



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)
FACULTY OF MEDICAL & HEALTH SCIENCES



presents

SYMHEALTH 2024

National Conference on
**Sustainable Healthcare Systems
for Population and Planet Health**

26th | 27th April, 2024

Report On
SYMHEALTH 2024

26th- 27th April 2024

Compiled by: Rapporteur Committee, Symbiosis Institute of Health Sciences.

DAY 1 - PRE LUNCH

8:30am to 9:30am- Registration & Breakfast

PRE- CONFERENCE SYMPOSIUM (Parallel sessions)

Track- I

DATE: 26th April, 2024

TIME: 9.30 am to 10.15 am

VENUE: Lecture Hall 1, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Global Perspectives of Sustainable Healthcare

SPEAKER: Dr.Anoop Lal, Medical Director CareMithra, Trivandrum

- In his talk , Dr.Anoop Lal provided a comprehensive overview of the fundamentals of sustainability in healthcare, emphasizing the critical need for continuity.
- He highlighted the evolutionary journey of sustainability, tracing its development through stages such as industrialization, urbanization, technological advancements, and social and political dynamics.
- The speaker emphasized the significant costs associated with unsustainable development, including climate change, biodiversity loss, resource depletion, waste generation, economic instability, and public health crisis.
- He stressed the importance of the Sustainable Development Goals (SDGs) as a framework for global action, particularly highlighting Goal 17, which emphasizes collaborations and partnerships for sustainability.
- He discussed the interconnected nature of sustainability, focusing on the three pillars of impact: People, Planet, and Profit, and the necessity of addressing these dimensions collectively
- The speaker emphasized the concept of One Health, urging the audience to consider the interconnectedness of human health, animal health, plant health, and environmental health for sustainable healthcare.
- He drew attention to the environmental impact of healthcare activities, including hazardous waste, wastewater, greenhouse gas emissions, and natural resource depletion, urging the adoption of sustainable practices in healthcare.
- The need for action at the ground level to implement sustainability was discussed, highlighting the importance of individual, organizational, and systemic efforts towards sustainable healthcare delivery.



QUESTIONS

1. Dr. Sammita Jadhav , Professor & Director SIHS : How can we expedite digital technology in healthcare?

Dr. Anoop Lal : Sustainability in healthcare can be achieved through holistic technology . To develop it ,identify partners who are already working on sustainable healthcare. Effective partnership, collaboration and shared responsibility will lead to sustainability in healthcare.

DATE: 26th April, 2024

TIME: 10.15 am to 11.00 am

VENUE: Lecture Hall 1, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Biophilic Design in Hospitals for Sustainable Healthcare

SPEAKER: Mr.Mihir Desai, Director, HOSMAC India Pvt. ltd Mumbai

- In his talk, Mr.Mihir Desai provided an overview of biophilia, which refers to the innate human tendency to seek connections with nature and other living beings.
- He explained biophilic architecture as a design approach aimed at creating repeated and satisfying experiences of nature within built environments.
- The speaker cited Indian Institute of Management Bangalore and the Khoo Teck Puat Hospital in Singapore as examples of biophilic architecture.

- He emphasized the importance of incorporating biophilic design principles in hospitals due to their potential to reduce stress, relieve pain, create a sense of safety, improve recovery rates, and diffuse conflict among patients and staff.
- The speaker outlined the three-way framework proposed by Kellert and Ulrich for biophilic design, which aims to balance direct and indirect experiences of nature within built environments.
- He elaborated on elements of direct nature experience, including proper ventilation, lighting, fire features, use of plants, and water elements, highlighting their potential benefits such as depression alleviation, improved sleep, and reduced pain medication usage.
- The speaker gave examples of hospitals designed by HOSMAC, based on biophilic design principles.
- Various elements contributing to indirect nature experience, such as images, locally sourced materials, earthy color combinations, simulations, shapes inspired by nature, biomimicry, and the richness of design elements, aimed at engaging and comforting patients within hospital settings were highlighted by the speaker



QUESTIONS

1. Dr. Shailesh Kumar Mishra : How can we effectively justify to the government the allocation of funds for implementing biophilic design in healthcare facilities?

Mr. Mihir Desai : Funding is a difficult part but it depends on the clients ,planning has to be done according to the needs of clients. In the Government setting , newly established AIIMS in the different parts of the country have focused on landscape management.It is easier to get funds for designing campuses for larger hospitals as compared to smaller hospitals.

2. Dr. Anshuman Sewda : How can architectural designs be adapted to accommodate climate variations across different regions of the country?

Mr. Mihir Desai : While designing a hospital always remember you have the longest surface of your hospital facing North, this ensures proper sunlight . In the areas of heavy rainfall , the roof must have a high slope. Architects need to thoroughly study the climatic variations in order to make decisions about the design of a hospital.

DATE: 26th April, 2024

TIME: 11.00 am to 11.15 am

VENUE: Lecture Hall 1, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Energizers

CONDUCTED BY: Dr. Beulah Sebastian (Assistant Director Physical Education and Sports)

An energizer session was conducted with the action song "I Have a Little House," fostering active participation and engagement among attendees. Through lively movements and vocal involvement, participants were energized and rejuvenated, enhancing the overall atmosphere of the pre conference symposium.

11:15am to 11:30am - Tea Break

DATE: 26th April, 2024

TIME: 11.30 am to 12.15 pm

VENUE: Lecture Hall 1, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Green Marketing: Sustainable Marketing in Healthcare

SPEAKER: Mr. Vikrant Shrotriya, Corporate Vice President and Managing Director, Novo Nordisk, India.

- In his talk, he provided an overview of Novo Nordisk's mission, highlighting their pioneering scientific breakthroughs, expanding access to medicines, and working towards the prevention and cure of diseases.
- The speaker highlighted that incubators, antibiotics, vaccines, and insulin are crucial for sustaining life. While living longer is achievable, prioritizing quality of life is paramount.
- Speaker emphasized on global realities that are evolving with climate impact and plastic waste surge, increasing demands for actions promoting sustainability in the healthcare sector. The Novo Nordisk approach to sustainable business emphasizes three key factors: social responsibility, financial responsibility, and environmental responsibility. Driving

sustainable business entails widespread consensus in an organization from top to bottom, from CEO to employees.

- Speaker highlighted the strategy in this regard, which is guided by the 4Is framework: Integrate, incentivize, iterate, and inspire..
- Speaker highlighted the initiatives of his organization such as using durable pens to reduce environmental impact and encouraging employees to walk instead of using vehicles to promote health and sustainability.

Felicitation of Mr. Vikrant Shrotriya was done by Dr. Sammita Jhadav, Director, SIHS

QUESTIONS:

1. **Dr. Shailesh Kumar Mishra** – How to reduce plastic in syringes? Is using it cost effective?

Mr. Vikrant Shrotriya: The shift from disposable to durable plastics involves the adoption of biodegradable materials, emphasizing sustainability. While transitioning from L1 (disposable) to L2 (durable) plastics can yield cost savings, a holistic approach is necessary. This reduces the environmental impact, gives long-term sustainability, and overall lifecycle management of plastic usage.

2. **Delegate 2:** Why reuse of plastic is a challenge ?

Mr. Vikrant Shrotriya: There are several factors influencing it like cost, lack of awareness among healthcare professionals and patients , and there are regulatory gaps.



DATE: 26th April, 2024

TIME: 12.15 pm to 1.00 pm

VENUE: Lecture Hall 1, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Holistic Approaches to Social Responsibility in Healthcare for Ensuring Sustainability

SPEAKER: Mr. Anil Srivastava, Chief Operating Office, Nihon Kohden India.

- The speaker provided insights on the Pulse Oximeter, developed by Dr. Aoyagi, an employee of Nihon Kodan, in 1971.
- Speaker highlighted the CSR Law in the country -section 135 of it and listed the entities eligible for CSR funding. Further, he talked about the SDG 3 which is about Good health and well being.
- The speaker highlighted several pain points related to public health in the country, like high neonatal and perinatal mortality rate, sudden cardiac death, the need for improvement in emergency ambulance systems, infectious diseases and the gap in access to healthcare facilities between urban and rural areas.
- He highlighted the current expenditure on CSR in the country
- He elaborated on the distributed care model for cancer care of Tata trust and Govt. of Assam backed Assam Cancer Care Foundation
- The speaker outlined measures to improve the emergency ambulance services, including reducing response times and managing heavy traffic congestion.
- He spoke about the benefits of corporate entities adopting healthcare centers like the improvements in the services provided and enhanced accessibility to healthcare services.

The session ended with the felicitation of Mr. Anil Srivastava by Dr. Sammita Jhadav, Director, Symbiosis Institute of Health Sciences.

QUESTIONS:

1. **Megha Prasad, MBA HHM:** How can small or medium sized hospitals and other institutions integrate CSR into their business operations despite resource constraints?

Mr. Anil Srivastava – No, it's not practically possible. But there are some organizations like AIF which can take donations from corporate and healthcare organizations and help small or medium sized hospitals.

2. **Mr. Dhanush:** How can you sell AED effectively?

Mr. Anil Srivastava: It can be done via awareness

3. **Delegate:** If AED is not available can CPR compensate to save life?

Mr. Anil Srivastava: In normal condition CPR can save but in advanced condition AED is required. AEDs are designed to deliver a controlled electrical shock to the heart in cases of sudden cardiac arrest .



Track- II

DATE: 26th April, 2024

TIME: 9.30 am to 10.15 am

VENUE: Lecture Hall 2, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Sustainable Diets and Planet Health

SPEAKER: Dr. Aditi Roy, Senior Research Scientist, Centre for chronic disease control PHFI, Delhi.

Video bytes of Jai Jai Maharashtra

- Dr. Aditi Roy commenced the session by reading a quote from the book "Amitabha Ghosh's" book explores the history of nutmeg, a spice once a sought-after Earth product. Ghosh depicts the nutmeg as a tiny planet with matte brown continents and ivory patches, with a unique mixture of substances producing aroma and psychotropic effects.
- Ma'am outlined the global food system has failed to deliver adequate nutrition, contributing to both obesity and undernutrition. Over 2 billion people are affected by obesity and other chronic diseases, while 150 million children are undernourished. The

speaker emphasized the critical nature of these issues in the context of current agricultural practices and dietary patterns.

- Ma'am said that climate change threatens food security and nutritional quality, affecting micronutrient deficiencies. Research indicates a modest association between diet diversity and a reduced risk of heart disease and stunting in children. Diverse diets are crucial for better health outcomes.
- The pandemic significantly affected diet diversity, especially during lockdowns. Farmers with diversified crops experienced a lesser decline in dietary diversity.
- Ma'am highlighted that plant-based diets are environmentally friendly, reducing greenhouse gas emissions and water use. India has a lower carbon footprint, but still heavily relies on pesticides in agriculture.
- Ma'am discussed Andhra Pradesh's community-managed natural farming program, which promotes pesticide-free, agroecological farming. This program not only enhances soil health but is also linked to better health outcomes such as improved dietary diversity.
- Interventions in certain villages, which included Nutri gardens and nutrition counselling, showed that such combined approaches could significantly improve diet diversity and child development indicators compared to control villages.
- In conclusion, Ma'am reiterated that transforming our food systems towards sustainable agriculture is necessary to heal both the planet and its population. Continued support and investment in sustainable programs are essential for their success and scalability.



QUESTIONS: -

1. Delegate 1: - You had mentioned that whole grains and cereals are the way to go forward for the table. How about seed-based diets? What are your views on that?

Dr. Aditi Roy discussed that the seed-based diet recommends that one third of the calories should come from whole grains. She emphasizes the importance of whole grains over refined cereals to improve nutritional quality. Additionally, nuts and seeds are also recommended as a vital food group, with a suggested intake of around 50 grams as part of a balanced diet.

2. Delegate 2: - Natural farming the crop yield will increase. How is that possible?

Dr. Aditi Roy: - Ma'am said that transitioning to natural farming may initially decrease crop yields due to the elimination of synthetic pesticides, but over time, yields can recover due to improved soil health through the use of biopesticides and other natural farming techniques.

3. Delegate 3: - Given the high cost of organic food in India, especially in the context of its large population living below the poverty line, what is your perspective on making organic food more affordable and mainstream?

Dr. Aditi Roy: - Ma'am highlighted that the high cost of organic food in India is primarily due to the parallel market system, certification, and specialized distribution channels. However, if organic farming becomes widespread, costs could decrease due to economies of scale and increased demand. This would integrate organic products into the traditional food system, potentially reducing costs.

4. Delegate 4: - Natural farming Not categorized as organic and certified?

Dr. Aditi Roy: - Ma'am highlighted that it is organic because it is chemical free. So, these foods that the Andhra farmers were producing under APCNF are not organic certified because they are hoping that their entire crop area will be converted to natural farming. So then organic certification is not required because that is what the normal way of farming would be.

5. Delegate 5: - In the current scenario where organic food is a niche market for those who can afford it, what are your thoughts on the possibility of transforming the entire agricultural system to adopt natural or organic farming practices?

Dr. Aditi Roy: - Ma'am said that the transition to organic farming would eliminate niche markets and make produce accessible to everyone. This requires systemic changes in farming practices, supply chains, and consumer acceptance. Successful implementation would ensure food production without harmful pesticides, benefiting health and the environment, making organic farming the standard.

The session ended with the felicitation of Dr Aditi Roy by Dr Parag Rishipatak, Professor and Director at Symbiosis Centre for Health Skills.

DATE: 26th April, 2024

TIME: 10.15 am to 11.00 am

VENUE: Lecture Hall 2, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Nutraceuticals and Functional Foods for Sustainable Nutrition

SPEAKER: Dr. Meena Sharma, Head Nutrigenomic Expert, Healeo, Bengaluru

- Dr. Meena Sharma started by illustrating recent ICMR surveys indicating significant increases in lifestyle diseases such as diabetes, hypertension, and cardiovascular diseases, with a notable rise in younger populations under 40 years.
- Ma'am talked about traditional medicine and dietary methods may not be sufficient for preventing lifestyle diseases, prompting consideration of alternative approaches like nutraceuticals and functional foods.
- Ma'am highlighted the importance of Nutraceuticals: -

1.Folate: Beyond its role in preventing neural tube defects, folate is crucial for managing heart disease, cancer, and anemia, particularly folate deficiency anemia.

2.Omega-3 Fatty Acids: These are essential for reducing inflammation and are beneficial for heart health, fatty liver conditions, and bone health.

- Ma'am discussed how genetic analysis is used to create personalized nutritional recommendations, enhancing health outcomes and managing conditions like fatty liver by adjusting diets based on individual genetic susceptibility.
- Ma'am discussed a case study of a patient with fatty liver demonstrating the effectiveness of a personalized nutrigenomic approach. Adjustments to the patient's diet based on their genetic profile, alongside the use of functional foods like milk thistle and moringa for detoxification, led to significant health improvements including weight loss and the reversal of fatty liver disease.
- Nutraceuticals are regulated under standards such as FSSI, GMP, HACCP, ISO, and FDA. These certifications ensure that products are safe for consumption.
- She illustrated that nutraceuticals, when combined with lifestyle modifications, represent the future of therapeutic nutrition, and it's crucial for the medical and nutritional community to understand their potential for treating lifestyle diseases.
- The session highlighted the potential of nutraceuticals and functional foods in managing and preventing lifestyle diseases through personalized nutrition strategies, emphasizing the need for broader healthcare community acceptance.

Felicitation is done by Dr Anuradha Vidya to Dr. Meena Sharma.



QUESTIONS: -

1. Delegate 1: - How can the medical community improve acceptance and integration of nutraceuticals like omega-3s and the field of nutrigenomics, despite current resistance?

Dr. Meena Sharma: -Ma'am emphasizes the importance of educating healthcare professionals about nutraceuticals and nutrigenomics, providing scientific research on their benefits, highlighting their comparative advantages, and encouraging collaboration among nutritionists, doctors, and other healthcare providers to promote a holistic approach to health.

2. Delegate 2: - Given the high obesity rates in India, including a significant number of youths, how can an integrated approach help reduce visceral fat and address associated health risks?

Dr. Meena Sharma: -Ma'am said that an integrated approach to reduce visceral fat and health risks like cardiovascular disease and diabetes, a combination of dietary modifications, regular exercise, lifestyle changes and nutraceuticals like omega-3 fatty acids is recommended.

However, these supplements should not replace the fundamental changes in diet and exercise habits.

3. Delegate 3: - Is the ratio of omega-6 to omega-3 fatty acids important, and how does it affect health?

Dr. Meena Sharma: -Ma'am discussed that omega six food sources are abundant and have not been found to cause deficiency. However, increased intake can hinder omega three absorption. The ratio of omega six to omega three is important, but gut health can hinder absorption processes. Poor gut health can prevent absorption of omega six even with higher food intake. Supplementation can help the body absorb active components more effectively, potentially serving as a treatment.

4. Delegate 4: - How can I determine the correct amount of omega-3 that is sufficient for my body?

Dr. Meena Sharma: - The daily intake of omega-3 is 1.1 to 1.5 grams, with personalized recommendations based on dietary preferences based on factors (like your dietary preferences (e.g., if you are vegetarian and rely on sources like flax seeds), health status, and specific nutritional requirements, ensuring optimal intake for individual needs.

5. Delegate 5: - Are there specific nutraceuticals or functional foods recommended for managing or potentially reversing diabetes?

Dr. Meena Sharma: -Functional foods like cinnamon, garlic, and methi seeds improve insulin sensitivity. Nutraceutical supplements like vitamin B12, vitamin D, and omega-3 fatty acids are recommended for managing type 2 diabetes due to common deficiencies. Incorporating these elements into a diabetic's regimen can support better management and potentially reduce the dosage of conventional oral hypoglycemic agents.

6. Delegate 6: - Is intermittent fasting effective for managing diabetes?

Dr. Meena Sharma: -Ma'am highlighted that intermittent fasting offers health benefits like improved body detoxification and insulin sensitivity, potentially beneficial for diabetes management. However, its effectiveness depends on an individual's genome setup, lifestyle, and ability to adapt to extended fasting periods. It's crucial to follow a healthcare professional's

guidance to ensure it doesn't negatively impact insulin metabolism or exacerbate insulin resistance.

7. Delegate 7: - Alongside supplementation, how much of a calorie deficit is recommended for sustainable weight loss?

Dr. Meena Sharma: -Weight loss typically involves a daily calorie deficit of 400-500 calories, assuming a low metabolism. Nutrigenomics emphasizes that managing weight involves understanding hunger cues, eating appropriate portions, and balancing macro and micronutrients effectively. By focusing on nutrient density and energy density, individuals can achieve sustainable weight loss and maintain it independently.

DATE: 26th April, 2024

TIME: 11.00 am to 11.15 am

VENUE: Lecture Hall 2, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Energizers

CONDUCTED BY: Dr Nirmal Salvi, Director (Physical education and sports)

With the help of the action song "I Have a Little House," an energizer session was held, encouraging attendees to actively participate and engage.

11:15am to 11:30am - Tea Break

DATE: 26th April, 2024

TIME: 11.30 am to 12.15 pm

VENUE: Lecture Hall 2, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Sustaining Health through Global Guidelines on Prevention of Non-Communicable Diseases

SPEAKER: Dr. Shweta Khandelwal, Senior Advisor, Nutrition, Jhpiego India

Comperes:- Dr Shraddha Lokhande and Mahima.

- In her talk, Ma'am gave a quick overview of non-communicable diseases, the increase in fatalities and chronic health conditions due to NCDs, especially in the working age group, and how there is a need for NCDs reduction to reduce preventable deaths.
- Ma'am discussed the key statistics on fatalities attributed to NCDs, how NCDs have become a topic of interest for top governmental organizations, and the need for a global action plan to control NCDs.
- Ma'am highlighted the role of sustainable development goals (SDGs) which evolved from millennium development goals to control NCDs and provide Universal Health Coverage for all individuals by promoting health education and raising awareness on NCDs risk

factors like air pollution, tobacco use, and alcohol consumption. Ma'am also talked about how 1/3 of the NCDs can be reduced by physical exercises and limiting alcohol consumption.

- Ma'am also raised an important issue on how “Nutrition Needs a Rethink” and talked about what a high-quality diet consists of and its need for reducing non-communicable diseases. Obesity prevalence in India was also discussed, especially the link between obesity and cardiovascular diseases.
- Special emphasis was laid on childhood nutrition and how it is important for brain development in children and reducing future NCDs risks. Ma'am also discussed about good quality carbohydrates needed for NCDs reduction.



QUESTIONS-

1. **Dr. Tanay Trivedi (MPH)SIHS-** Your view on the consumption of black water or sparkling water?

Dr. Shweta Khandelwal- Ma'am said that any kind of branded water consumption in the long term should be avoided as enough scientific studies have not been conducted and we do not know its side effects on the human body in the long run. She talked about how anything which is not natural will have side effects.

2. **Dr Satyandra –** What is your take on the reversal of diabetes by calorie control?

Dr. Shweta Khandelwal- Ma'am said that prediabetes can be reversed but not full diabetes, however it can be controlled. By following a good diet, diabetes can be stabilized.

3. **Delegate (PhD student-public health)-** What about the societal mesh of following a balanced diet that is just by giving advice a person is not going to follow a balanced diet?

Dr. Shweta Khandelwal- Ma'am talked about 3 leg tripod stands, how all 3 legs are the 3 factors that are needed to overcome the societal mesh i.e. (i) nutrition- good nutrition, supplements(ii)those factors that make you choose nutrition(iii)enabling environment that are the policies of the government.

The session concluded with the of Dr. Shweta Khandelwal by Dr Parimala Veluvali, Director, Symbiosis School of Digital and Online Learning.

DATE: 26th April, 2024

TIME: 12.15 pm to 1.00 pm

VENUE: Lecture Hall 2, First Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Sustaining Health through Regulations in Branding, Promotion of HFSS Foods in India

SPEAKER: Dr. SubbaRao M Gavaravarapu, Scientist F, National Institute of Nutrition, Hyderabad

- The speaker discussed the importance of regulating advertising and marketing of High Fat Sugar and Salt (HFSS) foods in India to sustain health, especially among children and adolescents who are often targeted by such promotions.
- He highlighted the role of peer influence in food consumption, with a significant portion of children and adolescents influenced by advertisements promoting HFSS foods.
- The speaker raised an important issue regarding the over-generalization and misleading health claims often associated with HFSS foods, leading consumers to make uninformed choices.
- He emphasized the need for defining HFSS foods clearly, implementing regulations effectively, and increasing nutrition literacy among consumers to combat the negative impact of HFSS food marketing.
- The speaker discussed various strategies used in food advertising, such as emotional appeals, health appeals, and price appeals, to attract consumers and create a positive perception of certain foods.
- He concluded by stressing the importance of a comprehensive approach that includes taxation on HFSS foods, Front-of-Pack Labeling (FOPL), and promoting diverse and nutritious diets to address the challenges posed by HFSS food marketing and consumption.



QUESTIONS: -

DELEGATE- What criteria should health claims meet when promoting nutraceuticals, diverse diets, and omega-3?

Dr SubbaRao said that health claims promoting nutraceuticals, diverse diets, and omega-3 should be substantial, providing meaningful and verifiable information about the health benefits associated with these products. They should be backed by scientific evidence and communicate the specific health advantages consumers can expect from incorporating these elements into their diet or lifestyle.

1:00 pm- Felicitation by Dr Parimala Veluvali (Director SSDOL)

Track- III

DATE: 26th April, 2024

TIME: 9.30 am to 10.15 am

VENUE: Lecture Hall 3, Third Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Communication for Sustaining Doctor- Patient Relations

SPEAKER: Dr. Pratibha Kane, Senior Consultant Anaesthesiologist, Jehangir Hospital, Pune



- Dr. Pratibha Kane commenced the session by addressing a pressing concern: the relevance of the doctor-patient relationship in modern medical practice. She drew a parallel with the avoidance of topics like climate change, suggesting that this crucial aspect of healthcare might be losing significance or interest. Ma'am emphasized the shift from the art or ethos of medicine towards a more technical or diagnosis-oriented approach, urging the audience to reignite their interest in nurturing this valuable bond.
- Ma'am outlined the constraints within this relationship and highlighted their consequences, stressing that both doctors and patients must share a common goal of cure or care. Patients, she explained, often come with fear, confusion, and anxiety, seeking relief from their suffering and expecting the doctor to address their concerns. However, doctors, burdened with packed schedules, paperwork, and quality compliance, may exhibit annoyance or avoidance when faced with patient inquiries.
- Ma'am highlighted that the depersonalization of medical services is deeply detrimental to the doctor-patient relationship, leading to increased dissatisfaction, violence, and litigation. She underscored the urgent need for reforms to strengthen this bond, particularly focusing on improving communication. Ma'am presented various communication models like Active – Passive, Guidance - Cooperation Model and Mutual Participation Model and emphasized the importance of tailoring communication styles to individual patients.
- Furthermore, Ma'am discussed the differing perspectives of disease and illness between doctors and patients, advocating for structured communication frameworks such as AIDET, RESPECT, and the Calgary Cambridge Guide. She highlighted the importance of shared decision-making and mutual participation, emphasizing the role of patient education and the need to combat misinformation.
- Dr. Kane also emphasized the significance of communication skills in building professional relationships, particularly active listening and understanding non-verbal cues. Drawing on her mentor Dr. H.V Sardesai's example, she stressed the importance of demonstrating respect and sensitivity, especially when delivering bad news. Ma'am

cautioned against disrespecting the deceased and highlighted the need for engagement of senior consultants with patients and their relatives.

- In conclusion, Ma'am reiterated the importance of humanity in the era of artificial intelligence, encapsulating the session with the quote "To cure sometimes, to relieve often, and to comfort always." Through her discussion, Dr. Pratibha Kane highlighted the critical need to prioritize and nurture the doctor-patient relationship in modern healthcare practice.

Q & A Highlights:

- Delegate: What should be our approach when a patient presents with a condition they've researched online?
- Dr. Pratibha Kane: It's important to acknowledge the information available online and caution patients about potential misinformation. We should listen to their concerns attentively, making them feel heard and understanding their perspective. Failing to do so may lead them to seek assistance from another consultant if they perceive their voice isn't being heard.
- Dr. Sumit, Pediatric Specialist: How should we obtain consent for critical pediatric patients during counseling sessions?
- Dr. Pratibha Kane: It's essential to thoroughly document all discussions and seek consent only for significant decisions or procedures.
- Delegate: Could you elaborate on the concept of Video Consent?
- Dr. Pratibha Kane: Video Consent involves utilizing an audio-visual room where discussions are recorded and stored under the patient's and doctor's names. Every conversation is documented, and the patient signs to authorize their consent. It requires a robust information system for easy retrieval of information whenever necessary.
- The session ended with the felicitation of Dr. Pratibha Kane by Dr. Girija Mahale, Head of the Department, Symbiosis Center of Emotional Wellbeing, SIHS, followed by a group photograph with the audience.



DATE: 26th April, 2024

TIME: 10.15 am to 11.00 am

VENUE: Lecture Hall 3, Third Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Enabling Policy and Regulatory Framework for Sustainable Health Care in India: Current Status and Future Directions

SPEAKER: Mr. Lokesh Bohra, Practice Leader- ESG with SW India and Founder, SustainableX, Mumbai

- Mr. Lokesh Bohra began the session by discussing the current state of Indian healthcare, forecasting a significant fourfold growth by 2030. He delved into the existing policy and regulatory landscape, stressing the need for sustainability and identifying potential catalysts for early adoption.
- Key trends in achieving sustainable healthcare in India were outlined, including telemedicine, digital health, emphasis on preventive care, and the integration of green technologies.
- Sir highlighted the carbon footprint across the healthcare value chain, pinpointing emission hotspots such as upstream, downstream, and direct emissions, which contribute to rising healthcare costs.
- A case study on Burjeel Holdings, an Abu Dhabi-based healthcare provider, was presented to illustrate sustainability initiatives, key actions, and measures taken to achieve their sustainable goals.
- The session addressed important considerations like setting science-based targets and prioritizing ESG (Environmental, Social, and Governance) material topics. Priority areas for policy and regulatory interventions, as well as emerging areas for policy prioritization, were also discussed.

Q & A Highlights:

- Delegate: Emissions from hospitals are contributing to environmental hazards, how can AI help us in finding a solution for this?
- Mr. Lokesh Bohra: AI can aid in preventing such issues by facilitating early detection and preventive measures for diseases.
- The session ended with the felicitation of Mr. Lokesh Bohra by Dr. Ankit Singh, Associate Professor, Symbiosis Institute of Health Sciences, Pune followed by a group photograph with the audience.



DATE: 26th April, 2024

TIME: 11.00 am to 11.15 am

VENUE: Lecture Hall 3, Third Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Energizers

CONDUCTED BY: Abhishree Rajput, Sports Officer, DSRW

- Abhishree Rajput conducted a dance session on the song titled - I have a little house, it truly energized the students and delegates and was a fun session.

11:15am to 11:30am - Tea Break

11:30 am to 11:40 am - Filler Session – Medical Trivia/Quiz

DATE: 26th April, 2024

TIME: 11:40 am to 12:20 pm

VENUE: Lecture Hall 3, Third Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Technology Driven Healthcare for Sustainability

SPEAKER: Dr. Shruti Patil, Associate Professor & Head (AI & ML Department), Symbiosis Institute of Technology, Pune.

- Dr. Shruti Patil presented on AI for Sustainable Healthcare, emphasizing its role as a supportive tool rather than a replacement.
- Ma'am noted the imminent digital-native status of the Indian population and the pervasive nature of AI.

- Various human learning styles were discussed, with efforts to replicate them in machines through experience-based learning. The evolution of AI was traced from understanding what is AI and ML and Deep Learning to Generative AI like ChatGPT today.
- AI application layers were delineated, covering infrastructure, perception, cognitive, and decision-making layers.
- AI's discriminative and generative uses, particularly in promoting sustainability, were highlighted. Specific applications in sustainable clinical practices were outlined, including prevention and lean service delivery.
- The AI cycle's implementation in healthcare, focusing on fairness, transparency, and ethical considerations, was explained.
- Ma'am discussed the transformations across the healthcare value chain and types of data generated by AI.
- NLP and computer vision applications in healthcare, along with the significance of time series data, were explored. An overview of AI medical frameworks and their healthcare applications was provided.
- Ma'am concluded with an emphasis on the importance of high-quality healthcare training data
- The session ended with a group photograph with the audience.



DATE: 26th April, 2024

TIME: 12:20 pm to 1:00 pm

VENUE: Lecture Hall 3, Third Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Technology Enabled Medical Value Travel for Sustainability

SPEAKER: Col (retd.) Dr. Sunil Rao, Group COO, Sahyadri Hospitals, Pune

- Dr. Sunil Rao presented on Technology Enabled Medical Value Tourism (MVT) in India, stressing the importance of going digital in this sector.
- He talked about how patients are increasingly preferring technology in medical tourism due to benefits like enhanced customer experience, retail-like shopping, and increased transparency.
- Various drivers of MVT were discussed, including accreditation, affordability, accessibility, and availability of the latest medical technology.
- Sir highlighted India's status in medical value tourism pre and post-pandemic through facts and figures.
- Challenges in MVT were outlined, including unclear government regulations and differing insurance schemes.
- Sir highlighted that opportunities lie in Information and Communication Technology (ICT) and ICT-enabled services, with support from government initiatives like E-Tourist Visa and National Medical and Wellness Tourism Board.
- Benefits of digital health and the role of AI in medical tourism were explored.
- The necessity of an MVT portal to consolidate stakeholders and provide a one-stop solution for foreign patients was emphasized.
- Technology and marketing strategies, including responsive websites and patient communities online, were discussed for patient acquisition.
- Sir also talked about technological advancements such as cloud-based Electronic Health Records and Telemedicine.
- Sir concluded by talking about the road ahead involving the establishment of an MVT portal and database, international promotion through NABH, partnerships with hotels and airports, better air connectivity, and a liberalized visa policy.



- The session ended with the felicitation of Dr. Sunil Rao by Dr. R.R Guru, Assistant Professor, SIHS and Dy Medical Superintendent, SUHRC, Pune and Dr. Arun Jamkar, Distinguished Professor, Symbiosis International University, Pune.

DATE: 26th April, 2024

TIME: 12pm to 2pm

VENUE: Courtyard, 1st Floor, SMCW

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Poster Presentations

Judges for poster presentations: Dr. Sangram Jadhav, Dr. Urvi Shukla, Dr. Anjali Kher, Dr. Sheela Upendra, Dr. Sanjay Pohekar, Dr. Girish Kumthekar, Dr. Prasoon Diwedi
Dr. Neetu Mishra

Presenter 1: Dr. Trupti Borulkar

Topic: Assessing the feasibility of intervention program with adolescent participation in event-based surveillance with focus on one health in villages of Mulshi Taluka of Pune.

Author: Dr. Trupti Borulkar

Co-Author: Dr Manisha Gore, Dr Shilpa Gite, Dr Reshma Patil

Presenter 2: Anu Mahajan

Topic: Sustainable effects of Yoga on Diabetes Management: A systematic review of RCTs of Long-term interventions and Evidence

Authors: Anu Mahajan

Co-Author: Jhanvee Shah, Dr. Arti Muley

Presenter 3: Dr. Ashwini Deshpande

Topic: Study of stress level among emergency medical professionals in Pune,India: A Crosssectional study

Authors: Dr. Ashwini Deshpande

Presenter 4: Sudhir Nadipelly

Topic: Low Dietary diversity Score Indicates Concerning Nutritional Status Among Tribal Population in Araku valley, Andhra Pradesh: A cross-sectional study

Authors: Sudhir Nadipelly

Co-Author: Sunita Sapur, Anshuman Sewda

Presenter 5: Pooja Bhalekar

Topic: Effect of Exposure to air pollution during pregnancy and early childhood on lung development and function in children: A Narrative review

Authors: Pooja R. Bhalekar

Co-Author: Anshuman Sewda

Presenter 6: Dr. Samir Barve

Topic: Exploring chronotype variability in health hazards associated with shift work: A Scoping review

Authors: Dr. Samir Barve

Co-Author: Dr. Sonopant Joshi

Presenter 7: Shraddha Sudhir Dandekar

Topic: Isolation and characterization of novel bacteriophages against *Klebsiella* pathogens

Authors: Shraddha Dandekar

Co-Author: Sinta Thannikal, Arti Londe, Pankhudi Bhutada, Shubhankar Pawar, Dr. Sunil Saroj, Dr. Santosh Koratkar

Presenter 8: Dr Vidya Bhate

Topic: Hikikomori Syndrome and its relation to stress, identifying the prevalence in Indian Adolescents

Authors: Dr. Vidya Bhate

Co-Author: Saakshi Suvarna

Presenter 9: Vahid Mwelema Mato

Topic: Technological Innovations to Improve Immunization Coverage Among children under five years of age in Africa: A Narrative review

Authors: Vahid M. Mato

Co-Author: Anshuman Sewda

Presenter 10: Dr Tanay BK Trivedi

Topic: Resilience and Sustainability across 21st Century Global Health Systems:

Twin shades of grey in a monochromatic perspective – A SOTA Review

Authors: Dr Tanay BK Trivedi

Presenter 11: Kelly Madonna Dsouza

Topic: Food safety on Campus: Exploring the knowledge, attitudes, and practices of food safety of university food handlers

Authors: Kelly Madonna Dsouza

Co-Author: Dr. Radhika Hedao

Presenter 12: Yerra Harinee

Topic: Indigenous rice varieties- A boon to control obesity in India: A Narrative Review

Authors: Yerra Harinee

Co-Author: Surabhi Singh Yadav

Presenter 13: Arushi Gupta

Topic: Socioeconomic Determinants of Oral cancer in India: A Narrative Review

Authors: Arushi Gupta

Co-Author: Wahid M. Mato, Bhagya S., Umar M. Balaji, Dhvani Rathod, Anshuman Sewda

Presenter 14: Manshree Agarwal

Topic: Different types of Edible Coatings for Fresh fruit Preservation: A Systematic Scoping Review

Authors: Manshree Agarwal

Co-Author: Jaanhavi Singh, Radhika Hedao, Surabhi Singh Yadav

Presenter 15: Dr Rahul Ratan Bagale

Topic: A Retrospective Data Analysis (Audit) of utilization of inpatient Psychiatric services in GHPU Mumbai

Authors: Dr. Rahul Ratan Bagale

Co-Author: Dr. Girija Mahale

Presenter 16: Janhvi Dureja

Topic: Survey on Adverse Drug Reactions in Cancer Patients and Approaches for its Management

Authors: Dr. Janhvi Dureja

Co-Author: Rubal

Presenter 17: Rohit Kumar Thapa

Topic: Effects of six weeks jump training on physical fitness of female students

Authors: Dr. Rohit K Thapa

Presenter 18: Amritashish Bagchi

Topic: Analyzing Pro Kabaddi League Game Statistics for Evaluating Team success Over the Season 9

Authors: Dr. Amritashish Bagchi

Co-Author: Parag Deshmukh

Presenter 19: Dr. Shiny Raizada

Topic: Analysing game-related statistics in Tennis: A study on US Open tennis tournament

Authors: Dr. Shiny Raizada

Co-Author: Dr Nayana Nimkar

Presenter 20: Masu Mustapha Garba

Topic: Unveiling the complexities involved in infertility and mental distress: A systematic review

Authors: Masu Mustapha Garba

Co-Author: Dr. Namita Raytekar

Presenter 21: Jagroop Singh

Topic: Critical review of alternate system of medicine (Shivambu chikitsa) for treatment of ailments and disorders

Authors: Jagroop Singh

Presenter 22: Dr. Manesh.M

Topic: Socio-economic factor as a predictor in golden hour treatment reception during an acute stroke or heart attack

Authors: Dr. Alaka Chandak

Co-Author: Dr. Manesh.M

Presenter 23: Dr. Kiran Dange

Topic: Comparative knowledge and trend in attitudes towards eye and skin donation among the patients attending tertiary teaching hospital in western India: cross-sectional study

Authors: Dr.Kiran Jagannath Dange

Co-Author: Dr. Kanchan Bala Rathore

Presenter 24: Dr Trupti Borulkar

Topic: Beyond service: Equipping non-medical staff for body donation initiatives:Study from a medical college and hospital in Pune

Authors: Dr. Trupti Borulkar

Co-Author: Dr. Reshma Patil, Dr. Manisha Gore, Dr. Shilpa Gite

Presenter 25: Dr. Bhaskar Gandhar

Topic: Exploring the competence of emergency medical professionals in snakebite care

Authors: Dr. Bhaskar Gandhar

Co-Author: Dr. Rishipathak Parag

Presenter 26: Dr Manasi Oak

Topic: Evaluation of AED operations training in first aid responders through healthcare simulation

Authors: Dr Manasi Oak

Co-Author: Dr Parag Rishipathak

Presenter 27: Anuja Mohile

Topic: Mothers' awareness of nutrition labeling in packaged snacks and its relationship with the body mass index and waist circumference among 8 to 12 year old school going girls

Authors: Anuja Mohile

Co-Author: Dr. Radhika Hedao

Presenter 28: Sheetal Joshi

Topic: Breaking barriers: Insights on challenges and opportunities of Online certification course on Maternal and Newborn Care for healthcare workers.

Authors: Sheetal Joshi

Co-Author: Hema Divakar , Pallavi S P, Radhika Hedao

Presenter 29: Harsh Jain

Topic: Prevalence and diagnostic advances of female genital tuberculosis: Asystematic review

Authors: Harsh Jain

Co-Author: Dr.Namita Raytekar

Presenter 30: Anindita Ghosh

Topic: Assessment of dietary adherence and compliance impact on renal parameters among patients with chronic kidney disease

Authors: Anindita Gosh

Co-Author: Dr. Arti Muley

Presenter 31: Dr. Suroshree Mitra

Topic: Formulation and development of the pelvic health and menstrual hygiene (PHMH) education module for adolescent school going children

Authors: Mitra Suroshree

Co-Author: Patwardhan Sagarika, Arora Anu, Shimpi Apurv

Presenter 32: Shreeyash Tupule

Topic: Automate analysis of left ventricular strain on echocardiography

Authors: Shreeyash Tupule

Co-Author: Dr. Dwight Figueredo

Presenter 33: Dr Navneet Ateriya

Topic: Revolutionizing healthcare-The impact of Artificial intelligence

Authors: Dr. Navneet Ateriya

Presenter 34: Kausani Basu

Topic: Stimuli-Responsive Iron Oxide (SRIONPs) nanocarriers as a delivery system for galangine: Synthesis,characterization, functionalization and in-vitro efficacy

Authors: Kausani Basu

Co-Author: Dr. Selvan Ravindran

Presenter 35: Anjali Deshpande Bapat

Topic: Revitalizing agricultural practices through Vitthal Ganga River rejuvenation, A case study of the efforts by community-based organization in Maharashtra

Authors: Anjali Deshpande Bapat

Co-Author: Dr. Pankaj Sharma

Presenter 36: Diptaunsh Pardeshi

Topic: Effects of social media on sports attendance and its contribution to marketable sporting events: A review

Authors: Diptaunsh Pardeshi

Presenter 37: Dr Shailesh Kumar Mishra

Topic: Ultrasound tailored treatment of sub acromial shoulder pain: exploring the role of platelet-rich plasma versus steroids

Authors: Dr. Shailesh Kumar Mishra

Presenter 38: Simran Shivaji Ghogare

Topic: Unveiling the molecular processes regulating fungal differentiation and tumor cell formation: To trigger tumor cell apoptosis

Authors: Simran S. Ghogare

Co-Author: Dr. Ejaj Pathan

Presenter 39: Namrata Raghavan

Topic: Production of recombinant chitin deacetylase to obtain highly deacetylated chitosan for healthcare applications

Authors: Namrata Raghavan

Co-Author: Dr. Ejaj K Pathan

Presenter 40: Gayatri Ashok Kuwar

Topic: Deciphering the neuroprotective role of stress kinase inhibitors in endoplasmic reticulum stress-induced loss of neurogenesis

Authors: Gayatri Kuwar

Co-Author: Prajakta Teli, Dr. Vaijayanti Kale, Dr. Anuradha Vaidya

Presenter 42: Ruchi Punjabi

Topic: Investigating subgroups in the population with type-1 diabetes using latent profile analysis (LPA)

Authors: Ruchi Punjabi

Co-Author: Sukeshini Khandagale, Shital Bhor, Satyajeet Khare, Anuradha Khadilkar

Presenter 43: Dr. Farheen Patel

Topic: Assessing the knowledge of pelvic health among secondary school educator and their acceptance for educating adolescents about it through school curriculum-A pilot study

Authors: Dr. Farheen Patel

Co-Author: Dr. Shahwati B., Dr. Suroshree M.

Winners of poster presentations:

1st place - Kausani Basu

2nd place- Anindita Gosh

3rd place- Navneet Ateriya

END OF PRE-CONFERENCE SYMPOSIUM

1:00pm to 2:30pm- Lunch

DAY 1- POST LUNCH

DATE: 26th April, 2024

TIME: 2.30 pm to 3.30 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE: Panel Discussion

SESSION TOPIC: Transformative Financing for Universal Health Coverage

MODERATOR:

Dr. Vijay Poshattirao Kandewad, Additional Project Director, Maharashtra AIDS Control Society, Mumbai.

Former Joint Director Health Services, Public Health Department, Government of Maharashtra, Mumbai

PANELISTS:

- Ms. Anjali Mirchandani, Chief Manager - The New India Assurance Co. Ltd, Mumbai
- Ms. Sharvari Malushte, Co-Founder & COO, EasyHeals, Pune

The session began with the introduction of the panelists and the moderator by the comperes.

The panel discussion focusing on Transformative Financing for Universal Health Coverage, was expertly moderated by Dr. Vijay Poshattirao Kandewad. Sir introduced the topic by talking about SDG 3.8.1 and SDG 3.8.2. Sir explained about Universal Health Coverage in the Indian context. Dr Kandewad also spoke about Out-of-Pocket Expenditure and how the government has taken initiatives which include schemes like Ayushman Bharat (Health and wellness centres and PM-JAY) and National Health Mission to achieve Universal Health Coverage. Sir highlighted

about the increasing danger of non-communicable diseases in India and how the government has increased spending for treatment of these diseases.

Dr Kandewad spoke about the Continuum of care i.e. all the healthcare providers should know where to refer the patient and at what level of care providing a linkage between primary, secondary and tertiary healthcare levels to deliver the right care and treatment to the people.

In conclusion sir mentioned that, transformative financing for Universal Health Coverage in India and Maharashtra requires a multi-faceted approach encompassing increased public spending, innovative financing mechanisms, investments in primary healthcare, public-private partnerships, technological advancements, and community involvement. By adopting these strategies, India and Maharashtra can move closer to achieving the goal of Universal Health Coverage for all.



Moderator: Explain Universal Health Coverage and Global Health Security.

Panelist Perspective:

Ms. Sharvari Malushte explained the topic Transformative Financing for Universal Health Coverage and said that to achieve Universal Health Coverage we need to have availability, accessibility and affordability of health care services. Ma'am then spoke about the social and economic growth as a country. While talking about accessibility ma'am mentioned that the government has taken initiatives like PHCs and CHCs in order to make healthcare more affordable and that the government is also providing subsidies for the same. In conclusion ma'am said that Health is the right of the people.

Moderator: Explain the Role of Insurance and the Journey towards achieving Universal Health Coverage.

Panelist Perspective:

Ms. Anjali Mirchandani said that insurance plays an important role in the healthcare sector, bridging the gap between people who need healthcare and people who are unable to afford quality healthcare. Overall penetration of insurance in India is only 4% which includes life insurance. People get life insurance because they feel it is an investment while they think that general insurance helps set aside a fund which may or may not be used. Insurance is providing care for IPD. Ayushman Bharat covers 70 crore of the population while 30 crore is covered by corporate health insurance companies, yet 20-30 crore people are not covered by any schemes or health insurance cover, although there are enough insurance companies and products but still there is an insurance protection gap.

Moderator: Are there any initiatives to provide services for various segments which include PwD, senior citizens and OPD services?

Panelist Perspective:

Ms. Anjali Mirchandani started by saying that each insurance company has a specific product for various categories such as focusing on PwD, girl child, senior citizens, women centric care. OPD coverages are designed but don't have customers as they are expensive. Insurance premiums demand GST of 18%. Entire gamete of healthcare is outside the domain of GST but insurance premiums are taxed thus insurance premiums are not affordable.

Moderator: Give us your comments on SDG goal 3 and status of its achievement in India.

Panelist Perspectives:

Ms. Sharvari Malushte started by saying that SDG goal 3 is about sustenance. When policies are driven properly by Public-private Partnership (PPP), ABHA card technology it will help us achieve this goal.

Ms. Anjali Mirchandani added by saying that healthcare has to be free and it has to be a state subject and accessible, affordable and available. Ma'am pointed out that some of the problems come from employers and governments not giving enough support. Right now, we are working on integrating claims and its history and every claim can be tracked. The ABHA operates on a voluntary basis, leading to all hospitals getting integrated to it. However, it suffers problems of confidentiality and data protection.

Moderator: Elaborate about out-of-pocket expenditure and its impact on particularly non-communicable diseases.

Panelist Perspective:

Ms. Sharvari Malushte started by stating that the out-of-pocket expenditure of India is one of the highest in the world because almost one third of India's population is not covered under any

health insurance schemes other than Ayushman Bharat but there are various financing options coming in. Earlier we used to take loan for appliances or pay EMI, there are some institutions doing the same in healthcare. Poor people tend to sell off their assets to pay for healthcare and poverty increases. To reduce this we can increase awareness of Ayushman Bharat and digitization along with the implementation of the schemes is required.

Moderator: Role of the private sector in healthcare.

Panelist Perspective:

Ms. Sharvari Malushte talked about what technology will do in healthcare which is mostly under the private sector which encompasses digital payment gateways and immediate payments i.e. EMI facilities & digital payments. Ma'am added that digital payments will bring transparency. Ma'am talked about the importance of Electronic Health Records but people are reluctant to use it due to security concerns. Technology is a blessing if we can address security concerns. Block chain is a secured database, it is not cost effective right now but if we achieve that we can have a secured aspect towards Electronic Health Records and the government is taking initiatives for that also. Ma'am also told about how Telemedicine got popular during covid 19. Understanding basic illness can be done using telemedicine. If nothing is working then the person can travel to the hospital. Ma'am also said that many Crowdfunding organizations are coming under the private sector.

Dr. Vijay Poshattirao Kandewad concluded the panel discussion by summarizing the points that they discussed about primary health care and achieving the SDG goals under Universal Health Coverage in which the public and private sectors both play an important role along with how community participation is important for Universal Health Coverage.

The session ended with the felicitation of the moderator and panelists by Dr.Sammita Jadhav, Director and Professor, Symbiosis Institute of Health Sciences, Pune.



DATE: 26th April, 2024

TIME: 3.30 pm to 4.15 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Scalability and Sustainability of Health Solutions

SPEAKER: Dr. Shirish Lawoo Ghadi, Specialist, Public Health, Transform Rural India, Mumbai.

- The session commenced with an introduction by Dr. Shirish Lawoo Ghadi, who shared insights from his remarkable journey in the field of healthcare and technology. Dr. Ghadi embarked on his journey in 2010, driven by a passion for catalyzing change. He highlighted pivotal milestones, including his involvement with Fingo in 2011, which garnered international recognition as the recipient of the Global Grand Challenges Exploration Award from the Bill and Melinda Gates Foundation, accompanied by a grant of USD 1 lakh.
- Dr. Shirish elucidated on the Healthy Cities Initiative, a comprehensive CSR endeavor aimed at enhancing the health and well-being of children in municipal schools within Mumbai's P North ward. The initiative emphasized Wash (water, sanitation, and hygiene) and nutrition awareness, coupled with health check-ups.
- As part of the Government of Madhya Pradesh's initiative, Sir also discussed about the ANM Mentor Application, designed to facilitate field visit documentation and progress comparison. He underscored the importance of user-centric design in application development.
- Dr Shirish also shed light on the CPHC NCD Application, a collaboration between the Government of India, Dell (as the technology partner), and Tata Trusts (as the implementation partner). He emphasized the necessity of a phased scaling approach, particularly in light of the advocacy push spurred by Ayushman Bharat. Challenges such as infrastructure limitations and ASHA workers' mobile phone usability were addressed.
- Sir discussed a CSR initiative led by a pharmaceutical company in partnership with District Health Teams, focusing on Non-Communicable Disease (NCD) screening.
- Dr Shirish also mentioned about an ongoing initiative led by the district administration of Dharashiv, Mission Anandi+ involves screening women aged 30 and above for six diseases. Dr. Ghadi highlighted challenges pertaining to quality assurance.

- Dr. Ghadi emphasized the scalability of health solutions, stressing on the importance of adequate resources encompassing manpower, finance, materials, methods, minutes, marketing, and management. He underscored the critical role of control and quality in the scaling process. Additionally, he noted disparities in insurance coverage between urban and rural areas, emphasizing the need for equitable access to healthcare facilities.
- Furthermore, Dr. Ghadi emphasized on the importance of disruptive change, particularly in fostering adoption, altering behaviors, and strengthening systems. He illustrated this point with the example of Anganwadi workers' reluctance to adopt certain applications, highlighting the need for tangible benefits to end-users.
- The session concluded with the felicitation of Dr. Shirish Lawoo Ghadi by Dr. Sameer Phadnis, Associate Professor at SIHS.



4:15pm to 4:30pm- Tea Break

DATE: 26th April, 2024

TIME: 4.30 pm to 5.15 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Digital Solutions for Sustainable Healthcare

SPEAKER: Prof. Dr. Supten Nath Sarbadhikari, Digital health Educationist, Kolkata

- In his presentation, Prof. Dr. Supten Nath Sarbadhikari characterized Digital Health as an umbrella term encompassing various aspects such as Digital Technologies, Health Informatics, Health Information Management, and Health Information Technology. He defined Digital Health according to the World Health Organization (WHO) as the field associated with developing and utilizing digital technologies to enhance health outcomes.

- Health Information Technology (HIT) was explained to involve tools like hardware, software, programming, data storage, and security, while Health Information Management (HIM) pertains to systems such as documentation and policy frameworks within healthcare settings. The convergence of HIT and HIM forms health informatics, which applies tools and information systems in healthcare contexts.
- Dr. Sarbadhikari emphasized the role of digitalization in advancing sustainability in healthcare, outlining the concept of Smart Hospitals as a future vision. He highlighted that a Smart Hospital must prioritize both Eco-friendliness and Safety for patients and healthcare providers to qualify as such.
- Digital health, according to Dr. Sarbadhikari, involves utilizing technologies like mobile and internet platforms for health-related information and services such as telemedicine. In contrast, Health Informatics involves the practical application of information processing techniques to improve healthcare quality and decision-making.
- He also mentioned the significance of the National Commission for Allied and Healthcare Professions (NCAHP) Act 2021 in this context.
- Various digital solutions were discussed, offering potential for a sustainable future in healthcare by improving service delivery, reducing hospital visits, and empowering self-management. Examples included mobile apps for promoting healthy behaviors and medication adherence, wearable IoT devices for continuous health monitoring, and telemedicine for remote vital sign monitoring.
- Challenges such as Health Data Literacy among healthcare providers were also highlighted, particularly in utilizing Electronic Medical Records (EMRs) effectively.
- To achieve sustainable healthcare through Digital Solutions, Dr. Sarbadhikari stressed the need to adopt Digital Technologies that align with environmental goals and are environmentally friendly. He emphasized a necessary "twin transition" towards embracing green and sustainable technologies for healthcare advancement.

Q & A

Delegate 1: Healthcare sector has the potential for Sustainable Health Solutions but on the other hand there is still a Digital divide. How can we achieve Sustainable health solutions in light of the Digital divide?

Prof. Dr. Supten Nath Sarbadhikari : Digital divide in India is a myth. For instance, UPI payments have penetrated even the rural levels of India and became a huge success, likewise, UHI (Unified Health Interface) can be implemented. Since the demand size is too large and is limited in terms of application but this can be worked upon in the coming time.

Delegate 2: Indian Digital Healthcare has a lot of lapses in terms of regulatory compliance with HIPAA (Health Insurance Portability and Accountability Act of 1996), consent regulation and data breach. Can you please elucidate on these?

Prof. Dr. Supten Nath Sarbadhikari : Firstly, HIPAA is a U.S federal law but in India, DPDP(Digital Personal Data Protection Act, 2023) deals with the regulation of digital data. It establishes a framework for the processing of personal data in India. Secondly, Digital health data for Research purposes should be made anonymous rather than de-identified data as it couldn't be traced back and the identity of any individual cannot be revealed. Unfortunately, this data protection and privacy act is adopted in 10 states only. To enforce this all over India, two measures can be taken - either by Legally mandating it or Consumers demanding this compliance in hospital.

Delegate 3:What can the Government do about the high cost of Digital Health Solutions?

Prof. Dr. Supten Nath Sarbadhikari : Since Cost is a matter of management of ROI(Return on Investment) so apart from financial gains, “Value-addition” to the Healthcare sector and individual health should be included in ROI. Then only the Government can consider acting upon it. Also interoperability at governance level needs more consideration.

The session concluded with a felicitation of Prof. Dr. Supten Nath Sarbadhikari by Dr. Sammita Jadhav, Director and Professor at Symbiosis Institute of Health Sciences.



DATE: 26th April, 2024

TIME: 5.15 pm to 6.00 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: NABH Digital Health Standards

SPEAKER: Dr. Atul Mohan Kochhar, CEO, National Accreditation Board for Hospitals and Healthcare providers, (NABH), New Delhi

- The session aimed to explore the significance and implementation of digital health standards in the healthcare industry.
- Dr. Atul Mohan Kochhar highlighted the role of the Quality Council of India (QCI) and its vision of creating an ecosystem for quality in healthcare. He emphasized the importance of quality accreditation and standards, with NABH serving as an authorized agency for ISO standards under the umbrella body called ISQua. Dr. Kochhar discussed various initiatives and programs undertaken by NABH, including the availability of NABH standards on their website, the release of the 5th edition of hospital accreditation standards, and the upcoming 6th edition. He also provided insights into NABH's collaborations with industries, government bodies, and regulators, as well as its international endeavors.
- Sir elaborated on the digital health landscape, emphasizing the importance of digitization and the adoption of digital health standards. He outlined key focus areas and enablers of digital health, including process facilitators, ecosystem enhancers, and outcome boosters. Dr. Kochhar addressed concerns regarding data privacy and HIPAA compliance in digital health systems. He also provided insights into the post-COVID healthcare ecosystem, highlighting the transformative changes occurring in the Indian healthcare industry.
- Dr. Kochhar detailed the process of designing NABH digital health standards, which involved extensive consultation and research over a two-year period. He explained the pillars of the maturity framework and the benefits of adopting these standards, which are categorized into Silver, Gold, and Platinum levels of maturity.

Dr. Atul Mohan Kochhar concluded the session with valuable lessons for the audience:

- Embrace technological change and the dawn of new healthcare in India.
- Adopt, adapt, and embrace technology while maintaining common sense and empathy.
- Prioritize patient safety and well-being.
- Cultivate quality as a habit rather than an act.

The session concluded with a felicitation of Dr. Atul Mohan Kochhar by Dr. Sammita Jadhav, Director and Professor at Symbiosis Institute of Health Sciences.



7:00pm onwards- Networking Dinner

DAY 2 - PRE LUNCH

8:00am to 9:00am - Registration & Breakfast

DATE: 27th April, 2024

TIME: 9.00 am to 9.30 am

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Oral Presentation

Total No of papers received for the oral presentations: 80

Papers selected for oral presentations : 4

Judges for oral presentations: Dr Raman Gangakhedkar, Dr Arun Jamkar, Dr Sundeep Salvi, Dr Ruchika Ghaneka, Dr Bhushan Borotikar



Presenter 1: Dr. Sumit Chavan

Topic: Occurrence and types of Carbapenamase enzymes amongst Enterobacterials and Pseudomonas spp. using automated phenotypic method.

Author: Dr Sumit Chavan, Assistant professor, Dept. of Microbiology, Symbiosis Medical College for Women, Pune.

Presenter 2: Hardik D. Rathod

Topic: Role of interspecies signaling molecules in the regulation of two-component system of Streptococcus pyogenes

Authors: Hardik D. Rathod ,Symbiosis School of Biological Sciences, Pune.

Co-Authors: Amrita Bhagwat, Sunil D. Saroj, Symbiosis School of Biological Sciences,Pune.

Presenter 3: Dr. Ankit Singh

Topic: Investigating Digital Medical Crowd Fundraising Campaign Critical Success Factors

Authors: Dr. Ankit Singh, Associate Professor, Symbiosis Institute of Health Sciences,Pune.

Co-Author: Dr. Rajiv Yeravdekar, Provost, Faculty of Medical and Health Sciences, Dr.Josylyn Chackoo, Tara Elizabeth Jose, Symbiosis Institute of Health Sciences,Pune.

Presenter 4: Dr. Mita Mehta

Topic: Mindfulness at Workplace: Individual,Organizational, and Leadership Dynamics on Employee Mental Wellness through Organizational Interventions

Authors:Dr Mita Mehta, Research Professor, Symbiosis Institute of Health Sciences,Pune

Co-Author: Ms. Taniya Golani, Mr.Abhineet Saxena , and Ms. Priti Saxena

Winners of oral presentations:

1st place - Dr. Ankit Singh

2nd place- Hardik D. Rathod

3rd place- Dr. Mita Mehta



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DATE: 27th April, 2024

TIME: 9.30 am to 10.15 am

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Healthcare Informatics and Data Analytics for Improved Patient Outcomes

SPEAKER: Mrs.Sayali Deshpande, Principal Implementation Consultant, Altera Digital Health, Pune.

Comperers: Katam Bali Reddy and Mahima.

- In her talk, the speaker gave an overview on patient care improvement tools about how healthcare informatics can improve patient's safety.
- She highlighted Healthcare informatics and the way it helps in effective use of information to improve the quality, safety and outcomes for patient safety.
- In her presentation, she elucidated on the fundamental components of data analytics within the healthcare domain, namely Electronic Health Records (EHR), Clinical Decision Support Systems (CDSS), telemedicine, health analytics, and telehealth. She underscored the significance of integrating these components into the healthcare landscape, emphasizing their pivotal role in addressing patient allergies to medications.
- Speaker highlighted that Healthcare informatics, particularly data analytics, is pivotal in improving patient care by providing valuable insights from medical data. Patient portals and wearable technology, like smartwatches integrated with Apple Health, are transforming digital healthcare by enabling patients to access their records and by continuously monitoring health metrics, leading to proactive and personalized care.
- Speaker also addressed the significance of reporting in data analytics, emphasizing how quality impacts patient outcomes. She highlighted Quality Leaf Rock, a website that grades patient treatment quality from A to D, with A representing good care. This platform plays a crucial role in ensuring transparency and accountability in healthcare delivery, ultimately driving improvements in patient care standards.

QUESTIONS:

Dr. Sammita Jhadav, Director, SIHS - You had mentioned in your talk about Digital healthcare, so highlight its carrier importance.

Mrs. Sayali Deshpande: In healthcare informatics, understanding the concept of predicting patient health data is crucial for medical professionals. Machine learning plays a crucial role in this process, allowing for the analysis of datasets to forecast health outcomes and personalize

treatments. It is essential to follow the regulations like HIPAA to ensure patient data privacy and security throughout these predictive analytics processes.



The session concluded with felicitation of Dr. Deshpande by Dr. Sammita Jhadav, Director of SIHS.

DATE: 27th April, 2024

TIME: 10.15 am to 11.00 am

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Democratizing Circular Economy in Healthcare

SPEAKER: Mr. Sudhakar Mishra, Consulting Head and Global MedTech Leader @ Frost & Sullivan, Pune

Comperers: Jit and Neha

- Speaker started his talk with discussing his journey in various companies he worked
- He gave insights on the sustainable design that Stage 1 focuses on choosing materials for a circular economy and Stage 2 prioritizes swift manufacturing to minimize resource consumption, crucial for medical equipment where time efficiency directly impacts sustainability efforts.
- Emphasized on the optimization of the manufacturing process of sustainability goals. He also highlighted the importance of optimizing distribution to adhere to the principles of the circular economy. This involves minimizing shipment time to streamline processes and reduce environmental impact, thereby contributing to sustainable practices.
- Speaker spoke about the optimization from two key standpoints. Firstly, from a distribution perspective, efforts are focused on minimizing shipment time to enhance efficiency and reduce environmental impact and secondly, from a consumption standpoint, design principles are implemented to ensure products are optimized for circular economy practices, promoting sustainable consumption and resource efficiency.
- Discussed remote assistance as a means for remote diagnostics, contributing to the optimization of the circular economy. This approach enables the remote resolution of issues, minimizing the need for spare parts and reducing electronic waste. He also emphasized the importance of returning old machines to manufacturers for parts extraction, facilitating reuse and aligning with the primary objective of waste reduction.
- Speaker elaborated on waste management techniques like the importance of collecting waste and reengineering it or disposing of it responsibly through recycling or proper dumping. He highlighted the necessity of implementing a robust waste management system and ensuring execution of the principles of the circular economy.
- Discussed design for sustainability, touching upon eco design principles. They emphasized considering the material composition and weightage of both packaging and equipment itself. This involves making conscious choices regarding materials and minimizing weight to reduce environmental impact throughout the product life cycle.





QUESTIONS:

Delegate 1: What are green field and brown field approaches?

Dr. Sudhakar Mishra: Both fields require investment , depending on coverage and scope of interest of the products.

Delegate 2 :Discuss about the development of energy-efficient products and the reduction of resource usage.

Dr. Sudhakar Mishra: They emphasized the importance of removing hazardous components with environmental impacts. Also strategies for extending the lifespan of products and addressed global policies and regulations related to these sustainability initiatives.

Delegate 3: How to approach the adaptation of nuclear waste and its destruction? How should sodium waste be disposed of effectively?

Dr. Sudhakar Mishra: Proper disposal of sodium waste involves adherence to FDA regulations and standard policies for waste disposal.



The session concluded with felicitation of the speaker by Dr. Sammita Jhadav, Director of SIHS.

11:00am to 11:15am- Tea Break

DATE: 27th April, 2024

TIME: 11:15 am to 12:00 noon

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Triple Bottom Line for Sustainable Healthcare

SPEAKER: Mr. Darshan P Mundada, Member Governing council at Seth Tarachand Ramnath Hospitals and Chief Impact Catalyst at TBL consultancy Services.

Comperers : Yugesh and Shraddha

- Mr. Mundada highlighted the integration of medical and engineering fields, emphasizing the use of cluster models in architectural design for cancer hospitals. These models

optimize hospital layouts, resource allocation, and workflow efficiency, ultimately enhancing patient care and treatment outcomes.

- Speaker also showed and discussed various pictures which depicted the insights on architectural designs for the hospitals, especially cancer hospitals.
- Conducted a poll regarding poor architectural designs, various responses from the audience included, pollution, political issues, poor management, and improper planning. These diverse perspectives shed light on the multifaceted factors contributing systemic challenges in the design and construction industry.
- Speaker provided an overview of cancer hospitals, emphasizing the critical role of bunkers in facilitating the treatment of numerous patients. Specifically, he highlighted Tata's incorporation of bunkers into their industry.
- In his discussion, he highlighted the environmental, social, and economic factors within the Triple Bottom Line, particularly in the context of sustainable healthcare. By integrating these aspects, sustainable healthcare emphasizes both responsible business practices and the delivery of quality healthcare services.
- Gave insights on Economic sustainability: why it matters, what it looks like, how we may attain it.
- Speaker also discussed Socially responsible hospitals like tata medical center, Dr. Bang - Search, Dr. Amte - Hemalkasa. And he finished his talk by saying 'Hospital with no patients summarizes the sustainability in healthcare'.



Questions:

Delegate 1: How Aesthetics of hospital architect design play a recovery role in patients?

Dr. Darshan Mundada: It does play a role in patients' recovery. Examples include lights and colors of the room, geographical terrain and plants also adds to the hospital design. He also spoke about how they spent five times of the estimated budget on the children's hospital design.

Delegate 2: If we want to incorporate a particular design in the hospital, then it requires a lot of budget. Will the government provide any policies or subsidiaries for that?

Dr. Darshan Mundada: Given my limited experience with government policies, addressing menstruation health and hygiene for 50,000 women in areas like the Naxalite belt with a 50,000 annual budget through an organization like Samaj Bandh requires strategic planning and community collaboration. This initiative would focus on providing menstrual hygiene products, conducting awareness campaigns, and establishing sustainable hygiene infrastructure to promote women's health in underserved regions.



The session concluded with felicitation of the speaker by Dr. Parimala veluvali (Director SSODL).

DATE: 27th April, 2024

TIME: 12 noon to 1:00 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE: Panel Discussion

SESSION TOPIC: Healthcare Laws

MODERATOR:

Dr. Sanjay Gupte, Director of Gupte Hospital, Pune

PANELISTS:

- Dr. Shashikala Gurpur, Dean, Faculty of Law, Symbiosis International (Deemed University) and Director, School of Law, Symbiosis International (Deemed University), Pune
- Dr. Nikhil Datar, Consultant Gynecologist, CritiCare Asia Multispecialty Hospital and Research Centre, Mumbai and Visiting Professor, Maharashtra National Law University Mumbai
- Dr. Jayant Navarange, Treasurer, Medico legal Society of India and member of Medico Legal cell-Indian Medical Association
- Dr. Rajeev D Joshi, Founder member of Medico Legal Society of India



The session began with the introduction of the moderator and panelists by the comperes

The panel discussion focusing on Healthcare Laws Was expertly moderated by Dr. Sanjay Gupte.

Moderator: Dr. Gupte provided insights into the healthcare landscape, particularly highlighting the role of Symbiosis University. He emphasized the importance of addressing violence against doctors, underscoring the need for legal interventions to safeguard healthcare professionals and he asked Dr. Rajeev D Joshi to elaborate on his efforts in combating this issue.

Dr. Rajeev D Joshi: He shared his extensive work in tackling violence against doctors, particularly in the regions of Kerala and Maharashtra. He mentioned the filing of a Public Interest Litigation (PIL) in the Bombay High Court aimed at abolishing violence against doctors. Despite the legal efforts, the implementation of the measures remained a challenge. However, following the tragic murder incident in Kerala, there was a significant breakthrough. Mr. Joshi noted that the incident spurred the passing of the act in Kerala, providing stronger legal protections for healthcare professionals and institutions. This legislative action was a crucial step forward in addressing violence against doctors.



Moderator: He raised a thought-provoking question regarding the ethical considerations surrounding end-of-life care, particularly in cases where individuals may not wish to prolong their lives. The concept of a living will was brought into focus.

Dr.Nikhil Datar: He addressed the query by emphasizing the complexities of prolonging life artificially and the ethical guidelines that govern medical practitioners' actions in such situations. He highlighted the practice of passive euthanasia and its legal framework, citing the filing of a Public Interest Litigation (PIL) in the Bombay High Court to address related issues.

Moderator: He requested insights on the Bolitho principle, a significant aspect of medical negligence law.

Dr.Jayant Navarange: Mr. Navarange elucidated that while Bolam's principle serves as a cornerstone in cases of medical negligence, Bolitho expands upon this concept by emphasizing the importance of logical scrutiny by the judiciary. He highlighted that the application of a test of logic is crucial in determining medical negligence, beyond solely relying on medical opinion.

Moderator: He raised concern regarding high charges in healthcare to Dr. Shashikala Gurpur.



Dr.Shashikala Gurpur: She emphasized that sustainability should be approached with resilience in mind, adapting to changes while prioritizing resource allocation to ensure justice,

access, affordability, and safety for patients. She noted that in India, healthcare quality is often perceived as better in the private sector, which can lead to health being relegated to a secondary concern. Furthermore, she pointed out the complexity of the healthcare system, citing examples such as the lack of a homogeneous approach in communities of patients and the intricate nature of schemes within the healthcare system. This complexity underscores the need for comprehensive and adaptable strategies to address the multifaceted challenges present in the healthcare sector.

Moderator: He expressed concerns about the high charges levied by lawyers and emphasized the pressing need to address the significant inequality in accessing legal services. This concern was particularly pertinent in the context of healthcare professionals facing legal challenges.

Dr. Rajeev D Joshi: In response to the moderator's query he provided several illuminating examples of court cases that underscored the challenges encountered by doctors when navigating legal issues.

Moderator: He discussed the Protection of Children from Sexual Offences (POCSO) Act and expressed concern about confusion surrounding the act's provisions.

Dr. Jayant Navarange: He responded by highlighting key aspects of the POCSO Act. He emphasized that any pregnancy below the age of 18 must be reported, underlining the prevalence of child marriage and the importance of addressing it within the context of the act. He further noted that child abuse is often perpetrated by individuals known to the victims and stressed the significance of recognizing signs of sexual assault. He underscored the responsibility of all professions to remain vigilant and attentive to the behavior of children, advocating for proactive measures to safeguard their well-being.

Moderator: Regarding the Medical Termination of Pregnancy (MTP) Act, the moderator highlighted Dr. Nikhil Datar's significant contribution to the modification of the act.

Dr. Nikhil Datar: He elaborated on the changes, noting that previously, termination beyond 20 weeks was not permissible. He shared instances where he assisted around 324 women in their fight for terminations. He emphasized that in cases where termination was not allowed, women would resort to risking their lives by seeking unsafe methods. He further explained that under the modified act, termination is permitted up to 24 weeks, and even beyond if there are substantial reasons. However, he raised concerns about inaccuracies in the act and the lack of proper definitions for MTP and child delivery.

Moderator: Regarding the discussion on biomedical waste management in Mumbai and Pune, the moderator highlighted the necessity for meticulous planning, even in small hospitals, and invited comments on the topic.

Dr.Shashikala Gurpur: She emphasized the crucial role played by local municipalities in managing biomedical waste. She underscored the importance of ensuring that every type of waste is appropriately handled, with different approaches required for various categories, including potentially hazardous materials like nuclear waste. Expanding on the conversation, Dr.Gurpur referenced Dr. Datar's earlier discussion on the Medical Termination of Pregnancy (MTP) Act. She noted discrepancies in decisions rendered by medical boards in such cases and stressed the need to address issues such as elder abuse and informed consent within the healthcare system. Dr.Gurpur also highlighted the significance of Environmental, Social, and Governance (ESG) considerations in healthcare, advocating for financial infusion and regulatory measures by the Corporate Social Governance (CSG) board to ensure ethical and sustainable practices.

Moderator: On the importance of insurance in healthcare and patients' lack of information about Third Party Administrators (TPA), the moderator sought Dr.Joshi's opinion.

Dr.Rajeev D Joshi: He offered his perspective, advising patients to opt for reimbursement rather than cashless transactions. He expressed concerns about potential fraudulent practices associated with cashless transactions. Dr.Joshi's recommendation aligns with the notion that reimbursement allows patients to maintain greater control over their healthcare expenses and reduces the risk of falling victim to fraudulent activities within the system.

Moderator: On generic drugs and the challenges they pose, the moderator raised concerns about the problems associated with their usage.

Dr.Jayant Navarange: He noted that the quality control of generic drugs is often inadequate due to lax regulations enforced by the FDA (Food and Drug Administration). To mitigate these challenges, Dr.Navarange suggested the establishment of a committee tasked with certifying generic drugs and implementing stringent regulations. He emphasized that adherence to such regulations would ensure the quality and safety of generic drugs, thereby addressing the concerns raised about their usage.

Moderator: He aptly pointed out, healthcare is indeed a multi-faceted field, intersecting with various legal aspects. Dr.Gurpur was invited to provide concluding remarks summarizing the entire panel discussion.

Dr.Shashikala Gurpur: In her conclusion, encapsulated the essence of the discussion by highlighting the diverse array of challenges and opportunities present in healthcare, particularly in relation to legal frameworks. She underscored the importance of recognizing the complexities inherent in healthcare and the necessity of adopting comprehensive approaches to address them effectively.

Q and A highlights:

Delegate 1 : A 17-year-old individual reveals a history of sexual abuse that occurred at 13 years old. However, the abuse is not currently happening. Should it be reported?

Dr.Jayant Navarange: Asserted the necessity of informing the authorities about the past sexual abuse.

Dr.Shashikala Gurpur: Emphasized that there is no time limitation on such cases. While confidentiality is important, the imperative to report abuse supersedes it.

Delegate 2 : Asked about the process of implementing Do Not Resuscitate (DNR) orders for patients.

Dr.Nikhil Datar: Detailed the procedure, which involves considering the patient's current condition, obtaining consent from relatives, and ensuring consensus among the treating physician and hospital committee members.

Delegate 3 : Query about the approach to HIV testing when patients refuse.

All panelists agreed that patients cannot be coerced into HIV testing. It's necessary to obtain permission, and patients have the right to refuse, even if it results in higher costs.

The session ended with the felicitation of the moderator and panelists by Dr. Rajiv Yeravdekar, Provost, Faculty of Medical and Health Sciences. Symbiosis International University.

DATE: 27th April, 2024

TIME: 1:00 pm to 1:15 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Energizers

CONDUCTED BY: Ms.Srestha Dutta Roy, Psychological Counselor at SCEW, Pune.

Ms.Srestha Dutta Roy conducted a session titled "Reflecting Inner Strength." Throughout the session, attendees were guided on a journey inward to explore and cultivate their inner resilience. The session aimed to empower participants by encouraging positive self-talk and fostering a sense of self-belief and confidence.

1.15 pm to 2.15 pm : Lunch

DATE: 27th April, 2024

TIME: 2.15 pm to 3.00 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Governance and Accountability in Measuring Sustainability for Healthcare: Metrics & Reporting

SPEAKER: Dr. Ashwani Aggarwal, Director, Healthcare, Management Consulting, New Delhi

- The speaker discussed the stakeholders and profitability in the Indian healthcare ecosystem, emphasizing the need for robust working plans especially during pandemics.
- Special emphasis was laid on the importance of having a robust working plan during pandemics, highlighting that only organizations with such plans thrive during such crises.
- Dr. Ashwani Aggarwal raised an important issue regarding the impact of climate change on healthcare systems and the need for sustainability measures.
- The discussion covered various aspects of sustainability like economic sustainability which focused on preventive and wellness measures, social sustainability which emphasized the need for decentralized care and well-being focus, environmental sustainability which discussed the importance of reducing environmental impact in healthcare settings and system sustainability that highlighted integration efforts like the Ayushman Bharat mission and the concept of a "UPI of healthcare."
- The speaker stressed on the role of governance and accountability in ensuring sustainability, including proper governance structures, accountability metrics, and transparency.
- Special attention by the speaker was given to quality control officers, metrics, and indicators in healthcare organizations, with examples from Apollo and Fortis using over 400 quality indicators.
- The speaker compared various healthcare systems of different countries like NHS England, Sweden, and New Zealand, to understand the importance of public reporting, transparency, and accountability in healthcare systems.
- In conclusion, the speaker highlighted the critical role of robust working plans, governance, and accountability in ensuring the sustainability and resilience of healthcare systems.
- Due to shortage of time, Q & A session could not be conducted.
- The session concluded with a felicitation of Dr. Ashwani Aggarwal by Dr. Sammita Jadhav, Director and Professor at Symbiosis Institute of Health Sciences.



DATE: 27th April, 2024

TIME: 3.00 pm to 3.45 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: Inclusive Leadership in Healthcare for facilitating Sustainability

SPEAKERS:

- Ms. Mini Nair, Director, Nursing, Aditya Birla Memorial Hospital, Pune
- Ms. Rajashree Menon, Chief Business Officer - Digital Health, GOQii, Mumbai

Speaker- Ms. Mini Nair, Director, Nursing, Aditya Birla Memorial Hospital, Pune

- During the session, Ms. Mini Nair illuminated the concept of inclusive leadership, a transformative approach to guiding teams that prioritizes diversity and equity within the workplace. Central to this leadership style is a profound awareness of one's role within the organizational framework, coupled with a steadfast commitment to ensuring the inclusion of all team members, regardless of their hierarchical standing.
- Ma'am outlined several crucial steps on the key of fostering an inclusive environment, Firstly, there must be a collective acknowledgment of the indispensable nature of inclusion. Secondly, delineating clear boundaries for acceptable conduct serves as a foundational pillar. Thirdly, fostering open dialogue on matters of diversity, even in challenging contexts, is imperative. Lastly cultivating a culture of shared leadership among team members reinforces inclusivity.
- Delving deeper, the speaker expounded upon the six defining traits of inclusive leadership: Curiosity, Cognizance, Courage, Cultural Intelligence, Commitment, and Collaboration. Moreover, she delineated the hierarchical levels at which inclusive leadership operates: individual, relational, and organizational.
- Transitioning seamlessly, the discussion veered towards the four pillars of sustainability, a cornerstone for responsible leadership in modern organizations. Beginning with the

social aspect. Subsequently, attention was directed towards the human aspect, highlighting the pivotal role of human resources in nurturing employee well-being. The economic pillar was underscored as foundational, recognizing the indispensable link between financial stability and organizational growth. Finally, the environmental pillar was illuminated, with an emphasis on implementing eco-conscious initiatives such as water harvesting systems in healthcare settings, underscoring a leader's obligation to environmental stewardship.

- Concluding on a practical note, the speaker outlined actionable steps for advancing sustainable healthcare systems. Prioritizing individual needs, particularly in addressing non-communicable diseases and mental health concerns, emerged as a paramount objective. Moreover, promoting healthy lifestyles and ensuring equitable access to healthcare services were identified as pivotal strategies for bolstering health systems and fostering health equity.
- In essence, the session provided a comprehensive roadmap for leaders to embrace inclusive practices and champion sustainable healthcare.



With this Ms. Mini Nair ended her part and called on stage Rajashree Menon to share her thoughts on the topic.

Speaker- Ms. Rajashree Menon, Chief Business Officer - Digital Health, GOQii, Mumbai

- Ms. Rajashree Menon commenced the session with a poignant revelation regarding the imperative of achieving a minimum representation of 20% women in senior leadership roles, underscoring the critical role gender diversity plays in organizational success.

- However, this aspiration is not without its hurdles chief among them is the formidable challenge of dismantling the metaphorical glass ceiling to create an environment where women can ascend to higher echelons of leadership with ease. Additionally, there exists a concurrent need to ensure that fundamental hygiene factors within teams are meticulously addressed, laying the groundwork for equitable opportunities and inclusive practices.
- An illustrative anecdote recounted the transformative impact of instituting a minimum target of 10% female representation within a previous organizational milieu, resulting in a notable increase from a mere 3% to a commendable 8% representation. This anecdote served as a testament to the efficacy of deliberate initiatives aimed at fostering gender diversity within professional settings.
- Another compelling narrative emerged from the speaker's current organizational landscape, wherein the cultivation of an inclusive ethos was exemplified through participatory forums such as town hall meetings. Here, individuals from all strata of the organization are afforded a platform to voice their perspectives and contribute meaningfully to the collective discourse.
- A particularly illuminating collaboration between the GOQii app and the Aapla Davakhana initiative underscored the profound impact of inclusive technology solutions. Notably, the integration of these platforms saw a remarkable 75% engagement rate among individuals hailing from low socio-economic backgrounds, with a significant proportion being women. This empowerment through technology resonated deeply with the speaker's assertion that educating a woman reverberates positively throughout society, encapsulating the profound ripple effects of gender-inclusive practices.
- In conclusion, the Ms. Rajashree Menon aptly forecasted the pivotal role of health technology in shaping the trajectory of future advancements. This visionary outlook underscores the transformative potential of inclusive practices in driving innovation and progress within the healthcare landscape, affirming the indispensable value of gender diversity and equitable representation in shaping the contours of tomorrow's healthcare paradigm.



Q & A session

Q1. Nutrition being an unstructured industry with GOQii how have you structured this.

Ms. Rajashree Menon- Most of the nutritionists operate in the canteen but a few operate individual business and become celebrity nutritionists, many companies like Healthify me have made a space for such people who pay them a steady pay that ensures security at home. Creating some form of hierarchy for them and provide lot of training programs to manage various conditions and diseases.

Q2. What kind of steps can men take to help women move ahead and how can they help them to take leadership roles?

Ms. Mini Nair pointed out that Females want to take responsible positions but due to societal restrictions they tend to take a back seat specially they have no support from family so we need to try to adjust accordingly with their schedule and help them grow.

Ms. Rajashree Menon said that we should Invest in their training and give them power and aspiration

The session concluded with a felicitation of Ms. Rajashree Menon and Ms. Mini Nair by Dr Parag Rishipatak, Professor and Director at Symbiosis Centre for Health Skills.



DATE: 27th April, 2024

TIME: 3:45 pm to 4.45 pm

VENUE: Moringa Auditorium, 4th Floor, SIHS

ATTENDEES: Delegates, faculty and students of SIHS

SESSION TYPE & TOPIC: VALEDICTORY SESSION

GUEST OF HONOUR:

Dr. Nitin Kareer, Chief Secretary, Govt. of Maharashtra.

CHIEF GUEST:

Prof. (Dr.) S. B. Mujumdar, Founder, Symbiosis & Chancellor, Symbiosis International (Deemed University)

3:43pm to 3:45pm- Arrival of the dignitaries

3:45pm to 3:55pm- Film on Faculty of Medical & Health Sciences

3:55pm to 3:56pm- Group Photograph

3:56pm to 4:00pm- Address by Dr. Rajiv Yeravdekar, Provost, Faculty of Medical & Health Sciences, SIU, Pune

- The Valedictory ceremony of SYMHEALTH 2024 conference commenced with an address by Dr. Rajiv Yeravdekar, Provost of the Faculty of Medical & Health Sciences.
- Dr. Yeravdekar emphasized the theme of the conference, "Sustainable Healthcare Systems for Population and Planet Health," aimed at addressing a diverse audience beyond core medical sciences. He defined sustainability as meeting present needs without compromising those of the future.
- Dr. Yeravdekar highlighted the existing loopholes in the healthcare system, paving the way for discussions on potential areas for improvement in terms of sustainability.
- Drawing from Albert Einstein's anecdote, Dr. Yeravdekar underscored the correlation between sustainability and happiness, advocating for a calm and modest lifestyle as a source of greater happiness.
- Future Endeavors: In a lighter moment, Dr. Yeravdekar extended an invitation to Dr. Nitin Kareer, Chief Secretary of the Government of Maharashtra, to join the Faculty of Medical & Health Sciences as a Professor in the future, once he is relieved of his government responsibilities.



4:00pm to 4:02pm- Felicitation of Guest of Honour

- Dr. Nitin Kareer, Guest of Honour was felicitated with a Puneri Pagdi and momento by Prof. Dr. S.B. Mujumdar, Founder & President of Symbiosis and Chancellor of Symbiosis International (Deemed University), Pune.



4:02pm to 4:10pm- Address by Dr. Vidya Yeravdekar, Pro Chancellor, Symbiosis International (Deemed University), Pune

- Dr. Vidya Yeravdekar expressed her gratitude to all attendees for their participation in the National conference focused on Sustainable Healthcare Systems for Population and Planet health.
- Dr. Vidya highlighted about her shared journey with Dr. Nitin Kareer, recalling instances where they had previously shared the stage. She recounted Dr. Kareer's unconventional path, opting for UPSC exams during their third year of MBBS, ultimately leading to his current position as the Chief Secretary of Maharashtra state.

- She shared anecdotes from her father, Dr. S.B. Mujumdar's era, emphasizing the active involvement of IAS officers in academic operations, fostering knowledge exchange and shared responsibilities.
- Dr. Vidya concluded her address by inviting Dr. Nitin Kareer to impart his experiences and teach social responsibility in classrooms, encouraging students to understand and tackle social problems effectively.



4:10pm to 4:25pm- Address by Guest of Honour Dr. Nitin Kareer, Chief Secretary, Finance Department, Maharashtra State

- Dr. Nitin Kareer commenced his address by congratulating the successful commencement of SYMHEALTH 2024, emphasizing the importance of marrying governance and sustainability concepts.
- Sir highlighted about the evolution of sustainability, emphasizing the importance of timely actions to ensure sustainability. Dr. Kareer emphasized the need to consider who benefits from these efforts, whether individuals, organizations, or populations.
- Dr. Kareer outlined three key aspects of sustainability: Timeline, Universe or Population size, and Equitability, noting their impact on prosperity at individual, group, and national levels.
- Sir discussed the role of governance in ensuring sustainable practices among companies, corporates, and organizations, stressing the importance of adherence to the correct path for social and economic development.
- Dr. Kareer addressed challenges such as accessibility to healthcare and unnecessary medical tests, which contribute to financial burdens and environmental impacts, including hospital emissions.
- Sir outlined the roles of registrar bodies in registering individuals, disseminating information on regulations and norms, and taking action against those violating principles of sustainability.

- Dr. Kareer proposed discussions on the role of governance in addressing challenges to sustainability and suggested collaboration between clinicians and AI to address future healthcare challenges effectively.



4:25pm to 4:35pm- Presidential Address by Prof. Dr. S.B.Mujumdar, Founder & President, Symbiosis, Chancellor, Symbiosis International (Deemed University), Pune

- Dr. S.B. Mujumdar began by acknowledging the uniqueness of the gathering, bringing together the Chief Secretary of the Government of Maharashtra, IAS officers, speakers, delegates from across India, and a large number of students.
- He highlighted Dr. Nitin Kareer's journey from being born in a rural village of Lonere to his current position as Chief Secretary. Dr. Kareer's success serves as a testament to the talent present in rural India.
- Dr. Mujumdar emphasized that true development of a country depends on Education and Health, rather than just industries and banks. He stressed the importance of Individual Health and Education in driving national prosperity.
- He urged for a focus on individual health before addressing population health, drawing parallels to the story of Lokmanya Balgangadhar Tilak, who prioritized personal health as part of serving the nation.
- Dr. Mujumdar highlighted the interdependence of personal health, population health, and planet health, stressing the need for sustainable practices to address climate change.
- He proposed the initiation of a degree course on the sustainable health of population and planet, aimed at research, study, and dissemination of knowledge in this crucial area.



4:35pm to 4:38pm- Prize distribution for winners of Oral and Poster Presentations

Winners of the oral presentations

1st Prize: Dr. Ankit Singh, Associate Professor, Symbiosis Institute of Health Sciences.

2nd Prize: Hardik D Rathod, Ph.D. Scholar, Symbiosis School of Biological Sciences.

3rd Prize: Dr. Mita Mehta, Research Professor, Symbiosis Institute of Health Sciences.



Winners of the poster presentations

1st Prize: Kausani Basu, M.Sc. Biotechnology, Symbiosis School of Biological Sciences.

2nd Prize: Anindita Ghosh, Ph.D. Scholar, Assistant Professor, Symbiosis Skills & Professional University, Kivale, Pune.

3rd Prize: Navneet Ateriya, Department of Forensic Medicine & Toxicology, AIIMS, Kharagpur, UP.

4:38pm to 4:40pm- Conference of Star Alumnus Award

The Dr. Rahul J. Verma, Director Pediatrics and Director Academics & Research at Sir H.N. Reliance Foundation Hospital & Research Hospital, Mumbai was honoured with the Star Alumnus award - 2024 by the hands of Prof. Dr. S.B Mujumdar and Dr. Nitin Kareer.

4:40pm to 4:43pm- Vote of Thanks by Dr. Parimala Veluvali, Director, Symbiosis School of Online & Digital Learning.

4:43pm to 4:45pm- National Anthem