



# स्वास्थ्य सर्वोपरि Swasthya Sarvopari



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**Ethics and Responsibility Towards Society**

Quarterly Newsletter ♦ Directorate General Health Services (Dte. GHS)

# Editorial

## Ethics and Responsibility towards Society

Ethics and responsibility towards society are fundamental in building a cohesive and prosperous community. Ethics are defined as moral principles that govern a person's behaviour during conduction of a professional activity, while responsibility refers to an obligation of individuals to act for the benefit of society. Together, ethics and responsibility are critical in fostering trust, cooperation, and sustainable development in shaping societal norms and individual behaviour. Ethical behaviour is grounded in principles such as honesty, integrity, fairness, and respect for others which serve as a guide for making decisions that consider the well-being of others; these also happen to be guiding ethics of dharma as described in Vedas. The responsibility of an individual towards society is expected to uphold laws, respect the rights of others, educate themselves and others about social issues to advocate for justice and equity. Ethics and responsibility are interdependent; ethical principles provide foundation for responsible behaviour, while sense of responsibility reinforces ethical conduct.



### **Gratitude**

Gratitude is an act of recognizing and appreciating kindness of others which plays a pivotal role in promoting ethical behaviour and social responsibility. The act of gratitude is not merely a polite thank you, but involves a conscious effort to acknowledge, appreciate, and reciprocate the goodwill received. Act of gratitude can lead to greater social cohesion and mutual support. When individuals recognize that their success and well-being are often a result of collective efforts and support of many (some related, many unrelated), they are more likely to engage in ethical behaviours that benefit others across various dimensions of life and health, including mental health, physical health, and social well-being. When individuals embrace gratitude, they are more likely to experience positive emotions, increased life satisfaction and a greater sense of happiness.

### **Mind-Body Dualism**

The mind and body are distinct yet interconnected entities which has profound ethical implications. This understanding necessitates a holistic approach to health and well-being, emphasizing that mental and physical health are equally important and interdependent. From an ethical standpoint, mind-body dualism underscores the need for comprehensive healthcare. It challenges healthcare providers and policymakers to ensure that mental health receives the same attention and resources as physical health. For instance, conditions like depression or anxiety are often stigmatized and under-treated, require as much medical intervention and societal support as physical ailments like heart disease or diabetes. Moreover, this dualistic approach advocates for treatments that consider both mental and physical aspects of health. For example, stress management programs can improve both mental and physical health outcomes, thereby reducing the risk of chronic diseases. Ethical responsibility in this context involves advocating for and implementing policies that support holistic healthcare practices, ensuring that individuals receive balanced and effective care.




## **Realistic Expectation from the Healthcare System**

Healthcare is a fundamental aspect of human well-being. People seek effective treatment, compassionate care, and timely access to medical services. A critical component of ethical responsibility in society is fostering realistic expectations from any healthcare system. Ethically healthcare professionals and institutions must maintain transparency about what patients can realistically expect regarding treatment, outcomes, and availability of resources. Miscommunication or overpromising can lead to mistrust, dissatisfaction, and a strain on any healthcare system. Clear, honest communication about potential outcomes, risks and the limitations of medical interventions is essential for maintaining patient trust and engagement. Furthermore, society must recognize and address the systemic issues that impact healthcare delivery such as funding limitations, resource allocation and the ongoing need for research and development. By setting realistic expectations, patients can better understand the role of healthcare in their overall well-being. Modern medicine promises incredible treatment(s) and preventive measure(s). However, constraints related to resources, disease complexity and cost cannot and must not be ignored.

## **Ethics for Life**

Ethics for life encompass a broad range of principles and values that guide individuals in making decisions that impact lives. These principles include integrity, professional conduct, respect, fairness, and social harmony which serve as a foundation for societal well-being. Living ethically involves ongoing self-reflection and a dedication to aligning one's actions with ethical standards. This means making decisions that are not only beneficial to oneself but also considerate towards humanity, other forms of life as well as environment. Choosing sustainable practices, advocating for social justice, and treating others with respect, dignity and understanding long-term impacts of our actions are important aspects of ethical living. It is extremely easy to theoretically discuss ethics and responsibility. Embracing both while living your life is the biggest challenge in a country where there exists a huge gap between supply and demand even though several people leave India's shores, unable to get answers to their questions about ethics, morals, and responsibility, while we continue to grapple with appeasement all around in a variety of forms. In conclusion, ethics and responsibility towards society are fundamental to create a cohesive, compassionate, and fair community. By practicing gratitude, recognizing mind-body connection, setting realistic healthcare expectations and commitment to ethical living, individuals can significantly contribute to the well-being and harmony of society.



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Dr Jitendra Prasad,

Addl. DGHS, Dte. GHS, MoHFW

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## A Heart Rooted in Righteousness: Foundation of Ethical Life

*Dr Anjali Singal, Associate Professor, All India Institute of Medical Sciences, Bathinda*

Righteousness in the heart is not just a personal virtue; it's the foundation of an ethical life and a prosperous society. The former president of India Dr A.P.J. Abdul Kalam beautifully articulated this as, *“Where there is righteousness in the heart, there is beauty in the character. When there is beauty in the character, there is harmony in homes. When there is harmony in homes, there is order in the nation. When there is order in the nation, there is peace in the world”*.

In essence, ethical conduct isn't just a set of rules to follow but a way of being, that defines our character and shapes our interactions with the world. *In Hindu mythologies, the path of righteousness “dharma” is considered as ideal path or ultimate duty of every person.* One must be committed to lead an ethical life. This echoes across various religious and philosophical traditions, emphasizing the universal significance of leading an ethical life. True commitment to righteousness requires humble detachment from a desire for praise or reward, as echoed in the Bhagavad Gita.

Respect for others, integrity, honesty, justice, responsibility, and accountability form the bedrock of ethical conduct. By adopting these morals in everyday life one can contribute to a more ethical and compassionate world and it's the need of hour. Ethical conduct is not just important at professional front but helps one strive in personal and societal relationships as well. Strive to adopt the behaviours that encourage well-being and happiness among individuals and communities. The greatest reward of ethical living isn't material gain but the profound satisfaction of knowing that one's actions are aligned with principles of righteousness and integrity. Don't forget the supreme beauty of ethics, as it allows one to get a good night's sleep at the end of the day, free from the weight of moral compromise. Remember, *“No progress in life will be a truly successful, if we give up our ethics and morals. It's our ethics that mark us as who we are....”*

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*Ethics cannot be imbibed theoretically. Parents are the First Teachers in as far ethical behaviour is concerned*

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# ETHICS

*Empathy, Transparency, Honesty, Integrity, Compassion, Sympathy*

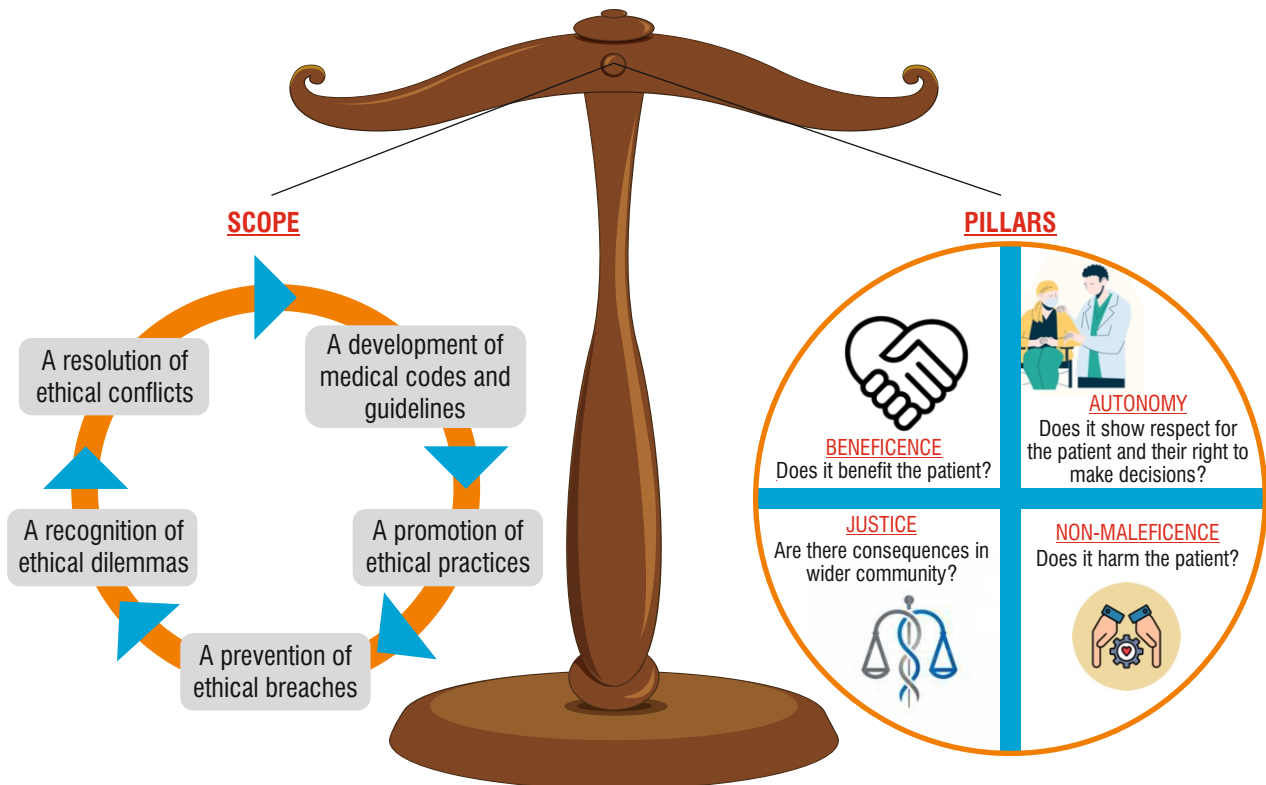


## Ethics in Medical Education

*Dr Apurba Patra, Dr Priti Chaudhary, Prof (Dr) DK Singh, Ritambar Das  
All India Institute of Medical Sciences, Bathinda India*

Ethics in medical education deals with the concepts and merits that guide the training and professional conduct of future medical professionals or health care providers. It hovers around the virtuous values, professional responsibilities, and codes of conduct that hegemonize the behaviour of individuals studying and practicing medicine.

### MEDICAL ETHICS



From the very first day, when a young bud enters the field of medicine, the major problem faced is how to communicate with fellow students, teachers, and other staffs, because most of them just out of their homes (a cocoon) for the first time, moreover, are from different backgrounds and now must stay under the same roof, must dine on the same table, and must work as a unit in a team. Ethics in medical education can potentially encourage cultural humility and susceptibility to heterogeneity amongst these young students. Medical students learn to recognize and respect cultural differences, values, and beliefs that helps in better bonding amongst them and in future can potentially guide them while taking decisions as a doctor. In a wider or broader aspect, ethics may play multifaceted roles in shaping the attitudes, nurturing behaviours, and decision-making skills in future healthcare professionals as follows:

1. Ethics instil values of honesty, integrity, accountability, importance of maintaining confidentiality, and avoiding conflicts of interest. In future, as full-fledged healthcare professionals, these will help them in upholding professional standards while interacting with colleagues, patients, or their attendants.

2. They help students learn how to effectively communicate with patients, provide them with necessary information about their conditions and treatment options, and respect their right to make informed, yet autonomous decisions about healthcare.

3. In medical professions, complex situations are inevitable, making the right decision in such situations is critical for a health care provider. Ethics can potentially encourage students to critically evaluate commonly encountered and complex ethical dilemmas in healthcare practice. By engaging in ethical reasoning and dialogue, students develop skills to steer moral precariousness and make ethically sound decisions in challenging situations.

4. Ethics equip students to steer sensitive issues related to end-of-life care, such as advanced palliative care and euthanasia. Many a times, scuffles have been reported between treating physician and patients' relative while breaking news of death. Ethics can essentially train and facilitate compassion amongst health care providers for communication about “bad news” for patients nearing end of life and their families.

5. Ethics also asserts the importance of self-care, self-consciousness, and maintaining professional fringes in medical practice. Medical students learn to acknowledge and address ethical challenges related to burnout, moral distress, and maintaining their own well-being while providing care to others.

Overall, ethics in medical education is fundamental to encourage the blooming of benevolent, qualified, and ethically sound healthcare professionals skilled to steer the complexities of modern medicine while endorsing the upmost standards of patient care and professional conduct.

Ethics cannot be taught in classrooms by folks who are far away from ethical behaviour in real life - behaviour with students, medical colleagues, patients, and non-medical co-workers. Whenever a student/resident is seen as being unethical, one must think about source of his having imbibed such behaviour from, and then it is one of us - as parent, as teacher as a professional to guide/mentor.





## "Healthcare Unmasked: The Real Deal"

*Dr Ashish Jaiman, Professor, Orthopaedics, Vardhman Mahavir Medical College  
Safdarjung Hospital*

It all starts with two basic concepts. The first "medicine is not mathematics," and the second "doctor is a human being, not God; doctor is also a human being from the same society responsible for healthcare at that moment in time." If one understands these two concepts, the constant tussle between society and medical fraternity will stop. Let's elaborate on these points one by one.

### **Concept One: "Medicine is not Mathematics."**

Simply put, the diversity of the world's gene pool (humankind and other living organisms) is so vast that no two patients can have the same symptoms or response to the same treatment. The effect of "pharmacogenetics" is so vast that no two doctors could ever agree on a treatment methodology for any patient. The factors involved in decision-making spread from clinical conditions to genomics to environmental factors, economic factors, and aspects that cannot be thought of instantly. The treatment must be clinically and socially acceptable, and ethically correct. It's an art and art is a task that requires a doctor's mental state to sync with nature and profession, and free from fear of multiple democles swords in the form of physical abuse, action by administration and law . An upset mind cannot treat, just as an upset mind cannot draw Bharat Mata (Shri Abanindranath Tagore must have been in a blissful state when he drew Bharat Mata); just an upset mind cannot compose a soothing Carnatic piece as by our own Sh Kakarla Thyagabrahmam. So, to deliver good art, you need a peaceful state. And as medicine is an art, "the doctor must be humanly provided with a security circle of divinity to provide the best". Please hold onto this line deep within your "limbic system".

### **Concept Two, "A doctor is from the same society that is running the show."**

There is no point discussing present status of the society; doctors are not from Jupiter or Mars; they are born and brought up in the same society. How can one expect them to behave differently? This doesn't mean that there is no scope for improvement, and that doctors can put all the blame on society. It should justifiably be a two-way approach. Both Society and the medical fraternity have to think of each other. Healthcare fraternity must bring transparency to medicine, i.e., "objective standard operating protocols" for all that is involved in diagnosing and managing patients in totality, with respect to need, cost as well as ethics.

It's worth noting that at this stage, everyone desires to consult the top doctor in any field. I believe the "best doctor in the field" concept is flawed. This brings subjectivity (read emotion) to the treatment, which is wrong. The aim should be to have well trained doctors who can understand and diagnose a patient's problems help relieve them effectively through "standard treatment guidelines" that also have to be individualized in terms of precision medicine, by so-called "average doctors." We need to focus on masses and not classes.

When someone in my colony WhatsApp group asks for the "best doctor in a particular field," I frequently cite this joke from the "WhatsApp university".

Pick any two, Good, Cheap, or Fast, but you don't get the third!

Good and Cheap, won't be Fast: Government Hospital!

Fast & Good, Won't Be Cheap: Corporate Hospital!

Cheap and Fast won't be Good!

Jokes apart, society needs to contain its expectations from a doctor. A doctor can use his skill with a positive intent to help every person coming to him, but he cannot save every life, nor can he defy death. Society must consider the doctor as a fellow human being and provide him with an environment conducive to a meditatively ecstatic state; at the same time, doctors need to be transparent, approachable and provide evidence-based treatment that must be well-published and pasted at the healthcare delivery place.



The fact that 'evidence' today can be generated by healthcare industry is a frightening thought as any industry is likely to have only one thought in mind, 'profit generation for its stakeholders' and unfortunately such stakeholders are never 'patients'

## Ethics and Responsibility of Healthcare System in an Artificial Intelligence driven world.

*Dr. Madhur Verma, Associate Professor; Dr. Rakesh Kakkar, Professor and Dr. Dinesh Kumar Singh, Executive Director and CEO, All India Institute of Medical Sciences, Bathinda*

In a world with complex societal dynamics, the healthcare system is one of the central pillars, representing the ethical obligation of compassion and responsibility towards every individual. These responsibilities tend to cater to the community's expectations regarding clinical proficiency, moral conduct, equitable access, and proactive engagement with social challenges. The healthcare system strives to bridge the gap between the privileged and the marginalised, ensuring that quality care is not contingent upon socio-economic status. Furthermore, the delegated responsibilities go beyond individual patient care to encompass active engagement in addressing public health challenges and promoting preventive measures. Ethical conduct forms the bedrock of the healthcare profession, and we must adhere to beneficence, non-maleficence, justice, and autonomy while ensuring that patient care remains paramount. Upholding these values necessitates transparency, honesty, and integrity in all medical dealings.

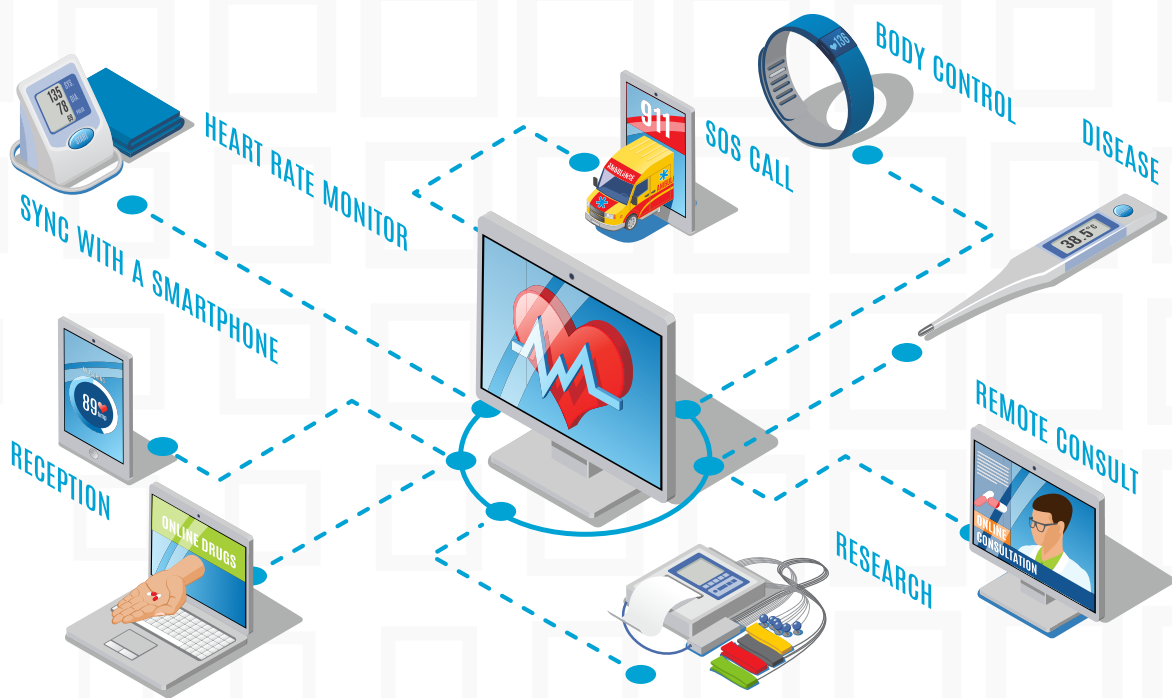
In addition to the overwhelming responsibilities of the health system, there is a need for continuous commitment to innovations. Of all such innovations, the seamless integration between artificial intelligence-driven (AI) and healthcare systems promises transformative potential, revolutionising patient care, diagnosis, treatment, and beyond. The AI-powered predictive analytics can identify at-risk populations, forecast disease outbreaks, and inform targeted interventions, optimising resource allocation and improving public health outcomes. However, with the evolution of AI, there is a concurrent need for a nuanced understanding of AI's capabilities, limitations, and ethical implications within the healthcare domain. Healthcare professionals must have the knowledge and skills to harness AI effectively, interpret algorithmic outputs critically, and navigate ethical dilemmas inherent in AI-driven decision-making. We should acknowledge AI as a powerful tool rather than a panacea. While AI-driven algorithms can analyse vast datasets, identify patterns, and assist in clinical decision-making, they do not replace the expertise or empathy of healthcare professionals. Instead, AI augments human capabilities, enabling clinicians to make more decisions that are informed, optimise workflows, and personalise patient care.

There are growing concerns around AI use in healthcare, and ethical considerations must guide the integration of these innovations, ensuring that they prioritise patient safety, privacy, and well-being. AI can potentially improve healthcare access, efficiency, and outcomes, but it may exacerbate existing disparities if not implemented equitably. There are constant infodemics threats through AI misuse by patients, especially when its reliability is still being tested.



Healthcare systems must proactively engage in digital literacy and equitable access to technology to ensure that AI benefits all segments of society. Our focus should be on transparency and accountability in AI development and deployment. We must ensure that AI algorithms are rigorously validated, ethically designed, and continuously monitored for biases or errors. There is a solid need to foster trust between providers and patients and mitigate concerns about algorithmic decision-making. Equally important is the ethical use of patient data in AI-driven healthcare. While data-driven insights fuel AI algorithms, ensuring patient privacy, consent, and data security is imperative. We should all contribute to the development of robust data governance frameworks, compliance with privacy regulations, and transparent patient communication regarding data usage and protection so that we can tame this wild horse.

In conclusion, realistic expectations from the healthcare system in the modern AI-driven world demand a balanced perspective that integrates technological innovation with ethical considerations, patient-centered care, and socioeconomic equity. By harnessing the transformative potential of AI while prioritizing transparency, accountability, equity, and education, healthcare systems can navigate the complexities of the digital age, enhance patient outcomes, and uphold the core values of the medical profession.



Both Technology and AI were always meant to assist human beings, not take over their mental functions, one must remember, that technology and AI both have that inherent potential of controlling humans if things go wrong. Let Medicine be the Art it always was, with technology and AI being new colors to make the same shine

## “Gratitude”

Dr Shalini Kelkar, Dte.GHS, Delhi



It is a scientifically proven fact that children, till age of eight years, learn and imbibe many things from their parents and surrounding environment and these form the basis of their future character development. We learn to behave nicely with others by means of small gestures and language. We learn to say “Thank you” for things we get from family members, relatives, and friends. We learn to be thankful to God in our prayers for everything we have. But at the same time this is also true that as we grow older and become adults, we conduct ourselves according to our ease and convenience. We habituate in doing things that suite us. There is little doubt that each one of us is working hard for one's livelihood and existence. Thus, the thing that is also developing alongside our growth, is our ego. We never try to stop its growth as it comes with pride.

It is this ego that stops us from being grateful. We become so busy in our lives that we don't find even a little time to thank God for each day of our lives. While all of us would agree that for every good thing that happens in our life, it is partly because of somebody's efforts and prayers and partly due to destiny. But we accept the things as they come. Whenever we go through a rough phase in our life, we would often criticise God for this. But when experiencing good times, we fail to thank him. It is often said 'gratitude is the memory of the heart'. The heart always remembers people who had been kind to us and helped when we needed it most. We must silently, express gratitude to such people at all times, and physically whenever feasible and possible.

One never becomes inferior by expressing gratitude, bet it the liftman who operates the office lift every day for one to reach one's fifth floor office. Gratitude makes us great in our conscience. It is said that if the only prayer one could say all through one's lives is 'thank you', it would suffice. Apart from being thankful, we must also be ready to help the other person. We must certainly count our

blessings, but we must also make our blessings count. Showing gratitude to others is one of the simplest yet most powerful things that we can do for each other. We must be grateful to the people who bring happiness in our life, in any form, in any kind. These days people seem so busy in their own work and lives that those stopping to greet each other, has become a rare sight. Sometimes I feel thankful for the people who would stop and say 'hello' to me! When we greet people with smile, it not only makes us happy but by doing this, we also share good vibes in the atmosphere. Sometimes when we thank someone, it breaks the invisible barriers that we may have created in our minds with the other person. This gives a feeling of lightness too!

Sometimes when we are struggling with life, we think, what's there to be thankful for. At such times one must think of situations which could have been worse than present. Thank God for letting us see the light of another day to be alive to take care of ourselves and make our day. When one door of happiness closes, another opens, but often we keep on looking at the closed door failing to appreciate the one which has opened for us. We must be thankful for that.

Never be in doubt when it's time to say 'thank you', just say it with a smile and with ease, and see the transformation around yourself, surely a small part of the world will be yours!

THANK YOU



If gratitude can become an attitude for life,  
There never ever will arise,  
The situation of being dissatisfied.



## जुग जुग जीयो, मेरे भारत

डॉक्टर प्रिया बंसल, प्रोफेसर, मेडिसिन विभाग, लेडी हार्डिंगे मेडिकल कॉलेज, नई दिल्ली

भारत ने जब मार्ग दिखाया,  
दुनिया ने योग को जीवनसार बनाया।  
आयुर्वेद और सिद्धा को अपनाया,

होमियोपैथी, यूनानी, सोना रीपा का महत्व समझाया।

जिन्दगी की दो बूंदों ने बचपन बचाया,  
मिशन 'इंद्रधनुष' ने घर घर रंग बिखराया।  
'आशा' की किरण ने गांव गांव रोशन किया,  
कोरोना योद्धाओं ने कठिनाई में सहारा दिया।  
स्वच्छता अभियान से जागरूकता आयी,  
नयी पीढ़ी ने स्वस्थ जीवन शैली अपनायी।

देश के कोने कोने में स्वास्थ्य सुविधाएं बनायीं,

टेलीमेडिसिन की उपयोगिता बढ़ाई।  
वैक्सीन मैत्री पर है जग का भरोसा,  
गर्भवती से बुजुर्गों तक, हर सदस्य को,  
प्यार और आदर से परोसा।

टीबी और मलेरिया पर जंग जारी है,

हर कोने में डॉक्टर और नर्स पहुंचाने की तैयारी है।

बढ़ता रहे अमृत काल में देश, स्वस्थ और 'आयुष्मान',

सभी स्वास्थ्य कर्मियों को कोटि कोटि प्रणाम।



हम स्वास्थ्य कर्मी भी इंसान हैं  
भूख प्यास हमें भी लगती है  
२४ घंटे काम करने के पश्चात  
नींद से आँख भारी हो आती है  
मन में मगर रहता एक ही विचार  
रोग-पीड़ित हर व्यक्ति का उपचार

## Should there be a component of Spirituality in the Healing process as a part of self-care by patients ?

Dr Avinash Sunthlia, Dte.GHS

Its often said 'Health is Wealth' means a person is said to be healthy if she/he is in a healthy state of mental, physical, emotional, social, and spiritual well-being.

Let's refer a latest scientific evidence - A systematic review and a multidisciplinary Delphi panel assessed the literature over the years (8946 articles scanned from Jan 2000 to April 2022) on spirituality and health, regarding incorporation of spirituality in the care of patients with serious illness and in health outcomes. It was concluded that adding spiritual component in care by the patients with serious illness was associated with better health outcomes. It was also noted that for healthy people, spiritual community participation—as exemplified by religious service attendance – is associated with healthier lives, including greater longevity, less depression and suicide, and less substance use, better quality of life etc.

Spiritual health refers to a state of well-being where an individual experiences a sense of meaning, purpose, and connection in life. Spiritual health is not necessarily tied to religious beliefs but encompasses a wide range of personal beliefs, values, and practices that contribute to a sense of inner peace, fulfillment, and resilience. It involves the development and maintenance of a harmonious relationship with oneself, others, and the larger universe.

### Advantages of Spiritual Element for Healthy well being



## INDICATIVE EXAMPLES OF SPIRITUAL PRACTICES



A

### MEDITATION

**Description:** Meditation involves focused attention and mindfulness to achieve a mentally clear and emotionally calm state. It can be practiced in various forms such as sitting quietly, focusing on the breath, or using a mantra.

**Benefits:** Reduces stress and anxiety, enhances self-awareness, promotes emotional health, and improves concentration.

**How to Practice:** Find a quiet place, sit comfortably, close your eyes, and focus on your breath or mantra. Aim for a few minutes daily, gradually increasing the duration.

B

### PRAYER

**Description:** Prayer is a practice of communicating with a higher power, seeking guidance, expressing gratitude, or asking for help. It can be done individually or as a group.

**Benefits:** Provides comfort, enhances feelings of connection and support, reduces feelings of isolation, and fosters a sense of peace.

**How to Practice:** Set aside time daily for prayer, either spontaneously or following a structured format. Reflection of your thoughts, express gratitude, and seek guidance.

C

### NATURE IMMERSION

**Description:** Nature immersion, or eco-therapy involves spending time in natural environments to enhance well-being. It can include activities like hiking, gardening or simply sitting in a park.

**Benefits:** Reduces stress, boosts mood, improves mental clarity, and fosters a sense of connection with the natural world.

**How to Practice:** Regularly spend time outdoors, engage with nature mindfully and appreciate the sights, sounds and smells. Incorporate activities like walking in the woods, sitting by a river, or tending to a garden.

D

### YOGA

**Description:** Yoga combines physical postures, breathing exercises, and meditation to harmonize the body, mind and spirit. It is a holistic practice that integrates physical fitness with spiritual growth.

**Benefits:** Increases flexibility, improves physical strength, reduces stress, and promotes mental clarity.

**How to Practice:** Attend yoga classes or follow online tutorials to learn different postures (asanas), breathing techniques (pranayama), and meditation practices. Practice regularly for optimal benefits.

E

### MINDFULNESS

**Description:** Mindfulness involves paying full attention to the present moment without judgment. It includes being aware of thoughts, feelings, and sensations as they arise.

**Benefits:** Reduces stress, improves emotional regulation, enhances focus, and fosters greater appreciation of life.

**How to Practice:** Engage in daily activities mindfully, such as eating, walking, or listening. Set aside time for formal mindfulness, meditation, focusing on the breath or body sensations.

## Integrating Spiritual Practices into Daily Life

- **Consistency:** Regular practice is key to reaping the benefits of spiritual practices. Start small and gradually increase the duration and frequency.
- **Personalization:** Choose practices that resonate with you personally and fit into your lifestyle. The most effective spiritual practices are those that feel meaningful and fulfilling.

Charaka Samhita is one of the unique scriptures where all the aspects of health, i.e., physical, mental, and spiritual health, have been explained in micro details and more importance is given for spiritual health such as concept of chetana dhōtu puruṣha (element of consciousness), Jivātman (empirical soul) and paramātman (absolute soul), and yoga and mokṣa (final emancipation).

I leave you with certain mantras which are beneficial in keeping good health and protect the body from sickness and intoxication.

Mahamritunjaya Mantra: "ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥" This mantra is dedicated to Lord Shiva and sage Markendeya chanted this mantra as he had a short life and only Lord Shiva could save him from this so, when the Lord of death Yamraj appeared in front of him to take away his life, Lord Shiva protected Sage Markendeya from the clutches of death.

Dhanvantri Mantra- "ॐ नमो भगवते वासुदेवाय धन्वन्तराये अमृतकलश हस्ताय सर्वअमाय विनाशाय त्रैलोक्य नाथाय धन्वन्तरि महाविष्णवे नमः" As per scriptures, Lord Dhanvatri is the God of Ayurveda and considered as an incarnation of Lord Vishnu. He emerged from Kheer sagar during churning of ocean (Samudra Manthan by the Devas and Asuras).

Moola Vishnu Mantra : ॐ नमो नारायणाय - "I bow before the Almighty". This manta is thought to help create a sense of peace and calmness, which can be helpful for those struggling with stress or anxiety. The mantra is also said to be helpful for deepening one's spiritual practice and connection to the divine.



## Mind-Body Dualism

Dr Sunita Kumari, Assistant Professor in the Department of Physiology  
AIIMS Vijaypur Jammu.

In Indian philosophy dualism is a belief according to which reality is basically composed of two parts. Substance dualism represents dualism in its most basic form and declares that body and mind are composed of two ontologically distinct substances. As per the dualist, the mind is made of a non-physical constituent whereas body is in physical form. Although mind and body are capable of causally affecting each other, this kind of dualism embodies the hypothetical attitude that mind and body are two separate entities, each with a different indispensable nature. This type of substance dualism is also known as interactionism.

Before the advent of mind-body dualism concept, the Christian views of mind-body relationship were prevalent, according to which human beings were spiritual entities, and mind and body were not at all different from each other. Diseases and sufferings were thought to come due to non-material forces like wrong doing at the level of person or community as a whole. One more belief was that for the soul to enter into heaven, the dead body of humans should be preserved as such without any physical damage to any of the organs. Therefore, dissection of the human body was under religious ban which critically thwarted the progress of medical science. Rene Descartes gave the concept of mind-body dualism in 17th century, demythologised the body and permitted dissection for detailed study of human anatomy and physiology. Thus, he opened the door for progress of medical science.



Although, body and mind are two different entities but they are intimately interwoven, and commotion of this dear association between the two leads to augmented entropy and aging. Our body is composed of physiological systems, tissues, and organs. But basically, it is a collection of molecules. Mind is composed of memories, desires, ideas and beliefs, but is fundamentally a collection of thoughts. Therefore, body is a molecular field and mind is a thought field. With each thought in our mind, there is precipitation of molecules in our nervous system and this in turn influences the whole-body molecules. Any stagnation in the body mind connections results in illness and ageing. Enlivening the mind body connections leads to healing and rejuvenation.



Enhancing the integration between mind and body requires listening to the signals from inside as attentively as we listen to information from the outside. If we listen to the inner signals of our body and respond accordingly, it will grow healthy, young, full of energy, strength and flexibility. Mind body integration or a healthy talk between our thoughts and molecules can be achieved through yoga and meditation.

Our holy book Bhagavad Gita, contains an expression in Sanskrit which goes like “*Yogastah kuru karmani*” (“Established in yoga, perform action”). This means, perform every act while establishing yourself in a state of unity in which body, mind, and spirit are experienced as one gamut. Once our conscious is at this level, we accomplish all our daily actions without breaking our connection to the wholeness. This is the ultimate aim of all mind-body integration practices.



Artist- Farha Firdaus Siddiqui, MBBS Student, LHMC

## Artificial Consciousness through the lenses of Mind-Body Dualism

Dr Rivu Basu, Assistant Professor, Dept of PSM, All India Institute of Hygiene and Public Health, Kolkata

It may seem peculiar that we are trying to see Artificial Intelligence (AI) and Dualism of Hindu Philosophy together. It will be interesting to approach this in an open mind and look at the magnificent synthesis at some points. The perspective that there is a separate individual who is observing the surrounding world is dualism. There is a central you that is separate from all that is not you. Therefore “you” are different from “matter/ nature”. You are able to “feel” matter. While Rene Descartes tries to draw a line between consciousness and matter, where matter includes both body and mind, Sankhya supports that view mentioning a Purusa (seer or consciousness) and Prakriti (nature) in Dualistic Philosophies of Vedanta. Thus there is marked concordance in these two views in this context. On the other hand, Advaita school says that the “seer” is also a part of the “seen”, and both are submerged in the sea of consciousness, so this is the consciousness that is defining both “you” and “other”. Descartes famously said, “I think, therefore I am”, but possibly thousands of years before Descartes, the Indian “philosophy” of Advaita Vedanta proposed the exact opposite: “I am, therefore I think.” While Descartes philosophized the idea that mental functions establish one's existence in nature, Advaita Vedanta says that one must first exist (as consciousness itself) in order to be able to think. In fact, Advaita Vedanta directly equates one's “existence” with consciousness.

This brings us to the main question about AI. It refers to the simulation of human intelligence in machines that are programmed to think and learn like humans. Apparently this may seem that we have been able to decode human brains, as, beyond doubt, the secret lies in the human brain. While AI can recognize patterns and predict things with “learning”, it is undeniable that these are not consciousness, or self-awareness, a vital part of our thinking, that shapes how learning is done. Hindu philosophy, with its ancient wisdom, has contemplated the intricacies of consciousness for centuries, and this has still remained elusive in science. Trials are being done to create “Artificial Consciousness”, which has been a focal point in AI research. While current AI systems exhibit narrow intelligence, the aspiration is to develop conscious machines capable of self-awareness. Though tools like Neural networks and deep learning algorithms simulate cognitive processes to a large extent, we are still in our infancy to understand the mechanism of human consciousness. Neuroscientists have conducted extensive research on consciousness for many years. The reticular neurons, and especially the neurons of the ascending reticular activation system, is said to play a vital role in maintaining behavioral arousal and consciousness. However, in recent times, many different opinions have been proposed. For example, some researchers believe that consciousness is aroused in the frontal region of the brain, including the prefrontal and central anterior cortex.

While much needs to be understood, unless “consciousness”, that defines us, can be broken into neural structures and neurotransmitters, we will still be pondering. Maybe, the day we are able to identify the deterministic circuits of consciousness, “I” will cease to exist, as breaking the macro in micro-er structures will suddenly reveal nothingness, and all that we are made of, our “ego” will boil down to some molecules of carbon, oxygen, nitrogen and hydrogen, or even smaller particles as they say in Quantum Physics. And on that day, maybe, the Grand Unification of Philosophies and Science will take place.





## From Om to connectome, synapse to spandan : A deep conversation

Dr. P. Lalita Jyotsna, Professor, Department of Pathology, Lady Hardinge Medical College, New Delhi.

*I share a conversation I recently had with my friend Tabs :*

**Tabs(T):** Long time , how have you been?

**Me:** Hello, how are you? Been busy with work, and now with some thoughts and ideas!

**T :** Oh, yes! Your ‘I-overthink-therefore-I-am’ state! So, tell me what’s on your mind?

**Me:** Haha! My 3 year old nephew has just started school. He was jumping like a monkey all over the place when we met them. It’s so fascinating to see how the body and brain develop. Just to think that while this little one loves “connect-the-dots’ puzzles at school, my other nephew- a 23year old with a zen-like attitude - is working on ‘connectomics’ as part of his project!

**T:** What -omics? I have only heard of genomics, proteomics, metabolomics.

**Me:** Connectomics- mapping and reconstructing the brain using AI, down to the last synapse where the nerve cells meet. While I look at tissues and cells at the microscopic level (it’s a beautiful world inside!), he and other researchers go down to the ultra-microscopic level and decipher the brain wiring.

**T:** Machines learning, humans...?

**Me:** Unlearning and relearning, I guess. Well, talking of your Descartes reference, reminds me of his Mind-body dualism concept and all the philosophies that were given before and after. The mind-body connection has attracted humans for ages.

**T:** Mind never matters, matter never minds?

**Me:** Indeed. Cartesian dualism says the mind is a non-physical substance responsible for thoughts, consciousness, and self-awareness, while the body is a physical substance that operates in the realm of matter and obeys the laws of physics. But then came the question of how and where do the mind and body interact, known as the mind-body problem. Dualism made people feel disembodied, as if there’s some external agency controlling you. In the modern philosophy, we have ‘the hard problem of consciousness’.

**T:** It’s all about control, right? The need to control others, to control oneself- the conflict between heart and brain. Freud’s ego, ‘I’, caught up between the animalistic/childish id and the super-controlling superego! To do, or not to do! The conflict between brain and heart!

**Me:** Yes. Our Eastern philosophies have always expounded the mind-body connection. Now, advances in neuroscience suggest that mental states do correlate with brain states, challenging the notion of a non-physical mind. Mind is the software, while brain- the hardware of thinking. You know, neurologically, what we call heart-brain conflict is a tussle playing out in the brain itself- the rational brain, that’s mostly centred in the pre-frontal cortex(PFC) and emotional part of the brain - pain, pleasure, anxieties, fears, fight or flight -in the limbic system. And of course, there’s a connection between mind and body. There’s a stimulus, which travels to the brain through the neurons and the brain sends out signals and we feel or experience stuff. It’s all an interplay between the nervous system, hormones, neurotransmitters, our dopamines and serotonin.

**T:** Hacking the happiness (Dopamine, Oxytocin, Serotonin, Endorphins) hormones. And the mind-body connection. Isn't that obvious? The state of my mind, affects my body and vice versa. I 'feel' great after workout. Endorphins kick in. The day my mind is exhausted, my body too feels tired. When I feel stressed, my gut rumbles and I read somewhere that the gut microbiome affects our brain. Hormonal changes underlie post-partum depression and post-menstrual syndrome. I do know about psychosomatic illnesses and about the old part of the brain somewhere below and the new one at the top-that's huge.

**Me:** True. We do we have a bigger pre-frontal cortex than other animals. What we think and feel does affect our body. When we feel anxious over some real or mostly-perceived threat, we sweat, our heart rate increases, and when we are angry, we breathe heavily. Our ancestors living in caves had fight-or-flight responses to natural elements and predators while for modern humans it's work pressure, traffic jams, even scrolling through social media! A recent study (see 1 below) published in Nature indicates that parts of the brain area that control movement are plugged into networks involved in planning and thinking, and in control of involuntary bodily functions such as blood pressure and heartbeat. The authors had actually set out to verify the century-old 'homunculus'/'little-man' map of motor areas of the brain using modern brain-imaging but ended up finding the literal linkage of body and mind in the very structure of brain! It could explain some baffling phenomena, such as why anxiety makes some people want to pace back and forth; why stimulating the vagus nerve, which regulates internal organ functions such as digestion and heart rate, may alleviate depression, and as you said, post-exercise, why people report a more positive outlook on life.

Many past studies have established that stress affects the body- there's release of cortisol and adrenaline which increases the risk of cardiovascular /lifestyle diseases, autoimmune diseases, cancer, lowers immunity and causes things like the irritable bowel syndrome(IBS) and PCOS. Conversely, positive emotions and thoughts can have a beneficial impact on our physical well-being. Negative emotions intensify the perception of chronic pain, while techniques such as mindfulness and cognitive-behavioural therapy can help manage and reduce pain. On the other hand, bodily disease and infirmity affect the mind. The toll chronic diseases, cancers, physical handicaps and mental illnesses take on the mind of the person and also their family members is huge!

**T:** Tough to be a human. I guess my dog has a better life. No complex thoughts. Just bark, eat, poop,sleep.

**Me:** Some recent philosophers thought even about that! 'What is it like to be a bat?' Nagel asked. The bats have a better sonar perception you know. Our sense perceptions are so limited. And then someone else asked 'what is it like to be a human?'. On the other hand, phenomena like phantom limb, dissociative disorders, hallucinations -in all these the brain perceives physical stimuli where there are none!

**T:** Jo nahi hai woh hai aur jo hai who nahi hai ! Which Hindi film dialogue was that?

**Me:** Are we our thoughts, emotions, our gender or other identities, firing neurons, hormones, illusions and delusions, addictions, genetic polymorphisms, body and bodily changes? Our bodies harbour more bacteria than human cells! In a short while, there will be questions like 'what is it like to be Chatbot of ChatGPT4o or even Hanooman (the new Indian chatbot which can interact in 19 Indian languages)?' The question of what differentiates us from other animals, other humans and AI. As of now for AI, they say it's consciousness or sentience –



capability of sensing and feeling. ‘Sab moh maya hai’ – AI is blurring our concepts of real and unreal, life and death! Are we already in some sort of a Matrix? And come to think of it, even what we perceive with our limited sense organs is actually a fraction of what is out there! My qualia -what I experience about the same thing-colour, pain, pleasure is different from you. And yet we talk of CONTROL. Controlling others, controlling the environment. While the answer lies in BALANCE. Our yogic philosophies teach us about this balance, how to sync the mind and body. “Samatvam Yoga uchyate”(Yoga is Equanimity/balance) as the Gita (chapter 2, verse 48) says . With your consciousness and actions, rein in your mind and the indriyas (senses and motor function). “The breath is the link between the body and the mind,” say our yoga masters and, meditation taps the power of breath to align the mind in the present moment along with the body. Patanjali’s yoga sutras give us a detailed overview of the human psychology. Yoga, these sutras tell us, is not merely asanas and stretching, but attaining samadhi through the discipline/anushasan of ashtanga(eight-pronged) yoga, which teach balancing the mind-body and even relationships with fellow humans. Sushumna at the centre is the balance between Ida and pingala, which roughly correlate with what we call the sympathetic and parasympathetic nervous system. Most cultures and religions talk of morals and sins, but if we go to the roots, they actually espouse a disciplined lifestyle. Even SPECT, EEG and fMRI studies show how practices like Yoga, pranayama, tai chi and different types of meditation bring about brain changes (see 2 below). Neurobiochemical studies on the HPA axis suggest that these also bring down cortisol levels while enhancing dopamine and serotonin. When the mind is established in the present moment, the mind-body connection becomes harmonious, energises you and healing on many levels begins.

So, understanding the impact of the mind-body connection on health can empower us to take a more holistic approach to our well-being. For the medical professionals, it’s not just about treating the physical symptoms, it’s also about understanding the emotional, social and psychological aspects of health.

**T:** I only wish this balance of body and mind, emotional regulation and self-care is taught right from childhood. So many mental and physical diseases could be avoided or nipped in the bud. And we would know how to deal with situations as they arise, better. Work within your limitations to achieve your limitless potential. Meditation to keep at bay medication, as far as possible.

**Me:** Rishis and rishikas of ancient times would agree! The proponents of our eastern philosophies- Samkhya, Yoga, Advaita, as also Buddhism, Jainism and sufism - these talked of non-dualism. They went even beyond the mind-body connection! Samkhya and later, Yoga and Advaita- gave different names but what they basically expounded was that The Individual Self (Atman) is part of the all-pervading Universal absolute self/ consciousness(Brahman). And we are all part of this oneness and our very nature is Bliss. Aham Brahmasmi(one of the 4 mahavakyas) over Aham bhaav- self-realisation over self-centredness! Trika philosophy of Kashmir calls this Universal consciousness as Shiva, while the throbbing, dancing, energy/spandan behind Shiva is Shakti. And our purpose is to realise this blissful union within us and with the Universe! Adi Shankaracharya in the Nirvana shatkam says:

अहं निर्विकल्पो निराकार रूपो विभुत्वाच्च सर्वत्र सर्वेन्द्रियाणाम्  
न चासंगतं नैव मुक्तिर् न मेयः चिदानन्द रूपः शिवोऽहम् शिवोऽहम् ॥

(I am devoid of duality, my form is formlessness, I am omnipresent, I exist everywhere, pervading all senses, I am neither attached, neither free nor limited, I am the form of consciousness and bliss, I am Shiva)

**T:** A theoretical physicist wrote “Every atom in your body came from a star that exploded. And, the atoms in your left hand probably came from a different star than your right hand. It really is the most poetic thing I know about physics: You are all stardust.” Even quantum physics talks of waves, particles, and the all-pervading energy.

**Me:** Schrodinger to Sam Altman were fond of saying Atman = Brahman! A conversation for another day!

**T:** Yes, and we have to talk of brain chips (Brain-computer interface- see 3 below) too. I read recently of a brain chip inserted on a paraplegic man’s brain that helped him move the cursor just with his thoughts and he could play chess with the computer! One step ahead of the famous chess game of 90s, supercomputer Deep Blue vs Grandmaster Kasparov! Now AI may be making rapid strides and be used or misused but haven’t you heard of the funny news where during a football game one AI camera chased a bald referee’s head instead of the ball and left the fans disappointed?! As they say, Same same, but different! AI can’t beat our humanity, humaneness and human connection!

**Me:** Wow, so we jumped from qualia to quantum, real to unreal, from Deep Blue to Deepfake with some Advaita and AI in between! Metaphysics and physics, biology, philosophy, psychology, and neuroscience can co-exist! We can very well integrate ancient wisdom with modern science. This will only help us master our emotions and thoughts while mastering technology to work for us and not against us! Go beyond social and social media conditioning, using them to connect and not to compare. I guess this holistic view of mind-body and environment, from the sub-atomic level to the Universe and beyond, is required not only to bring in ethical practices in all spheres, but is also the essence of our existence and collective good! By the way, I have ‘breaking’ news from the connectomics project (See 4 below).

**T:** That’s wonderful! What a rich conversation this was! Now give your restless monkey-brain some rest!

**Me:** Time for some Yoga Nidra! As I become centred in the Self, become one with the universe and convert my brain waves from beta to alpha! Eureka moments of great scientific discoveries have come during relaxation, remember? “What you, think, you become”. Eat well, exercise, dance, laugh, run, breathe, meditate, rest, sleep, do everything in moderation, be mindful and aware of the differences, respect bio-individuality, but have samadrishti and samvedana, that is to say, think of everyone as one and have compassion. Take care of your body and mind. And take care of others too! Stay connected!

**T:** Yes, sure! Take care!





## News & Events



**Shri Apurva Chandra, Health Secretary, launched 'Swasthya Sarvopari,' the inaugural issue of the e-Newsletter of the Directorate General of Health Services on 01.04.2024. The launched issue focuses on the theme - Environmental Impact on Human Health.**



**Two-day workshop was organized at NCDC under the chairmanship of DGHS to discuss Referral policy for Delhi NCR on 9-10 April 2024. It was attended by 47 officers from DteGHS, AIIMS, 3 Central Government hospitals in Delhi, Delhi Government hospitals and ESI hospitals.**





**Inauguration of “Diabetes and Hypertension Screening Clinic”. by Smt. Roli Singh, Additional Secretary on 8th May 2024 in the august presence of Dr. Ajay Shukla, Director and Medical Superintendent of ABVIMS, Dr RML Hospital. Dr. Bindu Kulshreshtha (HOD Endocrinology) and Dr. Neelam Roy (HOD, Community Medicine)**

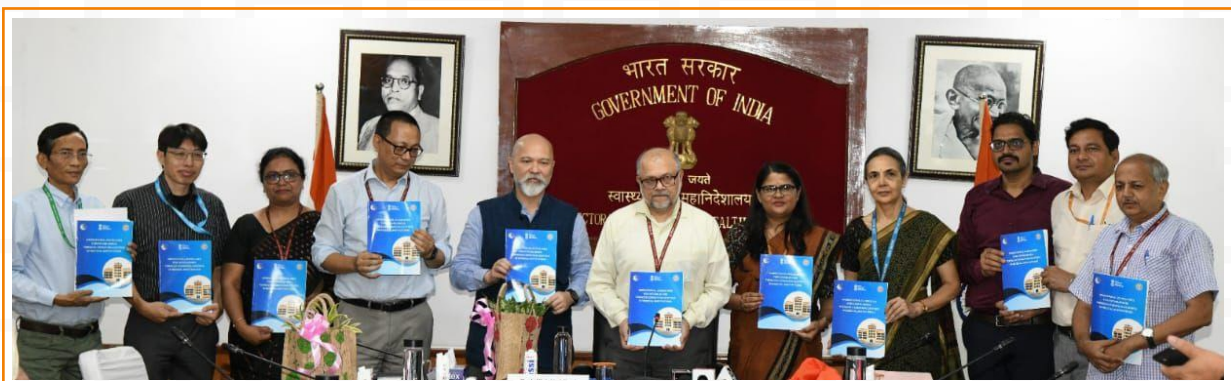


**Central Health Education Bureau (CHEB) in collaboration with the Ministry of Ayush organized a four-day 'Modular Training Program on Musculoskeletal Disorders for Ayush Master Trainers' at CHEB, New Delhi, from 13th-17th May 2024. Honorable DGHS Prof. (Dr.) Atul Goel, inaugurated the Program and a total of 156 participants from 26 states and 7 Union territories belonging to different streams of AYUSH attended the training program.**





**National Webinar on Hypertension by NP NCD Division, Dte.GHS, Commemorating World Hypertension Day, 17th May 2024, Attended by Over 9000 Participants from All States, UTs, IMA, and Various Medical Institutions**



**Release of Guidelines for Tobacco Cessation Centres at Medical Colleges by DGHS sir on world no tobacco day 31st May 2024**



सामान्य चिकित्सा विभाग ने 4-5 मई को L H M C चिकित्सा अपडेट 2024 का आयोजन किया। प्रथम 'आत्रेय व्याख्यान' डॉ. अतुल गोयल, DGHS, MoHFW ने दिया। कार्यक्रम में व्याख्यान, पेपर्स, प्रस्तुतियाँ, क्विज़ & कार्यशालाओं का आयोजन किया। अनेकों संकाय, रेज़िडेंट डॉक्टरों & प्रतिनिधियों ने भाग लिया।

## Achievements

### **ABVIMS, Dr. RML Hospital, New Delhi**

- Diabetes and Hypertension Screening Clinic: Launched for community-based screening to identify diabetes and hypertension cases

### **National Organ and Tissue Transplant Organisation (NOTTO), New Delhi**

- Countrywide implementation of monitoring of Brain Stem Death certification and subsequent organ donation by NOTTO. Letter issued on 2nd April, 2024.
- In order to navigate challenges and augment deceased organ donation in Northern India, ROTTO North organized MANTHAN 2024 - Round Table Workshop supported by NOTTO on 3rd May, 2024. Team NOTTO led by Director, NOTTO who was the Guest of Honour attended the event.
- Finalized and issued Standard Operating Procedures for facilitating seamless transport of organs by air in collaboration with Ministry of Civil Aviation and NITI Ayog.

### **Directorate General of Health Services (Dte.GHS), Nirman Bhavan, New Delhi**



- Directorate General Health Services in collaboration with DEPwD, successfully completed three days workshop from 23rd April to 25th April, 2024 at Dr. Ramalingaswami Board Room (Near Director's Office), AIIMS, Delhi for the Delhi and its adjoining districts of other states. Around 300 doctors have been trained during this

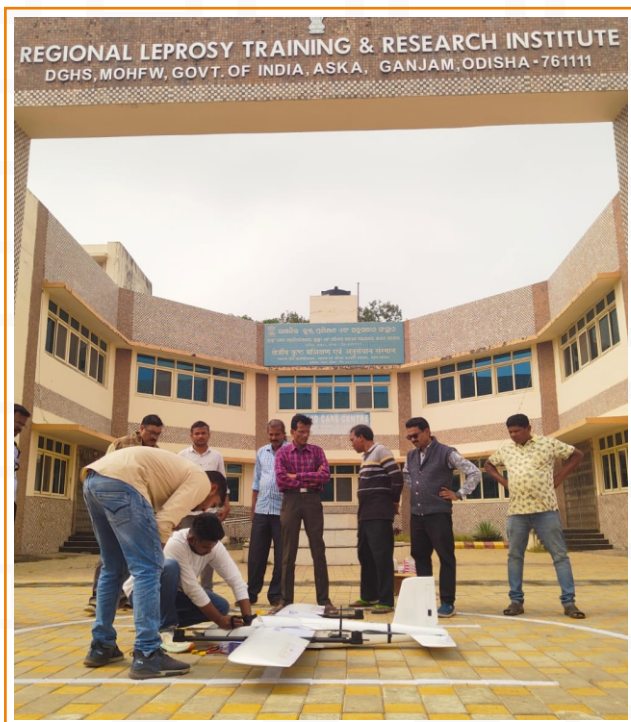




Meeting of Patient Safety Nodal Officers of all AIIMS on 19th June 2024 to create a Patient Safety Network in the country

- ◆ DGHS released the Healthcare Accessibility Training Manual for staff on 20th June 2024. Doctors from 23 institutes were trained on this training manual in AIIPMR Mumbai.

### Regional Leprosy Training and Research Institute (RLTRI), Aska, Odisha



Drone based health care delivery system, an innovative concept in drug delivery was piloted successfully by Dr. V. Santaram (Director RLTRI) & Chitranjan Panda (Project Coordinator)

### All India Institute of Hygiene & Public Health (AIHPH), Kolkata



Drone in Healthcare- Pilot project now going in-to phase 2 inaugurated by Prof. Ranjan Das, (Director, AIHPH) & Dr. Rivu Basu (Project Coordinator)

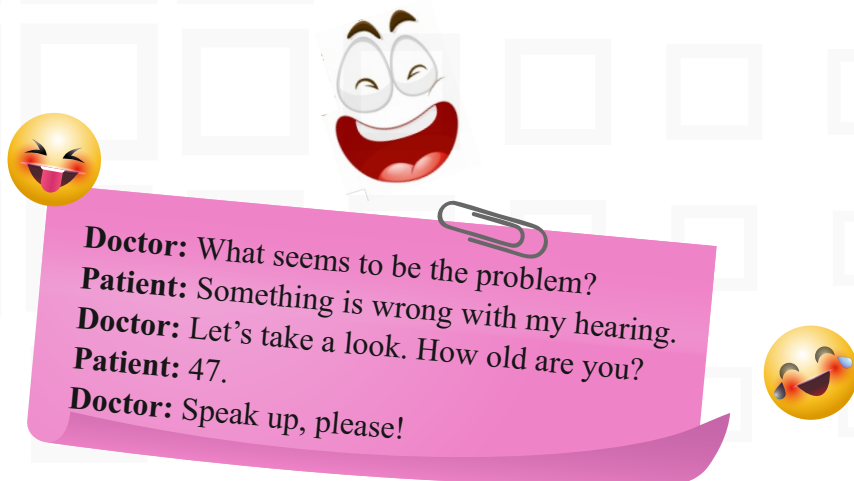
<https://www.youtube.com/watch?v=vrUaBmreC2w>

# Medical Humour

Relax Ramesh its just a small surgery, don't panic

My name is not Ramesh

I know. I am Ramesh



**Doctor:** What seems to be the problem?  
**Patient:** Something is wrong with my hearing.  
**Doctor:** Let's take a look. How old are you?  
**Patient:** 47.  
**Doctor:** Speak up, please!

# Medical Humour

जीवन में हस्ते रहो, मुस्कुराते रहो  
क्या पता, कल सामने के दो दांत ना हो



**Patient:** Doctor, I'm so nervous. This is my first operation.  
**Doctor:** Don't worry. Mine too.



ICU nurse watching me google  
"ACLS algorithm"  
during a Code Blue



I gained 5kg and I told my endocrinologist  
that I'm doing more walking than ever and  
he said are you walking to restaurants?



**Doctor:** We couldn't save his hand  
in the surgery... we're sorry  
**Woman:** You said he was going to  
be all right  
**Doctor :** Well his left hand is gone...  
so he's going to be "all right"





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