



# SYNAPSE

.....Monthly health e-newsletter

International Institute of Health Management Research, Delhi

Improving healthcare through research



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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.

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## HOSPITAL AND HEALTH INSIGHT

### Integrate yoga into healthcare system

Yoga is a symbol of the universal aspiration for health and well-being. Prime Minister, Narendra Modi exhorted healthcare professionals to integrate traditional Indian medicine, including yoga, into the modern healthcare system to make wellness a part of life. Quoting WHO studies, India stands to lose about \$4.58 trillion before 2030 due to non-communicable diseases. The four major non-communicable diseases -diabetes, cancer, cardiovascular diseases and respiratory disorders -that are on rise would be responsible for 60% of mortality by 2030. Yoga has profound health benefits since it is about a holistic lifestyle and attaining physical, mental, intellectual, emotional, moral and spiritual harmony. "It fits well with the change in the way that world increasingly defines health. It is in this spirit that Swami Vivekananda called for combining the best from the East and the West. [Read more](#)

### Quality control for AYUSH drugs

With AYUSH industry currently being regulated under the Drugs and Cosmetics Act that regulates the modern pharmacy industry, the AYUSH Task Force has recommended a separate regulator for the industry for providing quality products. It is observed that the regulator is focused more on modern medicine than on AYUSH products. "This may be owing to the size of the pharma industry and the many pressing issues facing it."

The task force said in its report, "The AYUSH industry regulation gets neglected with many States not even having qualified manpower for AYUSH regulation and hence, on the ground the consumer does not get access to quality products as intended under the regulation." [Read more](#)

### Apollo Hospitals to divest 23.3 pc in health insurance business

Apollo Energy Company Ltd, an Apollo Hospitals Group company, will divest 23.3 per cent shareholding in Apollo Munich Health Insurance Company Ltd. to its joint venture partner Munich Re of Germany for Rs.163.5 crore.

This was approved by the Board of Apollo Energy at a meeting held on Monday, an announcement by the company said. The proposed transaction values Apollo Munich at Rs.703 crore. Post the transaction, which is expected to be completed by end of the first quarter of 2016, Apollo Hospitals Group's shareholding in Apollo Munich would be 51.1 per cent. Consequently, Munich Re's shareholding in the health insurance JV would move to 48.7 per cent and 0.2 per cent will be held by employees. [Read more](#)

**EVENTS AT IHMR  
MDP's @ IHMR**

Legal Issues in Health &  
Hospital Management  
Feb 8-10, 2016

Costing & Cost Containment  
in Healthcare Sector  
April 18-20, 2016

Disaster Management  
May 16-18, 2016

For MDP details contact:

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## Zika virus: Outbreak 'likely to spread across Americas' says WHO

The Zika virus is likely to spread across nearly all of the Americas, the World Health Organization has warned. The infection, which causes symptoms including mild fever, conjunctivitis and headache, has already been found in 21 countries in the Caribbean, North and South America. It has been linked to thousands of babies being born with underdeveloped brains and some countries have advised women not to get pregnant. No treatment or vaccine is available.

The virus was first detected in 1947 in monkeys in Africa. There have since been small, short-lived outbreaks in people on the continent, parts of Asia and in the Pacific Islands. But it has spread on a massive scale in the Americas, where transmission was first detected in Brazil in May 2015.

Large numbers of the mosquitoes which carry the virus and a lack of any natural immunity is thought to be helping the infection to spread rapidly.

[Read more](#)

## WHO unit to focus on achieving universal health coverage

The World Health Organization (WHO) on Friday announced setting up of a dedicated unit that will focus on achieving universal health coverage (UHC), which is target 3.8 of sustainable development goals (SDGs).

"The goals within SDGs emphasise the need to achieve UHC by ensuring financial risk protection and improving access to essential health care services for those marginalised. So far, the quality of services has been neglected within the UHC dialogue. We at the WHO believe that there has been a lack of centre of gravity for quality. It is with this in mind that a unit is being formed to address UHC & quality," said Shams Syed from the WHO during the opening plenary of the Prince Mahidol Award Conference here. [Read more](#)

## WHO declares West Africa to be free of Ebola virus

The World Health Organisation announced on 14 January, Thursday that the Ebola epidemic, that has ravaged West Africa for two years was over after Liberia, the last affected country, received the all-clear. "Also, all known chains of transmission have been stopped in West Africa," the UN health agency said. Peter Graaff, WHO director responsible for Ebola response, stressed that "the job is not over," warning of "more flare-ups".

The announcement came 42 days -the equivalent of two incubation periods of the virus -after the last Ebola cases in Liberia were tested negative.

The country was the first of the three to be declared free of Ebola in May, only to see the virus resurface six weeks later. Liberia, the country worst hit by the outbreak with 4,800 deaths, discharged its last two patients from hospital on December 3, 2015.

[Read more](#)

## QUICK FACTS

[Zika Virus: Symptoms, Facts, Diagnosis](#)

[You are what you eat](#)

[Can your BMI predict how long you'll live?](#)

[Late-night texting affects sleep, grades](#)

[Your body, your temple](#)

## Indian scientists make significant contribution to cancer treatment

A team of Indian scientists have made significant contribution in synthesising a molecule, which holds out a promise for targeted treatment of cancer. The team from University of Mysore and Bangalore University are in collaboration with the Cancer Science Institute (CSI) of Singapore for the project. The project is in the advanced stage and Dr. Lobie said they were perhaps about two to three years away from registering for a new drug for clinical trials. [Read more](#)

## Decoded: What 'silences' the X chromosome in girls

Nearly every girl and woman on Earth carries two X-chromosomes in each of her cells — but one of them does (mostly) nothing. Do you know why? It is because it has been silenced, keeping most of its DNA locked up and unread like a book in a cage, scientists — led by an Indian-American researcher — from University of Michigan Medical School have revealed. The findings could help lead to new ways of fighting diseases linked to X-chromosomes in girls and women — the kind that occur when the X-chromosome that does get read has misprints and defects. [Read more](#)

## 90% of phone users suffer from 'phantom vibration syndrome'

Nine of 10 people suffer from "phantom vibration syndrome" - where they mistakenly think their mobile phone is vibrating in their pocket - it has been claimed. Research, published in the Computers in Human Behaviour journal, suggests that by person leaving a phone in their pocket it becomes "part of their body" in the same way that wearing glasses can, as it is easy to forget they are there. [Read more](#)

## REFLECTIONS

IHMR Delhi received the “**Six Sigma Healthcare Excellence Awards-2015**” in the category of “Best Healthcare Management Institute of the Year” at the “Six Sigma Healthcare Excellence Awards” function held at The Leela, Ambience, Gurgaon, Delhi-NCR, India, on Sat, 26th December 2015. Dr. A K Khokhar, Dr. Preetha GS and Dr. Vinay Tripathi attended the event and received the award on behalf of the Institute.



UPCOMING  
CONFERENCES/ EVENTS[India Hospital Summit 2015](#)

Date: 19, Feb 2016

Venue: PHD House

Website: [www.phdcci.in](http://www.phdcci.in)**Reproductive, Maternal, Newborn, Child and Adolescent Health (RMNCH+A)**

RMNCH+A approach has been launched in 2013 and it essentially looks to address the major causes of mortality among women and children as well as the delays in accessing and utilizing health care and services. The RMNCH+A strategic approach has been developed to provide an understanding of 'continuum of care' to ensure equal focus on various life stages. Priority interventions for each thematic area have been included in this to ensure that the linkages between them are contextualized to the same and consecutive life stage. It also introduces new initiatives like the use of Score Card to track the performance, National Iron + Initiative to address the issue of anemia across all age groups and the Comprehensive Screening and Early interventions for defects at birth, diseases and deficiencies among children and adolescents. The RMNCH+A appropriately directs the States to focus their efforts on the most vulnerable population and disadvantaged groups in the country. It also emphasizes on the need to reinforce efforts in those poor performing districts that have already been identified as the high focus districts.

**Objectives:**

The 12th Five Year Plan has defined the national health outcomes and the three goals that are relevant to RMNCH+A strategic approach as follows:

**Health Outcome Goals established in the 12th Five Year Plan**

- Reduction of Infant Mortality Rate (IMR) to 25 per 1,000 live births by 2017
- Reduction in Maternal Mortality Ratio (MMR) to 100 per 100,000 live births by 2017
- Reduction in Total Fertility Rate (TFR) to 2.1 by 2017

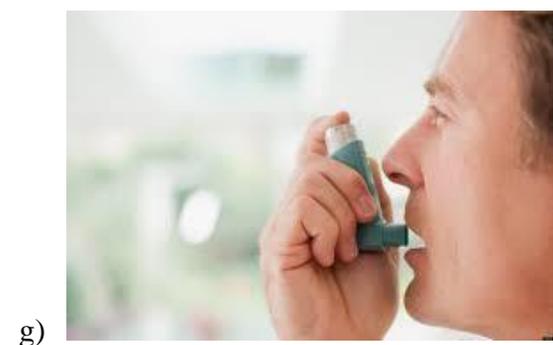
[Read more](#)

## NEWS IN PIPELINE

**Glaucoma-related genes revealed**

A research team led by Dr. Janey Wiggs of Harvard Medical School compared the genomes of more than 3,800 people of European ancestry who had primary open-angle glaucoma to a similar group of more than 33,000 people without it. The study was supported by NIH's National Eye Institute (NEI). [Read more](#)

Identify the diseases from the pictures shown below



**Answers:** a) Skin Cancer b) Kwashiorkor c) Goitre d) Rickets e) Hypertension f) Diabetes g) Asthma h) Arthritis

**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.

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