TeleHealth
NEWSLETTER

TELEMEDICINE SOCIETY OF INDIA

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Telehealth Newsletter

Official Newsletter of Telemedicine Society of India

What is New?

As we gear up for TELEMEDICON 2025 in Bangalore, an important matter requires our attention - the upcoming TSI elections. All Council posts are open for re-election, and the process will be conducted online, in accordance with the decision taken by the Executive Committee (EC).

To participate in the election, it is essential to update the electoral roll. All TSI members are requested to submit their details using the link provided below.

https://docs.google.com/forms/d/e/1FAIpQLSfjv7QHU0t-JgSHgb__6G1ubXQJJHhSED-8AdNTRIKPDL33BA/viewform?usp=dialog

Please note: Only those who update their electoral information will receive the voting link.

In other updates, May witnessed some noteworthy activities in Himachal and Guwahati, which are featured in this issue. We're also excited to introduce a fun and engaging 'Crossword' section, thanks to our dynamic Secretary, Dr. Umashankar. We also have some interesting AI related news.

Happy reading!

Thank You
Dr. Sunil Shroff
Chief Editor
President-Elect, TSI

Empowering AYUSH Practitioners Through Digital Health: Workshop on Telemedicine and Practice Guidelines Held in Himachal Pradesh

Prof. (Dr) Umashankar S.
Managing Director Med.Bot | Honorary Secretary, Telemedicine Society of India

In a significant step toward strengthening digital health infrastructure in Himachal Pradesh, a comprehensive workshop on “Basics of Telemedicine and Telemedicine Practice Guidelines” was conducted on 24th May 2025 for AYUSH Medical Officers across the state. The training was led by Prof. (Dr.) Umashankar S, Honorary Secretary of the Telemedicine Society of India, and was organized by the Department of AYUSH, Government of Himachal Pradesh. The event was hosted at the prestigious Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, located in Paprola, Kangra.

The workshop brought together 38 Medical Officers from various districts of Himachal Pradesh. The primary objective was to build awareness and capacity among AYUSH practitioners in the use of telemedicine—an increasingly critical component of modern healthcare delivery, especially in remote and hard-to-reach regions.

Given the hilly and difficult terrain of Himachal Pradesh, many residents face logistical challenges in accessing timely healthcare services. In response, the AYUSH department has recently launched telemedicine services to help bridge this gap. These services allow patients to consult qualified practitioners remotely, thereby improving access to healthcare, reducing travel burdens, and enabling continuity of care, particularly in rural and tribal areas.

Recognizing the growing role of digital health, the then Director of AYUSH, Dr. Nipun Jindal IAS, emphasized the importance of structured training for medical officers. Recognizing the growing role of digital health, the then Director of AYUSH, Dr. Nipun Jindal IAS, emphasized the importance of structured training for medical officers. Dr. Jindal has been instrumental in spearheading several digitization initiatives in Himachal Pradesh, both during his tenure as Director of the AYUSH Department and in his current role as Director of the Department of Digital Technologies and Governance.

The workshop was designed to cover both the technical foundations and regulatory frameworks of telemedicine practice.

The training sessions included in-depth discussions and interactive modules on:

- Basics of Telemedicine: Understanding its scope, modes, and applications in AYUSH systems.
- Telemedicine Practice Guidelines: Detailed overview of the official guidelines issued by the Ministry of Health and Family Welfare, ensuring safe and standardized practice.
- Telemedicine Etiquette: Best practices for online consultations, including patient communication, data confidentiality, and digital professionalism.
- The Digital Personal Data Protection (DPDP) Act, 2023: Key highlights and legal obligations concerning data privacy, security, and ethical handling of patient information.

The sessions were well-received by participants, who expressed appreciation for the clarity, relevance, and practical value of the content. Several officers noted that the training would directly enhance their ability to deliver quality care through digital platforms and build trust with patients using teleconsultation services. At the conclusion of the program, certificates of completion were awarded to all participants who successfully completed the workshop, acknowledging their commitment to professional development and readiness to deliver telehealth services as per the national standards.

This initiative represents a proactive and timely effort by the Department of AYUSH to integrate traditional systems of medicine with modern technology, fostering innovation in public health service delivery. By empowering AYUSH Medical Officers with the right tools and knowledge, the state is making commendable progress through this initiative that marks a significant step towards digital health empowerment and quality

healthcare delivery in the state. toward achieving equitable and accessible healthcare for all.

Few Glimpses of the session

Workshop on Telemedicine & Telenursing Guidelines Conducted at Dr RPGMC Kangra

Dr. Shyam Bhandari
Associate Professor cum Nodal Incharge Telemedicine, Dr RPGMC Kangra
Joint Secretary and Treasurer- TSI Himachal Pradesh State Chapter

The Nursing College of Dr Rajendra Prasad Government Medical College (Dr RPGMC), Kangra, in collaboration with the Telemedicine Society of India (TSI) - National and Himachal Pradesh Chapter, successfully conducted a one-day workshop on Telemedicine and Telenursing Practice Guidelines.

The program was inaugurated by Prof. Milap Sharma, Principal of Dr RPGMC Kangra, who lauded the initiative, emphasizing the growing significance of digital health in expanding the reach of quality healthcare to the remotest corners. He specially highlighted the pivotal role nurses will play in implementing digital health solutions and ensuring the success of telemedicine initiatives.

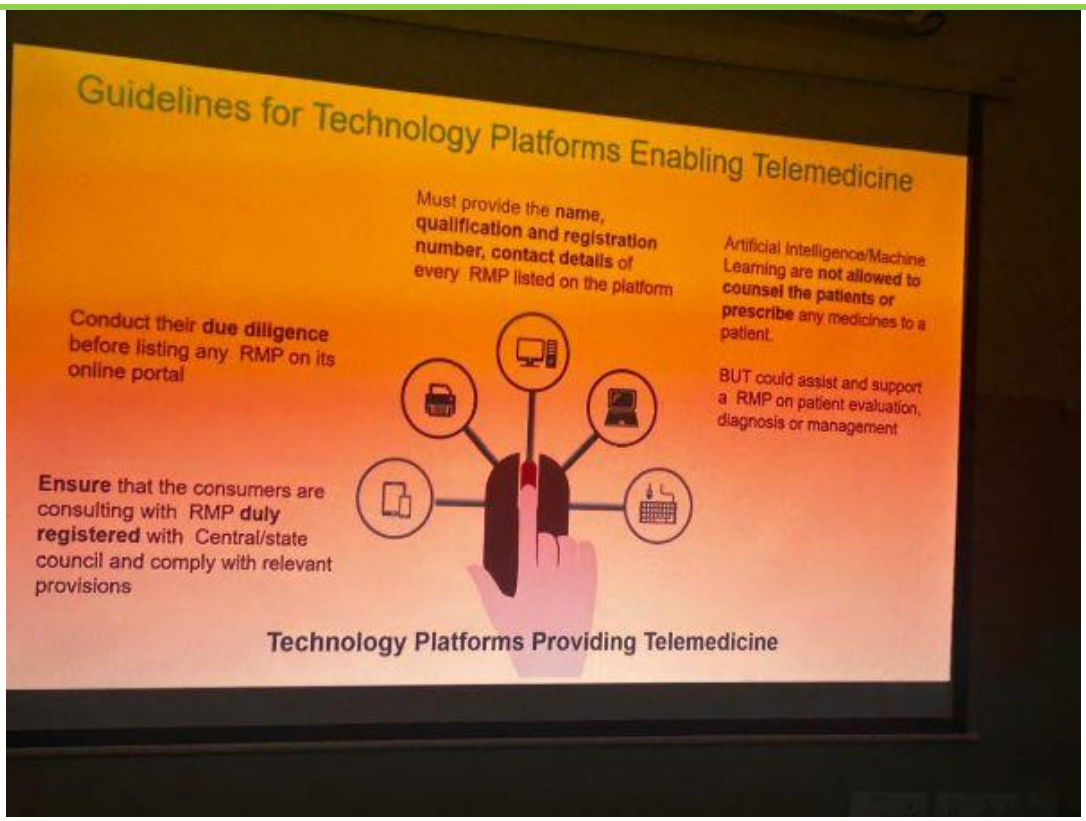
Dr. Umashankar, Honorary Secretary of TSI, addressed the gathering and underscored the importance of embracing digital health for the well-being of society. He outlined how the integration of telemedicine is revolutionizing healthcare delivery and improving patient outcomes.

Mrs. Suman Bodh, Principal, Nursing College, shared her perspectives on the vital role nursing officers will have in fulfilling the mission of doorstep health through telemedicine, especially in the context of rural and underserved populations

The event saw enthusiastic participation from Dr. Nanish Sharma, Honorary Secretary, HP Chapter TSI, Dr. Shyam Bhandari, Joint Secretary and Treasurer, HP Chapter TSI, faculty members, and final-year nursing students. The workshop featured interactive sessions on the latest telemedicine and telenursing guidelines, case discussions, and hands-on demonstrations, ensuring participants gained both theoretical and practical insights.

The program concluded with the distribution of certificates to all participants who successfully completed the workshop. The initiative was widely appreciated, and participants expressed that the workshop would greatly help in preparing them for the rapidly evolving landscape of digital healthcare.

Few Glimpses of the workshop



Can AI Feel?

Dr. Shanmathi Rajendran
BDS
Content Writer, Medindia.net

AI is advancing in emotional intelligence, excelling at tests and creating new ones, showing potential to assist in empathy-driven fields.

For a long time, experts believed that the ability to understand and use emotions—known as **emotional intelligence (EI)**-was a skill unique to humans. However, recent studies have shown that large language models, such as **ChatGPT-4, Claude, and Gemini**, not only excel at emotional intelligence tests but are also capable of creating them. A report in **Communications Psychology** suggests that AI is now demonstrating empathy and emotional insight more effectively than previously thought possible Advertisements.

Cracking the Emotional Code

Several Large Language Models (LLMs) were checked using five routine and achievement-based emotional intelligence tests in a comparative analysis. Previous tests showed that humans were only accurate 56% of the time, but the models demonstrated accuracy of 81% on average. The exams are designed to evaluate basic elements of emotional intelligence, such as,

- Emotional recognition
- Emotional understanding
- Emotional management
- Perspective-taking

When it comes to reading and reacting to emotions, which is essential for having productive conversations with others, ChatGPT-4 has consistently exceeded expectations.

Beyond Answers, Toward Understanding
Researchers also **tried new tasks for ChatGPT-4** by asking it to **develop its own emotional intelligence**

(EI) test questions. These new tests were given to more than **460 people**. The results?

- Tests using AI were the **same level of difficulty as the originals**.
- The clarity and content diversity in the texts had only a very small impact (Cohen's d below 0.25).
- AI tests are highly correlated with regular tests (r = 0.46).
- **Reliable and consistent answers** from the participants

This means LLMs are skillful enough to understand and practice emotional concepts, making them eligible for use in large and fair emotional intelligence evaluation systems.

Search Engine To Empathy Engine

It appears that machines are becoming free of emotional limits, as demonstrated by recent findings. These capabilities could be applied to:

- Technologies that detect signs of emotional distress through conversation
- Platforms designed to foster empathy and emotional regulation
- Interfaces that respond appropriately to human emotions
- Workplace emotional intelligence (EI) assessments that are free from human bias

As AI becomes more attuned to human emotions, the line between what is authentic and what is artificial continues to blur.

The study illustrates how AI is now benefiting from both emotional insight and logical reasoning. Large language models (LLMs) are reshaping how we define and measure emotional intelligence. While humans still lead in empathy, AI may soon become a valuable assistant in understanding emotions, especially in education, therapy, and leadership training.

Once Artificially Empowered. Now, Emotionally Intelligent!

AI Just Made a Baby - Seriously?

Naina Bhargava, MPharm (Master of Pharmacy)
Content Writer, Medindia.net

World's first baby born using a fully automated, AI-controlled sperm injection system.

Highlights:

- First-ever birth using an automated intracytoplasmic sperm injection process
- AI selected and injected sperm with extreme precision
- Remote-controlled fertilization led to successful embryo development

The first baby in the world has been born through conception using a fully automated, digitally controlled **intracytoplasmic sperm injection (ICSI)** system. ICSI, which became widely used in the 1990s and is now a standard technique in assisted reproduction, involves fertilizing an egg by injecting a single sperm directly into its center.

The details are reported in the peer-reviewed medical journal *Reproductive Biomedicine Online*. The automated system was described and developed by a multidisciplinary team of specialists from Conceivable Life Sciences in New York and Guadalajara, Mexico, led by embryologist Dr. Jacques Cohen, Chief Medical Officer Dr. Alejandro Chavez-Badiola, and Lead Engineer Professor Gerardo Mendizabal-Ruiz. Treatment was provided under review board oversight at Hope IVF Mexico as part of a pilot investigation into various processes of automation in the fertility laboratory.

Automating the ICSI Procedure
The system was designed as a workstation to automate each of the 23 steps involved in the standard ICSI

procedure. These steps can be executed independently, either under artificial intelligence (AI) control or through the digital control of a remote operator. Currently, all ICSI procedures worldwide are carried out manually by skilled embryologists using microinjection systems. However, research has shown that performance can vary significantly between different embryologists.

Dr. Cohen notes that automating the ICSI process offers a transformative solution, aiming to enhance precision, boost efficiency, and ensure consistent results by reducing variability and alleviating work-related stress on human operators. He further explains that this automation could not only standardize the process but also improve egg survival rates and optimize the timing of the injection. AI has already made substantial progress in IVF laboratories, especially in sperm and egg selection. In this new system, AI is used to position the sperm cell in the injection pipette and guide the microinjection process within the egg.

AI-Driven Precision in Reproductive Technology

With AI," explained Professor Mendizabal-Ruiz, "the system autonomously selects sperm and precisely immobilizes its midsection with a laser, preparing it for injection. This process is executed **rapidly and with a level of accuracy that surpasses human capability.**"

The successful birth occurred in a 40-year-old woman who sought treatment with donor eggs at Hope IVF Mexico in Guadalajara, following a previous unsuccessful IVF attempt that produced only one mature egg and no embryos. In the study cycle, five eggs were fertilized using automated ICSI, while three served as controls, fertilized with the standard manual ICSI method.

The automated system was set up on-site, but after that, remote operators from both the Guadalajara clinic and New York issued commands through a digital interface to carry out each of the 23 microinjection steps for each egg, totaling 115 steps.

Overall, the entire procedure took an average of 9 minutes and 56 seconds per egg, slightly longer than routine manual ICSI due to its experimental nature. However, Professor Mendizabal-Ruiz noted, "We expect to significantly reduce procedure time in the future."

Breakthrough Confirmed by a Healthy Birth

Four of the five eggs injected with the automated system achieved **normal fertilization**, as did all three eggs in the manual control group. One high-quality embryo, which developed to the blastocyst stage during culture, was fertilized using the automated system under **remote control** from New York, 3,700 km away. After the vitrified/thawed blastocyst was transferred in a subsequent cycle, a pregnancy was successfully established, leading to the **delivery of a healthy male baby**.

Dr. Chavez-Badiola explains that the ICSI system outlined in this report represents a significant advancement over previous ICSI technologies by fully automating each step of the microinjection process, with the added capability of sperm handling and selection through AI.

Future of Automation in IVF Laboratories

Now, he adds, the system's broader applicability in treatment will depend on its safe performance in a study with more cases. However, he points out that the progress made so far, validated by a healthy live birth, represents a significant step toward full automation in the IVF laboratory. Automation has already been integrated into practices like embryo culture, where incubators use time-lapse imaging to visualize embryos. AI is employed to monitor development and predict outcomes. Automation is also being applied in the cryo-storage of eggs, sperm, and embryos, as well as in sperm assessment and preparation procedures.

The successful birth resulting from fully automated ICSI marks a ground-breaking milestone in reproductive medicine, showcasing the potential of AI and digital technology to revolutionize fertility treatments. As automation continues to evolve in IVF laboratories, this innovation paves the way for more precise, efficient, and accessible assisted reproduction on a global scale.

AI Takes the Pulse of Healing With DeepSeek

Dr. Shanmathi Rajendran
BDS
Content Writer, Medindia.net

DeepSeek-R1, an open-source AI model, is transforming healthcare with smart, scalable solutions.

Medicine is witnessing a revolution right now, led by computer technology instead of traditional tools. **DeepSeek-R1**, a powerful new open-source **Large Language Model (LLM)** from DeepSeek in China, is at the core of this transformation.

Compared to most proprietary systems, DeepSeek-R1 is more affordable, user-friendly, and highly intelligent. It's not just reading medical texts—it's reasoning, recommending, and reshaping how care is delivered.

From Bedside to Backend

Not only does DeepSeek-R1 **help doctors decide more quickly**, but it also supports nurses by **making their documentation more accurate**. The model has been integrated into **Fangzhou Inc.'s** services to manage chronic diseases, generate reports for patients, and recommend medications. It's AI with a therapeutic twist.

Even students and junior doctors have instant access to DeepSeek-R1 for information from recent studies and up-to-date treatment guidelines, improving the quality of medical education. A tireless learner, a rapid problem-solver, and always available, DeepSeek is redefining what a healthcare assistant can be. **Bridging Healthcare With AI**

The fact that DeepSeek-R1 is open source is its most noteworthy feature. So, hospitals and clinics located anywhere and operating under any budget can select and adapt the model that matches their situation. Smart care should now be recognized as a right for everyone.

DeepSeek-R1 has its share of flaws, similar to other tools. People who research the area should keep a close eye on the biases of the system, missed medical information, and challenges to patient autonomy. Therefore, responsibly using them is most important. Since algorithms handle matters of life and death, accuracy, clear explanations, and human considerations matter the most.

DeepSeek-R1 goes beyond algorithms; it's redefining the future of care. It's showing us that technology can do more than speed up healthcare; it can make it fairer, smarter, and more human.

With DeepSeek revolutionizing medical care through AI, what's left for AI to conquer?

::ANNOUNCEMENTS::

SAVE THE DATE

The 21st International Conference of Telemedicine Society of India (TSI)

TELEMEDICON 2025 – Digital Health

27th – 30th November 2025

Organized By

TSI Karnataka Chapter

Venue

Indian Institute of Science, Bengaluru

Pre-Conference Workshops | Scientific Sessions | Digital Health Expo | Industry Round Table
Hackathon | Start-up Pitches | Facility Visits | National Digital Health Quiz | Business Networking

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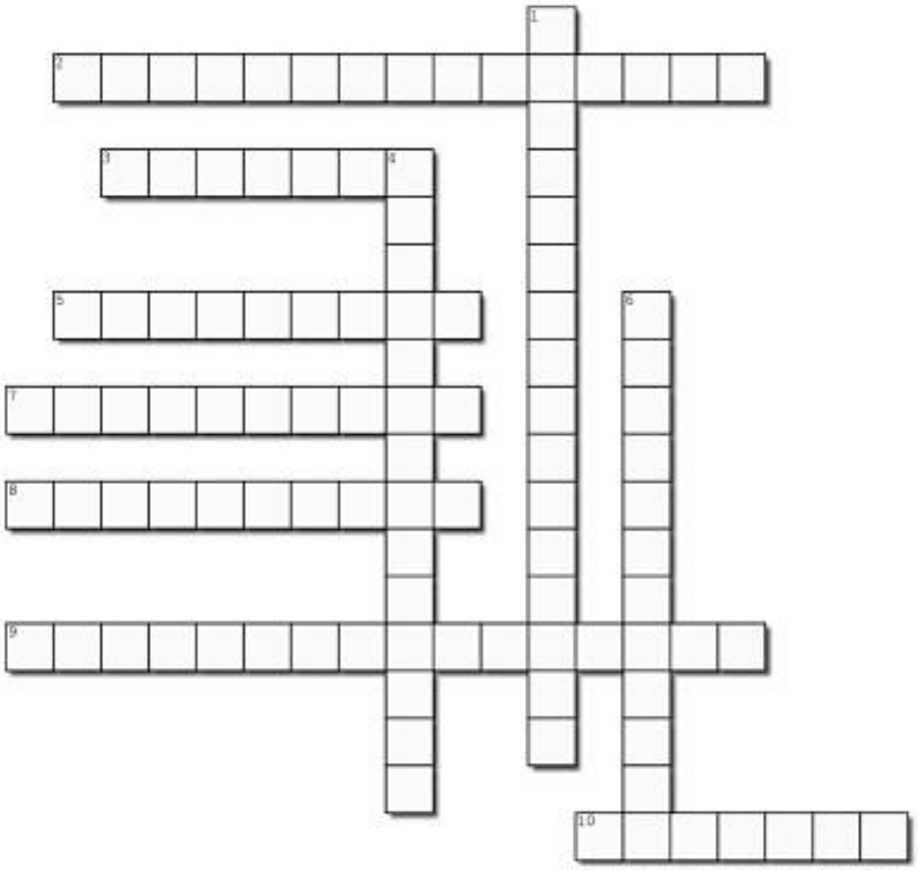
::CROSSWORD::

Name:_____

TSI Crossword No 001

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. Ensuring patient information is kept private
3. Automated conversational tool often used for answering patient queries
5. Devices worn on the body that track health data, like fitness bands or smartwatches
7. Processes or tasks performed with minimal human intervention
8. A secure method for recording data in healthcare and other fields, often decentralized
9. The ability of different systems to work together and exchange data seamlessly.
10. Devices that detect and measure physical or biological parameters

Down

1. A type of AI where systems improve through experience and data.
4. Using devices to observe patients' health from a distance
6. Providing healthcare services remotely using technology

Click here to Print the Crossword

Click here to view the Crossword Rules and Regulations

Compiled by Dr.Umashankar
Answers in June 2025 Newsletter!

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Telemedicine Practice Guidelines - A Foundation Course for RMPs by TSI Faculty

To know more about the Telemedicine Foundation Course click on the link below: https://tsitn.org/tpg-course/

Medical Writing Certificate Course with Internship Opportunity!

Click here to Join the Course

TN - TSI invites all the TSI Chapters and Members to submit information on their upcoming Webinar or Events (50 words), News related to Telemedicine (200 words) or short articles (500 words) for the monthly e-newsletter.

Guidelines for submission to TN TSI Newsletter-

1. **Report can be from 500 to 600 words**
2. **Report should be relevant to Telemedicine or Medical Informatics**
3. **No promotion of self or any product**
4. **Avoid plagiarism**
5. **All references should be included**
6. **Provide any attributions**
7. **Visuals are welcome including video links**
8. **Send full authors name, degrees, and affiliations along with a passport sized photograph of good resolution. If multiple authors, only main author photo to be sent.**

Submission may be sent to - tsigrouptn@gmail.com
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