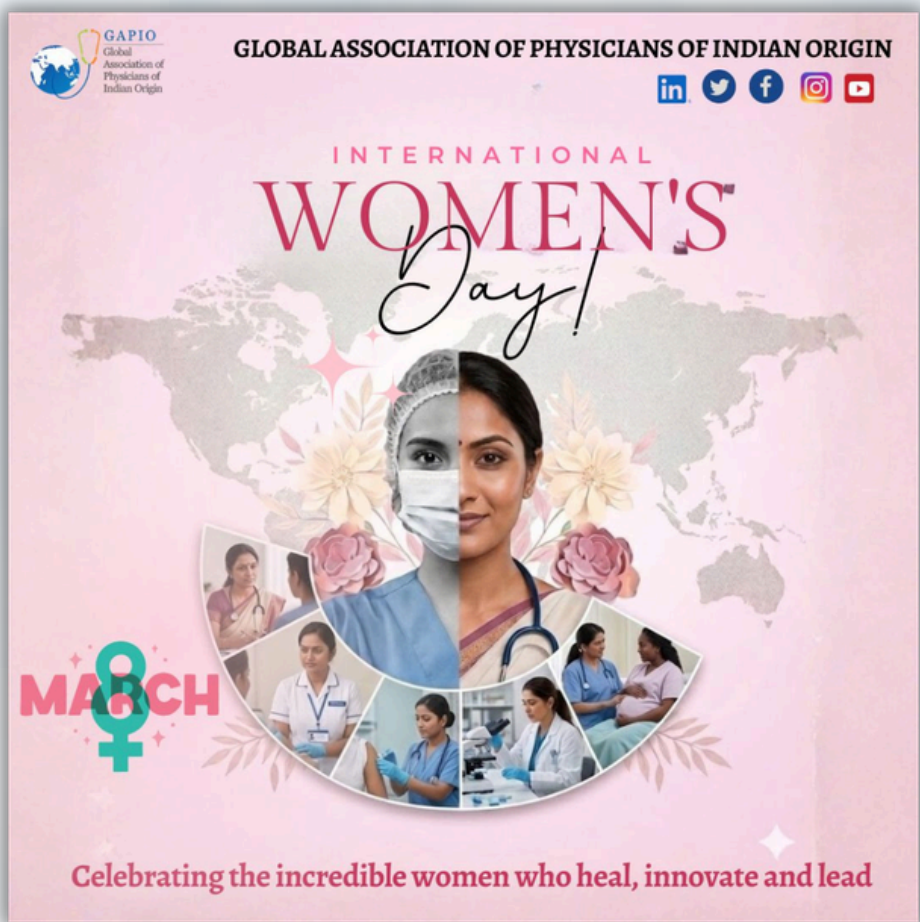
SOCIAL MEDIA COVERAGE

GAPIO Marked International Women’s Day 2026: Empowering Women in Healthcare for a Stronger Future

On the occasion of International Women’s Day 2026, the Global Association of Physicians of Indian Origin (GAPIO) acknowledged the theme “Give To Gain”, highlighting the importance of supporting women through mentorship, opportunity, and recognition to build stronger and more inclusive healthcare systems worldwide. Women in healthcare continue to demonstrate exceptional skill, resilience, and compassion, playing a transformative role in shaping the future of medicine and patient care across the globe. Their contributions span clinical excellence, research, leadership, and community health, making them integral to advancing global health outcomes.

Despite their significant impact, women often face challenges related to access, equity, and representation. Addressing these gaps requires collective efforts to ensure equal opportunities, fair recognition, and supportive professional environments that enable women to thrive and lead.

Healthcare professionals and institutions have a vital role in fostering inclusive and equitable systems, where women are empowered to innovate, lead, and drive meaningful change for patients and communities alike. This day served as a reminder of the need to advance rights, justice, and action for all women and girls, while celebrating the countless women who continue to heal, inspire, and innovate every day.



SOCIAL MEDIA COVERAGE

GAPIO Observed World Kidney Day 2026: Advancing Kidney Health and Environmental Responsibility

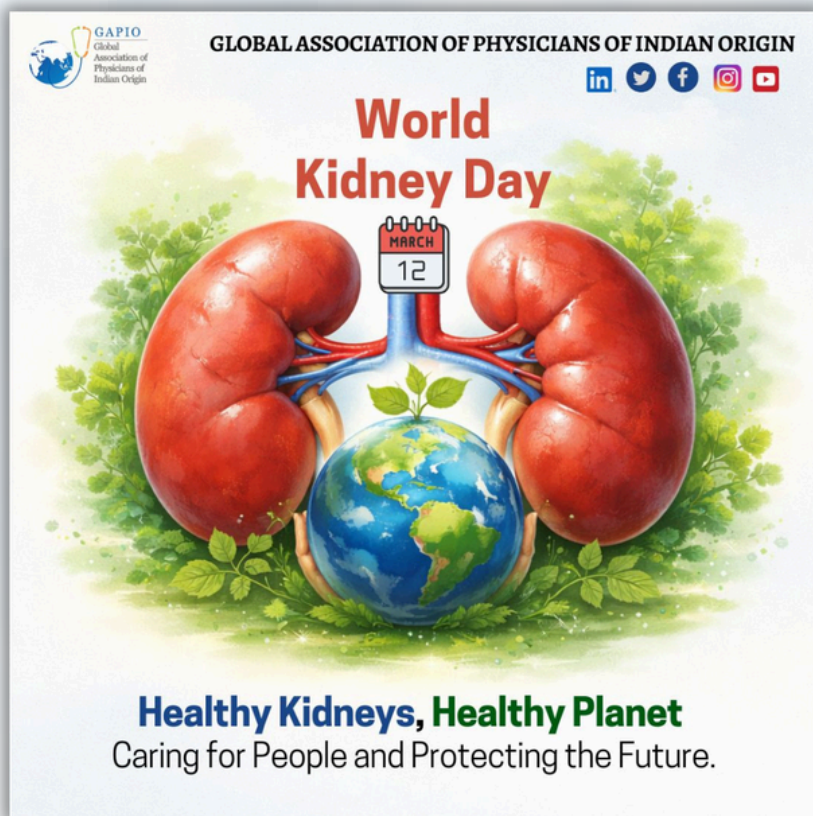
On the occasion of World Kidney Day 2026, marking its 20th anniversary, the Global Association of Physicians of Indian Origin (GAPIO) acknowledged the theme “Kidney Health for All: Caring for People, Protecting the Planet,” highlighting the growing link between environmental factors and kidney health worldwide.

Kidney diseases continue to pose a significant global health challenge, with increasing evidence showing that pollution, climate change, and exposure to toxins contribute to the rising burden of kidney-related conditions.

These challenges are further compounded by disparities in access to early diagnosis and quality treatment, particularly in underserved populations.

Healthcare professionals play a crucial role in addressing this burden through early detection, patient education, and the adoption of sustainable healthcare practices. Promoting awareness about environmental risks and encouraging preventive measures are essential steps toward reducing the incidence and impact of kidney diseases.

This day served as a reminder that protecting kidney health goes beyond clinical care, requiring a broader commitment to environmental sustainability and public health. The interconnectedness of human health and planetary well-being underscores the need for collective responsibility and action.



SOCIAL MEDIA COVERAGE

GAPIO Observed World Oral Health Day 2026: Reinforcing the Link Between Oral and Overall Health

On the occasion of World Oral Health Day 2026, the Global Association of Physicians of Indian Origin (GAPIO) acknowledged the theme “A Happy Mouth is a Happy Life,” emphasizing the critical connection between oral health and overall well-being.

Oral health remains a key yet often overlooked component of public health, with growing clinical evidence linking poor oral hygiene to systemic conditions such as cardiovascular disease, diabetes, and adverse pregnancy outcomes. These associations highlight the need to view oral health not as an isolated domain, but as an integral part of comprehensive healthcare.

Healthcare professionals play a vital role in embedding oral health into routine clinical practice, promoting early diagnosis, preventive care, and patient education. Strengthening awareness and encouraging regular screenings can significantly reduce the burden of both oral and systemic diseases.

This day served as a reminder that a proactive approach to oral health can lead to improved long-term health outcomes, enhanced confidence, and better quality of life across populations.



SOCIAL MEDIA COVERAGE

GAPIO Observed World Down Syndrome Day: Promoting Inclusion, Connection, and Wellbeing

On the occasion of World Down Syndrome Day, the Global Association of Physicians of Indian Origin (GAPIO) highlighted the importance of inclusion, social connection, and holistic care, emphasizing that health extends beyond clinical treatment to overall wellbeing.

Individuals with Down syndrome often face challenges related to loneliness and social exclusion, which can significantly impact both mental and physical health. Addressing these concerns requires a broader, community-centered approach that prioritizes dignity, acceptance, and meaningful engagement.

Healthcare professionals play a crucial role in fostering inclusive environments, encouraging social participation, and supporting families and communities in creating spaces where every individual feels valued and heard.

This day served as a reminder that building connected and compassionate communities is essential to improving quality of life, promoting mental wellbeing, and ensuring equitable health outcomes for individuals with Down syndrome.



SOCIAL MEDIA COVERAGE

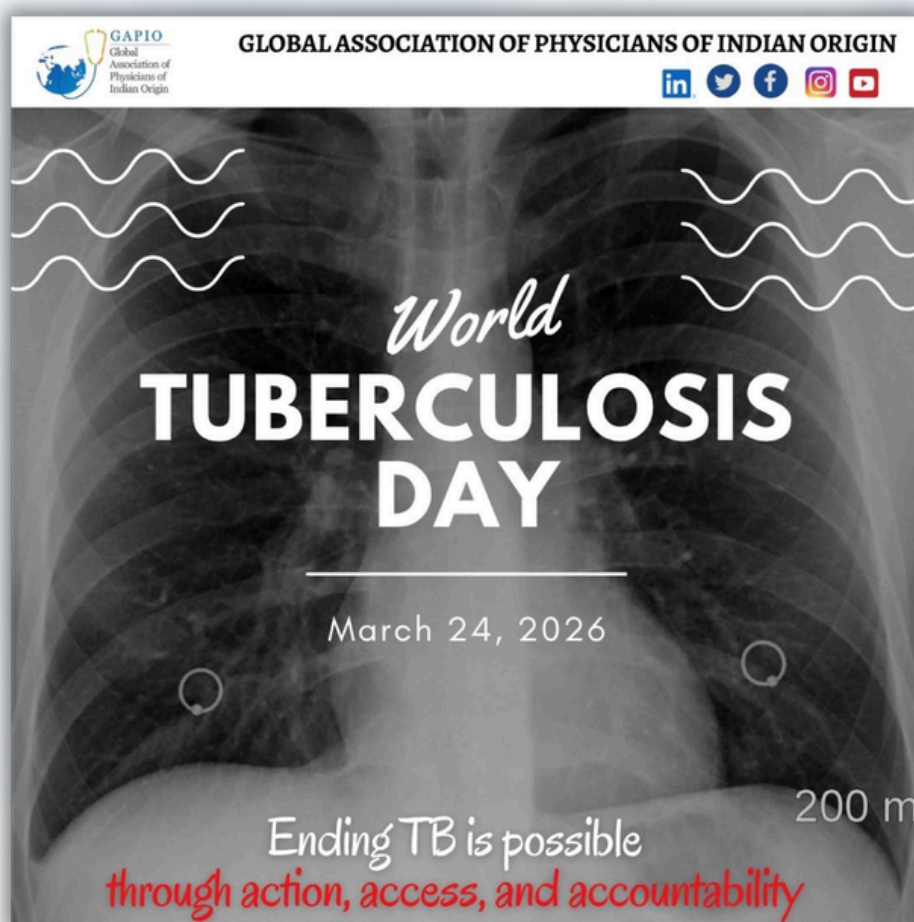
GAPIO Observed World Tuberculosis Day: Advancing Patient-Centered Care and Public Health Action

On the occasion of World Tuberculosis Day, the Global Association of Physicians of Indian Origin (GAPIO) highlighted the urgent need to strengthen efforts toward early detection, timely treatment, and comprehensive care to combat tuberculosis globally.

Tuberculosis continues to pose a significant challenge to health systems, particularly in high-burden regions, where gaps in diagnosis, access to care, and underlying risk factors such as malnutrition and comorbidities contribute to its persistence. Addressing these challenges requires coordinated and sustained public health strategies.

Healthcare professionals play a critical role in driving patient-centered care, adopting innovative approaches, and strengthening community-level interventions to ensure that patients receive timely and effective treatment. This day served as a reminder that accelerating progress against tuberculosis demands integrated efforts across healthcare systems, communities, and policy frameworks, translating commitment into measurable outcomes.

Through collective awareness and action, GAPIO reaffirmed its commitment to supporting global TB elimination efforts, improving access to care, and advancing public health initiatives for a TB-free future.



HEALTH TIPS/FACTS

Addressing Physician Burnout: A Systems Approach for Sustainable Healthcare

Maintaining physician well-being is essential for delivering safe, high-quality healthcare. Recognizing that burnout is driven by systemic factors rather than individual limitations, leading organizations such as the American College of Obstetricians & Gynecologists (ACOG) are adopting structured, evidence-based frameworks to improve professional fulfillment and workforce sustainability.

1. Treat Well-Being as a System-Level Priority

- Burnout must be addressed through organizational change, not just individual resilience.
- Leadership commitment is critical to driving long-term impact.

2. Adopt Structured Well-Being Frameworks

- Models like the Stanford Professional Fulfillment framework provide measurable domains for intervention.
- Standardized approaches enable consistent implementation across institutions.

3. Strengthen Workplace Belonging and Culture

- Inclusive environments improve engagement and reduce professional isolation.
- Addressing cultural norms such as stoicism encourages help-seeking behavior.

4. Improve Practice Efficiency

- Reducing administrative burden enhances clinical focus and job satisfaction.
- Streamlined workflows contribute to lower stress and improved productivity.

5. Enable Peer Support and Social Engagement

- Structured peer networks foster collaboration and emotional resilience.
- Social connection plays a key role in reducing burnout and restoring purpose.

6. Provide Specialty-Specific Interventions

- Tailored resources address unique challenges across different medical disciplines.
- Context-driven strategies improve adoption and effectiveness.

7. Link Physician Well-Being to Patient Outcomes

- Clinician health directly impacts patient safety and care quality.
- Reducing burnout lowers the risk of medical errors and improves outcomes.

8. Build Sustainable Workforce Models

- Continuous assessment and gap analysis ensure evolving improvements.
- Long-term strategies must prioritize mental, social, and professional well-being.

Source: <https://www.ocacademy.in/blogs/physician-well-being-acog-program/>

HEALTH TIPS/FACTS

AI in Clinical Workflows: A Strategic Approach to Reducing Physician Burnout and Enhancing Patient Care

As healthcare systems evolve, artificial intelligence (AI) is emerging as a practical tool to address one of the most pressing challenges in modern medicine—physician burnout driven by administrative overload and information fatigue. Moving beyond theoretical promise, AI is now enabling more efficient, patient-centered clinical workflows while supporting physician well-being.

1. Address Information Overload with Intelligent Synthesis

- Physicians face an overwhelming volume of patient data and medical literature.
- AI enables better synthesis, helping clinicians focus on critical insights rather than raw data.

2. Leverage Ambient AI to Reduce Administrative Burden

- Ambient AI tools automate documentation and clinical note-taking in real time.
- This significantly reduces time spent on electronic health records (EHRs) and after-hours work.

3. Enhance Clinical Decision-Making with AI Support

- AI-powered Clinical Decision Support (CDS) delivers evidence-based guidance at the point of care.
- Improves accuracy, efficiency, and reduces the risk of medical errors.

4. Restore Patient-Centered Care

- By offloading routine tasks, AI allows physicians to focus on meaningful patient interactions.
- Enhances communication, empathy, and shared decision-making.

5. Integrate 'Personomics' into Care Delivery

- AI helps incorporate patient-specific social, emotional, and behavioral factors into treatment plans.
- Strengthens personalized care beyond clinical and biological data.

6. Measure ROI Beyond Financial Metrics

- AI contributes to reduced hospital admissions and improved outcomes.
- Also enhances physician satisfaction, time efficiency, and quality of care.

7. Ensure Responsible and Transparent AI Use

- AI systems must be transparent, evidence-based, and free from bias.
- Clinician oversight is essential to ensure safety and reliability.

8. Embed AI Seamlessly into Clinical Workflows

- Effective AI tools should integrate smoothly without adding complexity.
- Minimizing disruption ensures adoption and sustained impact.

Source: <https://www.medicaleconomics.com/view/from-burnout-to-better-care-tech-personomics-and-the-human-roi-of-ai-in-clinical-workflows>

GAPIO Honors' List - March 2026



Dr. Ankur Khandelwal, Additional Professor, Department of Anaesthesiology, Critical Care and Pain Medicine, All India Institute of Medical Sciences (AIIMS), Guwahati, has published a case report with Pathophysiological Insights on “Intense Coughing Following Caudal Epidural Steroid Injection for Lumbar and Lumbo-Sacral Disc Prolapse with Radiculopathy”. *J Pain Palliat Care Pharmacother.* 2026 Mar 16:1-3. doi: 10.1080/15360288.2026.2645014.

Dr Arun Prasad, Surgical Gastroenterology, Clinical Lead, GI & Bariatric, at New Delhi, is one of the authors of this landmark publication by Bariatric Surgery and Endocrine Society of India. The 10-Point Clinical Guideline Obesity Treatment Algorithm for India (ESI–OSSI Consensus):

1. Obesity is a chronic, multifactorial disease requiring long-term multidisciplinary management including lifestyle, medical, and surgical therapies.
2. Diagnosis of obesity in Indian/Asian population is defined as BMI ≥ 25 kg/m².
3. Waist circumference cut-offs indicating excess adiposity are: ≥ 90 cm in men ≥ 80 cm in women
4. Body composition analysis (DEXA or BIA) should be considered when BMI is borderline (23–25 kg/m²) or when muscular build may mask adiposity.
5. Disease severity should be staged using the Edmonton Obesity Staging System (EOSS), which considers metabolic, mechanical, and psychological complications rather than BMI alone.
6. First-line treatment for all patients includes structured lifestyle therapy:
 - dietary modification
 - increased physical activity
 - intensive behavioural therapy (IBT)
7. Target $\geq 5\%$ total weight loss within 3–6 months; failure to achieve this should prompt escalation of therapy.
8. Adjunct therapy selection based on stage:
 - a. Stage 1 EOSS \rightarrow Obesity management medications (OMM)
 - b. Stage 2–3 EOSS \rightarrow individualized choice between OMM and metabolic bariatric surgery (MBS)
 - c. Stage 4 EOSS \rightarrow MBS preferred; OMM may be used preoperatively for optimisation
9. Choice between medication and surgery should consider: disease severity, urgency of weight loss, anaesthesia fitness, patient preference, cost, insurance status, and healthcare access.
10. Long-term follow-up is essential to monitor weight, HbA1c, lipid profile, and complications; treatment crossover is appropriate in cases of inadequate response or recurrent weight gain.

Dr. Ashish Aneja, Senior Medical Officer, Kurukshetra University, has organised a Type 1 Diabetes awareness camp and lecture for poor children and women and medicine distribution for the awareness of Prediabetes and Type 1 Diabetes and prevention of Complications in Mirzapur village, Kurukshetra in association with GAPIO in the month of March 2026.

Dr. Dilip Kumar Acharya, Adjunct Professor-Surgery, Sri Aurobindo Medical College & PG Institute, Hon. Professor-IMA Academy of Medical Specialties, National Chairman, IMA Cancer & Tobacco Control Committee, a renowned surgeon from Indore, former civil surgeon, and surgical specialist was honored by Indore Surgeons Research Foundation with Life time Achievement Award during Annual Conference of Indore City Chapter of ASI on 22nd March, 2026.

- The award was given away by Dr.RK Mathur-Chairman Trustee, Dr.Narendra Patidar-Secretary Trustee of the foundation, Dr Rakesh Shivhare- president MP Chapter, Dr Akshay Sharma-Secretary - MP Chapter of Association of Surgeons of India, Dr.Manish Khasgiwala-Chairman , Dr.Nikunj Jain -Secy. Indore City Chapter, ASI , Dr. Apoorva Choudhary, Incoming Chairman & Dr. Pranav Mandovra-incoming Secretary were also present. Dr Advait Prakash was the master of ceremony.
- The Secretary trustee read the Citation & informed that the award is being given to a senior surgeon of the city who has put in more than 25 years of dedicated service to the ailing patients and for his contribution to the surgical association activities.

Dr. Divya Mandadi, Medical officer, Tata Institute of Fundamental Research, Hyderabad (TIFR-H), has conducted a free eye camp for the benefit of students, staff and faculty and their family members at TIFR-H in collaboration with Maxivision eye hospitals where about 200 people benefited from the services.

Dr. Kandamaran Krishnamurthy, Consultant Pediatric, Intensive Care Unit from Queen Elizabeth Hospital, Barbados has been appointed as Pediatric intensivist at Pan American Health organization. He is one of 4 drs (2 Pediatric intensivist and 2 Adult intensivist) who has been selected. Caribbean health professionals strengthen critical care skills to improve preparedness and response to severe acute respiratory infections at Ross university

These 4 drs -Trained over 45 health care professionals from 14 Caribbean countries Caribbean health professionals strengthen critical care skills to improve preparedness and response to severe acute respiratory infections

Dr. Milind Chitnis, Associate Professor & Head- Department of Paediatric Surgery, Frere Hospital, Department of Health, Eastern Cape Government, East London, South Africa, his publication, "The History of the Children's Surgery in the Eastern Cape" accepted for publication by the South African Medical Journal. His publication "From rags to riches": 1995-2" establishment of a regional pediatric surgical service in rural South Africa, got published in Pediatric Surgery in Tropics 2025V2i3.special DOI: <https://doi.org/10.70947/2025pst.21>

Dr. Nandita Palshetkar, Infertility Specialist, Medical Director and Founder Bloom IVF has received 39th Annual Conference of AMOGS Lifetime Achievement Award at the AMOGS Conference in Mumbai, March 2026.

Dr. (Lt. Col.) Ravikumar Arunachalam, retired advisor to SRM Medical College, Hospital & Research Institute and retired, Pro Vice Chancellor, Medical and Health Sciences of SRM Institute of Science and Technology is the 3rd author of paper titled, 'Effectiveness of an Eclectic Voice Therapy Approach and Vocal Function Exercise [VFE] – Normative Range Cut-off Value Comparisons'. The paper has been accepted for Platform presentation and PhD scholar Dr Shenbagavalli Mahalingam, who is also the first author, will be presenting the paper at the Annual conference of the Voice Association of America. The paper is also accepted for publication in the forthcoming 'Journal of Voice'.

Dr. Surajit Gorai, Professor and Consultant Dermatologist, Kolkata has published a new book chapter, "Lasers for Scars" in book "Phototherapy and Lasers in Dermatology" published by "Evangel".

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

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