

## SoCal Channel

### GOPIO International and GOPIO LA Chapter presents Diabetes Reversal Summit

GOPIO International and GOPIO LA chapter organized a health and wellness summit on diabetes reversal on November 19th, 2023 in Tandoor restaurant, Orange, CA. GOPIO is a secular and nongovernmental organization whose mission is to promote the well-being and interests of People of Indian Origin (PIO) by promoting unity.

The event began with social hours and appetizers. Kalika Gupta, the current president of GOPIO-LA, introduced the GOPIO mission and emphasized the importance of unity in diversity among all PIOs. During a recent event, Kewal Kanda spoke about the community service provided by GOPIO-LA. He also highlighted the organization's efforts to raise awareness about diabetes and the impact it has had on the community. Kewal Kanda conveyed messages from GOPIO Health and Wellness Council Chair Dr. Vimal Goyle and GOPIO President Mr. Lal Motwani. Dr. Vimal Goyle, who is part of the GOPIO Manhattan chapter, expressed gratitude to the team for organizing a successful health and wellness seminar. Mr. Lal Motwani thanked the organizers for putting together a successful educational seminar on diabetes, which he referred to as a "silent killer". Rajinder Dhunna, the chairman and founding member of GOPIO-LA, mentioned the various GOPIO events, such as visa camp, beach cleanup, Kavi Sammelan, and blanket donations for homeless people. Bajinder Tahim, a founding member of GOPIO-LA and founder of the Apna Punjabi group, encouraged people to join GOPIO-LA. Ashok Madan talked about the history of GOPIO and its existence since 1989, serving the Indian diaspora. The conveners, Aparna Hande (RN, MSHCA, co-chair of health & wellness council of GOPIO International) and Charu Shivakumar (VP of GOPIO-LA) emphasized the GOPIO-LA's accomplishments in promoting, preserving, and globalizing Indian culture, as well as providing valuable community service.



Dr. Sukrit Mukherjee performed the puja ceremony with the Ganesh Stuti and peace mantra. He also spoke about the Vedic American Foundation, an organization that collaborates with federal and state governments to achieve its goals of supporting the youth and elderly.

The speakers, sponsors, trustees, and GOPIO executive committee illuminated the lamp lighting. Saahas for Cause, led by Payal Sawhney and the team organized a skit called "Healing Hearts," highlighting the importance of family therapy, awareness of obesity, and its connection to diabetes. Dr. Deepinder Singh, a Licensed Professional Counselor, mentioned the importance of therapy in the treatment and prevention of diabetes or any other lifestyle disorders. This was followed by an act on hypoglycemia by Yatri Shukla, Bari Mukherjee, Pradip Shukla & Aparna Hande, which emphasized the importance of its causes and impact, both in diabetic and non-diabetic patients.

During the conference, several healthcare professionals spoke about the importance of preventing diabetes and managing its symptoms. Dr. Rohit Kohli (MBBS, MS, Gastroenterology), the keynote speaker, urged people to reduce their sugar intake and emphasized the need to prevent diabetes.



He advised people to avoid sweetened drinks and foods, saying, "If it's sweet, and you can pour, then kick it out the door." Dr. Asmath Noor, the Joint Secretary of GOPIO LA and a practicing cosmetic dentist in Norwalk discussed the difference between type 1 and type 2 diabetes, the factors that cause it, and the link between diabetes and other organs in the body. Dr. Elpin Gadhe (holistic health) explained the seven points to understand diabetes, including the importance of a healthy diet, exercise, good sleep, lower stress levels, and medication. He focused on the quality of life of patients with diabetes. Dr. Rangesh Ghadasi, MD, specialized in critical care and psychiatry, presented on mental well-being and clinical research and also served as the president of UFICA.

Dr. Hema Ramkumar (MD Ophthalmologist) presented a video that explained the effect of diabetes on eye disease and how early diagnosis and treatment can protect eyesight. Dr. Anvind Mehta, a nephrologist, emphasized how chronic diseases of the kidney, diabetes, and hypertension affect the kidney. Finally, Surendra Mehta taught practical pranayama and relaxation techniques to the audience through practical yoga techniques. OTLO was founded during the COVID-19 pandemic and performed an engaging act on diabetes led by Geeta Bhatt, Yatri Shukla, and the team. Kamlesh Chauhan recited a heartfelt poem on diabetes.

Anju Garg demonstrated how to prepare a healthy salad, emphasizing the importance of healthy eating. Her fusion salad with quinoa, lettuce, etc. made from all plant-based and fresh ingredients is a healthy source of food and will help in the prevention of diabetes as well. Priya Kumar, a professional singer, aimed to stand in solidarity with those who have struggled and overcome diabetes.

Aparna Hande mentioned that she is passionate about contributing to the community and the diabetic world, drawing on her knowledge of nursing and teaching skills. Rani Kuusto (RN, MPH) and Aditi Bhattacharya (9th-grade student) helped with event coordination. Kewal Kanda gave a vote of thanks to grand sponsors Le. Avadesh & Uma Aggarwal, and gold sponsor NFIA 2023. Ashok Madan thanked the silver sponsors. The GOPIO Executive committee includes Kalika Gupta, Rajinder Dhunna, Bajinder Tahim, Kewal Kanda, Ashok Madan, Charu Shivakumar, Rani Kuusto, Dr. Asmath Noor, Aparna Hande, and Navin Gupta.

Photography credits to Hardik Shukla. SoCal Channel is the media partner for this event.

The GOPIO-LA Health Summit 2023 on diabetes reversal was a successful event with a great turnout. The summit aimed to bring health leaders together to create synergy and combine forces for health development. The summit encouraged the exchange of ideas and innovative solutions to health challenges, with the goal of promoting good health and fostering well-being.

Press Release by SoCal Channel  
<https://www.facebook.com/SoCalChannel/>