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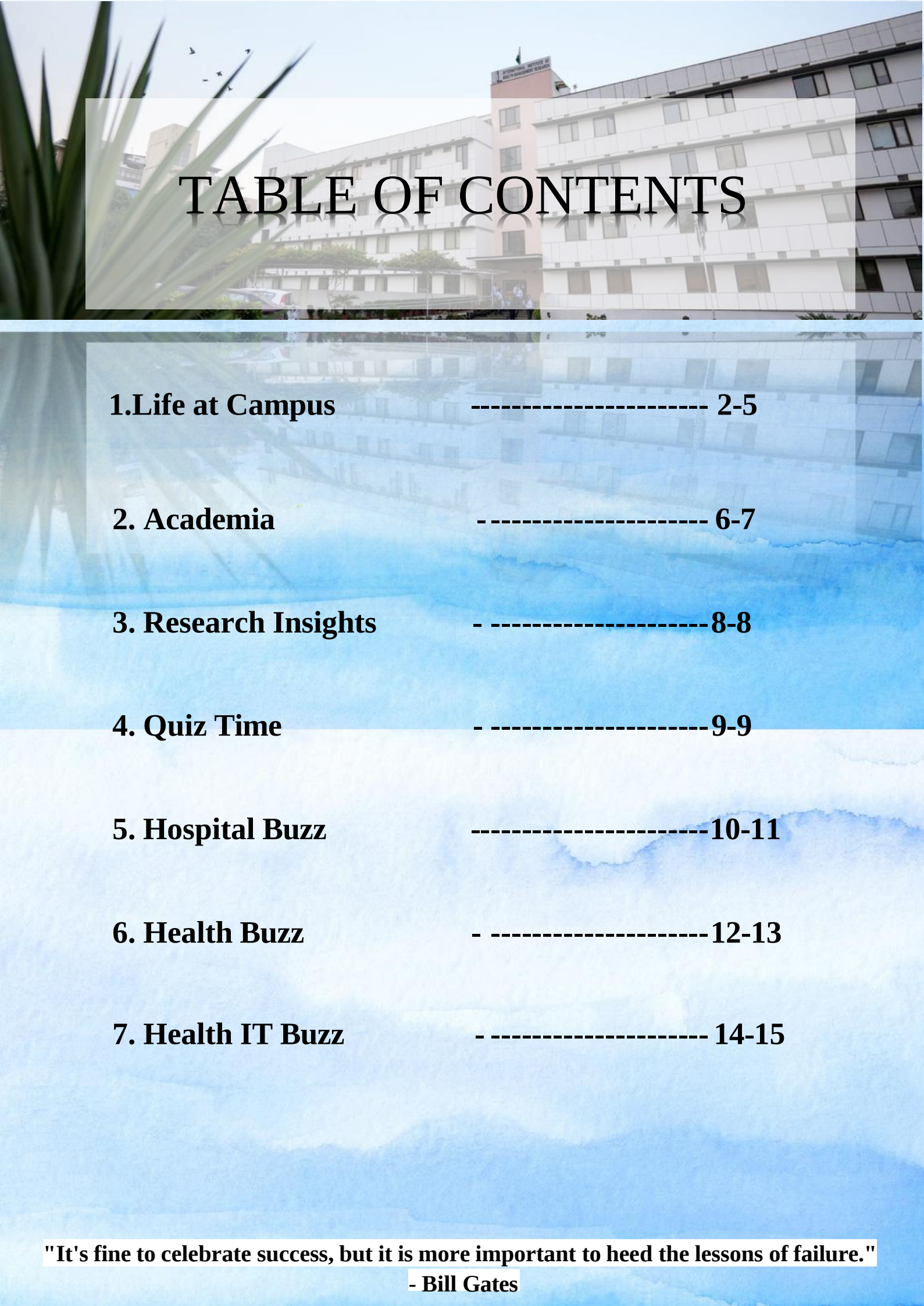


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"It's fine to celebrate success, but it is more important to heed the lessons of failure."

- Bill Gates

LIFE AT CAMPUS

Expert Talk on Global Initiative for Digital Health

On 6th March, 2024 IIHMR Delhi organized an expert talk on "Global Initiative for Digital Health". The talk was delivered by Mr. Sameer Kanwar, Director-Digital Health at PATH. His talk focused on and explained the principles of the Global Initiative for Digital Health (GIDH) while discussing its challenges and opportunities. The insights shared by Mr. Kanwar

shed light on the evolving digital health landscape on a global scale, inspiring the students to explore innovative solutions in the field. The talk provided a valuable learning experience, encouraging students to think critically and creatively about the role of digital health in transforming healthcare delivery.



"Mera Pehla Vote- Desh Ke Liye Campaign"

The "Mera Pehla Vote- Desh Ke Liye" campaign was organized on March 13th in IIHMR Delhi. The event was marked by various activities aimed at promoting voter awareness and participation. These activities included painting competitions, debates, and rallies, engaging students and faculty members in meaningful

discussions about the importance of voting and its impact on the country. The campaign encouraged the IIHMR community to exercise their right to vote, emphasizing the role of every individual in shaping the nation's future through the democratic process.



Workshop on Mastering the Art of Crafting an Attractive CV

In a bid to equip students to navigate the job market successfully, IIHMR Delhi hosted a workshop on 13th March 2024. The workshop was led by esteemed educator Dr. Vishal Goyal. The workshop focused on meticulous crafting an attention-grabbing curriculum vitae, a vital tool in the arsenal of any job seeker as a well-crafted CV plays in leaving a lasting impression on prospective employers. Dr. Goyal emphasized the importance of striking the right balance between showcasing one's qualifications, skills, and

experiences while maintaining a concise and visually appealing format. He also stressed the significance of tailoring each CV to the specific requirements of the job or industry, highlighting the need for customization and relevance. The students were guided through a step-by-step analysis of the key components of a CV, ranging from personal details and educational background to professional experiences and achievements.



IIHMR Delhi Hosted Ageing Perspective Symposium”

IIHMR Delhi in collaboration with the Ministry of Social Justice and Empowerment, Government of India hosted the Ageing Perspective Symposium on 15th & 16th March 2024, bringing together experts to discuss aging policies, wellness strategies, and cutting-edge research. The symposium provided a platform for the participants to gain insights into various facets of aging in India. The Symposium also deliberated upon the future discourse on aging and public health to promote a healthier tomorrow.

Esteemed experts from government organizations, academia, and non-government organizations shared insights, forging new pathways in elderly care. Various panel discussions highlighted age-friendly policies, innovative healthcare models, and technology's role in healthy aging. The symposium's success paved the way to drive positive change in aging and public health for a healthier, more inclusive society.



"Introducing: IIHMR, Delhi's Innovative Online Digital Health Enterprise Planning Course"

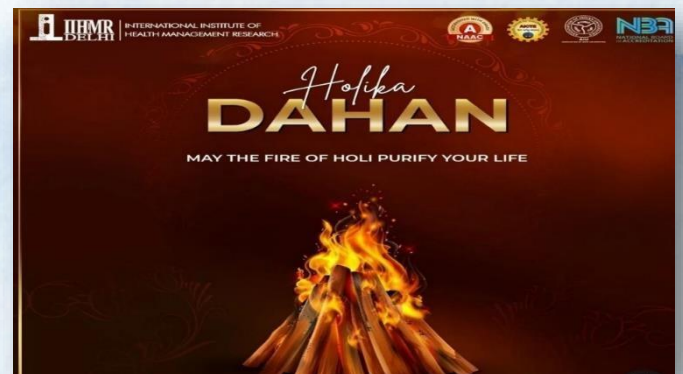
UNICEF India, IIHMR Delhi, and IIT Bombay jointly launched a 10-week Online Digital Health Enterprise Planning course on 27th March 2024. The course is a major step toward fulfilling UNICEF India's commitment to the Global Initiative on Digital Health (GIDH), launched during India's G20 Presidency in 2023. It aims to improve healthcare delivery by using digital technologies effectively, in line with the Sustainable Development Goals and the GIDH. The

course aims to equip healthcare professionals, including doctors, nurses, pharmacists, healthcare administrators, and allied health professionals with the skills to support the digital transformation of the healthcare sector. The course curriculum seamlessly integrates theoretical depth with hands-on planning, offering invaluable insights into the evolving landscape of digital health. Policymakers, IT professionals, and individuals involved in healthcare technology implementation too can benefit from the course.



"Colorful Commemoration: Holi Celebrations at IIHMR Delhi Institute"

IIHMR Delhi Institute came alive on the 25th March 2024 as it embraced the colorful festivities of Holi. Laughter filled the air as students, faculty, and staff joined in the celebration, painting each other with bright hues and sharing in the joy of the occasion. With music adding to the festive atmosphere, Holi became a day of unity and cultural exchange at IIHMR Delhi, leaving behind unforgettable memories of camaraderie and happiness.



“IIHMR Delhi students begin 2-month Summer Internships”

The 1st year students commenced their 2-month summer internships from 22nd April in various esteemed organizations spread across the country. Some of these organizations include Sphere India, Carpl AI, Max Hospitals, NHM Punjab, Plasmit-Health IT Vector, Fortis Gurgaon, Sitaram Bhartiya Hospital, IQVIA, Piramal Healthcare, and others. The internship provides students with a valuable opportunity to gain corporate exposure and hands-on experience in the healthcare industry.

During their internships, students will be involved in various tasks, including supply chain management, operations, HR, data analysis, project management, research, and strategy development. They will also interact with healthcare professionals and industry experts, gaining insights into the healthcare sector. This experience will enhance their academic learning



and equip them with the practical skills required for their future careers. The students are enthusiastic about contributing positively to their respective organizations and making the most of this valuable opportunity

Don't watch the clock; do what it does. Keep going." - Sam Levenson

ACADEMIA

Title: Battling Antimicrobial Resistance: Strengthening Surveillance in India



The discovery of antibiotics in the early 20th century was one of the most significant advancements in medical history. It transformed the treatment of infectious diseases, enabling procedures like organ transplants and surgeries that were previously impossible due to the high risk of infection. However, the widespread use and misuse of antibiotics have led to the emergence of antibiotic-resistant bacteria, posing a serious threat to global public health.

Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi, or parasites evolve and become resistant to the drugs used to treat them. This resistance can lead to prolonged illnesses, increased healthcare costs, and even death. In 2019, AMR was responsible for 1.27 million deaths worldwide, surpassing the combined toll of HIV and malaria. India, with its high population density and antibiotic consumption rates, is particularly vulnerable to this threat.

The overuse and misuse of antibiotics in India are major contributors to the rise of AMR. Antibiotics are often prescribed unnecessarily for viral infections, contributing to the development of resistant bacteria. Moreover, antibiotics are widely used in the agricultural sector as growth promoters for livestock, leading to the presence of antibiotic residues in food products and the environment.

The environmental aspect of AMR is often overlooked but is crucial to understanding the spread of resistant bacteria. Antibiotic residues from agriculture, pharmaceutical manufacturing, and human waste contaminate soil and water bodies, creating hotspots for the development and spread of resistant bacteria.

Several factors contribute to the AMR burden in India. High rates of infectious diseases, inadequate infection prevention control practices, and stretched public health systems all exacerbate the problem. Additionally, easy access to antibiotics without prescriptions, limited knowledge and awareness about AMR, and insufficient laboratory resources for disease-based diagnosis further fuel the crisis.

In response to the growing threat of AMR, India has implemented various initiatives to combat the problem. Robust surveillance systems, such as the AMR Surveillance and Research Network (AMRSN) and the National AMR Surveillance Network (NARS-net), monitor antibiotic resistance trends in priority pathogens. However, concerning trends have been observed, with pathogens like *E. coli* and *Klebsiella* showing alarmingly low susceptibility to common antibiotics.

Efforts to improve antimicrobial consumption (AMC) surveillance, such as the Antimicrobial Stewardship, Prevention of Infection, and Control (ASPIC) initiative, aim to curb antibiotic misuse. Regulations like Schedule

H1 under the Drugs and Cosmetics Rules mandate prescriptions for antibiotics, but challenges persist due to over-the-counter sales and lack of enforcement.

In the animal husbandry sector, the Indian Network of Fisheries and Animal Antimicrobial Resistance (INFAAR) monitors AMR, but national AMC surveillance is lacking. Regulations aim to promote the rational use of antibiotics, but enforcement is hindered by challenges like farmer awareness and accessibility to veterinary expertise.

The food sector also lacks integrated surveillance systems for monitoring antibiotic residues and antibiotic-resistant bacteria. Initiatives like "Eat Right India" promote safe diets, but more stringent regulations are needed regarding antibiotic use in food production.

Environmental surveillance for antibiotic residues is virtually non-existent in India. Efforts have been made to address antibiotic pollution through draft notifications and emission standards, but more comprehensive regulation and monitoring are needed to prevent further contamination of water bodies.

The lack of comprehensive surveillance poses risks at local, national, and global levels. Inadequate tracking could lead to suboptimal treatment outcomes, hinder policy formulation, and impede early warnings about emerging threats.

The veterinary sector in India faces challenges such as workforce shortages and lack of well-functioning laboratories. Regulatory challenges include over-the-counter sales of antibiotics and the proliferation of informal healthcare providers. High demand for food production leads to antibiotic use as growth promoters, further contributing to AMR.

Proposed interventions include media campaigns, incentives for practitioners and pharmacists, technological innovation, collaboration with NGOs, and strategic alliances with developed nations. Addressing AMR in India requires synchronized actions and long-term commitment across sectors, within the One Health framework.

The "National Programme on AMR Containment" launched by the Government of India aims to establish a laboratory-based AMR surveillance system, monitor antimicrobial usage, strengthen infection control practices, and generate awareness. National Treatment Guidelines and Infection Prevention & Control guidelines have been developed to guide healthcare providers.

In conclusion, addressing the growing burden of antimicrobial resistance requires synchronized actions and long-term commitment from stakeholders across sectors. National-level policymakers must take the lead in securing political commitment, ownership, and joint action plans within the One Health framework to combat AMR effectively. Strengthening surveillance, regulation, and awareness efforts is imperative to safeguard public health and environmental well-being in India.



RESEARCH INSIGHTS

Metabolic non-communicable disease health report of India: the ICMR-INDIAB national cross-sectional study (ICMR-INDIAB-17)

The region of South Asia is currently undergoing an epidemiological transition with an increase in the prevalence of noncommunicable diseases (NCDs) and India's contribution is largest towards this NCD burden. The studies conducted over the last two decades in India have revealed high burden of diabetes, hypertension, and dyslipidaemia. However, most of these studies have relied on self-report of these conditions, do not use robust methodology for diagnosis, represent secondary analyses of data from surveys not specifically focused on NCDs, or are not truly representative of the population of the country. Also, none of these studies provide information on the prevalence of prediabetes, which limits their utility in assessing the status of the diabetes epidemic in India and predicting its future trajectory. This paper discusses the Indian Council of Medical Research–India Diabetes (ICMR-INDIAB) study.

The ICMR-INDIAB is the largest survey on diabetes and other metabolic NCDs undertaken in India and covers all the states and union territories of the country with the aim to quantify the prevalence of metabolic NCDs in India and analyse interstate and inter-regional variations. The study is a cross-sectional population-based survey, which assessed a representative sample of individuals aged 20 years and older drawn from urban and rural areas of all the states and union territories of the country. The survey was conducted in multiple phases with a stratified multistage sampling design, using three-level stratification based on geography, population size, and socioeconomic status of each state. Diabetes and prediabetes were diagnosed using the WHO criteria, hypertension using the Eighth Joint National Committee guidelines, obesity (generalised and abdominal) using the WHO Asia Pacific guidelines, and dyslipidaemia using the National Cholesterol Education Program—Adult Treatment Panel III guidelines.

A total of 113043 individuals (79506 from rural areas and 33 537 from urban areas) participated in this study between 2008 and 2020. The overall weighted prevalence of diabetes was 11·4%, prediabetes 15·3%, hypertension 35·5%, generalised obesity 28·6%, abdominal obesity 39·5, and dyslipidaemia 81·2%. All metabolic NCDs except prediabetes were more frequent in urban than rural areas. In many states with a lower human development index, the ratio of diabetes to prediabetes was less than 1. The findings suggest that the prevalence of diabetes and other metabolic NCDs in India is considerably higher than previously estimated. While the diabetes epidemic is stabilising in the more developed states of the country, it is still increasing in most other states. The prevalence of other cardiometabolic risk factors such as obesity, hypertension, and dyslipidaemia is uniformly high across the country, particularly in the urban areas.

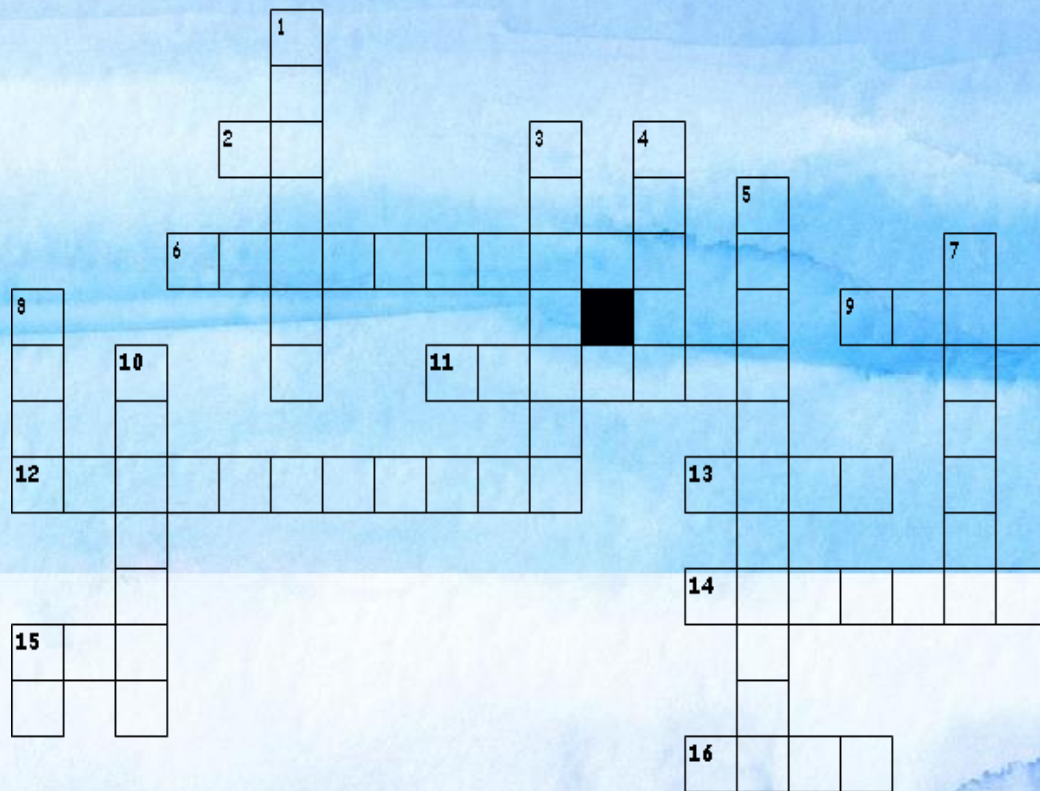
There are serious implications for the nation, warranting urgent state-specific policies and interventions to arrest the rapidly rising epidemic of metabolic NCDs in India. The focus should therefore be on implementing interventions to minimise the progression of prediabetes to diabetes in states where the diabetes epidemic has yet to peak, and providing optimal care to ensure comprehensive risk factor reduction in individuals with diabetes to prevent complications in those states where the epidemic has already stabilised.

Further details of the study can be found in following link:

[https://www.thelancet.com/journals/landia/article/PIIS2213-8587\(23\)00119-5/fulltext](https://www.thelancet.com/journals/landia/article/PIIS2213-8587(23)00119-5/fulltext)

"Believe you can and you're halfway there." - Theodore Roosevelt

QUIZ TIME



ACROSS

2. Emergency Room
6. Provides mobility assistance
9. Imaging test for bones
11. Person receiving medical care
12. Checks body temperature
13. Doctor's scrubs
14. Sharp surgical tool
15. Intensive Care Unit
16. Short for medication

DOWN

1. Operates on Patients
3. Material used in casts
4. Caregiver who assists patients
5. Listens to heart and lungs
7. Wraps a wound
8. Supports a broken bone
10. Regular doctor's visit
15. Intravenous drip

"Success is not how high you have climbed, but how you make a positive difference to the world." - Roy T. Bennett



HOSPITAL BUZZ

1. KEM Hospital to launch state's first public heart transplant programme

The civic-run KEM Hospital in Parel is poised to start its heart transplant programme, as its cardiac surgery department has enrolled two patients for heart transplants. Securing the license to conduct heart transplants in December last year, the hospital will become the first public hospital in the state to offer this programme.

In Mumbai alone, 51 patients are on the Zonal Transplant Coordination Committee (ZTCC) waiting list for heart transplants. Dr Hemant Pathare, heart and lung transplant surgeon at Jaslok Hospital, said India has the largest number of heart failure patients in the world. "A heart transplant programme in a public hospital will not only bring down the transplant cost but also boost cadaver organ donations," he said.

Source: Hindustan Times

[Click here for full text](#)

2. Paras Healthcare lays foundation stone for its forthcoming 300-bed hospital in Gurugram

Paras Healthcare Private Limited recently performed a foundation stone ceremony for its forthcoming 300 bed hospital. This new facility will be the second hospital under the umbrella of Paris health in Gurugram to be located in sector 63-A. The ceremony was graced by the presence of Dr Dharminder Kumar Nagar, Managing Director, Paris Health; Ankit Goyal, Director Essel Infra LLP; Dr Kapil Garg, Director, Health; and Dr Santy Sajan Group Chief Operating Officer, Paras Health.

Source: The Economic Times

[Click here for full text](#)

3. Max Healthcare to invest Rs 2500 crore for healthcare infrastructure development in Lucknow

Max Healthcare Institute Ltd unveiled its plan to invest ₹2500 crore for the development of world class healthcare infrastructure in the city of Lucknow. It also announced the renaming of Sahara Hospital as Max super speciality Hospital, Lucknow. Max Healthcare recently completed the acquisition of healthcare undertaking consisting of 550 bedded Sahara Hospital on a slump sale basis from Sahara India Medical Institute Ltd at an enterprise value of ₹940 crore.

Source: The Economic Times

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4. City hospitals switch to Covid-time online protocol to spare patient's heatwave blues

With maximum temperature soaring past the 40°C mark, a significant number of patients, especially elderly ones, have been seeking virtual consultations. To avoid the heat Narayana health. For instance, it has revived online consultations through its Narayana health app. "We have also extended OPD hours to complement our digital healthcare services, providing patients with flexible options to receive timely medical attention across our units," said Narayana Health, COO R Venkatesh.

Source: The Times of India

[Click here for full text](#)

5. Pune Hospital Successfully Completes Disc Replacement Surgery

A Pune-based private hospital has successfully completed a cervical disc replacement surgery on a 32-year-old female, extending the patient's range of motion for an additional 10 years.

Dr Prasad Muglikar, Medical Director, said, "This breakthrough procedure has set a new standard for spinal surgery in Pune and beyond. The team is eager to offer this innovative treatment to more patients as part of their mission to provide excellent healthcare for all patients."

Source: The Times of India

[Click here for full text](#)

6. PM Modi Unveils Indian Funded Modern Hospital in Bhutan

Prime Minister Narendra Modi on his two-day trip to Bhutan has inaugurated a Modern Hospital in Thimphu on Saturday, March 23. The Gyaltsuen Jetsun Pema Wangchuk Mother and Child Hospital, which is financed by the Indian government, seeks to provide excellent healthcare services, mainly to mothers and children. It represents the strong development collaboration between India and Bhutan.

The hospital jointly opened by Prime Ministers of both the countries demonstrates both nations' commitment to nurturing a healthier future generation.

Source: The Indian Express

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HEALTH BUZZ

1. Bird flu H5N1- Can it spread through other animals and animal products?

Avian influenza, particularly H5N1, poses significant risks to birds and humans. Recent cases highlight transmission to wild animals and dairy cows, urging rigorous testing and preventive measures to curb zoonotic spread and ensure public health safety. While the primary mode of transmission of H5N1 is through direct contact with infected birds or their secretions, recently few cases were seen where there was a potential transmission through other animal products.

Source: Times of India

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2. World Health Day: India's healthcare sector reflects 12.59 per cent growth in 2024-25

The hospital market in India, valued at USD 98.98 billion in 2023, is set to continue its upward trajectory, with projections indicating a CAGR of 8.0 per cent from 2024 to 2032. By 2032, the market is estimated to reach value of USD 193.59 billion. The telemedicine market, for instance, is expected to touch USD 5.4 billion by 2025, growing at an impressive CAGR of 31 per cent.

Similarly, AI applications in healthcare are projected to grow at an annual rate of 45 per cent by 2024, indicating a significant shift towards technology-driven healthcare solutions

Source: The Economic Times

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3. ICMR to expand its clinical trial network to provide solutions for health issues

The ICMR established INTENT, a network of medical colleges and research institutes, with an overarching goal of providing evidence-based, and culturally sensitive solutions to health issues of national priorities by conducting large, decisive, regulation compliant clinical trials.

Source: The Economic Times

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4. Centre should urgently address alleged side-effects of Covishield, says Delhi health minister

Speaking about complications related to the Covidshield vaccine, Bhardwaj told PTI, "The central government should urgently address the alleged side-effects of the vaccine because millions of people in India have been vaccinated with Covidshield."

Source: The Economic Times

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5. The current era is one of precision medicine and personalised medicine

Understanding the role of immunity in cancer management has opened a wide spectrum of immunity-based medicines, collectively known as immunotherapy. These various targeted therapies or genetically designed immunity cells (CAR-T cells, etc) are utilised for effective cancer treatment.

Source: The Economic Times

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6. Health Ministry to consult states on fixing hospital treatment costs

The SC last week raised concerns over the wide variation in treatment costs between government and private healthcare centres. It directed the Centre to expeditiously fix treatment charges to be paid by patients, giving six weeks for the same. The SC criticised the Centre's failure to specify the range of rates within which private hospitals and clinics can charge patients.

Source: The Economic Times

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7. AstraZeneca's Covishield causes rare blood clot disorder TTS: What is it?

Covishield, a vaccine developed by AstraZeneca and Oxford University and manufactured by the Serum Institute of India, can, in rare instances, lead to TTS

Source: Business Standard

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**"Success seems to be largely a matter of hanging on after others have let go." -
William Feather**



HEALTH IT BUZZ

1. UHG says it's rebuilding Change Healthcare with cloud-based security

Testifying before Congress on Wednesday, UnitedHealth Group CEO Andrew Witty promised that his company has stepped up its cybersecurity efforts after the massive and far-reaching ransomware attack, and pledged to underwrite providers' cashflows as needed.

He acknowledged that the absence of multifactor authentication on a legacy server provided the cybercriminals with their successful attack vector.

Source: Healthcare IT News

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2. Zimmer Biomet beats Q1 profit estimates on robust demand for knee, hip devices

Combined sales at Zimmer's hips and knees units were \$1.28 billion, in line with analysts' expectations. The hip and knee implant maker reiterated its annual profit outlook in the range of \$8.00 to \$8.15 per share. Analysts were expecting annual profit of \$8.06 per share. Zimmer's first-quarter revenue rose 3.2% to \$1.89 billion, compared with analysts' average estimate of \$1.87 billion, according to LSEG data. "This is a good start to the year that should help give investors' confidence management can deliver what they have guided to", Robbie Marcus write in a note.

Source: ET Healthworld

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3. First 24/7 virtual emergency clinic in Australia's outback launched

Not-for-profit aeromedical services provider Royal Flying Doctor Service has introduced what could be the first unmanned virtual medical emergency centre in Australia's outback.

The new RFDS William Creek Community Health Service in the outback tourism town of William Creek in South Australia features a 24/7 virtual emergency centre with a telehealth unit that members of the community and tourists can access to connect with on-call RFDS doctors.

The facility has a range of interchangeable diagnostic devices, such as oxygen monitors, blood pressure monitors, and ECG leads, that first responders can use to help with the remote diagnosis. Meanwhile, the patient can wait in a secure treatment room before an RFDS aeromedical crew arrives.

Source: Healthcare IT News

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4. Singapore's National University Hospital launching AI-driven digestive centre

Envisioned to be a one-stop centre for gastroenterology and hepatology services, the National University Centre for Digestive Health is touted to be the first in Singapore to implement three AI-powered systems for detection, diagnosis, and quality control, which will work together to effectively identify cancerous gastrointestinal lesions and enable its near real-time diagnosis.

Source: Healthcare IT News

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5. UnitedHealth says hackers potentially stole a third of Americans' data

UnitedHealth paid the gang around \$22 million in bitcoin as ransom, Witty said, adding that however there was no guarantee that the breached data was secure and could not still be leaked. Another hacking group claiming to be an offshoot of AlphV said last month it had a copy of the data, though the company has not verified that claim.

Source: ET Healthworld

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6. Fortis launches 'Adayu Mindfulness', dedicated vertical for mental healthcare

New Delhi: Fortis Healthcare launched 'Adayu Mindfulness', a dedicated vertical for comprehensive mental healthcare, alongwith an exclusive collaboration of United We Care and Adayu. This collaboration will leverage the power of artificial intelligence (AI) to enhance mental well-being and accessibility of care for individuals everywhere, powering it further by Adayu's trained team of mental health experts to provide holistic care.

Source: ET Healthworld

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7. China unveils ChatGPT-like medical chatbot service

Hong Kong-based Centre for Artificial Intelligence and Robotics (CAIR) under the Chinese Academy of Sciences (CAS), one of China's national research institutes, has developed a large language model-based chatbot to assist doctors in making medical diagnoses and treatments. Its national research institute has built a chatbot based on Meta's LLM which can answer doctors' questions with up to 95% accuracy.

Source: Healthcare IT News

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8. Linking CGHS and ABHA IDs will streamline healthcare, promote digital health: Experts

New Delhi: Experts and doctors have lauded the mandatory linking of CGHS beneficiary IDs with ABHA (Ayushman Bharat Health Account) numbers and termed it as a significant stride towards revolutionizing healthcare accessibility and digital health management. The pioneering move holds immense potential to reshape the healthcare landscape, offering a seamless integration of healthcare services and enhancing patient-centric care, they said.

Source: ET Healthworld

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9. Leveraging India's Digital Public Infrastructure to Combat Non-communicable Diseases

Data-driven decision-making is critical to leverage the affordances of data that is collected, stored, and analysed to understand the intricacies of current healthcare challenges better and, accordingly, develop effective solutions. Creating a DPI streamlines data flow, catalysing a healthcare delivery shift towards efficiency, accessibility, & scalability in the booming health tech landscape.

Source: ET Healthworld

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10. HIMSS24 Europe: Interoperability takes centre stage in Rome

HIMSS has partnered with IHE Catalyst to deliver an Interoperability Showcase at the 2024 HIMSS European Health Conference & Exhibition, scheduled for 29-31 May. The goal is to give a variety of stakeholders, like vendors and EU projects, a platform to demonstrate their solutions in a person-centred scenario that highlights services and activities.

Source: Healthcare IT News

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SYNAPSE TEAM MEMBERS

1. Ms. Anamika Singh
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3. Dr. Arpita Lohani
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9. Dr. Ssamridhi Kaur
10. Mr. Rohit Upadhyay
11. Ms. Sweksha Gupta

