



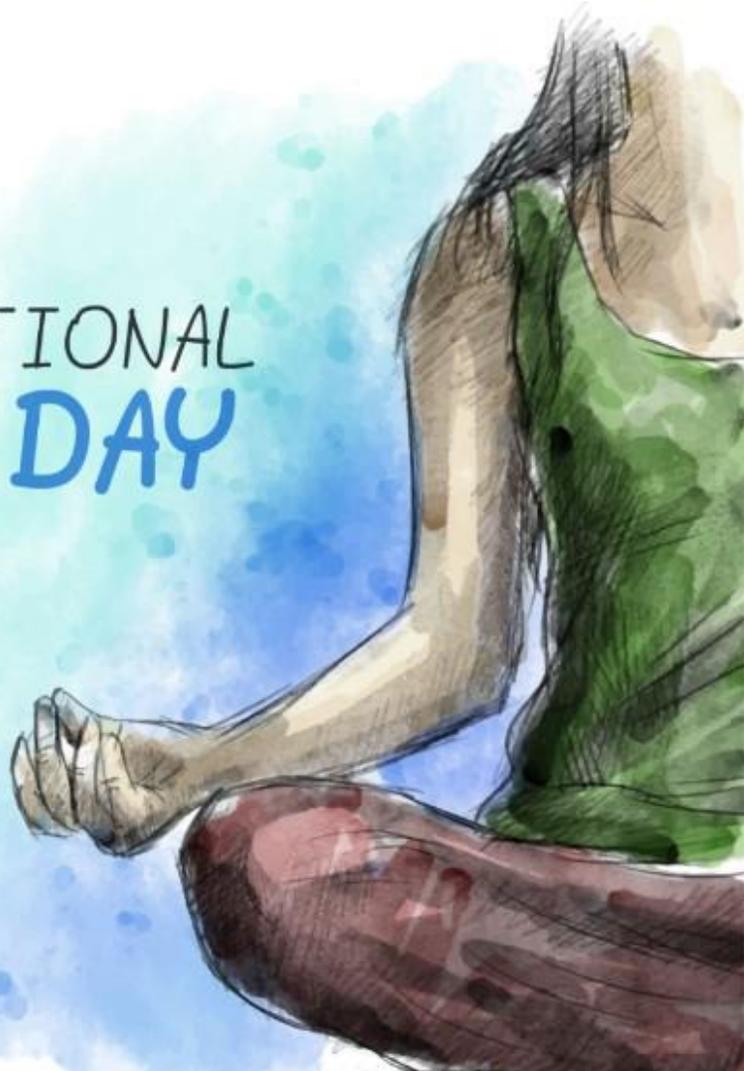
PUBLIC  
HEALTH  
FOUNDATION  
OF INDIA



## Centre for Chronic Conditions and Injuries (CCCI)

"The training division under the Centre for Chronic Conditions and Injuries (CCCI) at Public Health Foundation of India (PHFI) is working towards improving the knowledge, skills and core competencies of healthcare professionals through various evidence-based capacity building programs to combat chronic conditions."

INTERNATIONAL  
YOGA DAY



## Cover Story

June 21, the summer solstice has been declared as the International Day of Yoga at the United Nations General Assembly on September 27, 2014 with an overwhelming support of 175 member nations following the call of Mr. Narendra Modi, Prime Minister of India. Now, Yoga has been widely used as a tool for health promotion and also as an adjunct therapeutic modality in the management of non-communicable diseases primarily because of the gentler approach inherent to Yoga.

The health benefits of Yoga has been studied in several clinical studies across the world. The first ever clinical trial in yoga was published in 1979 by Dr. Tulpule. However, techniques based on yoga such as mindfulness, meditation, stress management practices and derived techniques such as progressive relaxation were reported to be experimented since 1920s. As on 2014, there were 312 randomized controlled trials evaluated health benefits of yoga in a wide spectrum of participants from healthy volunteers to cancer patients. Until 2005, less than 100 randomized controlled trials were conducted to evaluate the yoga practice. Owing to the growing popularity and demand, since then, almost 100 randomized controlled trials are registered every year.

Currently the major caveats in using yoga as a tool for health promotion and therapeutic modality are the quality of research projects and lack of scientific rigour in the clinical trials of yoga. While, pilot studies have generated evidence on the possible benefits of yoga in the prevention and management of several non-communicable diseases, these need to be tested in multi-centre sufficiently powered studies to assess the benefits of yoga in reducing morbidity and mortality and improving quality of life. This will answer some of the inconclusiveness and uncertainty on the health benefits of yoga. Hence, the way forward is conducting multi-centre trials with sufficient power to inform evidence based clinical practice as a tool for health promotion and also as a therapeutic modality.

India has been a major contributor in the research of Yoga with around 50% of the research studies coming from it. However, the support for research in Yoga has been very low from public funding organisations across the world. For instance, the Central Council for research in Yoga and Naturopathy (CCRYN), Government of India has been established in 1979. But only one intramural research has been conducted and a handful of randomized controlled trials were financially supported by the CCRYN.

Recently, Government of India has also furthered the research in Yoga with new schemes to support research in Yoga through agencies like the Indian Council for Medical Research and Department of Science and Technology. However, very few efforts are made to conduct and support multi-centre randomized trials. Major landmark research projects are the need of the hour to further the cause of evidence based clinical practice at this crucial juncture of epidemiological transition in India and as definitely a long road to cover.

--Chandrasekaran



## **A GOOD READ - NEWS & ARTICLES**

### **National Health Profile 2018: Here's how well India is healthwise**

With the government sparing just 1.3 per cent of the GDP for public healthcare, way less than the global average of 6 per cent, there remains a severe scarcity of doctors in the country and people continue to incur heavy medical expenditure across rural and urban hospitals.

Source: Indian Express, 25 June 2018

Link:<https://indianexpress.com/article/india/national-health-profile-2018-heres-how-well-india-is-health-wise-5228742/>

### **India's Modi calls for crackdown on plastic pollution on World Environment Day**

Environmental degradation hurts the poor and vulnerable the most. It is the duty of each one of us to ensure that material prosperity does not compromise our environment.

Source: CNN, 5 June 2018

Link:<https://edition.cnn.com/2018/06/05/asia/india-world-environment-day-modi-intl/index.html>

### **TB Vaccine for T1D Study Stirs Controversy**

Patients with long-standing type 1 diabetes given the bacillus Calmette-Guerin (BCG) vaccine showed modestly better glycemic control through a mechanism that appeared to be epigenetic.

Source: Medpage Today, 25 June 2018

Link:<https://www.medpagetoday.com/meetingcoverage/ada/73696>

### **Preventing the next health crisis**

Rising obesity is putting pressure on already fragile health systems in India by posing a high risk of chronic diseases such as cardiovascular diseases, diabetes and some cancers. India must step up its efforts to fight overweight and obesity just as it has been doing with wasting and stunting.

Source: The Hindu, 5 June 2018

Link:[http://www.thehindu.com/opinion/op-ed/preventing-the-next-health-crisis/article24090222.ece?utm\\_campaign=article\\_share&utm\\_medium=referral&utm\\_source=whatsapp.com](http://www.thehindu.com/opinion/op-ed/preventing-the-next-health-crisis/article24090222.ece?utm_campaign=article_share&utm_medium=referral&utm_source=whatsapp.com)

### **National Doctors' Day: IMA to Observe 'Safe Fraternity Week' from July 1 to 8**

IMA's national president Dr Ravi Wankhedkar claimed that the anguish among people due to exponential growth in the cost of healthcare delivery is being misguided towards doctors.

Source: News18, 1 July 2018

Link:<https://www.news18.com/news/india/national-doctors-day-ima-to-observe-safe-fraternity-week-from-july-1-to-8-1796769.html>

### **India needs to have multi-level response**

Effective risk communication to the public is vital, to enable it to adopt preventive personal protection measures, seek timely medical care, and avoid mass panic

Source: Financial Express, 29 May 2018

Link:<https://www.financialexpress.com/opinion/india-needs-to-have-multi-level-response/1184648/>

### **Mothered by primary care & public financing**

Strong primary health care is essential to achieve the maximum impact whereas public financing is vital for infrastructure development, health workforce skilling, and stimulating demand for services in Indian context.

Source: Financial Express, 25 June 2018

Link:<https://www.financialexpress.com/health-3/falling-maternal-mortality-mothered-by-primary-care-public-financing/1218661/>

### **International Yoga Day: India's new global narrative**

Vasudhaiva Kutumbakam remains the first precursor of global citizenship as it is understood today but ultimately, this "international binding" through International Yoga Day represents India's new global narrative.

Source: The Economic Times, 20 June 2018

Link:<https://economictimes.indiatimes.com/news/politics-and-nation/international-yoga-day-indias-new-global-narrative/articleshow/64661318.cms>

### **Yoga: ancient art to modern science**

A review of yoga and cardiovascular diseases (CVDs) published in the European Journal of Preventive Cardiology indicates that yoga may help lower heart disease risk as much as conventional exercise, such as brisk walking.

Source: Deccan Herald, 20 June 2018

Link:<https://www.deccanherald.com/opinion/panorama/yoga-ancient-art-modern-science-676053.html>

### **International Yoga Day 2018: 5 reasons why yoga is good for your heart**

International Yoga Day 2018: Yoga can help cut down many lifestyle diseases and help lose weight. This International Day of Yoga, here are five reasons why yoga is good for your heart.

Source: The Indian Express, 21 June 2018

Link:<https://indianexpress.com/article/lifestyle/health/international-yoga-day-2018-here-are-5-reasons-why-yoga-is-good-for-your-heart-5227289/>



## AN OPINION PIECE

### Effect of yoga in cardiovascular diseases

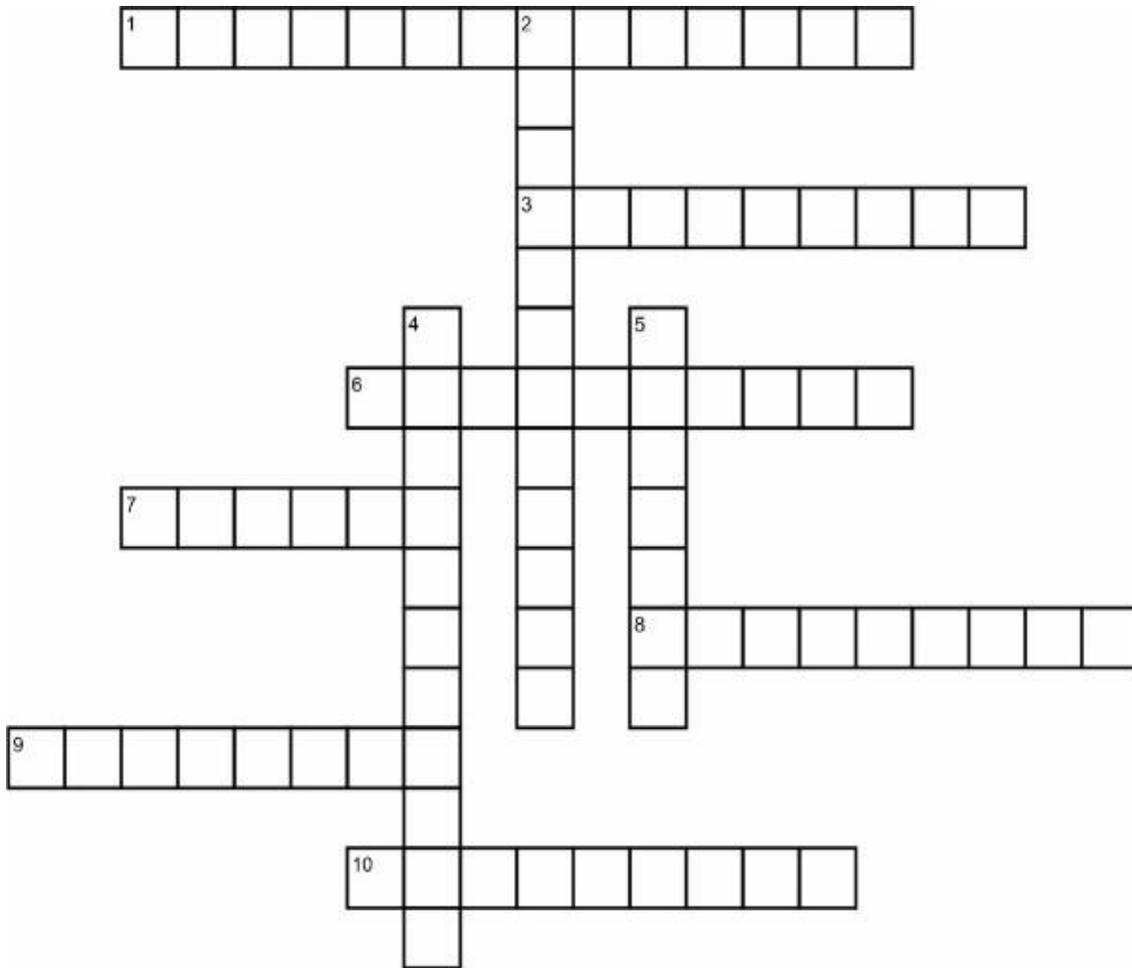
***Chandrasekaran AM, Research Fellow, Centre for Chronic Disease Control, New Delhi.  
Sanjay Kinra, Co-Director, Centre for Control of Chronic Conditions and Head,  
Epidemiology and Population Health, LSHTM, London.***

To address this gap in literature, CCDC and LSHTM were awarded with a prestigious collaborative research grant to evaluate the effects of Yoga based cardiac rehabilitation programme (Yoga-CaRe) on cardiovascular health. A randomised controlled trial is being conducted in 22 cardiac centers across India on a total of 4016 participants. The primary outcomes of the trial are the cardiovascular events (a composite of all-cause mortality, non-fatal myocardial infarction, non-

fatal stroke and emergency cardiac hospitalizations) and the patient's quality of life. When completed in September 2018, the trial will be the largest trial of cardiac rehabilitation of any type in the world. The outcomes of the trial will have huge impact on the unmet needs of cardiac rehabilitation in India.

The cardiovascular health benefits of yoga are increasingly recognised but its adoption within mainstream healthcare is limited by a lack of robust evidence. A recent meta-analysis of 44 randomized controlled trials aimed at primary prevention of cardiovascular diseases found that Yoga reduced systolic and diastolic blood pressure, heart rate, respiratory rate, waist circumference, waist-hip ratio, total cholesterol, VLDL, triglycerides, HbA1c and insulin resistance and it increased HDL cholesterol. In patients with established cardiovascular diseases, yoga has been found to reduce the number of angina episodes, increase the exercise capacity and reduce modifiable risk factors; however, these findings are based on few relatively small trials.

## Crossword Puzzle



**Down:**

- 2. Most specific eye sign in patients with dysthyroid status**
- 4. Drug of choice for hypertension in Acute Coronary Syndrome (ACS)**
- 5. Molecule which can freely traverse the placental barrier**

**Across:**

- 1. Disease independently associated with an increased risk of all-cause mortality in patients with COPD**
- 3. Most common thyroid carcinoma**
- 6. Safest Anti-hypertensive Drug in Pregnancy**
- 7. Valley where the National Goiter Control Program was introduced in 1962 after the successful trial of iodized salt**
- 8. Artificial sweeteners is not considered safe in pregnancy**
- 9. Longest acting insulin analogue**
- 10. Made the first recorded description of gestational diabetes**

## **TOP UPDATES IN CCCI DIVISION**

**(April 2018 - August 2018)**

### **May Measurement Month 2018: India Campaign Launch**

PHFI, the implementing body for MMM campaign in India, launched the MMM 2018 India on 2<sup>nd</sup> May 2018 at New Delhi and on 17<sup>th</sup> May 2018 at Tripura on World Hypertension Day. MMM is a global blood pressure awareness campaign led by the International Society of Hypertension and endorsed by World Hypertension League. Over 2,50,000 individuals have been screened in India through this campaign.

### **CVD-Stroke Course endorsed by Royal College of Physicians**

PHFI has partnered with World Heart Federation, Centre for Chronic Disease Control, American College of Cardiology, Population Health Research Institute and Rotary International to implement Certificate course in cardiovascular disease and stroke. CVD-Stroke has been endorsed by Royal College of Physicians, London for five years 2018-2022. Over 1,000 physicians will be trained in 50 centres across India in 2018-19.

### **CCDR course endorsed by UK Research and Innovation, Global Challenges Research Fund**

PHFI has partnered with Center for Chronic Disease Control, Dr. Mohan's Diabetes Education Academy, Aravind Eye Care System to implement Certificate course in diabetic retinopathy. CCDR has been endorsed by UK Research and Innovation, Global Challenges Research Fund through Orinate-India.

### **Sensitization workshop of COPD Asthma course at Portugal**

PHFI has partnered with International Primary Care Respiratory Group to implement Certificate Course in Management of COPD & Asthma in IPCRG associated nations across world. The sensitization workshop was conducted by PHFI in association with IPCRG for the leaders of IPCRG member countries on 2<sup>nd</sup> June 2018 at Porto, Portugal for the smooth implementation of COPD course in various IPCRG member countries.

### **Launch of ACMDC course**

The Advanced Certificate Course in Prevention & Management of Diabetes & Cardiovascular Disease (Cycle III) was conducted by PHFI along with Chellaram Diabetes Institute, World Heart Federation and Center for Chronic Disease Control from 10th June 2018 all across country. Over 300 physicians will undergo training in 13 centres across the country.

### **Faculty orientation meet for hypertension course at Africa**

Public Health Foundation of India, International Society of Hypertension, British and Irish Hypertension Society, Centre for Chronic Disease Control, and the Pan-African Society of Cardiology conducted the first faculty orientation meeting for the expansion of the Certificate Course in Management of Hypertension to the African region in Nairobi, Kenya. The meeting was attended by 20 regional trainers from East African region i.e. Kenya, Ethiopia, Uganda and Tanzania.

### **Collaboration with KMC, KDEF and NAABI for implementation of 4 courses**

PHFI has partnered with Kolkata Municipal Corporation, Kolkata Diabetes and Endocrinology Forum and National Allergy Asthma Bronchitis Institute for implementation of 4 courses in management of diabetes, hypertension, COPD & Asthma and thyroid disorders.

### **Launch of Certificate Course in Management of COPD and Asthma for National Health Mission, Government of Assam**

Government of Assam has adopted the Certificate Course in Management of COPD and Asthma under Swasth Uttar Purv for training of its 20 medical officers. The first session of the course was successfully launched on 14<sup>th</sup> June, 2018 in Guwahati, Assam.

### **NHM, Tripura declares PHFI as a Skill Building/ Training Partner for capacity building courses**

PHFI in collaboration with NHM, Govt. of Tripura will be training over 250 Medical Officers in various capacity building initiatives in cardio-diabetes, gestational diabetes, diabetic retinopathy, hypertension, thyroid and COPD & Asthma for training of their Medical Officers. PHFI is also implementing 'The NCD Initiative' at Tripura for capacity building in NCD prevention and control by utilizing current health care facilities along with proven IT platforms. Under NCD Initiative the mPower Heart, mHealth System is now operational in 40 government health facilities and has screening of over 45,000 patients have been done till date.

### **Department of H & FW, Govt. of Tripura; NHM, Tripura; Tripura State AIDS Control society in partnership with PHFI organizes a health screening camp**

On the occasion of World Health Day 2018 a free health screening camps for diabetes and hypertension was organized at Agartala, Tripura by Department of Health and Family Welfare, Govt. of Tripura; NHM, Tripura, TSACS and PHFI. The program was graced by the presence of Hon. Chief Minister of Tripura, Shri Biplab Kumar Deb, Hon. Health Minister of Tripura, Shri Sudip Roy Burman; Secretary, Health, Govt. Of Tripura, Shri Samarjit Bhaumik; Mission Director NHM, Govt. of Tripura, Dr. Shailesh Kumar Yadav, IAS; Director of Health Services, Govt. Of Tripura, Dr. J K Debbarma; Additional Director, Department of Family Welfare and Preventive Medicine, Dr. S. K. Chakma. The program had over 1500 medical and paramedical students, ANMs, ASHA workers and health staff who attended the program.

### **Collaboration with NTPC and Government of MP for implementation of Quality course**

National Thermal Power Corporation and Government of M.P have adopted the Certificate Course in Healthcare Quality for training their 30 medical officers. The training for this course will be held from 16<sup>th</sup> July- 21<sup>st</sup> July at Power Management Institute for NTPC and from 27<sup>th</sup> August to 1<sup>st</sup> September for MP medical officers.

### **Collaboration with Bangladesh Society of Medicine for implementing course on diabetes management.**

Bangladesh Society of Medicine has collaborated with PHFI for implementation of Certificate Course in Evidence Based Diabetes Management for building the capacity of the Physicians of Bangladesh in the field of Diabetes Management.

### **Certificate Distribution Ceremony graced by Honorable Chief Minister of Meghalaya**

Certificate Distribution Ceremony held for PCPs and MOs of Meghalaya on completion of Diabetes, Hypertension and Gestational Diabetes program. The ceremony was graced by the presence of Honorable Chief Minister of Meghalaya Shri Conrad K. Sangma, Shri. Pravin Bakshi, IAS (Health Secretary and Mission Director, National Health Mission) and Ms. Patricia Mukhim (Editor, Shillong Times).

### **Collaboration with AES and KUMS for implementing all capacity building courses**

Afghanistan Endocrine Society and the Kabul University of Medical Sciences have collaborated with PHFI, AES have adopted 4 diabetes, thyroid and hypertension and KUMS along with these courses have also adopted COPD Asthma, Women's Health and; CVD & Stroke courses.

### **Collaboration with XLRI for implementing MDPs**

Xavier School of Management-XLRI has collaborated with PHFI for jointly designing and implementing Management Development Programs (MDPs) for Healthcare Professionals.

**To know more about our Capacity Building initiatives:**

**Visit our Website: [www.phfi.org](http://www.phfi.org)**

**Call us: +91 124 4781400**

**Write to: [chronicconditiontrainings@phfi.org](mailto:chronicconditiontrainings@phfi.org)**