



## Indian American Sonal Shah Appointed Senior Practitioner Fellow at University of Chicago

Indian American economist and public policy leader Sonal Ramesh Shah has been appointed Senior Practitioner Fellow at the University of Chicago's Center for Effective Government.

In her new role, Shah will contribute to research and policy initiatives focused on strengthening the use of technology, data, and innovation to improve government effectiveness and public service delivery. A University of Chicago alumna, she previously served as CEO of the Texas Tribune, Director of the White House Office of Social Innovation and Civic Participation during the Obama Administration, and led Global Development Initiatives at Google.org.

GAPIO congratulates Sonal Shah on this prestigious appointment and wishes her continued success in advancing innovation and effective governance through public policy.



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## GAPIO and Canada India Network Society Host Conference on Integrative Approaches to Healthcare in Canada

The Global Association of Physicians of Indian Origin (GAPIO), led by President Dr. Sudhir Parikh, in collaboration with the Canada India Network Initiative (CINI) under the Canada India Network Society (CINS), led by Dr. Arun Garg, hosted a conference on integrative approaches to healthcare in Surrey, British Columbia, Canada, in early June 2026.

The conference brought together healthcare leaders, researchers, physicians, policymakers, municipal representatives, and community advocates from the United States, Canada, and India to discuss preventive healthcare, chronic disease management, culturally informed medicine, and community-based wellness. The meeting was held at Surrey City Hall and focused on developing a more integrated, culturally intelligent, and human-centred model of care.

Dr. Sudhir Parikh, President of GAPIO and Padma Shri recipient, highlighted the global presence and mission of GAPIO. He emphasized that GAPIO is present in 60 countries and represents the interests of nearly 1.6 million physicians of Indian origin across the world. He urged Indian-origin physicians in Canada to join GAPIO and contribute towards improving healthcare outcomes globally.

Dr. Arun Garg, founder of CINS, emphasized the importance of culturally precise medicine, integrative thinking, and cross-sector collaboration. He noted that healthcare must move from a reactive disease-treatment model to a proactive system that creates sustainable health through prevention, community engagement, and respect for cultural context.

The conference opened with participation from municipal leaders, healthcare executives, and diplomatic representatives. Surrey Mayor Brenda Locke welcomed the delegates and highlighted the role of local governments in shaping the social and cultural conditions that influence health outcomes.

Discussions at the conference centred on the need to expand the understanding of “clinical information” beyond biological markers and diagnostic reports. Speakers noted that sleep, stress, diet, cultural practices, social conditions, and spiritual beliefs are important determinants of disease expression, recovery, and long-term wellbeing. The conference emphasized that treatment and healing must go beyond prescriptions and procedures to include the broader human context of care.

Under the theme “Connecting the Dots,” the conference advanced a model that integrates biomedical science with cultural knowledge, traditional practices, and emerging technologies. Participants discussed how breathwork, nutrition, movement, storytelling, art, and community rituals can offer physiological and psychosocial benefits when responsibly validated and integrated with conventional medical care.

The role of technology was also highlighted, particularly wearable devices, home diagnostics, and AI-driven platforms that can support real-time tracking of behaviour, environment, and biology. These tools, when combined with culturally sensitive care, can help physicians and health systems better understand patients’ lived realities and support more personalised approaches to prevention and treatment.

The conference also called for greater community-level action, including translation of health resources into Punjabi, Hindi, Urdu, and Bengali, and expansion of screening initiatives into trusted community spaces such as gurdwaras, temples, and community centres. Dr. Victoria Lee, former President and CEO of Fraser Health, noted that embedding care within community ecosystems can support a shift from reactive emergency care to proactive, prevention-focused healthcare.

Several institutions, including Apollo Hospitals in India, whose Chairman Dr. Prathap C. Reddy founded GAPIO in 2011, were noted for adopting integrative approaches to care. The conference concluded with a strong message that health is not created in clinics alone, but is shaped in kitchens, workplaces, places of worship, families, and everyday community interactions.

The collaboration between GAPIO and CINS through this conference marked an important step towards strengthening the Canada–India healthcare bridge and promoting a more holistic, culturally informed, and patient-centred approach to health.



L TO R DR RAMESH MEHTA, PAST PRESIDENT GAPIO, DR SUDHIR PARIKH, PRESIDENT, GAPIO AND DR ARUN GARG, EC MEMBER GAPIO AND FOUNDER OF CINS



SPEAKER



DELEGATES



## Association of Indians in America–NY Honors Several Pathbreaking Indian American Achievers

The Association of Indians in America – New York Chapter (AIA-NY), one of the oldest organizations representing Asian Indians in the United States, hosted its Annual Benefit Gala 2026 on June 7, 2026, at Terrace on the Park in Flushing, New York.

The event brought together more than 300 attendees, including elected officials, healthcare leaders, entrepreneurs, media representatives, and community members from across the tri-state area. Several Indian American achievers were honoured for their outstanding contributions in medicine, business, law, technology, philanthropy, and community service. The honourees were described as “Ratnas,” or jewels, in recognition of their pathbreaking work and service.

The evening received congratulatory messages and support from several dignitaries, including representatives from the Consulate General of India, New York, New York State Comptroller Thomas P. DiNapoli, Senator John C. Liu, Nassau County Executive Bruce Blakeman, and Suffolk County Executive Edward P. Romaine. The networking hour featured performances by accomplished tabla and sitar artists, adding a cultural dimension to the formal gathering.

Among the distinguished honourees was Dr. Dattatreyyudu Nori, an internationally acclaimed oncologist and pioneering physician, who has dedicated more than five decades to advancing cancer care. Through his work at leading institutions such as Memorial Sloan Kettering Cancer Center and Cornell Medical Center, Dr. Nori has contributed significantly to cancer treatment and patient care globally. He has authored more than 300 scientific publications, mentored hundreds of medical professionals, and worked with governments and international organizations to expand access to life-saving cancer care. His recognitions include the Ellis Island Medal of Honor, Padma Shri, and Padma Bhushan.

Dr. Sahil Khera, faculty member at Mount Sinai Heart Hospital, was also honoured for his contributions to interventional cardiology and structural heart disease care. As Interventional Director of the Structural Heart Program and Quality Lead for Structural Heart Diseases at Mount Sinai Hospital, Dr. Khera leads complex life-saving heart procedures and contributes to fellowship training and mentorship. He is nationally and internationally recognized for his expertise in minimally invasive heart valve therapies and complex coronary interventions, having performed more than 2,000 structural heart procedures.

Dr. Aprajita Mattoo, Assistant Professor of Medicine at NYU Langone Health, Associate Program Director for the Division of Nephrology Fellowship, and Director of the Nephrology Curriculum for the NYU Grossman School of Medicine, was recognized for her work in nephrology and transplant medicine. As a transplant nephrologist at the NYU Langone Transplant Institute, she has contributed to advancing care for patients with end-stage kidney disease and has played an important role in historic pig-to-human kidney transplant trials.

Dr. Jagat Rawal, a respected physician and community leader, was honoured for more than three decades of service to the diverse communities of Queens, New York City. During the COVID-19 pandemic, he continued to keep his medical office open and played an active role in public health efforts, including COVID-19 vaccination. He currently serves as President of AAPI-QLI, where he has supported physician education, mentorship, healthcare awareness, and community outreach initiatives.

Other honourees included Manish Dhadda, a New York-based entrepreneur and philanthropist known for his leadership in the diamond and jewelry industry and his support for Jaipur Foot initiatives; Jessica Kalra Esq., an attorney specializing in government, real estate, and litigation law; and Pulkita Kini, a young technology leader and entrepreneur in artificial intelligence and product innovation, currently pursuing her MBA at Harvard Business School.

AIA-NY President Beena Kothari expressed gratitude to all attendees and acknowledged the support of her family and the team working behind the scenes. The evening concluded with a musical performance by Kunal Lamba, one of New York’s acclaimed singers.

During the gala, AIA-NY also announced its upcoming 39th Deepavali Celebration and Live Fireworks 2026, scheduled for October 3, 2026, with a rain date of October 10, at Overlook Beach, Babylon, Long Island.

The event celebrated the achievements of Indian Americans who continue to make a meaningful impact across healthcare, entrepreneurship, law, technology, philanthropy, and community leadership.



Dr. Dattatredu Nor



Dr. Sahil Khera



Manish Dhadda



Second from left Dr Aprajita Mattoo



Dr. Jagat Rawal



Jessica Kalra



Pulkita Kini



AIA-NY President  
Beena Kothari

## GAPIO Member Dr. K. V. Ravishankar Leads Humanitarian Pediatric Eye Surgery Mission in Ghana

GAPIO member Dr. K. V. Ravishankar, a renowned ophthalmologist from Usha Kiran Eye Hospital, Mysuru, together with Dr. Uma Ravishankar and Dr. Milind Bhide from Hyderabad, successfully completed a humanitarian pediatric eye surgery mission at Tamale Eye Hospital in Northern Ghana. Conducted from May 30 to June 8, 2026, the mission delivered life-changing surgical care to children and young adults with complex eye disorders while strengthening local ophthalmic capacity through education and training.

During the week-long mission, the team performed 40 major eye surgeries, including pediatric cataract procedures, squint (strabismus) correction surgeries, oculoplastic and reconstructive procedures, and other complex pediatric ophthalmic interventions. Alongside patient care, the visiting surgeons conducted hands-on training and skill-transfer sessions for local ophthalmologists, helping build sustainable expertise within the region.

The mission addressed a critical need for specialized pediatric eye care in Sub-Saharan Africa, where thousands of children continue to suffer from preventable or treatable blindness. According to the team, approximately 40 percent of the cases involved congenital, developmental, or traumatic cataracts, another 40 percent were squint-related conditions, while the remaining cases comprised oculoplastic procedures, including ptosis correction and lacrimal surgeries.

Reflecting on the mission, the surgeons described the experience as both challenging and deeply rewarding, noting that every successful operation represented renewed hope for children, families, and communities. Restoring sight not only improves quality of life but also enables children to return to school and adults to regain independence and productivity.

The mission was undertaken entirely on a pro bono basis, with support from several Rotary organizations and charitable foundations from Ghana, India, the United States, the United Kingdom, and Canada. The team also acknowledged the support of Tamale Eye Hospital, Rotary leaders, B5 Steel Company, and Sun Pharma for their contributions to the success of the initiative.

GAPIO congratulates Dr. K. V. Ravishankar and his colleagues for their outstanding humanitarian service and their commitment to eliminating avoidable blindness through international collaboration, clinical excellence, and capacity building. Their efforts exemplify GAPIO's mission of advancing global health by leveraging the expertise and compassion of physicians of Indian origin to serve communities around the world.



## GAPIO Member Dr. Nandish M Publishes Perspective on Social Determinants of Mental Health in India

GAPIO member Dr. Nandish M, Senior Medical Officer (Psychiatry) at the Central Government Health Scheme (CGHS), Ministry of Health and Family Welfare, Bengaluru, has published a scholarly viewpoint article highlighting the importance of addressing the broader social factors that influence mental health outcomes in India.

The article, titled "Social Determinants of Mental Health in India: Beyond Hospitals and Pills," was published online on May 6, 2026, in the *Annals of Indian Psychiatry*. Co-authored with Dr. S.R. Pruthi and Dr. A.S. Dhaliwal, the publication advocates for a comprehensive public health approach that extends beyond conventional hospital-based treatment and pharmacological interventions.

The authors emphasize that mental health is profoundly shaped by social, economic, and environmental determinants, including poverty, educational opportunities, employment conditions, gender inequality, migration, housing, and social exclusion. They argue that improving mental health outcomes requires coordinated action across multiple sectors to address these underlying determinants alongside clinical care.

The viewpoint calls for greater integration of mental health into broader public health and social development policies, reinforcing the need for preventive strategies, community-based interventions, and equitable access to mental healthcare. By focusing on the social context of mental illness, the article highlights opportunities to strengthen mental health promotion and reduce disparities across diverse populations.

Dr. Nandish's publication contributes to the growing body of evidence supporting holistic, patient-centred approaches to mental healthcare and underscores the importance of multidisciplinary collaboration in addressing one of the most significant public health challenges of our time.

GAPIO congratulates Dr. Nandish M on this important academic achievement and his continued contribution to advancing mental health research and promoting evidence-based public health approaches that improve the well-being of communities in India and beyond.

### Citation:

Nandish M, Pruthi SR, Dhaliwal AS. Social Determinants of Mental Health in India: Beyond Hospitals and Pills. *Annals of Indian Psychiatry*. Published online May 6, 2026. doi:10.4103/aip.aip\_25\_26.

Viewpoint

### Social Determinants of Mental Health in India: Beyond Hospitals and Pills

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Abstract

Mental health in India has largely been conceptualized within a biomedical framework emphasizing diagnosis, pharmacological treatment, and specialist care. While these services are indispensable, they are insufficient to address the complex and growing burden of mental health problems in the country. A public health perspective underscores that mental health is deeply shaped by social, economic, and environmental conditions collectively referred to as the social determinants of mental health. This viewpoint examines how structural factors such as poverty, inequality, education, gender norms, employment conditions, urbanization, migration, and social exclusion influence mental health outcomes in India. Drawing on national data and global evidence, it argues that meaningful progress in mental health cannot be achieved through hospitals and pills alone. Instead, India requires a multisectoral, prevention-oriented, and equity-focused approach that integrates mental health into broader social and development policies.

**Keywords:** Mental health, public health, social determinants

**INTRODUCTION**

Mental health has emerged as one of the most pressing public health challenges of the 21<sup>st</sup> century. Globally, mental and substance use disorders account for a substantial proportion of years lived with disability, surpassing many physical health conditions.<sup>[1]</sup> In India, the burden is particularly significant due to demographic transition, rapid socioeconomic change, widening inequalities, and limited access to care. Despite this, mental health policy and service delivery have historically focused on tertiary care institutions and pharmacological management.

The World Health Organization (WHO) has repeatedly emphasized that "there is no health without mental health" to highlight that mental well-being is an integral, inseparable component of overall health and that mental health outcomes are shaped by the conditions in which people live, work, and age.<sup>[2]</sup> This perspective challenges the dominance of clinical models and calls for greater attention to the social determinants of mental health. In the Indian context, where structural disadvantages affect large segments of the population, this shift is especially critical.

This viewpoint explores how social determinants shape mental health in India and argues for a paradigm shift from an illness-centered, hospital-based approach to one rooted in public health, prevention, and social justice.

**MENTAL HEALTH BURDEN IN INDIA: MORE THAN A TREATMENT GAP**

The National Mental Health Survey of India (2015–2016) estimated that nearly around 14.3% of the population suffers from a diagnosable mental disorder at any given time, with lifetime prevalence even higher.<sup>[3]</sup> The survey also highlighted an enormous treatment gap ranging from 70% to over 90% for common mental disorders. While these figures have rightly drawn attention to service inadequacies, they risk narrowing the policy response to expanding psychiatric services alone.

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## GAPIO Member Dr. Rajul Rastogi Showcases Advances in AI and Next-generation Radiology Through International Academic Engagements

GAPIO member Dr. Rajul Rastogi, an eminent clinical radiologist and academician, has continued to advance the field of diagnostic imaging through a series of national and international academic engagements, highlighting the growing role of artificial intelligence (AI), Dual-Energy Computed Tomography (DECT), and body composition imaging in improving patient care. His recent lectures and training programs have focused on the integration of emerging technologies with evidence-based clinical practice to enhance diagnostic precision and patient outcomes.

At the XLIII Refresher Course organized by the IMA College of General Practitioners (Kanpur Sub-Faculty) under the theme "Connecting Care: Innovations for a Healthier Tomorrow," Dr. Rastogi delivered a keynote lecture titled "Artificial Intelligence: Changing the Landscape of NextGen Radiology." He discussed how AI is transforming every stage of the radiology workflow—from intelligent image acquisition and automated analysis to real-time comparative reporting—while emphasizing that the future of healthcare lies in the synergy between human expertise and machine intelligence.

Further strengthening international collaboration, Dr. Rastogi conducted specialized training sessions on Dual-Energy Computed Tomography (DECT) at Hôpital Universitaire International Cheikh Khalifa in Casablanca, Morocco. The programme focused on the expanding clinical applications of DECT while reinforcing the importance of the ALARA (As Low As Reasonably Achievable) principle to ensure patient safety during advanced imaging. During the visit, he engaged in academic discussions with Prof. Amal Rami, Head of Radiology, and Prof. Nawal Bouknani, promoting global knowledge exchange in modern radiology.

Dr. Rastogi also addressed the Dr. G.S. Bathla Mid-Term CME, organized under the aegis of the IRIA Uttar Pradesh State Chapter, where he delivered an invited lecture on "Breaking the Frailty Cascade: The Radiologist's Role in Sarcopenia." He highlighted the growing burden of sarcopenia in ageing populations and discussed how modern imaging modalities—including DEXA, ultrasonography, DECT, and MRI—can facilitate early detection, body composition analysis, and preventive interventions that improve healthy ageing and patient longevity.

Through these academic contributions, Dr. Rastogi continues to promote innovation, education, and international collaboration in radiology. His work reflects the evolving role of radiologists as active partners in precision medicine, preventive healthcare, and technology-enabled patient care.

GAPIO congratulates Dr. Rajul Rastogi on his continued academic excellence and international contributions to advancing radiology through innovation, education, and collaborative knowledge sharing. His achievements exemplify GAPIO's commitment to promoting clinical excellence and global leadership among physicians of Indian origin.



## GAPIO Partners with ALIGN Health Initiative to Advance Preventive Health Education for Children

The Global Association of Physicians of Indian Origin (GAPIO), under the leadership of its President, Padma Shri Dr. Sudhir Parikh, has joined the ALIGN Health Initiative, a physician-led grassroots movement aimed at promoting preventive health education among school children through healthy lifestyle awareness. GAPIO joined several leading philanthropic organizations at the pledge-signing ceremony held on June 17, 2026, reaffirming its commitment to improving health outcomes through education, prevention, and community engagement.

The pledge-signing event was led by Dr. Vikas Khurana and hosted by The Wright Center for Graduate Medical Education, represented by Michael Mahon, Vice President of Academic Affairs and Associate Designated Institutional Official. The initiative also brought together the American Association of Physicians of Indian Origin (AAPI), led by Dr. Amit Chakrabarty, and the WHEELS Global Foundation, represented by Ratan Agarwal and Dr. Raj Shah, with all organizations committing to expand the programme across the United States and globally.

Founded by Dr. Vriti Khurana, the ALIGN Health Initiative is a physician-led, school-based programme designed to educate children and adolescents about healthy nutrition, physical activity, sleep, emotional wellbeing, and lifestyle medicine through engaging and age-appropriate learning experiences. Working in partnership with schools, the initiative seeks to make preventive healthcare education practical, accessible, and sustainable for future generations. In his recorded message, Dr. Sudhir Parikh expressed GAPIO's strong support for the initiative, describing ALIGN as an important philanthropic partnership that aligns closely with GAPIO's mission of improving global health. He highlighted GAPIO's presence in 60 countries, representing approximately 1.4 million physicians of Indian origin, and affirmed the organization's commitment to supporting the initiative through its international physician network. Dr. Parikh also offered support through Life Global, which builds schools for disadvantaged communities in India, and Parikh Worldwide Media/ITV Gold, to help raise awareness and expand the reach of the programme.

Dr. Amit Chakrabarty, President of AAPI, praised the initiative and announced that ALIGN would be featured prominently during the upcoming AAPI Annual Conference, further strengthening physician engagement in preventive health education.

Representing WHEELS Global Foundation, Ratan Agarwal emphasized the close relationship between health and education, highlighting the organization's ongoing work in telehealth, maternal health, low-cost diagnostics, menstrual health, and community-based healthcare initiatives. He reaffirmed WHEELS' commitment to contributing its extensive resources and nationwide network towards the success of ALIGN.

Cardiologist Dr. Raj Shah spoke about the importance of giving back to the community, noting that investing in children's health represents an investment in the future of healthcare. He emphasized that collaborative partnerships between organizations such as WHEELS, GAPIO, AAPI, and The Wright Center would enable the initiative to reach communities where preventive health education is needed most.

The event also featured remarks from Dr. Rajiv Jain, who shared the success of the Akshaya Patra Foundation in delivering nutritious midday meals to more than 2.35 million school children across India. He highlighted the importance of focusing not only on food security but also on nutrition education, an objective that closely aligns with the vision of the ALIGN Health Initiative.

Michael Mahon of The Wright Center underscored the "power of partnership" in advancing children's health through collaborative action. Pediatrician Dr. Manju Thomas shared the encouraging results of an earlier ALIGN programme conducted at Riverside High School in Scranton, Pennsylvania, where students learned about nutrition, healthy eating habits, sleep, emotional wellbeing, and lifestyle choices. She emphasized that even small behavioural changes among children could have a lasting impact on lifelong health.

By joining the ALIGN Health Initiative, GAPIO has reaffirmed its commitment to promoting preventive healthcare, empowering young people through education, and supporting collaborative global efforts that encourage healthier lifestyles and stronger communities.



## GAPIO-ARIS Host International Webinar on AI-Driven Early Cancer Detection and Metabolic Risk Management

On May 16, 2026, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Association of Robotic & Innovative Surgeons (ARIS), conducted an international webinar on "AI-Driven Early Cancer Detection and Metabolic Risk Management in Obesity and MASH."

Hosted virtually on the Docplexus platform, the academic session brought together physicians and healthcare professionals to explore the growing role of artificial intelligence in improving early diagnosis, risk stratification, and clinical decision-making in oncology and metabolic diseases.

### Session Highlights

- Chairperson: Dr. Manish Khasgiwale chaired the session and facilitated academic discussions on emerging AI applications in modern clinical practice.
- Expert Presentations: Prof. Dr. Vasant Nagarakar and Dr. Arun Prasad delivered comprehensive lectures on the evolving role of artificial intelligence in early cancer detection, obesity management, and Metabolic Dysfunction-Associated Steatotic Liver Disease (MASH)
- Interactive Learning: The webinar concluded with an engaging question-and-answer session, allowing participants to discuss practical implementation of AI-enabled technologies and their potential impact on improving patient outcomes.

### Key Takeaways

- Emerging applications of artificial intelligence in early cancer screening and diagnosis.
- Advances in AI-assisted risk assessment and personalized management of obesity and MASH.
- The importance of integrating digital technologies with clinical expertise to enhance precision medicine and patient care.
- Strengthening interdisciplinary collaboration in adopting innovative healthcare solutions.

The webinar reinforced GAPIO's and ARIS's shared commitment to advancing continuing medical education, promoting innovation in healthcare, and fostering international collaboration through knowledge exchange on emerging technologies in clinical practice.



**GAPIO - ARIS International Lecture Series**

### AI-Driven Early Cancer Detection and Metabolic Risk Management in Obesity and MASH

**LIVE on 16<sup>th</sup> May 2026 | 7:00 PM IST**  
 9:30 AM EST, 8:30 AM CST, 6:30 AM PST, 2:30 PM BST (UK), 11:30 PM (Sydney, Australia)

**Speakers:**

- Prof. Dr. Raj Vasant Nagaraka**  
 Topic: Artificial Intelligence in Cancer Screening and Early Diagnosis  
 Chief of Surgical Oncology & Hepato Pancreas, Managing Director, HCG Healthcare Cancer Centre, HCG, Manipal Hospitals, Sir Srigiri Hospital, Bangalore  
 Vice President MASH India - Association of Robotic & Innovative Surgeons of India
- Dr. Arun Prasad**  
 Topic: Management of Obesity in Patients with MASH  
 Clinical Lead, GI & Bariatric Surgeon, Academic Advisor and Adjunct Professor, Indraprastha Apollo Hospitals, New Delhi  
 Sponsoring GI (Gastroenterology, MET) Therapeutics, Endoscopic and Robotic Surgery
- Dr. Manish Khasgiwale**  
 General and Laparoscopic Surgeon, Apollo Hospitals, Indore

**Exclusive Webinar**

In association with the Global Association of Physicians of Indian Origin and Association of Robotic and Innovative Surgeons (ARIS), we bring you an insightful session on "AI-Driven Early Cancer Detection and Metabolic Risk Management in Obesity and MASH" featuring leading experts in the field. Join us on **May 16, 2026, at 7:00 PM IST** to gain valuable clinical insights into these evolving areas of practice.

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- Dr Abhijat Sheth, Secretary General
- Dr V K Raju, Joint Secretary
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- Dr Sushil Jain, Honorary Advisor

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- Dr. Somasekhar SP, Treasurer
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- Dr. Arun Prasad, Vice President (North)
- Dr. Venkatesh Munkrishnan, Vice President (South)
- Dr. Jaydeep Palep, Vice President (East)
- Dr. Raj Palaniappan, Convenor

Scan this QR code to attend the session directly

We look forward to your active participation! Join us for this interactive session and get all your queries answered!

## GAPIO–GSTT Hosts International Lecture Series on Comprehensive Geriatric Care

On May 23rd, 2026, the Global Association of Physicians of Indian Origin (GAPIO), in collaboration with the Geriatric Society of Trinidad and Tobago (GSTT), conducted an International Lecture Series on Comprehensive Geriatric Care.

The virtual session brought together geriatricians, internists, and healthcare professionals from across the globe for an insightful exchange on evolving clinical challenges and strategies in elderly care.

### Session Highlights

- **Chairperson:** Dr. O P Sharma, Geriatrician, Indraprastha Apollo Hospitals, New Delhi, and Secretary General of the Geriatric Society of India, chaired the session and set the context for the discussions on comprehensive geriatric care.
- **Expert Presentations:** Dr. Ravi Ramlal, Chairman of the Clinical Governance Committee at the Eric Williams Medical Sciences Complex, spoke on "Healthy Heart Strategies for Seniors," outlining practical interventions for cardiological wellbeing in the elderly. Dr. Taureef Mohammed, Assistant Professor in the Geriatric Medicine Division at Western University, Canada, presented on "Healthy Aging and Interventions," addressing approaches to promote functional independence in older adults. Prof. Dr. Jayanta Sharma, President of the Geriatric Society of India, delivered a session on the medical, social, and legal perspectives of comprehensive geriatric care.
- **Interactive Learning:** The session was moderated by Dr. Lavanya Thondavada, President of the Geriatric Society of Trinidad and Tobago, and featured an engaging Q&A segment that allowed participants to interact directly with the speakers on real-world geriatric care challenges.

### Key Takeaways

- Practical strategies for cardiovascular health and healthy aging interventions among seniors.
- Insights into the medical, social, and legal dimensions of elderly care.
- Strengthened collaboration between GAPIO and GSTT in advancing geriatric medicine globally.

The lecture reinforced GAPIO's and GSTT's shared commitment to advancing elderly healthcare through continuous medical education, international collaboration, and the dissemination of specialized clinical expertise.



**GAPIO**  
Global Association of Physicians of Indian Origin

**docplexus**

**GAPIO Geriatrics International Lecture Series**  
Organized by Global Association of Physicians of Indian Origin (GAPIO) and Geriatric Society of Trinidad and Tobago (GSTT)

**Comprehensive Geriatric Care**

LIVE on **23<sup>rd</sup> May 2026** | 7:00 PM IST  
9:30 AM EST, 8:30 AM CST, 6:30 AM PST, 2:30 PM BST (UK), 11:30 PM (Sydney, Australia)

**Faculty**

**Moderator:** Dr. Lavanya Thondavada, President, Geriatric Society of Trinidad and Tobago

**Chairperson:** Dr. O P Sharma, Secretary General, Geriatric Society of India

**Speakers:**  
 Dr. Ravi Ramlal, Chairman, Clinical Governance Committee, Eric Williams Medical Sciences Complex  
 Dr. Taureef Mohammed, Assistant Professor, Geriatric Medicine Division, Western University, Canada  
 Prof. Dr. Jayanta Sharma, President, Geriatric Society of India

**Exclusive Webinar**

» In association with the GAPIO and the GSTT, we bring you an insightful session on comprehensive geriatric care featuring leading experts in the field. Join us on **May 23, 2026, at 7:00 PM IST** to gain valuable insights into geriatric care and its evolving clinical challenges.

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 Dr Anju Aggarwal, Treasurer  
 Dr Sushil Jain, Honorary Advisor

**Share Knowledge – GAPIO**  
**Serve Elderly – GSI, GSTT**

Scan this QR code to attend the session directly

We look forward to your **active participation!** Join us for this **interactive session** and get all your **queries answered!**

## SOCIAL MEDIA COVERAGE

### GAPIO Observed Menstrual Hygiene Day 2026: Supporting a Period-Friendly World with Dignity and Awareness

On the occasion of Menstrual Hygiene Day 2026, observed with the call for a #PeriodFriendlyWorld, the Global Association of Physicians of Indian Origin (GAPIO) highlighted the importance of creating a society where menstruation is understood, respected, and never surrounded by stigma.

Menstrual health is not limited to access to hygiene products alone. It also includes education, dignity, safe sanitation, access to healthcare, and open conversations that allow women and girls to seek support without shame or hesitation. Breaking silence around periods is essential to improving health awareness and reducing preventable challenges.

Healthcare professionals play an important role in promoting early awareness, safe menstrual hygiene practices, and timely evaluation for related health concerns. Screening and counselling for iron deficiency, PCOS, thyroid imbalance, hormonal health, menstrual irregularities, and reproductive wellbeing can help women receive timely care and improve their quality of life.

This day served as a reminder that menstrual health is a vital part of overall health. GAPIO encouraged individuals, families, educators, communities, and healthcare providers to break the stigma, support informed conversations, and work towards a healthier, safer, and more dignified future for women and girls everywhere.



# SOCIAL MEDIA COVERAGE

## GAPIO Observed World Thyroid Day 2026: Highlighting the Role of Nutrition in Thyroid Health

On the occasion of World Thyroid Day 2026, observed under the theme “Thyroid and Nutrition,” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the vital connection between nutrition, thyroid function, metabolism, and overall health.

Thyroid disorders often remain under-recognized, as symptoms such as fatigue, unexplained weight changes, hair fall, anxiety, mood fluctuations, and changes in energy levels may be mistaken for stress or lifestyle-related concerns. Early recognition and timely diagnosis are essential to prevent complications and support better long-term outcomes.

The theme emphasized the importance of essential nutrients such as iodine, selenium, and zinc in maintaining healthy thyroid function. Along with appropriate medical care, balanced nutrition, stress management, physical activity, and regular follow-up can play an important role in improving thyroid health and quality of life.

This day served as a reminder that thyroid wellness requires awareness, timely screening, and a holistic approach to care. GAPIO encouraged individuals to stay informed, seek medical guidance when symptoms arise, and prioritize thyroid health as part of a healthier future.

**GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN**

MAY 25  
**WORLD THYROID DAY**  
2026

**THEME 2026**  
**THYROID AND NUTRITION**

Nourish Your Thyroid.  
Nourish Your Life.

**THE POWER OF YOUR PLATE**  
Essential nutrients support thyroid hormone production and metabolism.

**IODINE**  
Supports hormone synthesis

**SELENIUM**  
Aids hormone activation

**ZINC**  
Supports immune function & hormone production

**CLOSE THE DIAGNOSTIC GAP**  
Recognize symptoms early. Don't ignore the signs.

**KNOW THE SYMPTOMS**  
Fatigue, weight changes, hair fall, anxiety, mood changes & more.

**HOLISTIC CARE FOR BETTER LIVING**  
Combine medical care with balanced nutrition, stress management & movement.

**STRONG THYROID. STRONGER YOU.**  
Small changes today for a healthier tomorrow.

Your thyroid health matters. Nourish it. Protect it. Thrive with it. | Awareness Today. Healthier Tomorrow.

# SOCIAL MEDIA COVERAGE

## GAPIO Observed World Hypertension Day 2026: Controlling Hypertension Together for Better Heart, Brain, and Kidney Health

On the occasion of World Hypertension Day 2026, observed under the theme “Controlling Hypertension Together!” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the importance of collective action in preventing, detecting, and managing high blood pressure.

Hypertension continues to be known as the “silent killer” because it often remains undetected until serious complications occur. Uncontrolled blood pressure can significantly increase the risk of heart disease, stroke, kidney damage, and other preventable health conditions, making early identification and consistent management essential.

Healthcare professionals play a vital role in encouraging regular blood pressure checks, promoting healthy lifestyle practices, initiating timely treatment, and supporting long-term adherence to care. Every consultation, screening camp, counselling session, and follow-up interaction offers an opportunity to protect patients from avoidable complications.

This day served as a reminder that controlling hypertension is a shared responsibility involving physicians, patients, families, communities, and healthcare systems. Through awareness, accessible care, and timely intervention, GAPIO reaffirmed its commitment to advancing preventive health and improving cardiovascular outcomes for all.



**GAPIO**  
Global Association of Physicians of Indian Origin

**GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN**

**WORLD HYPERTENSION DAY 2026**  
MAY 17, 2026

**CONTROLLING HYPERTENSION Together!**

CHECK YOUR BLOOD PRESSURE REGULARLY, DEFEAT THE SILENT KILLER.

Healthy Hearts Stronger Together

120 SYS  
80 DIA  
72 PUL/SEC

**WHY IT MATTERS**  
1 in 2 adults with hypertension are unaware. Let's change that together.

**INDIVIDUALS & FAMILIES**  
Eat healthy, reduce salt, stay active and make BP checks a routine.

**HEALTHCARE PROVIDERS**  
Measure accurately, intervene early and ensure timely treatment.

**COMMUNITIES & GOVERNMENTS**  
Raise awareness, make treatment accessible and support long-term heart health.

**TOGETHER, WE CAN CONTROL HYPERTENSION FOR A HEALTHIER, LONGER TOMORROW!**

# SOCIAL MEDIA COVERAGE

## GAPIO Observed International Nurses Day 2026: Empowering Nurses for Safer Care and Stronger Health Systems

On the occasion of International Nurses Day 2026, observed under the theme “Our Nurses. Our Future. Empowered Nurses Save Lives,” the Global Association of Physicians of Indian Origin (GAPIO) honoured the dedication, compassion, leadership, and lifesaving contributions of nurses across the world.

Nurses remain at the heart of healthcare delivery, providing continuous care, emotional support, clinical vigilance, and patient advocacy across hospitals, communities, emergency settings, and public health systems. Their role is especially vital in strengthening patient safety, improving health outcomes, and ensuring that care remains compassionate, accessible, and responsive.

The theme served as a powerful reminder that empowering nurses is essential for the future of global healthcare. Addressing workforce shortages, burnout, fair compensation, continuing education, mental health support, and leadership opportunities must remain a shared priority for healthcare institutions and policymakers.

GAPIO saluted nurses everywhere for their unwavering commitment, resilience, and service to humanity. By investing in nurses and recognizing their leadership, health systems can become stronger, safer, and better prepared to meet the evolving needs of patients and communities.



## SOCIAL MEDIA COVERAGE

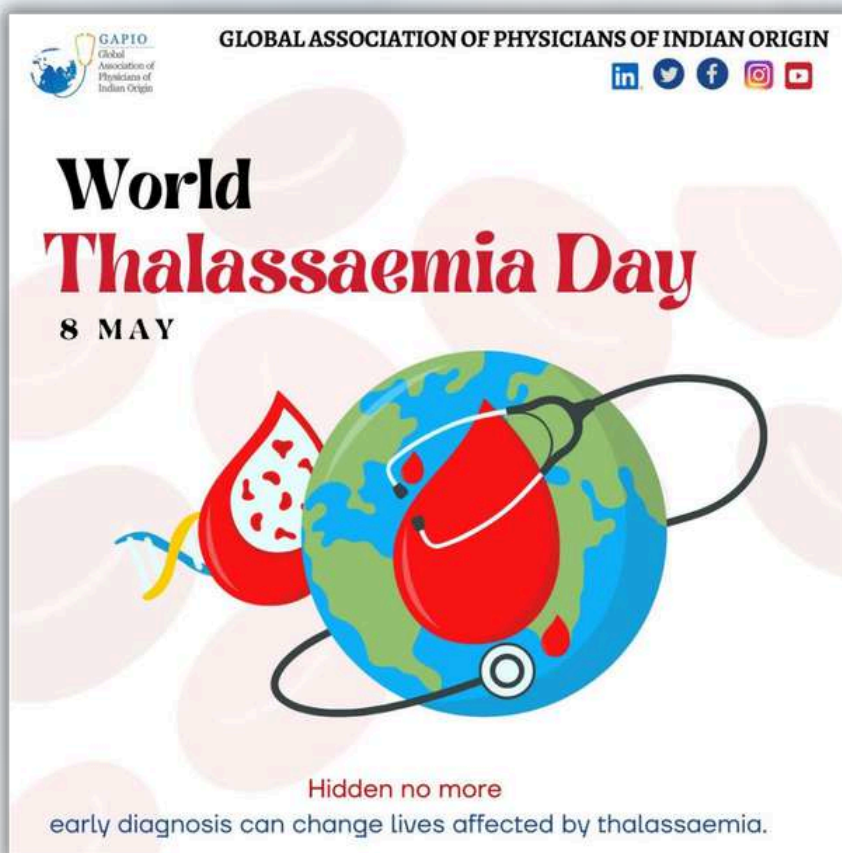
### GAPIO Observed World Thalassaemia Day 2026: Finding the Undiagnosed and Supporting the Unseen

On the occasion of World Thalassaemia Day 2026, observed under the theme “Hidden No More: Finding the Undiagnosed. Supporting the Unseen,” the Global Association of Physicians of Indian Origin (GAPIO) highlighted the importance of early diagnosis, timely treatment, and equitable access to care for individuals and families affected by thalassaemia.

Thalassaemia continues to remain a significant inherited blood disorder, with many individuals living without proper diagnosis, structured follow-up, or access to comprehensive care. Delayed identification can lead to avoidable complications, emotional distress, and a long-term burden on patients, families, and healthcare systems.

Healthcare professionals play a crucial role in strengthening screening programs, promoting genetic counselling, supporting carrier detection, and ensuring timely clinical intervention. Greater awareness among communities, families, and frontline care providers can help identify undiagnosed cases earlier and connect patients to appropriate treatment and support services.

This day served as a reminder that no patient should remain unseen or unsupported. By advancing awareness, improving access to screening, and promoting compassionate, continuous care, GAPIO reaffirmed its commitment to supporting patients with thalassaemia and moving closer to equitable healthcare for all.



# SOCIAL MEDIA COVERAGE

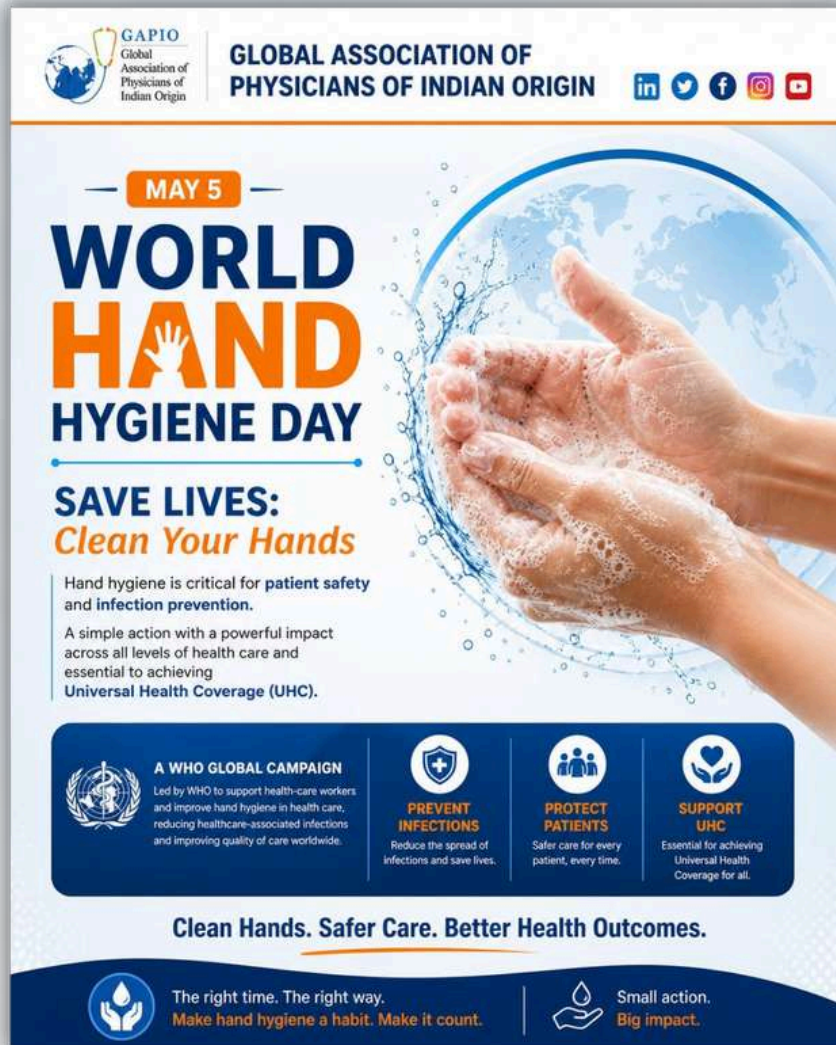
## GAPIO Observed World Hand Hygiene Day 2026: Promoting Clean Hands, Safer Care, and Better Health Outcomes

On the occasion of World Hand Hygiene Day 2026, observed on May 5, the Global Association of Physicians of Indian Origin (GAPIO) joined the global SAVE LIVES: Clean Your Hands campaign led by the World Health Organization, reinforcing the continued importance of hand hygiene in infection prevention, patient safety, and quality healthcare delivery.

Hand hygiene remains one of the simplest, most effective, and most essential measures to reduce healthcare-associated infections and protect patients, healthcare workers, and communities. Clean hands, performed at the right time and in the right way, play a critical role in preventing the spread of infections and strengthening trust in healthcare systems.

Healthcare professionals have a vital responsibility in promoting a culture of safety across hospitals, clinics, and community health settings. By consistently practicing and encouraging proper hand hygiene, they help improve standards of care, support infection control, and contribute to the broader goal of Universal Health Coverage.

This day served as a reminder that patient safety begins with basic but powerful actions. Through continued awareness, education, and commitment to clean care practices, GAPIO reaffirmed its support for healthcare workers worldwide and its dedication to safer care and better health outcomes for all.



The poster features the GAPIO logo and name at the top left, with social media icons for LinkedIn, Twitter, Facebook, Instagram, and YouTube on the right. The central text reads 'MAY 5 WORLD HAND HYGIENE DAY' in large, bold letters, with 'WORLD' in blue and 'HAND HYGIENE DAY' in orange and blue. Below this is the slogan 'SAVE LIVES: Clean Your Hands' in orange and blue. A photograph of hands being washed with soap and water is shown against a globe background. The bottom section contains four key messages: 'A WHO GLOBAL CAMPAIGN' (led by WHO to support health-care workers), 'PREVENT INFECTIONS' (reduce the spread of infections and save lives), 'PROTECT PATIENTS' (safer care for every patient, every time), and 'SUPPORT UHC' (essential for achieving Universal Health Coverage for all). The bottom banner reads 'Clean Hands. Safer Care. Better Health Outcomes.' and includes the tagline 'The right time. The right way. Make hand hygiene a habit. Make it count.' alongside a 'Small action. Big impact.' slogan.

## HEALTH TIPS/FACTS

### Restorative Travel for Physicians: Bucket List Vacations That Help Reset the Mind and Body

For physicians managing demanding schedules, high-stakes decision-making, and emotional fatigue, travel can be more than leisure. The right destination can help doctors return with greater clarity, perspective, and emotional balance.

- **Bali:** Slow Down and Reconnect with Rest
  - Bali offers a calm contrast to the fast pace of clinical life, with yoga retreats, rice terraces, temples, coastal stays, and wellness-focused experiences. Destinations such as Ubud, Seminyak, Canggu, and the Bukit Peninsula allow physicians to combine relaxation, culture, food, and nature.
- **Arctic Circle:** Experience Silence and Scale
  - The Arctic Circle offers a powerful reset through vast landscapes, Northern Lights, midnight sun, dogsledding, snowmobiling, and glass-roofed cabins. Places such as Tromsø and Svalbard provide rare experiences that can help physicians detach from routine and regain perspective.
- **Bosnia and Herzegovina:** Discover History, Culture, and Untouched Nature
  - Sarajevo, Mostar, and the Herzegovina region offer a meaningful mix of history, architecture, vineyards, pilgrimage sites, and natural beauty. For doctors seeking less crowded destinations, national parks, wild horses, mountain landscapes, and traditional local experiences can provide a grounding escape.
- **Iceland:** Witness Nature's Geological Power
  - Iceland offers volcanoes, geysers, glaciers, black sand beaches, waterfalls, lava fields, and geothermal waters, making it ideal for physicians who want nature-led restoration. The Golden Circle, south coast, Jökulsárlón glacier lagoon, and Snæfellsnes Peninsula offer memorable experiences within a manageable travel plan.
- **Serengeti National Park, Tanzania:** Step Into the Rhythm of the Wild
  - The Serengeti offers one of the world's greatest wildlife experiences, including the Great Migration, lion sightings, wildebeest calving season, and open savanna landscapes. Adding Zanzibar after a safari can balance adventure with beachside recovery, making it a strong option for a once-in-a-lifetime break.
- **New Zealand:** Choose Adventure, Wilderness, and Dark Skies
  - New Zealand combines fjords, glaciers, volcanoes, beaches, alpine trails, wildlife, food, and wine across two dramatically different islands. Experiences such as Queenstown, Milford Sound, Aoraki/Mount Cook, Rotorua, and the Tongariro Alpine Crossing offer physical challenge and mental renewal.
- **Japan:** Restore Through Culture, Food, and Precision
  - Japan offers physicians a rich mix of temples, shrines, traditional tea ceremonies, hot springs, culinary excellence, technology, and deep cultural discipline. Tokyo, Kyoto, Hiroshima, Osaka, Himeji, Kanazawa, Hokkaido, and Mount Fuji offer varied options for history, reflection, food, nature, and family travel.
- **Peru:** Combine Heritage, Nature, and Culinary Exploration
  - Peru offers Machu Picchu, the Sacred Valley, Cusco, Lima's food scene, Lake Titicaca, the Amazon, and Colca Canyon. Physicians planning Peru should allow time for altitude acclimatization, especially before hiking or visiting high-altitude locations.
- **Galápagos Islands:** Observe Life in Its Purest Form
  - The Galápagos Islands offer close encounters with sea lions, giant tortoises, marine iguanas, blue-footed boobies, sea turtles, penguins, and reef sharks. A live-aboard cruise or land-based itinerary can help physicians experience protected wildlife, volcanic landscapes, snorkeling, kayaking, and guided naturalist walks.
- **Antarctica:** Seek the Ultimate Reset in Remote Wilderness
  - Antarctica offers profound silence, icebergs, penguins, seals, whales, seabirds, glaciers, and expedition-style travel far removed from daily routines. Physicians considering this journey should prepare for changing weather, seasickness during the Drake Passage, and the need for proper expedition clothing.

Source: <https://www.medscape.com/p11/10-bucket-list-vacation-ideas-doctors-2026a1000f53>

## HEALTH TIPS/FACTS

### Technology-enabled Care: Moving Indian Healthcare Towards a Patient-centric Future

India's healthcare system is gradually moving beyond hospital-based, reactive care towards a more connected, preventive, and patient-centred model. Digital tools are helping patients access care earlier, remain better informed, and stay connected with doctors beyond the consultation room. For physicians, this shift offers an opportunity to improve continuity of care, strengthen patient trust, and support better clinical outcomes.

- **Shift from Reactive to Preventive Healthcare:** Technology is helping patients monitor health parameters before symptoms become severe. Wearables and health tracking devices can support early identification of changes in heart rate, sleep, oxygen levels, activity patterns, and irregular rhythms.
- **Use AI to Support Early Screening and Diagnosis** AI-enabled tools can assist in analysing X-rays, scans, laboratory reports, and patient history to detect patterns that may need clinical attention. In areas with limited specialist access, AI-supported screening can help prioritise high-risk patients and speed up treatment decisions.
- **Strengthen Public Health Delivery Through Digital Tools:** AI and digital health platforms can help bridge specialist gaps, especially in tuberculosis, diabetic retinopathy, malnutrition monitoring, infectious disease management, and cancer care. These tools can support population-level screening, outbreak alerts, and more proactive public health interventions.
- **Expand Access Through Telemedicine:** Telemedicine platforms such as e-Sanjeevani have made it easier for patients to consult doctors without travelling long distances or waiting in crowded facilities. Remote consultation models can improve access for rural and underserved communities while reducing pressure on hospitals.
- **Connect Primary Care with Specialist Care:** Digital platforms can link Health and Wellness Centres with specialist doctors, enabling better clinical support in remote locations. This model can improve referral pathways and help frontline healthcare workers manage patients more effectively.
- **Encourage Patient Ownership Through Personal Health Records:** Personal Health Records allow patients to access, manage, and share their health information electronically. When linked with hospital records, PHRs can help physicians make faster, better-informed decisions and reduce duplication or errors.
- **Use IoT for Continuous Patient Monitoring:** IoT-based systems can support monitoring of patients who require regular observation, such as those with chronic diseases or post-treatment needs. These systems can improve adherence, enable timely intervention, and support more efficient use of hospital resources.
- **Improve Doctor-patient Communication:** Mobile apps, patient portals, and digital reports allow patients to remain connected with their doctors between visits. Better communication can improve medication adherence, follow-up compliance, and patient satisfaction.
- **Make Care More Seamless and Personalised:** Digital tools can bring prescriptions, lab reports, diagnoses, appointments, and consultation history into one accessible system. This helps physicians understand the patient journey more completely and offer care that is more personalised and continuous.
- **Keep Humanity at the Centre of Technology:** Technology should not replace clinical judgement or the doctor-patient relationship; it should strengthen both. A truly patient-centric healthcare system uses digital tools to make care more accessible, responsive, preventive, and compassionate.

**Source:** <https://healthcareasiamagazine.com/healthcare/commentary/technologys-role-in-making-indian-healthcare-truly-patient-centric>

## GAPIO Honors' List - May 2026



**Dr. Anurag Srivastava**, Director Medical Research, Swami Vivekanand Subharti University, Meerut, Ex- Chief Operating Officer, Principal & Dean, Shri Gorakshnath Medical College Hospital & Research Centre, Gorakhpur, Ex-HOD, Department of Surgical Disciplines, AIIMS, New Delhi, has chaired the meeting of experts on 29th May, in the field of breast cancer in India, organised by JHPIEGO -Johns Hopkins Affiliate, working in the field of Maternal and Child health, and now in the field of women's cancer control and prevention.

**Dr. Ashok Seth**, 'Padma Bhushan', 'Padma Shri' and 'B. C. Roy' Awardee, and chairman - Fortis Escorts Heart Institute, has achieved the following:

- 2 May 2026 | Chennai
  - Keynote Speaker – CHIP India Summit 2026
  - Delivered the keynote lecture on "Hemodynamic Support in Cardiogenic Shock – Indian Perspective, & focusing on contemporary mechanical circulatory support strategies and their practical application in India.
- 3 May 2026 | New Delhi
  - Faculty Speaker – CME on Improving Outcomes in CAD: Understanding and Achieving Lipid Goals
  - Presented evidence-based approaches to achieving lipid goals for improving long- term outcomes in coronary artery disease.
- 9 May 2026 | New Delhi
  - Faculty Participant – TriClip™ G4 Launch Program
  - Contributed to expert discussions on advances in transcatheter tricuspid valve interventions.
- 17–22 May 2026 | Paris, France | EuroPCR 2026
  - Served as Speaker, Chairperson, Moderator, and Anchorperson across multiple high-profile sessions covering:
    - 1. Structural Heart Innovations and major trial updates
    - 2. Hybrid approaches to complex PCI using DES and DCB
    - 3. Management of complex complications in the cath lab
    - 4. Contemporary PCI technologies and evolving interventional strategies
    - 5. 24 May 2026 | New Delhi
- Expert Faculty – Multidisciplinary CME on Heart Failure Management
- Delivered a lecture on the role of SGLT2 inhibitors in heart failure management across the spectrum of reduced and preserved ejection fraction.

## GAPIO Honors' List - May 2026

**Dr. Dilip Kumar Acharya**, National Chairman, IMA Cancer Prevention & Tobacco Control Committee, Convenor - M P Tobacco Free Alliance & Director- Dept of Preventive Oncology- Sri Aurobindo Institute of Medical Sciences, conducted several activities on World No Tobacco Day which is observed across the world on 31st May.

- Dr. Acharya delivered a lecture to the Nursing students at Saint Francis Nursing College on 29th May 2026.
- Organised an exhibition and poster competition amongst the interns of Sri Aurobindo Medical College on 30th May.
- An online "One Minute Tobacco Quiz" was organised for students & Faculty members of SAIMS.
- World No Tobacco Day articles published in newspapers.
- Two public awareness videos were recorded & released.

**Dr. Dillip Kumar Dash**, Hon. Prof. & Sr. Consultant Psychiatrist, Bilaspur, Chhattisgarh, is the co-author of Anthology "ABHIMANYU" - Fight till Your Last Breath by UKIYOTO Publishers, which got featured in Litteratura May 2026 by UKIYOTO Publishers.

**Dr. Divya Mandadi**, Medical officer, Tata Institute of Fundamental Research, Hyderabad (TIFR-H), has conducted a free cardiology camp for the benefit of students, staff and faculty and their family members at TIFR-H where about 121 people benefited from the services like, BP check-up, GRBS checking, ECG, 2D Echo and Cardiologist consultation.

**Dr. Kandamaran Krishnamurthy**, Consultant Pediatric, Intensive Care Unit from Queen Elizabeth Hospital, Barbados has launched Project Bright Guard – Kids Fire Safety Programme, spearheaded by the Barbados Fire Service in collaboration with the Prince Godwill D. Fomusoh Foundation Inc. (PGDFF Caribbean) and Republic Bank.

- Earlier in the programme, Dr. Kandamaran Krishnamurthy, Global Health Director of PGDFF Caribbean, reminded students and staff that prevention remains key. As a doctor, Dr Krishnamurthy said the common injuries he sees among children are skin burns and "heated fumes" in the lungs "One is the skin by burns fire. Then second, which we may not see, but as a physician, we see children coming to the hospital is the heated fumes which you inhale, and you have the lung issues."
- A donation of 100 smoke detectors, 10 bases, four fire blankets, four fire extinguishers, and children's fire safety books.
- Project Bright Guard launches at Irving Wilson School - Barbados Today

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

Publications:

Book Chapters:

- Salvio G, Zohdy W, Singh K. Extended Examination. In: Agarwal A, Zohdy W, Shah R, eds. A Clinician's Guide to the Sixth Edition of the WHO Laboratory Manual for the Examination and Processing of Human Semen. Cambridge University Press; 2026:20-40. DOI: <https://doi.org/10.1017/9781009476072>.
- Garrido N, Chaitanya K, Papaharitou S, Maldonado-Rosas I, Japari A, Singh K. Sperm Preparation Methods. In: Agarwal A, Zohdy W, Shah R, eds. A Clinician's Guide to the Sixth Edition of the WHO Laboratory Manual for the Examination and Processing of Human Semen. Cambridge University Press; 2026:75-97. DOI: <https://doi.org/10.1017/9781009476072>.

Journal article:

- George C, Harewood H, Campbell M, Singh K, Augustus EH. Factors associated with contraceptive use among reproductive-age women during a pandemic: Evidence from a small developing state. PLOS Global Public Health, 2026 Apr. <https://doi.org/10.1371/journal.pgph.0006049>.

**Dr. Minal Kekatpure**, Senior Consultant Pediatric Neurologist, Narayana Health City Bengaluru, represented India at the International Pediatric Stroke Organization Congress, held at the Cité Internationale Universitaire, Paris, from 27th to 29th May 2026.

She presented on tuberculous intracranial vasculitis, which was well received by an audience of over 200 global pediatric stroke specialists and experts. She was the sole faculty invitee from India at this prestigious international forum.

## GAPIO Honors' List - May 2026

**Dr O P Sharma**, Senior Consultant, Geriatric Medicine at New Delhi has chaired online seminar on elderly care about the health & medical needs of the rising population of elderly citizens on Saturday, 23rd May 2026. Seminar was focused on the early detection of ailments in senior citizens & assessing their health status. It was done in collaboration with Geriatric Society of Trinidad & Tobago.

**Dr. Premkumar Balachandran**, Senior Consultant and Clinical Lead at Chennai has following achievements:

- Was part of the organizing committee for the FIAGES 2026 and FALS hernia 2026 conducted by The Indian Association of Gastrointestinal Endosurgeons on 1st to 3rd May. Delivered lectures on "Laparoscopic para stomal hernia repair, "Use of biodegradable mesh in hernia surgery - Phasix Mesh" and took part in panel discussions.
- Delivered a faculty lecture on "Robotic e tep ventral hernia repair" in the "Decoding abdominal wall repair" program, at Salem on 10th May.
- Demonstrated a live surgery 'Laparoscopic e tep ventral hernia repair " and delivered a faculty lecture on RAS e tep ventral hernia in "Robotic hernia Surg x perience" conference, at Rajahmundry on 17th May.

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

- Vaishya R, Evans NW, Vaish A, Handa R, Kumar D. Osteoarthritis Phenotypes: Advancing Precision Medicine Through Clinical, Structural, and Molecular Stratification. *International Orthopaedics* 2026; <https://doi.org/10.1007/s00264-026-06845-9>
- Vaishya R, Agrawal A, Gupta BM, Mamdapur GMN, Singh A, Chaman Sab M, et al. A comprehensive bibliometric analysis of the Journal of Neurosciences in Rural Practice (2010–2025). *J Neurosci Rural Pract.* 2026; doi: 10.25259/JNRP\_23\_2026
- Vaishya R, Ram S, Gupta BM, Vaish A, Dhillon M. Sports injuries research in India: A bibliometric analysis of publications (2001–2025). *J Arthrosc Surg Sports Med.* 2026; doi: 10.25259/JASSM\_21\_2026
- Vaishya R, Shekhawat S, Vaish A, Vishwanathan K, Poduval M. Global Regional Disparities, Journal Distribution, and Temporal Trends in Orthopaedics and Sports Medicine Research (1996–2025): A SCImago-Based Bibliometric Analysis. *National Board of Examinations - Journal of Medical Sciences* 2026; 4(7):1–18. Doi: 10.61770/NBEJMS.2026.v04.i07.0xx
- Vaishya R, Jain VK. Journal of Clinical Orthopaedics and Trauma: A Decade and Beyond of Expanding Influence in Orthopaedic Scholarship. *J Clin Orthop Trauma.* 2026;103496; doi:10.1016/j.jcot.2026.103496
- Vaishya R, Johari AN, Gupta BM, Mamdapur GMN, KS Ali, Vaish A. Global Research Trends in Pediatric Bone and Joint Infections: A 50-Year Bibliometric Analysis (1976–2025). *SICOT-J* 2026; 12:34. doi:10.1051/sicotj/2026024
- Akram N, Mangwani J, Jithin SP, Ravi L, Vaishya R. Machine Learning and Deep Learning for Ankle Fracture Detection in Radiographs: A Systematic Review with Narrative Synthesis on Diagnostic Performance and Future Clinical Integration. *The Foot.* 22026; doi:10.1016/j.foot.2026.102263
- Vaishya R, Gupta BM, Kappi M, Vaish A, Mavrogenis A, Lustig S, Khanduja V. A Decade of Global Orthopaedic Research in SICOT-J (2015–2025): A Scientometric Analysis of Publication Trends, Collaboration, and Citation Impact. *SICOT-J* 2026; 12:32. Doi: 10.1051/sicotj/2026021
- Vaishya R, Saiyed A, Vaish A, Botchu R, Gopinathan P, Srinivas SBS, Migliorini F. Chronic Posterior Shoulder Dislocation: Current Evidence, Treatment Options, and a Decision-Making Algorithm. *J Orthop* 2026; doi:10.1016/j.jor.2026.05.015
- Vaishya R, Gupta BM, M CS, Vaish A, Arjuman A. Bibliometric characteristics of highly cited publications from the Indian Journal of Medical Research. *Indian J Med Res.* doi: 10.25259/IJMR\_3273\_2025

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

- Dr. Rajul presented at the XLIII Refresher Course, hosted by the IMA College of General Practitioners (Kanpur Sub-Faculty), under the theme: "Connecting Care: Innovations for a Healthier Tomorrow." On 1st May 2026.
- He conducted specialized training sessions on Dual-Energy Computed Tomography (DECT) at the Hôpital Universitaire International Cheikh Khalifa, an esteemed Moroccan-French Institution located at Casablanca, Morocco.
- He presented a talk on "Sarcopenia" at the Dr. G.S. Bathla Mid-Term CME in Meerut, hosted under the aegis of the IRIA Uttar Pradesh State Chapter.

**Dr K. V. Ravishankar**, eye surgeon from Usha Kiran Eye Hospital, Mysore along with his wife Dr Uma Ravishankar and Dr Milind Bhide from Hyderabad, successfully concluded a "Paediatric surgical mission" at Tamale Eye Hospital at Tamale, Northern Ghana from 30th May 2026 to 8th June, providing specialized eye care services.

During the mission, mainly children and young adults suffering from complex eye conditions received life-changing surgical treatment, bringing renewed hope, improved vision, and brighter futures to many families across Northern Ghana and neighboring regions.

A total of 40 major eye surgeries were performed during the mission. The procedures included pediatric cataract surgeries, squint (strabismus) correction surgeries, eye plastic and reconstructive surgeries for children and adults, and other complex pediatric eye procedures. The team also conducted on-site training and skill-transfer sessions for local ophthalmologists.

**Dr. Suvadip Chakrabarti**, Academic Head, Senior Surgical Oncologist and Robotic Surgeon, Kolkata has co-authored a paper publication on "Hormones in the Mind: Four Faces of Endocrine-triggered Psychiatric Syndromes" in Apollo Medicine journal.

**Hormones in the Mind: Four Faces of Endocrine-triggered Psychiatric Syndromes - Debanjan Banerjee, Jayanta Sharma, Sandip Mandal, Aritra Konar, Suvadip Chakrabarti, 2026**

**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 appointed as Chairman Scientific Committee of the 28th Annual Meeting of the European Society of Surgery to be held at Agra 27-29 November 2026.

## GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

**Global Association of Physicians of Indian Origin**

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