



Happiness is in the air

It's about illumination, let's share some love & care
and wish everyone out there!
happy Deepawali



SYNAPSE-73' ISSUE



**On this auspicious festival of lights,
May the glow of joy,
Prosperity and happiness
Illuminate your life with success..
Wishing you and your family
"HAPPY DIWALI"**

SYNAPSE TEAM



INTERNATIONAL INSTITUTE OF
HEALTH MANAGEMENT RESEARCH



SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



Dated: 7th October 2016 Issue: 73rd

HOSPITAL AND HEALTH INSIGHT

On health, India ranks 143 out of 188, below Ghana

A global study on a range of health indicators has ranked India 143rd among 188 countries, citing various challenges, including mortality rates, malaria, hygiene and air pollution.

"Despite rapid economic growth, India was ranked 143rd, below Comoros and Ghana," the first annual assessment of Sustainable Development Goals (SDG) health performance published in journal Lancet and launched at a special event at the UN General Assembly in New York said. India was placed just ahead of Pakistan and Bangladesh, which were ranked 149th and 151st respectively. [Read more](#)

Heart disease affecting young Indians ahead of Western counterparts

Cardiovascular disorders are the cause of 25 per cent deaths in India. However, the young population with a sedentary lifestyle, unhealthy eating habits and genetic predisposition are adding to the crisis.

Research shows that heart disease has affected young Indians 10 years ahead of their Western counterparts, particularly over the past three decades, owing to sedentary lifestyles and lack of exercise, warn cardiologists.

On World Heart Day, observed across the world on September 29, Curofy, India's largest online community of verified doctors, conducted a poll asking physicians the leading cause of cardiovascular diseases in India. [Read more](#)

Why more doctors are not the answer to India's health crisis

India faces an acute shortage of doctors and needs to desperately ramp up the output from medical colleges - that's the refrain of those arguing we need every kind of medical college we can have. The report prepared by a three-member committee of the NitiAayog uses the same logic to push for allowing for-profit entities to set up medical colleges. But is this sound logic? Will more doctors mean better healthcare for India's 1.3 billion? A closer look at the facts raises serious doubts. [Read more](#)

IIHMR, Delhi works with a mission of improving standards of health through better management of healthcare and related programmes, prepare students for managerial positions with a focus on national and international healthcare management.

In this Issue:

- [Hospital and Health insight](#)
- [World At Glance](#)
- [Recent Researches](#)
- [Reflections](#)
- [Review Page](#)
- [News in Pipeline](#)
- [Health Tip](#)
- [Events at IIHMR, Delhi](#)
- [Quick Facts](#)
- [Upcoming Conferences](#)
- [IIHMR Research findings](#)
- [Articles by IIHMR'ians](#)

Scientists design a universal flu vaccine

A new generation of universal flu vaccines has been designed, to protect against the future global pandemics that could potentially kill millions of people.

The vaccine, designed by an international team of scientists, has the potential to give protection for up to 88 per cent of known flu strains worldwide in a single shot, spelling the end of the winter flu season, the researchers said. [Read more](#)

One-third of total maternal deaths in 2015 happened in India and Nigeria

The latest Lancet series on maternal health reveals that nearly one quarter of babies worldwide are still delivered in the absence of a skilled birth attendant. Further, one-third of the total maternal deaths in 2015 happened in two countries: India and Nigeria. 45,000 mothers (15 per cent) died during pregnancy or childbirth in India while Nigeria shouldered the maximum burden of 58,000 (19 per cent) maternal deaths. [Read more](#)

AIDS epidemic worse than ever before, says Mark Feinberg



The epidemic is the worse than it has ever been. It is less visible and governments are paying less focus because of the sense that effective treatment is available. This is a major problem. Providing life-long treatment for millions of infected people is a major, long-term obligation. While there has been progress on getting more people on treatment, we haven't made any progress in decreasing the number of new infections in any meaningful way. Basically, we are accumulating more and more HIV-infected people every year and that's going to cost a big bill. [Read more](#)

WHO declares Sri Lanka Malaria-free

The World Health Organisation (WHO) declared Sri Lanka Malaria-free, after certifying that the life-threatening disease had been completely eliminated in the island.

"Sri Lanka's achievement is truly remarkable. In the mid-20th century it was among the most malaria-affected countries, but now it is malaria-free," WHO Regional Director, Dr. Poonam Khetrpal Singh, said here. [Read more](#)

90% of world's people breathe dirty air: WHO

Nine out of 10 people in the world are breathing poor quality air, a new report by the World Health Organisation said calling on countries to take action against air pollution which is causing over six million deaths a year globally. [Read more](#)

QUICK FACTS

1. [Yoga cure: Only asana you should do for good sleep](#)
2. [Break-fast to break free heart health](#)
3. [6 tips to sleep better at night](#)
4. [Reasons you should have Giloy this season](#)
5. [5 golden benefits of waking up early](#)
6. [6 easy tricks to exercise daily](#)

New herbal drug developed by CSIR promises better management of diabetes

Scientists at the Centre for Scientific and Industrial Research awarded for developing BGR-34, an Ayurvedic anti-diabetic drug. Speaking to TOI, Dr AKS Rawat, senior principal scientist CSIR, he said the drug has been found to be successful in controlling blood sugar. Developed after about four years of research at CSIR labs in Lucknow, the drug was found to reduce the HbA1c for three months. Scientific studies have been shown human trial for the drug was conducted on 48 adults with diabetes and shown that complications related to diabetes can be delayed or prevented. [Read more](#)

Scientists fix fractures with 3D-printed synthetic bone

Scientists in the United States have successfully treated broken spines and skulls in animals using 3D-printed synthetic bone, opening the possibility of future personalized bone implants for humans to fix dental, spinal other bone injuries.

Unlike real bone grafts, the synthetic material - called hyper-elastic bone - is able to regenerate bone without the need for added growth factors, is flexible and strong, and can be easily and rapidly deployed in the operating room. [Read more](#)

Soon, detect cancer in less than 30 minutes

A technology that enables cancer detection in less than 30 minutes without a hospital visit. The team is now working on a hand-held instrument to detect oral cancer. It is expected to be ready in two years. Shantikumar V Nair and Manzoor Koyakutty of Amrita University's Kochi-based Centre for Nanomedicine were using lasers to detect food contaminants using Raman spectroscopy. [Read more](#)

Increased use of herbicides in genetically modified crops raises environmental concerns: Study

A new study of genetically modified (GM) soybean and maize farming in US has found that even when the insecticide use has dipped, herbicide use has increased considerably, raising environmental concerns. Herbicides are used to kill weeds and the researchers say that its increased use is because of growing resistance among weeds leading to proliferation of 'super-weeds'. [Read more](#)

Scientists use stem cells to grow 3D lung-in-a-dish

A team of researchers has created three-dimensional lung "organoids" -- laboratory-grown lung-like tissue -- to study diseases, including idiopathic pulmonary fibrosis.

The 3D dimensional drug has been created by coating tiny gel beads with lung-derived stem cells and allowing them to self-assemble into the shape of air sacs found in human lungs. [Read more](#)

PRADANYA 2016

(21st Annual Conference on “SMART Healthcare for India” on 29th- 30th September, 2016 at Hotel Clarks Amer, Jaipur)

UPCOMING CONFERENCES/ EVENTS

Transforming Healthcare with IT-2016

Date- 21st -22nd Oct'2016

Venue- ITC Grand Chola,
Chennai

Website-

<http://www.transformhealth-it.org/>

The conference had been organized with an aim to share ideas and innovations in Health, Hospital, Pharmaceutical and Rural industries with special emphasis on sustainability in healthcare market, resource utilization and scarcity in healthcare system, management and new technological innovations evolving in healthcare along with developing insights into the techniques, opportunities, novel strategies and analytical methods being implemented for dealing with different challenges sprouting in the healthcare system.

Pradanya, this beautiful name has an even beautiful meaning – A wise act. With this beautiful thought the conference was started. The opening lecture was presented by Dr. S.D. Gupta, Head IIHMR, Jaipur. ‘**SMART Healthcare for India**’ was the objective for this conference.

S: Sustainable Healthcare (SDG's)

M: Managing Healthcare

A: Accessibility and Accountability in healthcare

R: Resources in healthcare

T: Technological advancements in healthcare

Talking about healthcare and not mentioning ‘Health for All’ is unfair. Declared in Alma-Ata conference, Health for All was to be achieved by 2000.

Health for all was not achieved, but that doesn't mean India's efforts were in vain. So many factors were developed like RCH (reproductive and child health), national health was given priority, underprivileged population was focused on under NRHM. With so many dedicated policies and constantly progressing population, HFA was molded in Millennium Development Goals (MDG's) (2000-2015) with eight goals and 17 targets. Under the MDG's, MMR, IMR etc. all got reduced. Life expectancy of India increased. Various programmes were launched for education, rural health, HIV/AIDS etc.

However, lack of proper implementation led to the failure in successfully completing MDG targets. In order to sustain ourselves, we shifted on to Sustainable Development Goals (SDG's) 2016-2030, with seventeen goals and forty-seven targets.



Rural Health and Sustainable Development in India

A conference was held at Hotel Le Meridian, New Delhi on 10th September, 2016 on the topic- “**Rural Health and Sustainable Development in India**” which was organized by Indian Medical Association, Rashtra Nirmaan, Bharat Niti and IIHMR University.

The objectives of the conference was-

- To deliberate on status and challenges of rural health in India with especial reference to quality, equity and effectiveness.
- Re-visit existing policies and programmes of rural health on its relevance and sustainability to revitalize primary health care and introduce Universal Health Care.
- To ponder on way forward for attaining sustainable development goals and accelerate pace of development in rural India.



View Speaker: Shri Muralidhar Rao

View Speaker: Dr. K K Aggarwal

View Speaker: Dr. S S Aggarwal

View Speaker: Dr. S D Gupta

National Mental Health Programme (NMHP)

It is estimated that 6-7 % of population suffers from mental disorders. The World Bank report (1993) revealed that the Disability Adjusted Life Year (DALY) loss due to neuro - psychiatric disorder is much higher than diarrhea, malaria, worm infestations and tuberculosis if taken individually. Together these disorders account for 12% of the global burden of disease (GBD) and an analysis of trends indicates this will increase to 15% by 2020 (World Health Report, 2001). One in four families is likely to have at least one member with a behavioral or mental disorder (WHO 2001).

The Government of India has launched the National Mental Health Programme (NMHP) in 1982, with the following objectives:

1. To ensure the availability and accessibility of minimum mental healthcare for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of the population;
2. To encourage the application of mental health knowledge in general healthcare and in social development; and
3. To promote community participation in the mental health service development and to stimulate efforts towards self-help in the community. **Read more**

NEWS IN PIPELINE

3-D-printed robots with shock-absorbing skins

Read more

HEALTH TIP

BEST TIMES TO EAT

<p>BREAKFAST</p> 	<p>Ideal time: 7-8 am Don't have it later than: 10 am Must remember: Eat within 30 mins of waking up</p>
<p>LUNCH</p> 	<p>Ideal time: 12:30-2 pm Don't have it later than: 4 pm Must remember: An ideal time gap between breakfast and lunch is 4 hrs</p>
<p>DINNER</p> 	<p>Ideal time: 6-9 pm Don't have it later than: 10 pm Must remember: The meal should be at least 3 hrs before you sleep</p>



Compiled by

The Synapse Team

PGDHM, IIHMR

Plot No. 3, Sector 18A,

Phase- II, Dwarka,

Delhi-110075

Email: synapseiihmrdelhi@gmail.com

Web: <http://delhi.iihmr.org/>

NOTE:

The newsletter is open for inclusion of any information or advertisement; however selection of information will be governed by the SYNAPSE Team, IIHMR, New Delhi
IF YOU DO NOT WISH TO RECEIVE FURTHER ISSUES, KINDLY MAIL US.