



INTERNATIONAL INSTITUTE OF  
HEALTH MANAGEMENT RESEARCH

**APRIL 2022**

# **SYNAPSE**

**E-NEWSLETTER**



## **IN THIS ISSUE**

News from the campus

Academic corner

Student research corner

Healthcare in headlines

# OBSERVATION OF INTERNATIONAL WOMEN'S DAY

Date: 8th March 2022

IIHMR Delhi celebrated International Women's day on 8th of March to rejoice the achievements and power of all Women of IIHMR family and to raise an awareness about the status and dignity of women among students, under the theme #Breakthebias. The event marked the very fact that Women's Day is all about appreciating and realising one's full potential. Aside from that, in order to make meaningful progress, women must gather the courage to overcome all hurdles in all aspects of their lives. The faculties shared their views on how the stigma associated needs to be broken and how women across the country and globe are the key drivers of change and progress.

The limelight of the day was a heartfelt play by the students of IIHMR Delhi throwing light on female foeticide, gender discrimination, trafficking, inaccessibility to education and child marriage. The students were highly applauded for the great Play they presented.



## HOLI CELEBRATION

Date: 18th March 2022

Holi, being the Festival of Spring, the Festival of Colours or the Festival of Love, celebrates the eternal and divine love of Radha-Krishna, signifying the triumph of good over evil and the arrival of spring and the end of winter, invoking for a good spring harvest season.

This year, the festival was celebrated in the college campus by students, faculty and staff members, with lots of energy and enthusiasm. It was a fun-filled event, with arrangements for delectable refreshments as well. The vibrant colours of gulal surely did radiate happiness and a feeling of togetherness and triumph over the evil.



## STUDENT ACHIEVEMENT

Date: 9th April 2022

An Inter-College Public Health Epidemiology quiz was organized by the Department of Community Medicine VMMC & SJH, New Delhi, on 9th April 2022, on the occasion of the World Health Day, in which the students of IIHMR Delhi participated and soared high.

Dr. Afreen Hussain and Dr. Shama Bhati were the Winning team (1st place) with Ms. Mishraba and Dr. Sharbari Dutta as Runners up (4th place).



## WORLD HEALTH DAY, 2022 - "OUR PLANET, OUR HEALTH"

Date: 7th April 2022

World Health Day is celebrated every year on 7 April to commemorate the anniversary of the founding of the World Health Organization (WHO) in 1948. Each year for this date, a theme is chosen that highlights an area of priority concern for WHO. In the face of the current pandemic, a polluted planet, and an increasing incidence of diseases, the theme for World Health Day 2022 is Our Planet, Our Health.

WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes, which includes the climate crisis as the largest health crisis. To battle the same, IIMR Delhi inaugurated an EV charging station to encourage the culture of zero emission drive and planted saplings to promote health through a greener and cleaner planet, on the occasion of World Health Day 2022.



## HEALTH: A PRICELESS POSSESSION?

Being healthy should be part of one's overall lifestyle. Feeling good about oneself and taking care of one's family are of utmost importance. Paying for all the expenses and going to the verge of poverty or selling important assets for the health of loved ones and oneself is a natural reflex because these days having good health is a luxury and cannot be afforded by all.

High and increasing health care cost is one of the major public health challenges in developing countries, like India. While out-of-pocket expenditure (OOPE) remains the major source of financing for health care, the extent of poverty, impoverishment and indebtedness due to high OOPE is on the rise. Out-of-pocket payments are expenditures borne directly by a patient where insurance does not cover the full cost of the health goods or services. Irrational use of drugs, high prices of drugs and diagnostics, hospital and doctor fees and non-availability of drugs and diagnostics is a concern.

World Health Organization (WHO) has proposed that health expenditure be viewed as catastrophic whenever it is greater than or equal to 40% of a household's non-subsistence income, i.e. income available after basic needs have been met. Catastrophic Health Expenditure (CHE) is high among the people who are less educated, uninsured, poor, etc. The adverse consequence of borrowing and selling assets to meet OOPE is profound in the short-term as well as long-term.

WHO has implied that the OOPE shouldn't be more than 15-20% of the total health expenditure. In India, it is almost 50%. The other 50% comes from a combination of Central and state resources, health schemes, urban local bodies and insurance schemes. India ranks 15th out of 188 countries in terms of high out-of-pocket expenditure on health. Countries that have a greater reliance on out-of-pocket healthcare expenditure tend also to have a higher proportion of households with CHE.

Eliminating OOPE is not viable, the focus should be on reducing it. The government of India under the National Health Mission launched the Free Essential Diagnostics Initiative to address the high out of pocket expenditure on diagnostics. Also, Ayushman Bharat-PMJAY covers 58% of eligible families in the states which have adopted it, but there are wide variations across states. Similar schemes have been carried out at the state level which have played major roles in minimizing the Catastrophic Health Expenditure.

So, what is needed? The current government should meet the fiscal deficit targets which are a major cause of worry, and the government should be the primary provider of healthcare. A clear roadmap to enhance the budgetary spending on healthcare to 3-5% of GDP should be drawn with the proper regulation of the private health sector. The focus should be on providing financial resources to the poor for routine and non-routine care rather than expanding the provision of free primary, secondary and tertiary health care services.

Reduction in OOPE and CHE is the need of the hour and the very right to health is denied to hundreds of millions of people as a result of poverty and unavailability of affordable services. And we shall all come together to fill this gap in healthcare.

# A STUDY ON BODY IMAGE DISSATISFACTION

*As part of the PGDM curriculum, students of IIHMR Delhi undertook several short research projects in the campus. Here we share findings from one of the studies. We will continue to share findings from the various studies in our upcoming newsletters.*

Body image dissatisfaction (BID) is defined as a negative subjective evaluation of the weight and shape of one's own body. Eating disorders are increasingly becoming common among men and women across the World. In recent times, the increasing burden caused by the lifestyle diseases on the health sector, led to a renewed interest in the relationship between food and health. Body image dissatisfaction directly associated with self-esteem especially among young people, taking a toll on their mental health. Obesity and overweight poses a major risk for the chronic diseases, including cardiovascular diseases, hypertension, type 2 diabetes. To assess this rising concern a study was conducted to assess the proportion of body dissatisfaction and its implications on lifestyle practices and nutritional status among students of IIHMR Delhi.

An exploratory cross-sectional study was carried out among first year students of IIHMR Delhi. Information on body image perception (using a standardized body shape questionnaire-8c), food habits, physical activity, lifestyle patterns, weight and height was taken from 85 randomly selected students. Participants were classified as underweight (less than 18), Normal (18.0-22.9), overweight (23.0-24.9) and obese (more than 25.0) based on BMI and "no concern" (score <19), "mild concern" (19-25), "moderate concern" (26-33) and "marked concern" (>33) with his/her body based on BSQ-8c.

Fifty five percent of the total study participants were found to have Body dissatisfaction (BD), with 14% reporting "marked concern" with shape. When asked about diet and exercise, 36% participants responded that they were restricting diet to lose weight, 16% engaged in regular physical exercise, 6% skipped meals to lose weight and 4% ate excessively to gain weight. One-fifth of the participants reported to have felt pressure to maintain a specific body shape and weight from the way influencers portrayed in various social media. Based on self-reported weight and height, more than a quarter of participants had a BMI of more than 25.0 kg/m<sup>2</sup> whereas another 20% were overweight. However, there was no statistically significant association between level of body dissatisfaction and BMI among the study participants.

In conclusion, there is an urgent need to address the issue of body dissatisfaction, especially among young people.

## GOVT PLANS TO LINK AYUSHMAN HEALTH CENTRES WITH AIIMS

On a major scale of over 1.17 lakh health and wellness centres, under the Ayushman Bharat scheme, the centres plan to link them with various regional centers of All India institute of medical sciences on a hub and spoke model, enabling people at block level to seek advice for not just primary care

[\(Click to read full article\)](#)

Source- The Times of India

Dated: 12th April 2022

## WORLD HEALTH DAY 2022: OUR PLANET, OUR HEALTH; HOW THIS YEAR'S THEME IS RELEVANT MORE NOW THAN EVER

World Health Day 2022: WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This includes the climate crisis which is the single biggest health threat facing humanity. The climate crisis is also a health crisis.

[\(Click to read full article\)](#)

Source: NDTV India

Dated: 7th April 2022

## EXCLUSIVE: GOVT'S FLAGSHIP HEALTH COVER PROGRAM PLANNING BIGGEST PRICE HIKES

Modi government's flagship health insurance scheme is set to undertake the biggest price hikes for almost all treatment procedures ever since it started more than three years ago, sources said, as part of a mega overhaul aimed at wooing and enrolling more private hospitals.

[\(Click to read full article\)](#)

Source: Money Control  
2022

Dated: 9th February

## COVID-19 LED TO 'LONELINESS EPIDEMIC' AMONG THE ELDERLY

Rates of depression and loneliness have increased among older adults during the COVID-19 pandemic, according to a new report on social isolation among older Canadians.

[\(Click to read full article\)](#)

Source- Medindia

Dated: 11th April 2022

## DENGUE IN DELHI! 69 CASES OF MOSQUITO-BORNE DISEASE IN NATIONAL CAPITAL THIS YEAR

Eight fresh cases of dengue have been reported in the last one week in Delhi, taking the tally to 69, according to a civic report released on Monday. Till April 2 this year, 61 cases of dengue were recorded in the city.

[\(Click to read full article\)](#)

Source: Financial Express  
2022

Dated: 11th April

## COMPLACENCY RESPONSIBLE FOR LOW UPTAKE OF PRECAUTION DOSE OF COVID VACCINES: EXPERTS

AIIMS Chief Dr Randeep Guleria said unlike in the past, people have less fear of the disease now and due to declining COVID-19 cases they have become complacent.

[\(Click to read full article\)](#)

Source- The Economic Times

Dated: 14th April 2022

## INDIAN HOSPITALITY SECTOR REBOUNDED DUE TO VARIOUS COMPONENTS OF DOMESTIC TRAVEL: HAI PRESIDENT PUNEET CHHATWAL

In his presidential address at the meeting, Chhatwal- also the MD and CEO of Indian Hotels Company (IHCL)- emphasised the need to forge closer ties and collaborate with other industry bodies for a more 'unified voice.'

[\(Click to read full article\)](#)

Source: The Economic Times

Dated: 29th March 2022

## PRIVATE HOSPITALS IN DELHI, TAMIL NADU YET TO SLASH COVID VACCINE PRICES

Private hospitals in Tamil Nadu have not slashed the prices of Covid vaccines i.e, Covishield and Covaxin - even though the government has announced a massive reduction.

[\(Click to read full article\)](#)

Source: NDTV India

Dated: 10th April 2022



## NEW LOW-COST DIALYSIS SYSTEM CAN MAKE MEDICAL GRADE WATER IN THE HOME, GIVING GREEN LIGHT TO PROGRESS TO CLINICAL TRIALS

The Ellen Medical Devices Point-of-Care system has been designed to sterilise water from any source to produce peritoneal dialysis fluid to help address the huge unmet need for dialysis globally.

[\(Click to read full article\)](#)

Source- The George Institute

Dated: 27th February 2022

## MRI INNOVATION MAKES CANCEROUS TISSUE LIGHT UP AND EASIER TO SEE

A new form of magnetic resonance imaging (MRI) that makes cancerous tissue glow in medical images could help doctors more accurately detect and track the progression of cancer over time.

[\(Click to read full article\)](#)

Source: Science Daily News

Dated: 21st March 2022

## MATCHING DRUGS TO DNA IS 'NEW ERA OF MEDICINE'

The British Pharmacological Society and the Royal College of Physicians say a genetic test can predict how well drugs work in your body.

The tests could be available on the NHS next year. Your genetic code or DNA is an instruction manual for how your body operates. The field of matching drugs to your DNA is known as pharmacogenomics

[\(Click to read full article\)](#)

Source: BBC News

Dated: 29th March 2022

## ARTIFICIAL PANCREAS TO REVOLUTIONISE DIABETES CARE IN ENGLAND

The technology uses a sensor under the skin. It continually monitors the levels, and a pump automatically adjusts the amount of insulin required.

[\(Click to read full article\)](#)

Source: BBC News

Dated: 1st April 2022

## ABBOTT LAUNCHES ARACHITOL GUMMIES IN INDIA

Healthcare major Abbott on Monday said it has launched Arachitol Gummies in India, a dietary supplement that helps maintain required levels of Vitamin D sustainably. Launched in orange fruit flavour, the gummies are approved as health supplements by the Food Safety and Standards Authority in India.

[\(Click to read full article\)](#)

Source: The Economic Times

Dated: 11th April 2022

# SYNAPSE TEAM

Ms. Chhandasri Mishra

Dr. Divya Gupta

Dr. Jaganjeet Kaur Randhawa

Mr. Kinshuk Jain

Dr. Mrinal Sharma

Dr. Priyanka Joshi

Dr. Riya Agrawal

Dr. Ruchi Jangra

Ms. Shivangi Dash

Dr. Yashika Chugh

