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GAPIO Member Dr. Rajul Rastogi Honoured for Excellence in Healthcare Innovation, Green Radiology and Research

GAPIO member Dr. Rajul Rastogi, Professor, Department of Radiodiagnosis, Teerthanker Mahaveer Medical College & Research Centre, Moradabad, Uttar Pradesh, has received multiple recognitions for his contributions spanning medical education, healthcare innovation, sustainable radiology and entrepreneurship.

Dr. Rastogi was honoured with the Peacock Medical Education Excellence Award 2026 at the National Consultation on AI Readiness for Healthcare, Education & Research held in New Delhi. The recognition acknowledges his contributions to healthcare innovation, medical education and translational research. His work also includes involvement in the development of Quantum AI models for Indian healthcare through Debraj Ecosystem Pvt. Ltd., exploring the application of emerging technologies to healthcare challenges.

His work in Green Radiology and Environmental Sustainability also received international recognition at AOCR SGCR-WIRES 2026 in Singapore. Dr. Rastogi presented two research papers at the conference. From approximately 600 accepted abstracts representing 42 countries, both of his papers were selected for presentation. He also received an International Travel Award in recognition of his research contributions. His work in this area advocates environmentally sustainable approaches to medical imaging and radiology, an increasingly important consideration for healthcare systems worldwide.

Extending his work beyond academia and clinical research, Dr. Rastogi represented Debraj Ecosystem Pvt. Ltd. at the Bharat Innovation & Startup Exchange (BISE) 2026, organised during the Bharatiya Vyapar Mahotsav at Bharat Mandapam, New Delhi. The venture secured a position among the Top 10 startups from nearly 150 competing pitch decks, highlighting its approach to combining healthcare innovation with economic sustainability and scalability.

Together, these accomplishments reflect Dr. Rastogi's multidisciplinary engagement at the intersection of medical education, artificial intelligence, environmental sustainability, research and healthcare entrepreneurship. GAPIO congratulates its member Dr. Rajul Rastogi on these achievements and wishes him continued success in advancing innovative, sustainable and research-driven approaches to healthcare.

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AOCR | SGCR WIRES
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Congress of Radiology (AOCR) & SGCR-WIRES

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Poster Presentation: SGCR & Sustainability

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Rajul Rastogi, India

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78 **Sustainable Management, Extraction, & Recycling of Iodine in Diagnostic Radiology**
Rajul Rastogi, India

GAPIO Member Dr. Rajul Rastogi Honoured for Excellence in Healthcare Innovation,
Green Radiology and Research

GAPIO Member Dr. Dillip Kumar Dash Marks a Month of Academic and Literary Accomplishments

Dr. Dillip Kumar Dash, Hon. Professor and Senior Consultant Psychiatrist, Bilaspur, Chhattisgarh, marked August 2026 with significant achievements spanning the fields of psychology, academic research and literature.

Dr. Dash successfully completed his Ph.D. in Psychology, culminating three years of academic study and research. The programme involved research publications and the submission of a thesis, adding another important academic milestone to his professional journey in psychiatry and psychology.

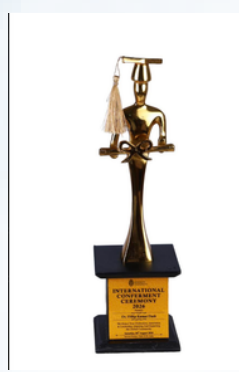
Alongside his academic accomplishment, Dr. Dash also reported a research publication during the period, reflecting his continued engagement with scholarly work and his commitment to contributing to academic knowledge.

Adding a literary distinction to these achievements, Dr. Dash was conferred the Legacy of Literature Award 2026 by The Literature Times for his book *Talking To Self*. The award was presented at the organisation's annual literary awards ceremony held on 23 August 2026 at Courtyard by Marriott, Raipur.

The recognition of *Talking To Self* highlights another dimension of Dr. Dash's work beyond his clinical and academic pursuits. Through his engagement with writing and literature, he continues to explore and communicate ideas that draw upon his wider experience in the fields of psychology and mental health.

The combination of a doctoral achievement, research publication and literary recognition makes August 2026 a particularly noteworthy month in Dr. Dash's professional and academic journey.

GAPIO congratulates Dr. Dillip Kumar Dash on these accomplishments and wishes him continued success in his contributions to psychiatry, psychology, academic research and literature.



GAPIO Member Dr. O. P. Sharma Honoured with Lifetime Achievement Award for Distinguished Contributions to Medicine and Geriatric Healthcare

GAPIO member Dr. O. P. Sharma, MD, D. Litt., FRCP, FGSi, FICN, FICP, FIAMS, FCGP, FACM, FIMSA, FGAPIO, Senior Consultant in Geriatric Medicine at Indraprastha Apollo Hospitals, New Delhi, and Secretary General of the Geriatric Society of India, has been recognised for his longstanding contributions to medicine, geriatric healthcare, medical education and public health.

Dr. Sharma was conferred the prestigious Lifetime Achievement Award by the Innovative Physicians Forum on 29 August 2026. The honour recognised his lifetime contributions to medicine and healthcare and his sustained efforts towards improving the health and well-being of older adults.

Continuing his work in geriatric healthcare, Dr. Sharma also chaired the Geriatric Tuberculosis Workshop on 12 September 2026 at the New Delhi TB Centre. Jointly organised by the Geriatric Society of India and the Tuberculosis Association of India, the workshop focused attention on the burden and management of tuberculosis among older adults. The programme brought together representatives and experts from several important healthcare and public health organisations, including the World Health Organization (WHO), New Delhi TB Centre, National Institute of Tuberculosis and Respiratory Sciences (NITRD), Delhi Medical Council, Indian Medical Association (IMA), State Tuberculosis Programme, and the State TB Training and Demonstration Centre (STDC).

Discussions highlighted the particular challenges posed by tuberculosis in an ageing population and the importance of a coordinated, multidisciplinary approach encompassing prevention, early diagnosis, appropriate treatment, rehabilitation and public health interventions. The workshop also provided a platform for stakeholders from clinical medicine, public health and professional organisations to discuss approaches for improving outcomes among older patients affected by tuberculosis.

Through his continued leadership in geriatric medicine, academic and scientific work, medical education and public health advocacy, Dr. Sharma has remained actively engaged in strengthening healthcare services and awareness for India's growing older population.

GAPIO congratulates its member Dr. O. P. Sharma on receiving the Lifetime Achievement Award and commends his continued contribution to geriatric medicine and public health. His achievements and sustained commitment to the healthcare of older adults reflect the spirit of professional excellence and service represented by the global community of physicians of Indian origin.



GAPIO Member Dr. Kandamaran Krishnamurthy Selected to Train Healthcare Professionals Across Eastern Caribbean Nations

GAPIO member Dr. Kandamaran Krishnamurthy, MBBS, DM (Paediatrics), FRCPCH, FCCM, FIAP, Consultant in Paediatric Intensive Care at Queen Elizabeth Hospital, Barbados, and Senior Associate Lecturer in Paediatrics at the Faculty of Medical Sciences, The University of the West Indies, has been recognised for his contribution to healthcare capacity building across the Caribbean.

Dr. Krishnamurthy was selected as one of only five faculty members to train healthcare professionals from Eastern Caribbean countries under a programme associated with the Pan American Health Organization (PAHO). His selection reflects his experience and expertise in paediatric intensive care, medical education and healthcare workforce development.

The initiative focuses on strengthening the knowledge and capabilities of healthcare professionals across Eastern Caribbean nations. Capacity-building programmes of this nature play an important role in enhancing clinical preparedness, developing skilled healthcare teams and strengthening the ability of health systems to respond effectively to critical and emerging healthcare needs.

Through his involvement in the programme, Dr. Krishnamurthy contributed his expertise in paediatric critical care education and clinical training, supporting the development of healthcare professionals serving communities across the region. His work contributes to broader efforts aimed at improving clinical standards, preparedness and healthcare system resilience in Caribbean nations.

Alongside his clinical responsibilities at Queen Elizabeth Hospital in Barbados, Dr. Krishnamurthy is actively involved in medical education as a Senior Associate Lecturer in Paediatrics at The University of the West Indies, combining frontline clinical practice with the education and development of healthcare professionals.

His participation in this international initiative demonstrates the important role physicians and medical educators can play in sharing expertise across borders and strengthening healthcare capacity through education, collaboration and workforce development.

GAPIO congratulates its member Dr. Kandamaran Krishnamurthy on this significant international achievement and commends his contribution to paediatric critical care education and healthcare capacity building across the Caribbean. His work exemplifies GAPIO's commitment to advancing healthcare through global collaboration, medical education and professional service.



GAPIO Member Dr. Ashish Aneja Leads Free Cardio-Diabetic and General Health Check-up Camp at Kurukshetra University

GAPIO member Dr. Ashish Aneja, Senior Medical Officer at Kurukshetra University, organised a free Cardio-Diabetic and General Health Check-up and Awareness Camp on 3 September 2026 at the University Medical Centre, Kurukshetra University, as part of GAPIO's community outreach efforts.

Organised in association with GAPIO and Arogya Bharati, the initiative combined preventive health screening with awareness and education, providing university students and staff an opportunity to assess important health parameters and better understand the role of preventive healthcare in reducing the risk of diabetes, cardiovascular disease and other lifestyle-related conditions.

A range of free health screening services was provided during the camp, including blood glucose testing, neuropathy assessment, liver screening, respiratory assessment and bone mineral density testing, along with other general health evaluations. Healthcare professionals and specialists participating in the programme also offered guidance based on the screenings and encouraged participants to adopt healthier lifestyle practices.

An important component of the programme was diabetes awareness and preventive health education. Participants were sensitised to the importance of healthy dietary habits, physical activity, regular health monitoring and timely medical evaluation. The initiative emphasised that greater awareness and early identification of health risks can play an important role in preventing or better managing chronic lifestyle-related diseases.

By taking preventive healthcare services directly to the university community, the programme helped make basic health screening and credible medical guidance more accessible to students and employees while reinforcing the importance of regular health check-ups.

GAPIO appreciates the efforts of its member Dr. Ashish Aneja in advancing community-based preventive healthcare and diabetes awareness. Initiatives such as these reflect GAPIO's continuing commitment to health education, early detection and accessible healthcare through meaningful community outreach.

नियमित योग और व्यायाम से टाइप 2 डायबिटीज और मेटाबोलिक सिंड्रोम को काफी हद तक नियंत्रित, प्रबंधित और दूर किया जा सकता है: डॉ. अनेजा

* निःशुल्क स्वास्थ्य शिविर में
हुई 375 मरीजों की जांच

* शुगर, बीएमडी, ईसीजी, लीवर
स्कैन, स्प्रोमेट्री, न्यूरोथेरेपी
करके बांटी फ्री दवाइयां

हिन्दू टाउन - कुरुक्षेत्र संवादकर्ता

कुरुक्षेत्र। सैनियर फिजिशियन एवं डायबिटीज स्पेशलिस्ट, चिकित्सकों की संस्था गैपिओ (GAPIO) एवं अरएसएसडीआई (RSSDI), आरोग्य भारतीय संस्थान डॉ. अशोक

अनेजा ने वैम का नेतृत्व करते हुए स्वास्थ्य शिविर का आयोजन किया जिसमें 375 से ज्यादा लोगों ने डायग्नोसिस। शिविर में बतौर मुख्य अतिथि डॉ. अनेजा साहनी पहुंचे और स्वास्थ्य जांच कराई। इस दौरान बीपी, ब्लड शुगर के अलावा, न्यूरोथेरेपी, बीएमडी, लीवर स्कैन, ईसीजी तथा स्प्रोमेट्री सहित कई प्रकार के माहिर टेस्ट भी निःशुल्क किए गए। नर्सों की समस्या, सर्जिकल पैम तथा ड्रेन एवं स्पाइडल पौड्र के गैरिणों का डॉ. एवं टीम मेम्बर ने टेस्ट और उपचार किया। शिविर में मरीजों की जांच के साथ मुफ्त दवाइयां भी वितरित की गई। डॉ.

अनेजा के द्वारा इससे पहले भी अनेकों बार शहर व आसपास के गांव में समय-समय पर निःशुल्क मेडिकल कैम्प का आयोजन किया जा चुका है, कई संस्थाओं को फ्री मेडिकल सेक्टर, रेड क्रॉस सोसायटी और फौजवा साइंस सेंटर में संचालित और गैर संचाली योग पर व्याख्यान, कैंसर दिवस, विश्व मस्तिष्क दिवस, वर्ल्ड हार्ट डे व बदलते हुए मौसम को देखते हुए समय-समय पर लोगों को जागरूक करने हेतु जात्या की एक स्वस्थ जीवनशैली को अपना कर और बचाव करने के लिए कुछ तरीके जैसे की फाइनर युक्त अहार जैसे, नियमित रूप से व्यायाम

करें और शरीर का सामान्य वजन बनाए रखें, बेजाना अपना बीएमआई चेक करें, नियमित रूप से अपने शरीर की जांच करवाते रहें, ताकि किसी भी प्रकार की समस्या पैदा होने पर तुरंत उसका पता चल जाए, तनाव को कम करने के तरीके सीखें, अपने दोस्तों व परिवारजनों के साथ समय व्यतीत करें, परसिद्धा कार्य (हॉबी) करें, योग और मेडिटेशन करें, खेल-कूद में भाग लें और मस्तिष्क को शत करने वाली अन्य गतिविधियां करें। एक स्वस्थ जीवनशैली के लिए संतुलित आहार में पर्याप्त फाइबर का होना अत्यंत आवश्यक है, जो पाचन तंत्र को



सुधारने और वजन नियंत्रित रखने में मदद करता है। फाइबर युक्त भोजन का फायदा है, ताकि पाचन क्रिया सुचारु रहे। सेवन बढ़ाने के साथ-साथ पर्याप्त मात्रा में पानी या अन्य तरल पदार्थ जरूर पिएं, ताकि पाचन क्रिया सुचारु रहे।



GAPIO Member Dr. Shubhadeep Das Wins First Prize at NeoHearts Conference in London

GAPIO member Dr. Shubhadeep Das, Senior Consultant and Clinical Lead for Pediatric Cardiac ICU, PICU and Pediatrics at NH Narayana Superspeciality Hospital, Howrah, was awarded First Prize in the Oral Poster Presentation at the NeoHearts Conference held in London, United Kingdom, on 10 July 2026.

The recognition marks an important academic achievement for Dr. Das and acknowledges his contribution to the specialised fields of paediatric critical care and cardiac critical care. The NeoHearts platform brings together professionals working in neonatal and paediatric cardiac care, providing opportunities for clinicians and researchers to present their work and exchange knowledge in this highly specialised area of medicine.

Dr. Das brings extensive specialist training and international exposure to his clinical and academic work. He holds an MD and fellowships from the Royal College of Paediatrics and Child Health, London; the Royal College of Physicians, London; and the Royal College of Physicians of Edinburgh. He has also undertaken fellowship training in paediatric critical care and cardiac critical care, including training associated with the University of Toronto and SickKids Hospital, Canada, as well as the United Kingdom. He is also European Board Certified in Pediatric Intensive Care (EPIC).

As Senior Consultant and Clinical Lead at NH Narayana Superspeciality Hospital, Howrah, Dr. Das is involved in the management of critically ill children, including patients requiring specialised paediatric cardiac and intensive care. His academic engagement complements this clinical work and contributes to the continuing exchange of knowledge and advancement of practices within paediatric critical care.

Securing the First Prize at an international conference in London reflects Dr. Das's continued involvement in clinical research and academic presentation alongside his responsibilities in specialist patient care.

GAPIO congratulates its member Dr. Shubhadeep Das on this international recognition and commends his commitment to clinical excellence, research and academic advancement in paediatric and cardiac critical care. His achievement represents another distinguished contribution by a physician of Indian origin on an international academic platform.



Dr. Dave A. Chokshi Appointed to New York City Board of Health

Dr. Dave A. Chokshi, former New York City Health Commissioner and an Indian-origin physician and public health leader, was appointed to the New York City Board of Health by Mayor Zohran Kwame Mamdani. The appointment was approved by the City Council on September 10, 2026, and Dr. Chokshi will serve the remainder of a six-year term through May 31, 2030.

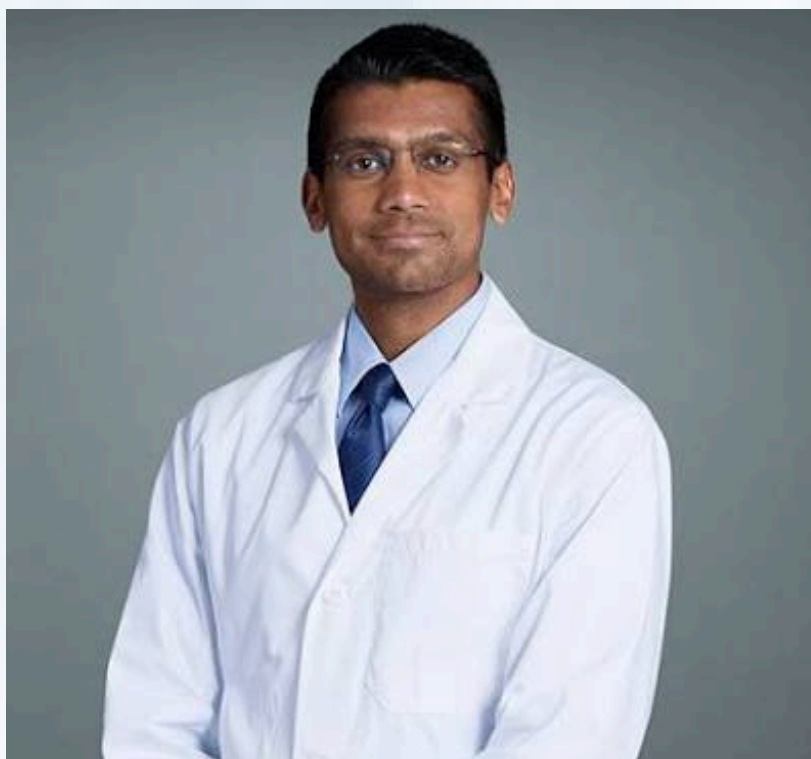
Dr. Chokshi previously served as New York City's 43rd Health Commissioner, leading the city's public health response during the COVID-19 pandemic. His tenure included overseeing vaccination efforts, expanding access to testing and treatment, and supporting school and economic reopenings. The Health Department also introduced initiatives focused on overdose prevention, community health workers, and nurse visits for new mothers and babies.

A practising physician at Bellevue Hospital, Dr. Chokshi's current clinical work focuses on caring for people experiencing homelessness. He is also the Sternberg Family Professor and Founding Director of the Health & Opportunity Leadership Institute at the City College of New York, Chair of the Common Health Coalition, and a Senior Scholar at the CUNY School of Public Health.

Earlier in his career, Dr. Chokshi served as the inaugural Chief Population Health Officer at NYC Health + Hospitals and as a White House Fellow at the U.S. Department of Veterans Affairs during the Obama administration.

His return to the New York City Board of Health brought extensive experience across clinical medicine, population health, healthcare leadership and public service to the 11-member body responsible for overseeing the New York City Health Code and addressing key public health priorities across the city.

Source:<https://www.nyc.gov/mayors-office/news/2026/09/mayor-mamdani-appoints-dr--dave-a--chokshi-to-the-nyc-board-of-h>



Prosthetic Heart Valves and AI-Based Monitoring Signal New Directions in Cardiac Care

Research into next-generation prosthetic heart valves and AI-powered cardiac monitoring is opening new possibilities for improving diagnosis, treatment and long-term management of heart disease.

Dr. Lokeswara Rao Sajja, Senior Consultant in Cardiothoracic Surgery and Founder of the Sajja Heart Foundation, highlighted ongoing research into a prosthetic mechanical heart valve designed to minimise dependence on long-term anticoagulation therapy. The technology is currently at the research stage, with further studies required before it can be considered for human use.

Artificial intelligence is also being explored alongside smartwatches and wearable devices to assess patient fitness for major cardiac procedures and support clinical decision-making.

Another emerging development is AI-enabled long-term ECG monitoring, where wearable devices continuously capture cardiac data that can be analysed using AI to help physicians identify intermittent rhythm abnormalities that shorter conventional ECG recordings may miss.

Experts emphasise that while AI could enhance monitoring and diagnostic accuracy, it is intended to support rather than replace physicians, with clinical decisions continuing to remain the responsibility of doctors.

Source: <https://www.deccanchronicle.com/southern-states/telangana/research-on-prosthetic-heart-valve-ai-based-cardiac-monitoring-are-future-areas-doctors-1991348>



GAPIO Women's Health International Lecture Series

The Global Association of Physicians of Indian Origin (GAPIO) conducted an insightful session on “Transforming Women's Health: Cutting Edge Robotic Surgery and Maternal Nutrition” as part of the GAPIO Women's Health International Lecture Series on 29th August 2026. The virtual session brought together experts to discuss advances in robotic surgery and the importance of nutrition in improving maternal and women's health outcomes.

Dr. Sunanda Gupta, Obstetrician and Gynaecologist, MPH in Health Policy and Administration, University of Illinois at Chicago, shared her expertise on contemporary developments in women's healthcare. Dr. Pakhee Aggarwal, Consultant, Gynaecology Oncology & Robotic Surgery, Apollo Hospitals, discussed the evolving role of robotic surgery in gynaecological care, highlighting how technological advances had contributed to greater precision and expanded possibilities for minimally invasive surgical management.

The session also addressed maternal nutrition and its importance across different stages of women's health, emphasising the need for appropriate nutritional assessment and interventions to support maternal well-being and healthier outcomes.

The session was chaired by Dr. Arun Kumar Aggarwal, Former Professor of Excellence in ENT and Ex-Dean, MAMC, and Additional Director General Health, Government of India. His extensive experience in clinical medicine, healthcare administration and public health contributed valuable perspectives to the discussion.

Dr. Arun Prasad, Clinical Lead, GI & Bariatric Surgeon, Academic Advisor and Adjunct Professor at Indraprastha Apollo Hospitals, New Delhi, moderated the session and facilitated the exchange of clinical insights among the experts.

The lecture provided a valuable platform for knowledge sharing on the integration of advanced surgical technology, clinical expertise and maternal nutrition, reinforcing the importance of multidisciplinary approaches in advancing women's healthcare.


GAPIO Women's Health International Lecture Series
 organized by Global Association of Physicians of Indian Origin (GAPIO)



Transforming Women's Health : Cutting Edge Robotic Surgery and Maternal Nutrition

LIVE on  29th Aug 2026  7:00 PM IST

Speaker	Speaker	Moderator	Chairperson
			
Dr. Sunanda Gupta Obstetrician and Gynaecologist MPH in health policy and Administration University of Illinois at Chicago	Dr. Pakhee Aggarwal MS, FRCOG (UK), FRCOG Senior Consultant, Gynaecology Oncology & Robotic Surgery, Apollo Hospitals	Dr. Arun Prasad Clinical Lead, GI & Bariatric Surgeon Academic Advisor and Adjunct Professor Indraprastha Apollo Hospitals, New Delhi Specialising in Laparoscopic, VATS, Thoracoscopy, Endoscopic and Robotic Surgery	Dr. Arun Kumar Aggarwal Former Prof. of Excellence ENT & Ex-Dean MAMC, Ex-Additional Director General Health, Government of India Medical Advisor - Innovation, Education & Clinical Excellence, Apollo Hospitals Group

Exclusive Webinar
 » Docplexus and the Global Association of Physicians of Indian Origin (GAPIO) present an insightful session on “Transforming Women's Health : Cutting Edge Robotic Surgery and Maternal Nutrition,” featuring eminent experts Dr. Sunanda Gupta, Dr. Pakhee Aggarwal, Dr. Arun Prasad, and Dr. Arun Kumar Aggarwal. Join these experts on **August 29 at 7:00 PM IST** to explore the latest insights and advances relevant to clinical practice.

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 get all your **queries answered!**

GAPIO-Nephrology International Lecture Series

The Global Association of Physicians of Indian Origin (GAPIO) conducted an insightful session on “Diabetic Kidney Disease: Modern Management Beyond RAAS Blockade” as part of the GAPIO Nephrology International Lecture Series on Saturday, 22nd August 2026. The virtual session focused on the evolving management of diabetic kidney disease and the expanding role of newer therapeutic approaches beyond conventional RAAS blockade.

The session highlighted the growing clinical importance of newer therapies, including GLP-1 receptor agonists, SGLT2 inhibitors and non-steroidal mineralocorticoid receptor antagonists (MRAs). The experts discussed how advances in these therapeutic options had broadened the approach to managing patients with diabetic kidney disease, with increasing emphasis on renal and cardiovascular protection.

Dr. Arunkumar S, Associate Professor, Department of Nephrology, AIIMS, New Delhi, and Dr. Muthukumar Balakrishnan, Associate Professor, Department of Nephrology, Atal Bihari Vajpayee Institute of Medical Sciences and Dr. Ram Manohar Lohia Hospital, New Delhi, served as the expert speakers. They shared their perspectives on contemporary treatment strategies and the evolving evidence supporting newer therapies in diabetic kidney disease.

The session was chaired by Dr. Lalit Pursnani, Professor, Department of Nephrology, Atal Bihari Vajpayee Institute of Medical Sciences (ABVIMS) and Dr. Ram Manohar Lohia Hospital, New Delhi. Drawing on his expertise in nephrology, he contributed to the discussion on translating emerging therapeutic evidence into effective clinical management.

Dr. Jayant Kumar Hota, MD, DM (Nephrology), Life Member of the Indian Society of Nephrology and Consultant Nephrologist, moderated the session and facilitated an engaging exchange of clinical perspectives among the experts. The lecture provided a valuable platform for continuing medical education and knowledge sharing, enabling healthcare professionals to gain a deeper understanding of the changing therapeutic landscape of diabetic kidney disease and its implications for clinical practice.


GAPIO® Nephrology International Lecture Series
Organized by Global Association of Physicians of Indian Origin (GAPIO)


Diabetic Kidney Disease : Modern Management Beyond RAAS Blockade

LIVE on  **22nd August 2026** |  **7:00 PM IST**

Speaker

Dr. Arunkumar S
Associate Professor
Department of Nephrology
AIIMS, New Delhi

Speaker

Dr. Muthukumar Balakrishnan
Associate Professor Department of
Nephrology Atal Bihari Vajpayee Institute
of Medical Sciences and B&B Hospital
New Delhi

Moderator

Dr. Jayant Kumar Hota
MD, DM (Nephrology), DM
(Nephrology)
Life member of Indian Society
of Nephrology Senior
Consultant Nephrologist
(Luck Now)

Chairperson

Dr. Lalit Pursnani
MBBS, MD, DM (Nephrology) Professor,
Department of Nephrology, Atal Bihari
Vajpayee Institute of Medical
Sciences (ABVIMS) B&B Hospital New
Delhi

Exclusive Webinar
 » Join us for the GAPIO Nephrology International Lecture Series on “Diabetic Kidney Disease: Modern Management Beyond RAAS Blockade” on **22nd August 2026 at 7:00 PM IST**, organized by the Global Association of Physicians of Indian Origin (GAPIO). Renowned nephrology experts will discuss the evolving role of GLP-1 receptor agonists, SGLT2 inhibitors, and non-steroidal MRAs in the modern management of diabetic kidney disease.

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

SOCIAL MEDIA COVERAGE

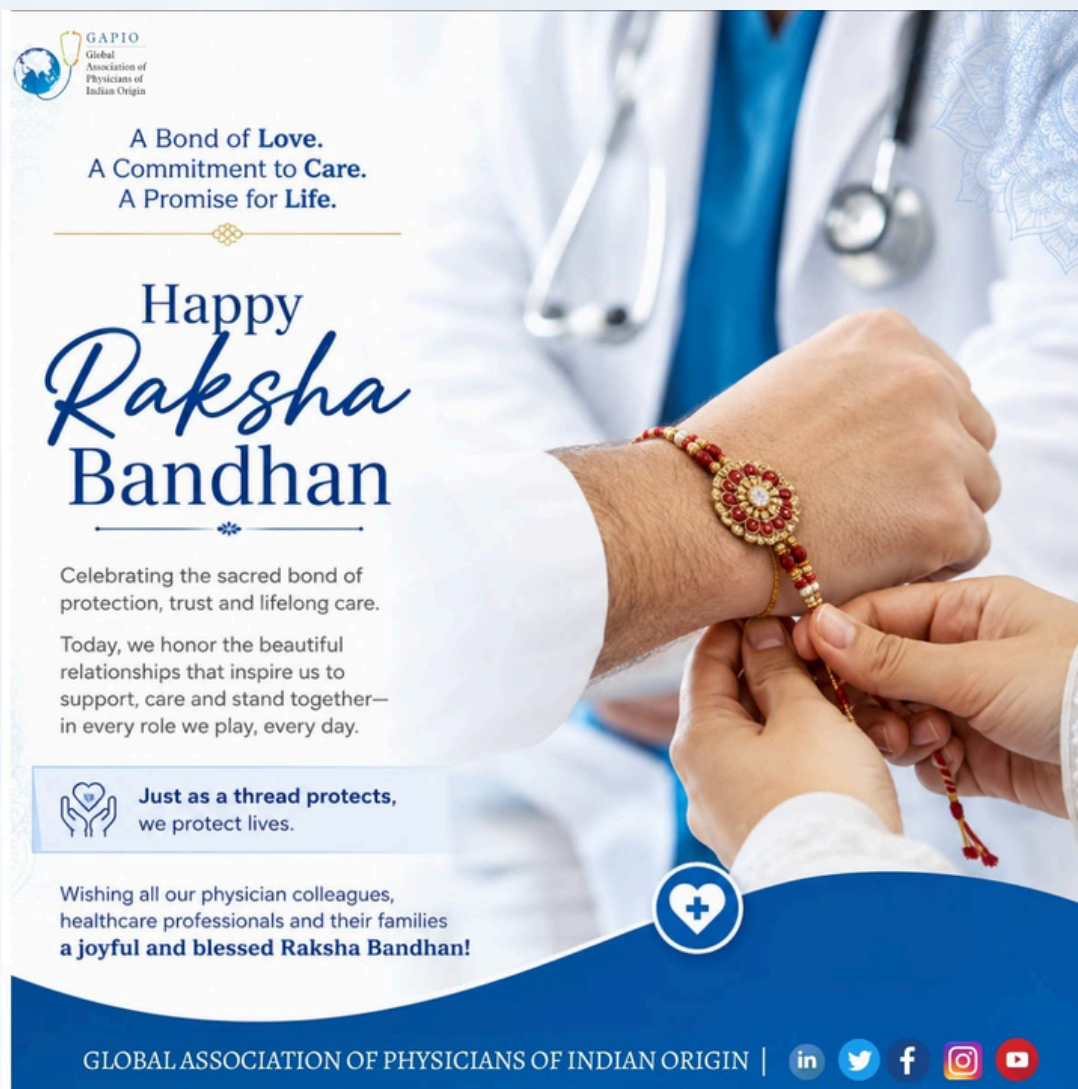
GAPIO Celebrated Raksha Bandhan with a Message of Care, Protection and Compassion

On the occasion of Raksha Bandhan, GAPIO celebrated the enduring bonds of love, trust, protection and responsibility that bring families and communities together.

Drawing a meaningful parallel with the healthcare profession, GAPIO highlighted how the spirit of protection represented by the sacred thread of Rakhi resonated deeply with physicians and healthcare professionals. Every day, across hospitals, clinics, laboratories, classrooms and communities, healthcare professionals continued to uphold their commitment to care, heal, support and protect those who placed their trust in them.

The occasion also served as a reminder of the shared responsibility that united the medical community across geographical boundaries — safeguarding health and serving humanity with compassion and dedication.

GAPIO extended warm wishes to physicians, healthcare professionals and their families around the world, celebrating Raksha Bandhan as a symbol of compassion in action, unity in purpose and service beyond boundaries.



GAPIO
Global
Association of
Physicians of
Indian Origin

**A Bond of Love.
A Commitment to Care.
A Promise for Life.**

**Happy
Raksha
Bandhan**

Celebrating the sacred bond of protection, trust and lifelong care.

Today, we honor the beautiful relationships that inspire us to support, care and stand together—in every role we play, every day.

 **Just as a thread protects, we protect lives.**

Wishing all our physician colleagues, healthcare professionals and their families a joyful and blessed Raksha Bandhan!



GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN |     

SOCIAL MEDIA COVERAGE

GAPIO Celebrates India's 80th Independence Day, Honouring Freedom, Unity and the Vision for a Healthier Nation

On the occasion of India's 80th Independence Day, GAPIO joined the nation in paying tribute to the courage, sacrifice and vision of those who shaped India's journey to freedom. The occasion also provided an opportunity to reflect on the responsibility of contributing towards a stronger, healthier and more progressive India.

The celebrations highlighted the themes of "150 Years of Vande Mataram" and "Yuva Shakti for Viksit Bharat@2047." While the historic role of Vande Mataram in inspiring India's freedom movement was remembered, the occasion also recognised the energy, ideas and leadership of India's youth in shaping the nation's future.

GAPIO highlighted the important role of the healthcare community in nation-building. Through patient care, medical education, research, innovation and public health initiatives, physicians and healthcare professionals had continued to strengthen communities and contribute towards a healthier and more resilient nation.

The organisation also acknowledged physicians of Indian origin serving in India and across the world for their dedication to medicine, compassionate care and service to humanity. Their contributions continued to reflect the values of professional excellence and commitment that remained central to GAPIO's mission.

The occasion reaffirmed GAPIO's commitment to the vision of Viksit Bharat@2047 and to encouraging healthcare professionals to lead with compassion, innovate with purpose and contribute towards a healthier and stronger India.



HEALTH TIPS/FACTS

Promoting Wellbeing Among Doctors: Why the Working Environment Matters

Doctors spend much of their professional lives caring for others, but their own wellbeing can easily be affected by demanding workloads, long hours, administrative pressures and limited control over how they work. Supporting physician wellbeing therefore requires more than encouraging doctors to become more resilient—it also requires creating working environments that allow them to remain healthy, engaged and professionally fulfilled.

Here are some important ways healthcare organisations can support doctors:

- **Give Doctors Greater Autonomy:** Having reasonable control over working patterns, schedules and professional responsibilities can improve job satisfaction and reduce stress. Wherever possible, doctors should be involved in decisions that directly affect how they work.
- **Make Flexible Working a Real Option:** Doctors may need flexibility at different stages of their careers because of childcare, family responsibilities, health concerns or changing personal circumstances. Flexible working arrangements can help experienced professionals remain in the workforce without compromising their wellbeing.
- **Create a Supportive Workplace Culture:** Doctors need environments where they feel respected, valued and comfortable seeking support when required. Strong professional relationships, effective teamwork and supportive leadership can reduce isolation and improve the overall experience of work.
- **Recognise Individual Needs:** Wellbeing means different things to different people. Some doctors may benefit from greater flexibility, while others may value professional development, peer support or greater autonomy. Wellbeing initiatives should therefore allow individual choice rather than relying on a single approach for everyone.
- **Address the Causes of Workplace Stress:** Yoga sessions, mindfulness programmes or wellness activities can be useful, but they cannot compensate for excessive workloads, inadequate staffing, administrative burden or an unhealthy workplace culture. Sustainable wellbeing requires organisations to address these underlying factors.
- **Make Wellbeing a Shared Responsibility:** Doctors can take steps to protect their own health, but organisations also have a responsibility to create conditions in which wellbeing is realistically achievable. Listening to physicians and involving them in designing workplace policies can make wellbeing initiatives more relevant and effective.

Physician wellbeing should not be viewed as an individual responsibility alone. Autonomy, flexibility, supportive relationships and healthy working conditions can help doctors maintain both their personal wellbeing and professional fulfilment.

Creating environments where doctors can thrive ultimately benefits not only healthcare professionals themselves, but also the patients and communities they serve.

Source: <https://pmc.ncbi.nlm.nih.gov/articles/PMC1119513/>

HEALTH TIPS/FACTS

The Wellness Ripple Effect: How Supporting Physician Wellbeing Benefits Everyone

Physician wellbeing influences far more than the individual doctor. When healthcare professionals are supported physically, mentally, emotionally and professionally, the benefits can extend to patients, colleagues, healthcare organisations and the wider health system. Creating an environment where doctors can thrive is therefore an important component of delivering safe, compassionate and sustainable healthcare.

Here are some of the wider benefits of supporting physician wellbeing:

- **Fewer Mistakes in Patient Care:** Fatigue, burnout and excessive stress can affect concentration, decision-making and clinical performance. Supporting adequate rest, manageable workloads and psychological wellbeing can help physicians remain focused and deliver safer patient care.
- **Increased Patient Satisfaction:** Patients benefit when physicians have the time, energy and emotional capacity to listen and communicate effectively. Doctors who feel supported may be better positioned to build stronger physician-patient relationships and provide compassionate, patient-centred care.
- **Lower Levels of Physician Fatigue:** Long working hours, demanding schedules and insufficient recovery time can contribute to physical and emotional exhaustion. Appropriate staffing, realistic workloads, sufficient rest and organisational support can help reduce fatigue and support sustainable medical practice.
- **Improved Physician Mental Health:** Medicine can involve considerable emotional pressure, particularly when physicians regularly encounter illness, suffering and difficult clinical decisions. Access to confidential mental health support, peer networks and a workplace culture where seeking help is accepted can make an important difference.
- **Better Workplace Relationships:** A supportive working environment can strengthen communication, teamwork and professional relationships. When physicians feel respected and valued, they may be better able to collaborate effectively with colleagues and contribute positively to organisational culture.
- **Healthier Healthcare Organisations:** Physician burnout can contribute to absenteeism, staff turnover and recruitment pressures, all of which carry organisational and financial consequences. Investing in physician wellbeing can support workforce retention, continuity of care and a more stable healthcare environment.

Supporting physician wellbeing should therefore extend beyond individual wellness activities. Healthcare organisations can contribute by addressing workload, staffing, workplace culture, autonomy, flexibility and access to appropriate support.

When physicians are supported to remain healthy and professionally fulfilled, the ripple effect can reach their patients, colleagues and organisations. Physician wellbeing is not simply about caring for doctors—it is an important part of building safer, healthier and more sustainable healthcare systems.

Source: <https://www.championsofwellness.com/6-impacts-of-supporting-physician-well-being/>

GAPIO Honors' List August 2026



Dr. Ashish Aneja, Senior Medical Officer at Kurukshetra University, successfully organized a free Cardio-Diabetic and General Health Check-up Camp on 3 September 2026 at Kurukshetra. The camp provided free health screenings, including blood glucose testing, bone mineral density (BMD) assessment, neuropathy screening, spirometry, and ECG services. Free medicines were also distributed to underprivileged and needy beneficiaries.

Dr. Ashish Aneja is also honoured with the Unnat Bharat Sevashree Samaj Ratna Award 2026 for his exemplary service in healthcare, diabetes awareness, yoga promotion, and community development.

Dr. Dillip Kumar Dash, Hon. Professor and Senior Consultant Psychiatrist, Bilaspur, Chhattisgarh, achieved several notable milestones in August 2026. He successfully completed his Ph.D. in Psychology, marking the culmination of dedicated academic research and scholarly publications.

He was also honoured with the prestigious Legacy of Literature Award 2026 by The Literature Times for his book *Talking To Self*, at a ceremony held in Raipur on 23 August 2026. These accomplishments exemplify his commitment to excellence in both academia and literature.

GAPIO Honors' List August 2026

Dr. Kandamaran Krishnamurthy Consultant in Paediatric Intensive Care, Queen Elizabeth Hospital, Barbados; Senior Associate Lecturer in Paediatrics, The University of the West Indies, recognized for his outstanding international contribution to healthcare capacity building. Selected as one of only five faculty members to train healthcare professionals from Eastern Caribbean nations under a program associated with the Pan American Health Organization (PAHO). His work in paediatric critical care education and workforce development has strengthened regional healthcare preparedness, clinical excellence, and system resilience across the Caribbean.

GAPIO congratulates Dr. Kandamaran Krishnamurthy on this significant achievement and for representing the global physician community with distinction on an international platform. His dedication to advancing medical education and supporting healthcare workforce development exemplifies the spirit of service and leadership that GAPIO proudly celebrates.

[#HealthForAll #PandemicPreparedness](https://www.paho.org/.../27-8-2026-eastern-caribbean)

Dr. O. P. Sharma, MD, D. Litt., FRCP, FGSi, FICN, FICP, FIAMS, FCGP, FACM, FIMSA, FGAPIO, is a Senior Consultant in Geriatric Medicine at Indraprastha Apollo Hospitals, New Delhi and Secretary General of the Geriatric Society of India, has achieved the following milestones:

Recent Achievements and Contributions

- Dr. O P Sharma was conferred the prestigious Lifetime Achievement Award by the Innovative Physicians Forum on 29 August 2026 in recognition of his exceptional lifetime contributions to medicine and healthcare.
- Continuing his commitment to advancing healthcare for older adults, Dr. Sharma chaired the Geriatric Tuberculosis Workshop held on 12 September 2026 at the New Delhi TB Centre. The workshop was jointly organized by the Geriatric Society of India and the Tuberculosis Association of India.
- The workshop brought together representatives from the World Health Organization (WHO), New Delhi TB Centre, National Institute of Tuberculosis and Respiratory Sciences (NITRD), Delhi Medical Council, Indian Medical Association (IMA), State Tuberculosis Programme representatives, and the State TB Training and Demonstration Centre (STDC).
- Discussions focused on the growing burden of tuberculosis among older adults and emphasized the need for multidisciplinary collaboration in prevention, early diagnosis, treatment, rehabilitation, and public health interventions to improve outcomes in the ageing population.
- Through his sustained leadership in geriatric healthcare, academic excellence, scientific publishing, and public health advocacy, Dr. Sharma continues to strengthen healthcare services for older persons and inspire medical professionals across India and beyond.

Dr. Raju Vaishya, Senior Consultant, Orthopaedic Surgeon at New Delhi has published the following papers in August 2026

Academic Achievements of Dr (Prof) RAJU VAISHYA for August 2026

Publications

1. Vaishya R, Singh A, Gupta BM, Vaish A, Botchu R. Bibliometric analysis of 50 years of publications in Skeletal Radiology (1976–2025): trends, impact, and global collaboration patterns. *Skeletal Radiol* 2026; <https://doi.org/10.1007/s00256-026-05359-0>
2. Vaishya R, Ram S, Gupta BM, Vaish A, Arjuman A. Highly Cited Publications of Indian Biomaterials Research for Orthopedics: A Bibliometric Assessment of Scopus-Indexed Publications (1984-2025). *National Board of Examination J of Med Sc* 2026; 4 (10): 1–32. DOI 10.61770/NBEJMS. 2026.v04.i10.0xx
3. Vaishya R, Vaish A, Ebrahimzadeh MH. Understanding Orthopedic Knowledge Through Bibliometrics: Promises, Pitfalls, and Practical Applications. *Arch Bone Joint Surg* 2026;14(9):558-560 Doi: 10.22038/abjs.2026.97469.4364

GAPIO Honors' List August 2026

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

Peacock Medical Education Excellence Award 2026

Dr. Rajul Rastogi was honored with the prestigious Peacock Medical Education Excellence Award 2026 at the National Consultation on AI Readiness for Healthcare, Education & Research held in New Delhi.

Key Highlights

Medical Education & Healthcare Innovation

- Recipient of the Peacock Medical Education Excellence Award 2026.
- Recognized for contributions to healthcare innovation, medical education, and translational research.
- Actively involved in developing Quantum AI models for Indian Healthcare through Debraj Ecosystem Pvt. Ltd.

International Recognition in Green Radiology

- Presented two research papers on Green Radiology and Environmental Sustainability at AOCR SGCR-WIRES 2026, Singapore.
- Among approximately 600 accepted abstracts from 42 countries, both papers were selected for presentation.
- Received an International Travel Award for exceptional research contributions.
- Advocating environmentally sustainable practices in medical imaging and radiology.

Healthcare Entrepreneurship & Innovation

- Represented Debraj Ecosystem Pvt. Ltd. at the Bharat Innovation & Startup Exchange (BISE) 2026 during the Bharatiya Vyapar Mahotsav, Bharat Mandapam, New Delhi.
- Achieved a place among the Top 10 startups from nearly 150 competing pitch decks.
- Highlighted the importance of combining medical innovation with economic sustainability to scale healthcare solutions

Dr. Shubhadeep Das, Senior Consultant and Clinical Lead: Pediatric Cardiac ICU/ PICU/ Pediatrics NH Narayana Super speciality Hospital, Howrah was Awarded First Prize in Oral Poster Presentation at the Neo Hearts Conference, London, United Kingdom, held on 10 July 2026, in recognition of his academic and research contribution in pediatric and cardiac critical care.

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

Global Association of Physicians of Indian Origin

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