

SYNAPSE



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You may say I'm a dreamer, but I'm not the only one. I hope someday
you'll join us. And the world will live as one. -John Lennon

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LIFE AT CAMPUS

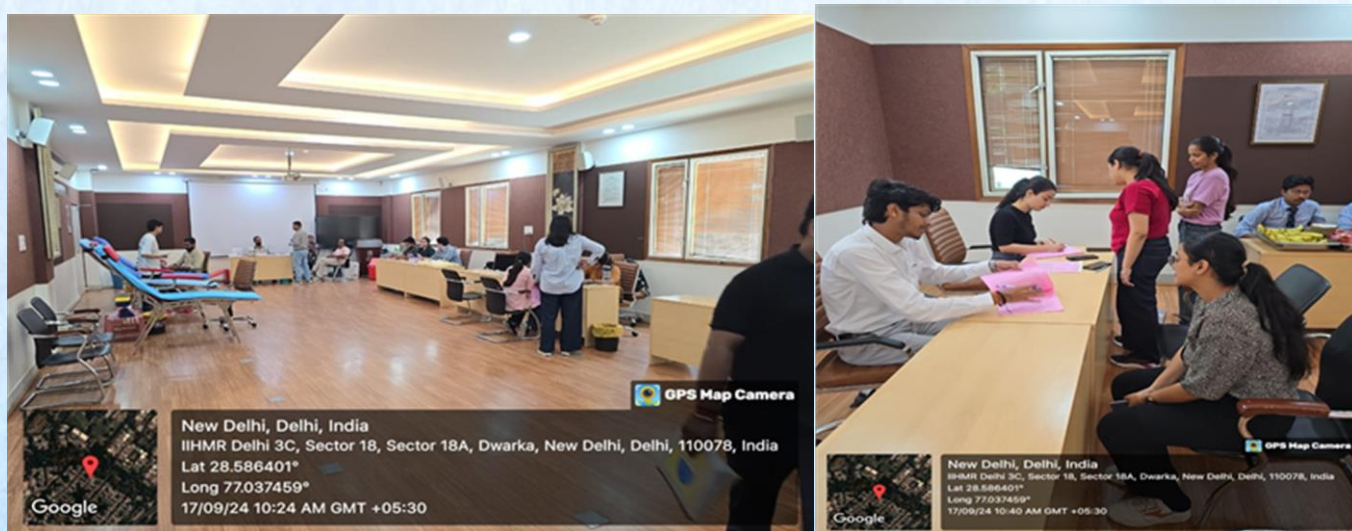
Sports Week 2024: Fostering Team Spirit and Health at IIHMR Delhi

IIHMR Delhi hosted an exciting Sports Week from 16th to 20th September 2024, bringing together faculty members, students and local residents, to celebrate physical fitness, teamwork, and community spirit. The week was packed with a variety of games like badminton (singles and doubles), table tennis (singles and doubles), carrom (singles and doubles), chess, kho-kho, volleyball, and cricket. Push-up contests, football matches, and arm-wrestling competitions added an extra thrill to the event. The week concluded with a Health Run organized on the last day of the week. Participants ran through scenic routes near the campus, promoting the benefits of an active lifestyle. The Health Run also featured warm-up sessions led by fitness experts, and insightful talks by health specialists on maintaining physical and mental well-being. Both Sports Week and Health Run left lasting impressions on everyone involved and encouraged healthy living, and strengthened the bonds within the IIHMR Delhi community, making it a memorable and inspiring experience for all.



Blood Donation Camp: Donate Blood Save Lives

IIHMR Delhi in collaboration with All India Institute of Medical Science (AIIMS) Delhi organized a blood donation camp on 17th September 2024. The Institute has been organizing blood donation camp every year with the aim of contributing towards the steady blood supply for those in need, such as, patients with anaemia, blood loss, cancer, bleeding disorders, liver diseases, kidney failure etc. Students, faculty members and staff come forward voluntarily to donate blood on this day. All the donors undergo a quick screening process to ensure they are eligible and healthy enough to donate blood. All the donors were awarded a certificate for contributing towards this noble cause.



A Memorable Freshers' Party for the Batch of 2024-26

The much-anticipated “Freshers’ Party” for the academic year 2024-2026 was organized on 24th September 2024 in IIHMR Delhi. The event commenced with a serene prayer and the traditional lighting of the lamp Dr. Sumesh Kumar, Dean Academics, and other esteemed faculty members, setting a positive and auspicious tone for the night. A lighthearted introductory session was organized by the seniors as an icebreaker for the first-year students following which students were treated to a series of energetic yet mind blowing dance and singing performances that brought everyone to their feet. The evening’s highlight was a captivating fashion show, by all the first year and second year students. The highlight of the night came with much-awaited titles with Manish Sharma winning the title of Mr. Fresher and Suman Dhankhar being crowned Miss Fresher. Talented Adarsh Kumar and Namrata Patra won the Best Dancer title, while Harshit Pareek and Riya Sharma were recognized as best dressed. The evening ended on a high note, with everyone joining DJ on the dance floor, creating memories to cherish. The Freshers' Party truly marked a warm welcome for the new batch, blending fun, camaraderie, and a sense of belonging within the IIHMR Delhi community.



Navratri Celebration with Garba and Dandiya Night at IIHMR Delhi

On 9th October 2024, IIHMR Delhi celebrated Navratri which brought students and faculty together in an evening of devotion, music & dance. Dr Sutapa B Neogi, Director, IIHMR Delhi inaugurated the event with lamp lighting ceremony. Everyone participated in traditional Devi Pooja and Aarathi, seeking the blessings of Goddess Durga. The festive atmosphere was soon filled with joy and fun as students and faculty members gathered on the Institute ground for a night filled with garba and dandiya, a traditional folk culture of Gujarat. Students and Faculty members were dressed in colourful attire and traditional outfits, which added much to the festive spirit. Garba and Dandiya Night not only celebrated the spirit of Navratri but also strengthened the bonds within the IIHMR community, making it an evening to remember at IIHMR Delhi. The Cultural Committee's efforts were evident, as they organized the event flawlessly, ensuring everyone felt included and enjoyed the celebration.



Workshop on Geospatial Technology for Infectious Disease Monitoring and Management

IIHMR Delhi in collaboration with ISRO's Disaster Management Support Program organized a workshop on 18th October 2024 with the aim to equip participants with advanced knowledge and skills in utilizing geospatial technology for effective disease monitoring, early warning, and strategic management. A dedicated core committee, including Dr. Sutapa B. Neogi, Director, IIHMR Delhi, and Dr. Nidhi Yadav, Associate Professor, IIHMR Delhi led this workshop. Participants gained a comprehensive understanding of how geospatial technology can be leveraged for tracking and controlling infectious diseases, contributing to more effective health interventions and disaster management efforts. Special thanks were extended to the experts Dr. Sameer Saran from IIRS (ISRO), Dr. Varsha Tanu from IIHMR Jaipur, Dr. Preetha G.S., and Dr. Punit Yadav from IIHMR Delhi who shared their invaluable insights. Their contributions enriched the workshop and highlighted the importance of geospatial technology in enhancing public health outcomes



Guest Lecture by Prof. Ivy Ng, Singapore Health Services, Singapore at IIHMR Delhi

IIHMR Delhi hosted a guest lecture on 22nd October 2024, which was delivered by Prof. Ivy Ng, Senior Advisor, SingHealth Board. Prof. Ng engaged in insightful discussion with the students and faculty members. She discussed about the various policy level initiatives through which Singapore manages catastrophic health expenditure for people who can't afford the health services. She also highlighted the challenges of increasing aging population in Singapore and how they are handling the situation. Her visit marked a promising step towards fostering deeper ties in healthcare education and research between India and Singapore.



“Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking.”

-Steve Jobs

ACADEMIA

Diwali: A Festival of Lights Shadowed by Pollution



Diwali, one of the most beloved and widely celebrated festivals in India, is often referred to as the Festival of Lights. Symbolizing the triumph of good over evil, light over darkness, and knowledge over ignorance, Diwali is a time when families gather, homes are adorned with decorative lamps, and streets are filled with joyous celebrations. However, behind the dazzling displays of fireworks and bright lights lies a less-discussed aspect of this festival: its significant contribution to air pollution. The annual surge in pollution not only affects the environment but also has a profound impact on public health, making the celebration's aftermath a major concern.

In the days leading up to Diwali, the anticipation of fireworks and festivities builds up excitement. Unfortunately, these fireworks release a substantial amount of pollutants into the already strained atmosphere, including particulate matter (PM_{2.5} and PM₁₀), sulphur dioxide, carbon monoxide, and various other toxic chemicals. The weather conditions which prevail around this time and sharp increase of these pollutants causes immediate spikes in air quality index (AQI) levels, often reaching hazardous levels for a prolonged time in major cities across India. With Diwali occurring as winter approaches in many regions, the impact is compounded by the phenomenon of temperature inversion. In winter, cooler air traps pollutants close to the ground, preventing them from dispersing. As a result, cities like Delhi, Mumbai, and Kolkata experience dense, long-lasting smog that takes days, even weeks, to clear, prolonging exposure to unhealthy air. In many areas, the AQI surpasses safe limits by several folds, lingering at dangerous levels for days following the celebrations. The air thickens with smog, creating an unhealthy environment that poses risks for everyone, especially for vulnerable groups such as children, the elderly, and individuals with pre-existing respiratory conditions.

The health impacts of this pollution surge are undeniable. Particulate matter (PM) are dangerous, as these tiny particles can easily penetrate the respiratory system and even enter the bloodstream. Exposure to high levels of PM_{2.5} has been linked to numerous respiratory issues, including asthma, bronchitis, and chronic obstructive pulmonary disease (COPD). Hospitals and clinics often report a spike in cases of respiratory distress during and after Diwali, with more patients seeking help for breathing difficulties, eye irritation, and allergic reactions. For individuals already suffering from respiratory ailments, this pollution spike can be life-threatening. Studies have also shown that exposure to high levels of particulate matter can increase the risk of heart attacks and strokes, as the pollutants strain the heart and blood vessels.

Additionally, children, who are often encouraged to join in the festivities by lighting fireworks, are especially vulnerable. Exposure to these pollutants at a young age can cause long-term health issues, affecting lung development and potentially leading to chronic conditions later in life.

Beyond immediate health consequences, the environmental damage caused by Diwali-related pollution has long-lasting effects. The accumulation of pollutants during this period not only adds to global warming but also contributes to poor soil quality and acid rain. This affects agriculture and water bodies, further disrupting the delicate balance of the ecosystem.

In recent years, awareness of the adverse effects of Diwali-related pollution has increased, prompting calls for a shift toward more eco-friendly celebrations. Many people now advocate for the use of “green crackers,” which emit less smoke and noise, though their effectiveness in significantly reducing pollution remains debatable. Some cities and states have implemented restrictions on fireworks, limiting the time for firecracker use or even banning them entirely in especially high-risk areas. However, such measures face resistance, as they are seen by some as an infringement on cultural traditions. Despite this resistance, it is essential to recognize that these restrictions are necessary to protect public health and the environment.

A more sustainable approach to celebrating Diwali could involve reducing the use of fireworks altogether and exploring alternative ways to honor the festival’s spirit. Instead of relying on fireworks, communities can organize light shows, decorate homes with eco-friendly materials, and focus on traditional aspects like rangoli designs and diya lighting, which have minimal environmental impact. Educating the public about the harmful effects of firecrackers and promoting healthier alternatives can help shift perceptions and create a more environmentally conscious celebration. Moreover, schools and community leaders can play a role in fostering this awareness, encouraging younger generations to embrace traditions in ways that are safe and sustainable. A sustainable approach to Diwali can help preserve its traditions while safeguarding our environment and health, allowing us to celebrate without casting a shadow on the future.

**"The greatest glory in living lies not in never falling, but in rising every time we fall."
— Alexander the Great**



RESEARCH INSIGHTS

Preventing Suicide: A Public Health Approach to a Global Problem

Suicide, which is prevalent in all countries, is a major international problem. According to WHO, 7, 03, 000 lives were lost to suicide in 2019 which is roughly 1925 lives per day, or one life every 45 seconds. Over three-quarters of these suicides occurred in low-income and middle-income countries (LMICs). These figures are likely to underestimate the real situation as only 60 of the 183 WHO member states provided data in the mentioned estimates while remaining came from modelling exercises. The suicide rate is also included in the UN's Sustainable Development Goals as an indicator for target 3.4.

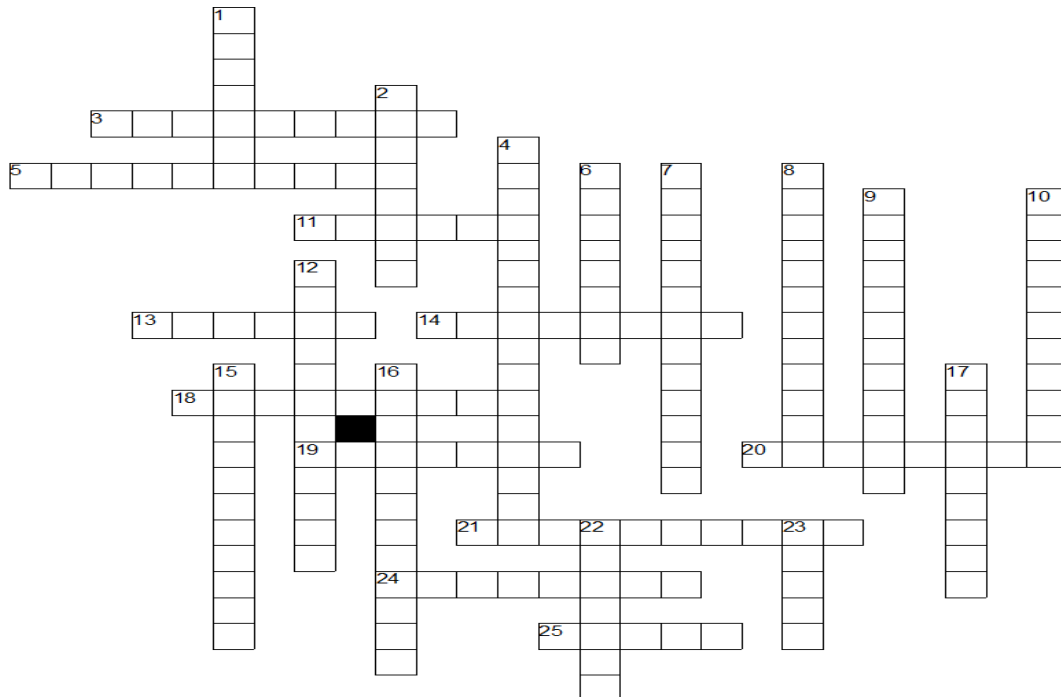
There are many and different causes of suicide, including social determinants. Both social factors and mental illness are important, but insufficient attention has been given to the former. It is not that mental illness is not important, but the weight that is given to it might be overemphasized, particularly in LMICs. Additionally, although some suicide prevention policy documents refer to the social determinants of suicide, they more commonly emphasise clinical solutions; thus, the typical components of national suicide prevention strategies are generally implemented via a health-care response even though people with lived experience of suicide emphasise the importance of social determinants.

This paper takes a public health approach to suicide prevention and argues for a major change in the way we think about suicide and its prevention. The paper provides historical context of suicide, describes how the public health approach should be applied to reducing suicide and presents a model that describes (in public health terms) how suicide arises and might be prevented. The model emphasises on the broad social determinants of suicide and describes a framework through which these might be addressed. The paper also underscores the importance of good data and rigorous evaluation which should underpin this public health approach.

Tackling suicide from a public health perspective is crucial. It is now more important than ever to address the social determinants of suicide, particularly those that affect people's socioeconomic position, because of the cost-of-living crisis. There is a need for a policy reset that would take national suicide prevention strategies to the next level. Such policies would become whole-of-government endeavours where suicide prevention is integrated across various sectors, not just within health services.

Source: [https://www.thelancet.com/pdfs/journals/lanpub/PIIS2468-2667\(24\)00149-X.pdf](https://www.thelancet.com/pdfs/journals/lanpub/PIIS2468-2667(24)00149-X.pdf)

QUIZ TIME



Across

3. The process of providing or obtaining the food necessary for health and growth
5. Excessive or extra weight
11. A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body
13. Combination of physical, mental/emotional, and social well-being
14. The state or condition of being in good physical and mental health
18. A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce
19. The condition of being grossly fat or overweight
20. Food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out
21. The scientific study of the human mind and its functions
24. A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus
25. Found only in plant foods

Down

1. A unit of energy in food
2. A hormone that is released from the adrenal glands in response to stress that facilitates fat storage and has a catabolic affect on muscle and connective tissue
4. Personal habits or behaviors related to the way a person lives
6. A substance that provides nourishment essential for growth and the maintenance of life
7. A measure of body weight relative to height
8. A condition that causes pain in muscles, joints, ligaments and tendons
9. A major source of energy in the diet. They are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products
10. A nutritional diagram
12. A form of vitamin A found naturally in yellow/orange vegetables and fruits
15. A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products
16. High blood pressure
17. A venereal disease involving inflammatory discharge from the urethra or vagina
22. A mineral important in building and maintaining bones, and for muscle and nerve function
23. Wheat or any other cultivated cereal crop used as food



HOSPITAL BUZZ

1) Max Healthcare to acquire 64% Stake in Jaypee healthcare, strengthening its presence in key locations

Max Healthcare Institute Limited has announced its acquisition of a controlling 64% stake in Jaypee Healthcare, a prominent player in the healthcare sector, as part of a strategic expansion plan. This transaction, based on an enterprise value of Rs 1,660 crore, is designed to enhance Max Healthcare's operational footprint across the Noida and Bulandshahr regions. Jaypee Healthcare, currently undergoing a Corporate Insolvency Resolution Process, owns and operates hospitals in Noida, Bulandshahr, and Anoopshahr.

Link: <https://ehealth.eletsonline.com/2024/09/max-healthcare-to-acquire-64-stake-in-jaypee-healthcare-strengthening-its-presence-in-key-locations/>

2) Late surge in malaria & dengue cases leads to rise in hospital admissions

A late surge in malaria and dengue cases has led to rise in admissions at several private hospitals in Kolkata since last week. Some malaria cases have been quite severe and responded slowly to treatment, requiring ICU admission. While symptoms have largely been usual, in some cases patients have suffered from breathing distress and did not respond to chloroquine, the standard drug.

Link: <https://timesofindia.indiatimes.com/city/kolkata/surge-in-malaria-and-dengue-cases-sparks-hospital-admissions-in-kolkata/articleshow/113995563.cms>

3) Patients suffer as docs suspend OPD services

Health services remained completely paralysed in the government-run hospitals with the Punjab Civil Medical Services Association (PCMSA) boycotting the outpatient department (OPD) services against the state government's non-committal attitude to their demands. The doctors began their next phase of agitation after they did not get a written assurance from the state government on fulfilling their demands in a meeting with the cabinet sub-committee on Wednesday.

Link: <https://www.hindustantimes.com/cities/chandigarh-news/patients-suffer-as-docs-suspend-opd-services-101726164188201-amp.html>

4) Yatharth Hospital to acquire 60% stake in Faridabad-based facility

Yatharth Hospital and Trauma Care Services on Wednesday said its board has approved the acquisition of 60 per cent stake in a Faridabad-based hospital, which is yet to commence operations, at an enterprise value of Rs 152 crore. The company's board has approved to enter into an agreement with MGS Infotech Research and Solutions Pvt Ltd and its shareholders to acquire 60 per cent stake, the healthcare provider said in a regulatory filing.

Link: <https://economictimes.indiatimes.com/industry/healthcare/biotech/healthcare/yatharth-hospital-to-acquire-60-stake-in-faridabad-based-facility/articleshow/114786535.cms?from=mdr>

5) Dr Reddy's launches medication to treat chronic constipation

Dr Reddy's Laboratories has launched BixiBat, a new drug for chronic constipation in India. It is the first company to receive approval from the CDSCO for Elobixibat. The drug works by increasing bile acid concentration in the colon, promoting bowel movements. Clinical studies showed promising results. Shares of the company went up by 0.84 percent.

Link: <https://economictimes.indiatimes.com/industry/healthcare/biotech/pharmaceuticals/dr-reddys-launches-medication-to-treat-chronic-constipation/articleshow/114695641.cms>

The way to get started is to quit talking and begin doing.

-Walt Disney



HEALTH BUZZ

1) Sweating and sneezing: how October heat is fuelling a health crisis in India

Earlier, October marked the transition between seasons and was a month of mild weather and festivities. However, a rise in global temperatures and a shift in weather patterns have given rise to October heat which has become a serious health risk, with hospitals in several cities flooded. At first, it seemed like the usual seasonal flu: sniffles, mild fevers, and coughs circulating in families and among colleagues. But soon, what started as a harmless illness morphed into something more dangerous. Hospital OPDs are reporting a surge in cases of dengue and malaria, with patients flooding in at alarming rates. The culprit? It's October heat. The month's oppressive heat and humidity turns stagnant water into mosquito breeding grounds, pushing the immune system to its limits. As global temperatures rise and weather patterns shift, the intensity of October heat is no longer just an uncomfortable phase — it's becoming a serious health risk, one that India's population is increasingly struggling to cope with.

Link: <https://www.indiatoday.in/sunday-special/story/october-heat-like-summer-humidity-resulting-in-fever-cough-flu-delhi-lucknow-kolkata-hospital-monsoon-heatwave-2615111-2024-10-13>

2) First case of mpox strain linked to global health warning detected in India

India has reported its first case of the new mpox strain that has prompted a global public health emergency alert from the World Health Organization (WHO), according to Reuters. The highly transmissible clade 1b variant has been linked to the ongoing mpox outbreak in Africa. The case involves a 38-year-old man from Kerala who recently returned from Dubai. Mpox, formerly known as monkeypox, is a contagious virus that can cause painful skin lesions. The WHO declared mpox a public health emergency in Africa in August, and since then, the more dangerous variant has spread to countries beyond Africa, including Sweden, Thailand and Pakistan. The US is the latest country to help support Africa's efforts to combat the outbreak, promising 1 million mpox vaccine doses and over \$500 million in aid.

Link: <https://www.reuters.com/world/india/india-reports-first-case-mpox-clade-1-strain-ani-says-2024-09-23/>

3) Reliance Foundation announces FREE Health Seva plan for over 1 lakh women and children.

On the occasion of 10th Anniversary of Sir H N Reliance Foundation Hospital, Nita Ambani announced a new initiative called 'Health Seva Plan' that offers FREE screening and treatment for women and children. The plan offers free screening and treatment for 50,000 children with congenital heart disease; 50,000 women suffering from cancer, and Cervical cancer vaccinations to 10,000 adolescent girls.

Link: <https://health.economictimes.indiatimes.com/news/hospitals/sir-h-n-reliance-foundation-hospital-announces-launch-of-new-health-seva-plan/114646818>

4) Indian government expands health insurance coverage for senior citizens over 70

The Indian government has extended health insurance benefits specifically for senior citizens over 70 years old. This new benefit builds on the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY), the national health insurance scheme. Eligible older adults will receive a top-up insurance cover of up to Rs 5 lakh per year. The initiative aims to improve healthcare access for senior citizens, addressing their increased medical needs with a higher coverage limit. The rollout of this benefit reflects the government's commitment to expanding healthcare support for vulnerable populations, particularly older adults. These enhancements to AB PM-JAY offer increased financial protection and health security to seniors, promoting well-being among India's aging population.

Link- <https://www.newsonair.gov.in/govt-to-issue-new-ab-pmjay-cards-for-all-senior-citizens-aged-70/>

5) India achieves Trachoma elimination as a public health milestone

In October 2024, India achieved a significant public health milestone by eliminating trachoma, a bacterial infection that can lead to blindness, as a public health problem. The World Health Organization (WHO) certified India's trachoma-free status, recognizing that the disease's prevalence is now low enough not to pose a public health threat. This success follows decades of coordinated efforts under India's National Trachoma Control Programme, initiated in the 1960s. The program implemented a combination of strategies, including surgical interventions, widespread antibiotic distribution, and extensive public health campaigns to promote hygiene and sanitation, especially in rural areas where trachoma had been most prevalent. India's trachoma elimination underscores the impact of integrating medical treatment with community-based health interventions. It reflects the country's broader commitment to tackling preventable diseases and improving healthcare access for vulnerable communities, showcasing a model for other nations facing similar public health challenges

Link: <https://www.who.int/news/item/08-10-2024-elimination-of-trachoma-as-a-public-health-problem-in-india>

6) Risk of abnormal blood fat levels increased by about 30 % during pandemic

Cases of people having abnormal fat levels in blood became about 30% more likely during the COVID-19 pandemic, according to the study on two lakhs people conducted in Italian city of Naples. Researchers at Albert Einstein College of Medicine, US, first determined case of dyslipidemia- abnormal lipid levels in blood-in the study group during the three years prior to the pandemic start. The team then looked at case numbers during the three pandemic years (2020-2022) and excluded those diagnosed with the condition and those taking medications as part of treatment.

Link: https://health.economictimes.indiatimes.com/news/industry/risk-of-abnormal-blood-fat-levels-increased-by-about-30-pc-during-pandemic-finds-study/114977530?utm_source=top_story&utm_medium=latestNews

**“The greatest glory in living lies not in never falling, but in rising every time we fall.”
-Nelson Mandela**



HEALTH IT BUZZ

1) Newly Improved Analytics Maturity Assessment Model (AMAM) centered on patient outcomes to improve AI strategy, data governance, analytics

HIMSS recently launched a newly upgraded Analytics Maturity Assessment Model (AMAM), a framework that helps health systems evaluate and improve their analytics strategy, data governance, and supports the effective use of artificial intelligence technology.

2) Clearway Health unveils charter, a new patient management software solution for specialty pharmacy programs

Clearway Health, a specialty pharmacy services company partnering with hospitals and health systems, unveils Charter, its new proprietary patient management software solution developed to support the specific needs of specialty pharmacy programs within a hospital or health system.

3) Oracle delivers new electronic health record innovations

Oracle Health continues to deliver electronic health record (EHR) innovations that help clinicians streamline routine tasks and deliver more efficient, informed patient care. With the new capabilities, caregivers can more quickly and easily update and access critical patient information from practically anywhere to help increase efficiency and reduce burden.

4) Rune Labs launches GenAI clinical support to accelerate care management for Parkinson's patients and clinicians

Rune Labs, a precision neurology software and data company, announced a major milestone in accelerating care management for people with Parkinson's disease and their care support teams. As part of the StrivePD app, Rune has introduced new StrivePD-AI, Generative Artificial Intelligence (GenAI) clinical reports that provide a comprehensive, monthly outlook of disease progression along with personalized educational content to help patients, caregivers, and clinicians improve outcomes and optimize care.

5) AvaSure, Oracle collaborate with NVIDIA on AI-powered virtual concierge for hospitals and health systems

AvaSure, a provider of acute virtual care, is collaborating with Oracle Cloud Infrastructure (OCI) to develop a virtual concierge solution built with NVIDIA full-stack AI technology to improve patient care and streamline clinical workflows in hospitals and healthcare systems.

6) Xsolis announces the official launch of next generation AI-Powered platform, Dragonfly, at XCHANGE '24

Xsolis, an AI-driven technology company that reduces administrative tasks and avoidable denials, and improves collaboration between healthcare providers and payers, announced the official launch of Dragonfly®, a first-of-its-kind, next generation AI-powered platform, utilized by health systems and health plans to drive operational and clinical efficiencies and improve patient care management.

The official launch of Dragonfly coincides with Xsolis' annual conference, XCHANGE '24, taking place in Nashville, Sept. 29 – October 2, which brings together healthcare industry executives as well as utilization management, care coordination, revenue cycle, and health plan leaders.

7) Netsmart announces Bells Virtual Scribe and Automation advancements of the CareFabric® platform

Netsmart announces the launch of Bells Virtual Scribe, an advanced augmented intelligence (AI) tool for clinician and staff support. The AI-powered clinical documentation and ambient listening technology, built on Amazon Web Services (AWS), aims to enhance and simplify the

documentation process within electronic health records (EHR), thus reducing the administrative load on healthcare providers.

8) Atropos Health announces data quality score card and AI tools as new benefits to all Atropos Evidence network members

Atropos Health announced the availability of Data Quality Score Cards to members of the Atropos Evidence Network, the largest federated healthcare data network with 300M+ patient records. By joining the Atropos Evidence Network, data contributors receive confidential, transparent, analytically driven feedback on their own data quality and strengths and access to the most advanced AI tools.

SYNAPSE TEAM MEMBERS

1. Supriya
2. Bhavna
3. Riddhi Pandey
4. Ruchi Verma
5. Riya Pathak
6. Rabia Tabassum
7. Sudeepta Bhushan
8. Harshita Kapil
9. Kokil Aggarwal
10. Lopita Swain
11. Isha Sharma
12. Vaishnavi Rawat
13. Tarashi Singh
14. Suman Dhankar

Answer key

Across

3. Nutrition
5. Overweight
11. Muscle
13. Health
14. Wellness
18. Chlamydia
19. Obesity
20. Fast food
21. Psychology
24. Syphilis
25. Fiber

Down

1. Calorie
2. Cortisol
4. Lifestyle
6. Nutrient
7. Body Mass Index
8. Fibromyalgia
9. Carbohydrate
10. Food Pyramid
12. Beta-carotene
15. Cholesterol
16. Hypertension
17. Gonorrhea
22. Calcium
23. Grain