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Global
Association of
Physicians of
Indian Origin

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Dr. Kiran Musunuru Named in TIME 100 Most Influential People List 2026

Dr. Kiran Musunuru, an Indian-origin cardiologist and cardiovascular genetics researcher, has been named in TIME magazine's 100 Most Influential People list for 2026.

Born in New York to a Telugu family originally from Andhra Pradesh, Dr. Musunuru has been recognized for his pioneering work in cardiovascular science, particularly the use of advanced gene-editing technologies to prevent heart disease. His research focuses on targeting genes involved in lipid metabolism, with the potential to develop preventive approaches against heart attacks.

His inclusion in the TIME 100 list highlights the growing global impact of Indian-origin physicians and scientists in advancing medical research and healthcare innovation.

GAPIO congratulates Dr. Kiran Musunuru on this prestigious recognition and wishes him continued success in advancing cardiovascular science and genomic medicine.



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GAPIO Member Prof. Rohini Handa Conferred with First Smt. Anjali Oration Award 2026

Prof. Rohini Handa, a distinguished member of the Global Association of Physicians of Indian Origin (GAPIO), has been conferred with the First Smt. Anjali Oration Award 2026 for his outstanding contribution to the field of Rheumatology and Immunology.

The award was presented at Indraprastha Apollo Hospitals, New Delhi, recognizing Prof. Handa's exceptional academic, clinical, and professional contributions to rheumatology. As a senior consultant in Rheumatology and Immunology, Prof. Handa has played a significant role in advancing patient care, medical education, and specialty practice in India.

This recognition reflects his long-standing commitment to excellence in clinical medicine, teaching, mentorship, and the development of rheumatology as a vital specialty. His work has inspired generations of physicians and contributed meaningfully to improving the diagnosis and management of rheumatic and autoimmune disorders.

The institution of the Smt. Anjali Oration Award marks an important academic initiative to honour excellence and sustained contribution in medicine. Prof. Handa being the first recipient of this award makes the recognition especially significant.

GAPIO congratulates Prof. Rohini Handa on receiving the First Smt. Anjali Oration Award 2026 and wishes him continued success in his contributions to Rheumatology, Immunology, medical education, and patient care.



GAPIO Member Dr. Rimesh Pal Receives AACE Rising Star in Endocrinology Award 2026

Dr. Rimesh Pal, a member of the Global Association of Physicians of Indian Origin (GAPIO) and faculty member at the Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh, has been honoured with the prestigious AACE Rising Star in Endocrinology Award 2026.

The award was presented by the American Association of Clinical Endocrinology (AACE) in recognition of Dr. Pal's growing contributions to the field of endocrinology, clinical research, academic excellence, and patient care. This international recognition highlights his dedication to advancing endocrine medicine and his potential as an emerging leader in the specialty.

Dr. Pal's work in endocrinology reflects a strong commitment to evidence-based practice, medical education, and improved outcomes for patients with endocrine and metabolic disorders. His achievement brings pride to the Indian medical community and reinforces the global impact of physicians of Indian origin in advancing healthcare.

The recognition also underscores the importance of nurturing young clinical leaders who combine academic rigor, research orientation, and compassionate patient care. Awards such as the AACE Rising Star in Endocrinology encourage continued innovation, mentorship, and excellence in specialty medicine.

GAPIO congratulates Dr. Rimesh Pal on receiving the AACE Rising Star in Endocrinology Award 2026 and wishes him continued success in his contributions to endocrinology, medical education, and patient care.



GAPIO Member Dr. Rajul Rastogi Receives Multiple Prestigious Recognitions in Medical Education, Radiology and Healthcare Leadership

Dr. Rajul Rastogi, a distinguished member of the Global Association of Physicians of Indian Origin (GAPIO), has received multiple prestigious recognitions for his outstanding contributions to medical education, radiology, clinical leadership and healthcare innovation.

Dr. Rastogi was featured on the cover of CIO Mogul Magazine as one of the Most Impactful and Influential Professors in Medical Education. This recognition highlights his continued commitment to empowering the next generation of radiologists and strengthening the standards of Indian healthcare through excellence, ethics and academic leadership. In his message, Dr. Rastogi emphasized that real influence is measured by the success of one's students and reaffirmed his mission to contribute meaningfully to the evolution of medical education.

Adding to this achievement, Dr. Rastogi was honoured as the Emerging Clinical Leader of the Year at CareCon 2026, held on World Health Day at the India Habitat Centre, New Delhi. CareCon, organized by Pacific OneHealth Group, brought together leaders from diagnostics, technology and policy to discuss the future of healthcare delivery. The award recognizes Dr. Rastogi's role in advancing purposeful innovation and his commitment to redesigning healthcare delivery across the full care continuum.

Dr. Rastogi has also been included in the Guinness Book of World Records for participating in the historic official attempt organized by the National Board of Examinations in Medical Sciences, New Delhi (NBEMS). The initiative involved a large-scale collective training session on Artificial Intelligence in Healthcare, reflecting the growing importance of AI in modern medicine and clinical education.

In another significant honour, Dr. Rastogi received the Excellence in Medical Education Leadership 2026 award from Zocto, a platform dedicated to highlighting impactful and inspiring stories in healthcare. This recognition celebrates his leadership in medical education and his continued efforts to motivate, guide and support younger generations of medical professionals.

These achievements reflect Dr. Rastogi's multifaceted contribution as a teacher, mentor, radiologist and healthcare leader. His work continues to inspire medical students, radiology professionals and healthcare practitioners, while reinforcing the importance of innovation, ethical practice and academic excellence in medicine.

GAPIO congratulates Dr. Rajul Rastogi on these remarkable recognitions and wishes him continued success in his mission to advance medical education, radiology and healthcare leadership.



GAPIO Member Dr. Lavanya Kumari Thondawada Participates in Community Outreach Programme for Elderly Care in Trinidad and Tobago

Dr. Lavanya Kumari Thondawada, a member of the Global Association of Physicians of Indian Origin (GAPIO), participated in a community outreach programme organized by the Geriatric Society of Trinidad and Tobago (GSTT) at the Diego Martin North Community Centre in April.

The programme aimed to strengthen community engagement and promote well-being among elderly citizens through health screening, awareness activities, and intergenerational participation. The initiative brought together healthcare professionals, caregivers, families, children, community partners, and members of the public.

As part of the outreach, health check-ups were conducted for attendees, including blood pressure and blood sugar testing. Eye testing was also provided by Value Optical, with free eyeglasses distributed to parents, guardians, and other participants. Medical and healthcare volunteers supported the screening activities and helped create awareness about the importance of regular health monitoring and preventive care.

The event also included an interactive art session for children, where participants created bracelets, houses, and decorations using cardboard and other materials. The session was guided by an elderly tutor, encouraging meaningful interaction between younger and older members of the community and highlighting the importance of social connection in healthy ageing.

The programme was attended by representatives from the Ministry of Education, the Member of Parliament for Diego Martin West, and former First Lady Zulaika Hassanali. The Geriatric Society of Trinidad and Tobago expressed appreciation to the companies and organizations that supported the initiative.

Dr. Lavanya Kumari Thondawada's participation in this community programme reflects the commitment of GAPIO members to preventive healthcare, elderly care, and community-based public health initiatives. GAPIO commends her contribution and the efforts of the Geriatric Society of Trinidad and Tobago in promoting accessible healthcare, social engagement, and well-being for senior citizens.



Oshwa Guerra, centre, enjoys a game of football with sons, Adam, left, and Leonardo, at the Queen's Park Savannah, Port-of-Spain, yesterday, as a carpet of poul blossoms blanket the ground beneath their feet. PHOTO BY ANISTO ALVES

Geriatric Society hosts community programme in Diego Martin

RYAN BACHOO
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The Geriatric Society of Trinidad and Tobago (GSTT) brought together children, families, healthcare providers and community partners for a multi-generational outreach programme held at the Diego Martin North Community Centre on April 11.

The initiative aimed at strengthening community engagement and well-being.

The main activity was an art session led by caterer Josephine Berment. Approximately 20 children between the ages of ten and 12 took part in a diamond painting session.

The children were selected from schools in Port-of-Spain and Diego Martin West. Each child received a painting kit and kept the completed work.

An elderly tutor guided the session and provided instructions. Josephine Berment also shared

ideas on using cardboard and other materials to create bracelets, houses and decorations.

Eye testing was conducted by Value Optical. Health check-ups were provided to parents, guardians and other people by UWI medical students under the supervision of Dr Ramsaran. The students also invited people to participate in a study on the aged.

Blood pressure and blood sugar testing were carried out by the staff of CVA Ltd.

The Society expressed appreciation to companies and organisations that supported the programme.

The event was attended by representatives of the Ministry of Education, Member of Parliament for Diego Martin West and former First Lady Zulaika Hassanali.

The Society also thanked the management committee of the Diego Martin North Community Centre for the use of the facility.

GSTT said the programme formed part of its outreach efforts.



A woman answers questions from a doctor during the GSTT's community programme at the Diego Martin North Community Centre.

GAPIO Member Dr. Ashish Aneja Organises Free Cardio-Diabetic Health Check-up and Awareness Program on World Health Day 2026

On the occasion of World Health Day 2026, Dr. Ashish Aneja, Consultant Physician & Diabetologist and SMO/Administrator, Kurukshetra, Haryana, organised a free Cardio-Diabetic health check-up and awareness program in association with the Global Association of Physicians of Indian Origin (GAPIO).

The initiative benefitted more than 300 people, providing them access to health screening, medical guidance, and awareness on lifestyle-related diseases such as diabetes, obesity, hypertension, and cardiovascular risk factors. The program was conducted with the objective of promoting preventive healthcare, early diagnosis, and timely management of chronic diseases.

Speaking on the occasion, Dr. Aneja emphasized that “health is not merely the absence of disease or weakness, but a state of complete physical, mental, and social well-being.” He highlighted that in today’s time, lifestyle disorders, mental health concerns, and global health challenges are increasing rapidly due to sedentary habits, unhealthy diet patterns, stress, and lack of regular health monitoring.

Dr. Aneja noted that World Health Day, observed every year on April 7, serves as an important reminder of the need for prevention, early identification, and appropriate treatment. Referring to the 2026 theme, “Together for Health. Stand with Science,” he said that good health can be achieved only through collective efforts, scientific awareness, and responsible action at individual, community, and healthcare-system levels.

During the awareness program, participants were encouraged to adopt simple but effective health practices such as eating a nutritious diet, engaging in regular physical activity, prioritizing mental well-being, getting adequate sleep, staying hydrated, limiting screen time, maintaining social connections, and avoiding harmful habits. Dr. Aneja also stressed the importance of regular health check-ups to identify early warning signs and prevent long-term complications.

The initiative reflected GAPIO’s continued commitment to public health, preventive care, and community-level awareness. By bringing healthcare services closer to people, the program helped reinforce the importance of early intervention, lifestyle modification, and patient education in building a healthier society.

GAPIO congratulates Dr. Ashish Aneja for this meaningful initiative and his dedicated efforts toward improving community health and promoting awareness on World Health Day 2026.

मंगलवार, 07 अप्रैल 2026

स्वास्थ्य केवल रोग का अभाव नहीं, अपितु पूर्ण शारीरिक, मानसिक एवं सामाजिक कल्याण की अवस्था है: डॉ. अनेजा

हिन्दू संघ संवाददाता

कुरुक्षेत्र। विश्व स्वास्थ्य दिवस 2026 के अवसर पर भारतीय मधुमेह अध्ययन शोध संस्था (आरएसएसडीआई), मधुमेह एवं मोटापा अंतरराष्ट्रीय संगठन (डीआईओएच), मधुमेह विज्ञान महासंघ (डीएफएसआई), मधुमेह मनोविज्ञान संस्था (डीआईपीएसआई), मोटापा देखभाल संगठन (एओसीओ) तथा आरोग्य भारती के सदस्य डॉ. अनेजा ने कहा कि “स्वास्थ्य केवल रोग या दुर्बलता का अभाव नहीं, बल्कि पूर्ण शारीरिक, मानसिक और सामाजिक कल्याण की अवस्था है।” उन्होंने बताया कि वर्तमान समय में जीवनशैली से संबंधित रोग, मानसिक स्वास्थ्य समस्याएं तथा वैश्विक स्वास्थ्य चुनौतियां दिन-प्रतिदिन बढ़ रही हैं। निष्क्रिय जीवनशैली, असंतुलित आहार तथा बढ़ते तनाव के कारण लोग दीर्घकालिक रोगों के प्रति अधिक संवेदनशील हो गए हैं। उन्होंने कहा कि प्रतिवर्ष 7 अप्रैल को मनाया जाने वाला विश्व स्वास्थ्य दिवस रोकथाम, प्रारंभिक पहचान तथा समय पर उचित उपचार के लिए अत्यंत महत्वपूर्ण है। इस वर्ष की थीम “स्वास्थ्य के लिए एकजुट हैं, विज्ञान के साथ खड़े रहें” है, जो इस तथ्य को दर्शाती है कि अच्छे स्वास्थ्य सामूहिक प्रयासों से ही संभव है। उन्होंने कहा कि स्वास्थ्य संबंधी जागरूकता को बढ़ावा देने से लोग रोगों के प्रारंभिक संकेतों को



पहचान सकते हैं तथा नियमित स्वास्थ्य परीक्षण के महत्व को समझ सकते हैं। स्वस्थ जीवन के लिए उन्होंने कुछ सरल उपाय सुझाए, जिनमें संतुलित एवं पौष्टिक आहार को प्राथमिकता देना, नियमित शारीरिक सक्रियता बनाए रखना, मानसिक स्वास्थ्य का ध्यान रखना, पर्याप्त नींद लेना, पर्याप्त मात्रा में जल का सेवन करना तथा हानिकारक आदतों से दूर रहना शामिल है। डॉ. अनेजा ने कहा कि यदि हम प्रतिदिन छोटे-छोटे स्वास्थ्यवर्धक उपाय अपनाएं, जैसे दिन को शुरुआत हल्के व्यायाम या खिंचाव से करना, सकारात्मक चिंतन रखना, स्क्रीन समय को सीमित करना, सामाजिक संबंधों को बनाए रखना तथा समय-समय पर विश्राम और आत्म-देखभाल करना, तो इससे दीर्घकाल तक स्वस्थ रहने में सहायता मिलती है। अंत में उन्होंने कहा कि यह समय छोटे-छोटे किन्तु प्रभावी कदम उठाने का है, जैसे बेहतर आहार लेना, नियमित व्यायाम करना तथा मानसिक स्वास्थ्य पर ध्यान देना, जिससे दीर्घकालिक सकारात्मक परिणाम प्राप्त किए जा सकते हैं।

स्वास्थ्य केवल रोग का अभाव नहीं, अपितु पूर्ण शारीरिक, मानसिक एवं सामाजिक कल्याण की अवस्था है: डॉ. अनेजा

टीम एक्सन इंडिया
दलबीर सिंह मलिक

कुरुक्षेत्र : विश्व स्वास्थ्य दिवस 2026 के अवसर पर भारतीय मधुमेह अध्ययन शोध संस्था (आरएसएसडीआई), मधुमेह एवं मोटापा अंतरराष्ट्रीय संगठन (डीआईओएच), मधुमेह विज्ञान महासंघ (डीएफएसआई), मधुमेह मनोविज्ञान संस्था (डीआईपीएसआई), मोटापा देखभाल संगठन (एओसीओ) तथा आरोग्य भारती के सदस्य डॉ. अनेजा ने कहा कि स्वास्थ्य केवल रोग या दुर्बलता का अभाव नहीं, बल्कि पूर्ण शारीरिक,



मानसिक और सामाजिक कल्याण की अवस्था है। उन्होंने बताया कि वर्तमान समय में जीवनशैली से संबंधित रोग, मानसिक स्वास्थ्य समस्याएं तथा वैश्विक स्वास्थ्य चुनौतियां दिन-प्रतिदिन बढ़ रही हैं। निष्क्रिय जीवनशैली, असंतुलित आहार तथा बढ़ते

तनाव के कारण लोग दीर्घकालिक रोगों के प्रति अधिक संवेदनशील हो गए हैं। उन्होंने कहा कि प्रतिवर्ष 7 अप्रैल को मनाया जाने वाला विश्व स्वास्थ्य दिवस रोकथाम, प्रारंभिक पहचान तथा समय पर उचित उपचार के लिए अत्यंत महत्वपूर्ण है।

STUDIO 178

NEWS / KURUKSHETRA

NEWSLETTER

07 April 2026



Health is Complete Well-being. Not Just Absence of Disease: Dr. Ashish Aneja

kurukshetra

On the occasion of World Health Day 2026, Dr. Aneja emphasized that health is not just about being disease-free, but a state of complete physical, mental, and social well-being.

Significance of World Health Day Observed every year on 7th April, World Health Day plays a crucial role in spreading awareness about prevention, early diagnosis, and timely treatment.

He highlighted the rising cases of lifestyle diseases and mental health issues due to sedentary habits and unhealthy eating. Observed every year on 7th April, World Health Day focuses on prevention, early diagnosis, and timely treatment. This year's theme, “Together for Health: Stand with Science,” promotes healthcare awareness and regular check-ups.

Dr. Aneja suggested simple steps for healthy living, including staying active, eating nutritious food, prioritizing mental health, getting enough sleep, and staying hydrated. Emphasizing “Small Changes, Big Impact,” he said that daily habits like light exercise, positive thinking, limiting screen time, staying socially connected, and self-care can lead to long-term health benefits.

Small daily habits like healthy eating, exercise, and positive thinking can improve overall well-being. Regular check-ups help in early prevention, and small changes create a big impact on a healthy life.



SOCIAL MEDIA COVERAGE

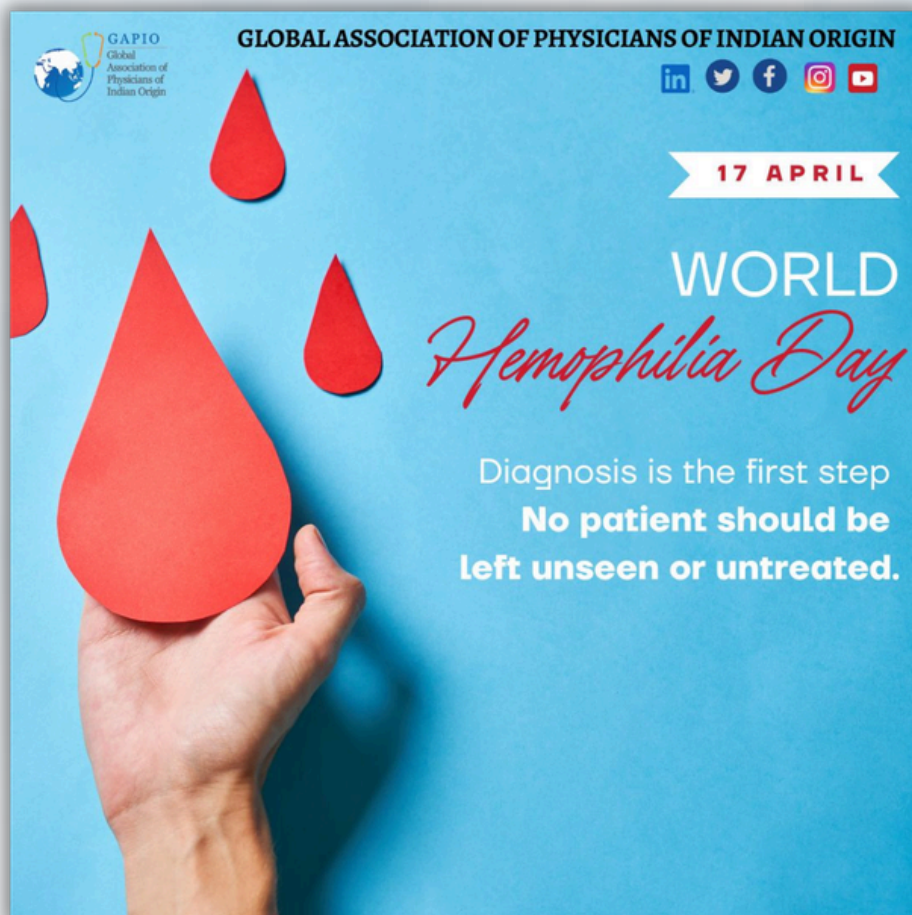
GAPIO Observed World Hemophilia Day 2026: Strengthening Diagnosis as the First Step to Care

On the occasion of World Hemophilia Day 2026, observed under the theme “Diagnosis: First step to care,” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the critical importance of early recognition, timely diagnosis, and equitable access to treatment for people living with hemophilia and other bleeding disorders.

Hemophilia continues to remain underdiagnosed in many communities, delaying appropriate care and increasing the risk of preventable complications. Early diagnosis can significantly change the trajectory of a patient’s life by enabling timely treatment, reducing bleeding episodes, preventing disability, and improving long-term quality of life.

Healthcare professionals play a vital role in recognizing warning signs, strengthening referral pathways, improving diagnostic access, and ensuring that patients receive comprehensive, multidisciplinary care. Special attention is also needed to ensure that women and girls with bleeding disorders are not overlooked, as delayed recognition can lead to prolonged suffering and unmet healthcare needs.

This day served as a reminder that achieving “treatment for all” begins with diagnosis, awareness, and equitable care delivery. Through collective action, GAPIO reaffirmed its commitment to closing diagnostic gaps, supporting patients and families, and advancing timely, inclusive, and patient-centered care for all individuals affected by bleeding disorders.



SOCIAL MEDIA COVERAGE

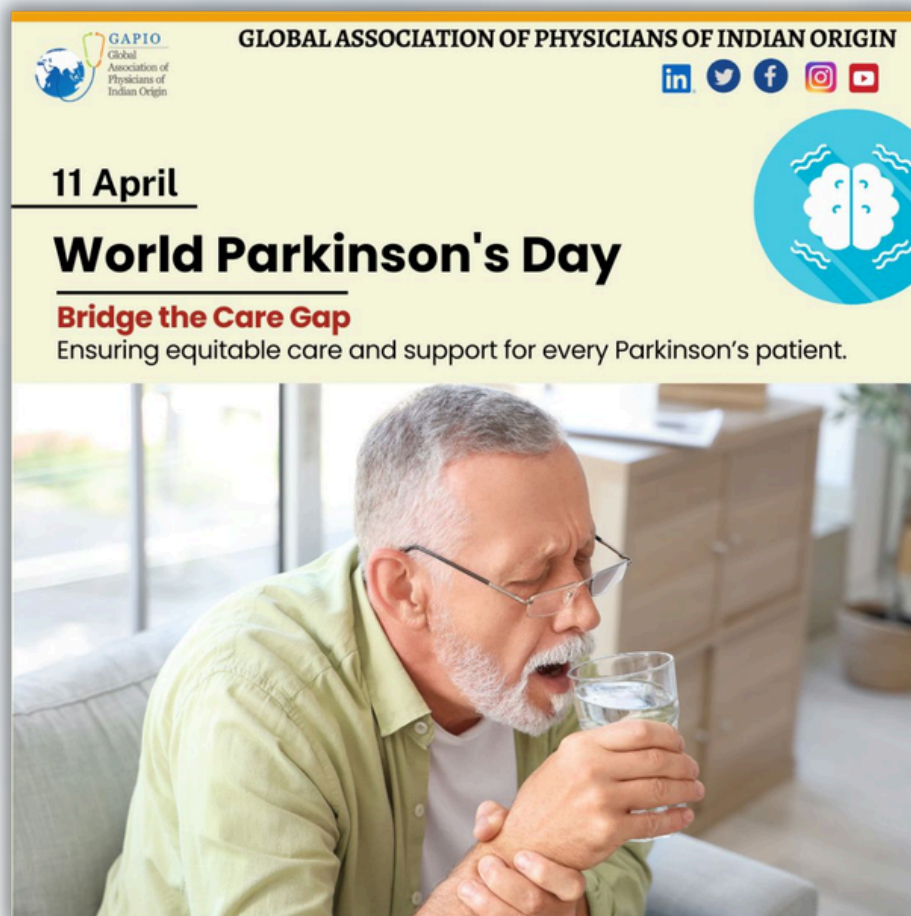
GAPIO Observed World Parkinson's Day 2026: Bridging the Care Gap for Equitable Neurocare

On the occasion of World Parkinson's Day 2026, observed under the theme "Bridge the Care Gap," the Global Association of Physicians of Indian Origin (GAPIO) highlighted the urgent need to ensure timely, equitable, and comprehensive care for every individual living with Parkinson's disease.

Parkinson's disease is a progressive neurological condition that affects movement, independence, emotional well-being, and quality of life. While medical treatment remains essential, effective Parkinson's care extends far beyond medication. It requires early diagnosis, regular follow-up, rehabilitation, mental health support, caregiver guidance, and access to multidisciplinary care services.

Healthcare professionals play a critical role in identifying symptoms early, guiding patients through long-term disease management, and helping families understand the physical, emotional, and social challenges associated with Parkinson's disease. Reducing disparities in access to neurology care, physiotherapy, speech therapy, occupational therapy, and community support is essential to improving outcomes.

This day served as a reminder that bridging the Parkinson's care gap requires coordinated action across healthcare systems, caregivers, communities, and policymakers. Through collective commitment, GAPIO reaffirmed its dedication to advancing patient-centered neurocare, supporting caregivers, and promoting equitable healthcare access for every patient, everywhere.



SOCIAL MEDIA COVERAGE

GAPIO Observed World Health Day 2026: Standing with Science for a Healthier Future

On the occasion of World Health Day 2026, observed under the theme “Together for Health. Stand with Science,” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the importance of evidence-based medicine, scientific collaboration, and collective action in protecting and advancing global health.

In an increasingly complex world, health challenges are no longer confined to individuals or communities alone. Emerging infections, climate change, antimicrobial resistance, lifestyle diseases, and environmental risks continue to remind us that human health is deeply connected with animal health and the environment. The One Health approach reinforces the need for integrated strategies that bring together healthcare professionals, researchers, policymakers, and communities.

Healthcare professionals play a critical role in translating scientific knowledge into meaningful action. By promoting accurate information, strengthening public trust, supporting preventive care, and advocating for resilient healthcare systems, physicians and care teams remain central to building healthier societies.

This day served as a reminder that science, compassion, and collaboration must guide public health decisions. Through continued commitment to evidence-based care and global cooperation, GAPIO reaffirmed its dedication to advancing health equity, strengthening healthcare leadership, and supporting a healthier future for all.



SOCIAL MEDIA COVERAGE

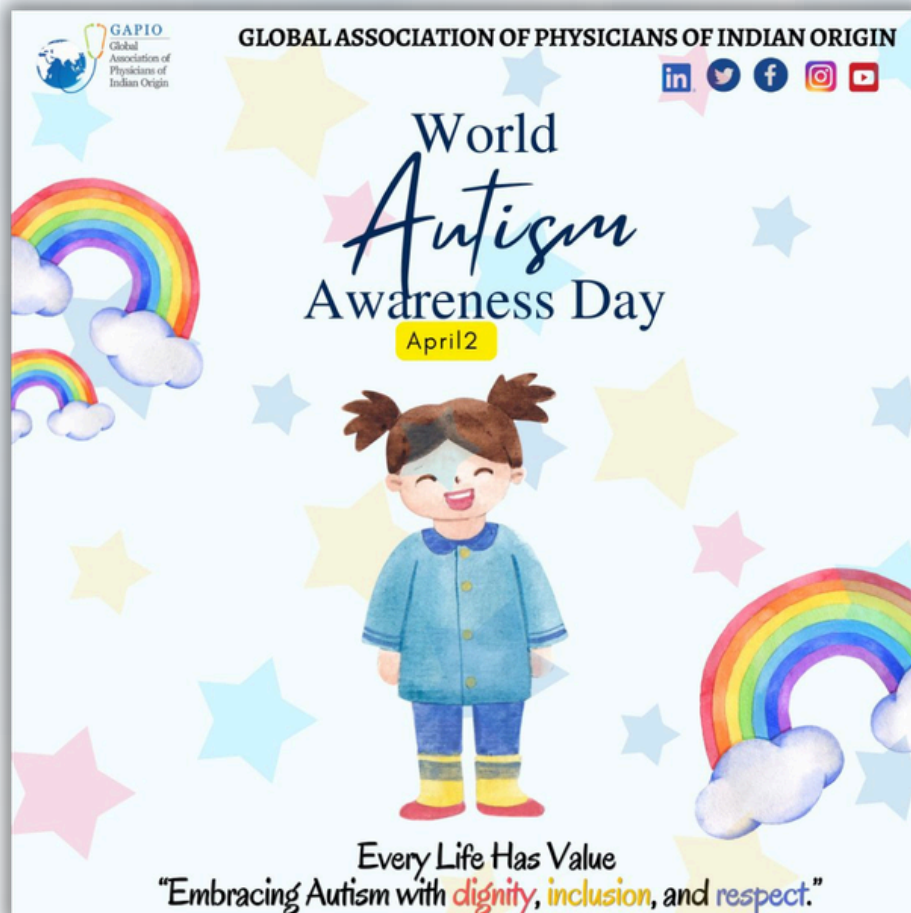
GAPIO Observed World Autism Awareness Day 2026: Advancing Inclusion, Acceptance, and Human Dignity

On the occasion of World Autism Awareness Day 2026, observed under the theme “Autism and Humanity – Every Life Has Value,” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the need to move beyond awareness toward true inclusion, acceptance, and respect for neurodiverse individuals.

Autism spectrum disorder continues to affect individuals and families across communities, often accompanied by challenges related to stigma, delayed identification, limited access to specialized care, and barriers in education and social participation. Addressing these concerns requires a compassionate, multidisciplinary, and rights-based approach that places dignity and opportunity at the center of care.

Healthcare professionals play a vital role in supporting early identification, guiding families, reducing misconceptions, and ensuring that individuals with autism receive timely, equitable, and patient-centered support. Strengthening collaboration between healthcare systems, educators, caregivers, communities, and policymakers is essential to create environments where every individual can thrive.

This day served as a reminder that embracing neurodiversity is not only a social responsibility but also a healthcare priority. By promoting understanding, inclusion, and accessible care, GAPIO reaffirmed its commitment to building a more compassionate healthcare ecosystem that values every life and recognizes the unique potential of every individual.



HEALTH TIPS/FACTS

Physician-led Well-being Strategy: Building Sustainable Change Across Health Systems

Physician burnout is not only a workforce concern; it directly affects care quality, engagement, retention, and the long-term sustainability of health systems. Northwell Health's physician-led well-being strategy, highlighted by the AMA, shows how a large healthcare organization can move from identifying burnout to building structured, measurable, and locally adaptable solutions.

1. Recognize Burnout as a System-level Signal

- Burnout data should not be treated as a routine survey result but as an indicator for meaningful organizational change.
- Tracking physician experience helps leadership identify stress points and prioritize targeted interventions.

2. Create a Physician-led Governance Structure

- Well-being initiatives are more credible when they are designed and led by physicians.
- Positioning physician well-being within medical group leadership, rather than only human resources, strengthens trust and engagement.

3. Empower Local Well-being Committees

- Large health systems need site-level teams that understand the specific challenges of each hospital or department.
- Local initiatives can be adapted to each clinical environment while still aligning with systemwide goals.

4. Use EHR Transformation to Improve Workflows

- A unified electronic medical record can reduce fragmentation across inpatient, outpatient, referral, and patient portal workflows.
- Involving physicians in EHR implementation helps reduce friction and supports better adoption.

5. Design Surveys That Lead to Action

- Physician surveys should be concise, meaningful, and focused on issues that can be addressed.
- Tools such as the Mini-Z can help measure burnout in a validated and structured manner.

6. Use Data to Guide Leadership Decisions

- Survey results should be shared with leaders so they can act on specific concerns such as recognition, workload, or workflow barriers.
- AI-powered tools can help leaders interpret results and identify practical improvement actions.

7. Build Physician Connection and Community

- Events such as doctors' lounges, networking sessions, and cultural connection groups can reduce isolation and improve belonging.
- Strong physician communities also support collaboration and, in some cases, culturally responsive patient care.

8. Support Frontline-led Innovation

- Small well-being grants can empower physicians to solve local pain points in their own practice environments.
- Even modest funding can trigger larger institutional improvements when frontline concerns are recognized.

9. Plan for Long-term Physician Engagement

- Physician well-being should address every career stage, including late-career planning and transition to retirement.
- Purposeful retirement planning can help physicians maintain identity, community, mentorship, and contribution beyond active practice.

10. Close the Feedback Loop

- Physicians are more likely to engage when they see that survey feedback leads to visible action.
- Regular communication through newsletters or leadership updates helps reinforce transparency and trust

Source: <https://www.ama-assn.org/practice-management/physician-health/how-northwell-health-built-physician-led-well-being-strategy>

HEALTH TIPS/FACTS

New Initiatives Shape the Next Phase of Physician Well-being Work

Physician well-being is increasingly being recognized as a system-level responsibility rather than an individual resilience issue. Health systems are now moving beyond measurement alone and adopting structured interventions to reduce administrative burden, strengthen psychological safety, and create more sustainable clinical practice environments. The recent initiatives undertaken by Sutter Health, highlighted by the American Medical Association, show how physician well-being programs can evolve from recognition to measurable, organization-wide action.

1. Build a Systemwide Well-being Foundation

- Well-being programs should be aligned across the entire health system rather than limited to isolated departments.
- Recognition frameworks such as AMA's Joy in Medicine® program can help organizations identify gaps and prioritize next steps.

2. Reduce Administrative Burden with AI Support

- Ambient AI tools can support clinical documentation and reduce time spent on repetitive note-taking.
- Automated in-basket responses can help manage high volumes of patient portal communication, lab results, refills, and routine medical advice.

3. Use AI to Restore Meaningful Patient Interaction

- By reducing manual EHR tasks, AI allows clinicians to spend more time engaging directly with patients.
- This supports more personal, focused, and sustainable care delivery.

4. Streamline Repetitive Clinical Workflows

- Automated removal of expired orders and reduction of unnecessary authentication steps can save physician time.
- Small workflow improvements can significantly reduce daily cognitive load when applied at scale.

5. Destigmatize Mental Health Support for Clinicians

- Health systems should remove stigmatizing language from credentialing, reapplication, and peer reference processes.
- Physicians must feel psychologically safe to seek help confidentially when needed.

6. Embed Peer Support into Operational Workflows

- Peer support programs should be easy to access and integrated into routine safety and leadership processes.
- Critical events should trigger timely outreach to affected clinicians and care teams.

7. Use Data to Identify Well-being Hotspots

- Regular surveys can help track burnout, intention to leave, workload stress, and specialty-level concerns.
- Data-driven action plans allow health systems to focus support where it is most needed.

8. Move from Measurement to Sustainable Action

- Physician well-being efforts must go beyond surveys and recognition programs.
- Long-term impact requires continuous improvement, leadership commitment, and workflow redesign.

Source: <https://www.ama-assn.org/practice-management/physician-health/new-initiatives-shape-next-phase-well-being-work>

GAPIO Honors' List - April 2026



Dr. Ashish Aneja, Senior Medical Officer, Kurukshetra University, has organised Cardio- Diabetic health checkup and awareness program in association with GAPIO on the occasion of World Health Day 2026 on 7 th April 2026.

Over 300 people benefited from the event. Dr. Aneja—a member of GAPIO, the Research Society for the Study of Diabetes in India (RSSDI), and the Diabetes and Obesity International Organization (DIOH)—stated, “Health is not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being.”

Dr. Bellamkonda Kishore, Academician, Innovator and Entrepreneur, has been listed by “The University of Utah Health” as one of its top scientists who have advanced fundamental knowledge and brought about a revolutionary change in the methods of prevention, detection, and treatment of numerous types of cancers and other diseases.

<https://uofuhealth.utah.edu/research/who-we-are/honors-awards>

Dr. Devinder Singh, Senior Consultant Gastroenterologist, Bilaspur, Chhattisgarh, have been elected as the President of Chhattisgarh state Chapter of Indian Society of Gastroenterology for the year 2025 -2026.

Dr. Dillip Kumar Dash, Hon. Prof. & Sr. Consultant Psychiatrist, Bilaspur, Chhattisgarh, has achieved the following.

1. Appointed as the National Convener of Indian Psychiatric Society - Literature and Psychiatry Speciality Section for the year 2026-27.
2. The French, German and Spanish version of his book is published by UKIYOTO Publishers on April 2026.

Dr. Kandamaran Krishnamurthy, Consultant Pediatric, Intensive Care Unit from Queen Elizabeth Hospital, Barbados has presented two posters at 70th Annual CARPHA Health Research Conference on April 22–24, 2026 in Guyana, West Indies.

- i. Performance and integrity across proctored physical, unproctored online, and proctored online formats in the UWI Final MBBS Medicine & Therapeutics written examination.
- ii. He received “Best poster award” for determining the minimum number of OSCE stations required for valid and reliable assessment in the final MBBS Examination.

https://www.mona.uwi.edu/fms/wimj/system/files/article_pdfs/carpha_2026_conference_proceedings.pdf

GAPIO Honors' List - April 2026

Dr Lavanyakumari Thondavada, the founder and current president of the Geriatric Society of Trinidad & Tobago (GSTT), The Geriatric Society of Trinidad and Tobago hosted a community outreach programme at the Diego Martin North Community Centre on April 1. The event promoted community engagement and well-being through activities for children, families, and seniors. Free eye testing, blood pressure, and blood sugar checks were provided, while UWI medical students conducted health screenings and encouraged participation in an ageing study. Representatives from the Ministry of Education, local MP offices, and former First Lady Zulaika Hassanali attended. The programme was supported by several organisations and community partners.

Dr. Meenakshi N, Consultant, Family Physician and Public Health Specialist in Noida, was recognized for clinical support and allied healthcare excellence - award presented by pacific one health and heal foundation during CARECON on 7th April 2026.

Dr Meenakshi organized a camp in Bhogal, New Delhi as a part of Indraprastha Chikitsa Sewa Yatra - NMO on 12 April and Distributed free medicines.

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi has published the following papers in April 2026:

- Migliorini F, Pilone M, Schäfer L, Vaishya R, Moretti G, Mendel T, Pipino G, Maffulli N. Posterior cruciate ligament management in medial pivot total knee arthroplasty: a systematic review and meta-analysis. *J Orthop Surg Res* 2026; 21: 246. Doi:10.1186/s13018-026-06677-8
- Pappalardo G, Lucenti L, Vaishya R, Bardazzi T, Migliorini F. Single-shot adductor canal block as pain management following total knee arthroplasty: a systematic review. *Eur J Med Res* 2026: <https://doi.org/10.1186/s40001-026-04287-y>
- Vaishya R, Lustig S, Mavrogenis A, Khanduja V. Reflections on SICOT-J Volume 11 (2025). *SICOT-J* 2026; 12,E2.doi:10.1051/sicotj/
- Regmi A, Vaishya R, Niraula BB. Clinical and functional outcomes of unicondylar knee arthroplasty in patients aged 80 years and older: A systematic review. *J Arthrosc Jt Surg* 0;0:0. DOI: 10.4103/jajs.jajs_69_25
- Bagaria V, Vaishya R, Vaish A, Lustig S. Cybersecurity is imperative in robotic arthroplasty. *SICOT-J*. 2026; 12: E3. Doi:10.1051/sicotj/2026019

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

- Dr. Rajul featured on the cover of “CIO Mogul Magazine” as one of the most Impactful and Influential Professors in Medical Education.
- He is recognized as “Emerging Clinical Leader of the Year” at CareCon 2026, on the occasion of World Health Day on 7 th April 2026 at the India Habitat Center, New Delhi.
- Dr Rajul has been included in the “Guinness Book of World Records” for participating in the historic “Official Attempt”; by the National Board of Examinations in Medical Sciences, New Delhi (NBEMS). Being part of this massive, collective training session on Artificial Intelligence in Healthcare was a powerful reminder of how rapidly our field is evolving.
- He has been honored with “Excellence in Medical Education Leadership 2026” award from Zocto (zocto.in), a platform dedicated to the “untold stories” of healthcare—shining a light on the innovations and success stories that drive our
- field forward.

Dr. Ravindra M Vora, Senior Paediatric Surgeon & PG Teacher at Paediatric Surgery Centre & PG Institute, Sangli, Bharati Vidyapeeth Medical College & Hospital, Sangli, achieved the following:

- 1. Co-author & co-researcher of White Paper “Prevention of Neural Tube Defects” by correcting deficiency of vitamins Folic Acid & B12 in women before conception through Tea Fortified with vitamins Folic acid & B12, published in Annals of National Academy of Medical Sciences, GOI in April 2026. This was the result of Research with a preliminary trial and 3 Randomised Controlled Trials for 3 months at Sangli & 1 at Dibrugarh.
- 2. Co- author of a chapter on “Counselling for Management of Foetal Anomalies” in IAPS Text book of Paediatric Surgery.

Dr. Rimesh Pal, Associate Professor, Department of Endocrinology, PGIMER, Chandigarh, has been awarded the prestigious Rising Star in Endocrinology Award 2026 by the American Association of Clinical Endocrinology (AACE) at its annual meeting held in Las Vegas in April 2026. This international recognition honours emerging leaders for their contributions to clinical endocrinology and research.

Notably, Dr. Pal is the only recipient based at an Indian institution to receive this distinction to date, highlighting the growing global presence of Indian endocrinology. Dr. Pal’s work spans key areas of endocrinology, including metabolic bone disease, osteoporosis, sarcopenia and type 2 diabetes, with an emphasis on integrating evidence-based clinical care with impactful research.

Prof. Rohini Handa, Senior Consultant, Rheumatology, New Delhi delivered the 1st Mrs Anjali Ganguly Oration at Apollo Hospital, New Delhi on 6 May 2026 on the topic “AI and The Art of Medicine: Existential Threat or Renewed Need?”

Dr. Suresh Raghavaiah, Senior Consultant and Head, HPB and Multi-Organ Transplant Surgery, Bangalore, has led the first program in Karnataka to successfully complete 25 Pancreas transplants, setting new benchmarks in complex transplant care, surgical precision, and multi-disciplinary excellence.

Dr. V K Kapoor, Professor of Surgical Gastroenterology, Mahatma Gandhi Medical College & Hospital (MGMCH), Pro Vice Chancellor, Mahatma Gandhi University of Medical Sciences & Technology (MGUMST), Jaipur served as the external examiner for PhD thesis at the Institute of Liver and Biliary Sciences (ILBS), New Delhi.

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

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