

AI in Healthcare: Challenges and Dilemmas



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Healthcare

Healthcare is much more complex than how it is observed, perceived, and practiced. The complexity lies in its multimodal facets of demands and supply. It is just not about clinical acumen. It also embraces Social Determinants of Health, Health Awareness, Supply Chain Management and Operational Efficiencies, Societal Support System, Quality measure, and most importantly good Governance.

Innate intelligence

Intelligence is another complex biological entity among living creatures. It is a complex cascade of cognition, reasoning, execution, follow-up, and learning new environmental challenges in one's life cycle. Interestingly, every cell in our system is intelligently programmed. Even plants and lower-end animals have the intelligence to survive. Humans, by the grace of the tiny pre-frontal cortex, are thought to be the most intelligent of all. However, as we are evolving, innate ability of independent (unguided) cognition and intelligence are seemingly fading out. Is it the reason to strive for Artificial Intelligence (AI)?

AI in healthcare: challenges and dilemmas

AI is an overwhelmingly buzzing word at the juncture of the 4th Industrial Revolution (IR4) and IR5. AI encompasses a battery of learning approaches, methods, processes, and steps to train the machines to decide on a new situation. The scope of this article is confined to various practical challenges and dilemmas of AI applications in healthcare.

As discussed earlier, Healthcare is essentially a 'human-centric' domain where human logic, cognition, and soft senses play major roles. Patients and healthcare professionals are humans. Technology could be an aid to facilitate unbiased, transparent, and fair practice by



virtue of its information storage and speedy retrieval capacity, which is often higher than the human brain that tends to forget and falter with time. To the best of my knowledge, today's AI tools are around information processing. Can computers critically think like humans? That is the biggest challenge in using AI in healthcare.

Gen AI is a new buzz word. Using LLMs and DL algorithms under the landscape of NLP, it seemingly learns the embedded patterns and in turn generates new patterns from any given input. LLMs are interconnected deep neural networks designed to understand, generate, and respond to textual inputs (see Fig. 1a). It can be useful to process general medical queries, e.g., patient education, awareness generation, feedback on care quality, and so forth. LLMs exclusively work on textual inputs and no other modalities, e.g., video, image, audio, signal files (i.e., multimodal data). To address this shortfall, LMMs (AGI, refer to Fig. 1b) are being designed and developed. But these are not very useful for any clinical decision-making without the involvement of healthcare professionals. The key fallacy here is that it does not understand the deeper context although research is going on developing transformers equipped with cross-modal attention mechanisms. On the other hand, deep-fake technology is dominating the market using Gen AI. Hence, its use is quite risky in healthcare chiefly due to high risk of a) breach of patients' privacy, b) hallucinations, c) loss of trust, and d) legal onus.

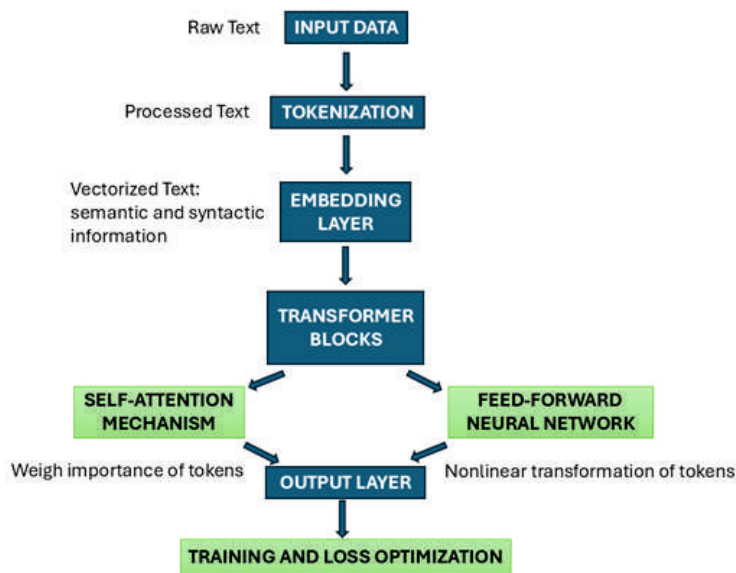


Fig. 1a. LLM architecture.

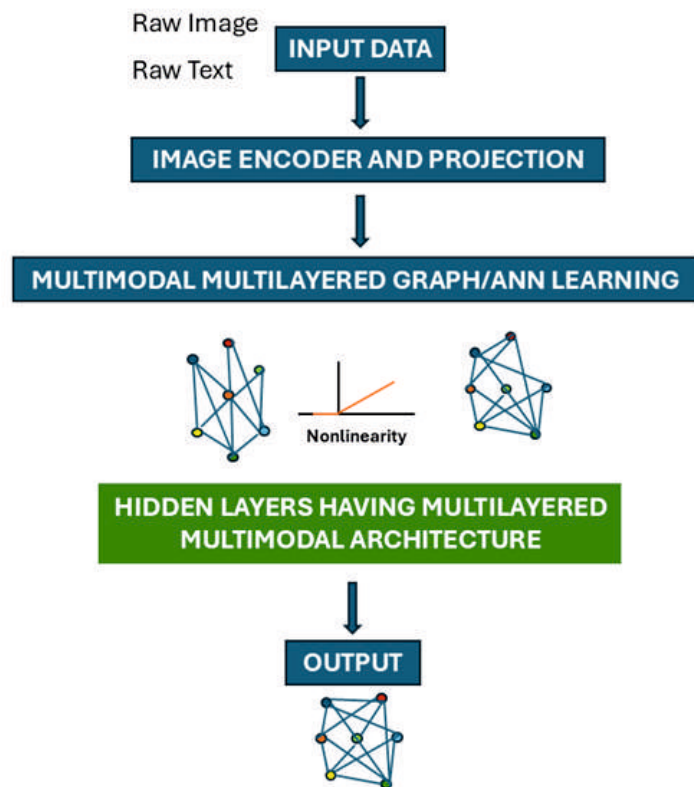


Fig. 1b. LMM architecture.

Some other notable challenges of AI in healthcare are, 'Explainability' and 'Causability', the two most crucial factors of 'Interpretability' to answer several 'why' and 'how' the stakeholders may ask on the outputs generated by the AI tools. This is like patients asking clinicians about the diagnosis and expecting a detailed explanation around it. 'Transparency' is another concern, and the AI-ML algorithms often behave like black boxes and there is no direct answer of those 'why' and 'how' types of open-ended questions. Let's bring more clarity by taking an example. A surgeon or a physician cannot be produced without robust training, passing examinations, and finally certified by the competent body of a country. We

do not have this robust quality training, assessment, and certification in case of AI tools, especially in healthcare. Healthcare practices run on the mutual faith between the patient and doctor, and we expect AI tools to be able to create similar ecosystem in the long run.

'Generalizability' is another issue. AI tools are trained and tested on a clean and structured dataset that are not the same as real-life data despite contextually similar. It has been observed that for the same disease, the diagnoses are different on different datasets and situations. Therefore, training an AI model for how long and how much before bringing any such tool into the market is still not well-understood.

Healthcare data is grossly unstructured and noise-prone; hence 'Noise handling' is another important aspect of healthcare data mining. Let's remember that computers follow the principle of GIGO. Bad quality data produces poor outputs. 'Data imbalance' is another critical issue meaning abundance of one class type in the dataset yields biased outputs.

'Ethical measures and legal compliances' are key to healthcare practices. Data privacy is the most important aspect of it. Transparency in decision-making is another hurdle as most AI/ML algorithms are black boxes in nature. The onus of wrong diagnosis and its adverse consequences cannot be shielded by putting multiple disclaimers in the AI product. Life does not give any second chance. Hence, the onus lies on both the technology user and manufacturer/marketeer of the technology. Applications of AI/ML-based tools must be regulated by law prior they are practised. AI application in healthcare mandates the highest regulatory norms. It is one of the key issues for low adoption.

Finally, the cost of AI model development is one important parameter to successful deployment. The pretraining cost of GPT-3 is about 4.6 million USD. The cost of fine-tuning comes as extra amount to it.

Summary and recommendations

A long path must be travelled before a credible AI solution is conceptualized, developed, and deployed in healthcare for the well-being of humans, to fill the healthcare gaps, and finally to achieve universal healthcare. There is no short-cut to it. The future AI solutions in healthcare stand on the judicious intertwining of mathematical and healthcare logic. Thus, a hybrid approach where machines and healthcare professionals work together in a balanced way and learn from each other. It is the best way to envision future healthcare with AI.

Abbreviations

AGI: Artificial General Intelligence; **AI:** Artificial Intelligence; **CT:** Computerized Tomography; **DL:** Deep Learning; **Gen AI:** Generative AI; **GIGO:** Garbage in

Garbage out; **IR:** Industrial Revolution; **LLM:** Large Language Models; **LMM:** Large Multimodal Models; **ML:** Machine Learning; **MRI:** Magnetic Resonance Imaging; **NLP:** Natural Language Processing; **PACS:** Picture Archiving and Communication System; **USG:** Ultra Sonography.

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ACADEMIC PROGRAM

A GRAND WELCOME TO THE FUTURE OF HEALTHCARE LEADERSHIP: INAUGURATION OF THE PGDM-2025-27 BATCH

On 25th June 2025, the Institute of Health Management Research (IIHMR) Bangalore held a momentous Inauguration Ceremony to formally welcome the new cohorts of students across its flagship programs. This year's ceremony was particularly significant as it coincided with the celebration of IIHMR Bangalore's 20th foundation year, a milestone reflecting two decades of excellence in healthcare management education and research.



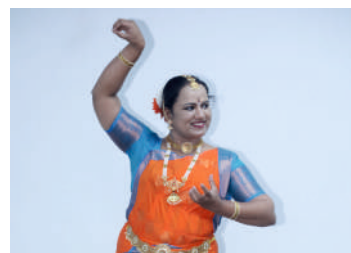
The ceremony marked the induction of the 16th batch of PGDM- Hospital and Health Management, the 2nd batch of PGDM-Artificial Intelligence and Data Science, and the 3rd Cohort of the Fellow Program in Management (FPM) 2025-28.

The event commenced with the traditional lighting of the lamp, symbolizing the pursuit of knowledge and wisdom. The event was graced by several eminent dignitaries from the healthcare and biotech sectors. Dr. Usha Manjunath, Director, IIHMR Bangalore welcomed the guests, students, and the parents with her insightful speech. Distinguished guests included Mr. Santhosh Kumar (Biocon Biologics), Dr. Swathe Sharanya (ACKO Technology Solutions Pvt. Ltd and Dr.Soumya B Ramesh (Trustwell Hospital) and other eminent speakers who shared valuable insights on compassionate leadership, healthcare innovation, and the importance of ethical, patient-centered care.

Mr. Santhosh Kumar highlighted India's global leadership in pharmaceuticals and vaccines and emphasized the growing role of AI and robotics in healthcare. The need for effective healthcare management, preventive care, and inclusive systems was stressed by Dr. Soumya B Ramesh. Dr. Swathe Sharanya reflected on her journey from dentistry to digital healthcare and insurance, inspiring students to embrace change and innovation. In his presidential address Dr.S.D.Gupta, President, IIHMR Society shared the inception of IIHMR and its contribution to the public health and health management in India. Dr. Jason Ugargol (Dean – Academics & Student Affairs), urged students to cultivate adaptability, curiosity, and professional engagement, encouraging participation in dynamic platforms like NHRD and NASSCOM.

Guest speaker Dr. Sowmya Ramesh emphasized the importance of whole-person, accessible care, warning against overdependence on artificial intelligence and reinforcing the irreplaceable value of clinical empathy and human-centric decision-making. A heartfelt recorded message from Dr. Padmashri R. further inspired the students to uphold compassion and ethics in healthcare leadership.

To add a vibrant cultural touch, students from the PGDM 2025-27 and 2024-26 batches performed a series of delightful artistic presentations. Notable performances included dances by Ms. Sakshi Shimpi, Ms. Pooja Gupta, Dr. Kavya S, and a soulful musical performance by Ms. Debanshi Das.



IIHMR BANGALORE OBSERVES WORLD ENVIRONMENT DAY 2025 WITH A CALL TO “END PLASTIC POLLUTION”

On 5th June 2025, the Institute of Health Management Research (IIHMR) Bangalore marked World Environment Day with a series of impactful and thought-provoking activities under the theme “End Plastic Pollution”. The event brought together students, faculty, and staff in a united effort to promote environmental consciousness and inspire sustainable habits within the campus community.

Spreading Awareness Through Visuals: The day began with informative posters, banners, and digital displays placed strategically across the campus. These visual messages illustrated the devastating effects of plastic pollution on ecosystems, wildlife, and human health, prompting onlookers to reflect on their daily consumption habits.



Documentary Screening & Discussions: A special documentary screening in the MDP room served as the intellectual core of the celebration. The film explored the global plastic crisis, detailing how single-use plastics have overwhelmed landfills and oceans. It also showed innovative solutions being adopted worldwide from bioplastics to large-scale recycling initiatives.

In a symbolic and practical step towards environmental restoration, a plantation drive was organised. Faculty members, staff, and students enthusiastically took part, planting saplings that will contribute to the campus's green cover in the years to come. The activity not only encouraged hands-on engagement but also reinforced the community's commitment to environmental stewardship.

The 2025 World Environment Day observance at IIHMR Bangalore was more than a commemoration—it was a pledge to take action, both individually and collectively, to curb plastic pollution and protect the planet. With each sapling planted and every conversation sparked, the institution reaffirmed its role in shaping a responsible, eco-conscious future.

ALUMNI SPEAK



Dr. Nisha Varadaraj

Hospital Director
Manipal Hospitals, Hebbal

From Dentistry to Hospital Leadership – A Journey of Impact, Innovation, and Inspiration

In this edition of Pulse, we shine the spotlight on Dr. Nisha Varadaraj, a 2011–2013 alumna of IIHMR Bangalore, who currently serves as the Hospital Director at Manipal Hospitals, Hebbal. With over 14 years of experience in healthcare leadership, her journey from practicing dentistry to managing a large multi-specialty hospital is both inspiring and insightful.

Dr. Nisha began her academic journey with a Bachelor of Dental Surgery (BDS) from MS Ramaiah College, graduating in 2010. While she initially practiced dentistry, her interest in operational systems and strategic leadership led her to pursue a PGDM in Hospital Management at IIHMR Bangalore. This transition laid the foundation for her management career. Eager to deepen her strategic acumen, she later completed her MBA from IIM Bangalore and a consulting MBA from the Global Governance Initiative, equipping her with global leadership tools and perspectives.

Her professional journey has been defined by impactful roles and groundbreaking projects. At Columbia Asia, she began managing five key departments—diagnostics, customer care, and facilities, gaining operational experience early in her leadership path. A defining moment came when she led a 19-month international deployment project, consolidating radiology services across 40 hospitals in Indonesia. Embracing cross-cultural collaboration, she even learned Bahasa Indonesia to lead her team effectively.

Dr. Nisha played a pioneering role in telemedicine during the Columbia-Manipal merger, steering the transformation of remote healthcare services. Today, she leads a 650+ member team at Manipal Hebbal, impacting the care journey of over 10 lakh patients each month.

Among her standout contributions are the development of a hub-and-spoke radiology model generating ₹3 crores in revenue, the digital

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CULTURAL EVENTS

IIHMR-B CELEBRATES INTERNATIONAL YOGADAY

On June 21, 2025, IIHMR - Bangalore marked International Yoga Day with a refreshing and energizing yoga session on campus led by Yoga Guru Ms. Geetanjali from Atma Darshan Yogashram. The event was thoughtfully organized to encourage mindfulness, inner peace, and holistic well-being among students, faculty, and staff. The session began with Shanti Path, a traditional peace chant, followed by a series of yoga asanas designed to improve physical balance and strength. Participants also practiced pranayama, focusing on breathing techniques to enhance mental clarity and vitality.



The session continued with Yoga Nidra, offering deep guided relaxation, and concluded with a short meditation to cultivate inner awareness. This initiative underscored IIHMR-Bangalore's belief that true leadership in healthcare begins with self-awareness and wellness. By integrating such practices into campus life, the institute fosters a balanced approach to education, one that supports both professional excellence and personal growth in future healthcare leaders.

ALUMNI SPEAK

transformation of telemedicine, and her role in building cohesive, high-performing teams across borders. Her leadership is rooted in empathy, resilience, and purpose. “Titles follow impact, not the other way around,” she says. Her clinician-first approach empowers doctors as change agents in healthcare.

To manage stress in a high-pressure environment, Dr. Nisha practices daily yoga and often takes walking meetings—a habit she credits for keeping her mind sharp and her team engaged. “Even now, I’m pacing during this interview,” she laughs.

Looking ahead, she envisions a healthcare system that shifts focus from illness care to preventive wellness, especially in tackling non-communicable diseases (NCDs). Her leadership goal is to scale systems that can impact over 50 lakh lives annually.

For aspiring healthcare managers, her advice is clear: “Build domain depth before chasing promotions. Knowledge earns respect.” She urges young professionals to value humility, curiosity, and long-term thinking. “Gen Z is incredibly smart, but true influence comes with understanding systems deeply.”

Dr. Nisha Varadaraj’s career is a testament to how passion, discipline, and vision can transform a clinician into a strategic leader. Her story inspires students to think big, stay grounded, and strive to make healthcare better - one decision at a time.





RESEARCH AND PUBLICATIONS

STRENGTHENING 1ST 1000 DAYS AND EARLY CHILDHOOD CARE AND DEVELOPMENT (ECCD)

As part of the ECCD program IIHMR Bangalore has conducted various community based activities during May-June.

Building Brighter Futures: Co-creating IEC Materials for Early Childhood Development:

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Menstrual Hygiene Day: "Together for a Period-Friendly World":

On 28th May 2025, Menstrual Hygiene Day was observed through a series of awareness sessions held across the communities of Anandapuram, Mayabazar, and Pillaganahalli. These sessions aimed to challenge long-standing taboos surrounding menstruation, raise awareness on menstrual health, and encourage the adoption of sustainable hygiene practices. A specially prepared Menstrual Hygiene Kit was introduced to participants during the event.



World Environment Day :

On June 5, 2025, all three ECCD centres-Pillaganahalli, Anandapuram, and Mayabazar—came together to celebrate World Environment Day with a range of meaningful, community-driven activities.



World Food Safety Day:

World Food Safety Day was marked through informative awareness sessions conducted across all three ECCD centres, focusing on household-level food hygiene and safety.



Quarterly Pediatric Health Check-up Camp:

In June 2025, a Quarterly Pediatric Health Check-up Camp was held across all three ECCD centres in Pillaganahalli, Anandapuram, and Mayabazar with the objective of identifying cases of Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) among enrolled children.

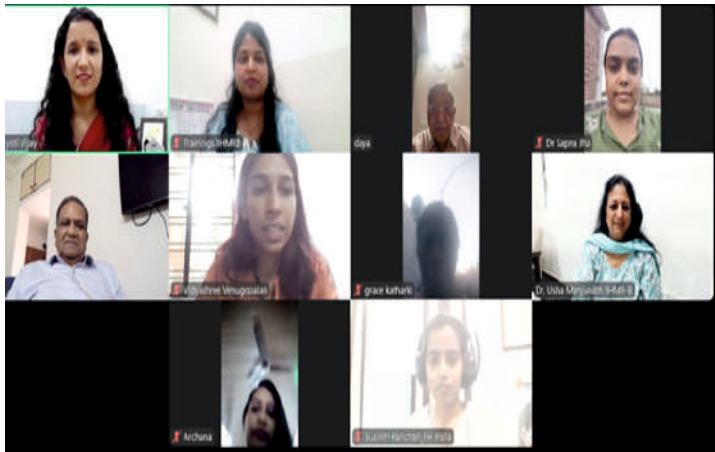
AT THE CROSSROADS OF HEALTHCARE, TECHNOLOGY & LEADERSHIP - IIHMR BANGALORE AT IAOMR PG CONVENTION 2025

Dr. Akash Prabhune and Dr. Isha Maharana faculty of IIHMR Bangalore represented on a global platform as keynote speakers and workshop facilitators, engaging with MDS students, academicians, and dental professionals at the IAOMR PG Convention 2025 in Bangkok, Thailand. Dr. Akash delivered a keynote on “AI Tools for Dentists – Smart Solutions for Research, Writing, and Communication”, showcasing how AI can empower clinicians beyond the dental chair. Dr. Isha's keynote on “Rebranding Dentistry – From Clinics to Boardrooms” emphasized the need for strategic thinking and career diversification among dental professionals. The convention highlighted a transformative shift where clinical expertise must be complemented by strategic, tech-enabled skills to shape holistic healthcare leadership.



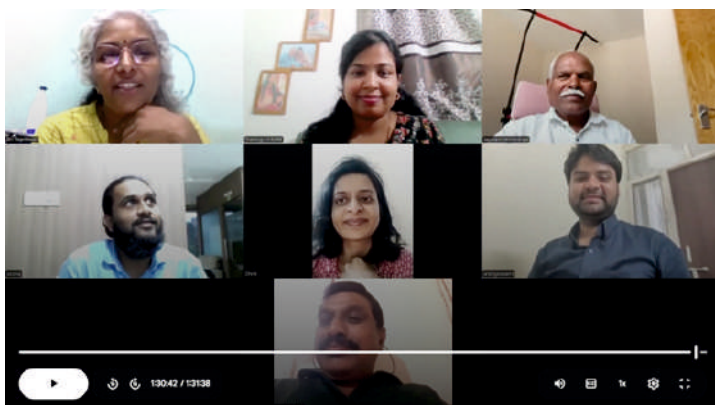
CENTRE FOR LEARNING & DEVELOPMENT

CERTIFICATE PROGRAM IN PUBLIC HEALTH NUTRITION - PROGRAM MANAGEMENT



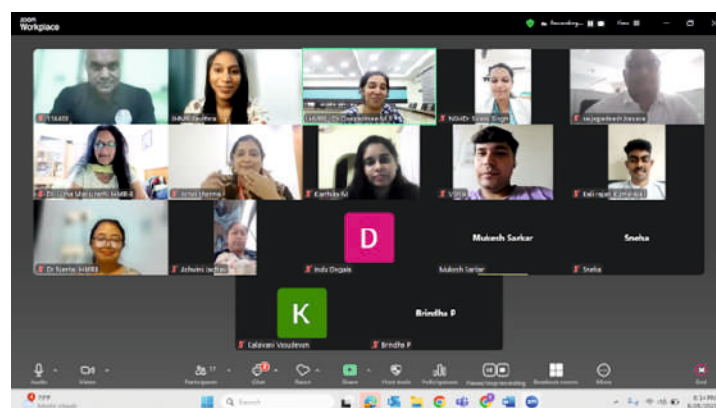
IIHMR Bangalore proudly launched its specialized Online program on “Public Health Nutrition – Program Management” (PHN-PM) on May 14, 2025, aiming to equip participants with technical expertise and practical skills for addressing malnutrition through effective nutrition program management, dietary interventions, and evidence-based public health strategies. This distinguished program welcomed 11 diverse participants, including medical doctors, NGO professionals, program managers, and public health aspirants. Dr. Jyoti Vijay, Program Coordinator, introduced the key features of the program, offering insights into its structure and objectives. In his inspiring keynote address from Dr. S.D. Gupta, President, IIHMR Society, emphasized the pressing need for skilled program managers to bridge the gap between policy and implementation. Dr. Usha Manjunath, Director, IIHMR Bangalore, shared her vision for the program's role in shaping future public health leaders, while Dr. D.K. Mangal, Adjunct Professor, IIHMR University, further enriched the session with his expertise and invaluable experiences.

PROFESSIONAL PRACTICE COURSE ON SCIENTIFIC WRITING FOR YOUNG RESEARCHERS



A career in academics and research has always been a challenge with strict requirements on qualification, research, and publication in high-impact top-ranking journals. Scientific Writing for Young Researchers Professional Practice Course at IIHMRB was conducted during May and June 2025. The course enriched the knowledge and skills of 21 young professionals to apply the concept of scientific writing to develop manuscripts that are ready for submission to the peer reviewed journals.

CERTIFICATE PROGRAM IN HOSPITAL QUALITY AND PATIENT SAFETY



IIHMR Bangalore proudly inaugurated the third cohort on Certificate Program in Hospital Quality and Patient Safety on June 24, 2025. Dr. Deepashree, program coordinator explained the design and pedagogy of the program. She discussed the objective of the program which will equip the professionals with tools for quality improvement and patient safety understanding the accreditation processes and regulatory frameworks, foster leadership and culture of safety within healthcare systems. Dr. Nagesh Rao, Cluster CEO – Gleneagles Hospitals & NABH Quality Assessor in his keynote address highlighted the real-world relevance of hospital quality frameworks, accreditation challenges, and leadership's role in driving quality culture across hospital chains. Prof. Usha Manjunath set the tone for the course with a foundational session on Introduction to Quality Management, highlighting the evolution of quality in healthcare, its impact on patient outcomes, and the systems-thinking approach needed for long-term transformation.



HEALTHCARE NEWS

AIIMS Raipur Nurse Develops Patented HOAC Combo Device to Prevent Airborne Infections

Arokiaraj U, a Senior Nursing Officer at AIIMS Raipur, has secured a utility patent from the Indian Patent Office for the Highly Oxygenated Aerosol Controlled (HOAC) Combo, a closed-system respiratory device that significantly reduces aerosol dispersion during procedures like nebulization, sputum sampling, incentive spirometry, and low-flow oxygen therapy. The innovation was showcased at the India Innovation Summit 2025, and AIIMS Raipur has nominated Arokiaraj for the National Florence Nightingale Award and the National Science Award 2025 in recognition of his breakthrough.

Read here : <https://aiimsonlineappointments.org/aiims-raipur-nurse-develops-patented-hoac-combo-device-to-prevent-airborne-infections/>

New Evidence Presents CAR-T Therapy's Effectiveness Against Cancers

Recent data on CAR-T cell therapy's anticancer potential were shared at a U.S. oncology conference, highlighting promising developments in its application for treating various cancers.

Read here: <https://www.thehindu.com/sci-tech/health/evidence-of-car-t-cell-therapy-against-cancers-presented-at-us-conference/article69648411.ece>

Tata Memorial Centre & Wipro GE Healthcare Forge AI-Enabled Oncology Innovation



Tata Memorial Centre (TMC) has signed a Memorandum of Understanding with Wipro GE Healthcare to establish a Cancer Research & Innovation Centre, designating TMC as the clinical oncology partner and Wipro GE Healthcare as the technology collaborator. The five-year alliance will foster clinical research and academic engagement via a Joint Working Group and prioritizes the development of AI-based applications spanning medical imaging, clinical workflows, advanced visualization, data annotation, and health informatics to bolster personalized cancer care.

Read here: <https://www.expresshealthcare.in/news/tata-memorial-centre-ge-healthcare-sign-mou-to-establish-a-cancer-research-innovation-centre/449356/>

South Asia's First Genius AI 3D Mammography System Debuts

Sir H. N. Reliance Foundation Hospital in Mumbai has launched South Asia's first and fastest Genius AI 3D Mammography system, offering tomosynthesis scans in just 3.7 seconds to enhance patient comfort while boosting breast cancer detection rates with AI-powered imaging. The system boasts up to 20-65% higher detection of invasive cancers compared to standard 2D methods and reduces radiation exposure by 45% via synthesized 2D imaging.

Read here: <https://pharmabiz.com/NewsDetails.aspx?aid=178191&sid=2>

Manipal-Fortis Mobilize ₹5,000 Cr for Sahyadri Bid



Manipal Health Enterprises and Fortis Healthcare are in advanced talks with global banks like DBS, Deutsche Bank, Mizuho, HSBC, and Barclays to raise up to ₹5,000 crore to back their bids for acquiring Sahyadri Hospitals ahead of the June 22 deadline.

Read here:

<https://economictimes.indiatimes.com/industry/healthcare/biotech/healthcare/manipal-fortis-in-talks-to-raise-rs-5000-cr-for-sahyadri-hospitals-bid/articleshow/121868272.cms?from=mdr>

Inhaled Insulin Matches Injection Efficacy for Children's Mealtime Doses

At the American Diabetes Association's scientific meeting, researchers shared findings from a 26-week trial involving 230 children (ages 4-17) with type 1 diabetes showing that inhaled insulin (Afrezza) at mealtimes achieved comparable HbA1C control to traditional injections, with added benefits of less weight gain, higher preference among children and parents, and no adverse lung effects

Read here: <https://www.reuters.com/business/healthcare-pharmaceuticals/health-rounds-inhaled-insulin-good-injection-children-mealtime-2025-06-25/>

CarePay Unveils 'Careena': AI-Powered Instant EMI for Healthcare



CarePay has launched Careena (CARE Engagement Assistant), an AI-driven EMI platform offering real-time, zero-interest medical loans of up to ₹10 lakh, enabling patients to pay only the principal while partner hospitals cover interest cost. This mobile-first solution uses AI to assess eligibility based on factors like employment, education, and income and delivers loan approvals within minutes instead of days, aiming to bridge gaps in healthcare financing in a country where only ~36% are insured and many face catastrophic out-of-pocket expenses.

Read here: <https://etedge-insights.com/trending/carepay-launches-ai-powered-healthcare-emi-platform-careena/>

US Health Experts Reassess Hormone Replacement Therapy (HRT) Labeling

Recent developments indicate that U.S. health authorities, including the FDA, are reconsidering the risk warnings on Hormone Replacement Therapy (HRT) products, a shift prompted by updated evaluations that weigh benefits such as relief from menopausal symptoms and protection against bone loss and cognitive decline against known risks, depending on factors like age, type of treatment, and timing of initiation.

Read here: https://www.barrons.com/news/us-health-experts-reassess-hormone-replacement-therapy-risks-86b08e39?refsec=topics_afp-news

Canine Detectives: Dogs Sniff Out Parkinson's Disease with High Accuracy

Researchers from the Universities of Bristol and Manchester, along with Medical Detection Dogs, trained two dogs over 38-53 weeks to differentiate skin-sebum swabs from Parkinson's patients versus healthy controls. In a double-blind trial using 205 training samples and 100 test samples, the dogs achieved up to 80% sensitivity and as high as 98% specificity, underscoring their potential in developing non-invasive, early diagnostic tools.

Read here: <https://www.ptinews.com/story/national/researchers-train-dogs-to-identify-parkinson-s-patients-say-they-can-help-develop-diagnostic-test/2732934>

GLP-1 Drugs: Miracle or Menace?



Top Indian doctors warn that while GLP-1 weight-loss medications (like semaglutide and tirzepatide) offer powerful clinical benefits for managing obesity and metabolic diseases, their increasing availability often without prescriptions and oversight poses serious risks of misuse, with no real-time monitoring system in place and potential for black-market distribution. They urge stronger regulation and pharmacovigilance to prevent this “miracle” from spiraling into a public health disaster.

Read here: <https://health.economictimes.indiatimes.com/news/industry/indias-obesity-crisis-meets-miracle-drugs-are-we-flying-blind-into-another-health-disaster/122511730>

Delhi Unveils Four-Tier AYUSH-Based Mental Health Programme

The Delhi government is launching a new four-tier mental health initiative under the AYUSH framework, offering anonymous teleconsultations, followed by counselling, OPD services at AYUSH hospitals, and referrals to specialized psychiatric care if needed. The programme specifically targets school children, working adults, and the elderly, blending traditional wellness systems like Ayurveda, Homeopathy, and Unani, aiming to promote holistic mental well-being across age groups.

Read here: <https://www.theweek.in/news/health/2025/07/06/delhi-government-to-launch-4-tier-mental-health-programme-to-promote-holistic-well-being.html>

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