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Indian American Physician Dr. Kunal Patel Appointed Assistant Dean at UNC School of Medicine

Dr. Kunal Patel, an Indian American physician specializing in pulmonary and critical care medicine, has been appointed Assistant Dean for Student Affairs in the Office of Medical Student Education at the University of North Carolina (UNC) School of Medicine. He will assume the new role from July 1st, 2026, while continuing his clinical and academic responsibilities at UNC.

Currently an Assistant Professor in the Department of Medicine's Division of Pulmonary Diseases and Critical Care Medicine, Dr. Patel is also associated with the UNC Interstitial Lung Disease Program and the UNC Center for Bronchiectasis. He completed his MD/PhD at the University of Pennsylvania, followed by an internal medicine residency at Brigham and Women's Hospital and fellowship training in pulmonary and critical care medicine at the University of Pennsylvania.

Dr. Patel's contributions to medicine and education have earned him several honours, including the Leonard Tow Humanism in Medicine Award and the Internal Medicine Inpatient Faculty Teaching Award, as well as induction into the Alpha Omega Alpha medical honor society.

In his new leadership role, Dr. Patel will spearhead initiatives to strengthen student support and success throughout medical training. His appointment highlights the continued contribution of physicians of Indian origin to academic medicine, medical education, and healthcare leadership in the United States.



IN THIS ISSUE

**INDIAN AMERICAN PHYSICIAN DR. KUNAL PATEL
APPOINTED ASSISTANT DEAN AT UNC SCHOOL OF
MEDICINE**

PAGE 1

**GAPIO MEMBER DR. RAJUL RASTOGI REPRESENTS INDIA AT
THE 2ND GLOBAL AI CONFERENCE 2026 IN LONDON**

PAGE 2

**GAPIO MEMBER MAJ GEN S. VENKATARAMAN PUBLISHES
MONOGRAPH ON ARMED FORCES' CONTRIBUTIONS TO
NEUROSCIENCES IN INDIA**

PAGE 3

**GAPIO JOINS ALIGN HEALTH INITIATIVE TO ADVANCE
PREVENTIVE HEALTH EDUCATION AMONG CHILDREN**

PAGE 4

**GAPIO PRESIDENT DR. SUDHIR PARIKH PLEDGES SUPPORT
FOR MAHARASHTRA'S MISSION TO ELIMINATE
TUBERCULOSIS**

PAGE 5-6

**GAPIO PRESIDENT DR. SUDHIR PARIKH PLEDGES SUPPORT
FOR MAHARASHTRA'S MISSION TO ELIMINATE
TUBERCULOSIS**

PAGE 5-6

**AAPI CONVENTION 2026 CELEBRATES MEDICINE,
LEADERSHIP, CULTURE AND INDIAN-AMERICAN
EXCELLENCE**

PAGE 7-8

**GAPIO-ISG INTERNATIONAL LECTURE SERIES:
GASTROENTEROLOGY SESSION**

PAGE 9

SOCIAL MEDIA COVERAGE

PAGE 10-11

TIPS/FACTS FOR PHYSICIANS

PAGE 12-13

GAPIO HONOURS' LIST JULY 2026

PAGE 14-17

GAPIO Member Dr. Rajul Rastogi Represents India at the 2nd Global AI Conference 2026 in London

Showcasing Indian research on a global platform and exploring the evolving role of Artificial Intelligence in Radiology, GAPIO Member, Dr. Rajul Rastogi represented India at the 2nd Global AI Conference 2026, held at the Queen Elizabeth II Convention Centre, Westminster, London, United Kingdom, marking a noteworthy presence for Indian medical research at an international forum.

The conference brought together approximately 1,000 delegates representing 952 institutions across 45 countries, providing a truly global platform for scientific exchange and collaboration. Among 138 accepted posters, Dr. Rastogi had the privilege of showcasing three of the four research presentations from India, highlighting the country's growing contribution to research at the intersection of medicine, radiology and artificial intelligence.

A key focus of the conference was the end-to-end integration of Artificial Intelligence in Radiology, spanning areas from image acquisition to clinical auditing. The meeting also provided valuable opportunities to interact and exchange perspectives with leading professionals in the field of radiology.

Reflecting on the experience, Dr. Rastogi emphasized the importance of integrating AI into clinical workflows to enhance patient care and healthcare-system efficiency, while continually embracing emerging medical technologies and techniques. Another important priority highlighted was mentoring the next generation of radiologists, equipping them to navigate an increasingly technology-driven future of healthcare.

Dr. Rastogi's participation at this prestigious international gathering underscores the expanding role of Indian clinicians and researchers in shaping conversations around AI-enabled healthcare and reinforces the importance of innovation, global knowledge exchange and responsible integration of emerging technologies into clinical practice.



GAPIO Member Maj Gen S. Venkataraman Publishes Monograph on Armed Forces' Contributions to Neurosciences in India

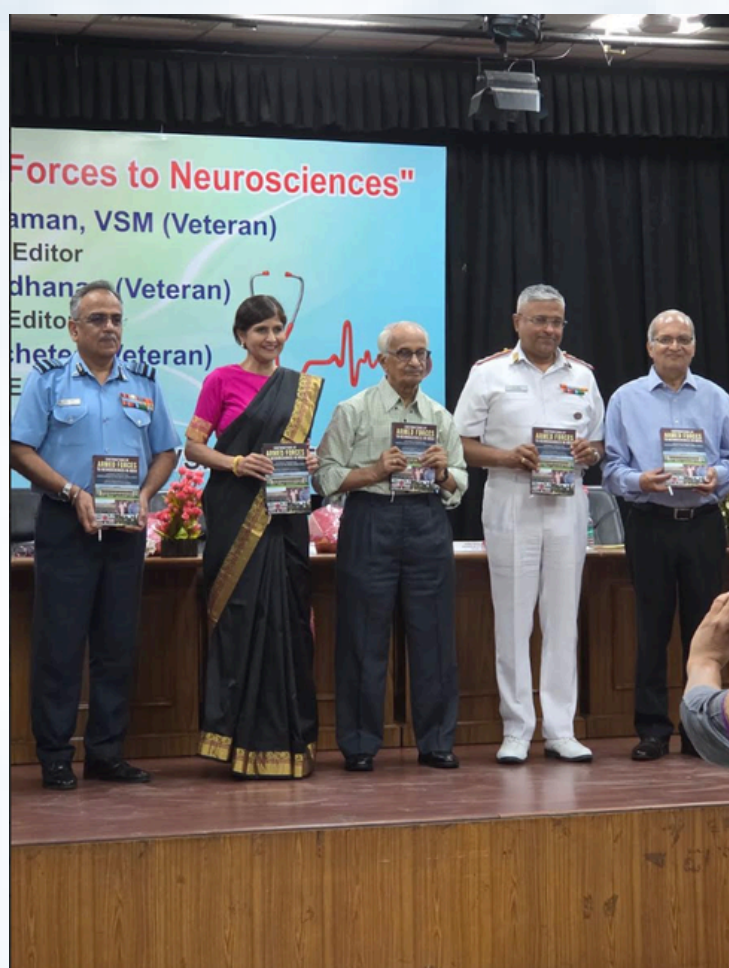
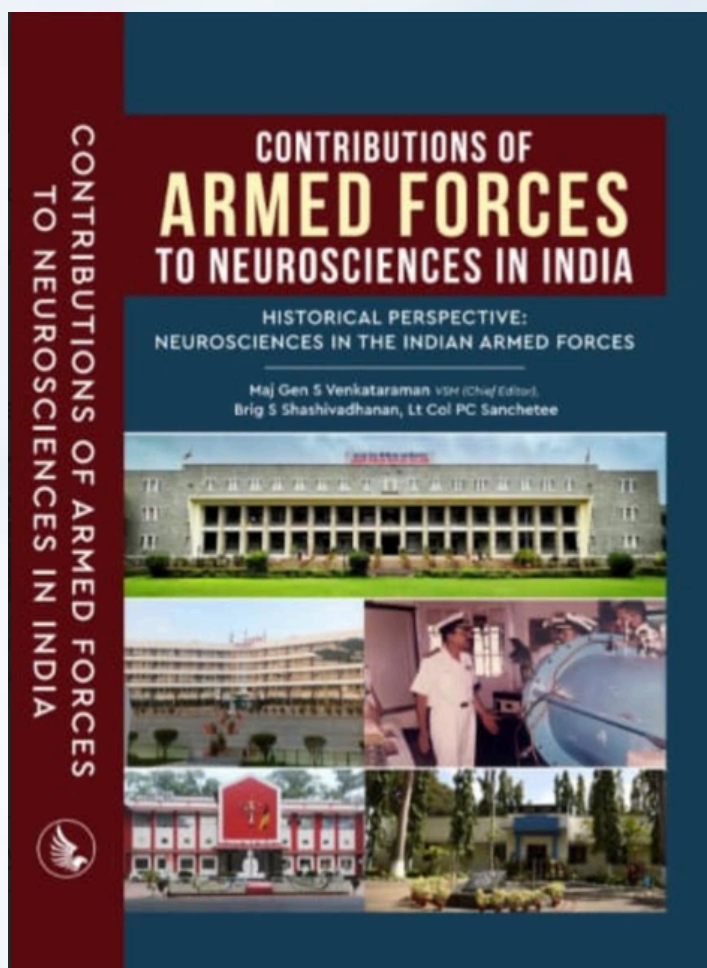
GAPIO member Maj Gen S. Venkataraman, VSM (Veteran) has achieved a significant academic milestone with the publication of the monograph titled "Contributions of Armed Forces to Neurosciences in India." The publication was formally launched by Surg VADM Arti Sarin, Director General Armed Forces Medical Services (DGAFMS), on July 4th, 2026.

Published by White Falcon Publications Ltd., Chandigarh, the monograph has been edited by Maj Gen S. Venkataraman, VSM (Veteran), Brig S. Shashivadhanan (Veteran), and Lt Col P. C. Sanchetee (Veteran). The publication documents the remarkable role and contributions of the Indian Armed Forces in the development and advancement of neurosciences in the country.

The monograph chronicles contributions across several important areas, including neurology, neurosurgery, neurophysiology, neurorehabilitation, medical education, research, and clinical excellence. It highlights the work undertaken over the years by medical officers of the Armed Forces and their contribution towards strengthening neurological sciences and specialised patient care in India.

Beyond documenting scientific and clinical achievements, the publication also serves as a tribute to generations of Armed Forces medical officers whose dedication, expertise, and commitment have contributed significantly to the growth of neurosciences. By bringing these contributions together in a dedicated publication, the monograph provides an important record of the role played by the Armed Forces medical community in advancing knowledge, education, research, and clinical practice in this specialised field.

GAPIO congratulates Maj Gen S. Venkataraman and his fellow editors on this noteworthy publication and recognises their efforts in documenting an important chapter in the evolution of neurosciences in India. The achievement reflects the continued contribution of GAPIO members to medical scholarship, knowledge sharing, and the advancement of healthcare.



GAPIO Joins ALIGN Health Initiative to Advance Preventive Health Education Among Children

The Global Association of Physicians of Indian Origin (GAPIO) joined hands with leading healthcare and philanthropic organizations to support the ALIGN Health Initiative, a physician-led, school-based programme aimed at educating children and adolescents about healthy eating, physical activity, sleep, mindset, and lifestyle medicine.

The partnership was formalized during a pledge-signing event held on June 17th, 2026, bringing together GAPIO, the American Association of Physicians of Indian Origin (AAPI), WHEELS Global Foundation (WGF), and other organizations committed to strengthening preventive health education. The event was led by Dr. Vikas Khurana and hosted by The Wright Center for Graduate Medical Education.

Founded by Dr. Vriti Khurana, the ALIGN Health Initiative focuses on delivering interactive and age-appropriate health education to school children. By partnering with local schools, the programme aims to make preventive healthcare knowledge practical and accessible, helping children understand how everyday choices related to nutrition, movement, sleep, and emotional well-being can influence their long-term health.

Dr. Sudhir Parikh, President of GAPIO and Padma Shri recipient, extended GAPIO's support to the initiative through a video message delivered during the pledge-signing event. He expressed pride in GAPIO becoming part of the philanthropic partnership and highlighted the organization's global network of physicians of Indian origin. He also expressed GAPIO's willingness to work with ALIGN in expanding the initiative and taking its message to wider communities.

The participating organizations committed to working with ALIGN to broaden the programme's reach across the United States and explore opportunities for expansion on a global scale. Leaders from the partner organizations highlighted the importance of collaboration between healthcare professionals, educational institutions, philanthropic organizations, and communities in building healthier habits from an early age.

The initiative has already demonstrated its community-based approach through a programme conducted at Riverside High School in Scranton, Pennsylvania, on March 27th, 2026, where approximately 150 students were introduced to concepts related to nutrition, sleep, mood, and healthy lifestyle habits. The programme emphasized helping young people better understand the relationship between their everyday choices and their physical and emotional well-being.

By joining the ALIGN Health Initiative, GAPIO has further strengthened its commitment to preventive healthcare, health education, and community engagement. The collaboration reflects the importance of reaching children at an early stage and equipping them with knowledge that can encourage healthier choices throughout their lives.

The partnership also underscores GAPIO's broader mission of leveraging its global medical network to support meaningful healthcare initiatives and promote healthier communities. Through collaborative efforts such as ALIGN, GAPIO continues to contribute towards advancing health awareness, preventive care, and sustainable lifestyle practices for future generations.



ALIGN Health Initiative Pledge Signing ceremony June 17, 2026. On the screen at the back are the representatives of various philanthropic organizations participating in the pledge.



Padma Shri recipient Dr. Sudhir Parikh, president of the Global Association of Physicians of Indian Origin, delivering his video-message pledging support and partnership with the ALIGN Health Initiative

GAPIO President Dr. Sudhir Parikh Pledges Support for Maharashtra's Mission to Eliminate Tuberculosis

GAPIO explores collaboration with Maharashtra on medical expertise, education, technology and telemedicine to strengthen the fight against TB.

Padma Shri Dr. Sudhir Parikh, President of the Global Association of Physicians of Indian Origin (GAPIO), has pledged GAPIO's support to Maharashtra's ongoing efforts to combat and ultimately eliminate tuberculosis (TB), opening avenues for greater collaboration between the global Indian medical community and the state's public health programme.

The commitment emerged during a discussion between Dr. Parikh and Sanjay Shripatrao Katkar, IAS, Commissioner of Health Services and Mission Director, National Health Mission, Maharashtra, at the ITV Gold studios. Their conversation focused on Maharashtra's TB elimination efforts and the potential contribution of GAPIO's extensive network of physicians across the world.

India has made substantial progress in tackling tuberculosis through the National Tuberculosis Elimination Programme (NTEP), including strengthened screening, free diagnosis and treatment, digital patient tracking, and community participation through initiatives such as Ni-kshay Mitra. Maharashtra is pursuing a comprehensive strategy centred on detection, treatment, prevention and strengthening healthcare systems.

Offering GAPIO's support, Dr. Parikh highlighted the willingness of physicians of Indian origin worldwide to contribute their knowledge and expertise to India's public health priorities.

"Tell us what we can do for India and Maharashtra as far as prevention of tuberculosis is concerned," Dr. Parikh said, underlining GAPIO's readiness to work alongside the state government.

Leveraging GAPIO's Global Medical Expertise

Dr. Parikh proposed several areas in which GAPIO could contribute, including Continuing Medical Education (CME) programmes, educational and awareness initiatives, physician engagement, technology and telemedicine.

He suggested conducting virtual CME sessions involving GAPIO physicians to address TB prevention and management and support the dissemination of educational material. He also highlighted the potential of GAPIO members visiting India to contribute their expertise where required.

Importantly, Dr. Parikh proposed exploring telemedicine for rural and underserved communities, which could complement the work of healthcare teams reaching patients in geographically dispersed areas.

With physicians of Indian origin practising across the globe, GAPIO's network could provide a valuable platform for sharing international experience, clinical expertise and innovative approaches to strengthen TB prevention and care.

Maharashtra Welcomes Partnership with GAPIO

Mr. Katkar welcomed Dr. Parikh's offer and highlighted the importance of addressing the multiple social determinants associated with tuberculosis, including poverty, nutrition and crowded living conditions.

He outlined Maharashtra's four-pronged approach — "detect, treat, prevent and build" — and identified opportunities for GAPIO to contribute through technology, medical expertise, treatment support and improvements in efficiency.

The discussion also highlighted Maharashtra's progress in reducing TB incidence and improving treatment outcomes. Mr. Katkar noted the importance of reaching patients in rural, tribal and other difficult-to-access areas through screening, mobile X-ray facilities, healthcare workers and digital patient tracking.

Patient adherence remains another important challenge because TB treatment can be lengthy and demanding. Digital tools such as the Ni-kshay platform play an important role in tracking patients and supporting continuity of treatment.

A Shared Commitment Towards a TB-Free Future

The interaction reflected a shared commitment to combining public health systems, medical expertise, technology, community engagement and patient education in the fight against tuberculosis.

Dr. Parikh reiterated GAPIO's willingness to make its global network of physicians available to support Maharashtra according to the state's requirements. Mr. Katkar, in turn, expressed his intention to draw upon GAPIO's expertise and acknowledged the organisation's contribution to health initiatives in other parts of India.

The proposed partnership represents another opportunity for GAPIO to connect the expertise of physicians of Indian origin worldwide with high-impact public health initiatives in India.

Through collaboration in medical education, technology, telemedicine, awareness and clinical expertise, GAPIO aims to contribute meaningfully to Maharashtra's efforts to reduce the burden of tuberculosis and advance the broader vision of a TB-Mukt Bharat.

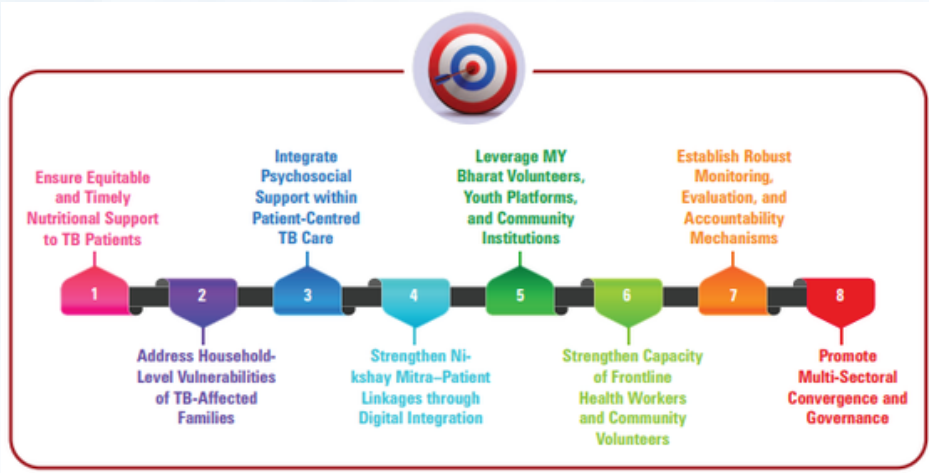
GAPIO President Dr. Sudhir Parikh Pledges Support for Maharashtra’s Mission to Eliminate Tuberculosis



PADMA SHRI RECIPIENT DR. SUDHIR PARIKH, IN CONVERSATION WITH SANJAY KATKAR COMMISSIONER OF HEALTH SERVICES AND MISSION DIRECTOR, NATIONAL HEALTH MISSION, MAHARASHTRA AT ITV GOLD STUDIOS.



VOLUNTEERS FOR THE TB CAMPAIGN POSE FOR A PICTURE.



FOLLOW-UP ACTIVITIES INVOLVED IN TUBERCULOSIS TREATMENT.

AAPI Convention 2026 Celebrates Medicine, Leadership, Culture and Indian-American Excellence

The American Association of Physicians of Indian Origin (AAPIO) held its 2026 Annual Convention and Scientific Assembly in Tampa, Florida, from July 2nd to 5th, 2026, bringing together physicians, healthcare leaders, researchers and members of the Indian-American community. Held at the JW Marriott and Tampa Marriott Water Street, the five-day convention coincided with celebrations surrounding the 250th anniversary of the founding of the United States and brought together medicine, leadership, culture, spirituality and philanthropy.

Padma Shri recipient Dr. Sudhir Parikh, President of GAPIO, attended the convention along with prominent AAPIO leaders and members of the physician community. The gathering provided an important platform for strengthening professional relationships and highlighting the contributions of physicians of Indian origin to healthcare and society.

One of the major highlights of the convention was the presentation of the AAPIO Humanitarian Award to Nita Ambani of the Reliance Foundation, recognising her philanthropic leadership in healthcare, education and community development. During the convention, a partnership between AAPIO and Reliance Foundation was also announced, with a focus on improving rural healthcare through preventive medicine, women's health, child health, telemedicine, disaster response and medical outreach.

The scientific programme formed an important part of the convention, with Continuing Medical Education (CME) sessions covering a broad range of contemporary healthcare topics, including lifestyle medicine, primary care, artificial intelligence in medicine, cardiology, substance abuse and the human microbiome. Young physicians also led sessions, while medical students and research fellows presented their research, providing a platform for the next generation of healthcare professionals.

Leadership and professional development were also central to AAPICON 2026. Dr. Meher Medavaram assumed charge as President of AAPIO on July 4th, while Dr. Vijay Maurya took over as Chairman of the AAPIO Board of Trustees. The ceremonial Presidential Gavel Exchange marked the transition in leadership and reflected the continuity of the organization and its commitment to serving physicians of Indian origin.

The convention extended beyond scientific discussions to address leadership, equity, innovation and the future of healthcare. The Women's Forum brought together women physicians to discuss leadership and empowerment, while the CEO Forum facilitated conversations among healthcare executives and thought leaders on innovation, policy and healthcare delivery.

Spirituality, culture and community engagement were equally important components of the gathering. Meditation sessions, inspirational addresses, cultural programmes and entertainment provided opportunities for participants and their families to connect and celebrate their shared heritage alongside professional achievements.

AAPICON 2026 served as a comprehensive platform for scientific learning, professional networking, leadership development and cultural exchange. The convention highlighted the growing contribution of physicians of Indian origin to healthcare while reinforcing the importance of collaboration, service and stronger ties between the medical communities of India and the United States.



GAPIO-ISG International Lecture Series: Gastroenterology Session

The Global Association of Physicians of Indian Origin (GAPIO) conducted an insightful session on “Imaging in Stroke – When a Normal CT is Not Normal” as part of the GAPIO Radiology International Lecture Series on Saturday, July 25th, 2026, at 7:00 PM IST. The virtual session focused on the challenges associated with the early detection of acute ischemic stroke, particularly in situations where initial CT imaging may appear normal despite the presence of significant clinical symptoms.

The session attracted physicians, radiologists, neurologists, residents, and healthcare professionals interested in gaining a deeper understanding of stroke imaging and its role in facilitating timely diagnosis and management. The discussion highlighted the importance of recognising subtle radiological findings, correlating imaging results with the clinical presentation of the patient, and maintaining a high degree of clinical suspicion in cases where early changes may not be immediately evident on CT.

Distinguished experts from the fields of neuroimaging, interventional neuroradiology, neurology, and radiology participated in the session and shared their expertise on this important clinical topic

Dr. Shailesh Gaikwad, Professor and Head, Department of Neuroimaging & Interventional Neuroradiology, AIIMS, New Delhi, delivered the expert lecture on “Imaging in Stroke – When a Normal CT is Not Normal.” He discussed the challenges encountered in evaluating patients with suspected acute ischemic stroke when the initial CT scan appears normal and highlighted subtle imaging findings that may provide important diagnostic clues. His presentation also emphasized the need for careful interpretation of imaging in conjunction with the patient’s clinical presentation to facilitate early recognition of stroke.

Dr. Bindu Menon, Professor and Head, Department of Neurology, Apollo Specialty Hospitals, Nellore, and Secretary General, Indian Epilepsy Association, served as the Chairperson for the session. Drawing on her expertise in neurology, she contributed to the discussion on the clinical aspects of stroke diagnosis and reinforced the importance of integrating neurological assessment with imaging findings for appropriate and timely patient management.

The session was moderated by Dr. Arvind K Chaturvedi, Chair Emeritus, Radiology & Interventional Oncology Governing Council Member and Former Medical Director, Rajiv Gandhi Cancer Institute & Research Centre, New Delhi. The moderated discussion provided an opportunity to explore the practical challenges encountered by clinicians and radiologists while evaluating patients presenting with symptoms suggestive of acute stroke. It also enabled a meaningful exchange of perspectives on how clinical findings and imaging can be effectively correlated when radiological changes are subtle or not immediately apparent.

The session further addressed the crucial role of CT imaging in the initial evaluation of patients with suspected stroke and the importance of recognising that an apparently normal scan does not necessarily exclude an early ischemic event. The experts discussed practical approaches that could assist healthcare professionals in identifying early signs, strengthening diagnostic decision-making, and ensuring that patients receive appropriate evaluation and management without unnecessary delay.

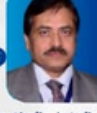
The lecture provided a valuable platform for continuous medical education and knowledge sharing among healthcare professionals worldwide.



GAPIO Radiology International Lecture Series
organized by Global Association of Physicians of Indian Origin (GAPIO)

Imaging in Stroke – When Normal CT is not Normal

LIVE on 25th July 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)

Opening and closing remarks	Speaker	Moderator	Chairperson
 Dr. Vinita Sharan Radiology CME Advisor, GAPIO and Senior Radiology Consultant, Deepfret Medical Imaging Services, Pvt. Ltd.	 Dr. Shailesh Gaikwad Prof. and HOD, Department of Neuroimaging & Interventional Neuroradiology, AIIMS, Delhi	 Dr. Arvind K Chaturvedi Chair Emeritus Radiology & Interventional Oncology/Governing Council Member and Former Medical Director, Rajiv Gandhi Cancer Institute & Research Centre New Delhi, India	 Dr. Bindu Menon Professor and Head/Department of Neurology, Apollo Specialty Hospitals, Nellore Secretary General, Indian Epilepsy Association

Exclusive Webinar

» Early stroke can be challenging to detect on CT, especially when imaging appears normal. This session will highlight subtle imaging findings, the importance of clinical correlation, and practical strategies for identifying acute ischemic stroke early to support timely diagnosis and management.

Join the GAPIO Radiology International Lecture Series on 25th July 2026 at 7:00 PM IST for an expert discussion on “Imaging in Stroke – When Normal CT is Not Normal”.

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GAPIO Leadership

Past Presidents and Emeritus Advisors Dr Prathap C Reddy Dr Sanku Rao Dr Ramesh Mehta Dr Anupam Sibal Dr Nandakumar Jairam	Current Leadership Dr Sudhir Parikh, President Dr Rohini Sridhar, Vice President Dr Abhijat Sheth, Secretary General Dr V K Raju, Joint Secretary Dr Anju Aggarwal, Treasurer Dr Sushil Jain, Honorary Advisor
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SOCIAL MEDIA COVERAGE

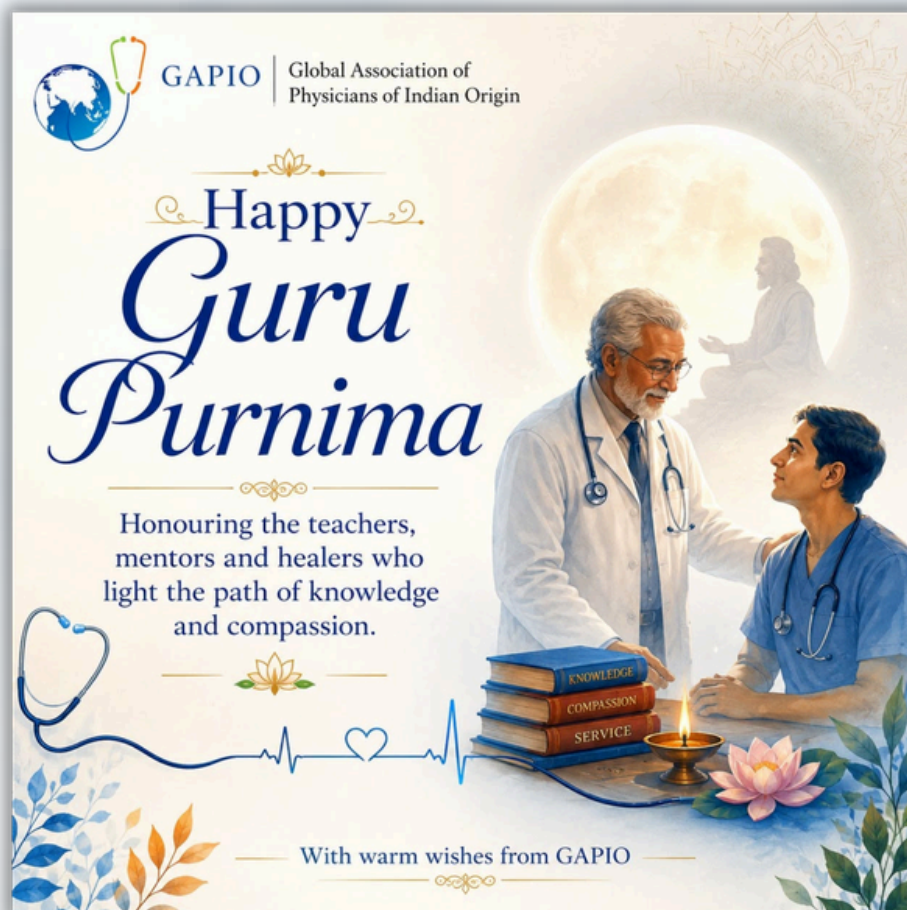
GAPIO Honours Teachers, Mentors and Healers on the Auspicious Occasion of Guru Purnima

On the auspicious occasion of Guru Purnima, GAPIO paid tribute to teachers, mentors and healers whose wisdom, guidance and dedication have played an important role in shaping generations of healthcare professionals. The organization highlighted the invaluable contribution of mentors who impart not only medical knowledge and clinical expertise, but also the values of compassion, integrity and service that form the foundation of the healthcare profession.

GAPIO emphasized that mentorship holds a special significance in medicine, where learning extends far beyond textbooks and classrooms. Through their experience and guidance, teachers and senior healthcare professionals help young doctors develop sound clinical judgement, strengthen their skills and approach patient care with empathy and responsibility. Their influence continues throughout a medical professional's journey, inspiring a lifelong commitment to learning and excellence.

The organization also acknowledged the important role of mentors in nurturing future healthcare leaders and encouraging professionals to serve humanity with greater purpose. By sharing their knowledge and experiences, mentors help build a stronger medical community and ensure that the values of ethical, compassionate and patient-centred care are carried forward to future generations.

Through its Guru Purnima message, GAPIO expressed gratitude to all teachers, mentors and healers for their enduring contribution to medical education and healthcare. The occasion served as a reminder to recognise and honour those whose guidance strengthens knowledge, deepens compassion and inspires healthcare professionals to make a meaningful difference in the lives of patients and communities.



SOCIAL MEDIA COVERAGE

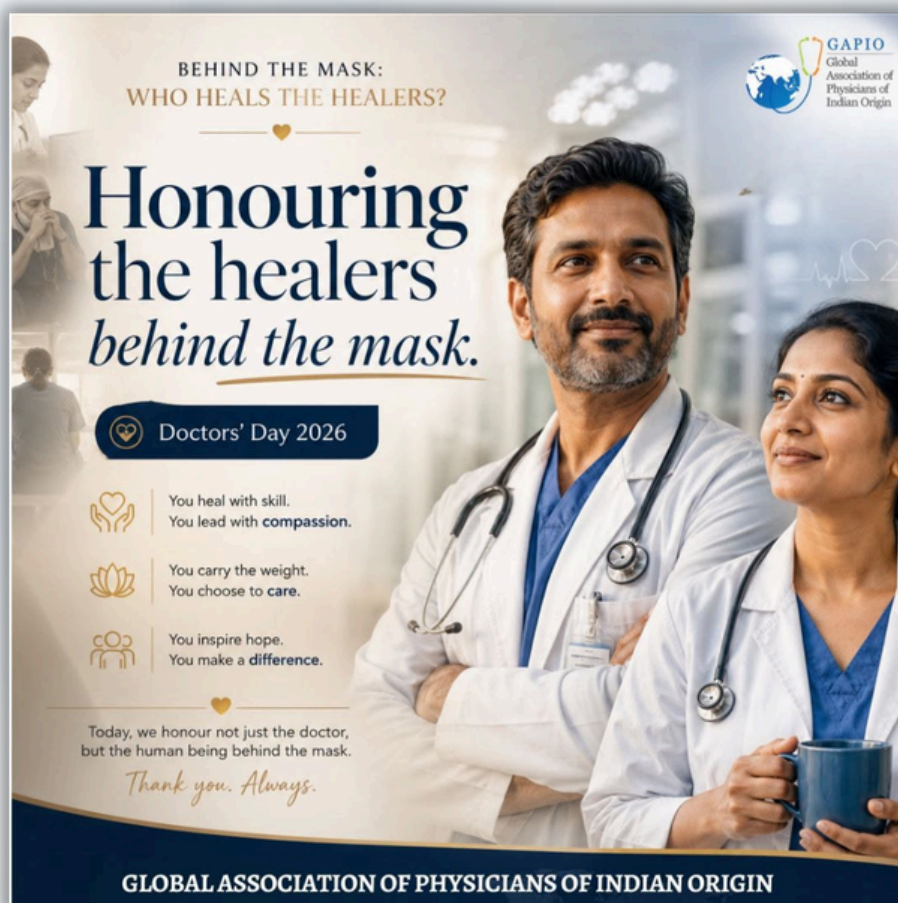
GAPIO Honours the Healers Behind the Mask on Doctors' Day

On the occasion of Doctors' Day, GAPIO paid tribute to Indian doctors and doctors of Indian origin across the world, recognising their remarkable dedication, resilience, compassion, and commitment to improving and saving lives. The organization highlighted that behind every mask is a doctor who carries far more than a stethoscope—the responsibility of caring for patients, making critical decisions, providing reassurance during difficult moments, and shouldering the quiet emotional weight that often accompanies the profession.

Through its Doctors' Day message, GAPIO acknowledged the invaluable contribution of doctors who continue to serve patients and communities with professionalism and empathy, often working through demanding circumstances and placing the needs of others before their own. Their role extends beyond diagnosis and treatment, as they provide comfort, hope, guidance, and support to patients and their families throughout the journey of care.

GAPIO also used the occasion to draw attention to the well-being of healthcare professionals themselves. While doctors devote their lives to healing others, their own physical, mental, and emotional well-being deserves equal attention and support. The organization emphasized the importance of creating a healthcare environment where doctors feel valued, supported, and cared for as they fulfil their responsibilities towards patients and society.

By honouring the healers behind the mask, GAPIO reaffirmed its appreciation for doctors everywhere and encouraged greater recognition of both their professional contributions and personal well-being. Doctors' Day serves as an important reminder to celebrate those who dedicate their lives to caring for others while ensuring that the caregivers themselves receive the compassion, respect, and support they deserve.



HEALTH TIPS/FACTS

How Exercise is Transforming the Way Doctors Care for Themselves and Their Patients

Doctors understand the health benefits of exercise, but their own experiences with physical activity can sometimes transform the way they view and recommend it to patients. Experiences shared by physicians across different specialties showed that exercise was not simply a tool for improving physical health—it also influenced mental well-being, confidence, recovery, and the way doctors connected with their patients.

Here are some important lessons healthcare professionals can take from these experiences:

- **Make Exercise Advice Specific:** Instead of simply encouraging patients to become more active, consider providing clearer and more practical guidance. Recommendations that include the type of exercise, how frequently it should be performed, its intensity, and achievable goals may help patients better understand and follow an exercise plan.
- **Find an Activity That Works for You:** Exercise does not have to look the same for everyone. Finding an enjoyable and sustainable form of physical activity can make it easier to remain consistent. One physician's own fitness journey helped him appreciate not only the physical benefits of exercise but also the sense of achievement, self-discovery, and mental clarity that can accompany regular activity.
- **Recognise the Mental Health Benefits:** The value of movement extends beyond cardiovascular fitness, strength, or laboratory measurements. Regular exercise can contribute to mental clarity, confidence, and a sense of accomplishment. Conversely, physicians who experienced injuries and temporary restrictions on exercise described how losing the ability to remain active could negatively affect emotional well-being.
- **Adapt When Circumstances Change:** Injury, illness, pregnancy, demanding schedules, or other life circumstances may temporarily make a usual exercise routine difficult. Rather than abandoning physical activity completely, appropriate alternatives can be considered according to individual circumstances. Safe modifications, combined with practices such as mindfulness, gratitude, or therapy when needed, can also support well-being during periods of recovery.
- **Understand Why Starting Again Can Be Difficult:** Returning to exercise after a prolonged break can feel challenging, even for people who were previously very active. Personal experiences of being unable to exercise helped some physicians better understand why patients may find beginning or restarting an exercise routine daunting. This understanding can help healthcare professionals offer more realistic and empathetic guidance.
- **Focus on What You Can Do:** Exercise does not always require sophisticated equipment, apps, or performance tracking. Consistency and a sense of personal progress can themselves be powerful motivators. Focusing on achievable activities rather than limitations can help make physical activity feel more manageable and sustainable.

Personal experience with exercise can also strengthen the physician-patient relationship. When doctors understand firsthand the challenges of starting a routine, recovering from injury, maintaining consistency, or returning after a long break, they may be better positioned to provide practical and relatable guidance to their patients. The experiences described by physicians in different specialties demonstrate how exercise can become both a personal wellness practice and an important lesson in patient care.

Source:<https://www.medscape.com/viewarticle/how-exercise-transformed-way-these-doctors-practice-2026a1000lyn?src=&form=fpf>

HEALTH TIPS/FACTS

Putting Physicians' Voices at the Heart of Well-Being Initiatives

Physician well-being is essential for creating a healthier and more sustainable healthcare environment. However, meaningful well-being initiatives require more than isolated wellness programmes—they need to address the everyday challenges physicians face and ensure that doctors themselves have a voice in shaping the solutions.

The Mid-Atlantic Permanente Medical Group has adopted a physician-informed approach to well-being by listening to clinicians, identifying sources of workplace friction, and developing support systems that respond to physicians at different stages of their careers. Here are some important lessons healthcare organizations can consider:

- **Listen to Physicians:** Understanding what contributes to stress and burnout begins with listening. Regular feedback can help identify everyday “friction points,” including workflow challenges, administrative burdens, staffing concerns, and inefficient processes.
- **Support Every Career Stage:** Physicians have different needs throughout their careers. Early-career doctors may benefit from mentoring and guidance, mid-career physicians may need support for professional growth and longevity, while experienced physicians may require assistance as they prepare for retirement. Well-being strategies should evolve with these changing needs.
- **Reduce Workplace Friction:** Administrative and technological burdens can take valuable time away from patient care. Identifying inefficient processes and redesigning workflows can help physicians focus more on meaningful clinical work. Appropriate technologies, including AI-enabled tools, may also help reduce some documentation and electronic health record burdens.
- **Use Data, But Go Beyond Numbers:** Burnout, engagement, retention, and time spent on electronic medical records can provide useful measures of physician well-being. However, numbers alone do not tell the complete story. Direct conversations with physicians and staff can reveal challenges that may otherwise be overlooked.
- **Create a Culture of Support:** Physicians are more likely to experience fulfilment at work when they feel heard, respected, connected, and supported. Open communication, peer support, strong leadership, and a sense of belonging can contribute to a healthier workplace culture.

Well-being initiatives should also be regularly reviewed to determine whether they are actually making physicians' working lives better. As clinical practice, technology, and workflows continue to change, healthcare organizations need to adapt their strategies accordingly.

By placing physicians' experiences at the centre of well-being initiatives, healthcare organizations can reduce unnecessary burdens, strengthen professional connection, and help doctors rediscover greater meaning and joy in their work. Supporting physicians ultimately creates an environment in which both healthcare professionals and their patients can benefit.

Source: American Medical Association, “Ensuring the Voice of Physicians Guides Well-Being Initiatives,” July 23, 2026.

Source:

<https://www.ama-assn.org/practice-management/physician-health/focus-these-6-areas-boost-physician-well-being>

GAPIO Honors' List July 2026



Dr. Arun Prasad, Clinical Lead –GI & Bariatric Surgery, Department of Surgical Gastroenterology, New Delhi, Publication Achievement

- Dr. Arun has co-authored the expert consensus paper titled "Expert Consensus on Obesity Management Protocols – A Joint Position Statement by the Obesity and Metabolic Surgery Society of India (OSSSI) and the Endocrine Society of India (ESI)." The manuscript has been accepted for publication in Obesity Surgery, reflecting a multidisciplinary approach to improving patient care and advancing best practices in metabolic and bariatric medicine.

Honours & Recognitions

- Dr. Arun has been selected to receive the ANBAI Distinguished Teacher's Award 2026 in recognition of his outstanding dedication, exemplary service, and significant contributions to patient care and nursing excellence.

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

– Honours & Recognitions (June 2026)

- International Faculty – The Future of TAVR: 3-Year SMART Trial Results Session (Global Webinar), June 2026.
- National Facilitator & Faculty – PCR Seminars: Intervention Live 2026, Bengaluru & New Delhi, June 2026.
- Esteemed Speaker – 9th Edition of Times Now Doctor's Day Conclave 2026, New Delhi, June 2026.
- Recipient – Hippocrates Certificate of Recognition, awarded for invaluable contributions to the advancement of medicine and improving the lives of mankind.

Dr. Ashok Seth – Key Highlights | July 2026

- 3 July 2026 | International – Virtual Medical Coordinator – PCR Webinar

Coordinated the international PCR webinar on "Updates in Interventional Cardiology 2026," facilitating discussions on practice-changing trials and advances in interventional cardiology.

- 22 July 2026 | Noida Expert Speaker – India Today Group Podcast

Featured as an expert voice on "Fats & Facts," sharing insights on cholesterol, palm oil, nutrition, and cardiovascular prevention.

GAPIO Honors' List July 2026

- 25–26 July 2026 | Guwahati Expert Faculty & Social Impact

Contributed as Expert Faculty at a CME for cardiologists from Northeast India on complex cardiac care. As Managing Trustee, Heart Valve Foundation of India, announced a ₹50 lakh support initiative for cardiac patients in Assam, strengthening access to advanced cardiac care in the region.

Dr Nagarjuna Motu

Paper Publication in a Scopus-Indexed Peer-Reviewed Journal

Dr. Nagarjuna Motu co-authored the research article, "Prevalence of Antihypertensive Medication Nonadherence and Its Determinants among Urban Hypertensive Patients in Tirupati: A Community-Based Cross-Sectional Study," published in the National Journal of Community Medicine (Nat'l J Community Med), Vol. 17, Issue 7 (2026). The journal is indexed in Scopus, DOAJ, EMBASE, and SCImago Journal Rank (SJR), reflecting the quality and impact of the publication.

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

- Served as Co-Organizing Secretary for the PG-Orientation Program 2026 at Teerthanker Mahaveer Medical College & Research Centre, Moradabad, Uttar Pradesh.
- Delivered the concluding address, inspiring postgraduate residents to move beyond clinical excellence and embrace innovation in healthcare.
- Advocated the development of practical, cost-effective HealthTech and MedTech solutions to strengthen India's healthcare system and support the vision of Viksit Bharat.



- Featured among Forbes India's Influential Leaders of the Nation for his contributions to medical education and healthcare leadership.



GAPIO Honors' List July 2026

- Continues to mentor the next generation of medical professionals through excellence in academics, research, and innovation.
- A distinguished radiology educator with 220+ scientific publications, 15+ textbook contributions, and 250+ national and international lectures and research presentations.
- Recipient of a Guinness World Record (2026) and multiple national recognitions for excellence in medical education.
- Alumnus of Harvard Medical School and Johns Hopkins University.
- Actively advancing the integration of Artificial Intelligence (AI) into diagnostic radiology and medical education.

Dr. Rajul Rastogi recently contributed to the CME “Liver Imaging – Beyond the B-mode,” sharing valuable insights on advanced ultrasound techniques in the early of MASLD.

His emphasis on Ultrasound Elastography and UDFE highlighted the importance of early disease. The CME, hosted by Raj Diagnostics under Dr. Gaurav Patnayak, also reflected Dr. educator.

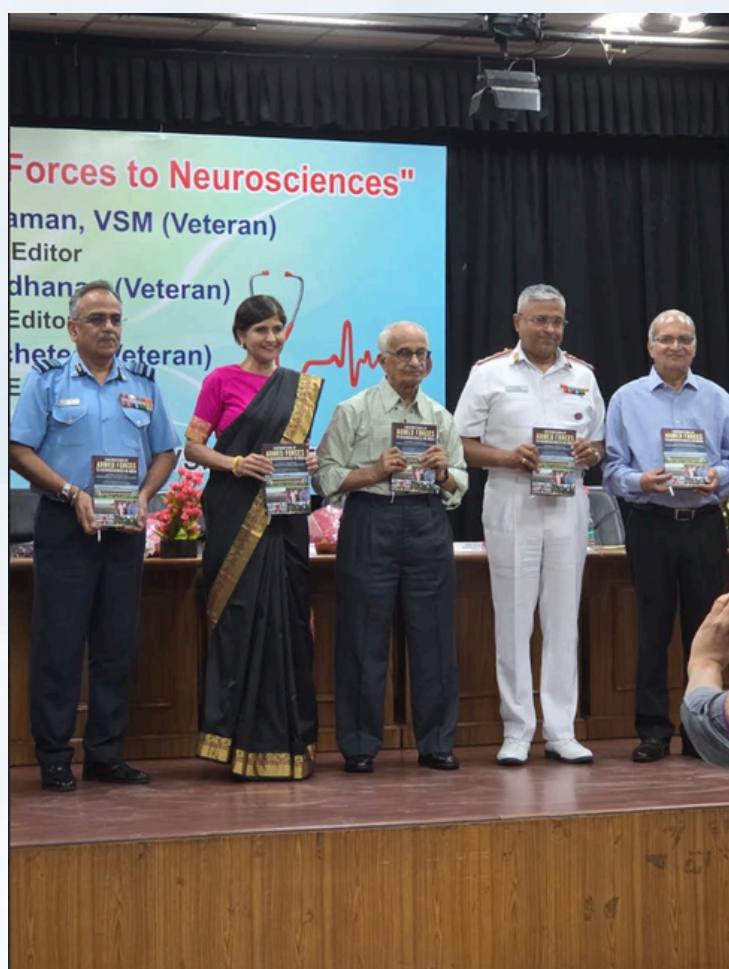
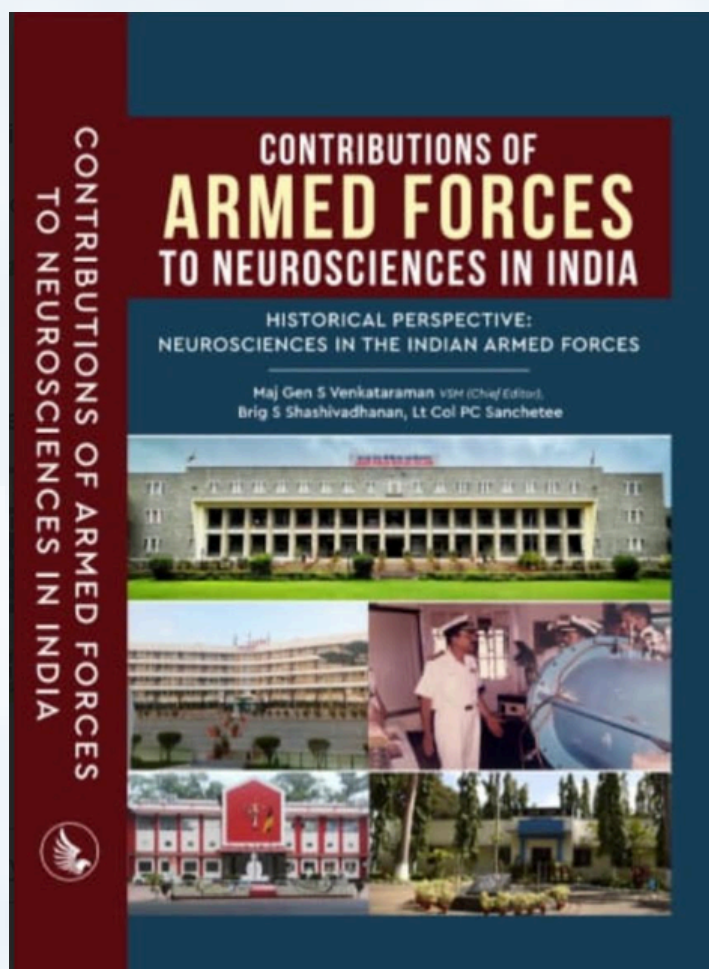
GAPIO applauds Dr. Rajul’s academic leadership, commitment to teaching, and contribution to advancing clinical imaging and medical education.



GAPIO Honors' List July 2026

Maj Gen S Venkataraman (Army Medical Corps Veteran), has published a Monograph titled "Contributions of Armed Forces to Neurosciences in India" which was launched by Surg VADM Arti Sarin, DG AFMS on 04 Jul 2026. The publishers are White Falcon Publications Ltd, Chandigarh.

The publication, edited by Maj Gen S. Venkataraman, VSM (Veteran), Brig S. Shashivadhanan (Veteran), and Lt Col P. C. Sanchetee (Veteran), chronicles the remarkable contributions of the Armed Forces in the fields of neurology, neurosurgery, neurophysiology, neurorehabilitation, education, research, and clinical excellence. It pays tribute to generations of medical officers whose dedication and scientific contributions have significantly strengthened neurological sciences in the country.



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