

SYNAPSE

M
A
Y
-
J
U
N
E

2
0
2
5



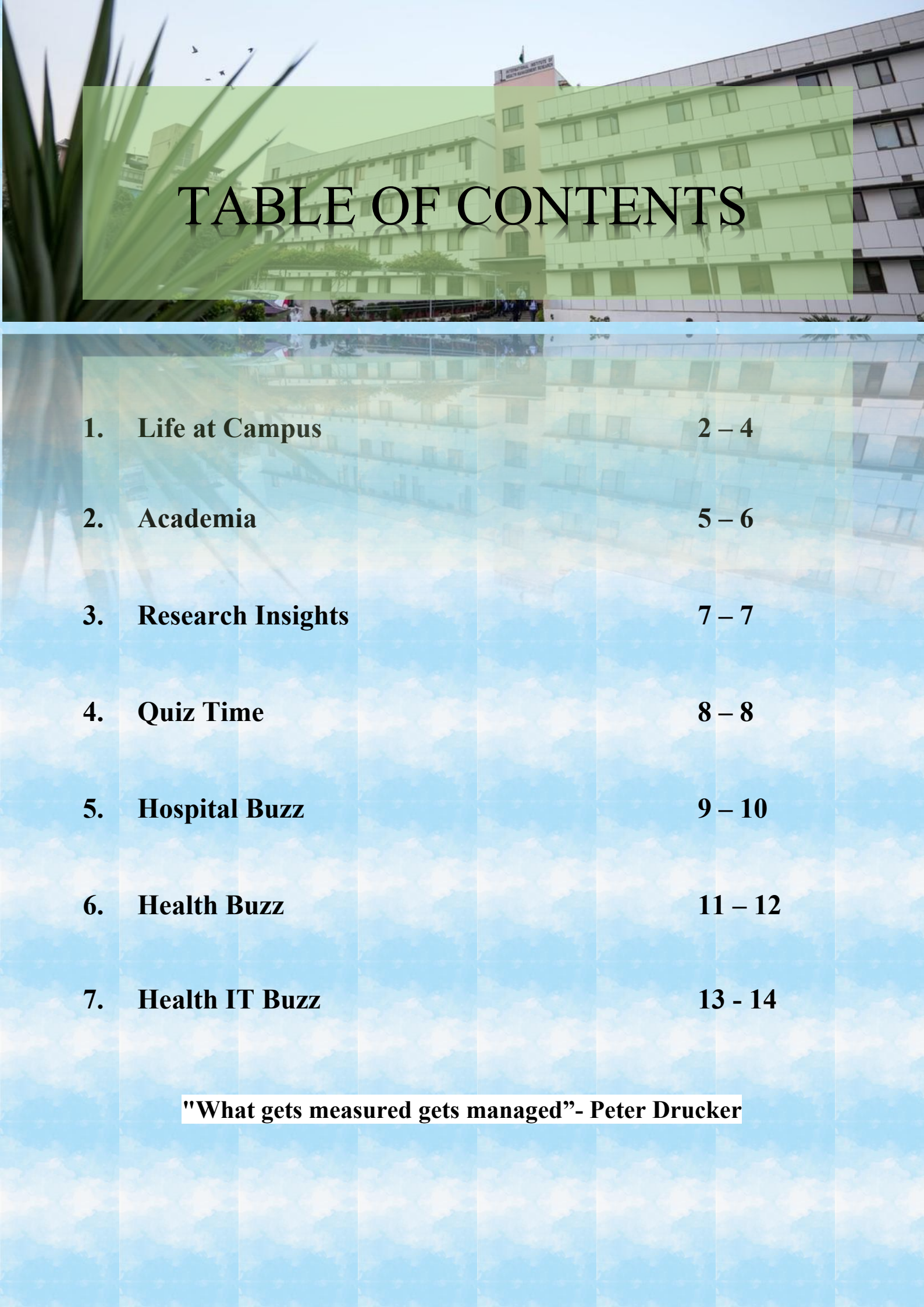


TABLE OF CONTENTS

1.	Life at Campus	2 – 4
2.	Academia	5 – 6
3.	Research Insights	7 – 7
4.	Quiz Time	8 – 8
5.	Hospital Buzz	9 – 10
6.	Health Buzz	11 – 12
7.	Health IT Buzz	13 - 14

"What gets measured gets managed"- Peter Drucker

LIFE AT CAMPUS

Mental health & meditation by Art of Living organization

A special session on Mental Health & Meditation by The Art of Living organization was organized on 22nd May 2025. The faculty members and staff attended this interesting session which highlighted the Vedic wisdom of stress management and techniques, the science and benefits of breathing exercise and meditation in managing stress. The key findings from modern medical science on guided breathwork and meditation practices were also shared. The participants participated in guided breathing exercises, which were facilitated by the organizers of the session.



Workshop on TB and HIV Programme Management in Timor-Leste

IIHMR Delhi, in collaboration with the World Health Organization and the Ministry of Health, Timor-Leste, conducted a transformative TB and HIV Programme Management Orientation Workshop in Dili between 27th May and 30th May 2025. This workshop aimed to enhance the capabilities of national and municipal health managers working in Timor-Leste, equipping them with essential skills in leadership, communication, and strategic planning to enhance TB and HIV responses. The workshop emphasized integrated approaches to tackle the overlapping challenges of these diseases, fostering a unified and efficient health system. Dr. Archana Thakur and Dr. Shikha Bassi were the resource persons from IIHMR Delhi and led interactive sessions, sharing insights on effective program management and field-level strategies. Their impactful changes in their respective region.



IIHMR Delhi in Digital Health News Forum

IIHMR Delhi participated in the Digital Health News Forum, which was organized by Digital Health News and Scale HealthTech, on 7th June 2025 in Delhi. The forum brought together CIOs, tech leaders, and public health professionals from across the Healthcare industry. The forum provided an opportunity to IIHMR Delhi's students to interact with leaders and professionals, learn from their experiences, and gain a deeper understanding of how technology is shaping the future of healthcare delivery in India. The forum had thought-provoking keynote addresses from these leaders and panel discussions, which offered the participants a deep insight of the evolving landscape of healthcare in India and beyond.



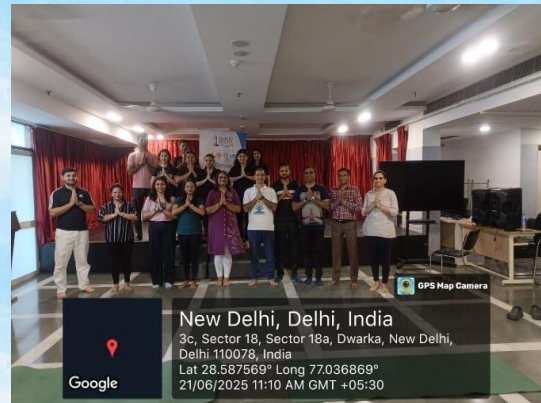
Strategic alliance with ARMMAN Foundation

IIHMR Delhi formalized a strategic alliance with ARMMAN Foundation through the signing of an MoU on 13th June 2025. This collaboration is set to enhance research and program implementation in the public health and digital health domain. The event was officiated by key representatives of both the organization, including, Dr. Sutapa B Neogi, Director IIHMR Delhi, Dr. Punit Yadav, Professor IIHMR Delhi, Dr. Divya Aggarwal, Associate Professor IIHMR Delhi, Dr. Chetan C. Purad, Program Director-IHRPTM, and Dr. Santosh Gupta, Associate Program Director-IHRPTM.



International Yoga Day celebrations

IIHMR Delhi marked 11th International Day of Yoga with the theme “Yoga for One Earth, One Health”, which echoes a vital truth that personal wellness and planetary health are inseparably linked. Faculty members and student gathered in a hall for yoga session which was conducted by an expert. The expert shared knowledgeable facts about yoga and its benefits in strengthening the body, calming the mind and fostering a heightened sense of awareness and responsibility in daily life. This mindfulness which can be achieved by Yoga allows one to choose healthier and more sustainable lifestyles and, in the process, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam-the world is one family.



Summer trainings saga

The first-year students of IIHMR Delhi have been on their summer internship journey in various organizations, including hospitals and IT, experiencing the variety of work which these organizations are doing in the healthcare sector. The students received appreciation and were facilitated by various organizations, like Max Healthcare, Rajiv Gandhi Cancer Hospital, NHM Punjab, NHSRC, IQVIA, and so on. Students not only gained experience but returned with an adventure of learning, innovation, and self-belief.





ACADEMIA

Pulse of the Nation: Health Events that are Shaping India's Future in 2025

India stands at a crucial crossroads in its healthcare journey — where innovation collides with rising public health threats, and policy reforms attempt to meet the growing needs of 1.4 billion people. The year 2025 is proving to be a pivotal one for the health sector, with events and changes that are not just affecting hospitals and governments but also shaping how ordinary Indians — especially youth — think about health. Though there are many health events and trends defining India's present, and determining its future, some of them are briefly discussed below.

The heatwave health emergency: with temperatures touching record highs across North and Central India, the summer of 2025 has become a public health emergency. Cities like Delhi, Jaipur, and Lucknow witnessed heat-related illnesses rise by 35%, with hospitals overflowing with cases of dehydration, heatstroke, and respiratory distress. In response, state governments have rolled out “Heat Action Plans”, including cooling shelters and early warning systems. But questions remain — are India's urban poor and outdoor workers truly protected from this rising climate-health crisis?

Post-monsoon surge in dengue & vector-borne diseases: even before the rains fully set in, dengue, chikungunya, and malaria cases started rising sharply in cities like Mumbai, Chennai, and Kolkata. Improper drainage, stagnant water, and poor public hygiene continue to be major factors. Despite awareness campaigns, mosquito breeding prevention often fails due to infrastructure gaps. Municipal bodies have intensified fumigation and community outreach, but experts warn that vector-borne diseases will become a year-round threat, not just a monsoon-linked concern.

Mental health takes centre stage: 2025 marks a noticeable shift in how India talks about mental health. With the expansion of the Tele-MANAS national mental health helpline, more youth — especially in colleges and rural areas — are seeking psychological support. Government collaborations with educational institutions are growing, yet many students still hesitate due to stigma. Mental health, once a whispered concern, is now part of the national conversation — but there's a long road ahead.

Digital health and the rise of Ayushman Bharat Health Account (ABHA): one of the biggest technological shifts in Indian healthcare is the widespread rollout of digital health IDs under the Ayushman Bharat Digital Mission (ABDM). As of mid-2025, over 50 crore Indians have an ABHA ID, allowing them to store and share medical records across hospitals. This move is expected to streamline diagnosis, avoid repetition of tests, and make care more affordable and connected — especially for patients who frequently move between cities or states.

The silent crisis: antibiotic resistance: India's overuse of antibiotics is turning deadly. Recent studies show that antimicrobial resistance (AMR) is rising at an alarming pace, with some hospitals reporting bacteria that don't respond to even the strongest drugs.

The government has launched awareness campaigns and tighter prescription guidelines. But self-medication, unregulated chemist shops, and lack of awareness still fuel this health time-bomb. If ignored, AMR could become India's next big pandemic. From tackling environmental health threats to embracing digital innovation, 2025 is not just about treating disease — it's about transforming how India understands and manages health. The urgency is real, the stakes are high, and the responsibility doesn't lie with just doctors or policymakers — it includes us, the youth, the future professionals, the changemakers. As we navigate these challenges, one thing is clear: the pulse of the nation beats loudest in its public health.



Research Insight

Estimated health benefits, costs, and cost-effectiveness of implementing WHO's sodium benchmarks for packaged foods in India: a modelling study

Excess sodium intake is a global health concern linked to increased risks of heart disease, stroke, and kidney disorders. Despite the WHO's goal to reduce population sodium intake by 30% by 2025, most countries, including India, consume well above recommended levels. To address this, WHO introduced stringent and comprehensive sodium benchmarks for 58 packaged food categories in 2021, aiming to guide reformulation efforts. The study assessed the potential health effects, costs, and cost-effectiveness of these benchmarks in India.

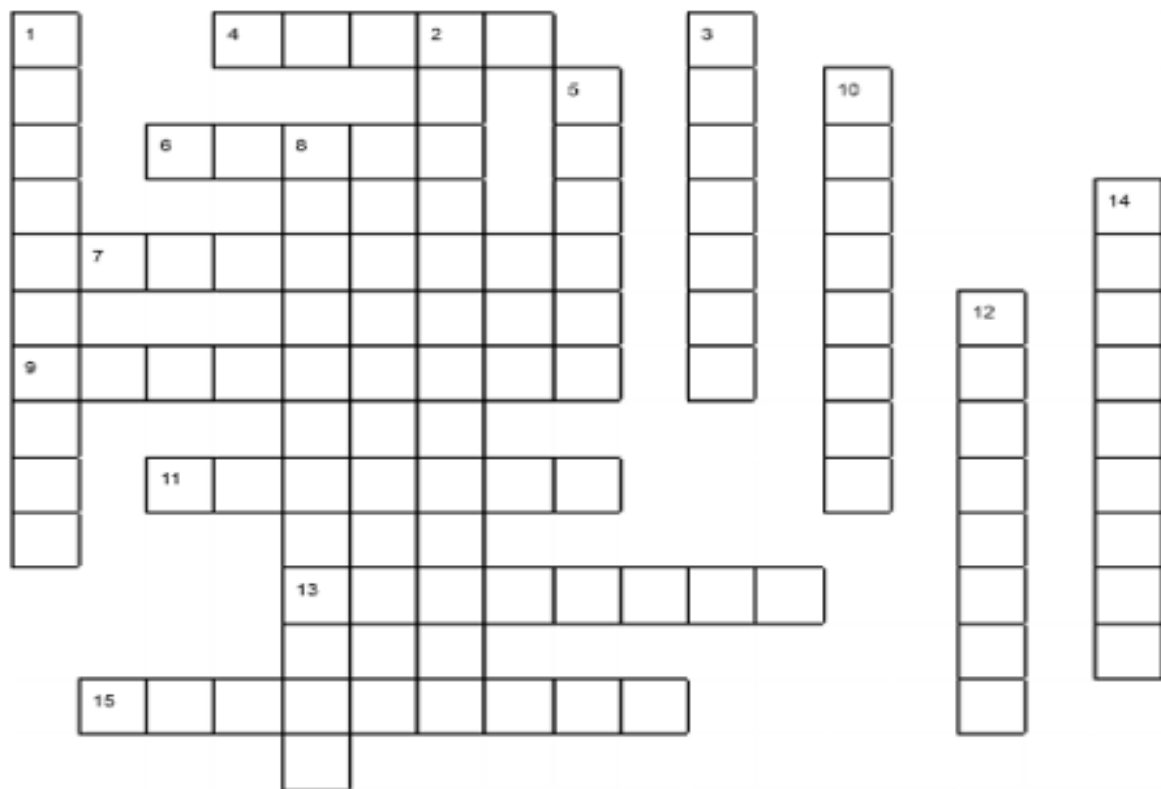
The study suggests that mandated compliance with WHO's sodium benchmarks for packaged foods in India could avert approximately 19 million incident cases of cardiovascular and kidney disease over the population's lifetime. Such an approach has a very high likelihood of being cost-saving, with a 100% probability over the first 10 and 25 years, and an 84% probability over the population's lifetime. Sensitivity analyses confirmed the robustness of these results, reinforcing the urgency of implementing sodium reformulation policies to curb rising health risks amid evolving food habits.

The findings support mandating sodium limits in packaged foods in line with WHO's benchmarks as a cost-saving strategy to prevent death and disease in India, despite packaged foods not currently being the main source of sodium intake. Implementing mandatory sodium limits for packaged foods in India is currently more feasible due to the relatively low consumption of such products compared to higher-income countries.

As packaged food consumption increases over time, regulating sodium content becomes more complex, requiring engagement with more manufacturers and the expansion of category-specific targets. Early adoption in India can establish lower sodium norms across the market, making compliance easier for emerging food producers. Mandating sodium limits now could shape industry norms, save billions in healthcare costs, and reduce the burden of preventable diseases.

Source: <https://www.thelancet.com/action/showPdf?pii=S2468-2667%2824%2900221-4>

QUIZ TIME



Across

4. A common symptom often used to detect infection or inflammation
6. The first identified case in a disease outbreak.
7. A condition or disease that is long-lasting or recurrent.
9. The degree to which a pathogen can cause disease
11. Measures taken to prevent or limit the spread of disease
13. The body's ability to resist a particular infection or toxin
15. The process of identifying a disease from its symptoms

Down

1. Time between exposure to an infection and the appearance of symptoms
2. The branch of medicine dealing with the incidence and control of diseases
3. A biological preparation that provides immunity to a specific disease
5. A living organism that transmits an infectious pathogen (e.g., mosquito)
8. The process of cleaning to destroy harmful microorganisms
10. A sudden rise in the number of cases of a disease
12. A microorganism that causes disease
14. The rate of death in a given population due to a disease



HOSPITAL BUZZ

1. “Wrong organ removed”: Surgeon faces lawsuit over alleged kidney removal error

A Minnesota woman in her 80s is now living with stage 5 kidney disease after a surgeon allegedly removed her kidney during what was supposed to be a routine spleen removal procedure, according to a recently filed lawsuit. "This never should have happened. We hope that Allina takes responsibility for this negligence instead of blaming the victim," he said, referring to the Minneapolis-based Allina Health System, of which Abbott Northwestern is a part.

Source:<https://abcnews.go.com/US/wrong-organ-removed-surgeon-faces-lawsuit-alleged-kidney/story?id=122054013>

2. Revealed: United Health secretly paid nursing homes to reduce hospital transfer

A Guardian investigation finds insurer quietly paid facilities that helped it gain Medicare enrollers and reduce hospitalizations. UnitedHealth Group, the nation's largest healthcare conglomerate, has secretly paid nursing homes thousands in bonuses to help slash hospital transfers for ailing residents – part of a series of cost-cutting tactics that has saved the company millions, but at times risked residents' health, a Guardian investigation has found.

Source: <https://www.theguardian.com/us-news/2025/may/21/unitedhealth-nursing-homes-payments-hospital-transfers>

3. Pristyn care accelerates hospital expansion: launches five advanced care units in 75 days across NCR sets new benchmarks in operational efficiency, profitability, and patient-first surgical care

In a remarkable display of healthcare agility and strategic planning, Pristyn Care has inaugurated five multi-speciality hospitals across the National Capital Region (NCR) within just 75 days, reshaping access to advanced surgical services in key urban clusters. The newest additions include state-of-the-art facilities at Safdarjung Enclave, Malviya Nagar in Delhi, and one in Gurgaon, underscoring the company's accelerated push to establish a high-quality, patient-focused healthcare network. This expansion brings Pristyn Care's total hospital count to five, reinforcing its transformation from a tech-enabled surgical care platform to a full-fledged healthcare provider with owned infrastructure.

Source:<https://ehealth.eletsonline.com/2025/05/pristyn-care-accelerates-hospital-expansion-launches-five-advanced-care-units-in-75-days-across-ncr/>

4. Tata Memorial Centre, ICICI Bank launch construction of new Rs 550-crore block at Homi Bhabha Cancer Hospital in Visakhapatnam

Tata Memorial Centre (TMC), in collaboration with ICICI Bank, has commenced the construction of a new cancer care block at the Homi Bhabha Cancer Hospital and Research Centre (HBCHRC) in Visakhapatnam. The ICICI Foundation Block for Child and Blood Cancer, an eight-storey facility, is being funded through a Rs 550-crore commitment by the bank and is expected to be operational by 2027, subject to approvals

Source:<https://indianexpress.com/article/cities/mumbai/tata-memorial-centre-icici-bank-launch-construction-rs-550-crore-block-homi-bhabha-cancer-hospital-visakhapatnam-10064811/>

5. Lift failure, no Acs at Delhi's GTB Hospital; patients and doctors suffer amid infra crisis

The Indian Express visited the hospital on Wednesday to take stock of the situation and found that five lifts were not working, including in the casualty, OPD, and ward block. Last week, doctors at Guru Teg Bahadur (GTB) Hospital said they were forced to reschedule two surgeries as patients could not be brought up to the operation theatre (OT). They also claimed hospital staff had to carry a dead patient's body on their shoulders to the ground floor.

Source:<https://indianexpress.com/article/cities/delhi/lift-failure-no-ac-delhi-gtb-hospital-patients-and-doctors-suffer-10064701/>

6. Jupiter Hospital installs India's first GE Allia IGS 530 Cath Lab, enhancing patient safety and speeding recovery

Jupiter Hospital, Thane, has become the first hospital in the country to install the GE Healthcare Allia IGS 530 Cath Lab system, marking a significant leap forward in advanced interventional care. Not only has the hospital become the first in India to deploy this next-generation technology, but it has also set a South Asia record for the fastest installation of the system, achieving full deployment and clinical activation within 72 hours. This feat was accomplished through remarkable coordination between the technical teams of Jupiter Hospital and GE Healthcare.

Source:<https://ehealth.eletsonline.com/2025/06/jupiter-hospital-installs-indias-first-ge-allia-igs-530-cath-lab-enhancing-patient-safety-speeding-recovery/>

7. Apollo Hospitals to sell maternity and infant care unit

Apollo Hospitals Enterprises is planning to sell its maternity and infant care division, Apollo Cradle and Children's Hospital Ltd (ACCHL), people familiar with the development told Economic Times. Per the report, Apollo has hired Allegro Capital to find a buyer for the asset, which is likely to be valued at Rs 1,000- Rs 1,200 crore. ACCHL is a subsidiary of Apollo Specialty Hospitals and runs 13 maternity and child care centres across major cities, including Delhi, Bengaluru, Chennai, Hyderabad, Amritsar, Gurugram, Noida, and Ghaziabad, with a combined bed capacity of 363.

Source: <https://www.financialexpress.com/business/industry-apollo-hospitals-to-sell-maternity-and-infant-care-unit-report-3865306/>

“A Goal without a Plan is a wish”-Antoine de Saint-Exupery



HEALTH BUZZ

1. International Yoga Day event in Vizag sets Guinness record; over 3 lakh people participate

The International Yoga Day, organised at RK Beach in Visakhapatnam, set multiple records. The grand event marked the culmination of the month-long “Yogandhra” campaign, conducted by the Government of Andhra Pradesh. As part of the campaign, the state provided training to over 1.44 lakh yoga instructors, registered more than 2.17 crore participants across 1.4 lakh locations, and saw over 3 lakh people participate at a single location in Vizag. Additionally, certificates were issued to 1.7 crore participants. The event also set another record, with at least 22,122 tribal students performing a mass Surya Namaskar.

Source: <https://www.newindianexpress.com/states/andhra-pradesh/2025/Jun/22/international-yoga-day-event-in-vizag-sets-guinness-record-over-3-lakh-people-participate>

2. Amazon India launches at-home diagnostics—a healthcare game-changer

Amazon India has quietly taken a powerful step into health tech. In partnership with Orange Health, it now offers at-home diagnostics in six major cities—Bengaluru, Delhi, Gurgaon, Noida, Mumbai, and Hyderabad. Over 800 diagnostic tests, including blood sugar, lipid profile, thyroid, and more, with sample collection at doorstep within 60 minutes. This service is part of the broader Amazon Medical umbrella, integrating with Amazon Pharmacy and Amazon Clinic, signalling the e-commerce giant’s serious intent in India’s ₹1.3 lakh crore healthcare market.

Source: <https://watchdoq.com/healthbeat/weekly-healthcare-news-buzz-june-2025>

3. Covid 19 cases surge in India: New symptoms to watch out for

Among the states, Kerala continues to record the highest numbers of cases with over 2,200 active cases. Other States like Gujarat, Maharashtra, Delhi, Karnataka and West Bengal are also seeing a rise in cases. The deaths reported have mostly among the elderly, or those with pre-existing health conditions like diabetes, hypertension or respiratory problems.

Source: <https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/coronavirus-symptoms-covid-19-cases-surge-in-india-new-symptoms-to-watch-out-for/articleshow/121795180.cms>

4. JIPMER to offer India’s first integrated MBBS and Ayurveda course: Union Minister

The Union government is planning to introduce a new integrated medical course combining MBBS (Bachelor of Medicine, Bachelor of Surgery) and BAMS (Bachelor of Ayurvedic Medicine and Surgery) at the Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Union Minister of State for Health and Family Welfare and AYUSH (Independent Charge), Prataprao Jadhav, announced on Tuesday.

Source: <https://www.newindianexpress.com/states/tamil-nadu/2025/May/27/jipmers-upgraded-trauma-block-now-a-level-1-centre-equipped-to-handle-400-emergencies-daily-in-puducherry>

5. Trump's USAID cuts leads to wastage of food for 3.5 million per month

When a major policy ends, it can ripple far beyond national borders, triggering global consequences. The sudden halt of USAID funding didn't just affect budgets; it disrupted lifesaving food chains, shuttered clinics, and silenced community programs that millions depended on for survival. Approximately 60,000 metric tons of US-funded food aid, valued at \$98 million and sufficient to feed 3.5 million people for a month, remain unused in warehouses across Houston, Djibouti, Durban, and Dubai.

Source: <https://economictimes.indiatimes.com/news/international/us/trumps-usaid-cuts-leads-to-wastage-of-food-for-3-5-million-per-month/articleshow/121236583.cms?from=mdr>

6. Prime Minister Shri Narendra Modi addresses the 78th session of the World Health Assembly in Geneva

Prime Minister Shri Narendra Modi addressed the 78th Session of the World Health Assembly in Geneva today via videoconferencing. Addressing the gathering, he extended warm greetings to all attendees, highlighting this year's theme, 'One World for Health,' and emphasized that it aligns with India's vision for global health. He recalled his address at the 2023 World Health Assembly, where he had spoken about 'One Earth, One Health.' Emphasizing that inclusion is at the core of India's health reforms, Shri Modi highlighted Ayushman Bharat, the world's largest health insurance scheme, which covers 580 million people and provides free treatment. He highlighted India's free telemedicine service, which has enabled over 340 million consultations. Reflecting on the positive impact of India's health initiatives, he noted a significant decline in Out-of-Pocket Expenditure as a percentage of Total Health Expenditure. Simultaneously, he emphasized that Government Health Expenditure has increased considerably.

Source: https://www.mea.gov.in/pressreleases.htm?dtl/39506/Prime_Minister_Shri_Narendra_Modi_addresses_the_78th_Session_of_the_World_Health_Assembly_in_Geneva_May_20_2025#:~:text=Shri%20Modi%20extended%20his%20congratulations,pandemics%20through%20greater%20global%20cooperation

7. Climate change fuelling India's monsoon fury

This monsoon season, torrential rain hit the Indian Himalayas repeatedly with flash floods and landslides, causing millions of rupees worth of damage and killing several people across Himachal Pradesh and Uttarakhand. Several rivers are in space and have been running above the danger mark, sweeping away bridges, homes, and cars, causing widespread devastation across the hilly terrain. According to experts, weather conditions might have been favourable for heavy rains, but climate change has a definite role in the increasing intensity.

Source: <https://carbonimpacts.info/article/climate-change-fuelling-india-s-monsoon-fury--64e5b582b72c3>



HEALTH IT BUZZ

1. Microsoft launches AI agent orchestrator for cancer care coordination

Microsoft added a new oncology-focused “agent orchestrator” to its Azure AI Foundry Agent Catalogue, enabling coordinated AI workflows to support cancer care tasks like EHR review, patient timeline and creation and staging assistance.

Source: MobiHealthNews recap via OpenLoop Health [Tiga HealthLinkedIn](#)

2. Med bridge expands AI motion-capture tech for at-home MSK therapy

Med bridge rolled out its AI-powered motion-capture feature in Pathways, allowing patients to perform physical therapy at home while clinicians remotely monitor exercise form and progress.

Source: Fierce Health article via OpenLoop Health [LinkedIn](#)

3. Rimidi partners to enhance hypertension care via RPM

Rimidi teamed up with Salina Family Healthcare Centre to implement EHR-integrated remote patient monitoring specifically for hypertensive patient management.

Source: HealthITAnswers Virtual Healthcare June 2025 [Vault Bioventures+7Health IT Answers+7Connected Health Pulse+7](#)

4. Curative health insurance launches \$0 telehealth service

Curative introduced Curative Telehealth, offering no-cost virtual care nationwide to its insured members.

Source: HealthITAnswers Virtual Healthcare June 2025 [Health IT Answers](#)

5. HerMD launches specialized virtual women's health platform

HerMD debuted “Virtual Care by HerMD” on June 2, 2025, providing telehealth visits focused on the menopause and sexual health.

Source: HealthITAnswers Virtual Healthcare June 2025 [Health IT Answers](#)

6. MHRA opens digital innovation hub in Leeds

The UK’s MHRA unveiled a new digital innovation hub in Leeds to accelerate collaboration and modernization in digital health and life science.

Source: Tiga Healthcare Technologies blog [Tiga Health+1watchdoq+1](#)

7. hChain 4.0 blockchain for secure EHR sharing

hChain 4.0—a permissioned blockchain framework supporting encrypted, attribute-based electronic health record sharing—emerges from a paper on arXiv (May 20, 2025).

Source: arXiv publication [arXiv](#)

8. AI public health monitoring system deployed nationally

Traditional alert-based monitoring systems struggle with modern public health data monitoring systems for several reasons, including that alerting thresholds need to be constantly reset and the data volumes may cause application lag. Through a multi-year interdisciplinary collaboration, the resulting system has been deployed at a national organization to monitor up to 5,000,000 data points daily. A three-month longitudinal deployed evaluation revealed a significant improvement in monitoring objectives, with a 54x increase in reviewer speed efficiency compared to traditional alert-based methods. This work highlights the potential of human-centered AI to transform public health decision-making..

Source: arXiv publication [arXiv](#)

“Don’t find fault, find remedy”- Henry Ford

SYNAPSE TEAM MEMBERS

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

Solution

ANSWER: -

Across	Down
4.Fever	1.Incubation
6.Index	2.Epidemiology
7.Chronic	3.Vaccine
9.Virulence	5.Vector
11.control	8.Disinfectant
13.Immunity	10.Outbreak
15.Diagnosis	12.Pathogen
	14.Mortality